

ORLANDO BLOOM WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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ORLANDO BLOOM WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

Orlando Bloom has been shown running, going for long walks, and also diversifying his training with pool workouts (and dumbbells), weight training, and a bunch of calisthenics! For this reason we're going to keep the training diversified as well and constantly switch it up throughout the week.

Orlando Bloom Workout Routine: Sample Scheduling

Monday: Full Body Weights

Tuesday: Scaled Calisthenics and Long Distance Walk/Run (3-5+ miles)

Wednesday: Pool Workout

Thursday: Calisthenics Workout

Friday: Full Body Weight OR Pool Workout

Saturday: Off Day

Sunday: Off Day (or fit in one of your other training variations or get active)

Orlando Bloom Workout: Full Body Weights and Calisthenics

The majority of this workout comes directly from Blooms training videos.

Warm Up:

Walk 5 Minutes

Jog 5 Minutes

Workout:

Hex Bar Deadlift

4×12

Sandbag Overhead Spins

3×12

Ball Slam into Burpees

3×12

L-Sit Dips

3×12

One Arm Burpees

3×10

Landmine Shoulder Press

3×10 each arm

Single Arm Barbell Ab Rollouts

3×10

Ab Rollout into Knee Clean and Press

3×10

Orlando Bloom Workout: Calisthenics Training

For this one I'll be giving you the advanced workout and then a way to scale it.

Complete them in as many sets and reps as you need.

Advanced:

100 pull ups

100 leg raises

200 push-ups

400 squats

Intermediate:

75 pull ups

75 leg raises

150 push-ups

200 squats

Beginner:

50 assisted pull ups

50 lying leg raises

100 knee push-ups

150 above parallel squats

Orlando Bloom Workout: Pool Workout

Orlando Bloom says he trains with Laird Hamilton (big-wave surfing legend).

They're workout is said to go something like this:

the two use 50-lb dumbbells and, while holding their breath, carry them back and forth in the pool for as long as possible. This "deoxygenates your blood," says Bloom, and stresses your body out for an even more intense workout.

That's a BIT intense. I won't automatically tell you to jump right into that one, so for now I'll share a swimming workout from Speedo that we like to share here: [Speedo 1K Training Plan](#)

