

# LUKE EVANS

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Luke Evans

## Workout Routine:

### Training Volume:

4+ days per week

### Explanation:

Evans always gets his workout routine. He says it's not long, but he gets in and hits a specific workout routine using a mix of calisthenics, circuits and supersets and then gets out!

## Day One: Back and Biceps

### Warm Up:

Stretch

400m Jog

### Workout:

Deadlift

4×10

Preacher Curls

4×10

Superset One (no break between the individual exercises until all are complete one cycle, then follow up again until done with the total set count)

3 sets of 10:

Lateral Pulldowns

and

Hammer Curls

Superset Two:

3 sets of 10:

Dumbbell Bicep Curls

and

Dumbbell Rows

Superset Three/Circuit:

3 sets of 10:

Wide Grip Pull Ups

Bent Over Rows

Push Ups

EZ Bar Curls

## Day Two: Legs and Core

### **Warm Up:**

Stretch

400m Jog

### **Workout:**

Squats

4×10

Leg Press

4×10

Superset One (no break between the individual exercises until all are complete one cycle, then follow up again until done with the total set count)

3 sets of 10:

Weighted Lunges

and

Sit Ups

Superset Two:

3 sets of 10:

Weighted Step Ups

and

Mountain Climbers

Superset Three/Circuit:

3 sets of 10:

Front Squats

Jumping Lunges

Leg Raises

Russian Twists

## Day Three: Chest and Triceps

### **Warm Up:**

Stretch

400m Jog

### **Workout:**

Bench Press

4×10

Overhead Tricep Press (Dumbbells)

4×10

Superset One (no break between the individual exercises until all are complete one cycle, then follow up again until done with the total set count)

3 sets of 10:

Incline Bench

and

Kickbacks

Superset Two:

3 sets of 10:

Tricep Pushdowns

and

Chest Flys

Superset Three/Circuit:

3 sets of 10:

Dips

Dumbbell Bench

Skull Crushers

Push Ups



# Day Four: Shoulders and Core

## **Warm Up:**

Stretch

400m Jog

## **Workout:**

Military Press

4×10

Barbell Shrugs

4×10

Superset One (no break between the individual exercises until all are complete one cycle, then follow up again until done with the total set count)

3 sets of 10:

Arnold Press

and

Sit Ups

Superset Two:

3 sets of 10:

Shoulder Front Raises

and

Mountain Climbers

Superset Three/Circuit:

3 sets of 10:

Pull Ups

Shrugs

Push Ups

Crunches