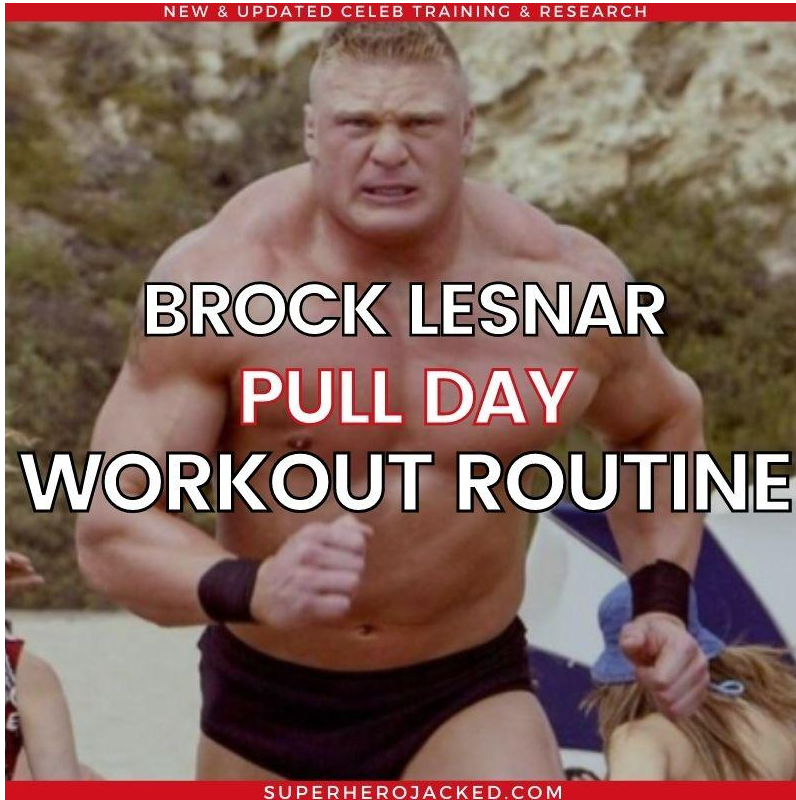


# BROCK LESNAR PULL WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



Bonus PDF File  
**By: Mike Romaine**

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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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# BROCK LESNAR 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.

## Brock Lesnar Pull Day Workout

*This workout is shared by Muscle and Fitness.*

### BROCK LESNAR WORKOUT:

Wide Grip Pull Ups

5×10

Pull Ups

5×10

Narrow Grip Pull Ups

5×10

Weighted Pull Ups

1×20

\*Lesnar wears a weighted belt with a 45-lb plate. He gives himself three minutes to perform 20 total reps.

Seated Cable Rows

4×12

Bent Over Rows

4×12

Barbell Curls

4×12

Deadlifts

4×6