

ALEXANDER DREYMON

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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Alexander Dreymon

Workout Routine:

Training Volume:

4+ days per week

Explanation:

We've seen a ton of other ripped celebs at SHJ. We know Alexander Dreymon is really active, but I'm also going to be the routine based on other celebs like Alexander Skarsgard and a lot of others I remember researching.

Day One: Shoulders, Traps and Cardio

Warm Up:

Stretch

30-45 min varied cardio (I prefer the treadmill and elliptical)

This can be done before or after your workout

Workout:

Military Press

3×10

Shoulder Front Raise (with dumbbells)

3×10

Upright Barbell Rows

3×10

Arnold Press

3×10

Dumbbell Shrugs

3×10

Shoulder Flys

3×10

Clean and Press w/ Dumbbells

3×10

One Arm Dumbbell Snatches

3×10

Day Two: Back, Biceps and Cardio

Warm Up:

Stretch

30-45 min varied cardio (I prefer the treadmill and elliptical)

****This can be done before or after your workout****

Workout:

Deadlift

3×10

Dumbbell Rows

3×10

Dumbbell Curls

3×10

Hammer Curls (DB or Cable)

3×10

Cable Rows

3×10

Lateral Pulldown

3×10

Chin Ups

3×10

Preacher Curls

3×10

Day Three: Chest and Triceps

Warm Up:

Stretch

30-45 min varied cardio (I prefer the treadmill and elliptical)

****This can be done before or after your workout****

Workout:

Bench Press (Barbell or DB)

3×10

Incline Chest Press

3×10

Cable Flys

3×10

Tricep Overhead Extension w/ DB

3×10

Cable Pushdowns w/ Rope

3×10

Dips

3×10

Cable Kickbacks

3×10

Hex Press

3×10

Day Four: Legs, Calves, Cardio

Warm Up:

Stretch

30-45 min varied cardio (I prefer the treadmill and elliptical)

****This can be done before or after your workout****

Workout:

Back Squat

3×10

Leg Press

3×10

Calf Press on Leg Press

3×10

Hamstring Curls

3×10

Weighted Step Ups

3×10

Weighted Lunges

3×10

Quad Extension Machine

3×10

Calf Raises

3×10

Bonus 1-2 Days: Activity Day

We know Alexander Dreymon stays active like many of the other celebs we've seen. As a bonus, you can choose to get out there and use your fitness.

I like to get at minimum a 60 minute brisk walk in on my off days.

You can go hiking, take a class (yoga, pilates, dance, MMA, etc.) or just play some fun sports.