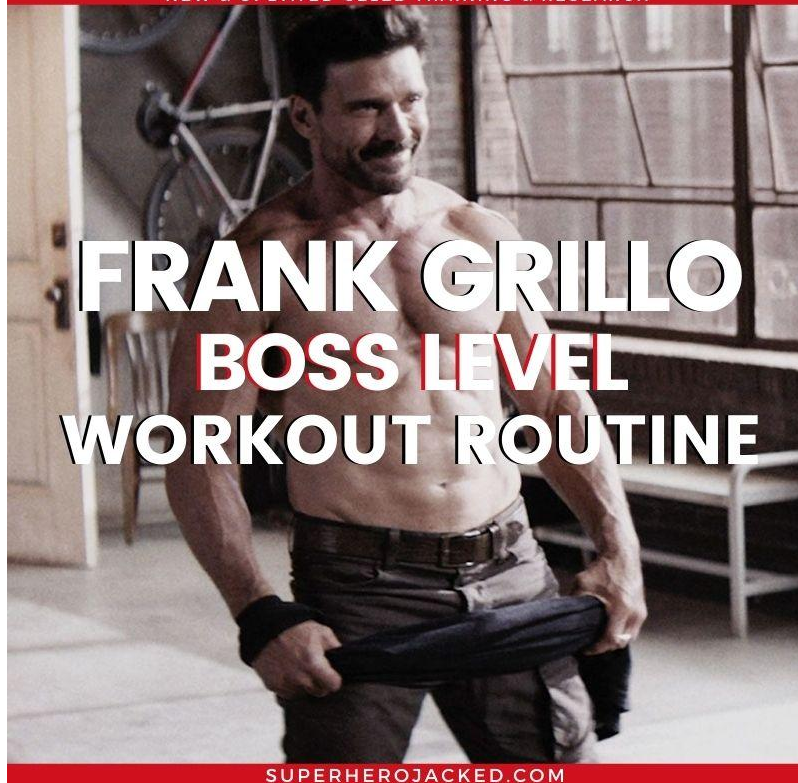


FRANK GRILLO BOSS LEVEL WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



FRANK GRILLO
BOSS LEVEL
WORKOUT ROUTINE

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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FRANK GRILLO BOSS LEVEL 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.

Frank Grillo *Boss Level* Workout

This workout is shared by Men's Health and Frank Grillo!

Warm Up:

Shadow Boxing

20 Minutes

Strength Training:

Barbell Shrugs

5×8

Lateral Raises (Cable)

3×15

Bent Over Lateral Raises

3×15

Explosive Push Ups

3×10

Boxing and Pad Work:

Combination and Skill Work (The Same Thing Every Day)

30-60 Minutes

Ab Finisher:

Plank Knee to Elbow

15 reps per side

Single-Leg Cross-Body Crunch

15 reps per side

Plank Hip Slide

15 reps per side

V-Sit Oblique Crunch

15 reps per side

Plank Hip Dip

15 reps

Plank Punches

30 seconds