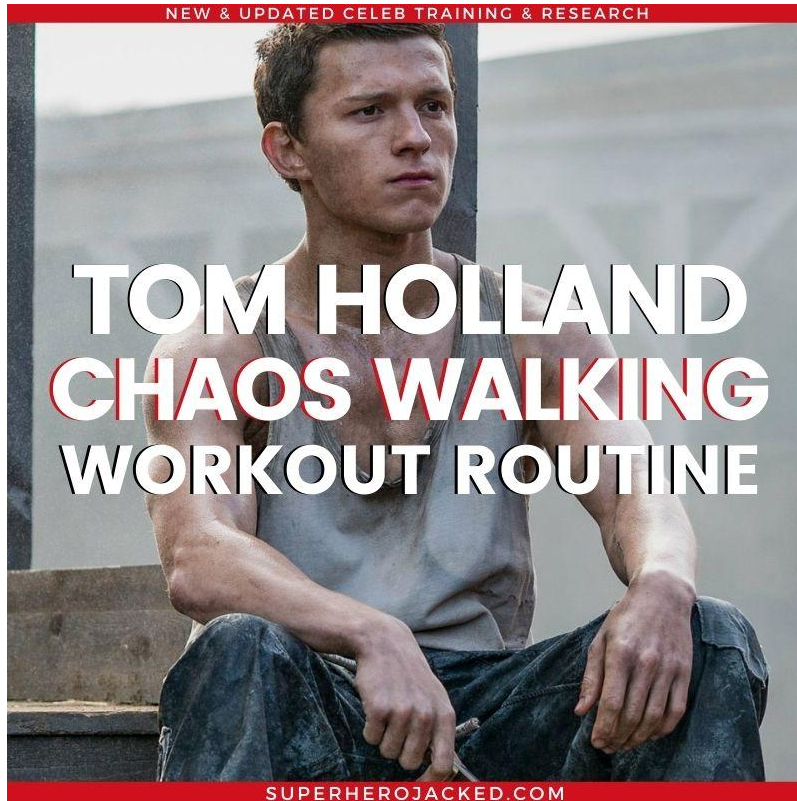


# TOM HOLLAND CHAOS WALKING WORKOUT ROUTINE



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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# TOM HOLLAND CHAOS WALKING WORKOUT ROUTINE

**Training Volume:**

One Day of 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.

## **Tom Holland *Chaos Walking* Workout**

**WARM UP:**

Shadowboxing x 3 Minutes Total

**WORKOUT:**

**Superset One:**

A. Bottoms-Up Kettlebell Press

3×5

B. Banded Glute Bridges

3×10

**Superset Two:**

A. Trap Bar Deadlifts

3×8

B. Chinups

3×8

**Superset Three:**

Kettlebell Box Squats

3×8

Dumbbell Floor Presses

3×10

**Superset Four:**

A. Alternating Reverse Lunges

3×10 each side

B. Dip to Knee Tucks

3×10