

CONOR LESLIE WORKOUT ROUTINE



Bonus PDF File
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CONOR LESLIE WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

For this one you'll be training 5 days per week at a minimum. I'm going to program you a typical Push/Pull/Legs Split, but then I'm going to incorporate supersets and circuits on top of the compounds that we revolve the training around to make it more like the training Leslie would have utilized. I'm also going to share MMA and Parkour style training as promised, but feel free to get active in other ways (and I'll share examples of these ways as well).

Finally, I'll share a full body workout that can be utilized in place of any of these Activity/MMA/Parkour days, and also some options for cardio that can also be subbed. This will be in its own section and can be plugged in where needed.

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.

Conor Leslie Workout: Sample Weekly Workout Schedule

Monday: Push Day Training and Circuit

Tuesday: Parkour, MMA or Activity

Wednesday: Pull Day Training and Circuit

Thursday: Parkour, MMA or Activity

Friday: Leg Day Training and Circuit

Saturday: Rest or Activity

Sunday: Rest or Activity

Conor Leslie Workout: Push Day Training and Circuit

Warm Up:

15 Minute Incline Walk

Workout:

Barbell Bench Press

4×12,10,8,5

Standing Overhead Press (Or Clean and Press)

4×10,8,5,5

Superset One:

A. Tricep Cable Pushdown

3×10

B. Tricep Cable Overhead Extension

3×10

C. Tricep Cable Kickbacks

3×10

Superset Two:

A. Incline Chest Flyes (w/ DB)

3×10

B. Incline Hex Press (w/ DB)

3×10

C. Push Ups

3×10

Circuit: 3 Rounds for Time

- Kettlebell Swings x 10
- V-Ups x25
- Dips x 10

Conor Leslie Workout: Pull Day Training and Circuit

Warm Up:

15 Minute Incline Walk

Workout:

Deadlift

4×12,10,8,5

Single Arm Squatted Cable Rows

4×10,8,5,5 each side

Superset One:

A. 3-2-1 Chin Ups (3-2-1 Pause at Top, 3-2-1 Slow Negative)

3×10

B. Straight Arm Cable Pulldowns

3×10

C. Cable Bicep Curls

3×10

Superset Two:

A. Reverse Chest Flyes Machine [For Back]

3×10

B. Wide Grip Lateral Pulldown

3×10

C. Bent Over DB Rows

3×10 each arm

Circuit: 3 Rounds for Time

- Lateral Raises w/ DB x 10 each arm
- Hanging Knee Raises x 25
- Wide Push Ups x 10

Conor Leslie Workout: Pull Day Training and Circuit

Warm Up:

15 Minute Incline Walk

Workout:

Pause Back Squats

4×12,10,8,5

Bulgarian Split Squats

4×10,8,5,5 each side

Superset One:

A. Cable Pullthroughs

3×10

B. Straight Leg Deadlift w/ KB

3×10

C. Weighted Lunges

3×10

Superset Two:

A. Single Leg Leg Press

3×10 each leg

B. Hamstring Curls

3×10

C. Leg Extensions

3×10

Circuit: 3 Rounds for Time

- Box Jumps x 10
- Windmill Ab Workout x 25
- Dip Machine Leg Pushdown x 10 each leg
 - Sub Donkey Kicks

Conor Leslie Workout: Parkour, MMA or Activity

For this section it's going to be a three-parter. You'll have the option to do any of these three, or even just simply add in the full body workout I share below this section or some cardio options to help with the fat burn!

I'll start by sharing some other training we love to utilize at SHJ.

Here's some calisthenics/parkour training that I collabed with [Academy](#) member Felix on:

[Nightrunner Parkour Workout](#)

If you want to train with some MMA styled workouts you can sub in some days from these workouts as well:

- [Deathstroke](#)
- [Daredevil](#)
- [Sagat](#)
- [Anna Diop](#) (specifically her MMA style training)
- [Ryan Potter](#)

And, yes, I do think it's pretty awesome 2 of the routines shared above are from Leslie's co-stars.

Finally, some other options would be to add in some activity. This could be as simple as tracking your movement, but can also be much more.

Here's some options you might consider:

- Track 10,000 Steps For The Day
- Go Hiking
- Basketball, Soccer, Tennis, etc.
- Spin Class, Yoga, Pilates, etc.

Either way, get active and burn those calories; but have fun doing it!

Conor Leslie Workout: Full Body and Cardio Options [Alternative Training Options]

Conor Leslie Full Body Workout:

Warm Up:

15 minute jog

Workout:

Incline Dumbbell Press

3×10

Goblet Squats

3×10

Bent Over Rows

3×10

Arnold Press

3×10

Reverse Cable Pushdowns

3×10

Preacher Curls

3×10

Cable Crunches

3×25

Conor Leslie Cardio Workout Options:

Some other training options would be to throw in some varied cardio, which is something I personally love to do and see tons of celebrities utilize to shred the fat.

Try to add in 45-60 minutes of cardio if it's going to take the place of your workout for the day.

I would vary the training 10-20 minutes with some of these formats:

- High Incline Treadmill Walk
- HIIT on Treadmill, Rower or Bike
- StairMaster
- Elliptical

But you can obviously opt for some long distance running sessions as well if you'd prefer.