

# FARHAN AKHTAR WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# 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

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.

**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.