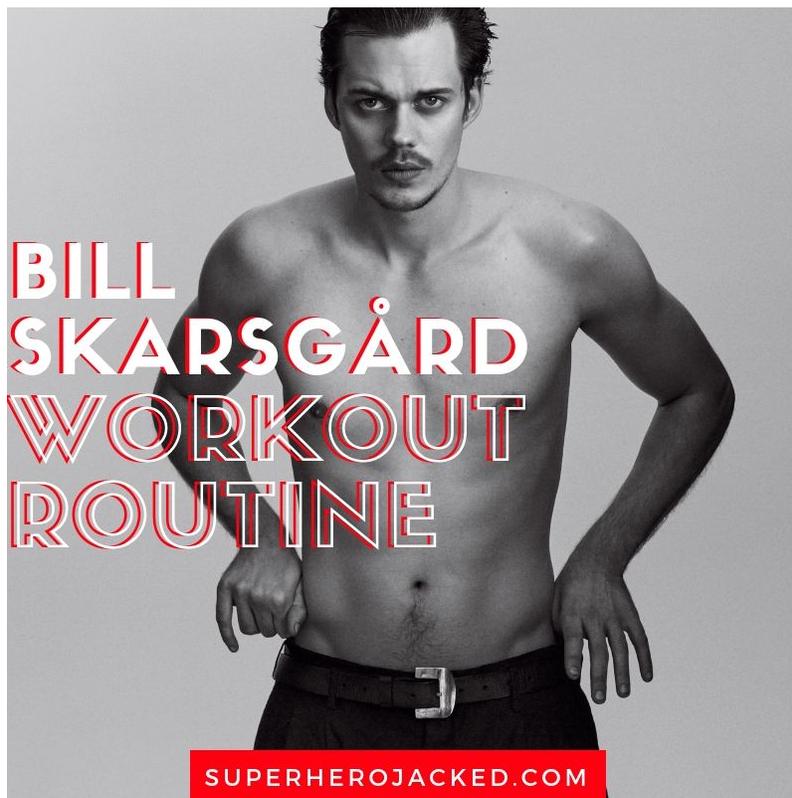


BILL SKARSGARD WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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BILL SKARSGARD WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

When I say 5+ days per week I mean this could actually be done every day of the week without being worried about not getting enough recovery in considering the basis of the workout will revolve around being active more than anything else; but I put 5 strictly because I'm also going to give you some simple calisthenics to utilize on-the-go as well.

Bill Skarsgard Workout: Basic "On-The-Go" Calisthenics

These can be done throughout the day and out of order. Set it up however you like!

This is a basic calisthenics workout you can utilize every single day if you'd like to work extra on toning:

Forearm Planks: 5 sets of 30 seconds

Push Ups: 5 sets of 25

Air Squats: 5 sets of 20

Sit Ups: 5 sets of 20

Dips (off chair, stairs, wood, etc.): 5 sets of 15

Plank to Push Ups: 5 sets of 10

Burpees: 5 sets of 5

Bill Skarsgard Workout: Everyday Forced Activity

Bill Skarsgard keeps a slim and toned physique due to his high activity level. In order to replicate this we're going to enforce it by tracking our daily steps. The only time we won't HAVE to track is if we get in an hour or more of some type of other higher intensive activity (such as hiking or tennis or some other sport or cycling, etc.).

On days you DON'T get this external activity in, it's your job to make sure you hit 10,000 steps.

You can do this tracking 7 days a week.