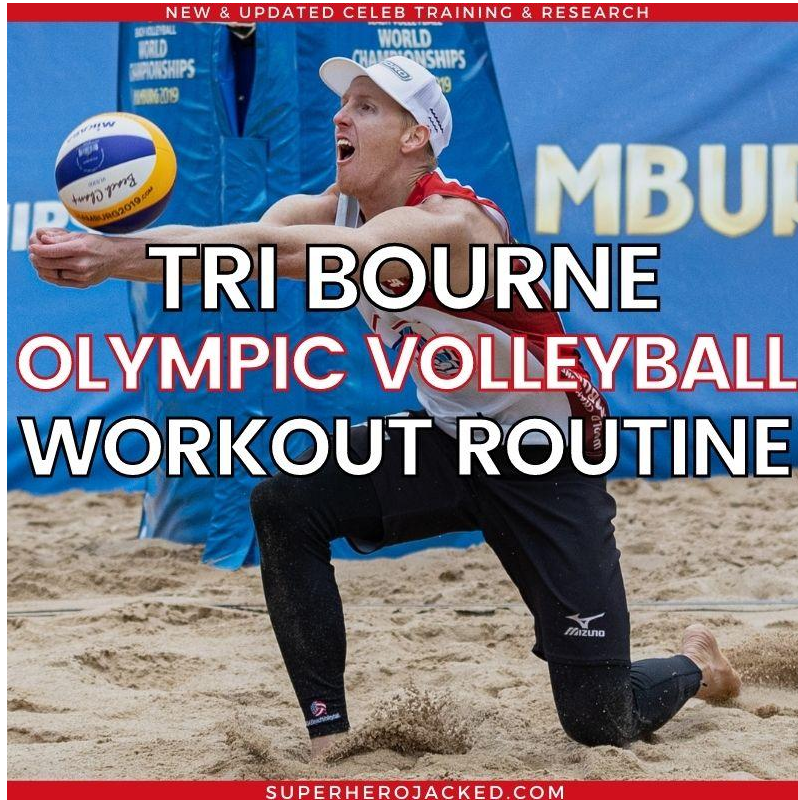


# TRI BOURNE WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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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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# TRI BOURNE 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.

## Tri Bourne Workout

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

### TRI BOURNE WORKOUT:

Face Pull with Rotation and Press

2 sets of 10 reps

2. Band-Resisted Arm Swing

2 sets of 10 reps

Tempo Straight-Arm Pulldown

2 sets of 10 reps

Mini-Band Glute Warmup

5 to 10 minutes

Lateral Shuffle with Ball Toss

4 Sets of 4 reps each direction