

STEPHEN AMELL ARROW WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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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Stephen Amell Arrow Workout Routine:

You have 4 days of routines to follow, and then 1-2 days of long distance cardio (This should be done at a steady and comfortable pace). Among these 5-6 days you will be fitting in your Ab Routine 3 Days.

This Routine can be made harder by wearing a weighted vest. You can also go through the movements one at a time for a total of 3 sets, they do not have to be done all at once in the specific order.

Ab Routine

3x25 TTB (Toes to Bar) Which can be scaled to Knees to Elbow

Short Circuit 3 Sets (Try not to touch your feet to the floor until you finish each set)

20 Lying Leg Lifts

20 Scissor Kicks

20 Second Hollow Rock

3x25 Sit Ups

60 Second Plank Holds w/ Increasing Weight (on your back)

Example:

Set One: Free Weight

Set Two: 45 Lbs

Set Three: 70 lbs

Arm Routine

3x10 Chin-Ups

3x15 Bench Dips

3x10 Wide Grip Chin Ups

3x15 Dips

3x10 Close Grip Chin Ups

Finish with 15-30 Minutes of HIIT Cardio Training

1 Minute Quick Jog → 1 Minute Walk

Leg Routine

3x15 Lunges
3x10 Pistol Squats
3x15 Air Squats
3x10 Jump Squats
3x15 Lunges

Finish with 15-30 Minutes of HIIT Cardio Training
30 Second Sprint → 1:30 Walk

Chest Routine

3x15 Regular Push-Ups
3x10 Diamond Push-Ups
3x15 Handstand Push-ups (Or High Arch)
3x10 Ring or Bar Dips
3x15 Regular Push-Ups

Finish with 15-30 Minutes of HIIT Cardio Training
30 Second Sprint → 1:30 Walk

Back Routine

3x15 Standard Pull-Ups
3x10 Wide Grip Pull-Ups
3x15 Wide Grip Push-Ups (Slightly wider than Standard)
3x10 Wide Grip Pull-Ups Behind the Head
3x15 Standard Pull-Ups

Finish with 15-30 Minutes of HIIT Cardio Training
1 Minute Quick Jog → 1 Minute Walk