

CHARLIE HUNNAM WORKOUT ROUTINE



Bonus PDF File
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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 insure the tips given in this course are appropriate for your individual circumstances.

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CHARLIE HUNNAM WORKOUT ROUTINE

Training Volume:

3-6 Days

Explanation:

This volume of training can really be done basically every single day, so I'm allowing you to choose your own volume.

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 & tradition pyramid training, straight sets, super sets, progressive overload and more.

The Workout Routine

75 Pull Ups (I have OCD so I will probably make this 100 even)

75 Dips (OCD to 100)

150 Squats (OCD to 200)

150 Push Ups (OCD to 200)

20 Minutes of Core and Ab Work

The Breakdown:

You can break this down based on your own rep failure for each movement.

So: 5 sets of 10 to get 100, or 5 sets of 10 to 50 and then sets of 5 to 75, whatever.

Same with your squats, push ups and dips!

Your ab work should consist of a bunch of different movements.

Examples:

Sit Ups

Leg Lifts

Flutter Kicks

Crunches

Alternating Knee Crunches/Sit Ups

Planks

Side Planks

Knee to Elbow/Toe to Bar

Mountain Climbers

Reverse Superman Hold