

# TOM WELLING WORKOUT ROUTINE



Bonus PDF File  
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# TOM WELLING WORKOUT ROUTINE

## Training Volume:

4+ days per week

## Explanation:

For this one we're going back to one of our four day splits. We'll be focusing on building muscle with our compound lifts to start each day of our training, but we'll also be looking to get that V-shape that Welling was focusing on during his Clark Kent days. Expect to see those pull-ups and other bodyweight movements throughout your training days as well being that Welling's old trainer mentioned it.

## Tom Welling Workout Day One: Bench Press

### Warm Up:

*\*\*If you'd like to add in some extra calorie burning towards a regime shooting to look like Welling's Clark Kent physique feel free to step this section up a notch to 30-60 minutes of varied cardio instead of the warm up programming.\*\**

10 Minute Incline Walk

### Workout:

Bench Press

4×10, 8, 6, 3-5

Close Grip Bench

3×12,10,8

Incline Dumbbell Bench Press

3×12,10,8

Cable Tricep Pushdown w/ Rope

3×12,10,8

Dips

4×12

Cable Kickbacks

3×10

**Core Work:**

Lying Leg Raises

3×15

Sit Ups

3×25

Side Planks

3×30 seconds each side

# Tom Welling Workout Day Two: Deadlift

## Warm Up:

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10 Minute Incline Walk

## Workout:

Deadlift

4×10, 8, 6, 3-5

T-Bar Rows

3×12,10,8

Wide Grip Cable Pulldowns

3×12,10,8

Cable Bicep Curls

3×12,10,8

Chin Ups

4×12

Hammer Curls w/ DB

3×10

**Core Work:**

Hanging Leg Raises

3×15

V-Ups

3×25

Planks

3×60 seconds

**Tom Welling Workout Day Three: Overhead Press**

**Warm Up:**

*\*\*If you'd like to add in some extra calorie burning towards a regime shooting to look like Welling's Clark Kent physique feel free to step this section up a notch to 30-60 minutes of varied cardio instead of the warm up programming.\*\**

10 Minute Incline Walk

**Workout:**

Overhead Press

4×10, 8, 6, 3-5

Barbell Shrugs

3×12,10,8

Barbell Upright Rows

3×12,10,8

Face Pulls

3×12,10,8

Pull Ups

4×12

Lateral Raises w/ DB

3×10

**Core Work:**

Russian Twists w/ KB

3×15

Machine Crunch

3×25

Side Planks

3×30 seconds each side

**Tom Welling Workout Day Four: Squat**

## **Warm Up:**

*\*\*If you'd like to add in some extra calorie burning towards a regime shooting to look like Welling's Clark Kent physique feel free to step this section up a notch to 30-60 minutes of varied cardio instead of the warm up programming.\*\**

10 Minute Incline Walk

## **Workout:**

Back Squat

4×10, 8, 6, 3-5

Leg Press

3×12,10,8

Seated Calf Raises

3×12,10,8

Straight Leg DL w/ DB

3×12,10,8

Quad/Leg Extension

4×12 each leg

Hamstring Curls

3×10



**Core Work:**

Hanging Knee Raise w/ Twist

3×15

Sit Ups w/ Twist

3×25

Planks

3×60 seconds