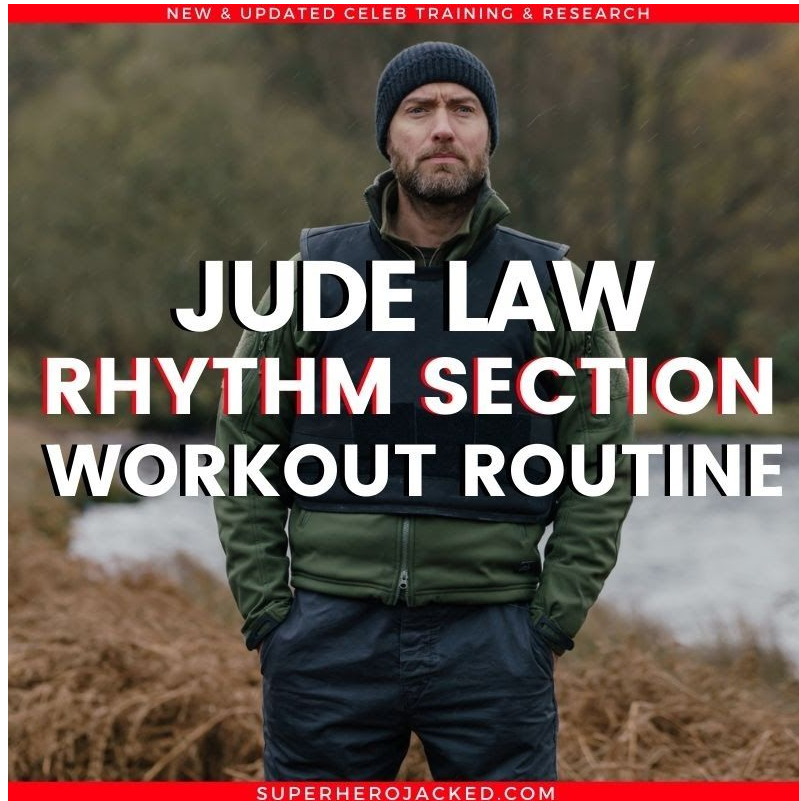


# JUDE LAW RS WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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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.

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# JUDE LAW RHYTHM SECTION WORKOUT ROUTINE

## Training Volume:

One Workout

(To Be Repeated)

## Instructions from MJ and Silmon:

“Workout Finisher and Cooldown: End the session with 3 minutes of heavy bag striking, 3 minutes of focus pad work, and 3 minutes of jump rope. Cool down with a light jog and 10 minutes of stretching.”

## 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.

## Jude Law Rhythm Section Workout

### Triset One:

A. Cable Rear Delt Flies

3×12

B. High Barbell Pulls

3×12

C. Dumbbell Lateral Raises

3×12

**Triset Two:**

A. Reverse Cable Flyes

3×12

B. Low Cable Pullovers

3×15

C. Dips

3×12

**Triset Three:**

A. Cable Curls

3×12 each arm (or with cable-bar)

B. Alternating Dumbbell Hammer Curls

3×12 each arm

C. Lying Tricep Extensions (Skull Crushers)

3×12