

FLULA BORG WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



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.

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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FLULA BORG 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.

Flula Borg Workout

This workout is shared by Men's Health and Flula Borg.

Directions (Provided by MJ and Mascitti): This is a sample circuit Mascitti built for Borg to add muscle mass and increase overall strength. The first two movements are done individually as drop and reverse drop sets to get maximum muscle fatigue. That's followed by three supersets, where two movements are done back to back with no rest between exercises. Complete the four supersets before moving down to the next pair of movements, taking one minute of rest between each.

FLULA BORG SUICIDE SQUAD WORKOUT:

Barbell Bench Press

5 sets x 15-12-10-8-6 reps

Flat Dumbbell Press

4 sets x 6-8-10-12 reps

Superset One:

A. Cable Crossover

4 sets x 15 reps

B. Incline Barbell Bench Press

4 sets x 6-8-10-12 reps

Superset Two:

A. Low-to-High Cable Crossover

4 sets x 15 reps

B. Decline Dumbbell Press

4 sets x 6-8-10-12 reps

Superset Three:

A. Dips

4 sets x 15 reps

B. Tricep Cable Pushdowns

4 sets x 10 reps

Superset Four:

A. Skull Crushers

4 sets x 12 reps

B. Standing Overhead Tricep Cable Extensions

4 sets x 12 reps