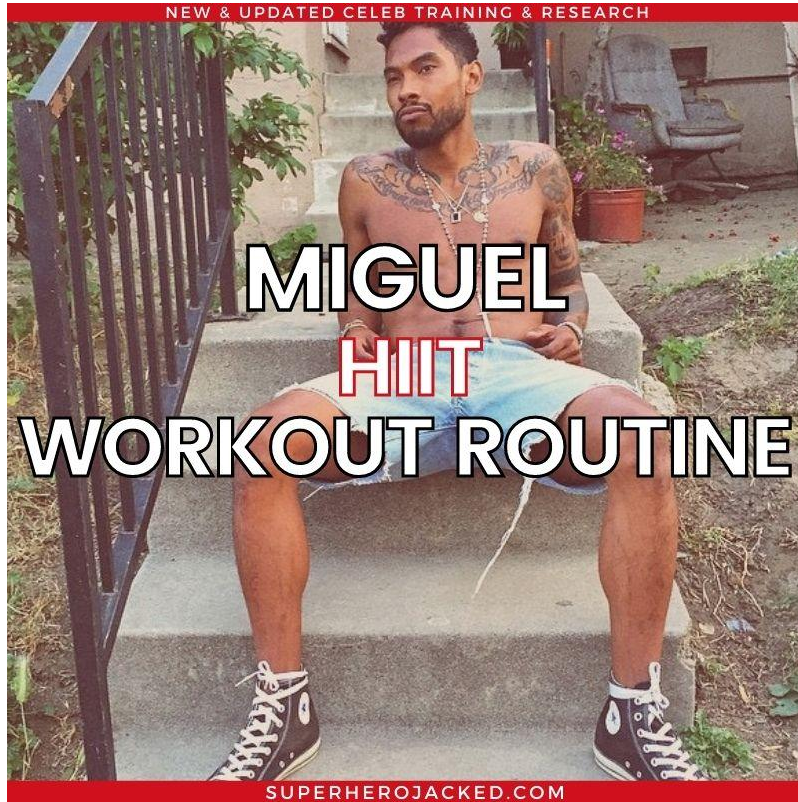


MIGUEL SIX PACK AB HIIT WORKOUT ROUTINE



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.

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MIGUEL SIX PACK ABS 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.

Miguel HIIT Workout

This workout is shared by Men's Health, and Miguel.

Explanation:

Miguel doesn't give a specific set range or time to complete each movement but you can complete these 30 seconds each or do 10-20 reps each movement and 30-60 seconds on holds.

Warm Up:

Weighted Vest Hike/Trail

HIIT Circuit (Miguel Keeps his Weighted Vest On):

Pull Ups

Lunges

Criss Cross Pull Ups

Bicep Curls (He uses his weighted vest for this)

Inverted Rows

Burpees

Goblet Squat

Hands-Elevated Push Ups

Step Ups

Decline Push Ups

Box Jumps

Planks