

TERRY CREWS

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Terry Crews Workout Routine

Training Volume:

5 Days

Explanation:

Watch the video (on the site) to learn up on Supersets and as Crews calls them “24’s!”

Day One: Shoulders

Warm Up:

Stretching

30 Min Cardio (BB tells us 3.5 miles at 7 mph, but feel free to switch it up)

Workout:

TWENTY FOUR (Superset/Circuit as shown in video)

6xUpright Barbell Rows

6xPower Cleans

6xRomanian Deadlift

6xWeighted Jump Squats

****Crews portrays this set of 24 @135 lbs.****

Arnold Presses

3x10

Shoulder Flys

3x10

Military Presses

3x10

Shrugs

3x10

Day Two: Back

Warm Up:

Stretching

30 Min Cardio (BB tells us 3.5 miles at 7 mph, but feel free to switch it up)

Workout:

TWENTY FOUR (Superset/Circuit as shown in video)

6xSide to Side Chin Ups

6xReverse Grip Bent Over Rows

6xDeadlifts (Lightweight)

6xBurpees

****Break****

Cable Rows

3x10

Lateral Pull Downs

3x10

Deadlifts

5x10,8,5,3,1

Wide Grip Pull Ups

3x10

Day Three: Arms

Warm Up:

Stretching

30 Min Cardio (BB tells us 3.5 miles at 7 mph, but feel free to switch it up)

Workout:

TWENTY FOUR (Superset/Circuit as shown in video)

6xBicep Curls w/ Dumbbells

6xHammer Curls w/Dumbbells

6xWeighted Lunges w/ Dumbbells

6xDeadlifts w/ Dumbbells

****Break****

Preacher Curls

3x10

Tricep Overhead Extension

3x10

Close Grip Bench

3x10

Tricep Push Downs

3x10

Day Four: Legs

Warm Up:

Stretching

30 Min Cardio (BB tells us 3.5 miles at 7 mph, but feel free to switch it up)

Workout:

TWENTY FOUR (Superset/Circuit as shown in video)

6xFront Squats

6xWeighted Step Ups

6xStraight Leg Deadlifts

6xWeighted Jump Squats

****Break****

Back Squats

5x10,8,5,3,1

Calf Raises

3x15

Leg Press

3x10

Hamstring Curls

3x10

Day Five: Chest

Warm Up:

Stretching

30 Min Cardio (BB tells us 3.5 miles at 7 mph, but feel free to switch it up)

Workout:

TWENTY FOUR (Superset/Circuit as shown in video)

6xClap Push Ups

6xDumbbell Bench Press

6xDumbbell Cleans

6xWeighted Dips (One DB between your feet)

****Break****

Barbell Bench Press

5x10,8,5,3,1

Chest Flys

3x10

Incline Bench Press (DB or BB)

3x10

Hex Press

3x10