

AARON TAYLOR-JOHNSON

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Aaron Taylor-Johnson Workout Routine

Training Volume:

3-5 days per week

Explanation:

I always try to keep the workout routines ranging 3-5 days, because as we know that's more than enough for someone who is looking to sustain their training and get shredded – BUT, I'll always give the option to add in certain days and choose whether or not you want to utilize the cardio days I program.

Day One: Upper Body Routine

Warm Up:

3×5 Pull Ups

3×10 Air Squats

3×15 Push Ups

Workout:

Cable Crossovers

3×10

Dumbbell Bench Press

5×10

Cable Pullover

3×10

Barbell Rows

3×10

Lateral Pulldowns

3×10

Arnold Press

3×10

Optional Cardio:

10-20 minutes of HIIT Training Treadmill

1 min on: run/sprint 6-10mph

1 min off: walk 2.5-3.5 mph

10-20 minutes of HIIT Training Bike

1 min on: level 7-10, rpms over 100

1 min off: level 3-5, rpms steady 50-80

Day Two: Calisthenics

Warm Up:

Stretch

Jog 800m

Workout:

5×10 Dips

5×10 Pull Ups

5×15 Air Squats

5×25 Push Ups

Circuit:

3 Sets of:

5 Burpees

10 Lunges

15 Hanging Leg Raises

20 Clap Push Ups (scale with push ups, or knee ups)

15 Hanging Leg Raises

10 Lunges

5 Burpees

Day Three: Lower Body

Warm Up:

3×5 Pull Ups

3×10 Air Squats

3×15 Push Ups

Workout:

Hamstring Curls

3×10

Leg Press

3×10

Pistol Squats on Box

3×12

Deadlifts

5×12, 10, 5, 3, 1

Weighted Step Ups

3×10

Back Squats

4×10

Optional Cardio:

10-20 minutes of HIIT Training Treadmill

1 min on: run/sprint 6-10mph

1 min off: walk 2.5-3.5 mph

10-20 minutes of HIIT Training Bike

1 min on: level 7-10, rpms over 100

1 min off: level 3-5, rpms steady 50-80

Day Four: Calisthenics

Warm Up:

Stretch

Jog 800m

Workout:

5×10 Dips

5×10 Pull Ups

5×15 Air Squats

5×25 Push Ups

Circuit:

5 Sets of:

400m run

15 Dips

10 One Legged Squats (scale with air squats)

5 Man Makers

Day One: Upper Body Routine

Warm Up:

3×5 Pull Ups

3×10 Air Squats

3×15 Push Ups

Workout:

Cable Crossovers

3×10

Dumbbell Bench Press

5×10

Cable Pullover

3×10

Barbell Rows

3×10

Lateral Pulldowns

3×10

Arnold Press

3×10

Optional Cardio:

10-20 minutes of HIIT Training Treadmill

1 min on: run/sprint 6-10mph

1 min off: walk 2.5-3.5 mph

10-20 minutes of HIIT Training Bike

1 min on: level 7-10, rpms over 100

1 min off: level 3-5, rpms steady 50-80