

JOHN KRASINSKI SHOULDER WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



JOHN KRASINSKI
JACK RYAN
SHOULDER WORKOUT

SUPERHEROJACKED.COM



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

Upgrade This Workout:

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

John Krasinski Jack Ryan Shoulder Workout

This workout is shared by Men's Journal but courtesy of celeb trainer Don Saladino!

WARM-UP

Foam Roll x 5 minutes

CIRCUIT A: Complete 3 Rounds

A. Box Jumps x 10

B. Medicine Ball Slams (15 lbs.) x 10

C. Suitcase KB Carry: 30 Seconds

SHOULDER CIRCUIT

Salandino's note: Go heavy on Military and Savickas but don't max out.

A. Military Press x 5

B. Savickas Press x 12

C. Dumbbell Side Raise x 10

D. Dumbbell Bent-Over Standing Raise x 10

E. Farmer's Carries x 25 yards