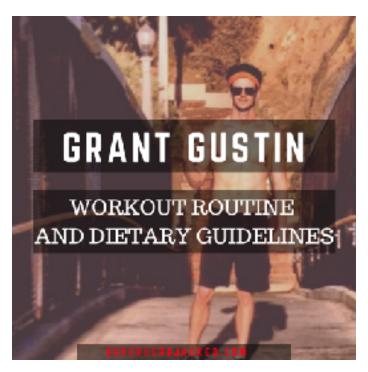
# GRANT GUSTIN WORKOUT ROUTINE



### BONUS POF FILE

By: Mike Romaine



#### **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.

### Grant Gustin Workout Routine:

### **Training Volume:**

As often as possible.

### **Explanation:**

If you're looking to get a bod like Grant, you're going to quite literally have to run like The Flash for this one.

(And/or utilize some great nutrition, as we know! You can't "outrun" your nutrition!)

### Runner "Flash" Workout

Day One:

30 min walk

Day Two:

1.5m run

Day Three:

Rest

Day Four:

1.5m run

Day Five:

3m run

Day Six:

Rest

Day Seven:

30 min walk

\*\*Increase the mileage week by week to heighten this routine!\*\*

## Full Body Circuit "Flash" Training

Do this workout "FOR TIME" and continuously progress as you repeat it.

5 Rounds:

400m jog

25 Push Ups

10 Pull Ups

15 Air Squats

10 Plank to Push Ups

If you need help with calisthenics check out this article.