

MARK WAHLBERG F45 WORKOUT ROUTINE



Bonus PDF File
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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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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