

SAM HEUGHAN WORKOUT ROUTINE



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.

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SAM HEUGHAN WORKOUT ROUTINE

Training Volume:

One Day of Training

Explanation:

I am going to be adding some bonus resources below that will also help you train like Sam Heughan based on the research above, but the 4-Step-Bodyweight Workout is actually shared directly from his trainer John Valbonesi (as mentioned above) with Men's Journal!

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.

Sam Heughan Workout: 4-Step Bodyweight Workout

Part One: Mobility Work

Arm Circles

1×10 each side

Leg Pullovers

1×10 each side

Back Curl Up

1×10 each side

Elbow Rotation

1×10 each side

Knees Side to Side

1×10 each side

Hip Opener

1×10 each side

Part Two: Cardio Warm Up

Complete One Two Rounds for Time w/ 30 Seconds Rest In Between Rounds

10 Squats

10 Push Ups

10 Lunges

10 Sit Ups

Part Three: Supersets

Do each movement for 30 seconds and then move into the next for a total of 60 seconds. Repeat this two more times per set of exercises.

Frog Hog and Sprint

Push Up and Broad Jump

Lunge and Bear Crawl

Burpee and Military Plank

Part Four: Finisher

25 Two-Touch Sit Ups

L-Sit to Failure

Sam Heughan Workout: Bonus Resources

HIIT RESOURCES:

[The Best HIIT Workouts to Add to your Workout](#)

[Jump Rope Workout Database](#)

ENDURANCE TRAINING RESOURCES:

[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](#)