

STERLING K. BROWN WORKOUT ROUTINE



Bonus PDF File
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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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STERLING K. BROWN WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

See explanations within each sample workout schedule below.

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.

Sterling K. Brown Workout: Sample Schedule

This is the sample schedule I shared about of Brown's ACTUAL week. This is just one week that he shared, and it shows how his training varies. You can utilize the workout I'm sharing below within your schedule as he says it's by far the "best bang for your buck" out of EVERY workout he uses. I will also share resources for more calisthenics programs you can plug in, running programs, and more.

Monday: "I did the one workout I love, the '50-40-30-20-10-10.' A friend of mine told me about it. It means 50 jumping jacks, 40 squats, 30 push-ups, 20 butt-ups [a core workout move], 10 burpees and 10 pull-ups. Do three sets in a row. I did it in 28 minutes, with 24 minutes my PR."

Tuesday: “Played basketball, my workout without thinking about working out. 90 minutes of fun.”

Wednesday: “Ran 4 miles on a treadmill, incline of 2% lowering to 1% as I sped up.” Done in 34 minutes, burn 1,150 calories per hour, according to the dashboard. “My PR is just under 32 minutes.”

Friday: The 50-40-30-20-10-10 workout.

Thursday: On a plane, traveling, so no workout.

Sunday: “Ran 5 miles in 42 minutes, followed by some ab exercises from [P90X](#).”

Sterling K. Brown Workout: Sample Schedule

This is a sample schedule I recommend for those of you looking to build your own Sterling K. Brown style routine.

Monday: Best Bang For Your Buck or Calisthenics Programming

Tuesday: Sports or Running

Wednesday: Best Bang For Your Buck or Calisthenics Programming

Thursday: Sports or Running

Friday: Best Bang For Your Buck or Calisthenics Programming

Saturday: 10 Minutes or Less or Fitness Snack

Sunday: Active Recovery

Sterling K. Brown Workout: “The Best Bang For Your Buck”

The Workout:

Complete 3 Rounds

50 Jumping Jacks

40 Squats

30 Pushups

20 Lying Leg Raise with Butt Up Pulse

10 Burpees

10 Pullups

Sterling K. Brown Workout: Calisthenics Resources

Our main calisthenics resources are now all officially compiled into one awesome article.

We retired our [Bodyweight Book](#), making it only \$19 (originally selling at \$69), and put together our guide:

[The Ultimate Calisthenics Workout and Guide](#)

There you will find dozens of calisthenics and bodyweight routines (updated with new ones like this one), scaling guides, AND Five Levels of calisthenics training to help you progress through your new bodyweight routine.

Sterling K. Brown Workout: 10 Minutes or Less and Fitness Snacks

Celebrity Routines with Fitness Snacks (Bell actually calls them “Microbursts”):

- [David Beckham Workout](#)
- [Kristen Bell Workout](#)

10 Minutes or Less Workouts:

- [Plank and Jump](#)
- [Climbing to a Tight Core](#)
- [Battle Ropes](#)
- [Death by Burpees](#)
- [30 Second Bodyweight Circuit](#)
- [Burpee Circuit 2](#)
- [Sprints and Bodyweight](#)
- [The Heavybag Routine](#)

Sterling K. Brown Workout: Running Resources

Sterling K. Brown runs a lot.

He’s always active whether it’s basketball, or out there actually just simply running a nice 10 miler.

The best workouts to get you started would be:

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)