

# MARK CONSUELOS WORKOUT ROUTINE



Bonus PDF File  
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# MARK CONSUELOS WORKOUT ROUTINE

## Training Volume:

5-6+ Days A Week / Two Times A Day

## Explanation:

Riverdale training is no joke. The actors take it extremely serious and put a lot of time and energy into their training. If you want to get shredded like them, you're going to have to have the same amount of motivation. If you can't make it for the two-a-days and prefer just one time a day we can increase the volume of training and turn it into one session.

*\*\*Most of these calisthenic workouts and circuits are taken directly from Alex Fine's Instagram\*\**

## 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.

## Mark Consuelos Workout: Sample Workout Routine Schedule

**Monday:** Two-A-Days Cardio & Bodyweight Variation A

**Tuesday:** Two-A-Days Cardio & Bodyweight Variation B

**Wednesday:** Two-A-Days Cardio & Bodyweight Variation C

**Thursday:** Two-A-Days Cardio & Bodyweight Variation A

**Friday:** Two-A-Days Cardio & Bodyweight Variation B

**Saturday:** OFF DAY OR Two-A-Days Cardio & Bodyweight Variation C

**Sunday:** Rest Day

## **Mark Consuelos Workout: Morning Cardio Variations**

So if you're not doing two-a-days you can also opt to do this ahead of your workout routine. Just know that it will obviously increase the volume and you'll be in the gym double time.

Here are some variations for your morning cardio/sprint sessions.

### **Morning Cardio Variation A:**

30-60 Minutes (Depending on Scheduling Availability)

ON: 30 Second SPRINT (High Intensity 7-10+ Speed)

OFF: 1 Minute and 30 Second WALK

### **Morning Cardio Variation B:**

30-60 Minutes (Depending on Scheduling Availability)

ON: 1 Minute SPRINT (Slightly Lower Intensity 6-10 Speed)

OFF: 1 Minute WALK

## **Morning Cardio Variation C:**

30-60 Minutes (Depending on Scheduling Availability)

ON: 2-3 Minute SPRINT (5-10 Speed)

OFF: 2-3 Minute WALK

## **Mark Consuelos Workout: Bodyweight and Circuits**

So if you're not doing two-a-days you can also opt to do this ahead of your workout routine. Just know that it will obviously increase the volume and you'll be in the gym double time.

Here are some variations for your morning cardio/sprint sessions.

### **Bodyweight and Circuits Variation A:**

#### **4 Rounds:**

25 Push Ups

25 Dips

20 Tire Flips

#### **4 Rounds:**

5 Wide Push Ups

5 Close Push Ups

5 Pylo Push Ups

15 Inverted Rows

10 Single Arm Tire Flips (Each Side)

**Bodyweight and Circuits Variation B:**

KB Circuit 4 Rounds:

20 Swings

20 Squats

20 Squat and Press

20 Shoulder Press

20 Sit-Ups

20 Russian Twists

**Bodyweight and Circuits Variation C:**

**4 Rounds:**

30 Seconds Airdyne

25 Push Ups

15 Dips

10 Pull Ups

5 Double Unders

30 Second Rest

**3 Minute Burnout (20 Seconds Each):**

1. Straight Arm Plank
2. 1 Inch Plank
3. Max Push Ups
4. Shoulder Taps
5. Commandos
6. Supermans
7. Hand-Release Push Ups
8. Pylo Push Ups

**Mark Consuelos Workout: Alex Fine's 6 Minute Ab Workout**

**30 Seconds Each Exercise:**

- Lying Leg Lifts
- Reverse Crunches
- Toe Touches
- Sit Ups
- Suitcases
- Straight Leg Sit Ups
- Single Leg Suitcase
- Plank
- Side Plank Left
- Side Plank Right
- Single Leg Suitcase Opposite Side
- Assisted Suitcase

