

AGENT 47

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.

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AGENT 47 WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

Agent 47 is enhanced. So we're going to have to train like we are as well. We'll devote 3 days a week to the strength and speed and another 3 days a week to bodyweight and endurance work. Don't worry if you have to build your way up to some of it. It will be intense and high volume.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Agent 47 Hitman Workout: Workout Schedule

Monday: Push Day Strength and Agility Blowout

Tuesday: Endurance Work and High Rep Calisthenics

Wednesday: Pull Day Strength and Agility Blowout

Thursday: Endurance Work and High Rep Calisthenics

Friday: Leg Day Strength and Agility Blowout

Saturday: Endurance Work and High Rep Calisthenics

Sunday: Rest Day

Agent 47 Hitman Workout: Push Day and Agility

Warm Up:

15 Minute Incline Walk

Workout:

Bench Press

4×10

Close Grip Bench

4×10

Arnold Press

4×10

Reverse Grip EZ Bar Cable Pushdown

3×10

Incline Press

3×10

Chest Cable Flyes

3×10

Blowout:

3 Rounds for Time:

20 Kettlebell Swings

15 Standing DB Incline Chest Flyes

10 DB Snatches (5 Each Arm)

5 Clap Push Ups

Agent 47 Hitman Workout: Endurance and High Rep Calisthenics

Calisthenics Options:

****Calisthenic work should be done in 60 minute sessions, or longer if you are trying to hit a specific marker****

Treadmill Run/Jog

Row Machine

Elliptical/Bike on High Intensity Settings

Calisthenics:

****These can be completed in multiple sets but finish one movement before moving onto the next to keep it high volume****

Push Ups

250

Air Squats

200

Dips

150

Pull Ups

100

Sit Ups

100

Agent 47 Hitman Workout: Pull Day and Agility

Warm Up:

15 Minute Incline Walk

Workout:

Deadlift

4×10

Barbell Curls

4×10

Bent Over Barbell Rows

4×10

Barbell Shrugs

3×10

Straight Arm Cable Pushdowns

3×10

Hammer Curls

3×10

Blowout:

3 Rounds for Time:

20 Face Pulls

15 Chin Ups

10 Single Arm KB Deadlifts (10 each arm)

5 Wide Grip Pullups

Agent 47 Hitman Workout: Endurance and High Rep Calisthenics

Calisthenics Options:

****Calisthenic work should be done in 60 minute sessions, or longer if you are trying to hit a specific marker****

Treadmill Run/Jog

Row Machine

Elliptical/Bike on High Intensity Settings

Calisthenics:

****These can be completed in multiple sets but finish one movement before moving onto the next to keep it high volume****

Push Ups

250

Air Squats

200

Dips

150

Pull Ups

100

Sit Ups

100

Agent 47 Hitman Workout: Leg Day and Agility

Warm Up:

15 Minute Incline Walk

Workout:

Barbell Squats

4×10

Leg Press

4×10

Calf Raise on Leg Press

4×10

Hamstring Curls

3×10

Quad Extension

3×10

Seated Calf Raise

3×10

Blowout:

3 Rounds for Time:

20 Weighted Lunges (10 each leg)

15 Box Jumps

10 Cable Pullthroughs

5 KB Goblet Squats

Agent 47 Hitman Workout: Endurance and High Rep Calisthenics

Calisthenics Options:

****Calisthenic work should be done in 60 minute sessions, or longer if you are trying to hit a specific marker****

Treadmill Run/Jog

Row Machine

Elliptical/Bike on High Intensity Settings

Calisthenics:

****These can be completed in multiple sets but finish one movement before moving onto the next to keep it high volume****

Push Ups

250

Air Squats

200

Dips

150

Pull Ups

100

Sit Ups

100