

WILSON BETHEL

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Wilson Bethel Workout Routine

Training Volume:

3+ days per week

Explanation:

Wilson Bethel is extremely active. He has now implemented a workout routine to take it up a notch for his role in Daredevil, but his physique shown in Hart of Dixie and other roles is from getting out there and using his fitness. For that reason, I'm going to program you 3 days of training in the gym, but another 2+ days a week should be you getting outside and burning some calcs and getting moving!

Superset Explanation for Day Three:

Do not break until all movements of the superset are complete one full time. Then break and repeat the process for 4 total sets of the superset.

Ex: Do exercise 1 for 12 reps, continued by exercise 2, and exercise 3, and then break and repeat this process.

Day One: Pull (Back and Biceps)

Warm Up:

Stretch

5-10 min treadmill warm up (walk or light jog)

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Workout:

Deadlift

4×10,8,5,3

Preacher Curls

4×12

Cable Rows

4×12

Cable Hammer Curls

4×12

Lateral Pulldowns

4×12

Day Two: Get Active

This part is extremely important. Bethel is really active, and if you're going to want to sport his physique you're going to have to emulate that and incorporate it into your own routine.

Do things you enjoy. Go hiking. Play sports. Go surfing.

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!

Day Three: Push (Chest, Shoulders, Triceps)

Warm Up:

Stretch

5-10 min treadmill warm up (walk or light jog)

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Workout:

Bench Press

4×10,8,5,3

Shoulder Superset:

Arnold Press

Shoulder DB Front Raises

4×12

Incline Press

4×12

Chest Flys

4×12

Tricep Triple Set:

Tricep Overhead Extension

Tricep Pushdowns

Tricep Kickbacks

4×12

Day Four: Get Active

This part is extremely important. Bethel is really active, and if you're going to want to sport his physique you're going to have to emulate that and incorporate it into your own routine.

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Day Five: Legs

Warm Up:

Stretch

5-10 min treadmill warm up (walk or light jog)

3×10 Pull Ups

3×15 Dips

3×20 Push Ups

3×25 Air Squats

Workout:

Squats

4×10,8,5,3

Leg Extension

4×12

Hamstring Curls

4×12

Leg Press

4×12

Weighted Lunges

4×12