

JAMES MCAVOY

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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James McAvoy Workout Routine

Training Volume:

3-5 times a week

Explanation:

We're taking it all right from James McAvoy's own explanation. Five BIG exercises 4-5 times a week. But, we're also being aware that he exaggerated in his interview, so please read below.

Most 5x5 programs revolve around 3 day splits due to the volume of big heavy lifts utilized. For that reason, I'm programming you a typical 5x5 program for 3 days, and then 2 days dedicated to either a full body workout, MMA/Parkour training, or both.

5x5 Explanation:

5x5 means you'll be doing each exercise for 5 sets of 5 reps each, all at the same weight. I suggest warming up to a 60-90% weight depending on how you feel. (Warm ups not included in the 5x5)

James McAvoy Workout: Monday

Warm Up:

Stretch

Workout:

Barbell Back Squat: 5x5

Flat Bench Press: 5×5

Bent-Over Barbell Rows: 5×5

James McAvoy Workout: Wednesday

Warm Up:

Stretch

Workout:

Barbell Back Squat: 5×5

Overhead Press: 5×5

Deadlift: 5×5

James McAvoy Workout: Friday

Warm Up:

Stretch

Workout:

Barbell Back Squat: 5×5

Flat Bench Press: 5×5

Weighted Chin Ups: 5×5

James McAvoy Workout: Bonus Training Days

Bonus Training Option One: Full Body Workout

Warm Up:

Stretch

Workout:

Arnold Press

4×12

Dips

4×12

Dumbbell Bicep Curls

4×12

Pull Ups

4×12

Leg Extension

4x12

Kettlebell Swings

4x12

Bonus Training Option Two: MMA and Parkour

All heroes should know how to defend themselves.

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

Also 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.

And the Daredevil workout also has some beginner Parkour as well.