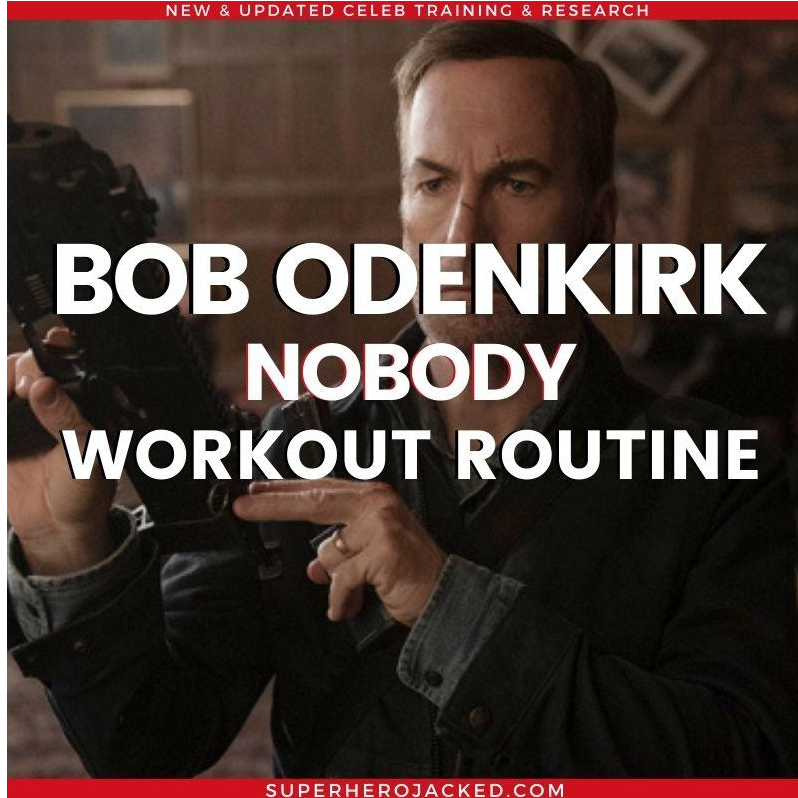


BOB ODENKIRK WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



BOB ODENKIRK NOBODY WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File
By: Mike Romaine

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The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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

Bob Odenkirk *Nobody* Workout

This workout is shared by Men's Health, Bob Odenkirk and Daniel Bernhardt!

CARDIO

Bike Riding

10 minutes

STUNT CONDITIONING

Stunt Coordination Drills

15 minutes

PULLUPS

Bodyweight Pull Ups

3 sets of 10 reps

CIRCUIT TRAINING

Bodyweight Box Jumps

4 sets of 25 reps

Bodyweight Push-Ups

4 sets of 25 reps

Bodyweight Squats

4 sets of 25 reps

Mixed Ab Exercises

4 rounds of 1 minute

BOXING CONDITIONING

Boxing Rounds

3 rounds of 3 minutes