

ADAM DRIVER

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.

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Adam Driver

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

Driver did not go through grueling training, BUT he is a Marine. If you'd like to train like a Marine would, feel free to add in the extra two days of running that I will program separately to take your training up a notch. If you're choosing not to, do your best to step it up on the 15-30 min and go the extra mile on the other days.

Day One: Chest, Triceps, Cardio and Core

Warm Up:

Stretch

3×10 Dips

3×12 Pull Ups

3×15 Air Squats

3×20 Push Ups

Cardio:

15-30 min jog

Workout:

Barbell Bench Press

3×10

Tricep Overhead Extension

3×10

Incline Dumbbell Press

3×10

Skull Crushers

3×10

Core:

Planks

3×60 seconds

Day Two: Driver Cardio and Jedi Training

So, the Marines don't have lightsabers, but maybe they should.

Use this day for Driver like cardio. Get out there and run!

If you can, do an extra 5k once a week, or just utilize this day for slow and steady cardio 1-5 mile range.

You can also utilize Coach Derek's sword training videos within [The Academy's Jedi Path](#) if you'd like to unleash your inner Kylo Ren!

Day Three: Back, Biceps, Cardio and Core

Warm Up:

Stretch

3×10 Dips

3×12 Pull Ups

3×15 Air Squats

3×20 Push Ups

Cardio:

15-30 min jog

Workout:

Deadlift

3×10

Bicep Curls (EZ Bar or DBs)

3×10

Lateral Pulldowns

3×10

Hammer Curls (Cable or DBs)

3×10

Core:

Planks

3×60 seconds

Day Four: Driver Cardio and Jedi Training

So, the Marines don't have lightsabers, but maybe they should.

Use this day for Driver like cardio. Get out there and run!

If you can, do an extra 5k once a week, or just utilize this day for slow and steady cardio 1-5 mile range.

You can also utilize Coach Derek's sword training videos within [The Academy's Jedi Path](#) if you'd like to unleash your inner Kylo Ren!

Day Five: Legs, Shoulders, Cardio and Core

Warm Up:

Stretch

3×10 Dips

3×12 Pull Ups

3×15 Air Squats

3×20 Push Ups

Cardio:

15-30 min jog

Workout:

Barbell Squat

3×10

Front Shoulder Raises (Cable or DBs)

3×10

Leg Press

3×10

Military Press (BB or DBs)

3×10

Core:

Planks

3×60 seconds