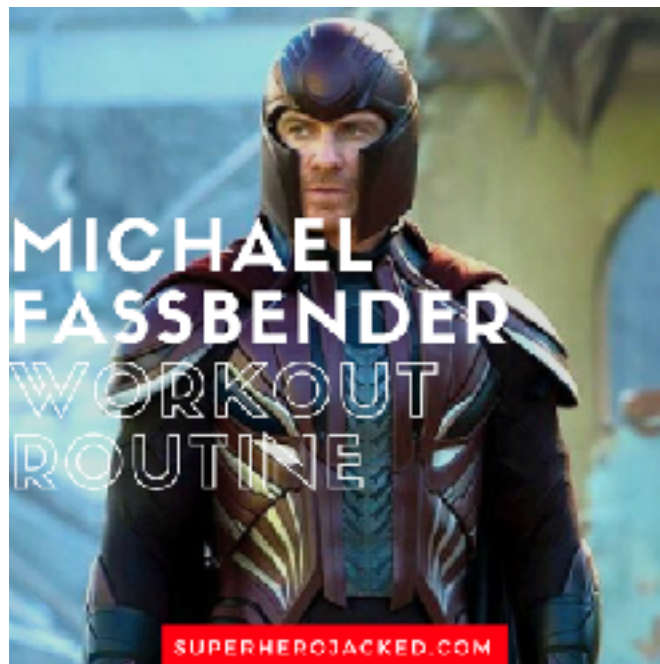


# MICHAEL FASSBENDER

## WORKOUT ROUTINE



### BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

## **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.

# Michael Fassbender

## Workout Routine:

### Training Volume:

3-6 days per week

### Explanation:

I'm going to program you enough circuits and training to give you six days worth of training, but it's okay to just get in 3 and take it at a slower pace. Unless of course you're training to be in the next Assassin's Creed, which then you may want to step it up!

## Program One: The 300 Workout

The 300 Workout is 2 Rounds through this:

- 25 Pull-Ups
- 50 Deadlifts @135
- 50 Push-Ups
- 50 Box Jumps @24"
- 50 Floor Wipers @135
- 50 Clean and Press @36 each arm
- 25 Pull-Ups

And, in the [revamped article](#) I sent you to before I break down multiple days worth for you guys to utilize.

Go ahead over to there and utilize multiple days of training if you'd like!

# Program Two: Men's Health Programming Twist

\*\*The "Workout" Section of this program is all from Men's Health's programming\*\*

## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Barbell Lunges

5×10

Weighted Pull Ups

5×10

Push Ups

5×10

Single Arm Dumbbell Rows

4×12

Dips

4×12

Ab Rollout

4×8

Shadow Boxing

3×60 seconds

## Program Three: Men's Journal and Fassbender's PT

### **Deadlift:**

Trap Bar Deadlifts: 5 sets of 5 reps, 2 minutes rest between sets

### **Circuit 1:**

Lunges (Weighted): 5 sets of 10 reps, each side

Pull-Ups (Weighted): 5 sets of 8 reps

Push-Ups (Weighted): 5 sets of 10 reps

### **Circuit 2:**

Dips: 4 sets of 12 reps

Single Arm Rows: 4 sets of 12 reps, each side

Ab Wheel Roll Out: 4 sets of 8 reps

### **Boxing:**

3 rounds of 3 minutes

### **Cool Down:**

Spend 10-15 minutes working body on a foam roller