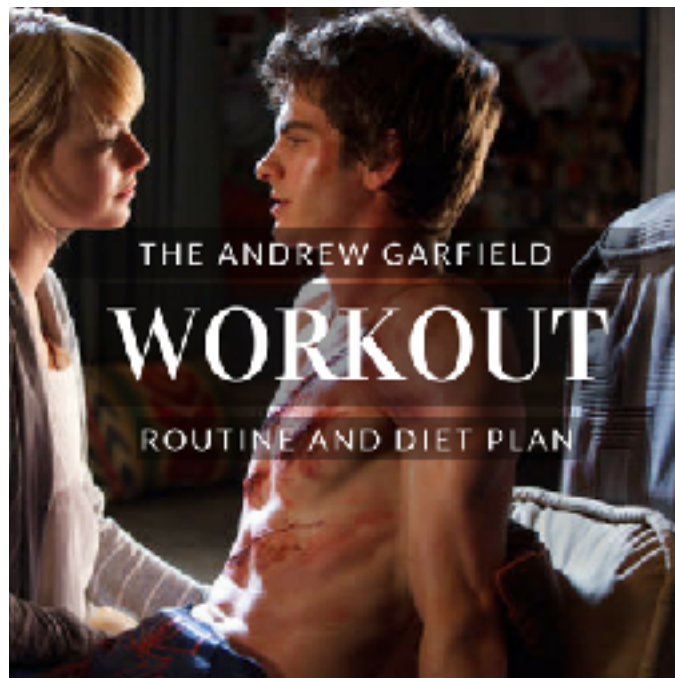


# ANDREW GARFIELD

# WORKOUT ROUTINE



## BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

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 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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# Andrew Garfield

## Workout Routine:

### Training Volume:

2-6 days

### Explanation:

I'm going to program 2 days of training which Garfield's trainer broke into different section (upper body/lower body), and then another two to three days will be cardio and yoga/plyometrics activity days.

Utilize these two training programs up to 2 days a week each.

## Upper Body: Chest, Arms, Shoulders, Back

### Warm Up:

Jog 800m

3×10 Pull-Ups

3×15 Air Squats

3×20 Push Ups

**Workout:**

Clap Push Ups

3xFailure (shoot for 20)

Ball Slams

3×12

Light Bench Press

3×15

Clean and Press

3×10

Dips

3xFailure

Tricep Extensions (overhead)

3×12

Arnold Presses

3×10

Shrugs (DB's or BB)

3×15-20

**Cardio:**

10-20 min treadmill

## Lower Body: Legs, Calves, Abs, Thighs, Glutes

**Warm Up:**

Jog 800m

3×10 Pull-Ups

3×15 Air Squats

3×20 Push Ups

**Workout:**

Weighted Lunges

3×10

Leg Press

3×10

Box Jumps

3×15

Front Squats

3×12

Calf Raises

3×20

V-Ups

3×25

Straight Leg Deadlifts

3×10

Plank Holds

3×60 second holds

**Cardio:**

10-20 min treadmill

## Activity Days: Yoga, Plyometrics, and Cardio

Spider-Man needs his endurance.

Sprints, long distance cardio, and high intensity workouts are a must here.

Incorporate all of that cardio, and also add in extra yoga and plyometric type training.