

HUGH JACKMAN WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Hugh Jackman Workout Routine

Training Volume:

5 Days a Week

For extra fat burn add in 20-30 min of cardio including HIIT training

Monday Chest:

Barbell Bench Press:

10-8-5-3-1

Cable Crossovers

12-10-8

Chest Press Machine

12-10-8

Superset One:

Incline Dumbbell Press

AND

Dumbbell Hex Press

3 Sets of 10 Reps Each

Do not break in between sets for a superset. Finish both exercises then break before repeating.

Superset Two:

Dumbbell Chest Flys

AND

Dips

3 Sets of 10 Reps Each

Tuesday: Back

Deadlift

10-8-5-3-1

Lateral Pull Downs

12-10-8

Cable Rows

12-10-8

Superset One:

Dumbbell Rows

AND

Wide Grip Pull Ups

3 Sets of 10 Reps Each

Superset Two:

Back Extension

AND

Push Ups

3 Sets of 10 Reps Each

Wednesday: Shoulders and Traps

Military Press (Barbell or Dumbbells)

10-8-5-3-1

Shoulder Front Raises

12-10-8

Barbell Shrugs

12-10-8

Superset One:

Arnold Presses

AND

Pull Ups

3 Sets of 10 Reps Each

Superset Two:

Face Pulls (Cable)

AND

Shoulder Flys

3 Sets of 10 Reps Each

Thursday: Arms

Preacher Curls

10-8-5-3-3

Close Grip Bench Press

10-8-5-3-3

Dumbbell Bicep Curls

12-10-8

Overhead Tricep Extension

12-10-8

Superset One:

Cable EZ Bar Curls

AND

Cable Hammer Curls

3 Sets of 10 Reps Each

Superset Two:

Cable Tricep Push Downs

AND

Triangle Push Ups

3 Sets of 10 Reps Each

Friday: Legs

Squats

10-8-5-3-1

Leg Press

12-10-8

Calf Raises

12-10-8

Superset One:

Front Squats

AND

Weighted Step Ups

3 Sets of 10 Reps Each

Superset Two:

Weighted Lunges

AND

Straight Leg Deadlift

3 Sets of 10 Reps Each