

# ZAC EFRON WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO** ⚡ **JACKED** 

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# Zac Efron Workout Routine

**Training Volume: 3-5 Days a week**

## **Addition Information:**

- Zac believes in getting up early to workout. Not only does doing exercises at the crack of dawn allow him to stay ahead of his schedule, but he says it also is an important factor in releasing toxins from his body.
- We know Zac incorporates weight training to build muscle and better fill out his overall physique
- We also know Zac has been training in Ninja Warrior styled routines.

**Day Split:** 3 Days of Weightlifting Major Body parts – 2 days to be incorporated as Circuit Training days and Abs added at the end of the 3 Major Body Part Days.

**\*\*Ab Routine will be listed at the end of the workout\*\***

## **Day One: Chest and Triceps**

### **Warm Up:**

20 Minute Low Intensity Incline Walk

### **Workout:**

Flat Bench Press (Barbell):

10-8-5-5-3 (Incorporate a 1RM from time to time)

Tricep Superset (on cables) **\*\*Do not take a break between each movement, only after 10 reps are done for both\*\***:

Tricep Push Downs:

10-10-10

Tricep Overhead Extensions (take the cable and step forward, away from the machine, bringing it straight over your head and body):

10-10-10

Chest Superset (dumbbells) \*\*Do not take a break between each movement, only after 10 reps are done for both\*\*:

Incline Dumbbell Chest Press:

10-10-10

Front Chest Raises:

10-10-10

Skull Crushers:

10-10-10

Chest Cable Flyes:

10-10-10

Dips (if you have a dip belt [[Amazon Link](#)], add weight when you can):

15-15-15

**Ab Routine\*\***

## **Day Two: Circuit Training Day**

### **Warm Up:**

10 Pull Ups

15 Air Squats

20 Push Ups

### **Workout:**

25 Pull Ups

50 Deadlifts @135

50 Push Ups

50 Box Jumps (Can scale to Step Ups)

50 One Arm Snatches @30lbs

50 Goblet Squats @25-45lbs.

50 Clean and Presses @45 lbs.

25 Pull Ups

## **Day Three: Shoulders and Legs**

### **Warm Up:**

20 Minute Low Intensity Incline Walk

### **Workout:**

Back Squats:

10-8-5-5-3 (Incorporate a 1RM from time to time)

Military Press:

10-8-5-5-3 (Incorporate a 1RM from time to time)

Leg Press:

10-10-10

Shoulder Front Raises:

10-10-10

Leg Extension Machine:

10-10-10

Arnold Presses:

10-10-10

**Ab Routine\*\***

## **Day Four: Circuit Training**

**Warm Up:**

10 Pull Ups

15 Air Squats

20 Push Ups

## **Workout:**

25 Pull Ups

50 Bench Press (Can be done on the floor) @135

50 Clean and Press @45

50 Lunges @25 each hand

50 Push Ups

50 Double Unders

50 Kettlebell Deadlifts @25-45 lbs.

25 Pull Ups

## **Day Five: Back and Biceps**

### **Warm Up:**

20 Minute Low Intensity Incline Walk

Workout:

Deadlift

10-8-5-5-3 (Incorporate 1RM from time to time)

Bicep Curls

10-10-10

Lateral Pull Down Machine:

10-10-10

Hammer Curls:

10-10-10

Cable Rows:

10-10-10

Bicep Drop Set:

Preacher Curls:

10-10-10

**\*\*On Set Four Increase the weight and drop 10-20 lbs each time you get 10 reps for a total of 4 sets within the drop set and 40 reps\*\***

Pull Ups (swap from Wide Grip to Regular, and incorporate Chin Ups from time to time)

15-15-15

**Ab Routine\*\***

**Ab Routine**

**Ab Superset 1:**

3 Sets of:

25 Sit Ups

25 Hanging Knee/Leg Raises



**Ab Superset 2:**

2 Sets of:

50 Crunches

25 Laying Leg Raises

25 Flutter Kicks