

RYAN REYNOLDS

DEADPOOL WORKOUT



BONUS PDF FILE

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Ryan Reynolds Deadpool Workout Routine

Mens Fitness tells us that every workout will begin with an Ab Circuit. Here's what it will entail:

Do one of each set then repeat 4 times.

SET 1

Exercise	Reps
Decline Bench situps*	15-20
Hanging leg lifts	15-20
Wood chops on cable	15-20

*Use a 10-lb plate held behind the head.

SET 2

Exercise	Reps
Swiss Ball crunches	15-20
Decline Bench Body Bar twists*	15-20
The Wheel from Knees**	15-20

And now for the rest of the workout:

Training Volume: 3-6 days per week

You will receive 5 days of training to cycle through

Workout One:

Incline Chest Press

15-12-10-8-5

Dumbbell Bicep Curls

15-12-10

Back Squats

15-12-10-8-5

Skull Crushers

15-12-10

Front Raises (Shoulders)

15-12-10

Dumbbell Rows

15-12-10

Workout Two:

Jog 3 Miles

500 Total Reps:

100 Pull Ups

100 Push Ups

100 Lunges

100 Air Squats

100 Ring Dips

Workout Three:

Shoulder Presses (Barbell)

15-12-10-8-5

Preacher Curls

15-12-10

Barbell Bench Press

15-12-10-8-5

Inner Bench Press (Light)

15-12-10

Lateral Pull Downs

15-12-10

Weighted Step Ups

20-20-20

Workout Four:

5 Rounds:

400m run

5 Burpees

15 Power Cleans

25 Push Ups

15 Sit Ups

5 Pull Ups

Workout Five:

Deadlift

10-8-5-3-3

Incline Cable Flyes

15-12-10

Weighted Lunges

20-20-20

Overhead Tricep Extension

15-12-10

Arnold Presses

15-12-10

Dumbbell Hammer Curls

15-12-10

That's all she wrote.