

ZAC EFRON [HOME] WORKOUT ROUTINE



Bonus PDF File
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ZAC EFRON [HOME] WORKOUT ROUTINE

Training Volume:

One Day Worth of Training [That Can Be Repeated]

Explanation:

This routine was put together by Efron's trainer Patrick Murphy so that we could train to be shredded like Zac Efron FROM HOME! 😊

Training Duration:

Patrick Murphy says you can complete this for 5-6 rounds depending on your fitness level.

I recommend trying 1-2 rounds to start.

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 Workout:

10 Straight Leg Kicks (5 each leg) with arms wide spread

10 Reverse Lunge Knee Up Hop

10 Ice Skaters

10 Spine Extension to Downward Dog

10 Pelvic Half-Moons

10 Push Ups

10 Isometric Single-Leg Hip Extension w/ Floating Leg Extension

10 Single Leg Extensions

10 Ab Crunches

10 Superman Raises