

SEBASTIAN STAN KB WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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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SEBASTIAN STAN KB WORKOUT ROUTINE

Training Volume:

One Circuit, Two Variations

Explanation:

This one is short and sweet but super effective. We call this “Quick N Dirty” inside our [Superhuman System](#) (and as I publish this article THE BARNES Hero Workout is going live this weekend inside The Superhuman System as well). Saladino calls carries his secret weapon and believes people overlook them significantly.

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.

The Sebastian Stan Kettlebell Circuit

Overhead Carry: 50 yards (each arm)

Rack Carry: 50 yards (each arm)

Bottom-up Carry: 50 yards (each arm)

One-arm Suitcase Carry: 50 yards (each arm)

Farmer’s Walk: 100 yards