

THE RYAN PHILLIPPE WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The Ryan Phillippe Workout Routine:

Training Volume:

5 days per week – 90 minutes a day

Explanation:

Phillippe breaks it down for us to the exact duration weekly and daily. I'm going to give you his workout that he's currently utilizing for his ripped physique in Shooter, which isn't far off what he's always utilized.

More from Muscle and Fitness:

HOW TO DO IT

Perform each circuit three times before moving on to the next. Between circuits jump rope for two to three minutes, alternating between single jumps and double unders. Rest as needed between rounds. Pressed for time? Focus on one circuit for as many rounds as possible.

Warm Up:

Stretch

30 mins of sprints and/or elliptical

The Workout:

Circuit One:

3 Rounds of Abs

Hanging Leg Raises – 25 reps

Swiss Ball Crunch – 25 reps

Bicycle Crunch – 50 reps

Oblique Crunch – 10 reps each side

Circuit Two:

3 Rounds of Chest and Legs

High Box Jump – 10 reps

Barbell Clean and Press to Rollout Pushup – 10 reps

Bench Press – 15 reps

Decline Pushup – 15 reps

Circuit Three:

3 Rounds of Back and Biceps

Wide Grip Pullups – 10 reps

Pullover Tricep Extensions – 10 reps

One Arm Dumbbell Row – 10 reps

Circuit Four:

3 Rounds of Legs

Smith Machine Squat – 15 reps

Hamstring Curl – 15 reps

Farmers Walk – 15 reps

Circuit Five:

3 Rounds of Lats and Traps

Chin Up – 10 reps

T-Bar Row – 10 reps

Lat Pulldowns – 10 reps

Circuit Six:

3 Rounds of Chest and Arms

Shoulder Press – 10 reps

Bicep Curls – 10 reps

Skull Crushers – 10 reps

Skull Crusher to Close Grip Bench – 10 reps each