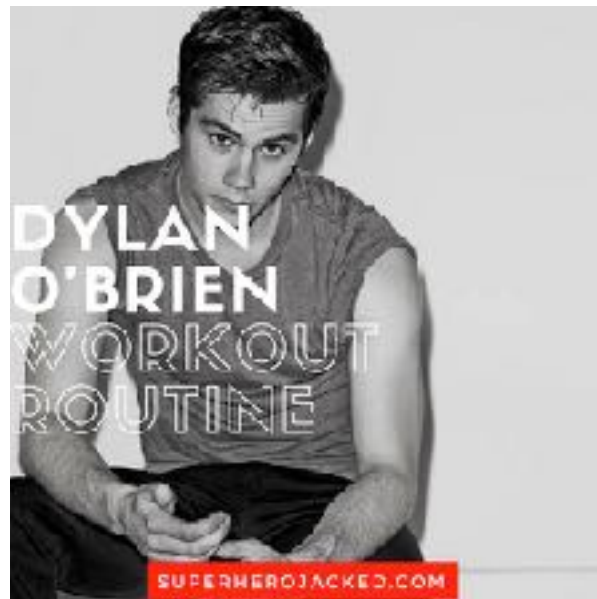


DYLAN O'BRIEN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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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.

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Dylan O'Brien Workout Routine

Training Volume:

3-5 days per week

Explanation:

Feel free to add in the extra running drills and cardio if you're looking to cut and lose fat. Otherwise utilize the days as MMA styled training which can be done with outside lessons, videos, or even with Coach Derek in [The Academy](#).

Day One: Calisthenics, Cardio and Combat

Warm Up:

Stretch

800m jog

Workout:

5×10 Dips

5×10 Pull Ups

5×15 Air Squats

5×20 Push Ups

Circuit:

1 minute of shadowboxing

10 Jumping Lunges

1 minute of heavybag

10 Double Unders

1 minute plank hold

10 Squat and Punch

Day Two: Cardio and MMA Training

You're job is to become an assassin.

You can either use outside training for this in the form of a gym, videos, or even our very own Coach Derek in [The Academy!](#)

Also feel free to use this day as extra cardio in the form of long distance running (2-5 miles depending on performance level), or HIIT training (15-30 minutes).

Day Three: Calisthenics, Cardio and Combat

Warm Up:

Stretch

800m jog

Workout:

5×10 Dips

5×10 Pull Ups

5×15 Air Squats

5×20 Push Ups

Circuit:

3 Sets of:

400m jog

1 minute heavybag

20 Weighted Punches

15 V Ups

10 Plank to Push Ups

Day Four: Cardio and MMA Training

You're job is to become an assassin.

You can either use outside training for this in the form of a gym, videos, or even our very own Coach Derek in [The Academy!](#)

Also feel free to use this day as extra cardio in the form of long distance running (2-5 miles depending on performance level), or HIIT training (15-30 minutes).

Day Five: Calisthenics, Cardio and Combat

Warm Up:

Stretch

800m jog

Workout:

5×10 Dips

5×10 Pull Ups

5×15 Air Squats

5×20 Push Ups

Circuit:

2 Sets of:

3 Muscle Ups (scale for ring pull ups, regular pull ups, or pikes)

5 Burpees

100 Jump Ropes

1 minute heavy bag

100 Jump Ropes

5 Burpees

3 Muscle Ups