

DAVID BOREANAZ SEAL TEAM WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



DAVID BOREANAZ SEAL TEAM WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File
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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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DAVID BOREANAZ WORKOUT ROUTINE

Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

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.

David Boreanz *SEAL Team* Workout Routine

This is shared from an interview with Men's Journal, Boreanz and his trainer Paras.

WARM UP:

Bike or Treadmill: 5 minutes

Soft Tissue/Table Prep Work with Paras (trainer): 10–15 minutes

ACTIVATION WORK:

Band Hip/Glute Activation: 4 minutes

Band Shoulder Activation/Mobility: 4 minutes

Dynamic Warm Up (ham/hip/groin openers): 4 minutes

THE SEAL TEAM WORKOUT

Circuit A: *Complete 2 Rounds for Time*

Lateral Side Coil/Crunches on Back Extension (*full ROM*): 12 reps

Back Extension (*arms pull back into scapular retraction at top*): 12 reps

Jump Rope: 1 minute

Circuit B: *Complete 4 Rounds for Time*

HexBar Deadlift (*increase weight with every set*): 5 reps

Short Box Hop (*full extension, float to the top, land soft, step off*): 5 reps

Ipsilateral Walking Lunges (*lunge 5 steps with left leg, holding weight on left side, then switch sides*): 5 reps

Bike Sprint: 10 sec

Rhythm Run Recovery: 50 sec

Circuit C: *Complete 3 rounds for Time*

Mix Grip Bench: 15 reps

Pushup: 15 reps

Inverted Row: 15 reps

Circuit D: *Complete 3 rounds for Time*

Staggered Stance Single Arm Overhead Press: 12 reps

Pullup (*hold at top w/ knees to chest 20 seconds*): 12 reps

Tri Ext/Curl/Shoulder Raise Complex Circuit: 12 reps

Boxing Heavy Bag Finisher:

Flurry Finishers on Heavy Bag (*punches and power hooks*): 30 second

David Boreanz SEAL Team Workout Routine: Other SHJ Resources

HIIT Resources:

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

MMA Training Resources:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)