

DANIEL RADCLIFFE

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Daniel Radcliffe Workout Routine

Training Volume:

3-5 days per week

Explanation:

Daniel Radcliffe has a lean and toned physique. For that reason, while this might have some components of bulking (seeing as how he has bulked up a bit), it will still be devoted to becoming lean and toned using the types of training he utilizes.

Day One: Bodyweight and Running

Warm Up:

Stretch

Light Jog for 800m

Workout:

3 Round Circuit

5 Pull Ups (or Pike Push Ups)

10 Burpees

15 Sit Ups

20 Leg Raises

25 Push Ups

30 Second Plank

Run:

Beginner: Run 1-2 miles

Intermediate: Run 2-3 miles

Advanced: Run 4-6 miles

Day Two: Running like Radcliffe

As we read, Radcliffe runs A LOT! For that reason, two days of this programming are going to be devoted to just that: running!

I set up in each day a segmentation of beginner, intermediate and advanced work that you can utilize to get started and progress.

If you would like a more in-depth look at running styled training, please check out The Flash (aka Runners) Path within [The Academy!](#)

Beginner: Run 1-3 miles

Intermediate: Run 3-5 miles

Advanced: Run 5+ miles

Day Three: Bodyweight and Running

Warm Up:

Stretch

Light Jog for 800m

Workout:

3 Round Circuit

5 Pull Ups (or Pike Push Ups)

10 Burpees

15 Sit Ups

20 Leg Raises

25 Push Ups

30 Second Plank

Run:

Beginner: Run 1-2 miles

Intermediate: Run 2-3 miles

Advanced: Run 4-6 miles

Day Four: Running like Radcliffe

As we read, Radcliffe runs A LOT! For that reason, two days of this programming are going to be devoted to just that: running!

I set up in each day a segmentation of beginner, intermediate and advanced work that you can utilize to get started and progress.

If you would like a more in-depth look at running styled training, please check out The Flash (aka Runners) Path within [The Academy!](#)

Beginner: Run 1-3 miles

Intermediate: Run 3-5 miles

Advanced: Run 5+ miles

Day Five: Bodyweight and Running

Warm Up:

Stretch

Light Jog for 800m

Workout:

3 Round Circuit

5 Pull Ups (or Pike Push Ups)

10 Burpees

15 Sit Ups

20 Leg Raises

25 Push Ups

30 Second Plank

Run:

Beginner: Run 1-2 miles

Intermediate: Run 2-3 miles

Advanced: Run 4-6 miles