

ADAM DEVINE WORKOUT ROUTINE



Bonus PDF File
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ADAM DEVINE WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

This workout is specifically made for someone who has limited time to get into shape (like Devine for Mike & Dave). We'll be using the workout that Chris Pratt's trainer (who Devine hired) build for him to shred his weight to become Star-Lord. I'll also be giving you two different variations of this workout so we can switch it up.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Adam Devine Workout: Sample Workout Routine Schedule

Monday: Workout One: A

Tuesday: Workout One: B

Wednesday: Rest Day or Long Distance Cardio

Thursday: Workout Two: A

Friday: Workout Two: B

Saturday: Rest Day or Long Distance Cardio

Sunday: OFF DAY

Adam Devine Workout Routine One: Variation A

Warm Up:

Treadmill – 10 min at 5.0 speed.

Pull Ups

Sets: 3

Reps: 5

Push-ups

Sets: 3

Reps: 10

Air Squats

Sets: 3

Reps: 15

The Workout:

Lat pulldowns

Sets: 6

Reps: 140lbsx20, 150lbsx15, 185lbsx15, 15, 12, 12

Dumbbell rows

Sets: 5

Reps: 80lbsx20, 90lbsx15, 100lbsx12, 12, 12

Barbell curls

Sets: 75lbsx15, 15, 15, 15, 15, 65lbsx10 (5 push ups after each set)

Dumbbell concentration curls

Sets: 3

Reps: 25lbsx10, 10, 9

Ab Workout:

3x25 of Each:

Situps

Crunches

Side Crunches

Adam Devine Workout Routine One: Variation B

Five rounds

800-meter run

15 cleans (95lbs)

10 bench press (205 lbs)

5 box jumps (30" box)

Adam Devine Workout Routine Two: Variation A

Warm Up:

Treadmill – 10 min at 5.0 speed.

Chin Ups

Sets: 3

Reps: 5

Dips

Sets: 3

Reps: 10

Push Ups

Sets: 3

Reps: 15

The Workout:

Cable Rows

Sets: 6

Reps: 140lbsx20, 150lbsx15, 185lbsx15, 15, 12, 12

Hammer Strength Pulldowns

Sets: 5

Reps: 80lbsx20, 90lbsx15, 100lbsx12, 12, 12

Seated Arnold Press

Sets: 75lbsx15, 15, 15, 15, 15, 65lbsx10 (5 push ups after each set)

Tricep Cable Pushdowns

Sets: 3

Reps: 40lbsx10, 10, 9

Ab Workout:

3x25 of Each:

Situps

Crunches

Side Crunches

Adam Devine Workout Routine Two: Variation B

Five rounds

800-meter run

15 Thrusters(95lbs)

10 Overhead Press (135 lbs)

5 Jump Squats