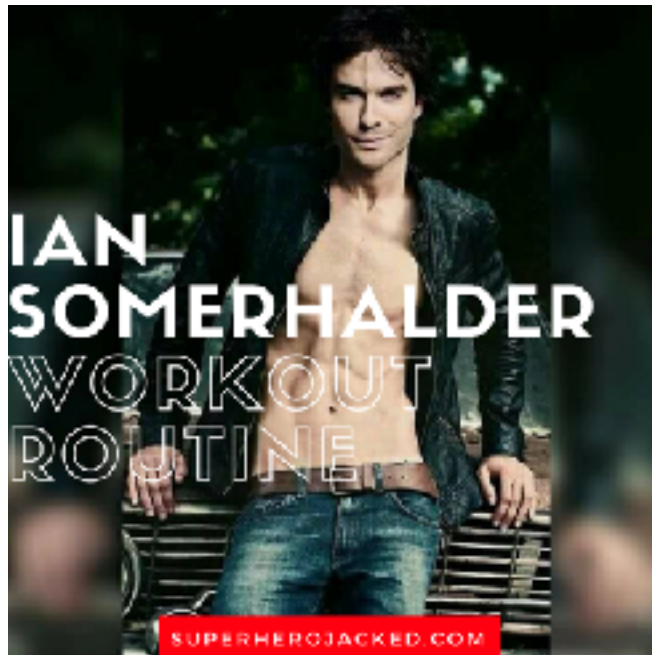


# IAN SOMERHALDER

# WORKOUT ROUTINE



## BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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# Ian Somerhalder

## Workout Routine:

### **Training Volume:**

3-5 days per week

### **Explanation:**

Perform the listed amount of reps for each movement and they can be broken down into the rep and set scheme listed, or changed to how you can most easily perform them.

## The Workout

### **Push-Ups**

Total: 125

5×25

### **Air Squats**

Total: 125

5×25

## **Dips**

Total: 100

5×20

## **Pull Ups**

Total: 50

5×10

## **Burpees**

Total: 50

5×10