

TOM HOLLAND SPIDER-MAN WORKOUT ROUTINE



BONUS PDF FILE

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 **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.

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.

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The Tom Holland Spiderman Workout Routine:

Training Volume:

3-5 Days

Ex: 3 Days Weight and Circuit Training and 2 days Cardio and Activity Training

This one is on you! I'm going to give Mon-Wed-Fri workouts that are utilizing full body and circuit type training, but the other 2 days are your job! If you don't hit the activity, you need to hit the cardio that I'm listing as the alternative!

Monday

Warm Up

3x5 Pull Ups

3x10 Dips

3x15-25 Push Ups

Workout

2 Round Circuit

100m Sprint

25 Box Jumps

25 Sledgehammer Swings (Sub Kettlebell Swings)

25 Sit Ups

25 Burpees

25 Sit Ups

25 Sledgehammer Swings (Sub Kettlebell Swings)

25 Box Jumps

100m Sprint

Tuesday

The Workout (Cardio) Options

Choose between 1-2 hour of: Boxing, Parkour, or Gymnastics

OR

Choose between: 30 minutes HIIT Training on: Treadmill or Bike

HIIT Training Explained:

1 min on: Treadmill Sprints are 6mph-9mph, Bike is Level 10 Keeping RPM's above 100

1 min off: Treadmill Walk on 3-3.5mph, Bike is steady easy pace on Level 3

For 10 Minutes, then:

1 min on 2 min off (same as first ten minutes, but longer break)

Then final ten minutes:

Treadmill 3-3.5 mph walk on 5-10 incline, Bike steady medium pace on level 5-7

Wednesday

Warm Up

3x5 Wide Grip Pull Ups

3x10 Dips

3x15-25 Push Ups

Workout

3 Round Circuit (weight should be moderately heavy)

Run 400m

25 Sit Ups

15 Clean and Presses

12 Bench Press

10 One Arm Dumbbell Snatches

Thursday

The Workout (Cardio) Options

Choose between 1-2 hour of: Boxing, Parkour, or Gymnastics

OR

Choose between: 30 minutes HIIT Training on: Treadmill or Bike

HIIT Training Explained:

1 min on: Treadmill Sprints are 6mph-9mph, Bike is Level 10 Keeping RPM's above 100

1 min off: Treadmill Walk on 3-3.5mph, Bike is steady easy pace on Level 3

For 10 Minutes, then:

1 min on 2 min off (same as first ten minutes, but longer break)

Then final ten minutes:

Treadmill 3-3.5 mph walk on 5-10 incline, Bike steady medium pace on level 5-7

Friday

Warm Up

3x5 Chin Ups

3x10 Dips

3x15-25 Push Ups

Workout

5 Round Circuit

10 Bench Press @145 lbs

10 Floor Wipers @145 lbs

10 Burpees

10 Deadlifts @145 lbs

10 Hanging Knee/Leg Raises