

# VIN DIESEL

# I AM GROOT WORKOUT



## BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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# Vin Diesel

# Workout Routine

**Training Volume: 4 Days**

Also included is Supersets. This means you utilize two exercises back to back with no break, and then take your rest in between before starting another superset.

## **Monday: Chest**

Superset One:

Bench Press Flat

AND

Bench Press Decline

4 SUPERsets of 8 Reps Each Workout

Superset Two:

Dumbbell Flys

AND

Push Ups

4 Supersets of 8 Reps Each Workout (Feel free to up the reps on the push-ups)

Superset Three:

Incline Dumbbell Press

AND

Low Cable Crossover

4 Supersets of 8 Reps Each Workout

## **Tuesday: Triceps**

Superset One:

Overhead Tricep Extension

AND

Skull Crushers

4 Supersets of 8 Reps Each Workout

Superset Two:

Reverse Grip Tricep Push-downs

AND

Incline Barbell Tricep Extension

4 Supersets of 8 Reps Each Workout

Superset Three:

Tricep Dumbbell Kickback

AND

Dips

4 Supersets of 8 Reps Each Workout

## **Wednesday: Off Day**

Get Active!

Feel free to incorporate some abs here as well!

## **Thursday: Back and Shoulders**

Superset One:

Shoulder Press

AND

Lateral Raises

4 Supersets of 8 Reps Each Workout

Superset Two:

Lateral Pulldowns

AND

Bentover Rows

4 Supersets of 8 Reps Each Workout

Superset Three:

Deadlifts

AND

Shoulder Shrugs

4 Sets of 8 Reps Each Workout

## **Friday: Legs**

Superset One:

Barbell Back Squats

AND

Calf Raises

4 Sets of 8 Reps Each Workout

Superset Two:

Sumo Squat

AND

Lunges

4 Sets of 8 Reps Each Workout

Superset Three:

Front Squat

AND

Clean and Snatch (can be subbed for Clean and Squat)

4 Set of 8 Reps Each Workout