

# CHARLES MELTON

# WORKOUT ROUTINE



## BONUS PDF FILE

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# Charles Melton

## Workout Routine:

### Training Volume:

3-5+ days per week

### Explanation:

If you want to look as shredded and ready to go as Charles Melton you're probably going to want to train like him. I'm going to program you a 3 day lifting split, and also a HIIT Bodyweight Circuit he was shown doing with his trainer AND a 6-minute-ab workout shown as well.

### Video Link:

[SHJ YouTube Workout Guide](#)

## Day One: Pull Day

### Warm Up:

Stretch

20 min elliptical or incline treadmill walk

### Workout:

Deadlift

4×10

Bicep Curls

4×10

Cable Rows

4×10

Lateral Pulldowns

4×10

Hammer Curls

4×10

**3 Round Circuit:**

20 Push Ups

10 Chin Ups

20 Jumping Lunges

## Day Two: HIIT Circuit and 6-Minute-Abs

**Warm Up:**

Stretch

400m jog

**Workout:**

1 Round for Time:

60 Calorie row or bike

50 Wall Balls

40 Clean and Press

30 Pull Ups

20 Box Jumps

10 Burpees

**6 Minute Abs:**

Explanation:

30 seconds on, 15 seconds on for 2 min

15 second rest and then start another round

Movements:

Single Leg Suitcase – Side One

Single Leg Suitcase – Second Side

Double Leg Crunch

Rinse and Repeat for 6 Minutes Total

# Day Three: Push Day

## **Warm Up:**

Stretch

20 min elliptical or incline treadmill walk

## **Workout:**

Bench Press

4×10

Skull Crushers

4×10

Chest Flys

4×10

Incline Bench Press

4×10

Tricep Pushdowns

4×10

**3 Round Circuit:**

20 Push Ups

10 Chin Ups

20 Jumping Lunges

# Day Four: HIIT Circuit and 6-Minute-Abs

**Warm Up:**

Stretch

400m jog

**Workout:**

1 Round for Time:

60 Calorie row or bike

50 Wall Balls

40 Clean and Press

30 Pull Ups

20 Box Jumps

10 Burpees

**6 Minute Abs:**

Explanation:

30 seconds on, 15 seconds on for 2 min

15 second rest and then start another round

Movements:

Single Leg Suitcase – Side One

Single Leg Suitcase – Second Side

Double Leg Crunch

Rinse and Repeat for 6 Minutes Total

# Day Five: Leg Day

**Warm Up:**

Stretch

20 min elliptical or incline treadmill walk



## **Workout:**

Back Squat

4×10

Leg Press

4×10

Hamstring Curl

4×10

Quad Extension

4×10

Calf Raises

4×10

## **3 Round Circuit:**

20 Push Ups

10 Chin Ups

20 Jumping Lunges