

TOM BRADY 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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TOM BRADY 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.

Tom Brady Workout

This workout is shared by Men's Health and Alex Guerrero (TB12 Co-Founder).

Tom Brady TB12 Method Mid-Season Workout:

Warm Up:

Banded Run with Heavy Bands (Crossed Over Chest)

1xWarm/Slightly Exhausted

Workout:

Standing Row

1xFailure

Banded Push Ups

1xFailure

Banded Core Rotations

1xFailure each side

Banded Deadlift

1xFailure

Banded Bicep Curls

1xFailure

Banded Tricep Extension

1xFailure

Deceleration Lunges (Banded)

1xFailure

Banded Shoulder Press

1xFailure

X-Band Squat

1xFailure

Pliability Work:

Foam Roller Work