

SAMUEL L. JACKSON WORKOUT ROUTINE



Bonus PDF File
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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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SAMUEL L. JACKSON WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

The training volume really varies depending on if you'll be doing Pilates on the same days as strength training with weights, and if you're going to be doing both 3 days a week. I'm going to list 3 days of Pilates, program 3 days of weights and conditioning, and also remind you that he does acupuncture and massage twice a week as well.

Samuel L. Jackson Workout: 3 Pilates Days

Samuel L. Jackson does Pilates three times a week.

You can incorporate this via a class held at a local gym, YouTube videos, or in any other formats.

This can also be added in on top of your weightlifting and conditioning, or on separate days as an active off day.

Samuel L. Jackson Workout: Weightlifting and Conditioning Day One

Warm Up:

20-30 min varied cardio:

Elliptical, Stair Master, Bike, Rower, Treadmill

Workout:

Light Squats (Unweighted is fine)

3×10

Cable or Machine Rows

3×10

Light Front Raises (DB or Plate)

3×10

Chest Flyes (DB or Machine)

3×10

Light Bicep Curls

3×10 each arm

Light Tricep Pushdowns

3×10

Samuel L. Jackson Workout: Weightlifting and Conditioning Day Two

Warm Up:

20-30 min varied cardio:

Elliptical, Stair Master, Bike, Rower, Treadmill

Workout:

Overhead Press (Machine, Hammer, or Free Weights)

3×10

Pulldowns (Cable or Hammer)

3×10

Lunges (Unweighted is fine)

3×10

Incline Machine or Hammer Press

3×10

Light Preacher Curls

3×10

Tricep Kickbacks w/ Cable or DB

3×10

Samuel L. Jackson Workout: Weightlifting and Conditioning Day Three

Warm Up:

20-30 min varied cardio:

Elliptical, Stair Master, Bike, Rower, Treadmill

Workout:

Bench Press (Bench, DB, or Machine)

3×10

Face Pulls

3×10

Hamstring Curls

3×10

Lateral Raises

3×10

Hammer Curls w/ Light Dumbbells

3×10

Tricep Overhead Extension (Cable or DB)

3×10

Samuel L. Jackson Acupuncture, Massage and Cupping

Samuel L. Jackson swears by his acupuncture, massage, and cupping.

It's part of what he believes keeps him young.

So while we might not normally include this in a workout regime, we're also talking about a 70 year old legends guide to staying young!

He states he goes twice a week.

Do with that what you'd like!