

# KEVIN HART

## WORKOUT ROUTINE



### BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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# Kevin Hart

## Workout Routine:

### Training Volume:

You heard the man...six or seven days a week!

### Explanation:

Kevin Hart's workout and training regime is extremely diversified.

We're going to be scheduling a ton of different things into this routine, so I hope you're ready! Implement all of these types of training and mix and match each day. **These are in no specific order.**

## Workout One: Chest and Triceps

### Warm Up:

Stretch

Run 800m

3×5 Pull Ups

3×10 Air Squats

3×15 Push Ups

**Workout:**

Bench Press

5×12,10,8,5,3

Tricep Pushdowns

3×10

Incline Dumbbell Press

3×10

Tricep Overhead Extension (DB)

3×10

Chest Flys (Cable or DB)

3×10

Dips

3xFailure

## **Core:**

Weighted Planks

3×60 seconds

# Workout Two: Run

## **Warm Up:**

Stretch

## **Workout:**

Run a 5k

# Workout Three: Back and Biceps

## **Warm Up:**

Stretch

Run 800m

3×5 Pull Ups

3×10 Air Squats

3×15 Push Ups

**Workout:**

Deadlift

5×12,10,8,5,3

Bicep Dumbbell Curls

3×10

Dumbbell Rows

3×10

Hammer Curls (Cable)

3×10

Lateral Pulldowns

3×10

Preacher Curls

3×10

## **Core:**

Weighted Planks

3×60 seconds

# Workout Four: The 300 WOD

## **Warm Up:**

Stretch

## **Workout:**

Choose a WOD from the [300 Workout](#)

(Preferably Deadlift Variation to Start)

# Workout Five: Shoulders and Legs

## **Warm Up:**

Stretch

Run 800m

3×5 Pull Ups

3×10 Air Squats

3×15 Push Ups

**Workout:**

Squats

5×12,10,8,5,3

Military Press

3×10

Leg Press

3×10

Arnold Press

3×10

Hamstring Curls

3×10



Shoulder Front Raises

3×10

**Core:**

Weighted Planks

3×60 seconds

## Workout Six, Seven, and so on: CrossFit WOD

**Warm Up:**

Stretch

**Workout:**

Complete one of these Crossfit WODs (make sure to vary them):

“Helen”

**Three rounds for time:**

400m run

21 kettlebell swings at 53 pounds

12 pullups (band-supported if needed)

## “Eva”

### **Five rounds for time:**

800m run

30 kettlebell swings at 70 pounds, if you can, er, swing it

30 pullups (band-supported if needed)

## “Grace”

### **For time:**

30 clean and jerks at 135 pounds

## “Fight Gone Bad”

### **Three rounds, one-minute per exercise, with one-minute rest between rounds:**

Wall balls at 20 pounds with 10-foot target

Sumo deadlift high-pull at 75 pounds

20-inch box jumps

Push-press at 75 pounds

Rowing machine

## “Fran”

### **21/15/9 reps for time:**

Thrusters at 95 pounds

Pullups

## “Newport Crippler”

**For time:**

30 back squats loaded with your body weight equivalent  
1-mile run

## “Karen”

**For time:**

150 wall balls at 20 pounds with 10-foot target (stopping before complete failure)

**Target times:**

Level 1: 8:00-10:00

Level 2: 5:00-8:00

Level 3: 4:00-5:00

Elite: < 4:00

## 7 Minutes of Burpees

**In 7 minutes:**

Do as many burpees as possible

## “Murph”

**For time:**

1-mile run

100 pullups

200 pushups

300 air squats

1-mile run

We've actually seen this one on the site before performed by **Chris Pratt** and **John Krasinski** (shown in the Krasinski article).