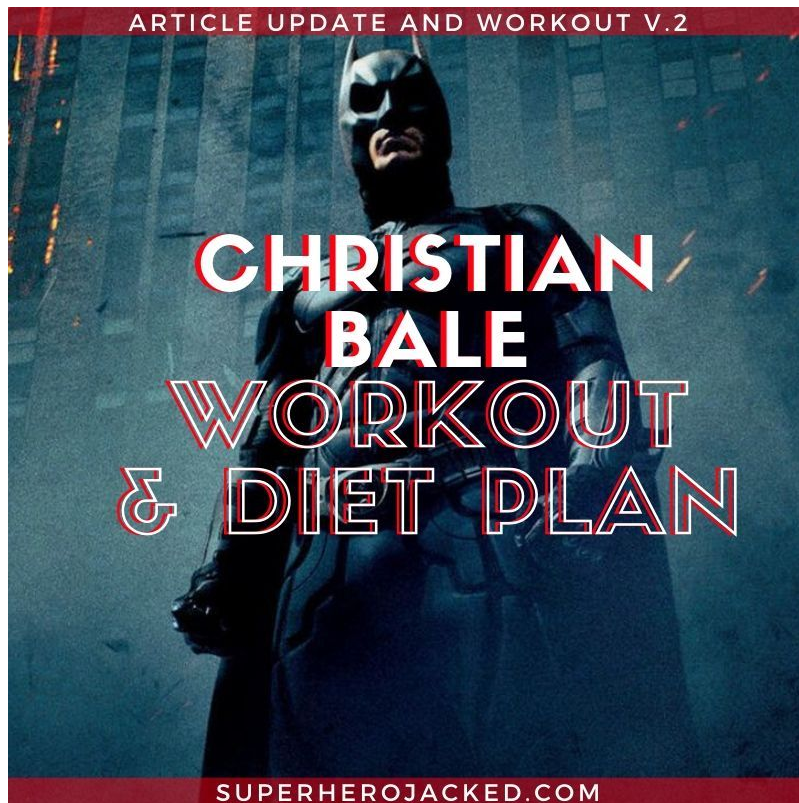


CHRISTIAN BALE V2 WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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CHRISTIAN BALE WORKOUT ROUTINE V2

Training Volume:

5+ days per week

Explanation:

Christian Bale says: Every day was a mix of weights, bodyweight moves, compound moves and then a run. It was intense, especially on the first movie when I had to gain all that weight after *The Machinist*. I'm not comparing myself to an athlete at all, but I would treat it like a boot camp.

For that reason we'll be building the routine around what he told *Men's Journal* he used for his weightlifting, while also making sure to utilize calisthenics, compound movements, and finish off with a run to burn extra fat.

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.

Christian Bale Workout: Sample Workout Routine Schedule

Monday: Bench Press, Calisthenics, Weights and Cardio

Tuesday: Deadlift, Calisthenics, Weights and Cardio

Wednesday: Off Day or Extra Cardio

Thursday: Power Cleans, Calisthenics, Weights and Cardio

Friday: Squats, Calisthenics, Weights and Cardio

Saturday: Overhead Press, Calisthenics, Weights and Cardio

Sunday: Off Day or Extra Cardio

Christian Bale Workout: Bench Press, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Bench Press

4×12,10,8,6

Supersets:

Superset One:

A. Machine Chest Flyes

3×10

B. Standing Overhead Tricep Extension

3×10

C. Dips

3×Failure

Superset Two:

A. Incline Dumbbell Press

3×10

B. Standing Overhead Tricep Extension

3×10

C. Push Ups

3×25

Superset Three:

A. Incline Dumbbell Press

3×10

B. Tricep Cable Kickbacks

3×10

C. Hex Press

3×15

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster
- Elliptical

Christian Bale Workout: Deadlift, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Deadlift

4×12,10,8,6

Supersets:

Superset One:

A. Lateral Pulldowns

3×10

B. Alternating Hammer Strength Rows

3×10 each arm

C. Wide Grip Pull Ups

3×10

Superset Two:

A. Cable Rows

3×10

B. Straight Arm Pulldowns

3×10

C. Chin Ups

3×10

Superset Three:

A. Lateral Raises

3×10

B. Face Pulls

3×10

C. Wide Push Ups

3×25

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster
- Elliptical

Christian Bale Workout: Power Cleans, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Power Cleans

4×12,10,8,6

Supersets:

Superset One:

A. Kettlebell Swings

3×10

B. Single Arm Deadlift w/ KB

3×10 each arm

C. Goblet Squats w/ KB

3×10

Superset Two:

A. Incline Machine Press

3×10

B. Preacher Curls

3×10

C. Push Ups

3×Failure

Superset Three:

A. Close Grip Bench

3×10

B. Alternating Dumbbell Curls

3×10

C. Close Triangle Push Ups

3×20

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster
- Elliptical

Christian Bale Workout: Squats, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Back Squats

4×12,10,8,6

Supersets:

Superset One:

A. Hamstring Curls

3×10

B. Weighted Lunges

3×10 each leg

C. Glute Bridges (weighted)

3×10

Superset Two:

A. Leg Press

3×10

B. Calf Raise on Leg Press

3×10

C. Jump Rope

3×100

Superset Three:

A. Front Squat

3×10

B. Cable Pullthroughs

3×10

C. Bulgarian Split Squat

3×10 each leg

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster
- Elliptical

Christian Bale Workout: Overhead Press, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Overhead Press

4×12,10,8,6

Supersets:

Superset One:

A. Snatch Grip High Pull

3×10

B. Single Arm DB Snatches

3×10 each arm

C. Clap Push Ups

3×10

Superset Two:

A. Arnold Press (seated)

3×10

B. Upright Rows w/ Bar

3×10

C. Shrugs w/ Bar

3×10

Superset Three:

A. Shoulder Front Raises w/ DB

3×10

B. Shoulder Lat Raises w/ DB

3×10

C. Shrugs w/ DB

3×25

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster
- Elliptical