

COLIN FARRELL WORKOUT ROUTINE



Bonus PDF File
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COLIN FARRELL WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

Colin Farrell switches up his programs and loves to keep it “varied”. But, he’s also trained extremely intense for specific roles like Total Recall, in which he was in the gym 6 days a week and running 2 miles a day as well. I’m going to be programming you 3 days of training that are based on a share from Farrell’s training partner, but also including how to turn that into a 6 day a week program as well.

Colin Farrell Workout Day One: Upper Body Workout

Warm Up:

Stretch

Run 5 minutes

Total Recall Upgrade:

2 mile run

Workout:

Dumbbell Bench Press

6×30, 25, 15, 25, 20, failure

Dumbbell Bicep Curls

6×30, 25, 15, 25, 20, failure

Superset One:

A. Medicine Ball Slams

3×12

B. Plank

3×60 seconds

Superset Two:

A. Medicine Ball V sit-ups

3×20

B. Medicine Ball Press Up

3×60 seconds

Colin Farrell Workout Day Two: Lower Body Workout

Warm Up:

Stretch

Run 5 minutes

Total Recall Upgrade:

2 mile run

Workout:

Squat (Goblet or Barbell)

6×30, 25, 15, 25, 20, failure

Calf Raises (Machine or Standing w/ Weights)

6×30, 25, 15, 25, 20, failure

Superset One:

A. Leg Press

3×12

B. Calf Raise

3×12

Superset Two:

A. Kettlebell Swings

3×20

B. Cable Pullthroughs

3×10

Colin Farrell Workout Day Three: Upper Body Workout 2

Warm Up:

Stretch

Run 5 minutes

Total Recall Upgrade:

2 mile run

Workout:

Kettlebell Deadlift

6×30, 25, 15, 25, 20, failure

Bent Over Rows

6×30, 25, 15, 25, 20, failure

Superset One:

A. One Arm Dumbbell Snatch

4×12 each arm

B. Side Plank (switch sides each set)

4×30 seconds

Superset Two:

A. Face Pulls

3×20

B. One Arm Cable Lateral Raises

3×12 each arm

Colin Farrell Workout Days 4-6: Varied

If you're looking to step it up a notch and train like Farrell during his Total Recall days, you'll be training at a higher volume than the above listed programming which is based on his training partner's share.

You have a few options. You can rinse and repeat the workout above so that it's 3 days on, one day off, leaving you with 6 days a week (like Farrell), OR you can really vary your training like Farrell did and use any of the WODs below:

Also remember Farrell ran 2 miles per day on top of his training in the gym. Some of these WODs won't require that as the cardio is inherent, but it's something to keep in mind if you choose one of the shorter ones from time to time.

Workout:

Complete one of these Crossfit WODs (make sure to vary them):

“Helen”

Three rounds for time:

400m run

21 kettlebell swings at 53 pounds

12 pullups (band-supported if needed)

“Eva”

Five rounds for time:

800m run

30 kettlebell swings at 70 pounds, if you can, er, swing it

30 pullups (band-supported if needed)

“Grace”

For time:

30 clean and jerks at 135 pounds

“Fight Gone Bad”

Three rounds, one-minute per exercise, with one-minute rest between rounds:

Wall balls at 20 pounds with 10-foot target

Sumo deadlift high-pull at 75 pounds

20-inch box jumps

Push-press at 75 pounds

Rowing machine

“Fran”

21/15/9 reps for time:

Thrusters at 95 pounds

Pullups

“Newport Crippler”

For time:

30 back squats loaded with your body weight equivalent

1-mile run

“Karen”

For time:

150 wall balls at 20 pounds with 10-foot target (stopping before complete failure)

Target times:

Level 1: 8:00-10:00

Level 2: 5:00-8:00

Level 3: 4:00-5:00

Elite: < 4:00

7 Minutes of Burpees

In 7 minutes:

Do as many burpees as possible

“Murph”

For time:

1-mile run

100 pullups

200 pushups

300 air squats

1-mile run