

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

4x10, 8, 6, 3-5

Close Grip Bench

3x12,10,8

Incline Dumbbell Bench Press

3x12,10,8

Cable Tricep Pushdown w/ Rope

3x12,10,8

Dips

4x12

Cable Kickbacks

3x10

Core Work:

Lying Leg Raises

3x15

Sit Ups

3x25

Side Planks

3x30 seconds each side

Tom Welling Workout Day Two: Deadlift

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:

Deadlift

4x10, 8, 6, 3-5

T-Bar Rows

3x12,10,8

Wide Grip Cable Pulldowns

3x12,10,8

Cable Bicep Curls

3x12,10,8

Chin Ups

4x12

Hammer Curls w/ DB

3x10

Core Work:

Hanging Leg Raises

3x15

V-Ups

3x25

Planks

3x60 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

4x10, 8, 6, 3-5

Barbell Shrugs

3x12,10,8

Barbell Upright Rows

3x12,10,8

Face Pulls

3x12,10,8

Pull Ups

4x12

Lateral Raises w/ DB

3x10

Core Work:

Russian Twists w/ KB

3x15

Machine Crunch

3x25

Side Planks

3x30 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

4x10, 8, 6, 3-5

Leg Press

3x12,10,8

Seated Calf Raises

3x12,10,8

Straight Leg DL w/ DB

3x12,10,8

Quad/Leg Extension

4x12 each leg

Hamstring Curls

3x10

Core Work:

Hanging Knee Raise w/ Twist

3x15

Sit Ups w/ Twist

3x25

Planks

3x60 seconds