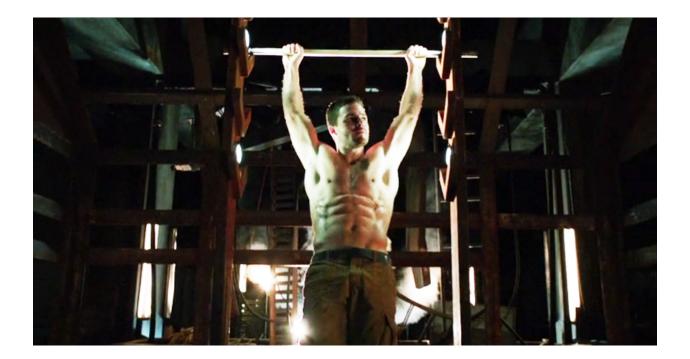
STEPHEN AMELL ARROW WORKOUT ROUTINE



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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 insure the tips given in this course are appropriate for your individual circumstances.

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Stephen Amell Arrow Workout Routine:

You have 4 days of routines to follow, and then 1-2 days of long distance cardio (This should be done at a steady and comfortable pace). Among these 5-6 days you will be fitting in your Ab Routine 3 Days.

This Routine can be made harder by wearing a weighted vest. You can also go through the movements one at a time for a total of 3 sets, they do not have to be done all at once in the specific order.

Ab Routine

3×25 TTB (Toes to Bar) Which can be scaled to Knees to Elbow

Short Circuit 3 Sets (Try not to touch your feet to the floor until you finish each set) 20 Lying Leg Lifts 20 Scissor Kicks 20 Second Hollow Rock

3×25 Sit Ups

60 Second Plank Holds w/ Increasing Weight (on your back) Example: Set One: Free Weight Set Two: 45 Lbs Set Three: 70 lbs

Arm Routine

3×10 Chin-Ups 3×15 Bench Dips 3×10 Wide Grip Chin Ups 3×15 Dips 3×10 Close Grip Chin Ups

Finish with 15-30 Minutes of HIIT Cardio Training 1 Minute Quick Jog -> 1 Minute Walk

Leg Routine

3×15 Lunges 3×10 Pistol Squats 3×15 Air Squats 3×10 Jump Squats 3×15 Lunges

Finish with 15-30 Minutes of HIIT Cardio Training 30 Second Sprint -> 1:30 Walk

Chest Routine

3×15 Regular Push-Ups 3×10 Diamond Push-Ups 3×15 Handstand Push-ups (Or High Arch) 3×10 Ring or Bar Dips 3×15 Regular Push-Ups

Finish with 15-30 Minutes of HIIT Cardio Training 30 Second Sprint -> 1:30 Walk

Back Routine

3×15 Standard Pull-Ups
3×10 Wide Grip Pull-Ups
3×15 Wide Grip Push-Ups (Slightly wider then Standard)
3×10 Wide Grip Pull-Ups Behind the Head
3×15 Standard Pull-Ups

Finish with 15-30 Minutes of HIIT Cardio Training 1 Minute Quick Jog -> 1 Minute Walk