CHRIS HEMSWORTH THOR
WORKOUT ROUTINE

BONUS PDF FILE
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Chris Hemsworth Thor Workout Routine

If you’re looking to cut/lose weight but tone up with this routine I suggest adding in 2-3 days of cardio for 15-20 minutes each. This can be done before or after your workout and will focus primarily on HIIT Training. You can circuit your training by walking 2 minutes and running 1, or by walking 90 seconds and sprinting for 30.

Day One Back Day:
Pull ups: 5 sets of decreasing rep count = 20-15-12-10-10
Wide Grip Push ups: 5 sets of 20 reps
Hammer Strength 2 Arm Row: 5 sets of 12
Dumbbell Rows: 4 sets of 12
Hyperextension: 4 sets of decreasing rep count = 25-20-15-15

Day Two Chest Day:
Barbell Bench Press: 8 sets of decreasing rep count = 12-10-10-8-8-6-4-4-4
Incline Dumbbell Bench Press: 4 sets of 12
Hammer Strength Chest Press: 4 sets of 15
Weighted Dips: 4 sets of 10 *Unweighted is fine for beginners*
Cable Flys: 4 sets of 12

Day Three Leg Day:
Back Squats: 7 sets of decreasing rep count = 10-8-6-5-4-3-3
Leg Press: 1 set to Failure
Lunges: 4 sets of 20
Leg Extension: 3 sets of 20
Single Leg-Curls: 3 sets of 20
Standing Calf Raise: 3 sets of 20

Day Four Shoulder Day:
Military Press: 7 sets of decreasing rep count = 10-8-6-5-4-3-3
Arnold Press: 4 sets of 12 reps
Barbell Shrugs: 4 sets of 12 reps
Dumbbell Lateral Raise: 3 sets of 15 reps
Dumbbell Front Raise: 3 sets of 15 reps
Rear Delt Flys: 3 sets of 15

Day Five Arm Day:
Barbell Bicep Curl: 3 sets of 10 reps
Skull Crushers: 3 sets of 10 reps
E-Z Bar Preacher Curls: 3 sets of 10 reps
Dumbbell Lying Tricep Extension: 3 sets of 10 reps
Dumbbell Hammer Curls: 3 sets of 12 reps
Rope Pushdown: 3 sets of 12
Barbell Wrist Curl: 3 sets of 20
Barbell Reverse Wrist Curl: 3 sets of 20

Ab Circuit to Add to 2-3 of the Days:
*I would suggest doing this circuit 2-3 times each day that you fit it into once you begin getting used to the routine and are no longer a beginner*
General Plank: 60 seconds
Hanging Leg Raise: 12 reps
General Side Plank: 60 seconds each side (or 30 for beginners)
Toes-to-Bar: 12 reps (Can be subbed for Knees to Elbows)