

# MARK WAHLBERG F45 WORKOUT ROUTINE



Bonus PDF File  
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# MARK WAHLBERG F45 WORKOUT ROUTINE

**Total Time:**

Up to 45 minutes

**You will need:**

Barbell, Bench, Cones, Kettlebell(s), Medicine ball, Box

**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.

## MARK WAHLBERG F45 WORKOUT

### 1. Rowing Machine

Sets/Rounds: 5

Reps/Time: 45 seconds on, 15 second rest

### 2. Bench Hops

Sets/Rounds: 5

Reps/Time: 45 seconds on, 15 second rest

### **3. Mountain Climbers to Push Ups**

Sets/Rounds: 5

Reps/Time: 45 seconds on, 15 second rest

### **4. Lateral Hops**

Sets/Rounds: 5

Reps/Time: 45 seconds on, 15 second rest

### **5. Box Jump Burpee**

Sets/Rounds: 5

Reps/Time: 45 seconds on, 15 second rest

### **6. Kettlebell Suitcase Row**

Sets/Rounds: 5

Reps/Time: 45 seconds on, 15 second rest

### **7. Barbell Thrusters**

Sets/Rounds: 5

Reps/Time: 45 seconds on, 15 second rest

### **8. Medicine Ball Russian Twist**

Sets/Rounds: 5

Reps/Time: 45 seconds on, 15 second rest

**9. Dead Ball Bent-Over Row + Burpee**

Sets/Rounds: 5

Reps/Time: 45 seconds on, 15 second rest