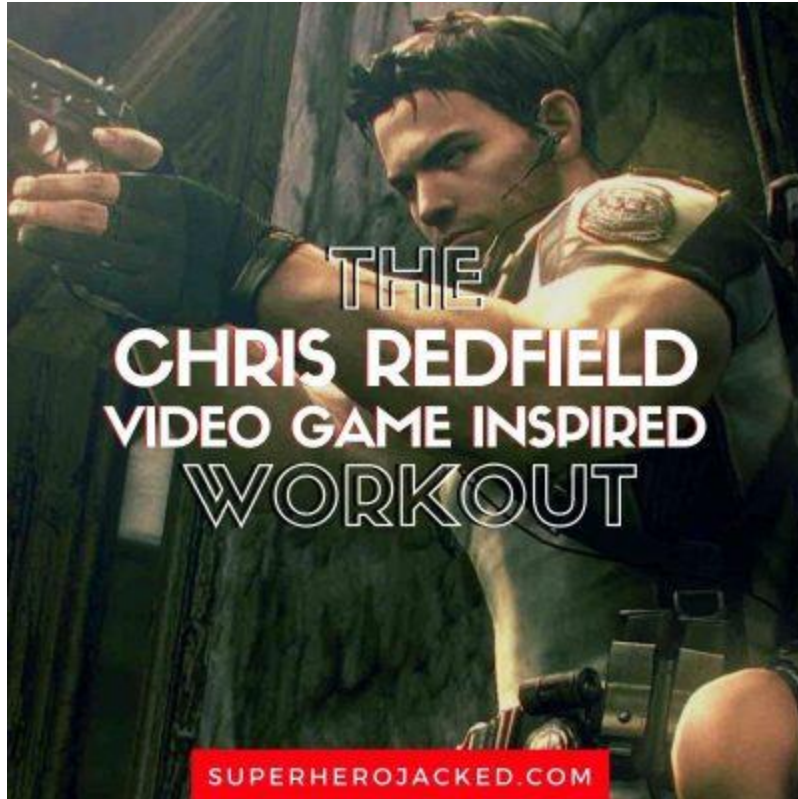


# CHRIS REDFIELD WORKOUT ROUTINE



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 ensure 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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# CHRIS REDFIELD WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

We're going to be training using an Air Force Pre-Boot Camp Workout 14 Week Program. Air Force states: "We recommend that you work out at least 3-5 times per week, and at least six weeks prior to Basic Military Training.", so what we're going to do is utilize it 3 days per week, and then include some full body weight lifting two days a week as well to bulk up like Redfield.

## Calisthenics and Weight Training Side Note:

This can be used as a full calisthenics workout with no weightlifting, or stepped up a notch with the full body training.

## Air Force Training Source:

The Air Force programming below is based on the actual Air Force Pre-Boot Camp Training schedule from [Military.com](https://www.military.com).

## 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

## **Chris Redfield Workout Routine: Sample Workout Schedule**

**Monday:** Air Force Basic Training

**Tuesday:** Full Body Weight Training A

**Wednesday:** Air Force Basic Training

**Thursday:** Full Body Weight Training B

**Friday:** Air Force Basic Training

**Saturday:** Active Rest Day or Optional Additional Training w/ Resources

**Sunday:** Mandatory Rest Day

## **Chris Redfield Workout Routine: Full Body Weight Training A**

**Warm Up:**

800m Jog

**Workout:**

Incline Bench Press

3×10

Kettlebell Swings

3×10

Deadlifts

3×10

Weighted Lunges

3×10 each leg

Tricep Overhead Extension

3×10

Alternating Dumbbell Curls

3×10 each arm

## **Chris Redfield Workout Routine: Full Body Weight Training B**

### **Warm Up:**

800m Jog

## **Workout:**

Barbell Bench Press

3×10

Seated Overhead Dumbbell Press

3×10

Barbell Bent Over Rows

3×10

Back Squats

3×10

Reverse Grip Cable Pushdowns

3×10

Preacher Curls

3×10

## **Air Force 14 Week Training Protocol:**

### **Chris Redfield Air Force Training Week 1**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 5 minute walk
- 1 minute jog
- 5 minute walk
- 1 minute jog
- 3-5 minute walk
- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

## **Chris Redfield Air Force Training Week 2**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 5 minute walk
- 3 minute jog
- 5 minute walk
- 3 minute jog
- 3-5 minute walk
- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups

- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 3**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 4 minute walk
- 5 minute jog
- 4 minute walk
- 5 minute jog
- 3-5 minute walk
- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 4**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 4 minute sit-up/push-up intervals
- 4 minute walk
- 5 minute jog
- 4 minute walk



- 5 minute jog
- 3-5 minute walk
- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 5**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 4 minute sit-up/push-up intervals
- 4 minute walk
- 6 minute jog
- 4 minute walk
- 6 minute jog
- 3-5 minute walk
- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

## **Chris Redfield Air Force Training Week 6**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 4 minute sit-up/push-up intervals
- 4 minute walk
- 7 minute jog
- 4 minute walk
- 7 minute jog
- 3-5 minute walk
- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

## **Chris Redfield Air Force Training Week 7**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 6 minute sit-up/push-up intervals
- 4 minute walk
- 8 minute jog
- 4 minute walk
- 8 minute jog
- 3-5 minute walk

- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 8**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 6 minute sit-up/push-up intervals
- 4 minute walk
- 9 minute jog
- 4 minute walk
- 9 minute jog
- 3-5 minute walk
- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 9**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 4 minute sit-up/push-up intervals
- 4 minute walk
- 13 minute run
- 3-5 minute walk
- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 10**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 4 minute sit-up/push-up intervals
- 4 minute walk
- 15 minute run
- 3-5 minute walk
- 2-5 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises

- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 11**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 4 minute walk
- 17 minute run
- 3-5 minute walk
- 2 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 12**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 1 minute walk
- 17 minute run
- 3-5 minute walk
- 2 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 13**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 2 minute walk
- 2 minute jog
- 17 minute run
- 3-5 minute walk
- 2 minute stretch

Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

### **Chris Redfield Air Force Training Week 14**

Complete the following in one session 3-5 times a week:

- 5 minute stretch/warm-up
- 2 minute sit-up/push-up intervals
- 3 minute jog

- 17 minute run
- 3-5 minute walk
- 2 minute stretch

#### Optional Core Work:

- 2-3 sets of 25 Sit Ups
- 2-3 sets of 25 Lying Leg Raises
- 2-3 sets of 60 Second Plank Holds

## **Chris Redfield Workout Routine: Optional Alternative/Additional Training Resources**

#### **Parkour Training Resources:**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

#### **Optional Alternative Training:**

- [The Best HIIT Workouts](#)
- [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](#)

- [How To Train After Your First 5K \(Workout Included\)](#)

## **Main MMA Training Resources**

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

## **Other MMA Training Resources:**

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