

FARHAN AKHTAR WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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FARHAN AKHTAR WORKOUT ROUTINE

Training Volume:

Way Too Much

Explanation:

I'm going to be sharing his exact training with his personal trainer Samir Juara. This is shared not only in *Indian Bodybuilding* but also *India Today* and other sources. Enjoy, and good luck!

Farhan's workout plan was divided between Melwyn and Samir. He used to work out 6 hours a day in there intervals i.e. Workout for 2 hours three times a day. The workout plan was divided into athletic training, functional training and weight training.

Farhan Akhtar Workout: First Session

Farhan along with Melwyn Crasto used to meet up at Priyadarshani Park at 6:30 am for the athletic training. The focus of this training was to teach Farhan about professional printing so that he can convincingly play the sprinting sequences in the movie. Farhan says with this training, he became almost a professional runner.

This routine including 3 major components of running – upper leg motion, knee lift and push off. Milkha Singh had a typical pattern of running, his right hand used to bend inwards while sprinting and with Melwyn's coaching Farhan was able to capture that. Each session, Farhan would sprint for 1200 meters.

Farhan Akhtar Workout: Second Session

The second workout session (6 hours after morning session) involves functional training with Coach Samir Jaura. The functional training focused on strengthening the core as well as enhances flexibility which is of importance for a sprinter. Routines involved included climbing up the rope with weights on the legs, hanging down and several abdominal exercises. This session took about 1.5 hours to 2 hours. He used to do 12 sets consisting of 15 reps of pushups, pull ups, high knees and 10 such exercises.

The third session of the day commenced at 6 pm consisting of weight training. The routines focused on Hypertrophy Strength Training (HST) and Tabata. The HST helped in gaining muscles by subjecting the body to increasing loads. In the first 6 months of the training, 3 months were dedicated to HST. Samir had laid down a special 12 week program for Farhan.

Farhan Akhtar Workout: Third Session

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Abs: Working on the abdomen, Farhan used to do 12 sets of crunches involving 200 repetitions each. Thus, each day with each session, he used to do 2400 crunches. He also did side benches, leg raises and several other abdominal routines.

Legs: Since Farhan was playing the role of a sprinter, his legs had to be in perfect condition. For this, he work out plan involved a set of 300 repetitions of each – lunges, leg press, leg extensions, squats and jump squats. This was followed by 100 calf raises.

Biceps: Those incredibly pumped up biceps were a result of a rigorous workout plan including cable workouts, curls, concentration curls and preacher curls etc.

After 3 months, he moved on to Tabata which is a special and a tough module. Tabata involved achieving the maximum number of repetitions in a given time span. His Tabata session included 8 to 10 sets of several routines with each set lasting for about 90 seconds. Two muscle groups focused on a body like shoulder and legs, chest and biceps and back and triceps etc.

For the athletic version, when Farhan had to lose weight, his routine consisted of weight training and endurance training. Each day, he used to focus on two muscle groups. The routine involved 15 sets with 100 repetitions each. After a year, he completed his training and by then he had only 5 percent body weight.