

THE BOULDER WORKOUT ROUTINE



Bonus PDF File
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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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THE BOULDER WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

For this one we're going to be training six days a week like our OG Dwayne Johnson routine – and I switched up some movements and the cardio portion slightly to reflect the fact that we're actually building this one out around The Boulder!

Want To 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.

The Boulder Workout Routine: Sample Schedule

Monday: Boulder Chest and Cardio

Tuesday: Boulder Shoulders and Cardio

Wednesday: Boulder Triceps and Cardio

Thursday: Boulder Back and Cardio

Friday: Boulder Legs and Cardio

Saturday: Boulder Biceps and Cardio

Sunday: Mandatory Rest Day

The Boulder Workout Routine: Chest and Cardio

Cardio

Cardio can be done separately from your workout if you'd like to do two-a-days.

30-60 Minutes of Varied Cardio

Boulder Training: The Boulder would run outside.

Alternative Options: Run/Walk/Row/Elliptical/StairMaster for Varied Times

Chest

Barbell Chest Press:

4×12

Incline Dumbbell Press:

4×12

Cable Crossovers

4x12

Dumbbell Flyes

4x12

Dips

4x20

Push Ups

4x20

The Boulder Workout Routine: Shoulders and Cardio

Cardio

Cardio can be done separately from your workout if you'd like to do two-a-days.

30-60 Minutes of Varied Cardio

Boulder Training: The Boulder would run outside.

Alternative Options: Run/Walk/Row/Elliptical/StairMaster for Varied Times

Shoulders

Barbell Overhead Press

4×12

Cable Front Raises (Alternating Arms or Straight Bar)

4×12

Dumbbell Arnold Presses

4×12

Barbell Shrugs

4×12

Rear Delt Cable Raise

4×12

Pull Ups

4×12

The Boulder Workout Routine: Triceps and Cardio

Cardio

Cardio can be done separately from your workout if you'd like to do two-a-days.

30-60 Minutes of Varied Cardio

Boulder Training: The Boulder would run outside.

Alternative Options: Run/Walk/Row/Elliptical/StairMaster for Varied Times

Triceps

Skull Crushers

4×12

Overhead Tricep Extension

4×12

One Arm Reverse Grip Tricep Extension

4×12

Tricep Push Downs

4×12

Close Grip Bench Press

4×12

Cable/Dumbbell Kickbacks

4×12

The Boulder Workout Routine: Back and Cardio

Cardio

Cardio can be done separately from your workout if you'd like to do two-a-days.

30-60 Minutes of Varied Cardio

Boulder Training: The Boulder would run outside.

Alternative Options: Run/Walk/Row/Elliptical/StairMaster for Varied Times

Back

Deadlift

4×12

Wide Grip Lateral Pull Downs

4×12

Close Grip Lateral Pull Downs

4×12

One Arm Seated Cable Rows

4×12

Hammer Strength Rows

4×12

Wide Grip Pull Ups

4×12

The Boulder Workout Routine: Legs and Cardio

Cardio

Cardio can be done separately from your workout if you'd like to do two-a-days.

30-60 Minutes of Varied Cardio

Boulder Training: The Boulder would run outside.

Alternative Options: Run/Walk/Row/Elliptical/StairMaster for Varied Times

Legs

Squats

4×12

Calf Raises

4×12

Dumbbell Weighted Lunges

4×12

Leg Press

4×12

Hack Squat

4×12

Box Jumps

4×12

The Boulder Workout Routine: Biceps and Cardio

Cardio

Cardio can be done separately from your workout if you'd like to do two-a-days.

30-60 Minutes of Varied Cardio

Boulder Training: The Boulder would run outside.

Alternative Options: Run/Walk/Row/Elliptical/StairMaster for Varied Times

Biceps

Preacher Curls

4×12

Dumbbell Hammer Curls

4×12

Spider Curls

4×12

Overhead Cable Curls

4×12

Zottman Curls

4×12

Chin Ups

4×12

The Boulder Workout Routine: Optional Additional Training Resources

Endurance Work Resources:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

HIIT Training Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)

Other MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)