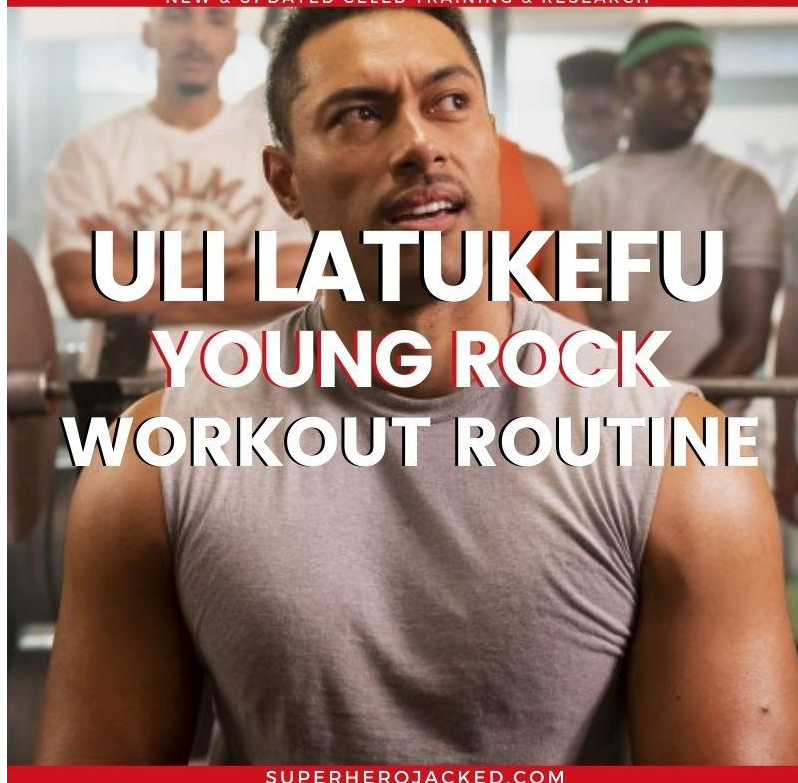


# ULI LATUKEFU WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



## ULI LATUKEFU YOUNG ROCK WORKOUT ROUTINE

[SUPERHEROJACKED.COM](http://SUPERHEROJACKED.COM)



Bonus PDF File  
By: Mike Romaine

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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 ensure 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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# ULI LATUKEFU 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

## **Uli Latukefu *Young Rock* Workout Routine**

### **Shoulders**

1A. Lateral Raises

8-10 sets x 4 reps

2A. Overhead Shoulder Press

8-10 sets x 4 reps

### **Back**

Pull Ups

8-10 sets x 4 reps

T-Bar Row

8-10 sets x 4 reps

## **Legs**

Barbell Squats

8-10 sets x 4 reps

Romanian Deadlift

8-10 sets x 4 reps

## **Agility**

### **Agility Ladders**

A. Two-Foot Run

4 Sets (30 Sec. Rest)

B. Lateral In-In, Out-Out

4 Sets (30 Sec. Rest)

C. Ickey Shuffle

4 Sets (30 Sec. Rest)