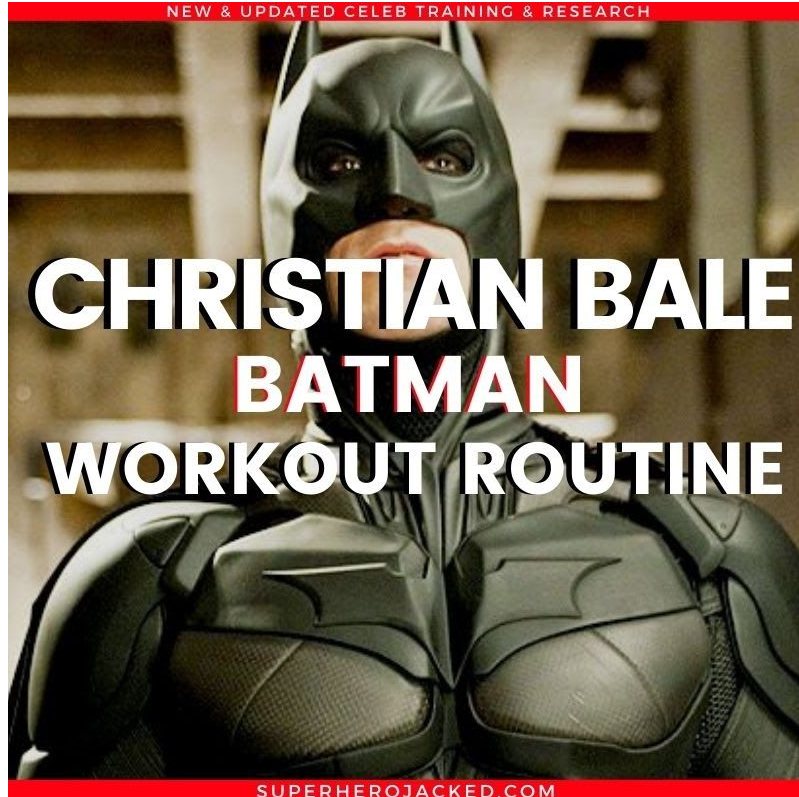


CHRISTIAN BALE BATMAN WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



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.

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CHRISTIAN BALE BATMAN WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Christian Bale says: Every day was a mix of weights, bodyweight moves, compound moves and then a run. It was intense, especially on the first movie when I had to gain all that weight after *The Machinist*. I'm not comparing myself to an athlete at all, but I would treat it like a boot camp.

For that reason we'll be building the routine around what he told *Men's Journal* he used for his weightlifting, while also making sure to utilize calisthenics, compound movements, and finish off with a run to burn extra fat.

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.

Christian Bale Workout: Sample Workout Routine Schedule

Monday: Bench Press, Calisthenics, Weights and Cardio

Tuesday: Deadlift, Calisthenics, Weights and Cardio

Wednesday: Off Day or Extra Cardio

Thursday: Power Cleans, Calisthenics, Weights and Cardio

Friday: Squats, Calisthenics, Weights and Cardio

Saturday: Overhead Press, Calisthenics, Weights and Cardio

Sunday: Off Day or Extra Cardio

Christian Bale Workout: Bench Press, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Bench Press

4×12,10,8,6

Supersets:

Superset One:

A. Machine Chest Flyes

3×10

B. Standing Overhead Tricep Extension

3×10

C. Dips

3×Failure

Superset Two:

A. Incline Dumbbell Press

3×10

B. Standing Overhead Tricep Extension

3×10

C. Push Ups

3×25

Superset Three:

A. Incline Dumbbell Press

3×10

B. Tricep Cable Kickbacks

3×10

C. Hex Press

3×15

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster
- Elliptical

Christian Bale Workout: Deadlift, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Deadlift

4×12,10,8,6

Supersets:

Superset One:

A. Lateral Pulldowns

3×10

B. Alternating Hammer Strength Rows

3×10 each arm

C. Wide Grip Pull Ups

3×10

Superset Two:

A. Cable Rows

3×10

B. Straight Arm Pulldowns

3×10

C. Chin Ups

3×10

Superset Three:

A. Lateral Raises

3×10

B. Face Pulls

3×10

C. Wide Push Ups

3×25

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster
- Elliptical

Christian Bale Workout: Power Cleans, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Power Cleans

4×12,10,8,6

Supersets:

Superset One:

A. Kettlebell Swings

3×10

B. Single Arm Deadlift w/ KB

3×10 each arm

C. Goblet Squats w/ KB

3×10

Superset Two:

A. Incline Machine Press

3×10

B. Preacher Curls

3×10

C. Push Ups

3×Failure

Superset Three:

A. Close Grip Bench

3×10

B. Alternating Dumbbell Curls

3×10

C. Close Triangle Push Ups

3×20

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster

- Elliptical

Christian Bale Workout: Squats, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Back Squats

4×12,10,8,6

Supersets:

Superset One:

A. Hamstring Curls

3×10

B. Weighted Lunges

3×10 each leg

C. Glute Bridges (weighted)

3×10

Superset Two:

A. Leg Press

3×10

B. Calf Raise on Leg Press

3×10

C. Jump Rope

3×100

Superset Three:

A. Front Squat

3×10

B. Cable Pullthroughs

3×10

C. Bulgarian Split Squat

3×10 each leg

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster
- Elliptical

Christian Bale Workout: Overhead Press, Calisthenics, Weights and Cardio

Warm Up:

5 Minute Incline Walk

Jump Rope

3×100

Compound:

Overhead Press

4×12,10,8,6

Supersets:

Superset One:

A. Snatch Grip High Pull

3×10

B. Single Arm DB Snatches

3×10 each arm

C. Clap Push Ups

3×10

Superset Two:

A. Arnold Press (seated)

3×10

B. Upright Rows w/ Bar

3×10

C. Shrugs w/ Bar

3×10

Superset Three:

A. Shoulder Front Raises w/ DB

3×10

B. Shoulder Lat Raises w/ DB

3×10

C. Shrugs w/ DB

3×25

Cardio:

Complete 30-45 minutes of cardio from the selection below:

- High Incline Walk
- High Intensity Interval Training on Treadmill or Bike
- StairMaster
- Elliptical