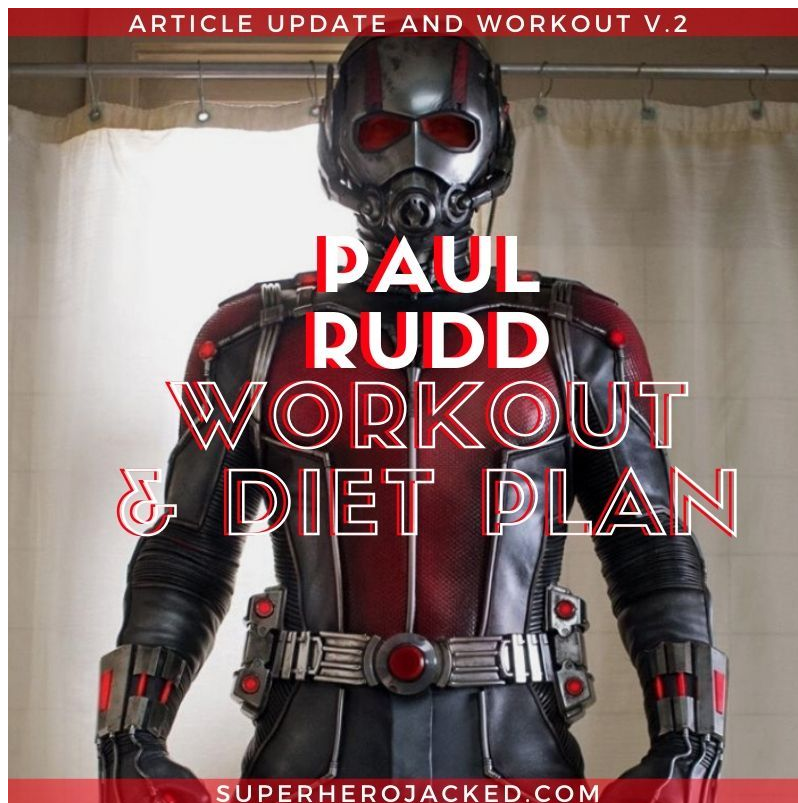


PAUL RUDD

WORKOUT ROUTINE V.2



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

PAUL RUDD WORKOUT ROUTINE V.2

Training Volume:

6+ days per week

Explanation:

We're going to be building a routine that may seem very similar to the first variation we had above, but is more structured and precisely built to be Paul Rudd's actual workout when he got into his Ant-Man shape.

Cardio and Circuits:

You're going to be doing a lot of cardio. You'll be doing an hour of cardio every morning before breakfast on the elliptical. Then, three times per week you'll also add in an extra 30 minutes of cardio before or after your training sessions.

We'll also be utilizing the routines shared with Muscle and Fitness and Men's Journal to help us build this one out.

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.

Paul Rudd Workout Routine: Sample Workout Schedule

Monday: Cardio, Push Day, and Extra Cardio

Tuesday: Cardio and Circuits

Wednesday: Cardio, Pull Day, and Extra Cardio

Thursday: Cardio and Circuits

Friday: Cardio, Leg Day, and Extra Cardio

Saturday: Cardio and Circuits

Sunday: Rest Day

Paul Rudd Workout Routine: Push Day

Morning Cardio:

Before breakfast hop on the elliptical for 60 minutes.

Workout Routine:

Superset One:

A. Bench Press

3×10

B. Standing Chest Flyes [Incline]

3×10

C. Incline Dumbbell Chest Flyes

3×10

Superset Two:

A. Tricep Cable Pushdowns

3×10

B. Tricep Cable Overhead Extension

3×10

C. Tricep Cable Kickbacks

3×10

Superset Three:

A. Seated Overhead Press

3×10

B. Standing Upright Rows with Plate

3×10

C. Standing Front Raises with Plate

3×10

Extra Cardio:

Pre-or-Post Workout add in an EXTRA 30 minutes of cardio on the elliptical, high incline walk, or StairMaster.

Paul Rudd Workout Routine: Circuits and Cardio

Morning Cardio:

Before breakfast hop on the elliptical for 60 minutes.

Workout Routine:

This one is built off a combination of both workouts shared to create a Leg/Shoulder/Abs day

Circuit A

Directions: Complete 5 rounds of this circuit with 45 seconds of rest in between.

- Kettlebell Swings x 15 reps
- Kettlebell Straight Leg Deadlift x 15 reps
- Lying Leg Raises x 25 reps

Circuit B

Directions: Complete 5 rounds of this circuit with 45 seconds of rest in between.

- Kettlebell Lunges x 12 reps each leg
- Kettlebell Upright Rows x 15 reps
- Slow-Mo Ab Mountain Climbers x 20 reps (each side)

Circuit C

Directions: Complete 5 rounds of this circuit with 45 seconds of rest in between.

- Cable Pullthroughs x 20 reps
- Cable Front Raises [Through Your Legs] x 15 reps
- Hanging Knee Raises x 25 reps

Paul Rudd Workout Routine: Pull Day

Morning Cardio:

Before breakfast hop on the elliptical for 60 minutes.

Workout Routine:

Superset One:

A. Romanian Deadlifts w/ DB

3×10

B. DB Curls (Simultaneous)

3×10

C. Push Ups

3×10

Superset Two:

A. EZ Bar Curls

3×10

B. Hammer Curls w/ Rope

3×10

C. Chin Ups

3×10

Superset Three:

A. Lateral Pulldowns

3×10

B. Face Pulls

3×10

C. Straight Arm Cable Pulldowns

3×10

Extra Cardio:

Pre-or-Post Workout add in an EXTRA 30 minutes of cardio on the elliptical, high incline walk, or StairMaster.

Paul Rudd Workout Routine: Circuits and Cardio

Morning Cardio:

Before breakfast hop on the elliptical for 60 minutes.

Workout Routine:

This one is shared by Men's Journal and is a Chest/Biceps/Abs training session.

Circuit A

Directions: Complete 5 rounds of this circuit with 45 seconds of rest in between.

- Smith Machine Incline Press x 15 reps
- EZ-Bar Curl x 15 reps
- Hanging Knee Raises x 25 reps

Circuit B

Directions: Complete 5 rounds of this circuit with 45 seconds of rest in between.

- Dumbbell Bench Press x 12 reps
- Dumbbell Hammer Curls x 15 reps
- Side Plank Crunches x 20 reps (each side)

Circuit C

Directions: Complete 5 rounds of this circuit with 45 seconds of rest in between.

- Cable Flys x 20 reps

- Double Bicep Cable Curl x 15 reps
- Physio Ball Crunches x 25 reps

Paul Rudd Workout Routine: Leg Day

Morning Cardio:

Before breakfast hop on the elliptical for 60 minutes.

Workout Routine:

Superset One:

A. Leg Press

3×10

B. Calf Raise on Leg Press Machine

3×10

C. Double Unders

3×10

Superset Two:

A. Landmine Squats

3×10

B. Jumping Lunges

3×10 each leg

C. Wall Sit

3×60 seconds

Superset Three:

A. Leg Extensions

3×10

B. Glute Bridges on Leg Extension Machine

3×10

C. Seated Calf Raises

3×10

Extra Cardio:

Pre-or-Post Workout add in an EXTRA 30 minutes of cardio on the elliptical, high incline walk, or StairMaster.

Paul Rudd Workout Routine: Circuits and Cardio

Morning Cardio:

Before breakfast hop on the elliptical for 60 minutes.

Workout Routine:

This one is built off the circuits shared by Muscle and Fitness and is Back/Triceps/Abs

Circuit A

Directions: Complete 5 rounds of this circuit with 45 seconds of rest in between.

- DB Bent Over Rows x 15 reps
- Standing Tricep Overhead Extension w/ Plate x 15 reps
- V-Ups x 25 reps

Circuit B

Directions: Complete 5 rounds of this circuit with 45 seconds of rest in between.

- Weighted Chin Ups x 12 reps
- Close Grip Bench x 15 reps
- Oblique Crunches x 20 reps (each side)

Circuit C

Directions: Complete 5 rounds of this circuit with 45 seconds of rest in between.

- Kettlebell Deadlifts x 20 reps
- Reverse Grip Cable Pushdowns x 15 reps
- Cable Crunches x 25 reps