

METHOD MAN *BACK* WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



Bonus PDF File
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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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METHOD MAN *BACK* WORKOUT ROUTINE

Training Volume: One Day of 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.

Method Man *Back* Workout Routine

This workout is shared by Men's Health and Method Man!

The Warm Up

Wide Grip Pull Ups

3×8 reps

Close Grip Chin Ups

3×8 reps

The Workout:

Deadlifts

5×5 reps

Method Man worked his way up to a max of 455 lbs. !!

Bent Over Rows

4×10 reps

Superset One:

A. Seated Cable Rows

4×20 reps

B. Straight Arm Pulldowns

4×20 reps

Weighted Neck Extensions

4×20 reps

Superset Two:

A. Ab Rollout

4×20 reps

B. Cable Crunches

4×20 reps