

JEREMY RENNER

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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The Jeremy Renner Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to program you 3 days of weights and calisthenics to get you into Jeremy Renner shape, but feel free to take it up a notch with 2+ activity days (or cardio days) per week as well!

Day One: Calisthenics and Chest

Warm Up:

Stretch

800-1600m run

Workout Part One:

Dips

3×10

Pull Ups

3×10

Push Ups

3×20

Air Squats

3×20

Workout Part Two:

Bench Press

3×10

Tricep Cable Pushdowns

3×10

Workout Part Three:

Sit Ups

3×25

Plank

3×60 seconds

Day Two: Calisthenics and Back

Warm Up:

Stretch

800-1600m run

Workout Part One:

Dips

3×10

Pull Ups

3×10

Push Ups

3×20

Air Squats

3×20

Workout Part Two:

Deadlift

3×10

Preacher Curls

3×10

Workout Part Three:

Sit Ups

3×25

Plank

3×60 seconds

Day Three: Calisthenics, Legs and Shoulders

Warm Up:

Stretch

800-1600m run

Workout Part One:

Dips

3×10

Pull Ups

3×10

Push Ups

3×20

Air Squats

3×20

Workout Part Two:

Military Press

3×10

Back Squats

3×10

Workout Part Three:

Sit Ups

3×25

Plank

3×60 seconds

Day Four-Five+: Activity Day

Every hero should know how to defend himself.

Plus, endurance is always nice as well.

Plus, plus, having fun with your fitness is awesome!

So, use this day to get in some extra cardio, whether that be hiking, playing some sports, hitting the treadmill or elliptical/bike, etc – or even taking a class of some sort (MMA, pilates, yoga, etc.).