

MICHAEL C. HALL WORKOUT ROUTINE

- SHJ CELEB CHARACTER WORKOUT -



MICHAEL C. HALL
DEXTER
WORKOUT & DIET PLAN

- SUPERHEROJACKED.COM -



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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MICHAEL C. HALL WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

You're going to want to be active nearly every single day. BUT, your actual training only really needs to take place a few times a week to tone up and blast fat. For that reason you actually have a ton of variability and options when it comes to going through your routine.

Variable Explanation:

You can make this workout routine nearly as variable as our [Legacy Program](#) if you have the right tools and dig through our [Workout Database](#) enough. That being said, I'm going to give you a TON of different resources to choose from. You can either make use of them, or opt to do calisthenics and cardio training in place of one of the classes or other options I make mention to.

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.

Michael C. Hall Workout: Sample Schedule

Monday: Variation or Cardio and Calisthenics

Tuesday: High Activity Training Options

Wednesday: Variation or Cardio and Calisthenics

Thursday: High Activity Training Options

Friday: Variation or Cardio and Calisthenics

Saturday: Rest Day and 10k Steps

Sunday: Rest Day and 10k Steps

Michael C. Hall Workout: Calisthenics and Cardio Options

You have a TON of options for this one.

You can utilize our [Ultimate Calisthenics Workout and Guide](#), or any of the workouts that I share within.

Here are some of my favorite options:

Celebrity Calisthenics Workouts

- [Jason Statham Workout Routine and Diet Plan](#)
- [Stephen Amell Workout Routine and Diet Plan](#) (Version One)
- [Ian Somerhalder Workout Routine and Diet Plan](#)
- [Liam Hemsworth Workout Routine and Diet Plan](#)
- [James Franco Workout Routine and Diet Plan](#) (Beginner Friendly)
- [Mark Consuelos Workout Routine and Diet Plan](#) (One of my favorites)

Character Inspired Calisthenics Workouts

- [SHIELD / DEO Beginner Workout](#) (Beginner Friendly)
- [Ryu Hayabusa Workout Routine](#)

- [Yoda Workout Routine](#) (Very Unique and Fun)
- [Arsenal Workout Routine](#)
- [Black Canary Workout](#) (Additional Gymnastic Training + Core)

And the best thing to do would be to then pair it with some cardio based training methods like the ones we've seen in workouts like the ones that follow.

Cardio Based Workout Routines

- [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](#)

Michael C. Hall Workout: Variation Training with Classes and Options

In order to make your training variable you can even switch it up every single day and utilize circuits that can be found throughout the site, or even by using our [Legacy Program](#).

For this portion we're actually mainly talking about incorporating different types of classes into your training, but there are other things you can do as well.

To start, here are popular classes to join in on that we've seen from other celebrities:

Variable Classes:

- Pilates
- Yoga
- SPIN Class

- Cross-Training Classes

You can also use our cross-training styles bootcamp workouts that also come with video guides!

Cross-Training Character Workouts (with Video Guides):

- [Punisher Inspired Calisthenics Circuit + Video Guide](#)
- [Nightwing Inspired Calisthenics Circuit + Video Guide](#)
- [Goku Inspired Calisthenics Circuit + Video Guide](#)
- [Spider-Man Inspired Calisthenics Circuit + Video Guide](#)
- [Green Arrow Inspired Calisthenics Circuit + Video Guide](#)
- [Naruto Inspired Calisthenics Circuit + Video Guide](#)
- [Baki Inspired Calisthenics Circuit + Video Guide](#)

Michael C. Hall Workout: High Activity Training Options

On top of the variation and different resources I shared above, there are a handful of other training options to consider.

These include (but aren't limited to):

- More Running
- Hiking Outdoors
- Biking/Rowing
- Sports like Tennis, Basketball, Etc.
- Parkour
- Mixed Martial Arts

Here are some parkour and mixed martial arts resources for you:

Parkour Training:

- [The Nightrunner Parkour Workout Routine](#)

- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

Mixed Martial Arts Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)