

ALAN RITCHSON

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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Alan Ritchson Workout Routine

Training Volume:

4-6 days per week

Explanation:

Ritchson trains 6+ days a week because his training revolves around staying active. He runs a ton, and also incorporates a lot of bodyweight training on top of sometimes using Tabata-style circuits. I'll be giving you three days of programming to be utilized multiple times a week (each), and also reminding you of some activity to be added in. I'm also including a bonus ab circuit that can be added in from time to time as well.

Day One: Long Distance Cardio

Ritchson's training consists of long distance running.

You can take this slow, but he states that his running sometimes even goes up to 13 miles!

Start with 2-3 miles and work your way to more. Get outside and make it fun!

Day Two: Bodyweight Calisthenics

Warm Up:

Stretch

2-3 mile jog

Workout:

****This can be broken down into any number of sets and reps necessary****

250 Air Squats

250 Push Ups

150 Dips

150 Sit Ups

100 Pull Ups

100 Lunges

Day Three: Tabata Movements

5 Rounds of Each, 1 minute Rounds, 10 Second Break In Between

Variation One:

- Weighted Squat Jumps, Weighted Lunge Jumps, Lateral Lunges, Mountain Climbers
- Dumbbell Shoulder Press, Bent over Row, T Push-Ups, Mountain Climbers
- Core Circuit: Crunches, V-ups, Oblique Raises (right), Oblique Raises (left), each supersets with Mountain Climbers

Variation Two:

- Lunge Jumps, Goblet Squats, Walking Lunges with Twist, Lateral Lunges, Mountain Climbers, Core Work
- 10-minute run followed by sprints (if done on treadmill, speed is set at 10 with an incline of 10), 30-second sprint followed by 30 seconds of rest for a total of 15 minutes
- Push-Up with Row, Weighted V-Ups, Hand Stand on Wall, Burpees: 20 seconds of each, 10 seconds of rest, repeated 4 times non-stop

Bonus Ab Circuit

“Ritchson, who gained international notoriety in The Hunger Games: Catching Fire for his abdominal muscularity, says his favorite core circuit is 3-4 sets of a routine during which he hangs from a pull-up bar while performing the following:”

- Hanging Walk-Ups (to the left and right)

- 10 Knee Raises
- 10 Bicycles
- 10 Bent-Knee Windshield Wipers
- 10 Full Leg Raises (raising the feet above the head)
- Several Bubkas.

Bonus Activity: Surfing, MMA, Yoga, and Parkour

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

Also check out the [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix!