

JOE KEERY

WORKOUT ROUTINE



Bonus PDF File
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JOE KEERY WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

I'm going to be programming you 3 days of full body (pretty intense) training days. These can be used 3 days a week, or 3 days on and one day off which would lead to 6 days per week. This is based on Joe Keery's six week training that he thought he was doing to rock a Speedo (and instead just had a quick shower scene); but I will also be giving you some options to get your activity up to keep up with Keery's regular busy schedule.

Joe Keery Workout: Full Body Variation One

Warm Up:

15 minute jog

Workout:

Incline Bench Press

3×10

Incline Chest Flyes

3×10

Reverse Grip Tricep Cable Pushdowns

3×10

T-Bar Rows

3×10

Dumbbell Bicep Curls

3×10 each arm

Weighted Lunges

3×10 each leg

Shoulder Front Raises

3×10

Joe Keery Workout: Full Body Variation Two

Warm Up:

15 minute jog

Workout:

Arnold Press

3×10

Lateral Raises

3×10

DB Overhead Extension

3×10

Wide Grip Pulldowns

3×10

Dumbbell Hammer Curls

3×10 each arm

Glute Bridges

3×10

Dips

3×10

Joe Keery Workout: Full Body Variation Three

Warm Up:

15 minute jog

Workout:

Squats

3×10

Straight Leg Dumbbell Deadlift

3×10

Cable Tricep Kickbacks

3×10

One Arm Dumbbell Rows

3×10

Preacher Curls

3×10

Chest Press

3×10

Kettlebell Swings (or use DB)

3×10

Joe Keery Workout: Everyday Activity

For the most part Keery just stays pretty active. Between his acting career and playing with his band those keep him moving around a lot and he is also just active to begin with.

If you'd like to emulate the regular Keery bod by staying active it's important to recognize that you'll also have to pay attention to your nutrition. If you have weight to lose it won't just magically happen, so make sure you're taking a look at how many calories you're eating daily.

As far as activity, here are some options:

- Track 10,000 Steps a Day
- Do 30 minutes of HIIT Daily
- Have 3 Active Days (Hiking, Tennis, Sports, Swimming, etc) with at least 30-60 minute sessions.

