

KELLAN LUTZ WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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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