

DONALD GLOVER WORKOUT ROUTINE



Bonus PDF File
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DONALD GLOVER WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

We know Glover knows his way around the gym, and we also know he's sported a slim physique but most attractively a defined core and cupped chest. For that reason our 3 main gym days will be geared towards achieving just that – as well as the option to utilize a body weight training and cardio instead (one day which can be used up to as many days per week as you'd like).

More information:

The volume of this workout says 3-6 days per week because you can choose to do this as a 3 day split, or a 3 days on, 1 day off, split. You can also choose to add in the bodyweight workout on top, or on it's own.

Donald Glover Gym Workout Day One

Warm Up:

10 minute jog

Workout:

Chest Superset:

A. Incline Dumbbell Press

3×10

B. Dumbbell Pullovers

3×10

Leg Superset:

A. Leg Press

3×10

B. Calf Raises

3×10

Shoulder Superset:

A. Standing Military Press

3×10

B. Upright Row w/ EZ Bar

3×10

Back Superset:

A. Wide Push Ups

3×10

B. Close Grip Cable Rows

3×10

Core Superset:

A. Lying Leg Raises

3×25

B. Flutter Kicks

3×25

Donald Glover Gym Workout Day Two

Warm Up:

10 minute jog

Workout:

Chest Superset:

A. Hammer Strength Press

3×10

B. Dips

3×10

Leg Superset:

A. Goblet Squats

3×10

B. Straight Leg DB Deadlift

3×10

Shoulder Superset:

A. DB Shoulder Front Raises

3×10

B. DB Lateral Raises

3×10

Back Superset:

A. T-Bar Rows

3×10

B. Face Pulls

3×10

Core Superset:

A. Sit Ups

3×25

B. Plank

3×30 seconds

Donald Glover Gym Workout Day Three

Warm Up:

10 minute jog

Workout:

Chest Superset:

A. Chest Fly Variation (DB or Cables)

3×10

B. Hex Press

3×10

Leg Superset:

A. Weighted Lunges

3×10

B. Kettlebell Swings

3×10

Shoulder Superset:

A. Arnold Press

3×10

B. Standing DB Shoulder Fly

3×10

Back Superset:

A. Deadlifts (DB or BB)

3×10

B. Wide Grip Pull Ups

3×10

Core Superset:

A. Cable Crunches

3×25

B. Hanging Leg Raises

3×15

Donald Glover Workout Version Two: Bodyweight and Cardio

If you're looking to achieve Glover's physique you can also opt to drop bodyfat while sculpting with this bodyweight and cardio plan.

Obviously dropping body-fat will also be contingent on your diet.

Get the reps done in however many sets/reps needed.

Start with a 3-5 mile jog (scale down to a walk if needed)

100 Air Squats

100 Push Ups

75 Dips

75 Sit Ups

50 Pull Ups

50 Lunges (25 each leg)