

MARK WAHLBERG WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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.

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Mark Wahlberg Workout Routine

Training Volume:

5 Days a Week

Training Style:

Bodybuilding Techniques mixed with Full-Body Circuits

Monday: Chest and Triceps

Warm Up:

400m Incline Walk

3×5 Pull Ups

3×10 Push Ups

Workout:

Barbell Bench Press:

10-8-5-3-1

Close Grip Bench:

3×10

Incline Dumbbell Press:

3×10

Dumbbell Overhead Tricep Extension:

3×10

Chest Flyes (Cable or Dumbbells):

3×10

Tricep Cable Push Downs:

3x10

Tuesday: Full Body Circuit

Warm Up:

Jog 400m

3x5 Dips

3x10 Pull Ups

3x20 Push Ups

Workout:

1 Minute of Boxing (Heavy Bag or Sparring)

10 Burpees

20 Clean and Press (Dumbbells @30 lbs)

30 Deadlifts @145 lbs.

40 Sit Ups

50 Box Jumps

40 Sit Ups

30 Deadlifts

20 Clean and Press

10 Burpees

1 Minute of Boxing (Heavy Bag or Sparring)

Wednesday: Legs and Shoulders

Warm Up:

3x5 Pull Ups

3x10 Push Ups

3x15 Air Squats

Workout:

Back Squat:

10-8-5-3-1

Military Press:

10-8-5-3-1

Leg Press:

3x10

Shoulder Flyes:

3x10

Calf Raises:

3x15

Shrugs:

3x10

Thursday: Full Body Circuit

Warm Up:

Jog 400m

3x5 Pull Ups

3x10 Air Squats

3x10 Dips

Workout:

5 Rounds:

100 Jump Ropes

25 Pistol Punches

15 Power Cleans @95lbs

10 Bench Press @135

5 Lunges @95

Friday: Back and Biceps

Warm Up:

400m Incline Walk

3x5 Wide Grip Pull Ups

3x10 Push Ups

Workout:

Deadlift:

10-8-5-3-1

Preacher Curls:

3x10

Lateral Pull-downs:

3x10

Dumbbell Bicep Curls:

3x10

Cable Rows:

3x10

Hammer Curls with Cables:

3x10