

KIT HARRINGTON JON SNOW WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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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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Kit Harington Jon Snow Workout Routine

Training Volume:

3-5 Days

The Kit Harington Workout Routine

Please Scale the Set/Rep Counts Depending on your Current Fitness Level

Monday: Full Body Circuit

3 ROUNDS

10 Pull Ups

25 Deadlifts @145 lbs.

25 Man Makers @20 lbs.

25 Box Jumps

25 Man Makers @20 lbs.

25 Deadlifts @145 lbs.

10 Pull Ups

Tuesday: Full Body and Yoga

Incline Dumbbell Bench Press 3x10

Leg Press 3x10

Arnold Presses 3x10

Dumbbell Bicep Curl 3x10

Overhead Tricep Extension 3x10

Bent Over Rows 3x10

Insert Optional Yoga 15-30 min

Wednesday: Full Body Circuit

3 ROUNDS
10 Burpees

25 Squats @135 lbs.

25 Push Ups

25 Box Jumps

25 Push Ups

25 Squats @135 lbs.

10 Burpees

Thursday: Full Body and Yoga

Decline Bench Press 3×10

Weighted Lunges 3×10

Tricep Cable Push Downs 3×10

Preacher Curls 3×10

Face Pulls 3×10

Lateral Pull Downs 3×10

Insert Optional Yoga 15-30 min

Friday: Full Body Circuit

3 ROUNDS
10 Pull Ups

25 Bench Press @135 lbs.

25 Man Makers @20 lbs.

25 Box Jumps

25 Man Makers @20 lbs.

25 Bench Press @135 lbs.

10 Pull Ups