

CHACE CRAWFORD WORKOUT ROUTINE



Bonus PDF File
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CHACE CRAWFORD WORKOUT ROUTINE

Training Volume:

5 days a week

Explanation:

We're going to be working out five days a week for about 40 minute sessions. Crawford also takes his dog walking frequently, which is not included in this workout plan (including his other highly active job and other activity). We'll be using circuit training and bodyweight movements. During circuits you will not be taking breaks unless instructed to do so between rounds.

Chace Crawford Day One: Circuit and Bodyweight Training

Bodyweight Training:

Push Ups

5×20

Dips

5×15

Pull Ups

5×10

Circuit:

5 Rounds for Time

15 seconds of Battle Ropes

15 Kettlebell Swings

15 Kettlebell Russian Twists

15 Kettlebell Goblet Squats

Chace Crawford Day Two: Circuit and Bodyweight Training

Bodyweight Training:

Push Ups

5×20

Dips

5×15

Pull Ups

5×10

Circuit:

1 Round for Time

60 Calorie Row

50 Kettlebell Deadlifts

40 Clean and Press

30 Dumbbell Snatch (15 each arm)

20 Box Jumps

10 Burpees

Chace Crawford Day Three: Circuits and Bodyweight Training

Bodyweight Training:

Push Ups

5×20

Dips

5×15

Pull Ups

5×10

Circuit:

Every Minute on The Minute:

10 Double Unders (or 30 Jump Ropes)

10 Dumbbell Thrusters

Circuit Two:

21-15-9

(Three rounds, first round 21 reps each, second 15 reps each, third 9 reps each)

Deadlifts (BB, DB or KB)

Box Jumps

Chace Crawford Day Four: Circuit and Bodyweight Training

Bodyweight Training:

Push Ups

5×20

Dips

5×15

Pull Ups

5×10

Circuit One:

9 Minute Tabata

Tabata Explanation: 20 seconds on one workout, 10 second break, and onto the next to repeat!

Movements:

Plank to Push Ups and Jump Squats

Circuit Two:

Try to beat a 5 Minute Clock:

Derek says: Start by being like The Flash! Use your speed at the beginning portion!

30 Roundhouse Kicks

30 Piston Punches

30 Alternating Knee Strikes

25 Roundhouse Kicks

25 Piston Punches

25 Alternating Knee Strikes

20 Roundhouse Kicks

20 Piston Punches

20 Alternating Knee Strikes

15 Roundhouse Kicks

15 Piston Punches

15 Alternating Knee Strikes

10 Roundhouse Kicks

10 Piston Punches

10 Alternating Knee Strikes

Chace Crawford Day Five: Circuit and Bodyweight Training

Bodyweight Training:

Push Ups

5×20

Dips

5×15

Pull Ups

5×10

Circuit:

9 Minute Tabata

Tabata Explanation: 20 seconds on one workout, 10 second break, and onto the next to repeat!

Movements:

Mountain Climbers and Jumping Jacks

Circuit Two:

21-15-9

(Three rounds, first round 21 reps each, second 15 reps each, third 9 reps each)

Thrusters

Pull Ups