

THE JARED PADALECKI WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

The Jared Padalecki Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to be programming you 3 days of heavy lifting, and also give you the option to utilize 2 other days towards circuit style training as well.

Day One: Chest and Triceps

Warm Up:

Stretch

10 Minute Incline Walk

Workout:

Bench Press

4×10,8,5,3

Dumbbell Tricep Overhead Extension

3×10-12

Incline Bench Press (Dumbbell or Barbell)

3×10-12

Tricep Pushdowns (Cable)

3×10-12

Incline Chest Flys (Dumbbell)

3×10-12

Tricep Kickbacks (Cable)

3×10-12

Dips

3×25 (or failure)

Day Two: Circuit Training Day

Options:

1. Helen

3 rounds for time of:

Run, 400 m

21 Kettlebell Swings, 1.5/1 pood

12 Pull-ups

2. Jackie

For time:

Row, 1000 m

50 Thrusters, 45/35 lbs

30 Pull-ups

3. Fight Gone Bad

3 rounds, 1 min per station of:

Wall Ball, 20/14 lbs, 10 ft

Sumo Deadlift High Pull, 75/55 lbs

Box Jump, 20 in

Push Press, 75/55 lbs

Row Calories

Rest 1 min

4. Kelly

5 rounds for time of:

Run, 400 m

30 Box Jumps, 24/20 in

30 Wall Balls, 20/14 lbs

5. Eva

5 rounds for time of:

Run, 800 m

30 Kettlebell Swings, 2/1.5 pood

30 Pull-ups

And, of course, there's plenty more to choose from, but here's a handful to get you started!

Day Three: Legs and Shoulders

Warm Up:

Stretch

10 Minute Incline Walk

Workout:

Squats

4×10,8,5,3

Military Press

4×10,8,5,3

Hamstring Curls

3×10-12

Arnold Press

3×10-12

Leg Press

3×10-12

Shoulder Front Raises

3×10-12

Light Clean and Squats

3×15 (or failure)

Day Four: Circuit Training Day

Utilize the 5 circuits I gave you for day two or any of the others we have covered on the site.

Or, go out and find some more awesome circuits to use.

...Oh, or go for a hike, play some sports, or use your fitness is some other way!

Day Five: Back and Biceps

Warm Up:

Stretch

10 Minute Incline Walk

Workout:

Deadlifts

4×10,8,5,3

Preacher Curls

4×12,10,8,5

Bent Over Rows

3×10-12

Hammer Curls (Dumbbells)

3×10-12

Lateral Pulldowns

3×10-12

Zottman Curls

3×10-12

Wide Grip Pull-Ups

3×15 (or failure)