

GRANT GUSTIN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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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 "out-run" 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.](#)