

RYAN GOSLING

WORKOUT ROUTINE



BONUS PDF FILE

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Ryan Gosling Workout Routine

Training Volume:

5+ days per week

Explanation:

With proper nutrition Gosling's physique can definitely be achievable with 3-4 days per week. That being said, 5+ days will definitely help speed up that process if you're looking to take a similar approach. I'm going to program 5 days. Feel free to proceed how you feel fit.

Day One: Chest, Cardio and Abs

Warm Up:

Stretch and Light Walk/Jog

Cardio:

20-30 min endurance or HIIT training

Choice of before or after workout

Chest:

Barbell Bench Press

4×10,8,5,3

Cable Flys

3×10

Hex Press

3×10

Incline Dumbbell Press

3×10

Dumbbell Incline Chest Flys

3×10

Machine Decline Press

3×10

Abs:

2 Sets of Ab Circuit as follows:

50 Crunches

25 Leg Raises (off floor or machine)

25 Flutter Kicks

25 Second Reverse Superman Hold

Rest

2 Sets of Planks for 60 seconds

Day Two: Back, Cardio and Abs

Warm Up:

Stretch and Light Walk/Jog

Cardio:

10-20 min endurance or HIIT training

****Choice of before or after workout****

Chest:

Deadlift

4×10,8,5,3

Wide Grip Pull Ups

3×10

Barbell Rows

3×10

Lateral Pulldowns

3×10

Cable Rows

3×10

Close Grip Pulldowns

3×10

Day Three: Arms, Cardio and Abs

Warm Up:

Stretch and Light Walk/Jog

Cardio:

10-20 min endurance or HIIT training

****Choice of before or after workout****

Chest:

Dumbbell Bicep Curls

3×10

Dumbbell Kickbacks

3×10

Cable Hammer Curls

3×10

Cable Pushdowns

3×10

Preacher Curls

3×10

Tricep Overhead Extension

3×10

Abs:

2 Sets of Ab Circuit as follows:

50 Crunches

25 Leg Raises (off floor or machine)

25 Flutter Kicks

25 Second Reverse Superman Hold

Rest

2 Sets of Planks for 60 seconds

Day Four: Shoulders and Cardio

Warm Up:

Stretch and Light Walk/Jog

Cardio:

20-30 min endurance or HIIT training

****Choice of before or after workout****

Chest:

Military Press

4×10,8,5,3

Shoulder Flys

3×10

Barbell Shoulder Raises (Elbow Bend)

3×10

Dumbbell Front Raises (Straight Arms)

3×10

Dumbbell or Barbell Shrugs

3×10

Arnold Presses

3×10

Day Five: Legs, Cardio and Abs

Warm Up:

Stretch and Light Walk/Jog

Cardio:

20-30 min endurance or HIIT training

****Choice of before or after workout****

Chest:

Back Squats

4×10,8,5,3

Hamstring Curls

3×10

Calf Raises

3×10

Dumbbell Lunges

3×10

Weighted Step Ups

3×10

Front Squats

3×10

Abs:

2 Sets of Ab Circuit as follows:

50 Crunches

25 Leg Raises (off floor or machine)

25 Flutter Kicks

25 Second Reverse Superman Hold

Rest

2 Sets of Planks for 60 seconds