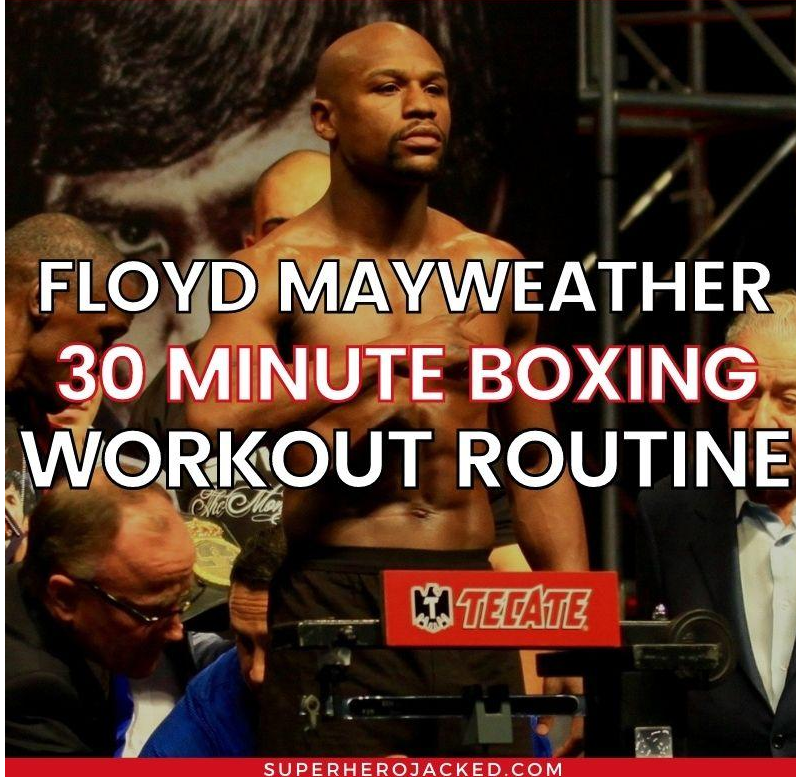


FLOYD MAYWEATHER WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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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FLOYD MAYWEATHER 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.

Floyd Mayweather Workout

This workout is shared by Muscle and Fitness.

FLOYD MAYWEATHER 30 MINUTE BOXING WORKOUT:

Warm Up:

1-2 Minutes of Dynamic Movements

Workout: Round One

1 Minute of Jump Rope

Superset A:

A. 10 Push Ups

B. 20 Second Plank

Superset B:

A. 10 Ab Rollouts

B. 10 Crunches

Superset C:

A. Jump Squats

B. Reverse Lunges with Twist

1 Minute Shadowboxing with Weights (Jab, Cross)

Workout: Round Two

One Minute Jump Rope Side Swings

Superset A:

A. 15 Push Ups

B. 25 Second Plank

Superset B:

A. 15 Ab Rollouts

B. 15 Crunches

Superset C:

A. 15 Jump Squats

B. 15 Reverse Lunges with Twist

One Minute Shadow Boxing with Weights (Hooks)

Workout: Round Three

One Minute Jump Rope Side Swings

Superset A:

A. 20 Push Ups

B. 30 Second Plank

Superset B:

A. 20 Ab Rollouts

B. 20 Crunches

Superset C:

A. 20 Jump Squats

B. 20 Reverse Lunges with Twist

One Minute Shadow Boxing with Weights (Uppercuts)

Cooldown:

“Once your workout is complete, it is important to cool down with static stretching to lengthen the muscles, improve recovery, and reduce the risk of injuries.”