

# KELLAN LUTZ WORKOUT ROUTINE



Bonus PDF File  
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# KELLAN LUTZ WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

You're going to likely want a high volume routine for Lutz's training considering his activity level is so high. That being said, you don't have to hit the weights every single day, as he admits to slacking in that department at times, BUT, he is always actively going for a run and getting in some form of activity and training. For that reason I'll be programming you 2 days of training for the gym (based on what he shares with [Bodybuilding.com](https://www.bodybuilding.com) and Men's Health), a bodyweight day to fit in on ANY day, a cardio day, and CrossFit programming as Lutz literally told his trainer to shock him with new bootcamp, intense workouts every day he comes.

## Kellan Lutz Workout: Men's Health Programming

Warm Up:

Jog 10 min

Workout:

Dumbbell Floor Press

3×20

Barbell California Press

**3×15**

**Swiss Ball Pull Overs**

**3×20**

**Landmine Press**

**3×15**

**Plate Halo**

**3×15**

**Medicine Ball Slams**

**3×10**

## **Kellan Lutz Workout: Bodybuilding .com Hercules Style**

**Warm Up:**

**Stretch**

**Workout:**

**Treadmill Circuit: 3 Rounds**

***Raise the Incline AND Speed Every 2 Minutes***

**Run for 2 min**

**50 Steps of Bear Crawl (on Treadmill)**

**Run for 2 min**

**20 Dips**

**Upper Body Circuit: 3 Rounds**

**20 Machine Side Lateral Raises**

**20 Decline Push Ups**

**20 Machine Incline Press**

**20 Decline Dips**

**20 Machine Bench Press**

**20 Decline Push Ups**

## **Kellan Lutz Workout: Bodyweight and Calisthenics Day**

**Cardio:**

**Run 20-30 minutes**

**Workout:**

**Push Ups**

**4×25**

**Sit Ups**

**4×20**

**Dips**

**4×15**

**Box Jumps**

**4×12**

**Pull Ups**

**4×10**

## **Kellan Lutz Workout: Cardio Day**

**30-60 minutes of varied cardio based on these options:**

**Treadmill, Rower, Stair Master, Elliptical**

## **Kellan Lutz Workout: CrossFit WODS**

**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**