

LEONARDO DICAPRIO WORKOUT ROUTINE



Bonus PDF File
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LEONARDO DICAPRIO WORKOUT ROUTINE

Training Volume:

0-6 days per week

Explanation:

There have been a couple phases for DiCaprio. On a regular basis DiCaprio just stays active by walking and getting outdoors, but he has also gone through phases of circuit training with bodyweight exercises, and another that had him training for 90 minutes a day, 6 days per week. For that reason I'm going to give you a prison styled body weight day that can be performed 3+ days per week to bring us back to his Departed days; but I'm also going to give you a couple circuits to add in, as well as a list of other things you can add if you really want to step it up to that 6 day marker.

Leonardo DiCaprio Workout: Prison Style for The Departed [3+ Days Per Week]

Push-Ups

Total: 125

5×25

Air Squats

Total: 125

5×25

Dips

Total: 100

5×20

Pull Ups

Total: 50

5×10

Burpees

Total: 50

5×10

Leonardo DiCaprio Workout: Other Activity Like DiCaprio

When DiCaprio was working with a trainer they have his training style listed as “strength training, interval training, cardio work, yoga and some martial arts“.

For that reason I’ll list some of each below so you can easily find it.

Strength Training: All over the entire site, but start here...

Beginner: SHIELD Workout

Intermediate: Hugh Jackman

Advanced: Henry Cavill

Cardio/Interval Work: Use a WOD listed in the next section, or these HIIT cardio options:

Treadmill: 20-30 min HIIT

1 minute on: run 5-10mph

1 minute off: walk 2.5-3.5mph

Bike: 20-30 min HIIT

1 minute on: keep RPMs above 100 on level 7-10

1 minute off: steady RPMs 30-70 on level 3-5

Yoga: Yoga can obviously be done in a class setting, and that will more than likely be your BEST option.

But it's not your only one.

We also have yoga videos and training inside [The Academy's Jedi Path](#), and I LOVE utilizing YouTube for videos as well.

Mixed Martial Arts: We have [Coach Derek's](#) programs which are listed below.

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

Leonardo DiCaprio Workout: Optional Circuits

Complete one of these Circuits (make sure to vary them):

“Helen”

Three rounds for time:

400m run

21 kettlebell swings at 53 pounds

12 pullups (band-supported if needed)

“Eva”

Five rounds for time:

800m run

30 kettlebell swings at 70 pounds, if you can, er, swing it

30 pullups (band-supported if needed)

“Grace”

For time:

30 clean and jerks at 135 pounds

“Fight Gone Bad”

Three rounds, one-minute per exercise, with one-minute rest between rounds:

Wall balls at 20 pounds with 10-foot target

Sumo deadlift high-pull at 75 pounds

20-inch box jumps

Push-press at 75 pounds

Rowing machine

“Fran”

21/15/9 reps for time:

Thrusters at 95 pounds

Pullups

“Newport Crippler”

For time:

30 back squats loaded with your body weight equivalent

1-mile run

“Karen”

For time:

150 wall balls at 20 pounds with 10-foot target (stopping before complete failure)

Target times:

Level 1: 8:00-10:00

Level 2: 5:00-8:00

Level 3: 4:00-5:00

Elite: < 4:00

7 Minutes of Burpees

In 7 minutes:

Do as many burpees as possible

“Murph”

For time:

1-mile run

100 pullups

200 pushups

300 air squats

1-mile run