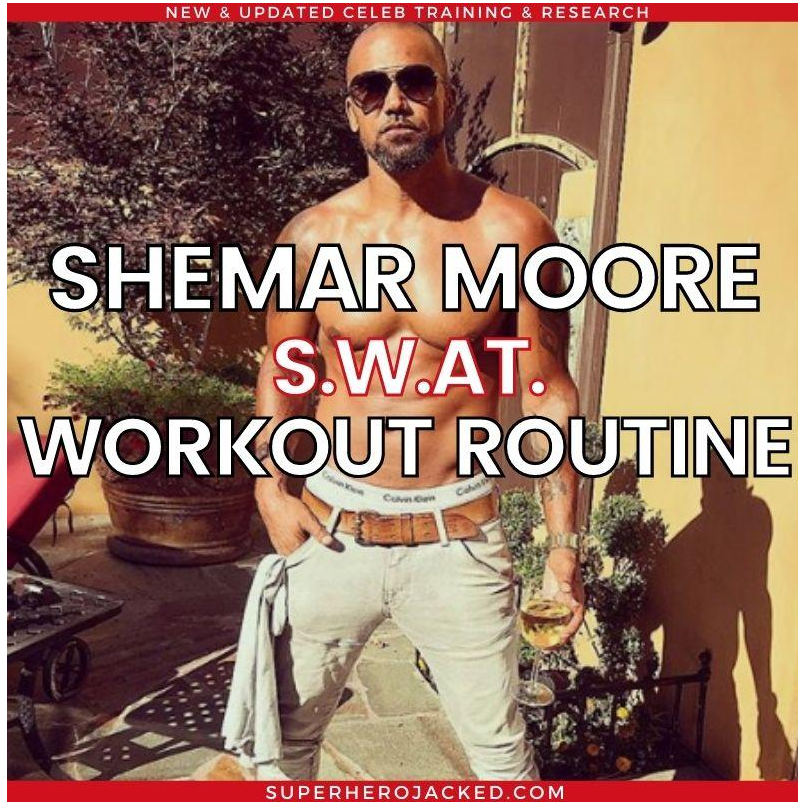


# SHEMAR MOORE WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# SHEMAR MOORE 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.

## Shemar Moore Workout

*This workout is shared by Men's Health and Shemar Moore!*

### Shemar Moore's Workout:

Bench Press

4 sets of 6 to 8 reps

Explosion Pushups

10 to 20 reps

Cable Crossover

3 sets of 10 to 15 reps

Military Barbell Press

3 sets of 10 to 15 reps

Rope Triceps Extension

3 sets of 10 to 12 reps

Alternating Biceps Curls

3 sets of 10 to 12 reps

Dips

3 sets of 10 to 12 reps

**Circuit Training:**

Battle Ropes

3 sets of 30 seconds on, 30 seconds off

Tire Flips 3 sets of 30 seconds on, 30 seconds off

Tire Hammer/Hammer Throws 3 sets of 30 seconds on, 30 seconds off

**Finisher:**

Speed Bag

Jump Rope