

JAKE GYLLENHAAL WORKOUT ROUTINE



Bonus PDF File
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JAKE GYLLENHAAL WORKOUT ROUTINE

Training Volume:

5+ days per week

Daily Volume:

Morning: 8 mile run, boxing training/sparring, bodyweight/core circuit

Afternoon: More Boxing training & Weightlifting

Explanation:

This workout is extremely intense and may need some scaling. I've programmed you workouts straight from the interviews. I suggest sprinkling in the weightlifting a couple days a week if even possible, as Gyllenhaal literally devoted 6 hours a day to focus on training and this is definitely volume taken to an extreme.

Jake Gyllenhaal Morning Workout:

Cardio:

8 mile run

MMA / Sparring:

Choose a mixed martial arts program below:

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

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

Bodyweight/Core Circuit:

2-3 rounds – Rest 1 minute between rounds

Pull Ups x 10

Plank to Push Ups x 10

Plank x 60 Seconds

Push Ups x10

Tire Flips (Jake used a 200 lb tire) x 10

Jake Gyllenhaal Afternoon Workout:

Barbell Bench Press

4×12

Weighted Chin Ups

4×12

Barbell Walking Lunges

4×12

Seated Arnold Press

4×12

Romanian Deadlift w/ DB

4×12

Hack Squats

4×12