

DONQUIXOTE DOFLAMINGO WORKOUT ROUTINE



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 ensure the tips given in this course are appropriate for your individual circumstances.

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DONQUIXOTE DOFLAMINGO WORKOUT ROUTINE

Donquixote Doflamingo Workout Routine: Sample Workout Schedule

Monday: Warlord Bench, Chest and Tricep Day

Tuesday: Warlord Deadlift, Back and Bicep Day

Wednesday: Massive Accessory and Vanity Work

Thursday: Warlord Squats, Legs and Calves Day

Friday: Warlord Press, Shoulder and Traps Day

Saturday: Optional Additional Training with Resources

Sunday: Rest Day

Donquixote Doflamingo Workout Routine: Warlord Bench, Chest and Tricep Day

Compound Lift: Bench Press

2-4 Warm Up Sets

4 Sets Reverse Pyramid Training Style

Accessory Work:

Incline Dumbbell Press

3×10

Weighted Dips

3×10

Cable Chest Flyes

3×10

Tri-set:

A. Tricep Cable Rope Pushdowns

3×10

B. Tricep Cable Rope Overhead Extensions

3×10

C. Tricep Cable Kickbacks

3×10 each arm

Endurance Work:

Run/Walk 20-30 Minutes

Donquixote Doflamingo Workout Routine: Warlord Deadlifts, Back and Bicep Day

Compound Lift: Deadlift

2-4 Warm Up Sets

4 Sets Reverse Pyramid Training Style

Accessory Work:

Bent Over Barbell Rows

3×10

Weighted Chin Ups

3×10

Wide Grip Cable Pulldowns

3×10

Tri-set:

A. High Cable Curls

3×10

B. Reverse Cable Flyes

3×10

C. Bicep 21 Curls

3×21

Endurance Work:

Run/Walk 20-30 Minutes

Donquixote Doflamingo Workout Routine: Massive Accessory and Vanity Work

Warm Up and Endurance Work:

- Walk 10 Minutes
- Run/Jog 40 Minutes
- Walk 10 Minutes

Accessory and Vanity Work:

Preacher Curls

3×10

Decline Press

3×10

Dumbbell Shrugs

3×10

Cable Rows

3×10

Sit Ups

4×20

Hanging Leg Raises

4×20

Plank Holds

4×60 Seconds

Donquixote Doflamingo Workout Routine: Warlord Squats, Legs and Calves Day

Compound Lift: Back Squats

2-4 Warm Up Sets

4 Sets Reverse Pyramid Training Style

Accessory Work:

Leg Press

3×10

Hamstring Curls

3×10

Quad Extensions

3×10

Tri-set:

A. Cable Pullthroughs

3×10

B. Bulgarian Split Squats

3×10 each leg

C. Weighted Lunges

3×20 [total]

Endurance Work:

Run/Walk 20-30 Minutes

**Donquixote Doflamingo Workout Routine: Warlord Press,
Shoulders and Traps**

Compound Lift: Overhead Press

2-4 Warm Up Sets

4 Sets Reverse Pyramid Training Style

Accessory Work:

Barbell Shrugs

3×10

Barbell Hang Cleans

3×10

Kettlebell Swings

3×10

Tri-set:

A. Upright Rows

3×10

B. Lateral Raises

3×10

C. Front Raises

3×10

Endurance Work:

Run/Walk 20-30 Minutes

Donquixote Doflamingo Workout Routine: Optional Additional Training Resources

HIIT Training Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

Endurance Training Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)

- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)