

# CHARLIE HUNNAM

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Charlie Hunnam Workout Routine

## Training Volume:

3-6 Days

Explanation:

This volume of training can really be done basically every single day, so I'm allowing you to choose your own volume.

That's right...how bad do you want it?

## The Workout Routine

75 Pull Ups (I have OCD so I will probably make this 100 even)

75 Dips (OCD to 100)

150 Squats (OCD to 200)

150 Push Ups (OCD to 200)

20 Minutes of Core and Ab Work

### The Breakdown:

You can break this down based on your own your own rep failure for each movement.

So: 5 sets of 10 to get 100, or 5 sets of 10 to 50 and then sets of 5 to 75, whatever.

Same with your squats, push ups and dips!

*Simple enough?*

Your ab work should consist of a bunch of different movements.

### **Examples:**

Sit Ups

Leg Lifts

Flutter Kicks

Crunches

Alternating Knee Crunches/Sit Ups

Planks

Side Planks

Knee to Elbow/Toe to Bar

Mountain Climbers

Reverse Superman Hold