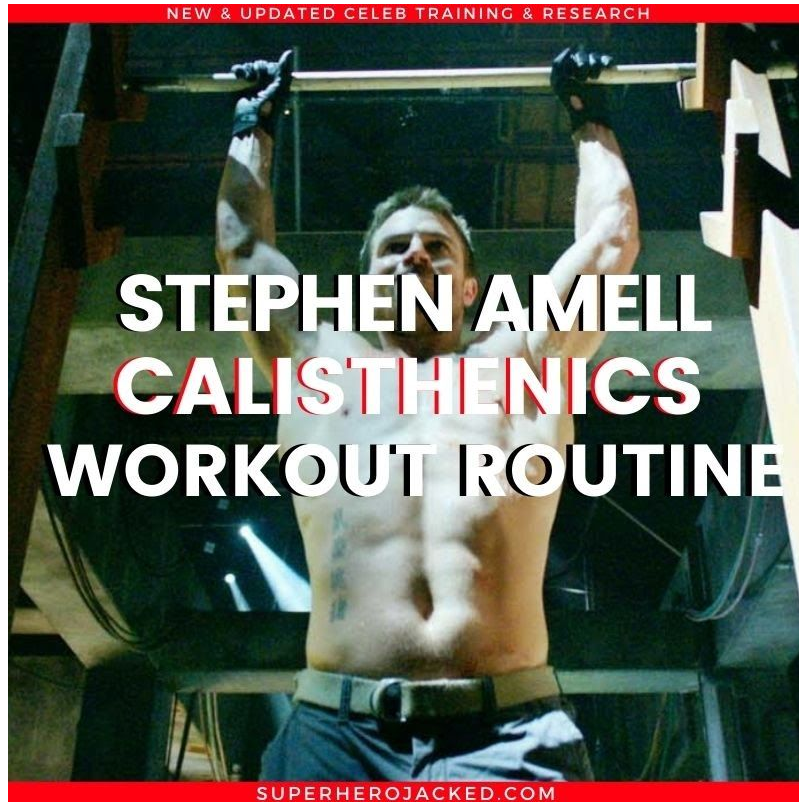


STEPHEN AMELL CALISTHENICS WORKOUT ROUTINE



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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STEPHEN AMELL CALISTHENICS WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

You have 4 days of routines to follow, and then 1-2 days of long distance cardio (this should be done at a steady and comfortable pace).

Among these 5-6 days you will be fitting in your ab routine 3 Days.

Extra Information (For Scaling):

This routine can be made harder by wearing a weighted vest.

You can also go through the movements one at a time for a total of 3 sets, they do not have to be done all at once in the specific order.

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 Calisthenics Workout Routine: Sample Schedule

Monday: Arm Routine

Tuesday: Leg Routine and Abs

Wednesday: Endurance Training

Thursday: Chest Routine

Friday: Back Routine and Abs

Saturday: Endurance Training

Sunday: Arms

Stephen Amell Calisthenics Workout: Arm Routine

3×10 Chin-Ups

3×15 Bench Dips

3×10 Wide Grip Chin Ups

3×15 Dips

3×10 Close Grip Chin Ups

Finish with 15-30 Minutes of HIIT Cardio Training

1 Minute Quick Jog → 1 Minute Walk

Stephen Amell Calisthenics Workout: Leg Routine

3×15 Lunges

3×10 Pistol Squats

3×15 Air Squats

3×10 Jump Squats

3×15 Lunges

Finish with 15-30 Minutes of HIIT Cardio Training

30 Second Sprint → 1:30 Walk

Stephen Amell Calisthenics Workout: Chest Routine

3×15 Regular Push-Ups

3×10 Diamond Push-Ups

3×15 Handstand Push-ups (Or High Arch)

3×10 Ring or Bar Dips

3×15 Regular Push-Ups

Finish with 15-30 Minutes of HIIT Cardio Training

30 Second Sprint → 1:30 Walk

Stephen Amell Calisthenics Workout: Back Routine

3×15 Standard Pull-Ups

3×10 Wide Grip Pull-Ups

3×15 Wide Grip Push-Ups (Slightly wider than Standard)

3×10 Wide Grip Pull-Ups Behind the Head

3×15 Standard Pull-Ups

Finish with 15-30 Minutes of HIIT Cardio Training

1 Minute Quick Jog → 1 Minute Walk

Stephen Amell Calisthenics Workout: Ab Routine

3×25 TTB (Toes to Bar) Which can be scaled to Knees to Elbow

Short Circuit 3 Sets (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

60 Second Plank Holds w/ Increasing Weight (on your back)

Example:

Set One: Free Weight

Set Two: 45 Lbs

Set Three: 70 lbs

Stephen Amell Calisthenics Workout: Endurance Training

Another portion of this routine is extra endurance training to burn fat and build your stamina.

For that reason you're going to be running based on your fitness level:

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

You can also use some of our celeb and character endurance workouts to step it up a notch if you want.

Running Based Celebrity and Character Workouts

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)