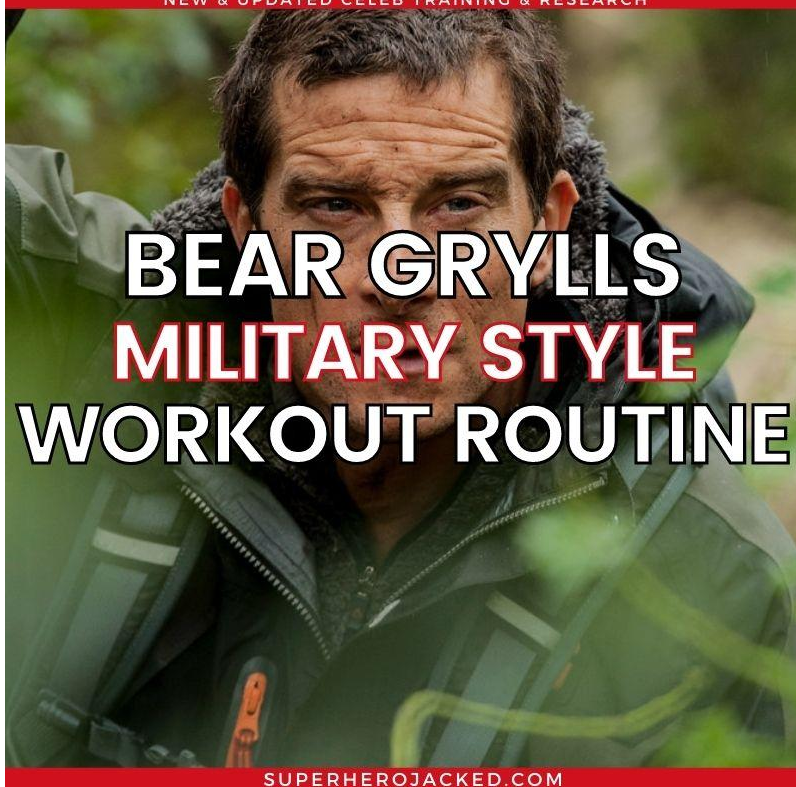


BEAR GRYLLS WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



BEAR GRYLLS MILITARY STYLE 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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BEAR GRYLLS 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.

Bear Grylls Workout

This workout is shared by Men's Health and Alex Guerrero (TB12 Co-Founder).

BEAR GRYLLS' WORKOUT:

Perform each exercise for 20 seconds, then rest for 10 seconds.

Repeat each block three times.

SUPERSET ONE – HOLDS:

A. Plank

B. Plank Knee to Elbow

C. Plank Hands to Elbows

D. Superman Hold

SUPERSET TWO – LEGS:

A. Squat Jumps

B. Split Squats (Right and Left)

C. Kettlebell Swings

SUPERSET THREE – CHEST:

A. Pushups

B. Alternating Arm Pushups

C. Pike Pushups

D. Close-Grip Pushups

SUPERSET FOUR – BACK:

A. Bodyweight Row

B. Pullups

C. Kettlebell Single-Arm Row

SUPERSET FIVE – SHOULDERS:

A. Overhead Press

B. Kettlebell Hammer Curl

C. Overhead Triceps Extensions

D. Upright Row

SUPERSET SIX – ABS:

A. Kettlebell Knees-to-Elbows

B. Kettlebell Russian Twist

C. Bicycle Crunch

D. Superman Holds

E. Clams