

# PAUL RUDD ANT-MAN WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Paul Rudd Ant-Man Workout Routine:

## Training Volume

This workout is to be performed 3-4 times a week.

If training a 4th day, implement a workout twice, but make it varied from week to week.

\*You can add in extra days of HIIT cardio if you'd like an extra boost\*

### Format your HIIT as follows:

90 seconds off (walk)

30 second on (sprint)

OR

60 seconds off (walk)

60 seconds on (jog)

## Day One:

### Warm Up:

3x5 Pull-Ups

3x10 Push-Ups

3x10 Air Squats

800 m Run

### Workout:

5 Rounds:

400m jog

25 box jumps @24"

20 push-ups

15 lunges

10 power cleans @95

## **Day 2:**

### **Warm Up:**

3x5 Chin Ups

3x10 Ring Dips

3x15 Lunges

800m jog

### **Workout:**

5x10 Deadlift @145

5x10 Bench Press @145

5x10 Back Squat @145

12 Minute EMOM: (every minute on the minute)

10 Burpees

## **Day 3:**

### **Warm Up:**

3x5 Wide-Grip Pull-Ups

3x10 Ring Rows

3x15 Box Step Ups @24"

800m jog

### **Workout:**

2 Rounds:

25 Pull-Ups

100 Air Squats

100 Push-Ups

100 Leg Raises

100 Double Unders (For regular jump roping, multiple by 3, making it 300 reps)

25 Pull-Ups

**Cool-Down:**

5 Minute Incline Walk

**Ab Circuit:**

Ab circuit is to be implemented 2-3 days a week after your routine.

3 Rounds:

100 crunches

20 leg raises

25 flutter kicks

15 second reverse superman pose

3 Rounds:

1 Minute Plank Hold (Last 2 sets are weighted)

25 Sit-Ups

10 Knee Raises