

CHRIS PINE

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Chris Pine Workout Routine

Training Volume:

3-5 days per week

Explanation:

Pine more than likely takes it up a notch when prepping for a role, but he states that he doesn't go too far like "others" that he speaks of. We're going to have 3 days of programming, and 2 days of activity that we've got pretty used to seeing at SHJ.

Day One: Circuit Training Pine Style

Warm Up:

Stretch

Jog 800m

3×5 Pull Ups

3×10 Air Squats

3×15 Dips

3×20 Push Ups

Workout:

3 Round Circuit

5 Manmakers @15 lbs

10 Kettlebell Swings @20-45 lbs

15 Clubbell Swings @Desired Weight (Moderately Heavy)

10 Kettlebell Swings @20-45 lbs

5 Manmakers @15 lbs

Day Two: Activity for Steve Trevor

Pine has been shot doing a lot of running, but fitting in your style is fine too.

Get out there and get active.

Whether that's a run for 1600-3200m, or a spin class, or even some hiking or sports activity – the choice is yours!

Go ahead and use your fitness.

Day Three: Circuit Training Pine Style

Warm Up:

Stretch

Jog 800m

3×5 Pull Ups

3×10 Air Squats

3×15 Dips

3×20 Push Ups

Workout:

1 Round Circuit

60 Calorie Bike or Row

50 Kettlebell Deadlifts

40 Clubbell Swings @Desired Weight (Moderately Heavy)

30 Manmakers @15 lbs

20 Kettlebell Swings @20-45 lbs

10 Burpees

Day Four: Activity for Steve Trevor

Pine has been shot doing a lot of running, but fitting in your style is fine too.

Get out there and get active.

Whether that's a run for 1600-3200m, or a spin class, or even some hiking or sports activity – the choice is yours!

Go ahead and use your fitness.

Day Five: Circuit Training Pine Style

Warm Up:

Stretch

Jog 800m

3×5 Pull Ups

3×10 Air Squats

3×15 Dips

3×20 Push Ups

Workout:

3 Round Circuit

10 Kettlebell Squats

10 Dumbbell Thrusters

10 Kettlebell Swings @20-45 lbs

10 Clubbell Swings @Desired Weight (Moderately Heavy)

10 Dumbbell Lunges