

PILOU ASBAEK WORKOUT ROUTINE



Bonus PDF File
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PILOU ASBAEK WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Asbaek was put through physical conditioning and military type training for his role. But we still need to sleep and recover so we're keeping it to 5 days per week.

Below I'll be sharing a military style training schedule by Brian Bullman.

Week 1

Day 1

- Sit and reach flexibility test.
- **Push-ups:** Maximum in 60 seconds
- **Sit-ups:** Maximum in 60 seconds
- **Pull-ups:** Maximum in 60 seconds
- **Run:** 2 miles as fast as possible
- **Swim:** 100 meter nonstop using any stroke, without touching the side or bottom of the pool.
- **Forced march with 30-pound rucksack:** While carrying 30 pounds in a backpack, walk 3 miles in 45 minutes on a road or 1 hour if walking cross-country. Wear well broken-in boots with thick socks.

Day 2

Weight Training or Swimming Workout

Swimming: Same as co-star [Nathalie Emmanuel](#) from GOT.

Click [here](#) for swimming routine PDF.

Weight Training:

Chest Press

3×10

Barbell Rows

3×10

Arnold Press

3×10

Lunges

3×10

Tricep Extensions

3×10

Bicep Curls

3×10 each arm

Day 3

- **Push-ups:** 3 sets of maximum in 30 seconds
- **Run:** 3 miles at moderate 8-9 minute mile pace
- **Rope climb or pull-ups:** 3 sets to failure

- **Forced march with 30-pound rucksack:** While carrying 30 pounds in a backpack, walk 5 miles in 1 hour and 15 minutes on a road or 1 hour and 40 minutes if walking cross-country.

Day 4

Weight Training or Swimming Workout

Swimming: Same as co-star [Nathalie Emmanuel](#) from GOT.

Click [here](#) for swimming routine PDF.

Weight Training:

Incline Chest Press

3×10

Pulldowns

3×10

Front Raises

3×10

Squats

3×10

Skull Crushers

3×10

Hammer Curls

3×10 each arm

Day 5

- **Forced march with 30-pound rucksack:** 5 miles in 1 hour and 15 minutes (along the road) or 1 hour and 40 minutes (cross-country).

Week 2

Day 1

- **Forced march with 30-pound rucksack:** 5 miles in 1 hour and 15 minutes (along the road) or 1 hour and 40 minutes (cross-country).

Day 2

Weight Training or Swimming Workout

Swimming: Same as co-star [Nathalie Emmanuel](#) from GOT.

Click [here](#) for swimming routine PDF.

Weight Training:

Chest Press

3×10

Barbell Rows

3×10

Arnold Press

3×10

Lunges

3×10

Tricep Extensions

3×10

Bicep Curls

3×10 each arm

Day 3

- **Push-ups:** 3 sets of maximum in 35 seconds
- **Pull-ups:** 3 sets of maximum in 35 seconds
- **Sit-ups:** 3 sets of maximum in 35 seconds
- **Run:** 5 miles at moderate 8 to 9 minute mile pace
- **Squats:** 3 sets of 50 reps with 35 pound rucksack

Day 4

Weight Training or Swimming Workout

Swimming: Same as co-star [Nathalie Emmanuel](#) from GOT.

Click [here](#) for swimming routine PDF.

Weight Training:

Incline Chest Press

3×10

Pulldowns

3×10

Front Raises

3×10

Squats

3×10

Skull Crushers

3×10

Hammer Curls

3×10 each arm

Day 5

- **Forced march with 35-pound rucksack:** 10 miles in 3 hours (along a road) or 4 hours (cross-country).

Week 3

Day 1

- **Push-ups:** 4 sets of maximum in 40 seconds
- **Pull-ups:** 4 sets of maximum in 40 seconds
- **Sit-ups:** 4 sets of maximum in 40 seconds
- **Run:** 4 miles at moderate to fast 7 to 8 minute mile pace
- **Squats:** 4 sets of 50 reps with 40 pound rucksack

Day 2

Weight Training or Swimming Workout

Swimming: Same as co-star [Nathalie Emmanuel](#) from GOT.

Click [here](#) for swimming routine PDF.

Weight Training:

Chest Press

3×10

Barbell Rows

3×10

Arnold Press

3×10

Lunges

3×10

Tricep Extensions

3×10

Bicep Curls

3×10 each arm

Day 3

- **Forced march with 40-pound rucksack:** 12 miles in 4 hours (along a road) or 4 hours and 40 minutes (cross-country).

Day 4

Weight Training or Swimming Workout

Swimming: Same as co-star [Nathalie Emmanuel](#) from GOT.

Click [here](#) for swimming routine PDF.

Weight Training:

Incline Chest Press

3×10

Pulldowns

3×10

Front Raises

3×10

Squats

3×10

Skull Crushers

3×10

Hammer Curls

3×10 each arm

Day 5

- **Push-ups:** 4 sets of maximum in 45 seconds
- **Pull-ups:** 4 sets of maximum in 45 seconds
- **Sit-ups:** 4 sets of maximum in 45 seconds
- **Run:** 6 miles at moderate to fast 7 to 8 minute mile pace
- **Squats:** 4 sets of 50 reps with 40 pound rucksack

Week 4

Day 1

- **Forced march with a 50-pound rucksack:** 14 miles in 4 hours (along a road) or 4 hours and 40 minutes (cross-country).

Day 2

- **Push-ups:** 4 sets of maximum in 60 seconds
- **Pull-ups:** 4 sets of maximum in 60 seconds
- **Sit-ups:** 4 sets of maximum in 60 seconds
- **Run:** 6 miles at moderate to fast 7 to 8 minute mile pace
- **Squats:** 4 sets of 50 reps with 50 pound rucksack

Day 3

- **Forced march with a 50-pound rucksack:** 18 miles in 4 hours and 45 minutes (along a road) or 6 hours (cross-country).

Week 5

Day 1

- **Run:** 3 miles at a fast 6-7 minute mile pace.
- **Swim:** 500 meters nonstop swim, using any stroke but backstroke.

Day 2

Weight Training or Swimming Workout

Swimming: Same as co-star [Nathalie Emmanuel](#) from GOT.

Click [here](#) for swimming routine PDF.

Weight Training:

Chest Press

3×10

Barbell Rows

3×10

Arnold Press

3×10

Lunges

3×10

Tricep Extensions

3×10

Bicep Curls

3×10 each arm

Day 3

- Sit and reach flexibility test.
- **Push-ups:** Maximum in 60 seconds
- **Sit-ups:** Maximum in 60 seconds
- **Pull-ups:** Maximum in 60 seconds
- **Run:** 2 miles as fast as possible

Day 4

Weight Training or Swimming Workout

Swimming: Same as co-star [Nathalie Emmanuel](#) from GOT.

Click [here](#) for swimming routine PDF.

Weight Training:

Incline Chest Press

3×10

Pulldowns

3×10

Front Raises

3×10

Squats

3×10

Skull Crushers

3×10

Hammer Curls

3×10 each arm

Day 5

- **Forced march with a 50-pound rucksack:** 18 miles in 4 hours and 30 minutes (along a road) or 6 hours (cross-country).