

MATTHEW MCCONAUGHEY

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Matthew McConaughey Workout Routine

Training Volume:

3-6 days per week

Explanation:

Matthew McConaughey loves fitness. He loves being active. Get in as much activity as possible, and make it fun. I'll program you 3 days worth of cardio and circuit training styled workouts, and it's your job to incorporate more!

Day One: Circuit Training and Cardio

Warm Up:

Stretch

5 mile bike ride

3×10 Pushups

3×10 Pull-ups

3×10 Air Squats

Circuit:

3 Rounds for Time:

30 Kettlebell Swings

20 Pistol Squats (10 each leg)

10 Inchworms

5 Burpees

Day Two: McConaughey Style Cager aka Activity Day

McConaughey is freakin' active!

Go out there and get it in.

Whether that's rock climbing, biking, playing some sports, OR EVEN getting in push ups, sit ups and other calisthenic type movements in sporadically throughout the day – go ahead and get active!

Day Three: Circuit Training and Cardio

Warm Up:

Stretch

2-3 mile jog

3×10 Pushups

3×10 Pull-ups

3×10 Air Squats

Circuit:

1 Round for Time:

70 Double Unders

60 Dumbbell Clean and Presses

50 Jump Squats

40 Push Ups

30 Wall Balls

20 Mountain Climbers

10 Wall Climbs

Day Four: McConaughey Style Cager aka Activity Day

McConaughey is freakin' active!

Go out there and get it in.

Whether that's rock climbing, biking, playing some sports, OR EVEN getting in push ups, sit ups and other calisthenic type movements in sporadically throughout the day – go ahead and get active!

Day Five: Circuit Training and Cardio

Warm Up:

Stretch

3×10 Pushups

3×10 Pull-ups

3×10 Air Squats

Circuit:

5 Rounds for Time:

800m run (heavy bag or shadow boxing)

25 Bench Press @135

15 Clean and Press @95

10 Floor Wipers @135

5 Burpees

Day Six: McConaughey Style Cager aka Activity Day

McConaughey is freakin' active!

Go out there and get it in.

Whether that's rock climbing, biking, playing some sports, OR
EVEN getting in push ups, sit ups and other calisthenic type

movements in sporadically throughout the day – go ahead and get active!