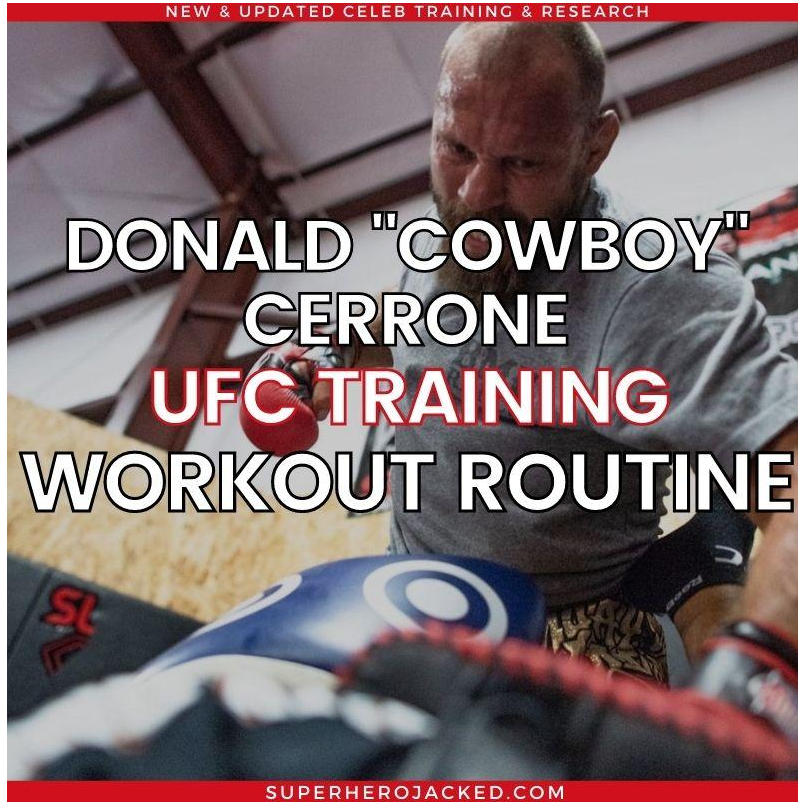


# DONALD "COWBOY" CERRONE WORKOUT ROUTINE



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.

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# DONALD “COWBOY” CERRONE WORKOUT ROUTINE

## Training Volume:

Two Days 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.

## Donald “Cowboy” Cerrone Workout

*This workout is shared by Men’s Health, Christopher Meloni and Matt Pietrantonio.*

### Cowboy Cerrone Workout Day One:

Tri-Set One:

1A. Kettlebell Swings

3×8

1B. Medicine Ball Slams

3×8

1C. Shoulder Wall Slide

3×12

Tri-Set Two:

2A. Zercher Squats

3×6

2B. One Arm Dumbbell Rows

3×8 each side

2C. Kettlebell Deadbug

3×12 each side

Tri-Set Three:

3A. Dumbbell Floor Bridge Press

3×6

3B. Single Leg Deadlift

3×8 each side

3C. Plank Drag

3×12

**Cowboy Cerrone Workout Day Two:**

Tri-Set One:

1A. Split Squat Jump

3×6

1B. Sprinter Medicine Ball Chest Pass

3×6

1C. Resistance Band Pull-Apart

3×12

Tri-Set Two:

2A. Trap-bar Deadlifts

3×6

2B. One-arm Landmine Press

3×8

2C. Side Plank Row

3×12

Tri-Set Three:

3A. Weighted TRX Inverted Row

3×6

3B. Rear-Foot Elevated Split Squat

3×8 each side

3C. Feet Elevated Stability Ball Roll Out

3×20