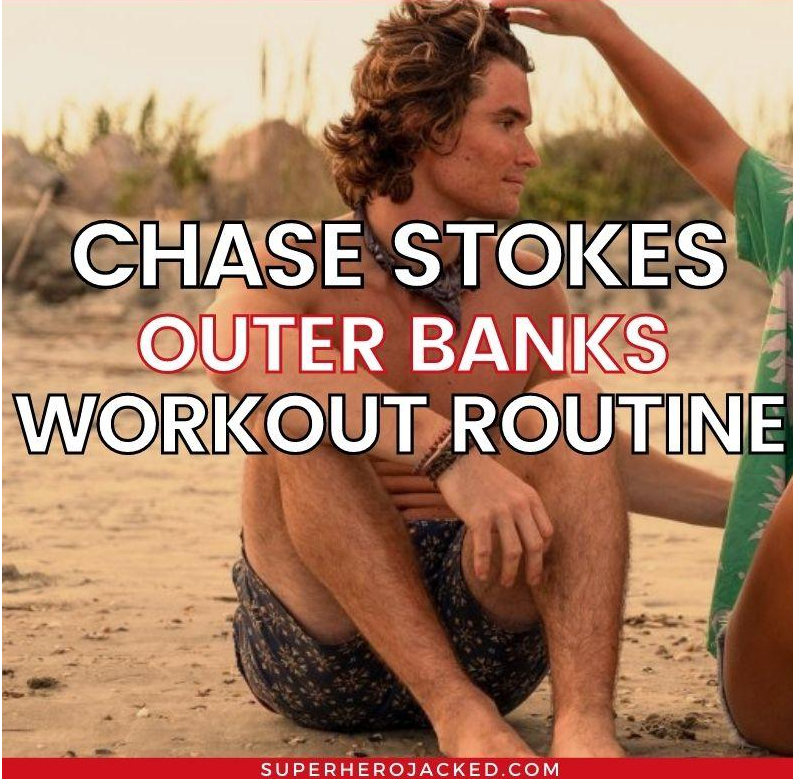


CHASE STOKES WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



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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CHASE STOKES 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.

Chase Stokes Workout

This workout is shared by Men's Health, Chase Stokes and celeb trainer Alex Fine.

CIRCUIT 1

Dips with 5 second Eccentric

3 sets til failure

Plyo Pushups

3 sets of 15 to 20 reps

5-5-5 Pullups

3 sets of reps at each different grip

CIRCUIT 2

Forehead Barbell Curls

3 sets of 20 reps

Half Range Biceps Curl

3 sets of 20 reps

Rope Pushdown

10 rounds of 10 reps

CIRCUIT 3

Biceps Curl

3 sets of 10 reps

Hammer Curls

3 sets of 10 reps

Close-Grip Press to Reach Back

3 sets of 10 reps

AB FINISHER

Leg Lifts x 30 seconds

Up and Out x 30 seconds

Leg Lift Switches x 30 seconds

Toe Touch x 30 seconds

V-Up Situps x 30 seconds

Suitcase V-up x 30 seconds

Leg Lift Circles x 30 seconds per side

Wide Leg Lift Circles x 30 seconds

AB ROLLOUTS

Perform 5 reps on each leg and with both legs down