

KEANU REEVES SHOULDER WORKOUT ROUTINE



Bonus PDF File
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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.

Keanu Reeves *John Wick 3* Shoulder Circuit

This workout is shared by Men's Journal but courtesy of celeb trainer Patrick Murphy.

John Wick Shoulder Circuit: Complete 3 Rounds for Time

Band External Rotations x 20 each arm

Band Reverse Fly With Scapular Retraction x 20

Band Lateral Raises x 20

Band Front Raises x 20

Band Presses x 20

Push-Up Bridge Alternating Hand Taps x 20

Floor Prone Handcuff Drill x 20