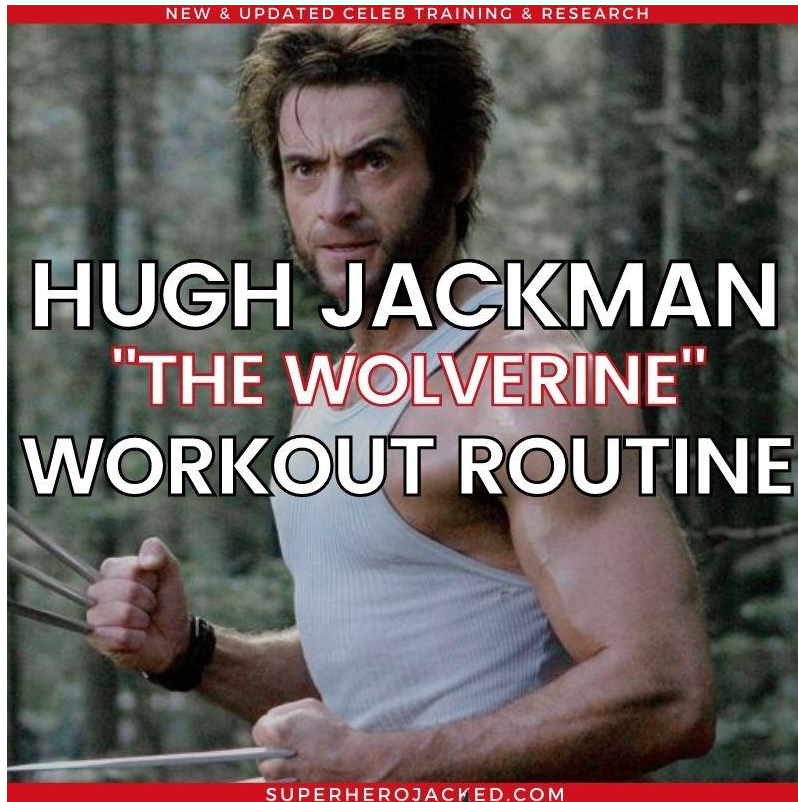


# HUGH JACKMAN "WOLVERINE" WORKOUT ROUTINE



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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# HUGH JACKMAN “WOLVERINE” WORKOUT ROUTINE

**Training Volume:**

5 Days a Week

**Want To 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.

## **Hugh Jackman Wolverine Workout Routine: Sample Workout Schedule**

**Monday:** Upper Body Day

**Tuesday:** Lower Body Training

**Wednesday:** Back and Biceps

**Thursday:** Upper Body (Chest and Tricep Focus)

**Friday:** Lower Body (Back and Core Focus)

**Saturday:** Optional Add-on Work or Rest Day

**Sunday:** Rest Day

## **Hugh Jackman Wolverine Workout Routine: Upper Body Day**

### **Warm Up:**

5-15 Minute Incline Walk

Dynamic Warm Up

### **Workout:**

Barbell Bench Press

4×5, 4, 3, 10

Dumbbell Shoulder Press

4×10

Behind The Neck Shoulder Press

4×10

Cuban Press

4×10

Bodyweight Dip

4×10

Dumbbell Lateral Raise

4×12

Dumbbell Front Raise

3×8

Rear Delt Flyes

3×8

Overhead Press

3×8

## **Hugh Jackman Wolverine Workout Routine: Lower Body Day**

### **Warm Up:**

5-15 Minute Incline Walk

Dynamic Warm Up

### **Workout:**

Barbell Back Squat

4×5, 4, 3, 10

Barbell Front Squat

4×10

45-Degree Single-Leg Press

4×10

Standing Calf Raises

4×12

Hanging Leg Raises

4×12

Ab Wheel Rollout

4×10

## **Hugh Jackman Wolverine Workout Routine: Back and Biceps**

### **Warm Up:**

5-15 Minute Incline Walk

Dynamic Warm Up

### **Workout:**

Weighted Pull Ups

4×5, 4, 3, 10

Single Arm Dumbbell Rows

4×12

Bodyweight Row

4×10

Incline Dumbbell Bicep Curl

4×10

Zottman Curl

4×8

Cross Body Dumbbell Curl

4×8

Pronated Grip Straight Bar Curl

4×8

## **Hugh Jackman Wolverine Workout Routine: Upper Body (Chest and Tricep Focus)**

**Warm Up:**

5-15 Minute Incline Walk

Dynamic Warm Up

**Workout:**

Incline Dumbbell Bench Press

4×6+6+6

(6 High Incline, 6 Moderate Incline, 6 Flat)

Cable Flyes

4×10

Close Grip Barbell Bench Press

4×10

Tricep Pressdown

4×8

Bodyweight Dip

4×8

Narrow Push Up

4×8

# **Hugh Jackman Wolverine Workout Routine: Lower Body (Back and Core Focus)**

## **Warm Up:**

5-15 Minute Incline Walk

Dynamic Warm Up

## **Workout:**

Barbell Deadlift

4×5, 4, 3, 10

Romanian Deadlift

4×10

Zercher Squat

4×12

Weighted Sit Up

4×10

Barbell Landmine

4×10