

# RICHARD MADDEN

# WORKOUT ROUTINE



## BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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# **RICHARD MADDEN**

# **WORKOUT ROUTINE**

## **Training Volume:**

3-5 days per week

## **Explanation:**

I'm going to program you 3 days of Game of Thrones styled training, which is something that Madden would utilize while training for a specific role, but I will also be programming you cardio days because Madden's core training comes from his running.

## **Richard Madden Workout Day**

### **One: GOT Push Day**

#### **Warm Up:**

Stretch

15 minute treadmill walk

## **Workout:**

Bench Press

3x20-25

Tricep Cable Pushdowns

3x20-25

Incline Dumbbell Press (Machine or Cables)

3x20-25

Tricep Overhead Extensions (Cables or One Dumbbell)

3x20-25

## **Gravity Training System Replica**

Chin Ups

3x10

Lunges

3x10

Push Ups

3×10

Air Squats

3×10

## **Richard Madden Workout Day Two: Running**

We know Madden loves running.

We're going to program 2-3 days of running per week. Starting here.

**Run 2-3 miles.**

It's okay to start slow and build your way up.

## **Richard Madden Workout Day Three: GOT Pull Day**

**Warm Up:**

Stretch

15 minute treadmill walk

## **Workout:**

T-Bar Row

3x20-25

EZ Bar Curls

3x20-25

Pulldowns (Cables or Machine)

3x20-25

Hammer Curls (Cables or DBs)

3x20-25

## **Gravity Training System Replica**

Chin Ups

3x10

Lunges

3x10

Push Ups

3×10

Air Squats

3×10

## **Richard Madden Workout Day Four: Running**

We know Madden loves running.

We're going 2-3 days of running per week. Continuing here.

**Run 3-4 miles.**

It's okay to start slow and build your way up.

## **Richard Madden Workout Day Five: GOT Leg Day**

**Warm Up:**

Stretch

15 minute treadmill walk

## **Workout:**

Back Squat

3x20-25

Hamstring Curls

3x20-25

Quad Extension Machine

3x20-25

Calf Raises

3x20-25

## **Gravity Training System Replica**

Chin Ups

3x10

Lunges

3x10



Push Ups

3×10

Air Squats

3×10

## **Richard Madden Workout Day Six: Running**

We know Madden loves running.

**We're trying to get in 2-3 days, and this is the third.**

*If you're shooting for the 3 and possibly even cutting off some of the other training days – try to go hard on this one!*

**Run 3-5 miles.**

It's okay to start slow and build your way up.