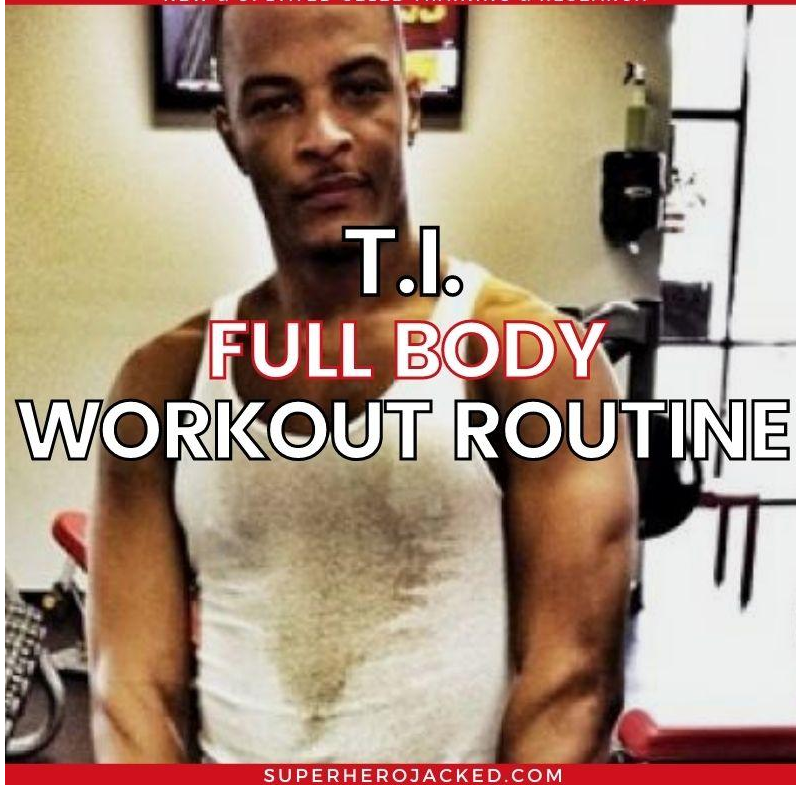


T.I. WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



T.I. FULL BODY WORKOUT ROUTINE

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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T.I. 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.

T.I. Workout

This workout is shared by Men's Health, T.I. and his trainer Emory "Joc" Bernard.

TRISSET ONE

1A – Alternating Incline Bench Press

2×10

1B – Bicep Curls 21's

2×21

1C – Med Ball Slams

2×10

TRISSET #2 (2 Rounds)

2A – Alternating Flat Bench Press

2×10

2B – Curl to Arnold Press

2×10

2C – Med Ball Slams

2×10

BURNOUT

Pushups to Failure