

The Derek Theler Workout Routine



Bonus PDF File
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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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Derek Theler Workout Routine

Training Volume:

4-6 days per week

Explanation:

Theler hits the weights 4 days a week, BUT, he also goes hiking, hits the beach, and calisthenics multiple times as well. He loves being active, so make sure to fit in your extra activity days.

Day One: Chest and Triceps

Warm Up:

Stretch

10 min jog/incline walk

Push Ups 3×10

Workout:

Bench Press

3×10

Overhead Dumbbell Tricep Extension

3×10

Incline Bench (BB or DB)

3×10

Tricep Cable Pushdown

3×10

Cable Flys

3×10

Skull Crushers

3×10

Dips

3×25

Day Two: Legs and Calves

Warm Up:

Stretch

10 min jog/incline walk

Air Squats 3×10

Workout:

Squat

3×10

Calf Raises

3×10

Leg Press

3×10

Front Squats

3×10

Weighted Lunges

3×10

Hamstring Curls

3×10

Double Unders

3×25

Activity Day: Get Active and Use Your Fitness!

Derek Theler loves getting active.

He loves hiking, hitting the beach, doing calisthenics, and more.

You can get out there and play some sports, do some MMA with [Coach Derek](#), or even go for a hike/hit some bodyweight workouts.

Use your fitness.

Day Three: Shoulders and Traps

Warm Up:

Stretch

10 min jog/incline walk

Pull Ups 3×10

Workout:

Military Press

3×10

Dumbbell Shrugs

3×10

Shoulder Front Raises (DBs)

3×10

Kettlebell Swings

3×10

Power Cleans

3×10

Barbell Shrugs

3×10

One Arm Dumbbell Snatches

3×10 each arm

Day Four: Back and Biceps

Warm Up:

Stretch

10 min jog/incline walk

Wide Grip Pull Ups 3×10

Workout:

Deadlift

3×10

Preacher Curls

3×10

Lat Pulldowns

3×10

Hammer Curls

3×10

Cable Rows

3×10

Concentration Curls

3×10

Pushups

3×25

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