

JAMES FRANCO

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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James Franco Workout Routine

Training Volume:

3-5 Days

Monday: Bodyweight Movements

3x5 Burpees

3x10 Pull-Ups or Chin-Ups (Switch Each Bodyweight Day)

3x15 Dips

3x20 Sit Ups

3x25 Push Ups

3x30 Air Squats or Lunges (Switch Each Bodyweight Day)

10 Minutes of Boxing or Cardio

Heavy/Speed Bag OR 10 Minutes of HIIT Training on Treadmill or Bike

1 Minute On: Run 6.5-9mph for Treadmill, Keep RPM's above 100 on Level 7-10 on Bike

1 Minute Off: Walk 3-3.3mph on Treadmill, Keep steady RPM's (50-80) on Level 3 on Bike

Tuesday: Boxing or Cardio

1 Hour of Boxing with Heavy Bag and Speed Bag

OR

30-60 Minutes of Steady Cardio on Treadmill/Elliptical/Bike

Wednesday: Bodyweight Movements

3x5 Burpees

3x10 Pull-Ups or Chin-Ups (Switch Each Bodyweight Day)

3x15 Dips

3x20 Sit Ups

3x25 Push Ups

3x30 Air Squats or Lunges (Switch Each Bodyweight Day)

10 Minutes of Boxing or Cardio

Heavy/Speed Bag OR 10 Minutes of HIIT Training on Treadmill or Bike

1 Minute On: Run 6.5-9mph for Treadmill, Keep RPM's above 100 on Level 7-10 on Bike

1 Minute Off: Walk 3-3.3mph on Treadmill, Keep steady RPM's (50-80) on Level 3 on Bike

Thursday: Boxing or Cardio

1 Hour of Boxing with Heavy Bag and Speed Bag

OR

30-60 Minutes of Steady Cardio on Treadmill/Elliptical/Bike

Friday: Bodyweight Movements

3x5 Burpees

3x10 Pull-Ups or Chin-Ups (Switch Each Bodyweight Day)

3x15 Dips

3x20 Sit Ups

3x25 Push Ups

3x30 Air Squats or Lunges (Switch Each Bodyweight Day)

10 Minutes of Boxing or Cardio

Heavy/Speed Bag OR 10 Minutes of HIIT Training on Treadmill or Bike

1 Minute On: Run 6.5-9mph for Treadmill, Keep RPM's above 100 on Level 7-10 on Bike

1 Minute Off: Walk 3-3.3mph on Treadmill, Keep steady RPM's (50-80) on Level 3 on Bike