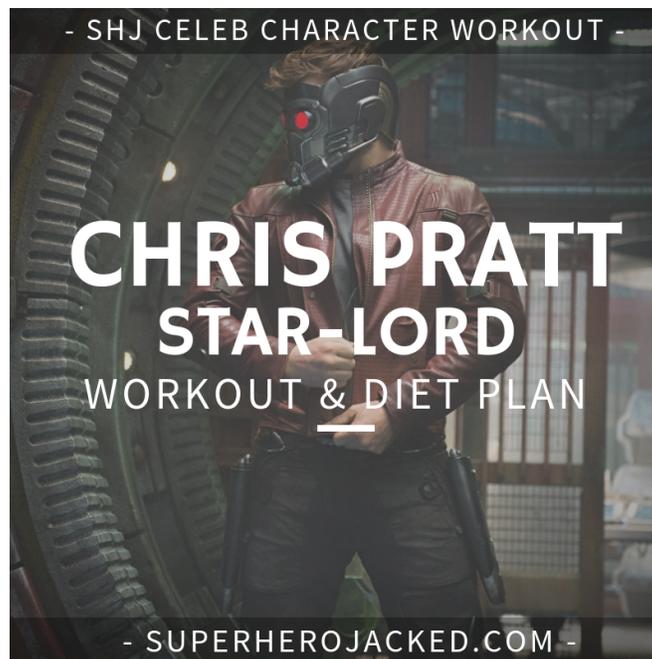


# CHRIS PRATT

## WORKOUT ROUTINE V2



### BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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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# Chris Pratt Workout Routine V2

## **Training Volume:**

5+ days per week

## **Explanation:**

This workout is inspired directly from workouts reprogrammed from Pratt's coach, Gaver, and has been modified through interviews with him. You can do this as is, or you can swap back and forth with his other programming. Remember you can also program in CrossFit WODs which I'll share below as well.

## **Superset Explanation:**

Letters (A/B) represent a superset. So, you'll perform both exercises back to back with no rest until you've performed all of the reps for both exercises – which equals 1 set.

# Chris Pratt Workout Day 1: Back, Biceps, & Abs

## **Warm Up:**

Stretch

10 Min Jog on Treadmill

**Workout:**

Deadlift

4×10,8,5,3

Pull Ups

4×10

Lateral Pull Downs

4×10

Hammer Strength Row

4×12

Heavy Dumbbell Row

4×12

**Superset 1**

A. Hammer Curls

3×12

B. Barbell Curls

3×12

Planks

3×60 seconds

Hanging Leg Raises

3×15

Sit Ups

3×25

# Chris Pratt Workout Day 2: Chest & Triceps

**Warm Up:**

Stretch

10 Min Jog on Treadmill

## **Workout:**

Bench Press

4×12,10,8,5

Incline Bench

4×12

Flys (Cable or DB)

4×12

Dips

3×Failure

Tricep Pushdown

4×12

Hammer Strength Bench

4×12

Cable Kickbacks

4×12

## Chris Pratt Workout Day 3: Active Recovery Day

On this day do something light that helps you remain active. I even prefer a nice 60 min brisk walk outside, or on the the treadmill while reading.

You could even opt to add in one of the listed WODs (shown later) in one or two of your active recovery days.

Or you can utilize some mixed martial arts programming, or even parkour!

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

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

## Chris Pratt Workout Day 4: Legs Calves

**Warm Up:**

Stretch

10 Min Jog on Treadmill

**Workout:**

Back Squat

4×10,8,5,3

Leg Press

4×12

Superset 1

A. Weighted Lunges

3×12

B. Kettlebell Straight Leg Deadlift

3×12

Standing Calf Raises

4×12

Glute Bridges

3×10

# Chris Pratt Workout Day 5: Shoulders & Traps

## **Warm Up:**

Stretch

10 Min Jog on Treadmill

## **Workout:**

Military Press

4×12,10,8,5

Lateral Raises

4×12

Delt Flys

4×12

Front Raises (DB or Cable)

3×10

Barbell Shrugs

4×10

Superset 1

A. One Arm Dumbbell Snatch

3×10

B. Kettlebell Swing

3×10

Dumbbell Shrugs

3×10

## Chris Pratt Workout Days 6-7: Active Recovery Days

On this day do something light that helps you remain active. I even prefer a nice 60 min brisk walk outside, or on the treadmill while reading.

You could even opt to add in one of the listed WODs (shown later) in one or two of your active recovery days.

Or you can utilize some mixed martial arts programming, or even parkour!

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

For some Thai Boxing fun check out [Anna Diop's](#) routine.

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# Chris Pratt WODs and Intuitive Training



### Explanation:

Chris Pratt doesn't just train in one way. He switches it up. He's utilized programming like the first workout shown, the second, and also been seen doing CrossFit WODS and things similar (like the one shown above). Here's a list of CrossFit WODs you can program in, including Murph, which I'll share both him and John Krasinski doing together.

# Chris Pratt Hill Sprint Workout

3 mile trail run warm up (almost 5km)  
3 x 120 yard hill sprints (110 metres)

Hit the couch for recovery.

# CrossFit WOD Addition

## **Warm Up:**

Stretch

## **Workout:**

Complete one of these Crossfit WODs (make sure to vary them):

### “Helen”

#### **Three rounds for time:**

400m run

21 kettlebell swings at 53 pounds

12 pullups (band-supported if needed)

### “Eva”

#### **Five rounds for time:**

800m run

30 kettlebell swings at 70 pounds, if you can, er, swing it

30 pullups (band-supported if needed)

### “Grace”

#### **For time:**

30 clean and jerks at 135 pounds

## “Fight Gone Bad”

**Three rounds, one-minute per exercise, with one-minute rest between rounds:**

Wall balls at 20 pounds with 10-foot target

Sumo deadlift high-pull at 75 pounds

20-inch box jumps

Push-press at 75 pounds

Rowing machine

## “Fran”

**21/15/9 reps for time:**

Thrusters at 95 pounds

Pullups

## “Newport Crippler”

**For time:**

30 back squats loaded with your body weight equivalent

1-mile run

## “Karen”

**For time:**

150 wall balls at 20 pounds with 10-foot target (stopping before complete failure)

**Target times:**

Level 1: 8:00-10:00

Level 2: 5:00-8:00

Level 3: 4:00-5:00

Elite: < 4:00

## 7 Minutes of Burpees

**In 7 minutes:**

Do as many burpees as possible

## “Murph”

**For time:**

1-mile run

100 pullups

200 pushups

300 air squats

1-mile run