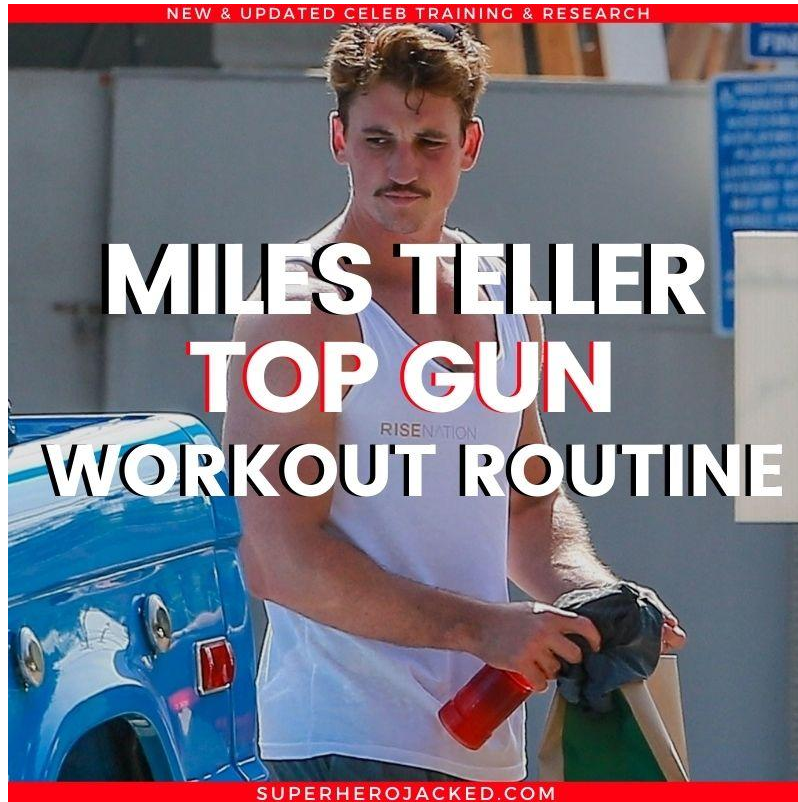


MILES TELLER TOP GUN WORKOUT ROUTINE



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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MILES TELLER TOP GUN WORKOUT ROUTINE

Training Volume:

One Workout

(To Be Repeated)

You will need:

Your body, the ground and a chair/stair.

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.

Miles Teller Top Gun Workout

Warm Up:

Run 800m

Workout:

Complete 2-3 Times:

Flutter Kicks on Bench x 40

Chair Dips x 20

Squats x 25 (Scale to Jump Squats)

Feet Elevated Push Ups x 25

Alternating Reverse Lunges x 30