

MADS MIKKELSEN WORKOUT ROUTINE



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.

MADS MIKKELSEN WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

Mikkelsen says when he has time off he bikes for 3 hours a week, plays tennis, and does the things he loves. So we'll be getting active using some of our resources 3 days per week and I'll also be having you tack on some calisthenics as well.

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.

Mads Mikkelsen Workout: Sample Workout Routine Schedule

Monday: Calisthenics and Activity

Tuesday: Bike, Run, Hike, or Track Steps [High Count]

Wednesday: Calisthenics and Activity

Thursday: Bike, Run, Hike, or Track Steps [High Count]

Friday: Calisthenics and Activity

Saturday: Rest Day, Track Steps [Low Count]

Sunday: Rest Day, Track Steps [Low Count]

Mads Mikkelsen Workout: Calisthenics and Activity

The calisthenics portion of this workout is optional considering it's not what Mikkelsen would seem to prefer, but it is being programmed specifically to get you into the toned and slim physique that he often shows off.

Calisthenics:

Complete designated rep count with as many sets as it takes.

Feel free to split up the movements one after another, or complete each in total before moving onto the next.

Push Ups

150

Sit Ups

125

Lunges

100 (50 each leg)

Dips

75

Chin Ups

50

Activity Options:

Mikkelsen's go-to activity is biking and tennis; but he does mention the fact that he simply likes to do the things he loves.

For that reason you can also opt for this when it comes to getting active.

Of course, if you're not going to you should probably just hit some cardio, but for now we'll list some other activities you can choose:

- Biking
- Tennis (and other sports)
- Spin Class
- Pilates
- Hiking
- Yoga
- Parkour
 - [SHJ Parkour Workout](#)
- Mixed Martial Arts Training
 - SHJ Mixed Martial Arts options:
 - [Deathstroke](#)
 - [Daredevil](#)
 - [Moon Knight](#)
 - [Sagat](#)
 - [Anna Diop](#)
 - [Frank Grillo](#)
 - [Ryan Potter](#)
- Swimming

If this doesn't seem like it's going so well, you can opt for traditional cardio for 60 minutes:

- Treadmill Run
- Elliptical
- Bike (High Intensity)
- Row Machine
- Stair Master

Mads Mikkelsen Workout: Bike, Run, Hike or Track Steps

On your days off, to attempt to replicate Mikkelsen's high metabolism, I suggest staying active and burning some extra calories.

For that reason I suggest either biking, running, hiking, or at the very least tracking your steps.

For you step trackers out there, this is what we're going to be looking for:

Track Steps High Count:

10k Steps for the day

Track Steps Low Count:

3-5k Steps for the day