

JOHN CENA

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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John Cena

Workout Routine:

Training Volume:

5 days per week

Explanation:

John Cena has done four and five day splits, but the average that I saw revolved around training five or more days. So, that's what we're going to do.

Day One: Upper Body Olympic Style

Warm Up:

Stretch

Workout:

Clean and Jerk

4×10

Snatch

3×10

Kettlebell Swings

3×10

Hang Cleans

3×10

One Arm Dumbbell Snatch

3×10

One Arm Kettlebell Deadlifts

3×10

Day Two: Legs and Calves

Warm Up:

Stretch

Workout:

Back Squat

4×12

Leg Press

3×12

Seated Calf Raise

3×15

Front Squat

3×15

Hamstring Curls

3×10

Leg Extension

3×10

Hack Squat

3×10

Day Three: Chest and Triceps

Warm Up:

Stretch

Workout:

Bench Press

4×12

Pause Bench

3×10

Pec Dec

3×10

Dumbbell Overhead Tricep Extension

3×10

Dips

4×10

Skull Crushers

3×10

Incline Press

3×10

Day Four: Back and Biceps

Warm Up:

Stretch

Workout:

Deadlift

4×10

Preacher Curls

3×10

Cable Rows

3×10

Standing Bicep Curls

3×10

Lateral Pulldowns

3×10

Seated Dumbbell Bicep Curl

3×10 each arm

Front Pulldown Machine

3×10

Day Five: Shoulders and Traps

Warm Up:

Stretch

Workout:

Military Press

4×12

Barbell Shrugs

3×10

Dumbbell Shoulder Front Raise

3×10

Shoulder Flys

3×10

Dumbbell Shrugs

3×10

Arnold Press

3×10

Facepulls

3×10