

ROBERT PATTINSON WORKOUT ROUTINE



Bonus PDF File
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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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ROBERT PATTINSON WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

I'm going to program you a three day strength and core routine that combines Pasternak's core and strength routine with the military style (training will come from Military.com straight from Seal and Marine Vets) we've also been seeing from Pattinson recently. From there I will also give you the specific workouts Mallalieu used with Pattinson as a bonus two days – as well as boxing and mixed martial arts training you can utilize if you'd like.

Robert Pattinson Workout Day One: Strength and Core

Warm Up:

10 minute walk/jog

Military Style Workout:

20 Minute Military Circuit:

1. Bench press* or pushups – max in 1:00
2. Squats – max in 1:00
3. Pullups or pulldowns – 1:00
4. Bike or jog – 3:00
5. Military press* – 1:00
6. Lunges – 1:00 each leg
7. Bicep curls – 1:00

8. Bike or jog – 3:00
9. Tricep extensions.- 1:00
10. Leg ext – 1:00 (requires leg machines – or repeat squats with weights)
11. Leg curls – 1:00 (requires leg machines – or repeat lunges with weights)
12. Situps – 2:00
13. Crunches – 2:00
14. Stretch

Bonus Pasternak Core Workout:

3×25 Each Exercise:

Feel free to do as Straight Sets, a Giant Set, or Circuit

Bicycle Crunches

Dumbbell Side Bends

Double Crunches

Superman Hold

Robert Pattinson Workout Day Two: Mallalieu and Boxing

Mallalieu shares two days worth of training that he specifically did with Pattinson, for those of you who really want to get into the full Pattinson routine.

He says you can do Workout A one day and then Workout B the next training day, so I suggest swapping them back and forth when you decide to add in Days Two and Four of this program.

Here they are:

Workout A:

100 barbell jump squats (25 per cent of your one-rep max)

100 barbell shoulder presses (25 per cent of your one-rep max)

100 crunches

Workout B:

20 burpees

30 reverse crunches

40 jumping lunges

50 squats

And, we also know that Pattinson was training with boxing as well – so being that the above workouts aren't anything over the top, I will be also sharing some MMA programs that [Coach Derek](#) has created for us.

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

Robert Pattinson Workout Day Three: Strength and Core

Warm Up:

10 minute walk/jog

Military Style Workout:

Full Body Military Circuit:

Repeat 5 times (In Parenthesis are Goals)

Run 1/2 mile (3-4 minutes)

Max pullups (100 no kipping)

Max Pushups (200)

Max Squats (40 pounds*) (200)

Max Push Press (40 pounds*) (100)

Max Situps/Crunches (40 pounds*) (200)

(* = sand bag or weight)

Limit your sets to 1-2 minutes and see if you can reach the above repetitions.

Bonus Pasternak Core Workout:

3×25 Each Exercise:

Feel free to do as Straight Sets, a Giant Set, or Circuit

Bicycle Crunches

Dumbbell Side Bends

Double Crunches

Superman Hold

Robert Pattinson Workout Day Four: Mallalieu and Boxing

Mallalieu shares two days worth of training that he specifically did with Pattinson, for those of you who really want to get into the full Pattinson routine.

He says you can do Workout A one day and then Workout B the next training day, so I suggest swapping them back and forth when you decide to add in Days Two and Four of this program.

Here they are:

Workout A:

100 barbell jump squats (25 per cent of your one-rep max)

100 barbell shoulder presses (25 per cent of your one-rep max)

100 crunches

Workout B:

20 burpees

30 reverse crunches

40 jumping lunges

50 squats

And, we also know that Pattinson was training with boxing as well – so being that the above workouts aren't anything over the top, I will be also sharing some MMA programs that [Coach Derek](#) has created for us.

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For some Thai Boxing fun check out [Anna Diop's](#) routine.

Robert Pattinson Workout Day Five: Strength and Core

Warm Up:

10 minute walk/jog

Military Style Workout:

Sandbag Full Body Workout:

1. Power Clean and Press

Reps: 10

2. Bent-Over Row

Reps: 20

3. In-Place Reverse Lunge w/ Twist: As you step backwards with your back leg, twist the sandbag toward your front leg.

Reps: 8 each

4. Pushup with Sandbag Drag: Start in the top of the pushup position with the sandbag perpendicular to your body and beneath your chest. Perform a push up. Once you're back in the starting plank position, use your left arm to drag the bag to the left. Perform another push up. Once in the starting plank position again, use your right arm to pull the sandbag back to your right.

Reps: 5 for each arm

5. Front Squat

Reps: 10

6. Sandbag Situp: Put the sandbag across your chest and perform the situps.

Reps: 15

Bonus Pasternak Core Workout:

3×25 Each Exercise:

Feel free to do as Straight Sets, a Giant Set, or Circuit

Bicycle Crunches

Dumbbell Side Bends

Double Crunches

Superman Hold