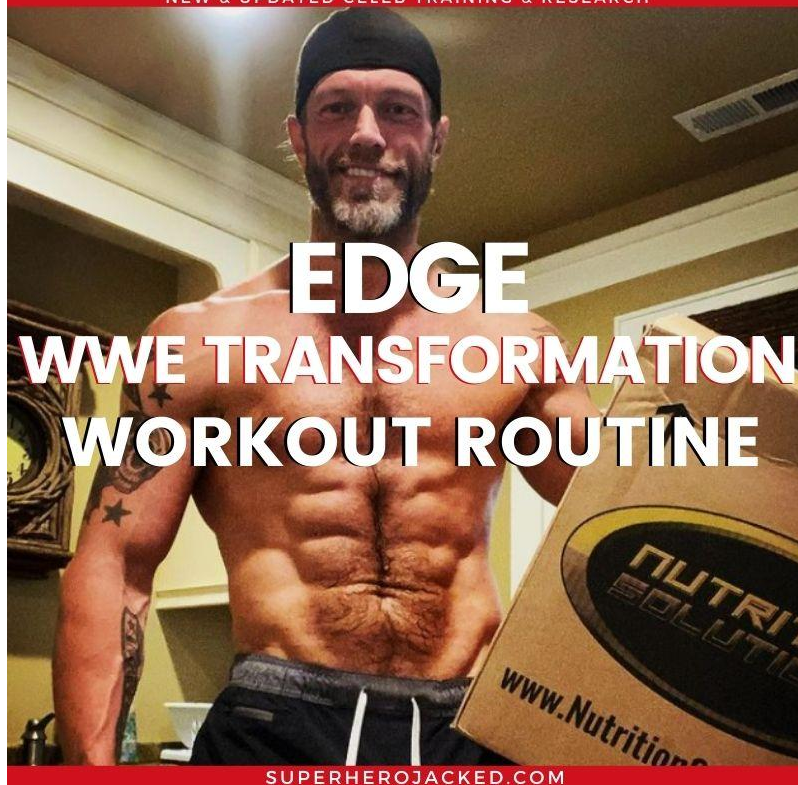


EDGE WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



SUPERHEROJACKED.COM



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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EDGE 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.

Edge Shoulder Workout

This workout is shared by Men's Health and Edge!

Neck Warm Up:

Iron Neck Movements

Core Warm Up:

Plank with Leg Raise

Side Plank

Star Plank

Hanging Leg Raises

Shoulder Workout:

Viking Press

4×12, 10, 10, 8->Blowout

Run for 30 Seconds after each set

Dumbbell Shoulder Press

4×12, 10, 10, 8->Blowout

Run for 30 Seconds after each set

Lateral Raises

4×12, 10, 10, 8->Blowout

Run for 30 Seconds after each set

Front Raises

4×12, 10, 10, 8->Blowout

Run for 30 Seconds after each set

Barbell Shrugs

4×12, 10, 10, 8->Blowout

****Run for 30 Seconds after each set****