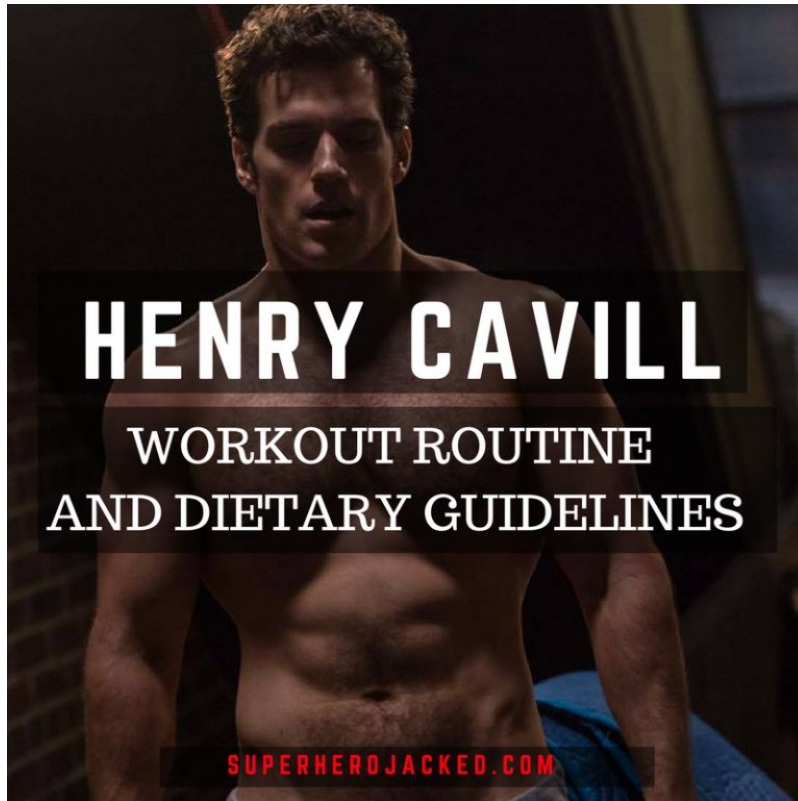


HENRY CAVILL WORKOUT ROUTINE V2



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.

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.

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HENRY CAVILL WORKOUT ROUTINE V2

Henry Cavill Workout Day One: Pull Day

Warm Up:

Stretch

Jog 10-20 minutes

Workout:

Deadlift

5×10,8,5,5,5

Weighted Sled Rope Pulls

4×1 Full Length Pull

Wide Grip Lateral Pulldowns

4×12

Chin Ups

4×12

T-Bar Rows w/ Handle

4×12

Bent Over Barbell Row

4×12

Superset:

A. Straight Arm Pulldown (Cable)

3×10

B. Hammer Curls (Cable)

3×10

Henry Cavill Workout Day Three: Push Day

Warm Up:

Stretch

Jog 10-20 minutes

Workout:

Bench Press

5×10,8,5,5,5

Power Cleans

3×10

Overhead Tricep Cable Extensions

4×12

Overhead Press (Barbell or Standing DB)

4×12

Dips (can add weight)

4×12

Skull Crushers

4×12

Superset:

A. Incline Bench Press (Dumbbells)

3×10

B. Incline Dumbbell Flys

3×10

Henry Cavill Workout Day Three: Leg Day

Warm Up:

Stretch

Jog 10-20 minutes

Workout:

Back Squat

5×10,8,5,5,5

Weighted Barbell Glute Bridges

4×12

Cable Pull Throughs

4×12

Leg Press

4×12

Hamstring Curls

4×12

Leg Extension

4×12

Superset:

A. Goblet Squats w/ DB or KB

3×10

B. Weighted Lunges w/ DB or KB

3×10

Henry Cavill Workout MMA Days: 2+ Days per Week

Henry Cavill trains with the Gracies.

And he goes pretty hard for it!

He's been posting training for a while now, and he's definitely passionate about it. But, it's not just for self defense that we have to think about this (although all SuperHumans should be able to defend themselves). It's also a GREAT workout.

Just as Coach Derek inside [The Academy](#).

So, you can also hit some Brazilian Jiu Jitsu at a local gym, OR you can use some of the workouts we have created for MMA right here on the site.

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

And the Daredevil workout also has some beginner Parkour as well.

Henry Cavill Maintenance Workout:

Warm Up:

Stretch

Treadmill Run:

Every 2 mins hop off the treadmill and perform 20 push-ups, before jumping back on. Be careful not to face-plant.

Workout:

Bulgarian Split Squat (Barbell)

3×10

Bodyweight Squats

3×10

Pull Ups

3×10

10 Minute Deadlift

Set the bar with 85% of you max lift. Perform one lift every 30 secs over 10 mins.

Reps: 20 or until failure. Rest 30 seconds.