

MILES TELLER BLEED FOR THIS WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Miles Teller Bleed for This Workout Routine

Training Volume: 4-5 Days

Monday - Chest and Triceps

Warm Up:

5 minutes of jump rope

10 Dips

15 Pull Ups

20 Push Ups

25 Sit Ups

Workout:

Bench Press: 5x10,8,5,3,1

Overhead Tricep Extension: 3x10

Chest Flyes (cable or dumbbell): 3x10

Incline Chest Press (can be dumbbell): 3x10

Skull Crushers: 3x10

Lower Chest Flyes (cable): 3x10

Cable Tricep Push-downs: 3x10

Weighted Dips (start unweighted at first): 3x15

Cardio:

30-60 minutes of boxing drills

10-20 speed bag

10-20 heavy bag

10-20 ghost boxing

(Can be substituted with HIIT training if needed - refer to Wednesday)

Tuesday - Legs and Abs

Warm Up:

5 minutes of jump rope

10 Dips

15 Pull Ups

20 Push Ups

25 Sit Ups

Workout:

Squats: 5x10,8,5,3,1

Weighted Planks (start unweighted at first): 3x60 seconds

Leg Press: 3x10

Twist Sit Ups: 3x25

Dumbbell Weighted Lunges: 3x12

Knee/Leg Raises: 3x20

Hamstring Curls: 3x10

Calf Raises: 3x20

Cardio:

30-60 minutes of boxing drills

10-20 speed bag

10-20 heavy bag

10-20 ghost boxing

(Can be substituted with HIIT training if needed - refer to Wednesday)

Wednesday: Off Day or Cardio

Choose HIIT Training as listed:

25 Minutes of Treadmill HIIT:

First Ten Minutes: 2 min off: walk 2.5-3.3 mph, followed by 1 min on: run 5.5-9 mph

Second Ten Minutes: 1 min on, 1 min off

Cool-down 5 minutes walking 2.2-3 mph

25 Minutes of Biking HIIT:

First Ten Minutes: 2 min off: bike on 3 difficult, followed by 1 min on: bike on 10 difficulty keeping the RPM's above 100

Second Ten Minutes: 1 min off, 1 min on

Cool-down 5 minutes biking 2-3 difficult

Thursday: Back and Biceps

Warm Up:

5 minutes of jump rope

10 Dips

15 Pull Ups

20 Push Ups

25 Sit Ups

Workout:

Deadlifts: 5x10,8,5,3,1

Dumbbell Bicep Curls: 3x10

Cable Lat Pulldowns: 3x10

Hammer Curls: 3x10

Cable Rows: 3x10

Preacher Curls: 3x10

Dumbbell Rows: 3x10

Weighted Wide Grip Pull Ups (started unweighted): 3x10

Cardio:

30-60 minutes of boxing drills

10-20 speed bag

10-20 heavy bag

10-20 ghost boxing

(Can be substituted with HIIT training if needed - refer to Wednesday)

Friday: Shoulders and Traps

Warm Up:

5 minutes of jump rope

10 Dips

15 Pull Ups

20 Push Ups

25 Sit Ups

Workout:

Military Press: 5x10,8,5,3,1

Dumbbell Shrugs: 5x15,15,12,12,10

Face Pulls: 3x10

Dumbbell (or cable) Shoulder Raises: 3x10

Barbell Shrugs: 3x10

Shoulder Flyes: 3x10

Weighted Chin-Ups (start unweighted): 3x10

Cardio:

30-60 minutes of boxing drills

10-20 speed bag

10-20 heavy bag

10-20 ghost boxing

(Can be substituted with HIIT training if needed - refer to Wednesday)