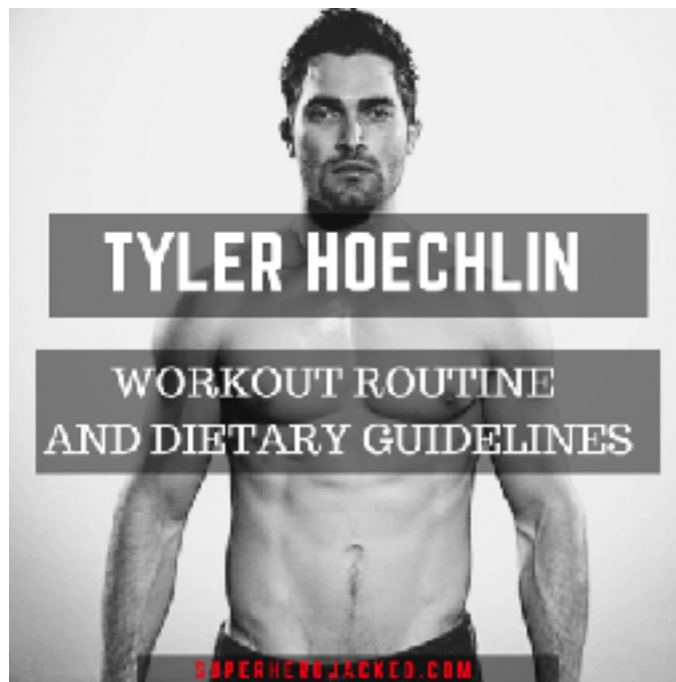


TYLER HOECHLIN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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Tyler Hoechlin

Workout Routine:

Training Volume:

5 Days Per Week

Explanation:

If you're going to be getting Hoechlin ripped, and trying to fill the shoes of Superman, you're going to have to train for it. If you want to take it slow and do 3+ days a week, that's fine, but just know the progress might slow down as well.

Day One: Chest and Triceps

Warm Up:

Stretching

20 Minutes of Varied Cardio

3×5 Pull Ups

3×10 Dips

3×12 Push Ups

Workout:

Barbell Bench Press

5×10-8-5-3-3

Skull Crushers

3×10

Incline Dumbbell Press

3×12

Overhead Tricep Extension (heavy)

3×12-10-8

Cable Flys

3×10

Decline Cable Flys

3×10

Day Two: Legs and Calves

Warm Up:

Stretching

20 Minutes of Varied Cardio

3×5 Pull Ups

3×10 Dips

3×12 Air Squats

Workout:

Back Squat

5×10-8-5-3-3

Calf Raises

3×10

Dumbbell Lunges

3×12

Leg Press (heavy)

3×12-10-8

Hamstring Curls

3×10

Weighted Step Ups

3×10

Day Three: Full Body

Warm Up:

Stretching

20 Minutes of Varied Cardio

3×5 Pull Ups

3×10 Dips

3×12 Air Squats

3×15 Push Ups

Workout:

Dumbbell Bench Press

3×10

Machine Leg Press

3×10

Hammer Curls

3×12

Cable Rows

3×12-10-8

Barbell Shrugs

3×10

Overhead Tricep Extension (Cables)

3×10

Day Four: Back and Biceps

Warm Up:

Stretching

20 Minutes of Varied Cardio

3×5 Pull Ups

3×10 Dips

3×12 Wide Push Ups

Workout:

Deadlift

5×10-8-5-3-3

Barbell Rows

3×10

Dumbbell Bicep Curls

3×12

Cable Hammer Curls

3×12-10-8

Lateral Pull Downs

3×10

Preacher Curls

3×10

Day Five: Shoulders and Traps

Warm Up:

Stretching

20 Minutes of Varied Cardio

3×5 Pull Ups

3×10 Dips

3×12 Air Squats

Workout:

Military Press

5×10-8-5-3-3

Dumbbell Shrugs

3×10

Arnold Presses

3×12

Shoulder Front Raises

3×12-10-8

Barbell Shrugs

3×10

Shoulder Dumbbell Flys

3×10