

JOHN KRASINSKI WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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John Krasinski

Workout Routine:

Training Volume:

5 days per week – 2 a days, or all included in one shot (personal preference)

Explanation:

Krasinski trained/trains like a beast! I'm going to program two a days for the extra cardio, and you can decide if you want to do it in a two-a-days format, one shot, or even if you'd like to cut out the cardio. That's up to you.

Day One: Chest, Triceps, and Cardio

Workout One (or Two, your choice):

30-60 minutes of varied cardio

Options:

Treadmill

Stair Master

Elliptical

Bike

Row

****Try to do 15-20 minutes of each, and switch it up on certain days. Make your intensity level a 50-60% range and try to stick to it, until you can up it.****

Workout Two (or One...)

Barbell Bench Press:

4×10,8,5,3

Close Grip Bench

4×10,8,5,3

Incline Dumbbell Press

3×10

Skull Crushers

3×10

Chest Flyes

3×10

Tricep Overhead Extension (Cables or DB)

3×10

Hex Press

3×10

Tricep Pushdown (Cable)

3×10

Day Two: Back, Biceps and Cardio

Workout One (or Two, your choice):

30-60 minutes of varied cardio

Options:

Treadmill

Stair Master

Elliptical

Bike

Row

****Try to do 15-20 minutes of each, and switch it up on certain days. Make your intensity level a 50-60% range and try to stick to it, until you can up it.****

Workout Two (or One...)

Deadlift

4×10,8,5,3

Dumbbell Bicep Curls

4×10,8,5,3

Dumbbell Rows

3×10

Preacher Curls

3×10

Cable Rows (Close-Grip)

3×10

Hammer Curls (Cable)

3×10

Lateral Pull Downs

3×10

Zottman Curls

3×10

Day Three: Full Body Training, and Cardio

Workout One (or Two, your choice):

30-60 minutes of varied cardio

Options:

Treadmill

Stair Master

Elliptical

Bike

Row

****Try to do 15-20 minutes of each, and switch it up on certain days. Make your intensity level a 50-60% range and try to stick to it, until you can up it.****

Workout Two (or One...)

Dips

3×10

Pull Ups

3×10

Push Ups

3×10

Weighted Lunges

3×10

Sit Ups

3×25

Wide Grip Pull Ups

3×5

Box Jumps

3×20

Planks (Weighted if possible)

3×60 seconds

Day Four: Legs, Core, and Cardio

Workout One (or Two, your choice):

30-60 minutes of varied cardio

Options:

Treadmill

Stair Master

Elliptical

Bike

Row

****Try to do 15-20 minutes of each, and switch it up on certain days. Make your intensity level a 50-60% range and try to stick to it, until you can up it.****

Workout Two (or One...)

Barbell Squat

4×10,8,5,3

Front Squat

4×10,8,5,3

Thrusters

3×10

Leg Press

3×10

Weighted Step Ups

3×10

Straight Leg Deadlift

3×10

Calf Raises

3×10

Hamstring Curls

3×10

Day Five: Shoulders/Lats, Traps, and Cardio

Workout One (or Two, your choice):

30-60 minutes of varied cardio

Options:

Treadmill

Stair Master

Elliptical

Bike

Row

Try to do 15-20 minutes of each, and switch it up on certain days. Make your intensity level a 50-60% range and try to stick to it, until you can up it.

Workout Two (or One...)

Military Press

4×10,8,5,3

Barbell Shrugs

4×10,8,5,3

Shoulder Flyes

3×10

Dumbbell Shrugs

3×10

Face Pulls

3×10

Arnold Press

3×10

Shoulder Front Raises (Light w/ DB)

3×10

Power Cleans

3×10