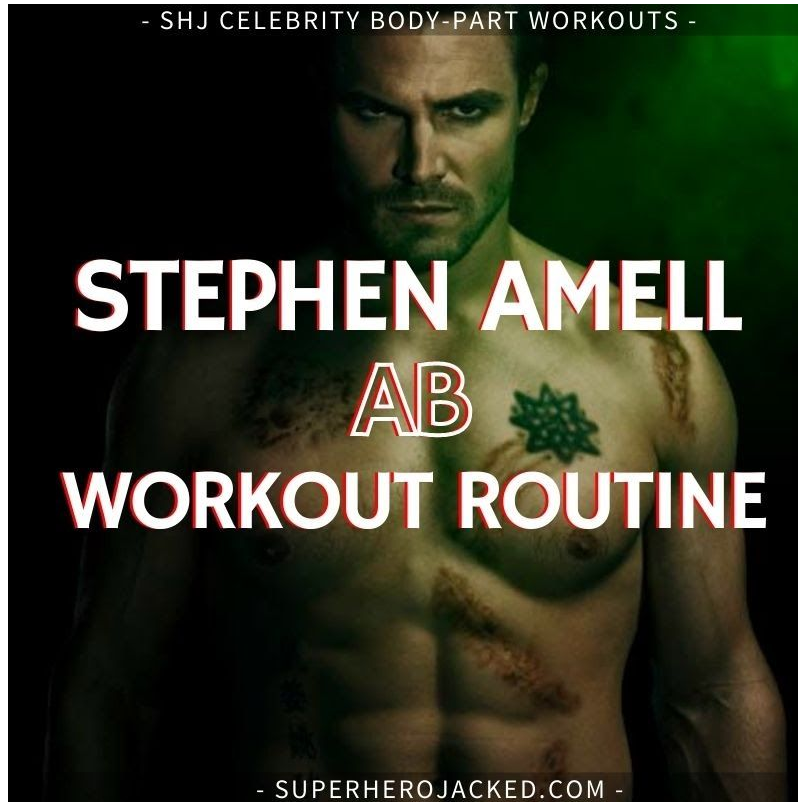


STEPHEN AMELL AB WORKOUT ROUTINE

- SHJ CELEBRITY BODY-PART WORKOUTS -



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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STEPHEN AMELL AB WORKOUT ROUTINE

Training Volume:

One Day or Portion of Training

[Can Be Repeated Multiple Times a Week]

Explanation:

You can add this one in a few times a week (I normally recommend 2-3 times per week) and/or mix and match with some of the other celebrity ab workouts we have ([listicle](#), or in [The Workout Database](#)) as well.

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.

Stephen Amell Ab Workout

Initial Burn:

3×25 TTB (Toes to Bar)

Short Circuit: 3 Rounds

(Try not to touch your feet to the floor until you finish each set)

20 Lying Leg Lifts

20 Scissor Kicks

20 Second Hollow Rock

3×25 Sit Ups