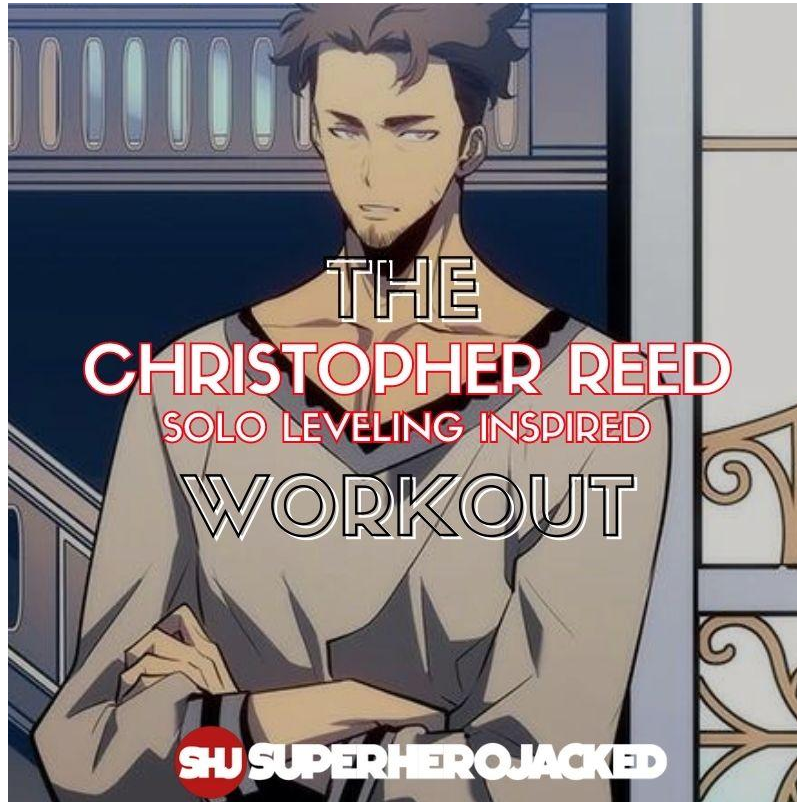


# CHRISTOPHER REED WORKOUT ROUTINE



Bonus PDF File  
**By: Mike Romaine**

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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.

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# CHRISTOPHER REED WORKOUT ROUTINE

## Training Volume:

4-5 days per week

## Explanation:

For this one we're going to be training 4 days per week with calisthenics and then one day will be devoted to a Devil Hunter Circuit Test that you can complete weekly, biweekly or monthly as you'd like, subbing endurance work on weeks you don't complete it.

## 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.

## Christopher Reed Workout: Sample Schedule

**Monday:** National Level Hunter Calisthenics A

**Tuesday:** National Level Hunter Calisthenics B

**Wednesday:** Vessel of a Ruler Circuit Test

**Thursday:** National Level Hunter Calisthenics C

**Friday:** National Level Hunter Calisthenics D

**Saturday:** Optional Additional Resources or Active Rest Day

**Sunday:** Rest Day

## **Christopher Reed Workout: National Level Hunter Calisthenics A**

### **Warm Up:**

Incline Walk, Elliptical or Bike Ride

15-30 Minutes

### **Workout:**

Superset A:

A. Air Squats

3×25

B. Sit Ups

3×20

Superset B:

A. Push Ups

3×20

B. L-Sit Hold

3×20-30 Seconds

Superset C:

A. Dips

3×15

B. Lying Leg Raises

3×15-20

Superset D:

A. Pull Ups

3×8-12

B. Mountain Climbers

3×20

## **Christopher Reed Workout: National Level Hunter Calisthenics B**

**Warm Up:**

Incline Walk, Elliptical or Bike Ride

15-30 Minutes

**Workout:**

Superset A:

A. Glute Bridges

3×25

B. V-Ups

3×20

Superset B:

A. Incline Push Ups

3×20

B. Hollow Hold

3×20-30 Seconds

Superset C:

A. Plank to Push Ups

3×15

B. Hanging Leg Raises

3×15-20

Superset D:

A. Bodyweight Rows

3×8-12

B. Planking Shoulder Taps

3×20

## **Christopher Reed Workout: Vessel of a Ruler Circuit Test**

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

*(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)*

### **Vessel of a Ruler Circuit Test: Complete 4 Rounds For Time**

400M Run

30 Jumping Lunges [total]

25 Pause Push Ups

20 Hanging Knee Raises with Twist

15 Second Superman Hold

10 Plank to Push Ups

## **Christopher Reed Workout: National Level Hunter Calisthenics C**

### **Warm Up:**

Incline Walk, Elliptical or Bike Ride

15-30 Minutes

### **Workout:**

Superset A:

A. Wide to Close Squats

3×20

B. Bicycle Crunches

3×30

Superset B:

A. Wide to Close Push Ups

3×20

B. Superman Hold

3×20-30 Seconds

Superset C:

A. Chair Dips

3×15

B. Russian Twists

3×15-20

Superset D:

A. Chin Ups

3×8-12

B. Double Unders

3×20

## **Christopher Reed Workout: National Level Hunter Calisthenics D**

**Warm Up:**

Incline Walk, Elliptical or Bike Ride

15-30 Minutes

**Workout:**

Superset A:

A. Lunges

3×30 (15 each leg)

B. Slow Crunches

3×20

Superset B:

A. Decline Push Ups

3×20

B. Plank Hold

3×30-60 seconds

Superset C:

A. Dips

3×15

B. Hanging Leg Raises

3×15-20

Superset D:

A. Wide Pull Ups

3×8-12

B. Half Burpees

3×8-10

## **Christopher Reed Workout: Optional Endurance Work**

**For your endurance, HIIT or MMA/Parkour days you have quite a few options.**

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

*I'll break it down in that order:*

### **Option One – Run Based on Overall Fitness Level:**

**Beginner:** 1-3 Miles

**Intermediate:** 3-5 Miles

**Advanced:** 5+ Miles

### **Endurance Work Resources:**

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

## Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim
- Bike

## Option Three – Complete HIIT Training Using SHJ Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members:](#) Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

## Christopher Reed Workout: Optional Additional Training Resources

### Parkour Training Resources:

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### Main MMA Training Resources

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

- [Frank Grillo Boxing Workout](#)

**Other MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)