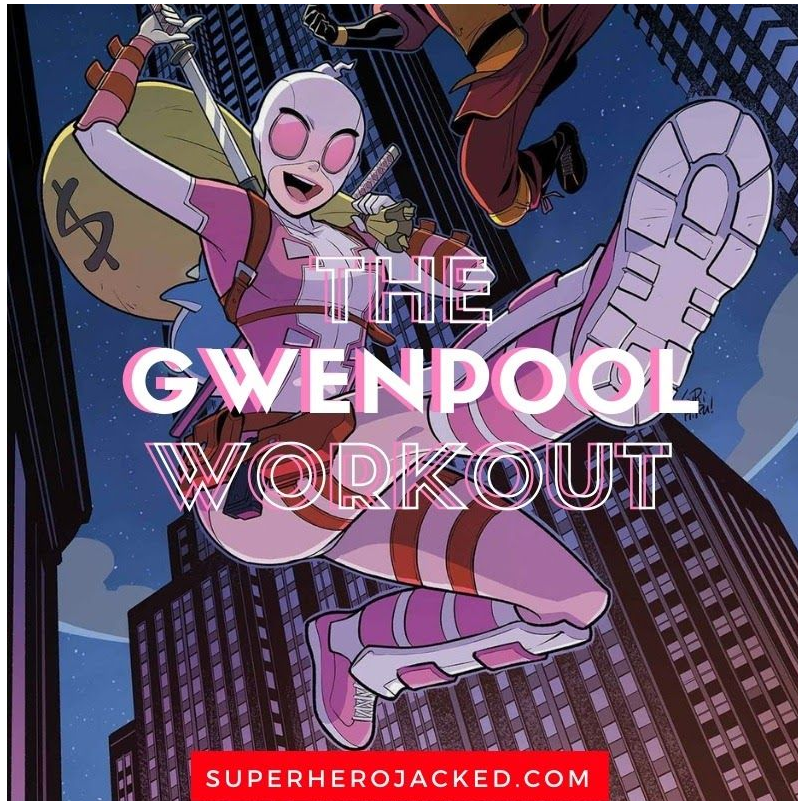


THE GWENPOOL WORKOUT ROUTINE



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.

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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THE GWENPOOL WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

As I said about: this is going to be a SCALED [Deadpool](#) workout. So if Deadpool was a little too intense for you...you're at the right place. If you're looking for a bit more intensity...head over to Deadpool's workout!

Below I will share a beginner Special Forces Program requirements that we will build inside of our Upper/Lower Body split (instead of the Push/Pull/Legs we had for Deadpool).

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.

The Gwenpool Workout: Sample Schedule

Monday: Run + Calisthenics + Core

Tuesday: Upper Body Training + Swim

Wednesday: Run + Calisthenics + Core

Thursday: Lower Body Training + Swim w/ Cammies and Boots

Friday: Run + Calisthenics + Core

Saturday: Run, Swim, Walk w/ 30-50 lbs or Rest

Sunday: Run, Swim, Walk w/ 30-50 lbs or Rest

Also add in a 5-15 mile walk with 30-50 lb load 1-2 times a week on top of your Upper/Lower Split.

The Gwenpool Workout: Special Forces Training

This is straight from Military.com

This will be built into your training, but I'm also sharing it so that you know why I'm forcing you guys into such brutality on top of your lifting!

If Army Special Forces is your goal, here's a good starter workout that may help you reach it.

Swimming: NEVER Swim Alone

- Two to three times a week, 1,000 to 2,000 meters each time.
- One day a week, try to swim wearing cammies and boots for 100 meters.
- Wear fins when swimming half the time as well.

Running:

- Four to five times a week, 3 to 5 miles as fast as you can.

- Twice a week, do rucksack marches carrying a 30 to 50-pound load marching 5 to 15 miles at a fast walking pace.

PT: Every Other Day

- Pull-ups, 75 to 100 repetitions (seven to 10 sets of 10 reps).
- Push-ups, 200 to 300 repetitions (10 to 15 sets of 20 reps).
- Sit-ups, 200 to 300 repetitions (five to 10 sets of 40 to 50 reps).

The Gwenpool Workout: Run + Calisthenics + Core

You can run before or after your calisthenics/core workout.

Run:

Run 3 to 5 miles as fast as you can.

Calisthenics (and a sprinkle of core):

Push Ups

200 Reps Total

Air Squats

150 Reps Total

Sit Ups

150 Reps Total

Dips

100 Reps Total

Lunges

50 Reps Total (25 each leg)

Pull Ups

50 Reps Total

Core Finisher:

Forearm Plank

3×60 seconds (weighted if possible)

Plank to Push Ups

3×25

Hanging or Lying Leg Raises (switch it up)

3×25

The Gwenpool Workout: Upper Body Training + Swim

You can swim before or after your workout.

Swim:

Swim 1,000 to 2,000 meters.

Workout:

Bench Press

4×12

Thrusters

4×12

Seated Arnold Press

3×10

Incline Bench Press

3×10

Close Grip Cable Pushdowns

3×10

Lateral Pulldowns

3×10

Standing Dumbbell Curls

3×10 each arm

The Gwenpool Workout: Run + Calisthenics + Core

You can run before or after your calisthenics/core workout.

Run:

Run 3 to 5 miles as fast as you can.

Calisthenics (and a sprinkle of core):

Push Ups

200 Reps Total

Air Squats

150 Reps Total

Sit Ups

150 Reps Total

Dips

100 Reps Total

Lunges

50 Reps Total (25 each leg)

Pull Ups

50 Reps Total

Core Finisher:

Forearm Plank

3×60 seconds (weighted if possible)

Plank to Push Ups

3×25

Hanging or Lying Leg Raises (switch it up)

3×25

The Gwenpool Workout: Lower Body + Swim

You can swim before or after your workout.

If you're following the sample schedule you're required to complete this swim with cammies and boots for 100 of the 1,000 to 2,000 meters.

Swim:

Swim 1,000 to 2,000 meters.

Workout:

Back Squat

4×12

Straight Leg Deadlifts

4×12

Leg Press

3×10

Hamstring Curls (Machine)

3×10

Quad/Leg Extension (Machine)

3×10

Glute Bridges

3×10

Kettlebell Swings

3×10

The Gwenpool Workout: Run + Calisthenics + Core

You can run before or after your calisthenics/core workout.

Run:

Run 3 to 5 miles as fast as you can.

Calisthenics (and a sprinkle of core):

Push Ups

200 Reps Total

Air Squats

150 Reps Total

Sit Ups

150 Reps Total

Dips

100 Reps Total

Lunges

50 Reps Total (25 each leg)

Pull Ups

50 Reps Total

Core Finisher:

Forearm Plank

3×60 seconds (weighted if possible)

Plank to Push Ups

3×25

Hanging or Lying Leg Raises (switch it up)

3×25