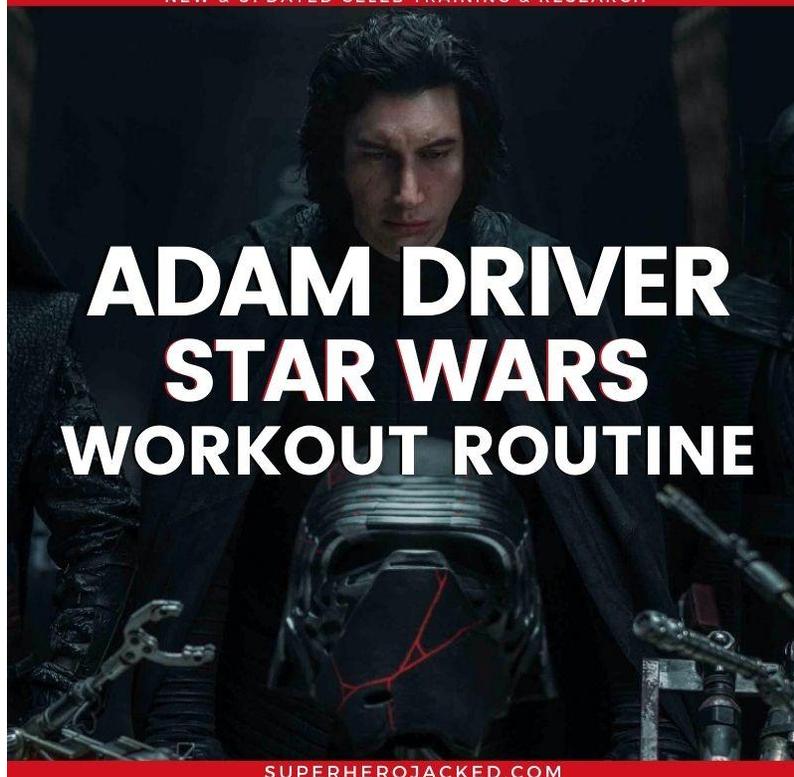


# ADAM DRIVER *SHOULDER* WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



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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# ADAM DRIVER *SHOULDER* WORKOUT ROUTINE

**Training Volume:**

One Day of Training

(To Be Repeated and Varied w/ Other Training)

**Waterson gives these as extra directions to *Men's Journal*:**

**“Directions:** Kick off the workout with a 10-minute dynamic warmup, then start the adapted superset workout completing 2 to 4 rounds of the full program depending on your fitness level. Because this is a full-body routine, you can repeat up to three times a week, with a cardio and core day in between. As you progress, see if you can advance the number of rounds you can do.

**The Finisher:** Cap off the routine with this ultimate burner: 5 sets of 25 ab-wheel rollouts with a 1-minute plank in between sets.”

**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.

**Adam Driver *Star Wars* Shoulder Workout**

A. Deadlift to Squat Thrust x 12 reps

B. Squat Thrust to Pull Ups x 12 reps

C. Reverse Lunge to Biceps Curl Sequence x 12 reps

D. Pushup to Side Plank Twist x 12 reps

E. Clean and Jerk to Shoulder Press to Bentover Row to Squat Thrust x 12 reps