

SCOTT EASTWOOD 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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SCOTT EASTWOOD WORKOUT ROUTINE

Training Volume:

No Gym Full Body Workout

Explanation:

This is programming shared to Men's Health directly from Scott Eastwood. We also have a video guide from Brandon doing the exact training if you need some extra help. This program can be repeated multiple times per week.

Scott Eastwood Alternative Training:

Scott Eastwood also utilizes cross-training, yoga and mixed martial arts. The closest we can get to replicating his daily regime is our [Legacy Programming](#). I also shared resources for mixed martial arts within the site below.

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.

Scott Eastwood Workout: No Gym Full Body Workout

Warm Up:

A Good Cup of Coffee

10-15 Minutes of Yoga

Cardio:

10 Minutes of Jumping Rope

Workout:

Squat to Curl to Press

4×10-15 reps

Renegade Rows

4×10 reps

Hammer Curls

4×Failure

Ab Workout:

Swiss Ball Crunches

4×25

Push Up Knee Tucks

4×10-15

Finisher:

10 Wind Sprints @ 50+ yards

Scott Eastwood Workout: Alternative Training (MMA Resources)

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](#)