

# COLE SPROUSE

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Cole Sprouse

## Workout Routine:

### Training Volume:

3 days per week

### Explanation:

This one is straight from KJ Apa's workout routine, but the volume has been cut. In KJ Apa's we have a 3-6 day routine and there's a lot more circuit training and cardio options involved! So let's pretend like Cole Sprouse is currently hitting the gym with his workout buddy and jump right in with them!

### Weight Increase Explanation:

When I give a rep count of "10,8,5,3,3" for example, you should be going up in weight each time.

You should also increase weight each time on rep counts of 3×10 or 12, for example, but that can be a much more insignificant increase than the above example.

### Video Link:

[SHJ YouTube Workout Guide](#)

## Day One: Chest and Triceps

### Warm Up:

Stretch

800m jog

**Cardio for increased fat/weight loss:**

20 Minutes HIIT Cardio on treadmill – see next day for further HIIT instruction (if your goal is cutting)

**Workout:**

Bench Press

5×10,8,5,3,1

Tricep Cable Pushdowns

3×10

Dips

3×Failure

Incline Dumbbell Bench

3×12

Dumbbell Tricep Kickbacks

3×10

Incline Cable Flys

3×12

Chest Front Raises (similar to decline cable flys but with dumbbells)

3×10

# Day Two: Back and Biceps

## **Warm Up:**

Stretch

800m jog

## **Cardio for increased fat/weight loss:**

20 Minutes HIIT Cardio on treadmill – see next day for further HIIT instruction (if your goal is cutting)

## **Workout:**

Deadlifts

3×10,8,5,3,3

Dumbbell Bicep Curls

3×12

Cable Rows

3×15

Preacher Curls

3×12

Wide Grip Pull Ups

3xFailure

Lateral Cable Pulldowns

3×12

Hammer Curls

3×10

# Day Three: Shoulders and Legs

## **Warm Up:**

Stretch

800m jog

## **Cardio for increased fat/weight loss:**

20 Minutes HIIT Cardio on treadmill – see next day for further HIIT instruction (if your goal is cutting)

## **Workout:**

Back Squats

5×10,8,5,3,3

Arnold Presses

3×10

Leg Press

3×12

Military Press (standing)

5×10,8,5,3,3

Hamstring Curls

3×10

Shrugs (dumbbells or barbell)

3×20

Calf Raises

3×15