

CURRAN WALTERS 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.

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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CURRAN WALTERS WORKOUT ROUTINE

Training Volume:

4+ days per week

Explanation:

We're going to be training for four days revolving around heavy training [revolving around compound lifts], and then I also tacked on optional ab work considering Walters stayed lean while tacking on 20 pounds of mass and consistently shows off his abs. With that I'll also be providing mixed martial arts training and other resources (some of which come directly from our other Titans!)

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.

Curran Walters Workout Routine: Chest and Triceps

Warm Up:

10-15 Minute Incline Walk

Workout:

Bench Press

4×12, 10, 8, 6

Close Grip Bench Press

4×6,8,10,12

Incline Bench Press

4×6,8,10,12

Chest Flyes

3×12

Overhead Tricep Extension

3×12

Weighted Dips

3×12-15

Optional Ab Training:

Sit Ups

3×20

Hanging Leg Raises

3×20

Superman Hold

3×30 seconds

Curran Walters Workout Routine: Back and Biceps

Warm Up:

10-15 minute jog

Workout:

Deadlift

4×12, 10, 8, 6

Bicep Curls (BB or EZ Bar)

3×12, 10, 8

Bent Over Rows

3×12, 10, 8

Hammer Curls (DB or Cable)

3×12

Wide Pulldowns

3×12

Weighted Chin Ups

3×5-10

Optional Ab Training:

Weighted Crunches

3×20

Hanging Knee Raises with Twist

3×20

Hollow Hold

3×30 seconds

Curran Walters Workout Routine: Shoulders, Traps and Delts

Warm Up:

10-15 minute jog

Workout:

Military Press

4×12, 10, 8, 6

Barbell Shrugs

3×12, 10, 8

Upright Rows

3×12, 10, 8

Face Pulls

3×12

Shoulder Front Raises

3×12

Lateral Raises DB

3×12-15

Optional Ab Training:

Sit Ups

3×20

Hanging Leg Raises

3×20

Superman Hold

3×30 seconds

Curran Walters Workout Routine: Legs and Calves

Warm Up:

10-15 minute jog

Workout:

Back Squats

4×12, 10, 8, 6

Seated Calf Raise

3×12, 10, 8

Hamstring Curls or Kickbacks

3×12, 10, 8

Quad/Leg Extension

3×12

Box Jumps w/ Increasing Height

3×12

Weighted Jumping Lunges

3×12-15

Optional Ab Training:

Weighted Crunches

3×20

Hanging Knee Raises with Twist

3×20

Hollow Hold

3×30 seconds

Curran Walters Workout Routine: Optional Bonus Training Resources

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 \(Workout Included\)](#)

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](#)
- [Sagat Workout Routine](#)