

# SYLVESTER STALLONE

# WORKOUT ROUTINE



## BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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# Sylvester Stallone

## Workout Routine:

### Training Volume:

3 days per week

### Explanation:

Both routines follow a 3 day split. The advanced is...more advanced. You can choose to do either routine. Stallone created them both and they're for you to utilize.

Do 3 sets of 8-12 reps per workout routine and 10-20 min of cardio each time listed.

While training for Rambo 3 Stallone felt he was over training so he believes in utilizing a 3 day split

## The Classic Workout:

### Monday and Friday Routine:

1. Cardio Warm Up
2. Floor Crunches
3. Hanging Leg Raises
4. Incline Bench Press
5. Wide Arm Push Ups

6. Smith Machine Shoulder Press
7. Seated Lat Raises
8. Punching Dumbbells
9. Incline Bench Dumbbell Flys
10. Bent Bar Extensions
11. Half-Lunges
12. Seated Calf Raises
13. Cardio Finale

## Wednesday Routine:

1. Cardio Warm Up
2. Twisting Crunches
3. Barbell Curls
4. Incline Dumbbell Curls
5. Reverse Wrist Curls
6. Rambo Pull-downs
7. Seated Rows
8. One Arm Dumbbell Rows
9. Dumbbell Shrugs
10. Hyperextensions
11. Cardio Finale

## The Advanced Workout:

### Monday and Friday Routine:

1. Cardio Warm Up
2. Hanging Leg Raises
3. Twisting Crunches
4. Incline Bench Dumbbell Flys
5. Wide Arm Push Ups
6. Rambo Pull-downs
7. One Arm Dumbbell Rows

8. Dumbbell Shrugs
9. Smith Machine Half Squats
10. Leg Presses
11. Leg Extensions
12. Cardio Finale

## Wednesday Routine:

1. Cardio Warm Up
2. Smith Machine Shoulder Press
3. Bent Over Runners
4. Upright Rows
5. Dumbbell Shrugs
6. Rocky Chins
7. Barbell Curls
8. Cable Press-down
9. Overhead Rope Push-Downs
10. Tricep Dips
11. Flat Bench Wrist Curls
12. Narrow Grip Pull-downs
13. Wrist Rollers
14. Cardio Finale