

TAYLOR LAUTNER

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Taylor Lautner Workout Routine

Training Volume:

4+ Days

Explanation:

You CAN train more than this, but you also CAN achieve this physique with 4 days of training per week. Up your intensity and vary your training. Here we go!

Core Work:

2-3 days per week. Another tip is to NOT overwork your core. Use the core workout I give at the end of the workout 2-3 days per week wherever you can fit it.

Day One: Bench Press and Assistance Work

Warm Up:

Stretch

3×10 Push Ups

Workout:

Barbell Bench Press

5×5 (Heavy)

Close Grip Tricep Press

4×15

Dumbbell Incline Bench Press

3×8-10 (Heavy)

Dips

4×15

Dumbbell Tricep Overhead Extension

3×8-10 (Heavy)

Dumbbell Incline Chest Flys

4×15 (Light)

Day Two: Deadlift and Assistance Work

Warm Up:

Stretch

3×5 Wide Grip Pull Ups

3×5 Air Squats

Workout:

Deadlift

5×5 (Heavy)

Cable Rows

4×15

Lateral Pulldowns

3×8-10 (Heavy)

T-Bar Rows

4×15

Dumbbell Bicep Curls

3×8-10 (Heavy)

Preacher Curls

4×15 (Light)

Day Three: Squats and Assistance Work

Warm Up:

Stretch

3×10 Air Squats

Workout:

Barbell Back Squat

5×5 (Heavy)

Weighted Lunges

4×15

Leg Press

3×8-10 (Heavy)

Box Jumps

4×15

Calf Raises

3×8-10 (Heavy)

Hamstring Curls

4×15 (Light)

Day Four: Military Press and Assistance Work

Warm Up:

Stretch

3×10 Pull-Ups

Workout:

Military Press

5×5 (Heavy)

Dumbbell Front Shoulder Raises

4×15

Barbell Shrugs

3×8-10 (Heavy)

Face Pulls

4×15

Arnold Presses

3×8-10 (Heavy)

Dumbbell Shrugs

4×15 (Light)

Core Work Addition

Weighted Planks

3×60 seconds

Reverse Crunches

3×25

Hanging Leg Raises

3×15

Weighted Twisting Sit Ups

3×10 each side