

DWAYNE “THE ROCK” JOHNSON WORKOUT



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Dwayne “The Rock” Johnson Workout

What do we know?

- The Rock trains 6 days a week
- This is going to be an intense program, if that wasn't obvious already!
- He trains separate body parts and mixes up dumbbells, cables, barbells and machines.
- He does 4 sets of 12 reps with 60-90 second rests.
- Depending on the role he's training for or playing at the time, he usually does about 30-50 minutes on the elliptical cross trainer first thing in the morning

That means we're following ALL of these guidelines.

Training Volume: 6 Days a Week

Breaks between workouts: 60-90 Seconds

Monday: Chest and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

30-50 minutes on the elliptical cross trainer

Chest

Barbell Chest Press:

4x12

Incline Dumbbell Press:

4x12

Cable Crossovers (we've seen this picture of Johnson before!)

4x12

Dumbbell Flyes

4x12

Dips (The Rock would do these weighted, naturally...)

4x20

Push Ups

4x20

Tuesday: Shoulders and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

30-50 minutes on the elliptical cross trainer

Shoulders

Barbell Overhead Press

4x12

Cable Front Raises (Alternating Arms or Straight Bar)

4x12

Dumbbell Arnold Presses

4x12

Barbell Shrugs

4x12

Rear Delt Cable Raise

4x12

Pull Ups

4x12

Wednesday: Triceps and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

30-50 minutes on the elliptical cross trainer

Triceps

Skull Crushers

4x12

Overhead Tricep Extension

4x12

One Arm Reverse Grip Tricep Extension

4x12

Tricep Push Downs

4x12

Close Grip Bench Press

4x12

Cable/Dumbbell Kickbacks

4x12

Thursday: Back and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

30-50 minutes on the elliptical cross trainer

Back

Deadlift

4x12

Wide Grip Lateral Pull Downs

4x12

Close Grip Lateral Pull Downs

4x12

One Arm Seated Cable Rows

4x12

Hammer Strength Rows

4x12

Wide Grip Pull Ups

4x12

Friday: Legs and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

30-50 minutes on the elliptical cross trainer

Legs

Squats

4x12

Calf Raises

4x12

Dumbbell Weighted Lunges

4x12

Leg Press

4x12

Hack Squat

4x12

Box Jumps

4x12

Saturday: Biceps and Cardio

Cardio

Cardio can be done separate from your workout if you'd like to do a two-a-days.

30-50 minutes on the elliptical cross trainer

Biceps

Preacher Curls

4x12

Dumbbell Hammer Curls

4x12

Spider Curls

4x12

Overhead Cable Curls

4x12

Zottman Curls

4x12

Chin Ups (The Rock would obviously do these weighted as well...)

4x12