

JOHN BOYEGA

WORKOUT ROUTINE



BONUS PDF FILE

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John Boyega

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to give you a 3 day split of weight lifting, and then I'm also going to give you Boyega's personal trainer days for 2 days of the training as well. That leaves us at 5, but shoot to at least get the 3 days of lifting in each week.

Day One: Weight Lifting Chest and Triceps

Warm Up:

Stretch

15 minutes on an incline at 7 speed

Workout:

Bench Press

4×10

Tricep Pushdowns

3×10

Incline Bench (DB or Bar)

3×10

Tricep Overhead Extension (Cable or DB)

3×10

Dumbbell Flys

3×10

Tricep Kickbacks

3×10

Day Two: Calliet (Boyega's Trainer) Workout

- Start each day on a treadmill for 15 minutes on an incline at a 7.0 speed.

- Four sets of 20 reps of bench presses, with eight to 12 push-ups between each set.
- Four sets of 20 assisted pull-ups.
- Four sets of 20 lat-pull downs.
- Cardio of stairs and suicides on the football field between the 20-yard and goal lines.
- Four sets of 20 stiff-leg dead lifts.

Day Three: Weight Lifting Back and Biceps

Warm Up:

Stretch

15 minutes on an incline at 7 speed

Workout:

Deadlift

4×10

Preacher Curls

3×10

Cable Rows

3×10

Hammer Curls Cables

3×10

Wide Grip Pull-ups

3×10

Dumbbell Bicep Curls

3×10

Day Four: Calliet (Boyega's Trainer) Workout

- Start each day on a treadmill for 15 minutes on an incline at a 7.0 speed.
- Four sets of 20 reps of bench presses, with eight to 12 push-ups between each set.
- Four sets of 20 assisted pull-ups.
- Four sets of 20 lat-pull downs.
- Cardio of stairs and suicides on the football field between the 20-yard and goal lines.
- Four sets of 20 stiff-leg dead lifts.

Day Five: Weight Lifting Legs and Shoulders

Warm Up:

Stretch

15 minutes on an incline at 7 speed

Workout:

Squats

4×10

Shoulder Front Raises (Light)

3×10

Leg Press

3×10

Military Press

4×10

Hamstring Curls

3×10

Shrugs

3×10