

IN-HOME BODY WEIGHT 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.

In-Home Body Weight Workout Routine

Training Volume:

5 days a week

- 25 Plank to Push-Ups
- 25 Pull-Ups
- 50 Push-Ups
- 50 Air Squats
- 50 Sit Ups
- 50 Step Ups
- 50 Push-Ups
- 25 Pull-Ups
- 25 Plank to Push-Ups

Workout Instructions

I don't know if anyone thinks this routine looks familiar, but it should. This format was used for the 300 movie, which we've now seen two workout routines for (one was a revamp). That being said, we know this is a circuit.

A circuit, as we should know, is constant movement. That means you're not taking rest time between each "set", because there aren't any sets here. This is just one straight routine; all the way through.

That might sound scary.

Don't worry though, that brings us to the topic of scaling.

Scaling

I've already discussed scaling for pull-ups, that much we know. But, I also want to touch on the scaling for the rest of the workout. Being that it's all body weight movements your goal is to obviously be able to do the full movement (and even possibly weighted eventually).

Pull Ups: Assist band or Body Weight Rows or Pike Push-Ups

Push-ups: Knee Push-Ups

Plank to Push-Ups: 30-60 Second Plank Hold

Pauses and Breaks

Now finally we get to that part about not taking any breaks. The best way to scale this for beginners is to pace. I know I said no breaks, but technically speaking you're going to need to "break" them up. When first starting out you can do 5-10 at a time, stop, pause, breathe, and continue. This doesn't mean stop for 30-60 seconds, but this is a pause to allow you to keep moving.

Alright, that's basically all you need to know to get going.