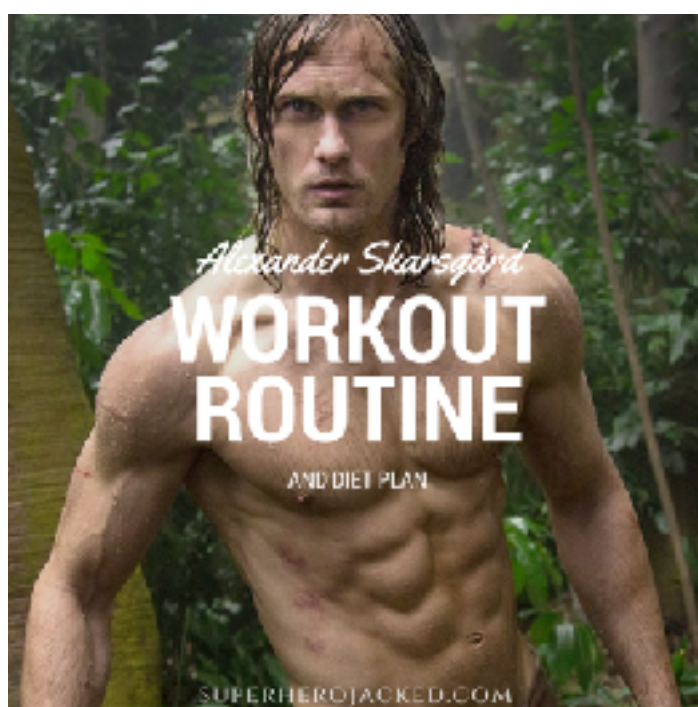


# ALEXANDER SKARSGARD

## WORKOUT ROUTINE



### BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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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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# Alexander Skarsgard Workout Routine

## **Training Volume:**

4 days per week

## **Explanation:**

I'm going to build you 4 days of workouts revolving around the sample day we have, and also the other information we got from our sources.

# Day One: Muscle and Fitness Deadlift

## **Morning**

Jogging: 10 minutes

Sprints: 6 sets of 1 minute

Max Sprints: 1 minute

Stationary Sprint: 1 minute

## **Evening**

Bear Crawls: 5 sets of 1 minute

Deadlift (4 sets)

Set 1: 12 reps

Set 2: 8–10 reps

Set 3: 6 reps

Set 4: 12 reps (pyramid set)

Pull-Ups (4 sets)

Set 1: wide grip, max reps

Set 2: narrow grip, max reps

Set 3: wide grip, max reps

Set 4: narrow grip, max reps

Standing Alternating Rows with Dumbbells: 3 sets of 20 reps

Kettlebell Swing: 3 sets of 15 reps

Lateral Raise with Dumbbells: 4 sets of 12 reps

Moving Front Plank on Exercise Ball: 4 sets of 1–2 minutes

# **Day Two: Bench Press and More**

## **Morning**

Jogging: 10 minutes

Sprints: 6 sets of 1 minute

Max Sprints: 1 minute

Stationary Sprint: 1 minute

## **Evening**

Bear Crawls: 5 sets of 1 minute

Bench Press (4 sets)

Set 1: 12 reps

Set 2: 8–10 reps

Set 3: 6 reps

Set 4: 12 reps (pyramid set)

Dips (4 sets)

Set 1: wide grip, max reps

Set 2: narrow grip, max reps

Set 3: wide grip, max reps

Set 4: narrow grip, max reps

Incline Dumbbell Bench Press: 3 sets of 20 reps

Tricep Overhead Extension (Dumbbell): 3 sets of 15 reps

Chest Flyes: 4 sets of 12 reps

Moving Front Plank on Exercise Ball: 4 sets of 1–2 minutes

# Day Three: Squats and More

## **Morning**

Jogging: 10 minutes

Sprints: 6 sets of 1 minute

Max Sprints: 1 minute

Stationary Sprint: 1 minute

## **Evening**

Bear Crawls: 5 sets of 1 minute

Back Squat (4 sets)

Set 1: 12 reps

Set 2: 8–10 reps

Set 3: 6 reps

Set 4: 12 reps (pyramid set)

Lunges (4 sets)

Set 1: unweighted, max reps

Set 2: weighted, max reps

Set 3: unweighted, max reps

Set 4: weighted, max reps

Leg Extensions: 3 sets of 20 reps

Kettlebell Goblet Squat: 3 sets of 15 reps

Calf Raises: 4 sets of 12 reps

Moving Front Plank on Exercise Ball: 4 sets of 1–2 minutes

# Day Four: Military Press and More

## **Morning**

Jogging: 10 minutes

Sprints: 6 sets of 1 minute

Max Sprints: 1 minute

Stationary Sprint: 1 minute

## **Evening**

Bear Crawls: 5 sets of 1 minute

Military Press (4 sets)

Set 1: 12 reps

Set 2: 8–10 reps

Set 3: 6 reps

Set 4: 12 reps (pyramid set)

Push-Ups (4 sets)

Set 1: wide grip, max reps

Set 2: narrow grip, max reps

Set 3: wide grip, max reps

Set 4: narrow grip, max reps

Standing Alternating Snatches with Dumbbells: 3 sets of 20 reps

Shoulder Flyes with Dumbbells: 3 sets of 15 reps



Shoulder Front Raises with Dumbbells: 4 sets of 12 reps

Moving Front Plank on Exercise Ball: 4 sets of 1–2 minutes