

DANIEL RADCLIFFE 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.

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