

# J.K. SIMMONS

# WORKOUT ROUTINE



## BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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# **J.K. Simmons**

## **Workout Routine:**

### **Training Volume:**

5+ days per week

### **Explanation:**

Simmons trainer is an ex-marine that has worked with guys like Dwayne Johnson and Zac Efron. He's not messing around. If you're using this routine you're looking to take your training up a notch.

## **Day One: Chest and Triceps**

### **Warm Up:**

10-20 minute incline walk on the treadmill

### **Workout:**

Barbell Bench Press

3×10

Close Grip Bench

3×10

Incline Dumbbell Press

3×10

Skull Crushers

3×10

Machine Chest Flys

3×10

Rope Tricep Pushdowns

3×10

Weighed Dips

3×Failure

## Day Two: Back and Biceps

### **Warm Up:**

10-20 minute incline walk on the treadmill

## **Workout:**

Deadlift

3×10

Dumbbell Bicep Curls

3×10

Dumbbell Rows

3×10

Dumbbell Hammer Curls

3×10

Lateral Pulldowns

3×10

Preacher Curls

3×10

Weighted Chin Ups

3xFailure

# Day Three: Full Body Light

## **Warm Up:**

10-20 minute incline walk on the treadmill

## **Workout:**

Standing Preacher Curls

3×10

Barbell Shrugs

3×10

Arnold Press

3×10

Tricep Overhead Extension

3×10

Cable Rows

3×10

Dumbbell Chest Flys

3×10

Weighed Step Ups

3×10

## Day Four: Legs and Calves

### **Warm Up:**

10-20 minute incline walk on the treadmill

### **Workout:**

Back Squat

3×10

Lunges

3×10

Calf Raises

3×10

Hamstring Curls

3×10

Hack Squats

3×10

Leg Press

3×10

Jump Rope

3×50

## Day Five: Shoulders and Traps

### **Warm Up:**

10-20 minute incline walk on the treadmill

### **Workout:**

Military Press



3×10

Shoulder Front Raises

3×10

Shoulder Flys (DB)

3×10

Barbell Shrugs

3×10

Clean and Press

3×10

Dumbbell Shrugs

3×10

Weighted Pull Ups

3xFailure