

KARL URBAN WORKOUT ROUTINE



Bonus PDF File
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KARL URBAN WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

Rest is extremely important to recover. That is even more the case when you're training twice a day. Rest is going to be of utmost importance for this one, and it should be mentioned that this training protocol is only to be utilized in a short 8-14 weeks of training. From there you should deload and move onto another program before picking this one back up. We are training like Urban did for movie prep; and he does not normally train anywhere near this much during regular life.

Karl Urban Workout: The Training Schedule

Two-A-Day Training Schedule

Sunday: Rest

Monday AM & PM: Chest and Triceps

Tuesday AM & PM: Leg Day

Wednesday: Rest

Thursday AM & PM: Shoulders and Abs

Friday AM & PM: Back and Biceps

Saturday: Rest

Karl Urban Workout Routine: Chest and Triceps

Morning Workout:

Bench Press

4×6-10 reps

Incline Dumbbell Bench Press

4×8-10 reps

Weighted Dips

4×8-15 reps

Afternoon-Night Workout:

Cable Flyes

3×15

Pec Deck Machine

3×15

Overhead Dumbbell Tricep Extension

3×15

Cable Kickbacks

3×15 each arm

Karl Urban Workout Routine: Legs

Morning Workout:

Back Squat

4×6-10 reps

Leg Press

4×8-10 reps

Romanian Dumbbell Deadlift

4×8-10 reps

Afternoon-Night Workout:

Hamstring Kickbacks or Curls

3×15

Leg/Quad Extension

3×15

Glute/Hip Thrusts

3×15

Seated Calf Raises

3×15

Karl Urban Workout Routine: Shoulders and Traps

Morning Workout:

Overhead Press

4×6-10 reps

Arnold Press

4×8-10 reps

Barbell Shrugs

4×8-10 reps

Afternoon-Night Workout:

Face Pulls

3×15

Dumbbell Lateral Raises

3×15

Dumbbell Shrugs

3×15

Shoulder Front Raises (DB or Cable)

3×15

Karl Urban Workout Routine: Back and Biceps

Morning Workout:

Barbell Deadlift

4×6-10 reps

Wide Grip Lateral Pulldowns

4×8-10 reps

Weighted Chin Ups

4×8-10 reps

Afternoon-Night Workout:

Straight Arm Cable Pressdowns

3×15

Preacher Curls

3×15

Dumbbell Pullovers

3×15

Hammer Curls (DB)

3×15 each arm