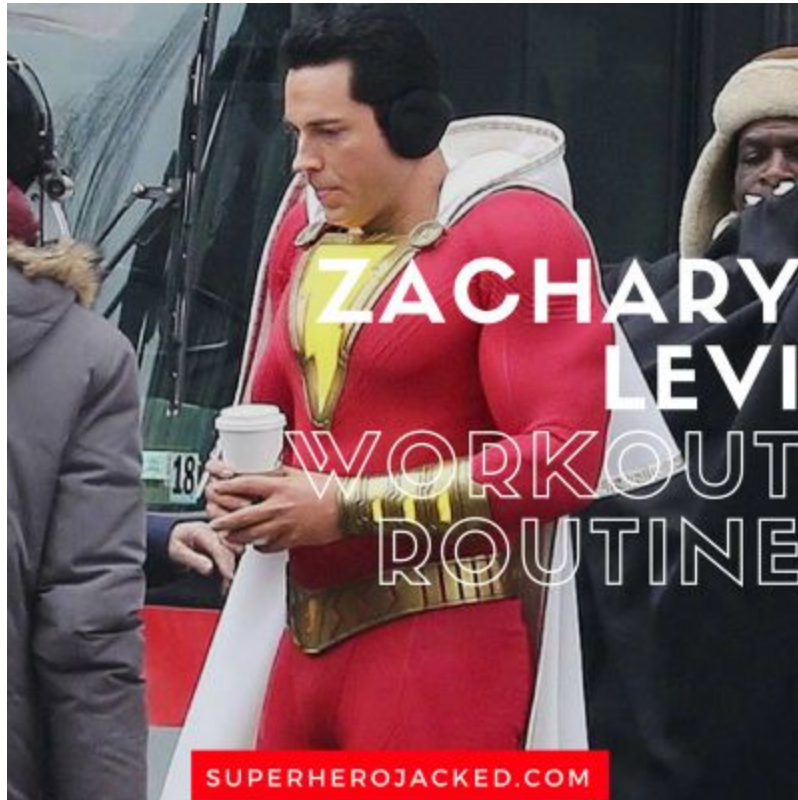


The Zachary Levi Workout Routine



Bonus PDF File
By: Mike Romaine



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The Zachary Levi Workout Routine

Training Volume:

5-6 days per week

Explanation:

Levi says he works out 5-6 days a week, sometimes two-a-days. I'm going to program 5 days, but one of which will be a full body type day and it can be done 2 times per week if you'd like to hit the 6 day mark.

Day One: Chest and Triceps

Warm Up:

Stretch

Walk 20 min incline

Workout:

Bench Press

4×10

Dumbbell Tricep Overhead Extension

3×10

Incline Dumbbell Press

3×10

Tricep Cable Pushdown

3×10

Decline Bench Press (or Hammer Strength)

3×10

Tricep Kickbacks

3×10

Dips

3xFailure

Circuit:

3 Sets of this Circuit:

10 Pistol Squats

25 Push Ups

10 Chest Flys (Cables or Dumbbells)

Day Two: Back and Biceps

Warm Up:

Stretch

Walk 20 min incline

Workout:

Deadlift

4×10

Preacher Curls

3×10

Dumbbell Rows (as seen in Twitter Video)

3×10

Hammer Curls

3×10

Lateral Pulldowns

3×10

Concentration Curls

3×10

Pull Ups

3xFailure

Circuit:

3 Sets of this Circuit:

10 Kettlebell Deadlifts

25 Push Ups

10 Air Squats

Day Three: Full Body Workout

Warm Up:

Stretch

Walk 20 min incline

Workout:

Incline Dumbbell Chest Flys

3×10

Power Cleans

3×10

Cable Bicep Curls

3×10

One Arm Dumbbell Snatches

3×10

Cable Pulldowns

3×10

Shrugs

3×10

Hack Squat

3×10

Day Four: Legs and Calves

Warm Up:

Stretch

Walk 20 min incline

Workout:

Back Squat

4×10

Calf Raises

3×10

Front Squats

3×10

Leg Press

3×10

Hamstring Curls

3×10

Machine Leg Raises (Quads)

3×10

Lunges (Weighted or Not)

3×Failure

Circuit:

3 Sets of this Circuit:

10 Pistol Squats

25 Push Ups

10 Light One Arm Snatches

Day Five: Shoulders and Shrugs

Warm Up:

Stretch

Walk 20 min incline

Workout:

Military Press

4×10

Dumbbell Shrugs

3×10

Arnold Press

3×10

Dumbbell (Straight Arm) Front Raises

3×10

Barbell Shrugs

3×10

Shoulder Flys

3×10

Pull Ups

3xFailure

Circuit:

3 Sets of this Circuit:

10 Dumbbell Clean and Press

25 Push Ups

10 Air Squats