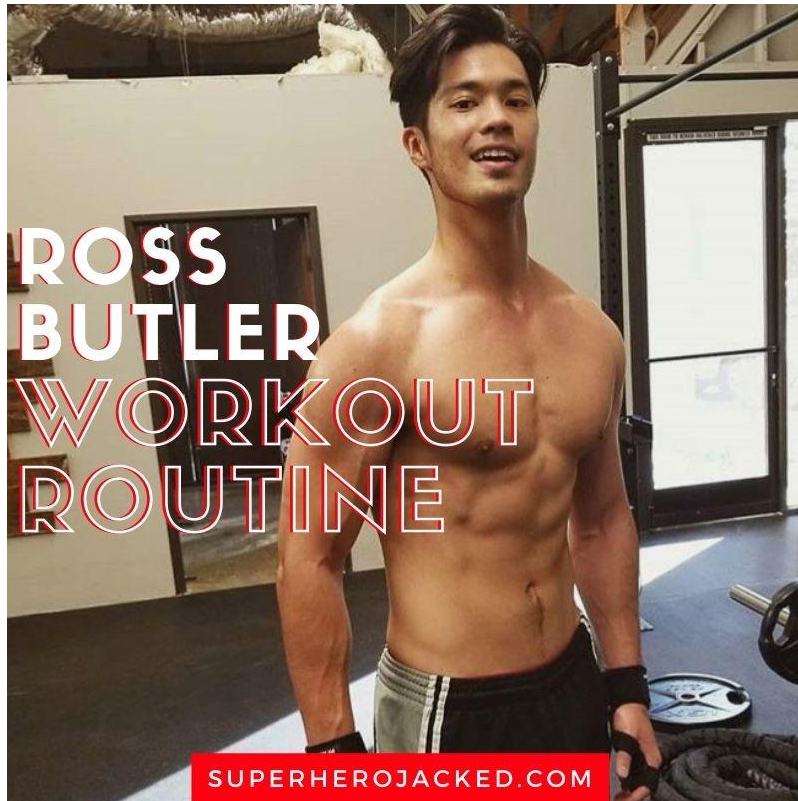


# ROSS BUTLER WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# ROSS BUTLER 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.

## Ross Butler Workout

### Pre-Fatigue:

Archer Push Ups

3×10

Half-Full Pull Up (Half Range then Full Range = 1 rep)

3×10

## **Workout:**

Glute Bridge Floor Press

3×5 Standard Reps/5 Paused Reps

Bent Over Rows

3×10

Lower Pec Fly

3×10

Resistance Band Seated Face Pull

3×10

Single Arm Chest Fly

3×10 each side

Push Ups Blowout:

Push Up to Failure then add a block under chest then repeat for a total of 3 sets to failure

Resistance Band Ys

3×10 reps