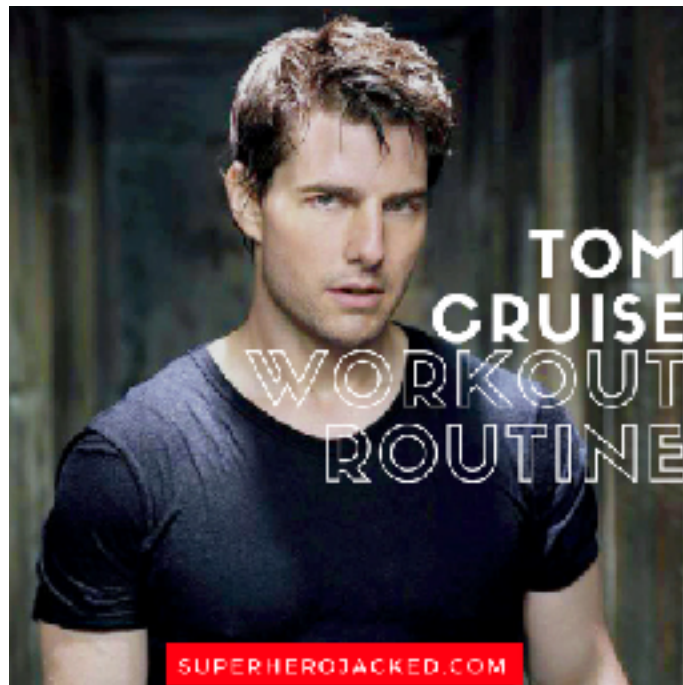


# TOM CRUISE

## 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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# Tom Cruise

## Workout Routine:

### Training Volume:

5 days per week

### Explanation:

I'm going to program you three days of weight training and cardio and it's going to be your job to get active and utilize other forms of fitness on the other two days.

## Day One: Chest, Triceps, Shoulders

### Warm Up:

Stretch

10 min walk

### Workout:

Bench Press

3×10

Dumbbell Kickbacks

3×10 each arm

Dumbbell Shoulder Press

3×10

Incline Press (BB or DB)

3×10

Seated Dumbbell Shoulder Front Raise

3×10

Seated Dumbbell Tricep Overhead Extension

3×10

Cable Chest Flys

3×10

## Day Two: Activity Day “Cager”

You should know what this means by now.

It's time to get out there and use your fitness.

Cruise says: "Sea-kayaking, caving... fencing, treadmill, weights... rock-climbing, hiking... I jog... I do so many different activities."

So, worst scenario is that you have to hit the treadmill for 45-60 minutes. Best scenario is that you do something freakin' awesome.

Let's shoot for the latter.

## Day Three: Back, Biceps and Traps

### **Warm Up:**

Stretch

10 min walk

### **Workout:**

Deadlift

3×10

Preacher Curls

3×10

Barbell Shrugs

3×10

Seated Dumbbell Hammer Curls

3×10

Lateral Pulldowns

3×10

Cable Rows

3×10

Cable Shrugs

3×10

## Day Four: Activity Day “Cager”

You should know what this means by now.

It's time to get out there and use your fitness.

Cruise says: "Sea-kayaking, caving... fencing, treadmill, weights... rock-climbing, hiking... I jog... I do so many different activities."

So, worst scenario is that you have to hit the treadmill for 45-60 minutes. Best scenario is that you do something freakin' awesome.

Let's shoot for the latter.

## Day Five: Legs and Lower Body

### **Warm Up:**

Stretch

10 min walk

### **Workout:**

Squats

3×10

Weighted Lunges

3×10 each arm

Leg Press

3×10

Cable Pull-throughs

3×10

Hamstring Curl Machine

3×10

Leg Extension Machine (Quads)

3×10

Calf Raises (Machine or DB)

3×10