

BRIE LARSON

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Brie Larson Workout Routine

Training Volume:

4-6 days per week

Explanation:

You're going to have 4 days of compounds and another light full body day that can be added in once or twice a week as well.

Video Link:

[**SHJ YouTube Workout Guide**](#)

Day One: Deadlifts, Back, and Biceps

Warm Up:

Stretch

800m jog

3×20 Push-ups

Workout:

Deadlifts

5×10,8,5,3

Cable Rows

3×10

Step Up Bicep Curls

3×10

Lateral Pulldowns

3×10

Chin Ups

3×10 (assisted to start is fine)

Hammer Curls (cable)

3×10

Day Two: Military Press, Shoulders, and Traps

Warm Up:

Stretch

800m jog

3×10 Pull Ups

Workout:

Military Press

5×10,8,5,3

Front Raises (Dumbbells)

3×10

Dumbbell Shrugs

3×10

Power Cleans

3×10

Dumbbell Snatches

3×10

Shoulder Flyes

3×10

Day Three: Squats, Glutes, and Legs

Warm Up:

Stretch

800m jog

3×15 Air Squats

Workout:

Squats

5×10,8,5,3

Weighted Hip Thrusts

3×10

Overhead Barbell Lunges

3×10

Leg Press

3×10

Calf Raises

3×15

Hamstring Curls

3×10

Day Four: Bench Press, Chest and Triceps

Warm Up:

Stretch

800m jog

3×10 Pull Ups

Workout:

Bench Press

5×10,8,5,3

Tricep Overhead Extension

3×10

Incline Dumbbell Press

3×10

Tricep Cable Pushdown

3×10

Dips

3×10 (assisted to start is fine)

Weighted Push-Ups

3×10

Day Five and Six: Optional Light Full Body

If adding in multiple times per week make sure to separate it so it's not back to back.

Warm Up:

Stretch

45 min varied cardio

Treadmill, Elliptical, Stair Master, Bike, etc.

Workout:

Front Squats

3×10

Arnold Press

3×10

Dumbbell Clean and Press

3×10

Pull Ups

3×10

Push Ups

3×10

Burpees

3×10