

GREGG SULKIN WORKOUT ROUTINE



Bonus PDF File
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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.

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GREGG SULKIN WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one I'm going to build you 3 days of jump rope and circuit training (we see Sulkin skip A LOT on his Instagram and pair it with other circuit work, and he even pushes a circuit training community he is a part of), and then I'll also include resources for endurance work 1-2 days a week and a calisthenics circuit test once a week that you can do to really test yourself and continuously improve.

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.

Gregg Sulkin Workout: Sample Schedule

Monday: Sulkin Jump Rope Circuit A

Tuesday: Runaways Calisthenics Circuit Test

Wednesday: Sulkin Jump Rope Circuit B

Thursday: Endurance and/or HIIT Work

Friday: Sulkin Jump Rope Circuit C

Saturday: Active Rest Day

Sunday: Rest Day

Gregg Sulkin Workout: Sulkin Jump Rope Circuit A

Warm Up:

5-10 Minute Walk/Jog

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Circuit: Complete 3-5 Rounds

You can do these circuits as giant sets, supersets, or straight through circuits like I do.

Jump Rope Skips x 50

Push Ups x 30

Jump Rope Skips x 50

Box Jumps x 20

Jump Rope Skips x 50

Alternating Bicep Curls x 10 each arm

Jump Rope Skips x 50

V-Ups x 20

Jump Rope Skips x 50

Overhead Press (DB or Resistance Bands) x 15

Gregg Sulkin Workout Routine: Runaways Calisthenics Circuit Test

In a perfect world our [Academy](#) members or [90 Day System](#) members will use this day to work in our Benchmark Workouts to continue testing and improving scores and tracking them against other members; especially our SHJ Core Benchmarks (although our Hero Benchmarks are just as awesome).

If you are not an Academy member or you don't have access to a 90 Day System, you can also sub in different circuits here from some of the HIIT resources I provide.

(Another note: You should continue coming back and re-trying to workout every so often to see how much you can improve your score!)

Runaways Calisthenics Circuit Test: Complete 2 Round For Time

Run 800M

50 Pull Ups

75 Dips

100 Crunches

125 Push Ups

150 Squats

Gregg Sulkin Workout: Sulkin Jump Rope Circuit B

Warm Up:

5-10 Minute Walk/Jog

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Circuit: Complete 3-5 Rounds

You can do these circuits as giant sets, supersets, or straight through circuits like I do.

Jump Rope Skips x 50

Dips x 15

Jump Rope Skips x 50

Goblet Squats x 20

Jump Rope Skips x 50

Bicep Curl 21s x 21

Jump Rope Skips x 50

Sit Ups x 20

Jump Rope Skips x 50

Decline Push Ups x 20

Gregg Sulkin Workout Routine: Endurance and/or HIIT Work

For your endurance, HIIT or MMA/Parkour days you have quite a few options.

You can utilize enforced endurance training that I will program for you based on your fitness level like we do with other workouts here at SHJ...OR you can do 45-60+ minutes of varied cardio (bike, treadmill, elliptical, stairs, row, swim, etc.)...OR you can even use the HIIT resources I'll provide.

I'll break it down in that order:

Option One – Run Based on Overall Fitness Level:

Beginner: 1-3 Miles

Intermediate: 3-5 Miles

Advanced: 5+ Miles

Endurance Work 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 Continue Training After Your First 5K \(Workout Included\)](#)

Option Two – Varied Cardio for 45-60 Minutes:

Split your cardio up however you'd like but complete 45-60+ minutes using:

- Treadmill Walk/Run
- Rower Machine
- StairMaster
- Elliptical
- Swim

- Bike

Option Three – Complete HIIT Training Using SHJ Resources:

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)
- [Academy Members](#): Insert a Benchmark Hero Workout (Circuit) or SHJ Core Circuit Test

Gregg Sulkin Workout: Sulkin Jump Rope Circuit C

Warm Up:

5-10 Minute Walk/Jog

25 Jumping Jacks

25 High Knees

25 Butt Kicks

Circuit: Complete 3-5 Rounds

You can do these circuits as giant sets, supersets, or straight through circuits like I do.

Jump Rope Skips x 50

Pull Ups x 12

Jump Rope Skips x 50

Glute Bridges x 20

Jump Rope Skips x 50

Curl to Press x 12

Jump Rope Skips x 50

Bicycle Crunches x 30

Jump Rope Skips x 50

Thrusters (DB or Resistance Bands) x 15

Gregg Sulkin Workout Routine: Optional Additional Training Resources

Parkour Training Resources:

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

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](#)

- [Sangat Workout Routine](#)