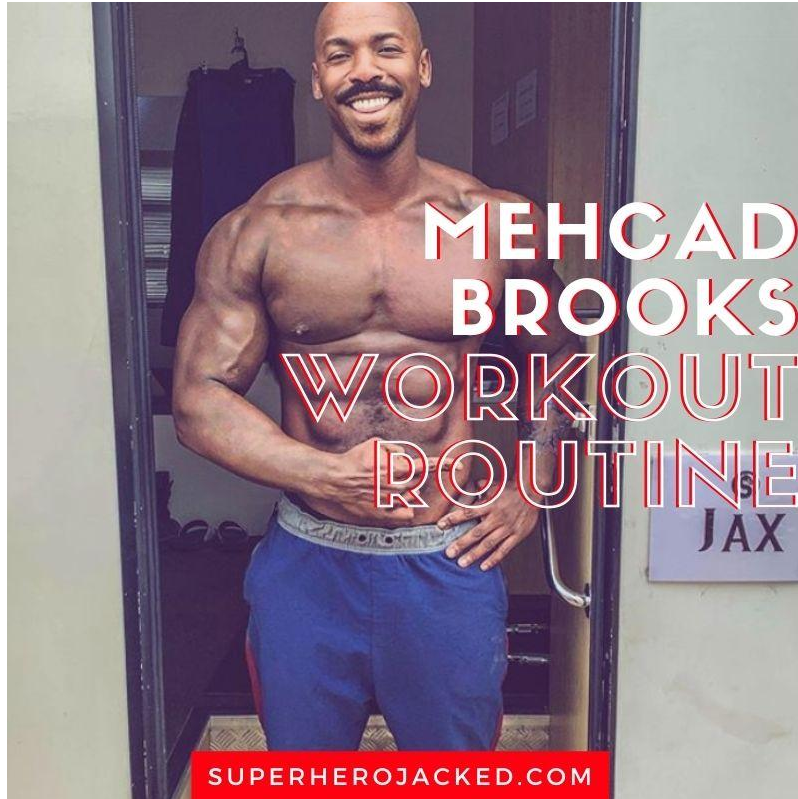


MEHCAD BROOKS WORKOUT ROUTINE



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.

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MEHCAD BROOKS WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

For this one we're going to be taking a page out of Dwayne Johnson's book. I made the comparison to Brooks getting HUGE like The Rock earlier, and they're the same height, so we're going to take what we know about Johnson's training throughout tons of research we've done and combine it with what we have for Brooks! Get ready for some heavy lifting and a ton of volume.

Want To 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.

Mehcad Brooks Workout: Sample Schedule

Monday: Chest and Cardio

Tuesday: Shoulders and Cardio

Wednesday: Triceps and Cardio

Thursday: Back and Cardio

Friday: Legs and Cardio

Saturday: Biceps and Cardio

Sunday: Rest Day

Mehcad Brooks Workout: Chest and Cardio

Cardio

30 minutes on the elliptical cross trainer

Chest

Barbell Chest Press:

4×12

Incline Dumbbell Press:

4×12

Cable Crossovers

4×12

Dumbbell Flyes

4×12

Dips

4x20

Push Ups on Medicine Balls

4x20

Mehcad Brooks Workout: Shoulders and Cardio

Cardio

30 minutes on the elliptical cross trainer

Shoulders

Barbell Overhead Press

4x12

Cable Front Raises with Bar on Cable

4x12

Dumbbell Arnold Presses

4x12

Cable Shrugs

4x12

Rear Delt Cable Raise

4×12

Pull Ups

4×12

Mehcad Brooks Workout: Triceps and Cardio

Cardio

30 minutes on the elliptical cross trainer

Triceps

Skull Crushers

4×12

Overhead Tricep Extension with Weighted Plate

4×12

One Arm Reverse Grip Tricep Extension

4×12

Tricep Push Downs

4×12

Close Grip Bench Press

4×12

Cable/Dumbbell Kickbacks

4×12

Mehcad Brooks Workout: Back and Cardio

Cardio

30 minutes on the elliptical cross trainer

Back

Deadlift

4×12

Wide Grip Lateral Pull Downs

4×12

Close Grip Lateral Pull Downs

4×12

Heavy Close Grip Cable Rows

4×12

Wide Grip Cable Rows

4×12

Wide Grip Pull Ups

4×12

Mehcad Brooks Workout: Legs and Cardio

Cardio

30 minutes on the elliptical cross trainer

Legs

Squats

4×12

Calf Raises

4×12

Dumbbell Weighted Lunges

4×12

Leg Press

4×12

Hack Squat

4x12

Box Jumps

4x12

Mehcad Brooks Workout: Biceps and Cardio

Cardio

30 minutes on the elliptical cross trainer

Biceps

Preacher Curls

4x12

Dumbbell Hammer Curls

4x12

Spider Curls

4x12

Overhead Cable Curls

4x12

Zottman Curls

4x12

Chin Ups

4x12