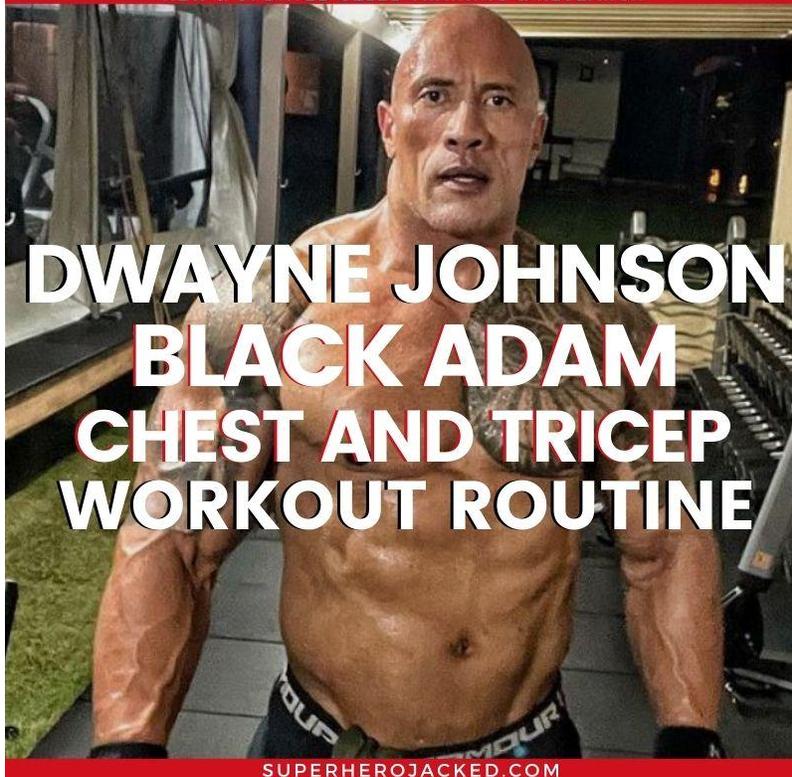


DWAYNE JOHNSON WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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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DWAYNE JOHNSON WORKOUT ROUTINE

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.

Dwayne Johnson Black Adam Chest & Tricep Workout

The Rock starts off by saying:

“2nd workout of the day (first workout is morning cardio on an empty stomach)”

In our original research for our Dwayne Johnson Workout and Diet he was also incorporating 30+ minutes of cardio before every workout, and often training more than once a day when preparing for a role, so this is nothing new or surprising. I would shoot for 30-45 minutes of low to medium intensity cardio which can be as simple as a bike ride or treadmill incline walk while reading a book.

CHEST: 3 GIANT SETS

"4 exercises per set working all angles of the chest."

A. Fly Movement

B. Chest Press

C. Incline Press

D. Bodyweight Dips to Failure

"Keep the rest at a minimum, just enough to recover."

TRICEPS: 3 GIANT SETS

A. Tricep Overhead Extension

B. Tricep Cable or Dumbbell Kickbacks

C. Reverse Grip Pressdowns

D. Diamond Pushups to Failure

Complete each exercise for 10-15 reps other than your D set, which is to failure.*