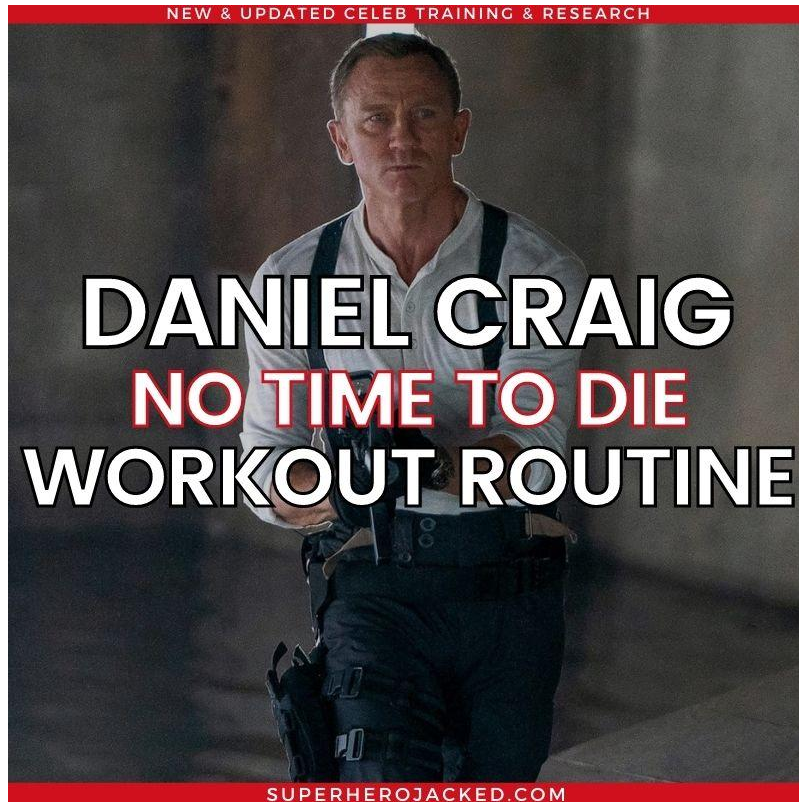


DANIEL CRAIG “NO TIME TO DIE” WORKOUT ROUTINE



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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DANIEL CRAIG “NO TIME TO DIE” 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.

Daniel Craig Workout

This workout is shared by Men’s Health, and Simon Waterson.

Daniel Craig Workout: Agility Phase

Circuit: 3 Rounds for Time

A. Slider Mountain Climbers

30 seconds

B. Cone Shuffles

30 seconds

C. Bosu Reverse Lunge to High knee

10 reps per leg

D. Dumbbell Clean and Press

8 reps

E. Box Jump

1 rep over box

F. Battle Rope Waves

30 seconds

Daniel Craig Workout: Strength Phase

Strength Superset Finisher: Complete 3 Sets

A. Low Cable Fly

25 reps

B. Rear Delt Flys

25 reps