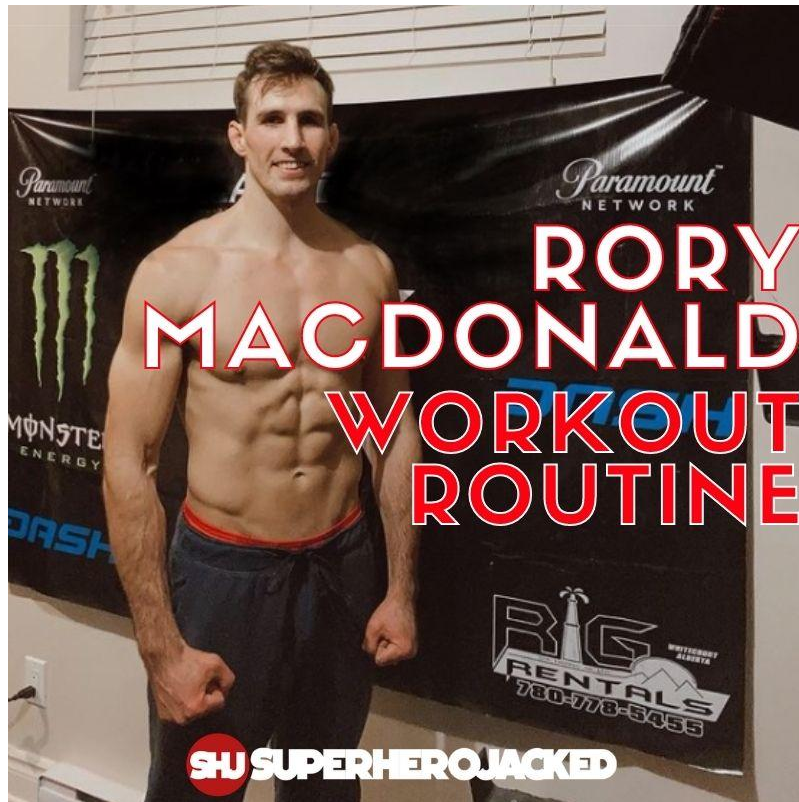


RORY MACDONALD WORKOUT ROUTINE



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.

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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RORY MACDONALD 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.

Rory Macdonald Workout

WARMUP

Hamstring Stretch

Body-weight Squat: 30 reps

Pushup: 20 reps

Pullup:10 reps

Hip Mobility Drill

Dip: 10 reps

Plank: 60 sec.

Reverse Plank: 60 sec.

Five Sets Each Of:

Single-leg Pistol Squat: 10 reps

Inverted Row (w/rings): 6 reps

Deep Pushup (w/rings): 10 reps

Dips (w/rings): 5 reps

Hanging L-sit holds: 5 seconds:

superset with

Pullup (w/rings): 5 reps

Reverse Lunge: 6 reps

Heavy bag work

Three 5-minute rounds