

CHRIS EVANS CAPTAIN AMERICA WORKOUT



BONUS PDF FILE

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 **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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Chris Evans Captain America Workout Routine

“Perform one warm-up set for each exercise, then do three sets of six to eight reps at your eight-rep max.”

Leg Day:

Back Squats

Lunges

Leg Press

Calf Raise

Seated Hamstring Curls

Squat to Box Jumps

Cardio:

If you're using this routine for weight-loss and fat-loss you can add in HIIT (High Intensity Interval Training) for 15-20 minutes.

If you're going to be using this for mass gain, but still want to increase some excess fat; you can do a low intensity incline walk for 10-15 minutes.

Cardio may be listed, but does not have to be done on all training days.

Back Day:

Deadlifts

Barbell Rows

Lat Pulldowns

Cable Rows

1-Arm Dumbbell Rows

Wide Grip Pull-Ups (Can be Weighted like Evans)

Cardio: Refer to Leg Day

Chest Day:

Incline Bench Press (Can sub for Dumbbells)

Dumbbell Bench Press

Cable Flys

Incline Cable Flyes

Incline Dumbbell Flyes

Dips (Can be weighted)

Cardio: Refer to Leg Day

Arm Day:

Preacher Curls

Skull Crushers

Dumbbell Bicep Curls

Hammer Curls

Tricep Overhead Extension

Chin Ups (Can be weighted)

Cardio: Refer to Leg Day

Shoulders/Trap Day:

Military Dumbbell Press

Dumbbell Shrugs

Barbell Strict Press

Barbell Shrugs

Front Dumbbell Raises

Shoulder Width Push-Ups (Can be weighted)