

# THE JAMIE DORNAN WORKOUT ROUTINE



**BONUS PDF FILE**

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# The Jamie Dornan Workout Routine:

## **Training Volume:**

3-5 days per week

## **Explanation:**

In one of the quotes you can see Dornan's trainer stating that he was very dedicated but above it was said he only did one or two sessions a week. That being said, he also trained harder for the third movie to be able to do some awesome calisthenic movements as well. So for that reason I'm going to give you three days of training, and two days of activity or cardio (especially for those of you looking to cut down!).

## Day One: Deadlifts

### **Warm Up:**

Stretch

3×60 seconds jump rope

### **Workout:**

Deadlift

4×10,8,5,3

Chin Ups

3×10

Push Ups

3×10

Air Squats

3×10

Dips

3×10

Leg Raises

3×15

Planks

3×60 seconds

## Day Two: Activity or Cardio

I would like to say if you're looking to tone up and lose some fat you should at the very least go out and take a nice 60 min brisk walk.

If not, try to get in some activity like sports, hiking, or something else that gets you going for a decent amount of time.

The other option is to do varied cardio for 40-60 min, which I like to do on the treadmill, elliptical, stairs, and bike.

# Day Three: Bench and Press

## **Warm Up:**

Stretch

3×60 seconds jump rope

## **Workout:**

Bench Press

4×10,8,5,3

Military Press

4×10,8,5,3

Chin Ups

3×10

Push Ups

3×10

Air Squats

3×10

Dips

3×10

Leg Raises

3×15

Planks

3×60 seconds

## Day Four: Activity or Cardio

I would like to say if you're looking to tone up and lose some fat you should at the very least go out and take a nice 60 min brisk walk.

If not, try to get in some activity like sports, hiking, or something else that gets you going for a decent amount of time.

The other option is to do varied cardio for 40-60 min, which I like to do on the treadmill, elliptical, stairs, and bike.

## Day Five: Squats

### **Warm Up:**

Stretch

3×60 seconds jump rope

### **Workout:**

Back Squat

4×10,8,5,3

Chin Ups

3×10

Push Ups

3×10

Air Squats

3×10

Dips

3×10

Leg Raises

3×15

Planks

3×60 seconds