

CLIVE STANDEN

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.

Clive Standen

Workout Routine:

Training Volume:

5 days per week

Explanation:

3 days per week you're going to be using the prison styled home workout I program for you, and 2 days per week you're going to have an activity day that I will explain more below.

Prison Style Home Workout: Three Days Per Week

Warm Up:

Stretch

800m Jog

Workout:

Finish With Whatever Rep Scheme You Choose:

250 Air Squats

200 Push Ups

150 Dips

100 Sit Ups

100 Lunges

75 Pull Ups

Activity Day: Two Days Per Week

Warm Up:

Stretch

800m Jog

Workout:

This part is one you. We know Clive Standen doesn't like the gym. Instead he does Krav Maga, running, circuit styled Ninja Warrior training, and more. You can choose to take a fighting MMA style class, go hiking, or even get in some active sports.

Get out there and use your fitness!