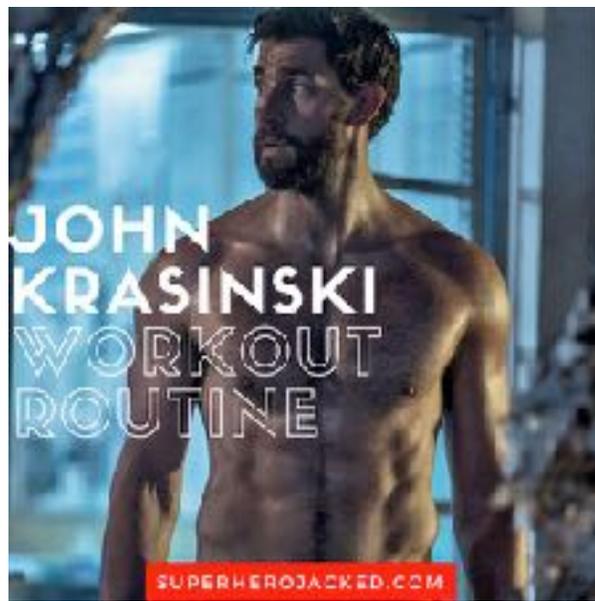


# JOHN KRASINSKI WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# 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