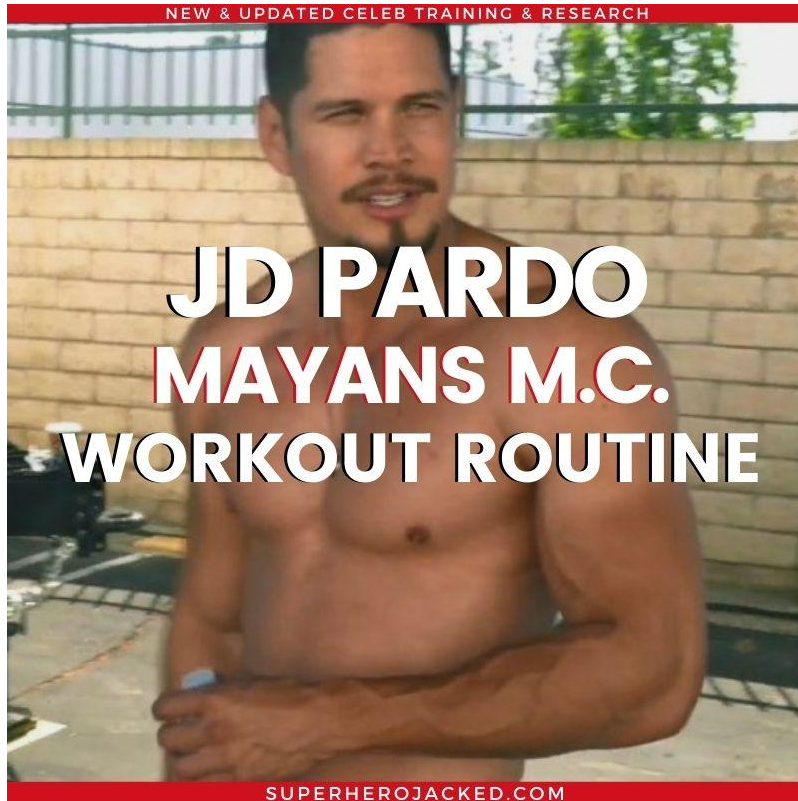


JD PARDO FULL BODY RECOVERY WORKOUT ROUTINE



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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JD PARDO FULL BODY RECOVERY 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

JD Pardo Full Body Recovery Workout

This workout is shared by Men's Health, Uli Latukefu and Maile Latukefu!

The Workout

Flat Bench Press

3-5 sets depending on what you work up to.

Start with just the bar and then work your way up very slowly.

Seated Cable Flys

3×15 reps

Superset: Curls

A. Incline Dumbbell Curls

3×10-15 reps

B. Cable Curls

3×10-15 reps

Superset: Dips and Triceps

A. Weighted Dips

3×12-15 reps

B. Tricep Pulldown

3×12-15 reps

Deadlifts

3-5 sets depending on what you work up to.