

TOM HIDDLESTON

WORKOUT ROUTINE



BONUS PDF FILE

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SUPERHERO  JACKED

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Tom Hiddleston

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

Hiddleston likes to sustain his physique with jogging, so that will be programmed for you for 2 optional day. The other 3 days are days that I will be programming you based around his Loki and Kong training (which also involves endurance work).

Day One: SAS and Thor Combo

Warm Up:

Stretch or Yoga

Jog 800-1600m

Workout:

Bench Press

3×10

Clean and Press

3×10

Lunges

3×10

Lateral Pulldowns

3×10

Tricep Kickbacks

3×10

Bicep Dumbbell Curls

3×10

Core Work:

5×60 second planks (add weight when you can)

5×60 second flutter kicks

Day Two: Endurance and Hiddleston Running

Jog 3+ miles

Hiddleston enjoys getting out there and jogging. He enjoys getting away and clearing his mind while going out and getting his run on. Do the same!

Day Three: SAS and Thor Combo

Warm Up:

Stretch or Yoga

Jog 800-1600m

Workout:

Dumbbell Chest Flys

3×10

Arnold Press

3×10

Back Squats

3×10

Dumbbell Rows

3×10

Tricep Pushdowns

3×10

Preacher Curls

3×10

Core Work:

5×60 second planks (add weight when you can)

5×60 second flutter kicks

Day Four: Endurance and
Hiddleston Running

Jog 3+ miles

Hiddleston enjoys getting out there and jogging. He enjoys getting away and clearing his mind while going out and getting his run on. Do the same!

Day Five: SAS and Thor Combo

Warm Up:

Stretch or Yoga

Jog 800-1600m

Workout:

Incline Dumbbell Bench Press

3×10

Military Press

3×10

Front Squats

3×10

Deadlift

3×10

Tricep Overhead Extension

3×10

Hammer Curls

3×10

Core Work:

5×60 second planks (add weight when you can)

5×60 second flutter kicks