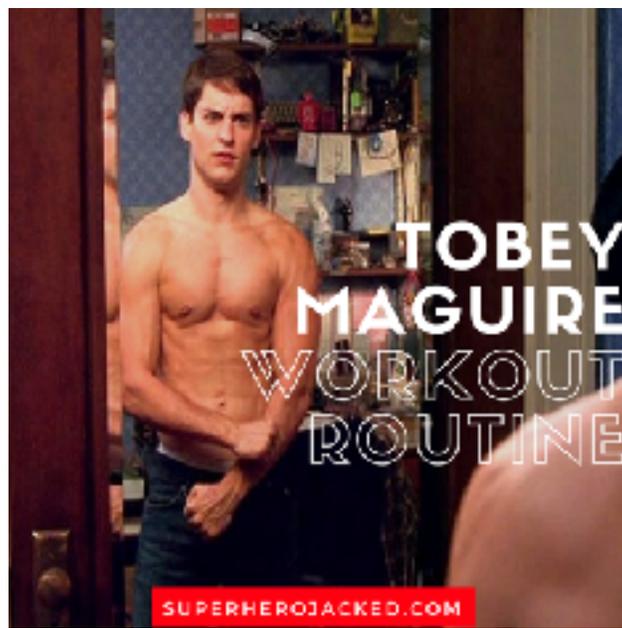


TOBEY MAGUIRE WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Tobey Maguire Workout Routine

Training Volume:

4 days per week

Explanation:

3 sets with 8 to 12 repetitions per exercise. If the 12th repetition is easy, then increase the weight.

Day One – Chest and Triceps

(Chest)

1. Incline dumbbell press
2. Barbell bench press
3. Pec dec fly

(Triceps)

1. Dips
2. Lying triceps extension
3. Close-grip bench press

Day Two – Back and Biceps

(Back)

1. Bent-over barbell row
2. One-arm dumbbell row

3. Seated cable row
 4. Hyperextensions
- (Biceps)
1. Barbell bicep curl
 2. Bicep preacher curl
 3. Seated dumbbell concentration curl

Day Three – Legs and Calves

(Legs)

1. Hack squat
2. Leg extension
3. Hamstring curls

Day Four – Shoulders and Abs

(Shoulders)

1. Seated dumbbell military press
2. Dumbbell lateral raise
3. Reverse pec-dec fly

(Abs)

1. Crunches
2. Hanging leg rises
3. Side bends holding dumbbells