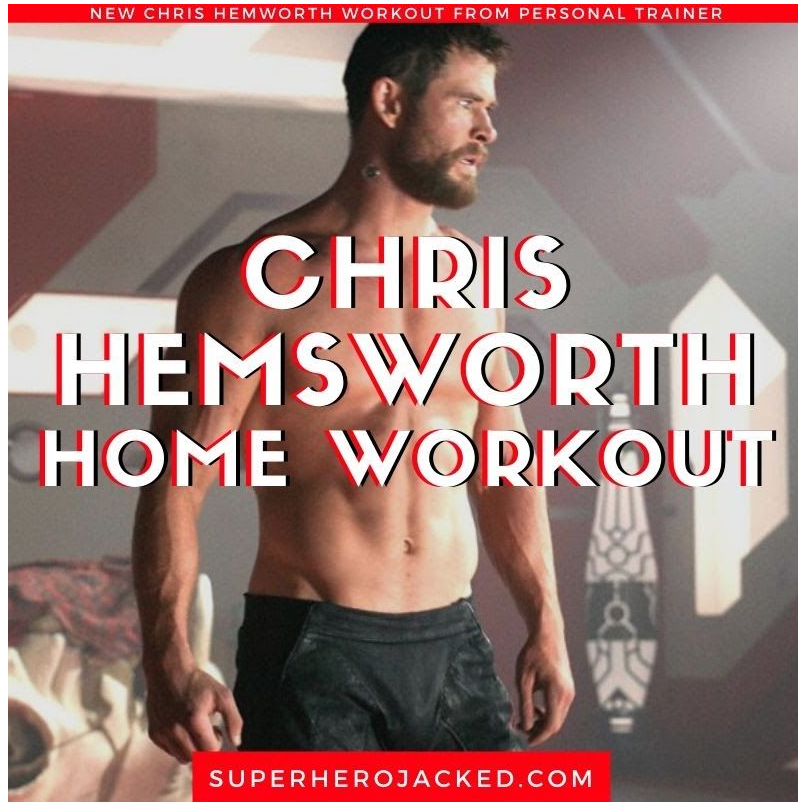


CHRIS HEMSWORTH [HOME] WORKOUT ROUTINE



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 insure 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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CHRIS HEMSWORTH [HOME] WORKOUT ROUTINE

Training Volume:

One Day Worth of Training [That Can Be Repeated]

Explanation:

This is a warm up and circuit that is great as a full body workout to be added into your programming any day you need to switch it up and get a great quick and dirty full body workout!

Training Duration:

Luke Zocchi, Chris Hemsworth's personal trainer builds this circuit to be 3 rounds with no rest in between rounds.

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 Warm Up:

Bear Crawl

20 Seconds On 10 Seconds Off X 10 Rounds

Bodyweight Squats

20 Seconds On, 10 Seconds Off X 10 Rounds

The Workout:

Complete Circuit 3 Rounds [No Rest Between Rounds]

Weighted Burpee X 8 reps

Dumbbell Curl to Press X 8 reps

Goblet Squat X 8 reps

Standing Tricep Extensions X 8 reps

Reverse Lunge Curl X 8 reps

Lateral Raise into Front Raise into Upright Row w/ Dumbbells X 8 reps

Plank Punch Out X 8 reps

Plank Pulses X 8 reps

Plank Pikes X 8 reps