

# PAUL BETTANY WORKOUT ROUTINE



Bonus PDF File  
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# **PAUL BETTANY WORKOUT ROUTINE**

**Training Volume:**

**5 days per week**

**Explanation:**

**We're going to start with core exercises just like Bettany and then work our way into the circuit he was put through every day. Swap through different variations of core training from day to day.**

## **Paul Bettany Workout Routine:**

### **Core and Circuit**

**Warm Up:**

**Stretch**

**5-10 min treadmill walk**

**Core Workout:**

**Only perform one of the three variations listed below and change it up from day to day.**

**Do all movements listed for that given day, taking breaks in between each.**

*Variation One*

**Cable Crunches**

**3×25**

**Hanging Leg/Knee Raises**

**3×15**

**Plank**

**3×60 seconds**

***Variation Two***

**Sit Ups**

**3×25**

**Lying Leg Raises**

**3×15**

**Side Planks**

**3×30 seconds each side**

***Variation Three***

**Weighted Crunch Machine**

**3×25**

**Hanging Knee Raises w/ Oblique Twist**

**3×20**

## **Russian Twists**

**3×25**

### **Circuit Workout:**

**Do all four circuits below everyday.**

**Perform 15 reps of each movement and complete each circuit three times through with no break between each movement but a 2 minute break between each time through [the entire round].**

**These movements can be done w/ weights ranging from light to moderately heavy – but they can also be scaled down to bodyweight movements as well.**

#### ***Circuit One:***

**Goblet Squats**

**Lunges**

**Clean and Press**

#### ***Circuit Two:***

**Flat Bench**

**Incline Press**

**Bench Flys**

#### ***Circuit Three:***

**Lateral Pulldowns**

**Shoulder Press**

**Bent Over Rows**

**Pull Ups**

***Circuit Four:***

**Barbell Curls**

**Reverse Grip Tricep Pushdowns**

**Tricep Kickbacks**