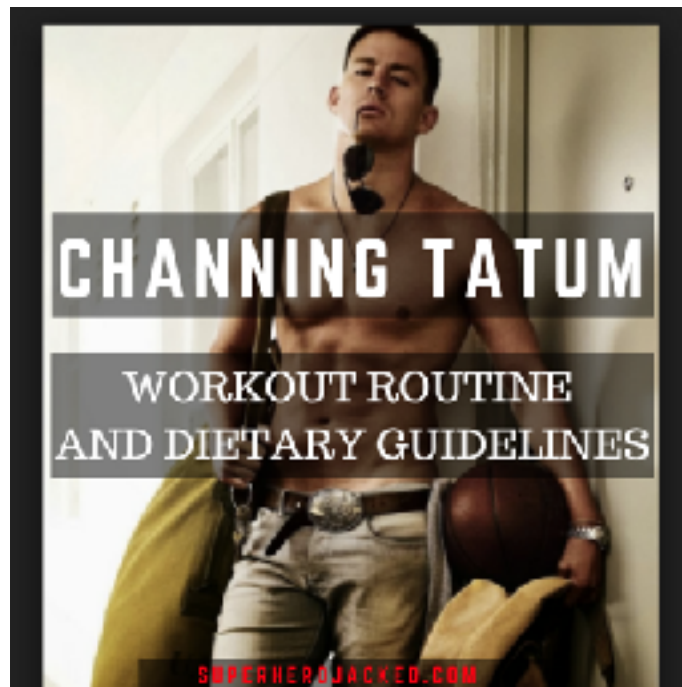


CHANNING TATUM

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **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.

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Channing Tatum Workout Routine:

Training Volume:

4-6 Days

Explanation:

We're going to base this routine off of the assumption you aren't on a sick time restraint and don't have as much time as Tatum had to devote to his daily training regime. That being said, it will be much shorter time frames, and less days per week, but equally as effective if use for a longer duration.

****Utilize at least one cardio day as an off-day****

Day One: Bench Press

Warm Up:

3×10 Pull Ups

3×20 Push Ups

3×25 Leg Raises

Cardio:

20 Minutes of HIIT Training

1 Min walk, 1 Min Sprint for 20 Minutes

Workout:

Bench Press

5×12,10,8,5,3

Cable Flys

3×10

Incline Cable Flys

3×10

Incline Dumbbell Press

3×10

Dips (weighted if possible)

3×15

Close Grip Bench

3×12

Day Two: Long Cardio

Long Distance Bike Ride or Jog

Bike at least 5-10 Miles

Jog at least 3-5 Miles

Day Three: Squats

Warm Up:

3×10 Pull Ups

3×20 Push Ups

3×25 Leg Raises

Cardio:

20 Minutes of HIIT Training

1 Min walk, 1 Min Sprint for 20 Minutes

Workout:

Squats

5×12,10,8,5,3

Leg Press

3×10

Hack Squat

3×10

Weighted Step Ups

3×10

Weighted Lunges

3×12

Calf Raises

3×20

Day Four: Long Cardio

Long Distance Bike Ride or Jog

Bike at least 5-10 Miles

Jog at least 3-5 Miles

Day Five: Military Press

Warm Up:

3×10 Pull Ups

3×20 Push Ups

3×25 Leg Raises

Cardio:

20 Minutes of HIIT Training

1 Min walk, 1 Min Sprint for 20 Minutes

Workout:

Military Press

5×12,10,8,5,3

Dumbbell Shrugs

3×20

Arnold Press

3×10

Dumbbell Front Shoulder Raises

3×12

Barbell Shrugs

3×10

Shoulder Flys

3×12

Day Six: Long Cardio

Long Distance Bike Ride or Jog

Bike at least 5-10 Miles

Jog at least 3-5 Miles

Day Seven: Deadlift

Warm Up:

3×10 Pull Ups

3×20 Push Ups

3×25 Leg Raises

Cardio:

20 Minutes of HIIT Training

1 Min walk, 1 Min Sprint for 20 Minutes

Workout:

Deadlift

5×12,10,8,5,3

Wide Grip Pull Ups

3×10

Lateral Pull Downs

3×12

Cable Rows

3×10

Dumbbell Rows

3×10

Cable Crossovers

3×10