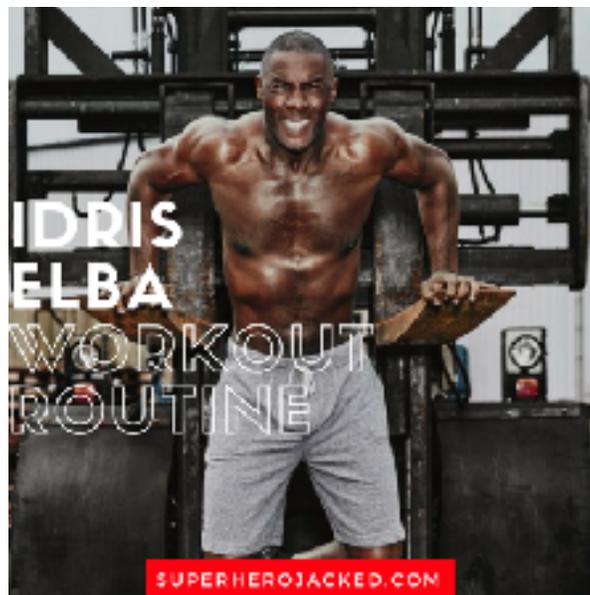


IDRIS ELBA

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Idris Elba

Workout Routine:

Training Volume:

3-5 days a week

Explanation:

Elba tries to get a workout in as often as possible. He likes utilizing all different techniques, so don't be afraid to train more or less than what is given, and add in your own twists.

Day One: Calisthenics

Warm Up:

Stretch

Jog 800m

Workout:

Feel free to break this up into smaller sets.

100 Push-ups

100 Air Squats

100 Leg Raises

50 Pull Ups

50 Lunges

50 Dips

Cooldown:

Foam Roller

Day Two: Elba's Morning Run

Elba likes to utilize some morning running, often times upwards of 45+ minutes.

Utilize this day for a nice 30-60 minute jog.

Get out there and get some cardio in and use your fitness!

Day Three: Full Body Fitness

Warm Up:

Stretch

20-30 min of pool laps

Workout:

3 Sets of Superset 1:

10 reps of Dumbbell Bench Press

25 reps of Dips

3 Sets of Superset 2:

10 reps of Arnold Presses

25 reps of Pike Push-Ups

3 Sets of Superset 3:

10 reps of Light Deadlifts

10 reps of Wide Pull-ups

3 Sets of Superset 4:

10 reps of Preacher Curls

15 reps of Tricep Overhead Extension

3 Sets of Superset 5:

15 reps of Sit Ups

25 reps of Leg Raises

Cooldown:

Foam Roller and 10-15 min of Yoga

Day Four: Elba's Morning Run

Elba likes to utilize some morning running, often times upwards of 45+ minutes.

Utilize this day for a nice 30-60 minute jog.

Get out there and get some cardio in and use your fitness!

Day Five: Kickboxing Workout

Warm Up:

Jog 800m

3×10 Pull-Ups

3×15 Air Squats

3×20 Push Ups

Workout:

5 Sets of 3 Minute Rounds of:

High and Low Kicks, Light Sparring, and Combos

5 Rounds on the Speed Bag

5 Rounds of Shadow Boxing

Core:

3 Sets of 1 minute planks

5×25 Leg Raises

Cooldown:

Foam Roller and 15-30 minutes of Yoga