

WILL SMITH

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Will Smith

Workout Routine:

Training Volume:

5 days

Explanation:

Ay, this one's on Will Smith and his trainer. This is coming right from their mouths!

Day 1

- Push-Ups: 3 sets of 20 reps
- Barbell Bench Press: 5 sets of 5 reps
- Incline Barbell Bench Press: 5 sets of 5 reps
- Incline Dumbbell Bench Press: 5 sets of 5 reps
- Upright Cable Flys: 3 sets of 10 reps (high to low)
- Lying Dumbbell Punch: 2 sets to Failure

Day 2

- Dumbbell Shoulder Press (Seated): Standing 2 sets of 20 reps
- Barbell Shoulder Press (Barbell): 4 sets of 6 reps
- Dumbbell Shoulder Press (Seated): 4 sets of 6 reps
- Behind-the-Neck Barbell Press: Standing 4 sets of 8 reps
- Dumbbell Lateral Raises: 4 sets of 8 reps
- Dumbbell Front Raises: Plate Front Raise 3 sets of 10-12 reps
- Dumbbell Air Punch: 4 sets to Failure

Day 3

- Chin-Ups (Front, Wide-Grip): 50 reps
- Dumbbell Bent Over Row (One-Arm): 4 sets of 6 reps
- Barbell Bent Over Row: 2 sets of 6 reps
- Barbell Bent Over Row: Reverse Grip 2 sets of 6 reps
- Pulldowns (Front, Wide-Grip): 4 sets of 6-8 reps
- Chin-Ups (Front, Wide-Grip): 3 sets of 10 reps

Day 4

- Cable Pushdowns (Heavy): 4 sets of 8 reps
- Barbell Arm Curls: 4 sets of 8 reps
- Barbell Triceps Extensions: Incline Bench Skullcrusher 4 sets of 8 reps
- Dumbbell Arm Curls (Incline): Alternating 4 sets of 8 reps
- Dumbbell Triceps Kickbacks: 4 sets of 8 reps
- Dumbbell Hammer Curls: 4 sets of 8 reps

Day 5

- Hip Abductions (Machine, Seated): Seated or Cable 20 reps
- Front Squats: 5 sets of 5 reps
- Full Squats: 5 sets of 5 reps
- Dumbbell Lunges: 3 sets of 8 reps
- Leg Press: Single Leg 4 sets of 8 reps
- Box Jump: 4 sets of 30 seconds