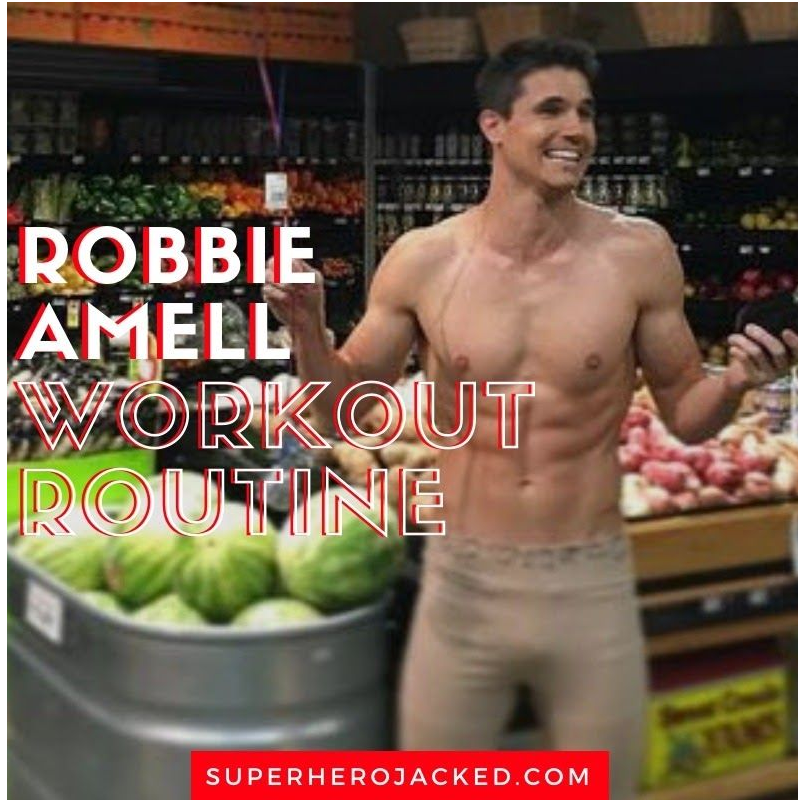


ROBBIE AMELL WORKOUT ROUTINE



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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ROBBIE AMELL WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm sharing two programs that are straight from Robbie Amell. One is his home workout he shared with *Men's Health* and the other is his parkour/free-running routine he shared with *Muscle and Fitness*. I recommend combining these with calisthenics and other workouts that can be found in our [Workout Database](#) and [Ultimate Calisthenics Guide](#).

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.

Robbie Amell Workout: Sample Schedule

Monday: Robbie Amell Home Training

Tuesday: Parkour and Free-running

Wednesday: Calisthenics Work and Free-running Progression

Thursday: Robbie Amell Home Training

Friday: Parkour and Free-running

Saturday: Active Rest Day (Sports, Class, MMA, etc.)

Sunday: Rest Day

Robbie Amell Workout: Home Workout Routine

Arm Blasting Faves:

Skull Crushers

3×10-12 reps

Reverse Grip Curls

3×10-12 reps

Bicep Curls

3×10-12

Cross-Body Alternating Hammer Curls

1×Failure

Back Movements:

3-Way Pull Up Flat Footed Pull Up

(Go from Wide Grip to Chin Up to Hammer Grip)

Complete until Failure

Commando Pull Ups

3×6-8

Dumbbell Shrugs

3×10-12

Face Pulls

3×15-20

Push Movements:

Super-Set:

1A, Dumbbell Press

8-10 reps

1B. Incline Press

8-10 reps

1C. Flat Dumbbell Press

8-10 reps

Complete 3 Sets Through

Tricep Dips

3×10-12

Leg Movements

Back Squats

3×15-20 reps

Robbie Amell Workout: Parkour Workout Routine

THE FREE RUNNING FOUR

For Robbie Amell, the freerunning techniques that follow are only a warmup. But for everybody who doesn't make a living bounding off walls and jumping over people, they're enough of a workout on their own to build quickness, balance, and conditioning. Practice them at your own risk, or, better yet, find a freerunning gym like Tempest. to get in-depth instruction.

NO. 1: KONG VAULT

Run toward a sturdy box or other obstacle and begin to jump a few feet in front of it—you should have to reach to touch the edge of it. Lean your torso forward and dive toward the wall almost as if you were diving into a pool in front of you. Touch the wall with arms straight and on the outside of your legs.

Tuck your knees to your chest and let the momentum carry you over the obstacle. If that's too difficult, jump only high enough to place your feet somewhere on the obstacle and stop. Progress to putting one foot on top of the surface—then both feet.

NO. 2: SPEED VAULT

Run toward the obstacle. As you approach it, push off with your left leg and kick your right leg up and out to the side. Allow the left leg to follow it. As your body passes over the obstacle, lightly place your left hand on the surface for support.

While in the air, bring your left leg in front of your body as you draw the right leg back. Land softly on your left leg on the other side of the obstacle and continue running fluidly. Don't turn your hips over or you'll land on both legs facing the obstacle. The goal is to keep moving in the same direction without slowing your pace.

Beginners should start with a simple safety vault, where you briefly tap your right foot on the obstacle for stability as you're vaulting over it.

NO. 3: DASH VAULT

Run toward the obstacle and jump with your right leg, raising it above your hips. Let your left leg follow suit. As you pass over the box, touch your hands down on the surface next to your hips with fingers facing forward. Lean back and align your legs so your body takes a V-sit shape.

Push your body forward with your arms, spreading your chest, and kick both legs to help you off the box. Land on the ground upright, not leaning backward. To get the technique down, start by simply running and jumping up onto the obstacle and sticking the landing (imagine doing a running box jump). From there, try getting off the box by planting your hands on it and kicking your legs out to land in front of the box. Practice!

NO. 3: DASH VAULT

Run toward the obstacle and jump with your right leg, raising it above your hips. Let your left leg follow suit. As you pass over the box, touch your hands down on the surface next to your hips with fingers facing forward. Lean back and align your legs so your body takes a V-sit shape.

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