

DANIEL CRAIG WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



DANIEL CRAIG NO TIME TO DIE WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File
By: Mike Romaine

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DANIEL CRAIG WORKOUT ROUTINE

Training Volume:

One Day of Training

(To Be Repeated)

Explanation:

I'm going to be sharing multiple resources for this one, but below our resource check list you'll find the No Time To Die Workout Routine that is made up of a handful of supersets (5, actually). From there you can choose to utilize it his recovery regime and daily drill breakdown which I will also be sharing 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.

Daniel Craig No Time To Die Workout: Resource Check List

Resource One:

The No Time To Die Workout

Resources Two:

Recovery Regime

Resource Three:

Daily Drill Breakdown for No Time To Die

**Daniel Craig No Time To Die Workout: Superset Training
Regime**

Superset One:

A. Low Cable Chest Fly

3×10

B. Abdominal Rollout

3×10

Superset Two:

A. Bosu Mountain Climber

3×10

B. Traditional Pullups

3×10

Superset Three:

A. Russian Twists

3×20

B. Kettlebell Side Oblique Bend

3×10 each side w/ dumbbell

Superset Four:

A. TRX Row, Curl and Pistol Squat

3×15

B. Bodyweight Dip

3×10

Superset Five:

A. Hanging Leg Raise and Windshield Wiper

3×10 each movement

B. Reverse Cable Flyes

3×10

**Daniel Craig No Time To Die Workout: Daily No Time To Die
Drill**

5:30 a.m.: Craig woke up at home in London and drove an hour to Pinewood Studios.

7 a.m.: Preshoot physical prep with Waterson, which included muscle activation and stretching.

8 a.m.: Craig ate an energy-filled, anti-inflammatory breakfast.

9 a.m. to 7 p.m.: Filming began, with periods of action and dialogue. There was a pause for lunch, two snack breaks, plus occasional 15- to 20-minute intermissions for Waterson to do recovery work (think stretching and using a percussive tool).

7:45 p.m.: Carb-heavy dinner and debrief before Craig returned to London.

10:30 p.m.: Last-minute script work, and bed. Rest and repeat.

Daniel Craig No Time To Die Workout: Daily No Time To Die Recovery Regime

Shared from Craig with [Men's Journal](#)

Relieve sore chest and lats by stretching and releasing a light resistance band, holding it both up and down and side to side.

Release shoulders, lats, legs, and back with a foam roller.

Reduce tightness in IT bands, hips, and glutes with a percussive massager.