

CHARLIE COX DAREDEVIL WORKOUT ROUTINE



Bonus PDF File

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 **SUPERHERO**  **JACKED** 

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Charlie Cox Daredevil Workout Routine:

Training Volume:

3-5 days

3 days of hitting major body parts

0-2 days of full body workout and toning

Back and Biceps Day:

Warm up:

3x10 wide grip push-ups

3x10 wide grip pull ups

3x10 chin ups

Workout:

5 sets of Preacher Curls: 12-10-10-8-8

3 sets of Barbell Curls: 12-10-8

3 sets of Hammer Curls: 12-10-8

5 sets of Deadlift: 12-10-10-8-8

3 sets of Dumbbell Rows: 12-10-8

3 sets of Lat Pulldowns: 12-10-8

Cardio:

15 Minutes of HIIT Training (30 second sprint 90 second walk)

Chest and Triceps

Warm up:

3×10 standard pushups

3×10 dips

3×10 diamond pushups

Workout:

5 sets of Standard Bench Press: 12-10-10-8-8

3 sets of Incline Dumbbell Press: 12-10-8

3 sets of Decline Cable Flies: 12-10-8

5 sets of Skull Crushers: 12-10-10-8-8

3 sets of Tricep Extension (Dumbbell): 12-10-8

3 sets of Tricep Pushdown: 12-10-8

Cardio:

15 Minute HIIT Training

Shoulders and Legs

Warm up:

3×15 Air squats

3×10 Air lunges

3×10 Wide grip pull ups

Workout:

5 sets of Standard Military Press: 12-10-10-8-8

3 sets of Dumbbell Front Raises: 12-10-8

3 sets of Dumbbell Shrugs: 15-15-15

5 sets of Back Squat: 12-10-10-8-8

3 sets of Leg Press: 12-10-8

3 sets of Leg Extension: 12-10-8

Cardio:

15 Minute HIIT Training

Bodyweight Exercise

This can be implemented up to 2 days

Warmup:

3x5 pull ups

3x10 push ups

3x15 air squats

Workout:

3 sets of Standard Bench Press at 65-75%: 15-12-10

3 sets of Front or Back Squats at 65-75%: 15-12-10

3 sets of Barbell Rows: 15-12-10

3 sets of Arnold Presses: 15-12-10

Circuit:

(Can do 1 set pushups then 1 set air squats then 1 set pull ups etc. etc.)

5 sets of 20 pushups

5 sets of 15 air squats

5 sets of 10 wide grip pull ups