

CHARLIE COX DAREDEVIL WORKOUT ROUTINE



Bonus PDF File

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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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Charlie Cox Daredevil Workout Routine:

Training Volume:

3-5 days

3 days of hitting major body parts

0-2 days of full body workout and toning

Back and Biceps Day:

Warm up:

3x10 wide grip push-ups

3x10 wide grip pull ups

3x10 chin ups

Workout:

5 sets of Preacher Curls: 12-10-10-8-8

3 sets of Barbell Curls: 12-10-8

3 sets of Hammer Curls: 12-10-8

5 sets of Deadlift: 12-10-10-8-8

3 sets of Dumbbell Rows: 12-10-8

3 sets of Lat Pulldowns: 12-10-8

Cardio:

15 Minutes of HIIT Training (30 second sprint 90 second walk)

Chest and Triceps

Warm up:

3×10 standard pushups

3×10 dips

3×10 diamond pushups

Workout:

5 sets of Standard Bench Press: 12-10-10-8-8

3 sets of Incline Dumbbell Press: 12-10-8

3 sets of Decline Cable Flies: 12-10-8

5 sets of Skull Crushers: 12-10-10-8-8

3 sets of Tricep Extension (Dumbbell): 12-10-8

3 sets of Tricep Pushdown: 12-10-8

Cardio:

15 Minute HIIT Training

Shoulders and Legs

Warm up:

3×15 Air squats

3×10 Air lunges

3×10 Wide grip pull ups

Workout:

5 sets of Standard Military Press: 12-10-10-8-8

3 sets of Dumbbell Front Raises: 12-10-8

3 sets of Dumbbell Shrugs: 15-15-15

5 sets of Back Squat: 12-10-10-8-8

3 sets of Leg Press: 12-10-8

3 sets of Leg Extension: 12-10-8

Cardio:

15 Minute HIIT Training

Bodyweight Exercise

This can be implemented up to 2 days

Warmup:

3x5 pull ups

3x10 push ups

3x15 air squats

Workout:

3 sets of Standard Bench Press at 65-75%: 15-12-10

3 sets of Front or Back Squats at 65-75%: 15-12-10

3 sets of Barbell Rows: 15-12-10

3 sets of Arnold Presses: 15-12-10

Circuit:

(Can do 1 set pushups then 1 set air squats then 1 set pull ups etc. etc.)

5 sets of 20 pushups

5 sets of 15 air squats

5 sets of 10 wide grip pull ups