

RYAN REYNOLDS DEADPOOL 2 CIRCUIT WORKOUT ROUTINE



Bonus PDF File
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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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RYAN REYNOLDS DEADPOOL 2 CIRCUIT WORKOUT ROUTINE

Training Volume:

One Circuit

(To Be Repeated)

You will need:

Kettlebell, Dumbbells or Barbell

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

10 to 15 minutes

90/90 Elevated Breathing: 3 minutes

Foam Rolling: 10 passes

Cat Cows: 30 Seconds

Thoracic Rotations: 10 reps each side

Hip Circle: 5 reps clockwise, 5 reps counterclockwise

THE DEADPOOL CIRCUIT:

COMPLETE 5 ROUNDS

5 Kettlebell Swings

5 Front Squats (80-85 percent exertion)

5 Bench Press (80-85 percent exertion)

5 Pull Ups

25M One Arm Suitcase Carry (Alternating Arms)

25M Double Suitcase Carry

25M One Arm Rack Carry

25M Overhead Waiter Carry

25M Bottom Up Carry