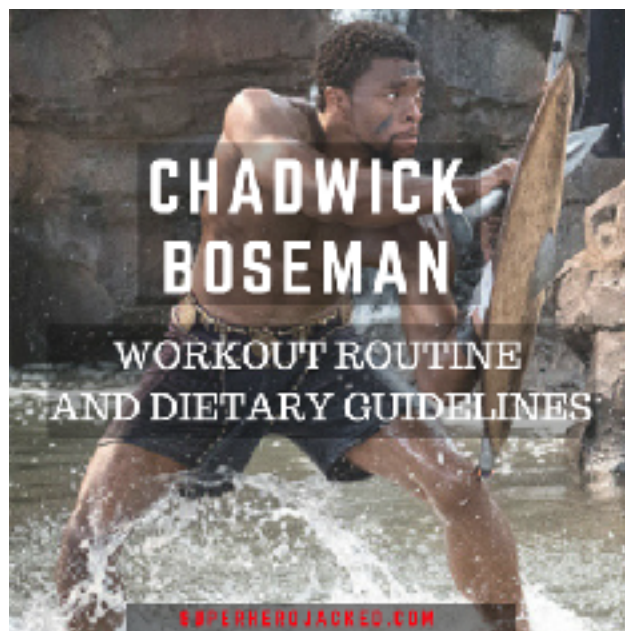


CHADWICK BOSEMAN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **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.

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Chadwick Boseman Workout Routine

Training Volume:

3-5 days per week

Explanation:

I'm going to program 3 days of circuit training and gymnastic styled routine. The other two days are contingent on you getting in the extra work that it takes to become Black Panther. That involves boxing, MMA styled training, and cardiovascular and endurance styled training.

Day One: Gymnastics and Core

Warm Up:

Stretch

800m jog

3×5 Pull Ups

3×10 Air Squats

3×15 Push Ups

Workout:

Circuit 21-15-9

Round 1: 21 reps or seconds each

21 second ring hold with legs straight (if possible)

21 inchworms

21 second wall plank hold

21 plank to push-ups

21 second reverse superman hold

21 lunges

Round 2: 15 reps or seconds each

15 second ring hold with legs straight (if possible)

15 inchworms

15 second wall plank hold

15 plank to push-ups

15 second reverse superman hold

15 lunges

Round 3: 9 reps or seconds each

9 second ring hold with legs straight (if possible)

9 inchworms

9 second wall plank hold

9 plank to push-ups

9 second reverse superman hold

9 lunges

Day Two: MMA, Boxing, and Cardio

Cardiovascular endurance training includes long distance running, cycling, and rowing.

MMA and boxing help can be acquired with our Coach Derek within [The Academy](#), or implemented utilizing basic training on heavy and speeds bags (at a minimum) or in local gyms.

Day Three: Gymnastics and Core

Warm Up:

Stretch

800m jog

3×5 Pull Ups

3×10 Air Squats

3×15 Push Ups

Workout:

Circuit

5 Rounds for Time:

400m run

25 Pushups

15 Pull-ups

10 Handstand Pushups

5 Burpees

Day Four: MMA, Boxing, and Cardio

Cardiovascular endurance training includes long distance running, cycling, and rowing.

MMA and boxing help can be acquired with our Coach Derek within [The Academy](#), or implemented utilizing basic training on heavy and speeds bags (at a minimum) or in local gyms.

Day Three: Gymnastics and Core

Warm Up:

Stretch

800m jog

3×5 Pull Ups

3×10 Air Squats

3×15 Push Ups

Workout:

Circuit

1 Round

70 Calorie Row, Run, or Bike

60 Box Jumps

50 Dips

40 Pushups

30 Pull-ups

20 Burpees

10 Pistol Squats (each leg)