

DANIEL CRAIG

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Daniel Craig Workout Routine

Training Volume:

4-6 Days

Explanation:

Most places give a detailed 5 day routine, sometimes including the sixth day as a nice activity day – but it's your choice if you want to break it down into less volume.

Day One: Chest and Triceps

Warm Up:

10 minute jog

Power Circuit:

3 Rounds and 10 Reps of Each

Incline Bench Press

Skull Crushers

Incline Push Ups

Dips

Workout:

Flat Bench Press

5x10

Overhead Tricep Extension

3x10

Close Grip Bench Press

3x10

Chest Flys

3x10

Day Two: Shoulders and Traps

Warm Up:

10 minutes cardio of choice

Power Circuit:

3 Rounds and 10 Reps of Each

Clean and Press

Chin Ups

Dumbbell Shrugs

Push Ups

Workout:

Military Press

5x10

Barbell Shrugs

3x15

Shoulder Front Raise

3x10

Arnold Press

3x10

Day Three: Legs and Calves

Warm Up:

10 minute jog

Power Circuit:

3 Rounds and 10 Reps of Each

Jump Squats

Calf Raises on Raised Surface

Box Jumps

Jumping Lunges

Workout:

Back Squat

5×10

Calf Raises (Weighted)

3×20

Weighted Step Ups

3×12

Hamstring Curls

3×10

Day Four: Back and Biceps

Warm Up:

10 minutes cardio of choice

Power Circuit:

Wide Grip Pull Ups

Hammer Curls

Push Ups

Bent over rows

Workout:

Deadlift

5×10

Preacher Curls

3x10

Lat Pulldowns

3x10

Cable Rows

3x10

Day Five and Six:

Activity Days.

Or, as David Hampton would call them: Cagers!

Get out there and get active. If you can't...then do some cardio!

Stay away from the weights and play some sports, go on a hike, do some sweet superhero shit,
whatever!