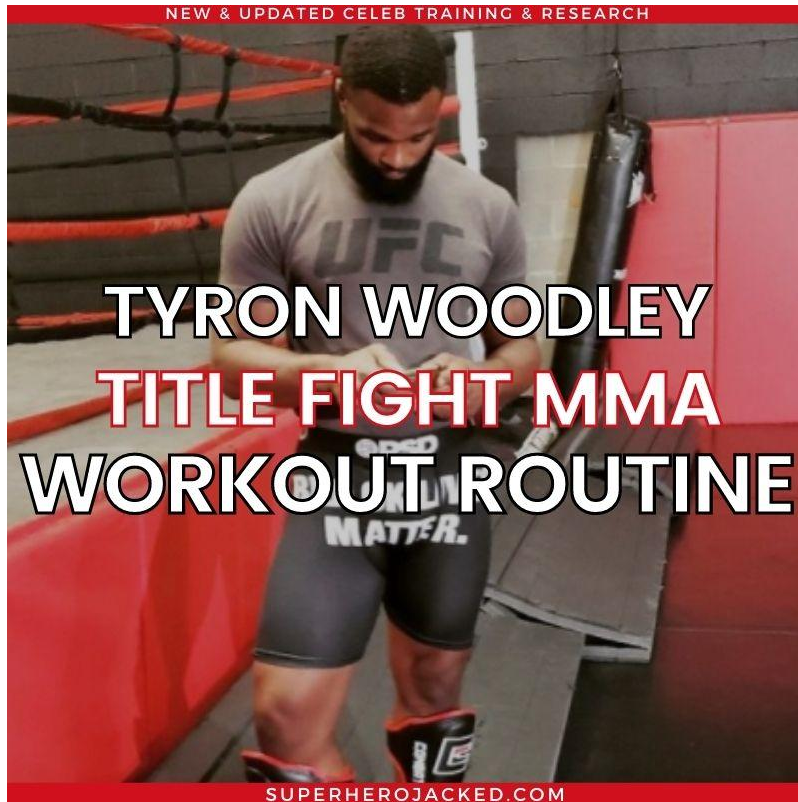


# TYRON WOODLEY WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# TYRON WOODLEY 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.

## Tyron Woodley Workout

*This workout is shared by Muscle and Fitness.*

### TYRON WOODLY TITLE-CARD WORKOUT:

***Perform exercises marked with the same number back-to-back, with no rest in between. After each circuit/superset is complete, adhere to the prescribed rest time.***

- **1A. Versaclimber Sprint:** 3 sets of 30 sec.
- **1B. Swiss Ball Plank Extension:** 3 sets of 20

- **1C. Banded Back Extension:** 3 sets of 20

Rest 45 sec.

- **2A. Lateral Band Walk:** 1 set of 20 (each way)
- **2B. Forward Band Walk:** 1 set of 20 (forward and back)
- **2C. Lunge With External Rotation:** 1 set of 10 (per side)
- **2D. Walking Hamstring Stretch:** 1 set of 10 (per side)

Rest 45 sec.

- **3A. Trap-Bar Deadlift:** 5 sets of 10
- **3B. Vertical Jump:** 5 sets of 5

Rest 45 sec.

- **4A. Bulgarian Split Squat:** 3 sets of 15, 12, 10
- **4B. Lateral Band Abduction:** 3 sets of 20 (per side)
- **4C. Pullup:** 3 sets of 12
- **4D. Banded Face-Pull:** 3 sets of 20

Rest 60 sec.

- **5A. Inverted Row\*:** 3 sets of 15
- **5B. Dumbbell Raise Series\*\*:** 3 sets of 20 (each move)

Rest 45 sec.

\*Begin each set with a 5-second isometric hold at the top.

\*\*Perform 20 lateral raises, then 20 front raises, then 20 more lateral raises with light dumbbells. (Woodley uses 10 to 15 pounds.)