

JOE MANGANIELLO

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Joe Manganiello

Workout Routine:

Training Volume:

6+ days per week

Explanation:

I'm going to be giving you a combo on Joe Manganiello's book routine, combined with some circuit CrossFit workouts and more!

Superset Explanation:

"The first circuit was a combination of barbell bench pressing and lat pulldowns.

20, 15, 12, 10, 5, 8, 16

This means you press 20 times and pull down 20 times, then press 15 times and pull down 15 times, and so on."

Monday and Thursday: Chest and Back

Warm Up:

Stretch

20 lunges per leg

15 squats

15 push-ups

30 seconds of side-to-side jumping

30 seconds of front-to-back jumping

Cardio (when added for Weeks 3 and on in Manganiello's book)

20-30 min of low intensity cardio

Workout:

Superset One:

Barbell Bench Press and Lateral Pulldowns

20, 15, 12, 10, 5, 8, 16

Superset Two:

Incline Dumbbell Press and Cable Rows

20, 15, 12, 10, 5, 8, 16

Superset Three:

Deadlift and Standing Chest Flyes

20, 15, 12, 10, 5, 8, 16

Superset Four:

Decline Bench Press and Wide Grip Pull-ups (assisted is fine)

20, 15, 12, 10, 5, 8, 16

Tuesday and Friday: Legs and Triceps

Warm Up:

Stretch

20 lunges per leg

15 squats

15 push-ups

30 seconds of side-to-side jumping

30 seconds of front-to-back jumping

Cardio (when added for Weeks 3 and on in Manganiello's book)

20-30 min of low intensity cardio

Workout:

Superset One:

Front Squats and Tricep Pushdowns

20, 15, 12, 10, 5, 8, 16

Superset Two:

Tricep Kickbacks and Weighted Step Ups

20, 15, 12, 10, 5, 8, 16

Superset Three:

Tricep Overhead Extension and Leg Press

20, 15, 12, 10, 5, 8, 16

Superset Four:

Light Back Squat and Close Grip Push Ups

20, 15, 12, 10, 5, 8, 16

Wednesday and Saturday: Shoulders and Biceps

Warm Up:

Stretch

20 lunges per leg

15 squats

15 push-ups

30 seconds of side-to-side jumping

30 seconds of front-to-back jumping

Cardio (when added for Weeks 3 and on in Manganiello's book)

20-30 min of low intensity cardio

Workout:

Superset One:

Arnold Press and Light Zottman Curls

20, 15, 12, 10, 5, 8, 16

Superset Two:

Shoulder Front Raise and Preacher Curl

20, 15, 12, 10, 5, 8, 16

Superset Three:

Shoulder Flyes and Dumbbell Bicep Curls

20, 15, 12, 10, 5, 8, 16

Superset Four:

Shoulder Press and Hammer Curls

20, 15, 12, 10, 5, 8, 16

Additional Options:

Like I did for **Kevin Hart's routine**, I'll also be adding in some CrossFit WODs for you to add into your own regime. Swap out 1-2 days per week and add in some of these workouts:

Warm Up:

Stretch

Workout:

Complete one of these Crossfit WODs (make sure to vary them):

“Helen”

Three rounds for time:

400m run

21 kettlebell swings at 53 pounds

12 pullups (band-supported if needed)

“Eva”

Five rounds for time:

800m run

30 kettlebell swings at 70 pounds, if you can, er, swing it

30 pullups (band-supported if needed)

“Grace”

For time:

30 clean and jerks at 135 pounds

“Fight Gone Bad”

Three rounds, one-minute per exercise, with one-minute rest between rounds:

Wall balls at 20 pounds with 10-foot target

Sumo deadlift high-pull at 75 pounds

20-inch box jumps

Push-press at 75 pounds

Rowing machine

“Fran”

21/15/9 reps for time:

Thrusters at 95 pounds

Pullups

“Newport Crippler”

For time:

30 back squats loaded with your body weight equivalent

1-mile run

“Karen”

For time:

150 wall balls at 20 pounds with 10-foot target (stopping before complete failure)

Target times:

Level 1: 8:00-10:00

Level 2: 5:00-8:00

Level 3: 4:00-5:00

Elite: < 4:00

7 Minutes of Burpees

In 7 minutes:

Do as many burpees as possible

“Murph”

For time:

1-mile run

100 pullups

200 pushups

300 air squats

1-mile run

We've actually seen this one on the site before performed by [Chris Pratt](#) and [John Krasinski](#) (shown in the Krasinski article).