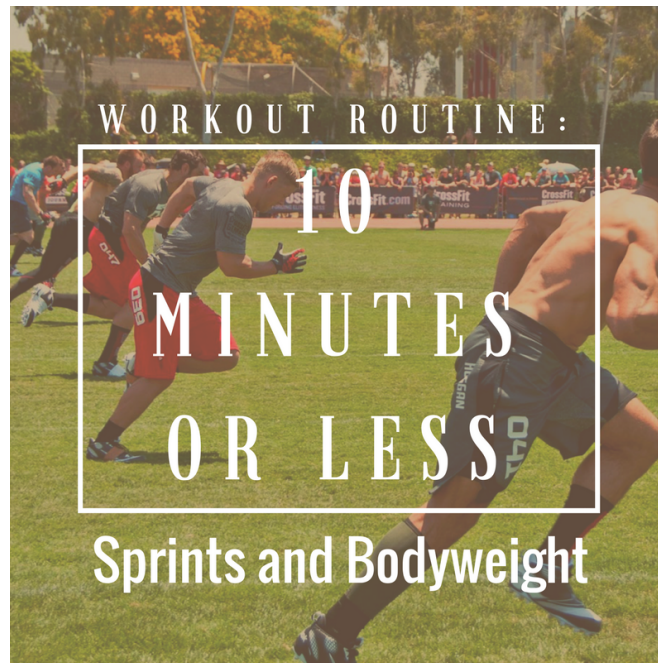


10 MINUTE OR LESS SPRINTS & BODYWEIGHT



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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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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10 Minute or Less Sprints & Bodyweight Routine

The Workout Routine:

Don't be afraid to sub knee push ups into this circuit!

5 Rounds for Time:

10 Push Ups w/ Claps (if possible)

Sprint 300 Feet and Jog Back

10 Burpees

Sprint 300 Feet and Jog Back

10 Tricep Push Ups (Diamonds or Inner)

Sprint 300 Feet and Jog Back

10 Jump Squats

Sprint 300 Feet and WALK Back

Derek says: "I usually will do this on the cardio/off day"

But, utilizing this as a quick 10 minute or less workout, when you don't have time to hit a full one, is also a completely valid option!