

BENEDICT CUMBERBATCH DR. STRANGE WORKOUT



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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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Benedict Cumberbatch Dr. Strange Workout Routine:

Training Volume:

3-5 days a week

Additional Guidelines:

How to incorporate yoga: Yoga Studio App (not at all affiliated), or via in-person studio

How to incorporate endurance training: Long steady cardio as listed, or incorporate physical endurance sprints or hiking

Monday – Chest and Triceps

Warm Up: Calisthenics

Pull Ups: 3x10

Dips: 3x15

Push Ups: 3x20

Workout:

Dumbbell Chest Press: 3x12,10,8,5 (**When you see rep counts like this it is 3 total sets – increasing the load each time**)

Overhead Tricep Extension: 3x12,10,8,5

Incline Dumbbell Chest Press: 3x10

Skull Crushers: 3x10

Chest Flyes (cables or dumbbells): 3x10

Tricep Cable Push Downs: 3x10

Cardio:

20 Minutes of HIIT Training (High Intensity Interval Training)

First 10 minutes: Walk 2 minutes (2.5-3.3 mph), then sprint 1 minute (6-9 mph)

Second 10 minutes: Walk 1 minute (2.5-3.3 mph), then sprint 1 minute (6-9 mph)

Yoga/Endurance Training Day

30-60 minutes of Yoga

OR

30-60 minutes of Endurance Training: 10-20 minute jog on the treadmill, 10-20 minute bike, 10-20 minute elliptical

****If you can incorporate 30 minutes of each, that's even better.****

Wednesday – Legs, Shoulders and Traps

Warm Up: Calisthenics

Pull Ups: 3x10

Dips: 3x15

Push Ups: 3x20

Workout

Squats: 3x12,10,8,5

Military Press: 3x12,10,8,5

Leg Press: 3x10

Shoulder Front Raises (dumbbell or cable): 3x10

Calf Raises: 3x20

Dumbbell Shrugs: 3x15,12,10,10

Seated Quad Extensions (machine): 3x10

Cable Face Pulls: 3x10

Cardio:

20 Minutes of HIIT Training (High Intensity Interval Training)

First 10 minutes: Walk 2 minutes (2.5-3.3 mph), then spring 1 minute (6-9 mph)
Second 10 minutes: Walk 1 minute (2.5-3.3 mph), then sprint 1 minute (6-9 mph)

Yoga/Endurance Training Day

30-60 minutes of Yoga

OR

30-60 minutes of Endurance Training: 10-20 minute jog on the treadmill, 10-20 minute bike, 10-20 minute elliptical

****If you can incorporate 30 minutes of each, that's even better.****

Friday – Back and Biceps

Warm Up: Calisthenics

Pull Ups: 3×10

Dips: 3×15

Push Ups: 3×20

Workout

Deadlifts: 3×10,8,5,3

Dumbbell Bicep Curls: 3×12,10,8,5 (each arm)

Lateral Pull Downs: 3×10

Preacher Curls (free weights or machine): 3×10

Cable Rows: 3×10

Hammer Curls: 3×10

Chin Ups: 3×10

Cardio:

20 Minutes of HIIT Training (High Intensity Interval Training)

First 10 minutes: Walk 2 minutes (2.5-3.3 mph), then spring 1 minute (6-9 mph)
Second 10 minutes: Walk 1 minute (2.5-3.3 mph), then sprint 1 minute (6-9 mph)