

NIKOLAJ COSTER-WALDAU

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Nikolaj Coster-Waldau Workout Routine

Training Volume:

3-5 days per week

Explanation:

Nikolaj Coster-Waldau explains that he likes programming heavy compound lifts. For that reason, I'm going to program 4 days revolved around compound lifting. If you can fit all 4, do it. If not, swing the one you missed into the next weeks programming.

Day One: Deadlifts

Warm Up:

Stretching or Yoga

1600m run

Workout:

Deadlifts

****Increase weight after each set****

5×10,8,5,3,1

Bicep Curls

3×10

Lateral Pull Downs

3×10

Concentration Curls

3×10

Wide Grip Pull Ups

3×10

Preacher Curls

3×10

Day Two: Bench Press

Warm Up:

Stretching or Yoga

1600m run

Workout:

Bench Press

****Increase weight after each set****

5×10,8,5,3,1

Tricep Kickbacks

3×10

Incline DB Press

3×10

Tricep Pushdowns

3×10

Chest Flyes

3×10

Dips

3×10

Day Three: Activity Day

You can use this as a rest day, or you can get out there and get active.

Save the dang world, slay some kings, whatever!

Do some yoga, hiking, cycling, whatever makes you happy.

Day Four: Squats

Warm Up:

Stretching or Yoga

1600m run

Workout:

Back Squat

****Increase weight after each set****

5×10,8,5,3,1

Calf Raises

3×15

Leg Press

3×10

Front Squats

3×10

Hamstring Curls

3×10

Weighted Lunges

3×10

Day Five: Military Press

Warm Up:

Stretching or Yoga

1600m run

Workout:

Military Press

****Increase weight after each set****

5×10,8,5,3,1

Dumbbell Shrugs

3×15

Front Shoulder Raises

3×10

Barbell Shrugs

3×20

Arnold Presses

3×10

Pull-ups

3×10