

HENRY CAVILL WITCHER CIRCUIT WORKOUT ROUTINE



Bonus PDF File
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Training Volume:

One Circuit

(To Be Repeated)

You will need:

Barbell, Dumbbells and Assault Bike

Possible Substitutes:

All Dumbbells and Jump Rope (Double Unders) for Assault Bike

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.

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Warm Up:

Steady 5min on a stationary bike, then perform 10m of each of the following before starting: Alternating kicks, high knees, butt kicks, bear crawl, walking lunges and dynamic lunges.

AMRAP ONE: 5 MINUTES

As Many Rounds As Possible

1A: 12 Calories on the Assault Bike

1B: 30M Weighted Carries [25 KG]

Rest for 3 Minutes

AMRAP TWO: 4 MINUTES

As Many Rounds As Possible

2A: 5 Clean and Press

2B: 30M Weighted Carries [20 KG]

Rest for 2 Minutes

AMRAP THREE: 3 MINUTES

As Many Rounds As Possible

3A: 10 Burpees

3B: 10 Walking Lunges

