

TOM HOLLAND CIRCUIT WORKOUT ROUTINE



Bonus PDF File
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TOM HOLLAND CIRCUIT WORKOUT ROUTINE

Training Volume:

One Day Worth of Training [That Can Be Repeated]

Explanation:

This routine is written by George Ashwell, the London based celebrity trainer, who trained Holland to get ready for Far From Home. Ashwell shared this with [*Men's Journal*](#) talking about Holland's Spidey Workout!

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 Circuit:

Perform this four-exercise circuit for five rounds. The first round is a warmup and the rest are considered "working sets." Rest for 30 seconds between each exercise. Ashwell also recommends one minute of Functional Range Conditioning, or mobility movements to prime the joints, before and between each round.

Deadlift (2x bodyweight): 8 reps

Incline Press With Pronation (1/2 bodyweight each hand): 10 reps

Dip Bar Straight Leg Raises: 15 reps

Weighted Dips (8 kilograms weighted vest): 12 reps