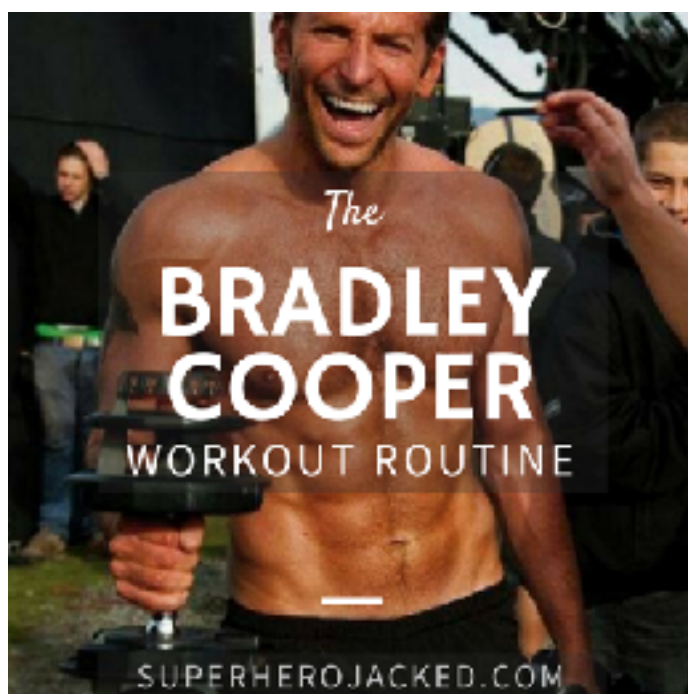


BRADLEY COOPER

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Bradley Cooper

Workout Routine:

Training Volume:

5+ Days

Explanation:

Cooper was training twice a day, intensely. If you're going to want to bulk up the way he did, you'll need to put in the time.

Day One: Back and Biceps

Deadlifts

5×10,8,5,3,3

DB Bicep Curls

5×10

Cable Lat Pulldowns

3×12

Preacher Curls

3×12

Barbell Rows

3×10

Weighted Chin Ups

3×Failure

Cable Rows

3×10

Day Two: Shoulders and Traps

Military Press

5×10,8,5,3,3

Barbell Shrugs

5×10

DB Shoulder Front Raises

3×10

DB Shrugs

3×15

Pull Ups

3×Failure

Arnold Presses

3×10

Shoulder Flys

3×10

Day Three: Light Full Body

Squat Clean and Press

5×10,5,5,3

Cable Hammer Curls

3×10

Cable Chest Flys

3×10

Cable Shoulder Flys

3×10

DB Rows

3×10

Day Four: Chest and Triceps

Bench Press

5×10,8,5,3,3

Tricep Cable Pushdown

5×10

Close Grip Bench Press

3×10

Incline Bench Press (DB)

3×10

Overhead Tricep Extension

3×10

Weighted Dips

3×Failure

Decline Cable Chest Flys

3×12

Day Five: Lower Body

Back Squat

5×10,8,5,3,3

Calf Raises

3×12

Leg Press

3×10

Hamstring Curls

3×10

Straight Leg Deadlift

3×10

Weighted Lunges

3×12

Front Squats

3×10