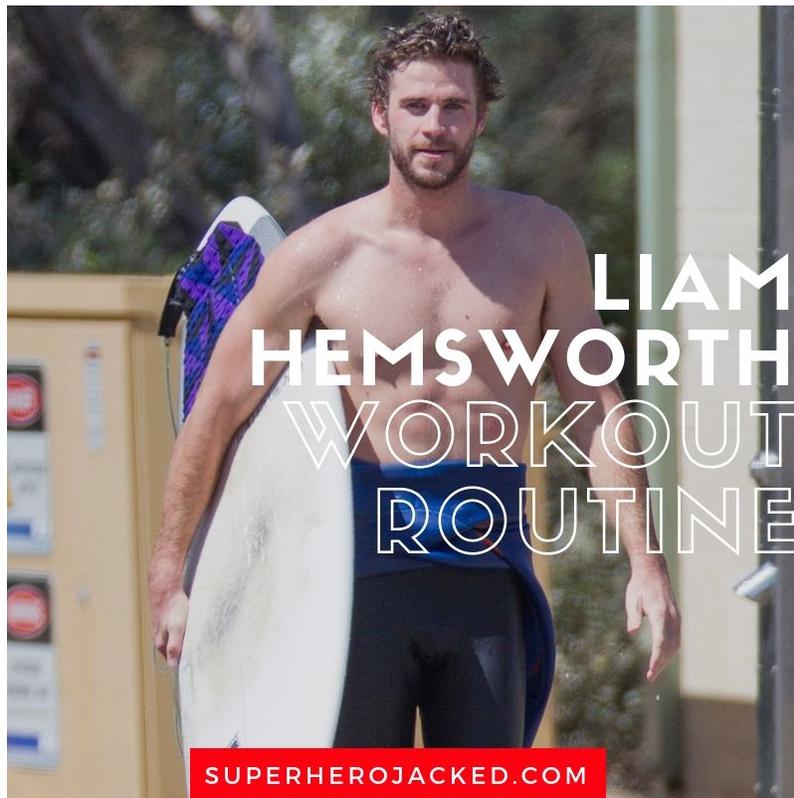


LIAM HEMSWORTH WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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LIAM HEMSWORTH WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

The training volume is going to be really dependent on how often you want to be actively burning calories through the use of activity. I'm going to list activities that Hemsworth likes to utilize and then below I'm going to share the Men's Journal workout variations (which were TOO good to not) for you to utilize 3-6 days a week. You can utilize these variations as ALL of your training, OR you can use 3 variations, 3 day a week and choose to add in other forms of activity as many days as you'd like on top of that.

LIAM HEMSWORTH WORKOUT ACTIVITY CHOICES

Liam Hemsworth, as we know, is not a fan of generic gym workouts. He'd rather wake up at the crack of dawn and go on a hike for 2 hours than have to go to the gym everyday. So, for that reason, I don't want to leave you with just his bodyweight solutions, but also a list of some of the activities he uses as "go-to" activity.

Hemsworth's go-to choices:

Surfing (originally he wanted to go pro!)

Hiking

Tennis

Cycling

Soccer

Basketball

LIAM HEMSWORTH MEN'S JOURNAL

WORKOUT VARIATIONS

The 100-Pushup Workout: A supreme test of upper-body strength, the 100-pushup milestone takes physical training and more than a little mental fortitude.

The Pushup-Pullup Workout: If you want to forge a big, powerful upper body without any fancy equipment, you really only need these two basic exercises. Take full advantage of these moves with this multi-day pushup-pullup workout.

EMOM: Short for “Every Minute On the Minute,” EMOM is a way organize your workout so that you challenge yourself to perform each set efficiently (making sure you maintain good form, of course). Start each set at the top of every minute, and perform each set as quickly as you can. You can use whatever time you have left in that minute to rest before beginning the next set at the top of the next minute.

“Angie”: One of the six benchmark CrossFit WODs, Angie is brutal (and brilliant) in its simplicity: 100 reps each of pullups, pushups, situps, and squats. (Granted, squats and situps aren't part of Hemsworth's routine, but a simple “air squat,” performed without weights, is definitely one of the best bodyweight exercises you can perform.)

The 3-Minute Fit Test: Three minutes, three moves: chinups, pushups, and burpees. Do a minute of each exercise, resting 60 seconds between.

PUSHUP VARIATIONS

Dip Pushup: Both pushups and dips can utterly blast your triceps and chest—so why not combine them?

Feet-Elevated Pushup: By elevating your feet, you shift your bodyweight further onto your upper body, forcing your shoulders and triceps to handle a greater share of your bodyweight at a different angle.

Close-Grip Pushup: Bringing your hands closer together under your body will challenge your triceps even more than a standard pushup. The toughest version of these is arguably the diamond pushup.

One-Leg Pushup: As you're in a pushup position, raise one leg behind you. Keep it raised as you perform each rep, then switch and perform another set with your other leg raised.

Medicine Ball Pushup: Get into a pushup position. Put your left hand on the medicine ball and your right hand on the floor. Perform a pushup as usual. At the top of the move, move your right hand on the ball and then put your left hand on the floor. Perform a pushup as usual, and then switch back. For an extra challenge, bring your feet together—it'll challenge your core to stabilize your body.

One-Arm Pushup: This legendary move isn't just a feat of strength—it's a feat of skill. The trick: Spread your feet wide apart, hold your free hand against your lower back, and make sure to fire your core muscles as you perform each rep. Start by doing the pushup on an incline, so more weight is on your feet, until you can do it comfortably.

The Suspended Pushup: An ultra-challenging variation. you can do on a suspension trainer like the TRX. Don't be surprised if you're shaking after three reps.

PULLUP VARIATIONS:

Wide-Grip Pullup: Place your hands far apart on the bar and do the pullups. It's a seriously lat-blasting way to challenge yourself.

Sternum Chinup: Hang from the chinup bar with hands shoulder-width apart and palms facing you. When you pull yourself up, try touching your sternum to the bar.

Neutral-Grip Chinup: Use a chinup bar with parallel handles (or hook a V-grip bar over a straight chinup bar) to perform neutral-grip chinups. They're a great variation on the standard palms-away and palms-facing-you options.

BURPEE WORKOUTS

The 100-Burpee Workout: In a word: Brutal.

The 3-Minute Burpee Challenge: You've got three minutes to do as many burpees as possible.

DIP VARIATIONS

Bar Dips: Bar dips are one of the top exercises for guys because they work so many elements of the upper body.