

CRISTIANO RONALDO 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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Cristiano Ronaldo

Workout Routine:

Training Volume:

5 days per week

Explanation:

This is a training replication of one of the world's greatest athletes. The volume is high. It's okay to cut some portions and take extra rest days if needed. Don't be afraid to scale.

Day One: Cardio, Circuit, Chest, Sprints

Warm Up:

Stretch

Jog 1600m

Circuit:

5 Rounds for Time

Row 400m

10 Thrusters

10 Box Jumps

10 Push Ups

Workout:

Bench Press

4×12

Chest Flys

4×12

Incline Chest Press

4×12

Cable Pushdowns

4×12

High Intensity Interval Training

10-20 min of Treadmill Sprints/Walk Intervals

OR

10-20 min of Jump Rope

Day Two: Cardio, Circuit, Legs, Sprints

Warm Up:

Stretch

Jog 1600m

Circuit:

1 Round for Time

Bike 60 Cals

50 Wall Balls

40 Power Cleans

30 One Arm Dumbbell Snatches

20 Burpees

10 Deadlifts

Workout:

Back Squat

4×12

Leg Press

4×12

Quad Extension

4×12

Hamstring Curls

4×12

High Intensity Interval Training

10-20 min of Treadmill Sprints/Walk Intervals

OR

10-20 min of Jump Rope

Day Three: Cardio, Circuit, Back, Sprints

Warm Up:

Stretch

Jog 1600m

Circuit:

3 Rounds for Time

5 Burpees

10 Push Ups

15 Sit Ups

20 Power Snatches

15 Mountain Climbers

10 Pull Ups

5 Pistol Squats (Each Leg)

Workout:

Deadlift

4×12

Dumbbell Rows

4×12

Lateral Pulldowns

4×12

Bent Over Barbell Rows

4×12

High Intensity Interval Training

10-20 min of Treadmill Sprints/Walk Intervals

OR

10-20 min of Jump Rope

Day Four: Cardio, Circuit, Shoulders, Sprints

Warm Up:

Stretch

Jog 1600m

Circuit:

21-15-9

Thrusters

Pull Ups

Workout:

Military Press

4×12

Dumbbell Front Raises

4×12

Lateral Side Raises

4×12

Upright Rows

4×12

High Intensity Interval Training

10-20 min of Treadmill Sprints/Walk Intervals

OR

10-20 min of Jump Rope

Day Five: Cardio, Circuit, Freestyle, Sprints

Warm Up:

Stretch

Jog 1600m

Circuit:

4 Rounds for Time

Row 800

15 Power Cleans

10 Bench Press

5 Burpees

Workout:

Clean and Press

4×12

Weighted Lunges

4×12

Box Jumps

4×12

Pull Ups

4×12

High Intensity Interval Training

10-20 min of Treadmill Sprints/Walk Intervals

OR

10-20 min of Jump Rope