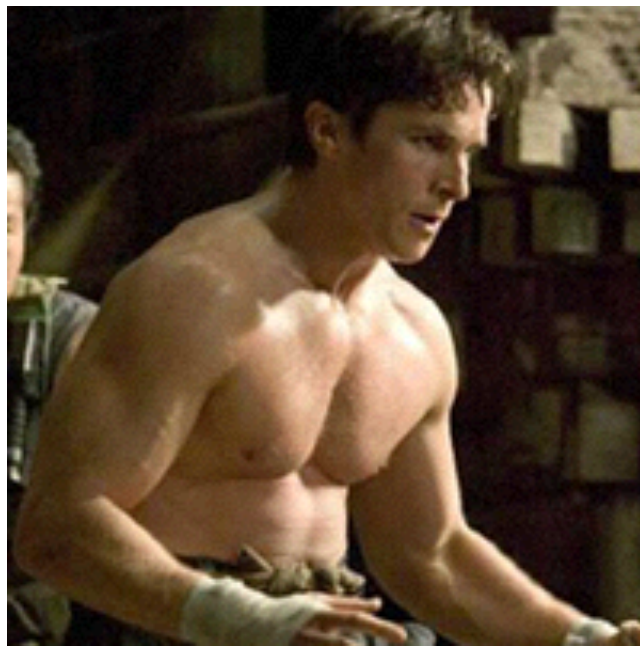


CHRISTIAN BALE BATMAN WORKOUT ROUTINE



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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The Christian Bale Batman Workout Routine:

The Workout Schedule

With this routine you're going to want to workout 5 days a week adding in the ab and cardio routines [I will list at the end] up to 3 days a week.

Day One: Back

Wide Grip Lateral Pull Downs

3x10

Barbell Rows

3x10

Shrugs

4x25

Wide Grip Pull Ups

3x10 (Can add weight)

Deadlifts

10-8-5-5-3-Max

Day Two: Arms

Dumbbell Curls

3x10

Skull Crushers

3x10

Hammer Curls

3x10

Tricep Overhead Extensions

3x10

Seated Concentration Curls

3x10

Tricep Cable (Rope) Extensions

3x10

Day Three: Shoulders

Dumbbell Front Raises

3x10

Pull-Ups

3x10 (Can be weighted)

Dumbbell Lateral Raises

3x10

Dumbbell Shrugs

3x25

Presses

10-8-5-5-3-Max

Day Four: Legs

Calf Raises

25-25-25

Seated Leg Curls

10-10-10

Weighted Lunges

20-20-20

Weighted Step Ups

20-20-20

Front Squats

10-10-10

Squats

10-8-5-5-3-Max

Day 5: Chest

Dumbbell Chest Press (Light)

10-10-10

Cable Flyes

10-10-10

Decline Cable Flyes

10-10-10

Incline Bench Press

10-10-10

Weighted Push-Ups

25-25-25

Barbell Bench Press

10-8-5-5-3-Max

Abs and Cardio

Cardio

20 Minute HIIT (High Intensity Interval Training)

90 Sec. Walk @3MPH

30 Sec. Sprint @8-10MPH

OR

60 Sec. Walk @3MPH

60 Sec. Jog@6-7MPH

Ab Training

3 Rounds of:

50 Crunches

25 Leg Lifts

25 Flutter Kicks

15 Second Banana (Reverse Superman Hold)

OR

50 Crunches

25 Russian Twists

25 Flutter Kicks

30 Second Plank Hold