

SEBASTIAN STAN WINTER SOLDIER WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Sebastian Stan Winter Soldier Workout Routine

Training Volume

Olajide Jr. customizes his regimen to a client's fitness level. Stan's three-part circuit is repeated nonstop for an hour (usually three to four times), with no rest between segments.

And for the rest of the workout we're going to take it straight from his interview with Detail.com!

No better way than right from his mouth :)

SHADOWBOXING

Eight to 10 minutes, while holding 5-to-15-pound weights. "It's intense cardio that also builds muscle endurance," Olajide says. "You might think five pounds is nothing," Stan says, "but you'll feel it."

CARDIO

Five minutes of jumping rope nonstop—on every count of eight, turn the rope twice under your feet between jumps.

SCULPTING MANEUVERS

Eight to 12 minutes of resistance exercises, at three levels of intensity. Some of Stan's favorite

moves:

Standing Ab Work: Use a 15-to-20-pound body bar in a variety of upper-body and core-focused moves, like standing in a split stance and rowing the bar as if you were paddling.

Push-up Variations: Stan does a set of each type for 30 seconds nonstop. Moves include push-ups while holding weights and a version in which you lower your body toward the ground, then shift your weight from side to side.

Squat Variations: Stan does a set of each variation for 30 seconds nonstop. Moves include single-leg squats and tribal squats (weights in hand, knees and feet together, squat, then at the bottom of the squat, jump your feet out, then jump back in).