

SHAWN MENDES WORKOUT ROUTINE



Bonus PDF File
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SHAWN MENDES WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to be training exactly like Shawn Mendes by hitting 5 days a week revolving our training around the major body parts, and then adding cardio to finish those days. I'll also be giving you the workout routine we went through a bit above so that you can either use it on a random day (as if you were Mendes coming home to grab a workout with his trainer) or on one of your off days. We'll also be tracking some activity on our off days if you don't get outside, so be ready.

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.

Shawn Mendes Workout: Sample Workout Routine Schedule

Monday: Legs and Cardio

Tuesday: Chest and Cardio

Wednesday: Back and Cardio

Thursday: Shoulders and Cardio

Friday: Arms and Cardio

Saturday: Off Day + Activity

Sunday: Off Day + Activity

Shawn Mendes Workout: Legs and Cardio

It might seem odd to start with leg day, but we're starting here because we'll actually be using the exact programming shared with Men's Health so that we can format the rest of the days accordingly.

Workout:

Barbell squats

3 x 8-12

Leg Press

3 x 8-12

Leg Curls

3 x 8

Lunges

2 x 15-20

Leg Extensions

2 x 15-20

Seated Calf Raise

3 x 20

Standing Calf Raise

2 x 25-30

Cardio:

Treadmill, Bike or Rower at 50-75% pacing

20-25 minutes

Shawn Mendes Workout: Back and Cardio

Workout:

Barbell Deadlift

3 x 8-12

Wide Grip Lateral Pulldowns

3 x 8-12

Face Pulls

3 x 8

Cable Rows

2 x 15-20

Dumbbell Bent Over Rows

2 x 15-20

Straight Arm Pulldowns

3 x 20

DB Lat Raises

2 x 25-30

Cardio:

Treadmill, Bike or Rower at 50-75% pacing

20-25 minutes

Shawn Mendes Workout: Chest and Cardio

Workout:

Barbell Bench Press

3 x 8-12

Incline Dumbbell Press

3 x 8-12

Dumbbell Pullovers

3 x 8

Hammer Strength Decline Press

2 x 15-20

Cable Chest Flyes

2 x 15-20

Dips

3 x 20

Standing Incline Dumbbell Flyes

2 x 25-30

Cardio:

Treadmill, Bike or Rower at 50-75% pacing

20-25 minutes

Shawn Mendes Workout: Shoulders and Cardio

Workout:

Barbell Overhead Press

3 x 8-12

Barbell Shrugs

3 x 8-12

Dumbbell Shrugs

3 x 8

Front Raises w/ DB or Cable

2 x 15-20

Upright Rows

2 x 15-20

Light Power Cleans w/ Barbell

3 x 20

Kettlebell Swings

2 x 25-30

Cardio:

Treadmill, Bike or Rower at 50-75% pacing

20-25 minutes

Shawn Mendes Workout: Arms and Cardio

Workout:

Preacher Curls

3 x 8-12

Barbell Close Grip Bench

3 x 8-12

Concentration Curls

3 x 8 each arm

Reverse Grip Cable Pushdowns

2 x 15-20

Hammer Curls w/ Cable

2 x 15-20

Tricep Kickbacks w/ Cable

3 x 20 each arm

Alternating Dumbbell Curls [Light]

2 x 25-30

Cardio:

Treadmill, Bike or Rower at 50-75% pacing

20-25 minutes

Shawn Mendes Workout: Off Day Activity OR Trainer Workout

For this one you'll either be getting outside and getting active with methods like:

- Hiking
- Sports (Tennis, Soccer, Basketball, etc)
- Spin Class/Biking
- Yoga

Or some other form of activity.

OR you're going to be making sure you hit 10,000 steps for the day so you know you're activity level is high enough to warrant the intuitive dieting.

You also have the option to add in a day of Mendes' trainer workout, which is as follows:

Warm Up:

Complete 3 Rounds Of:

10 Calorie Row

10 Cossack Squats

10/10 Hip Circle Monster Walks

8/8 Half-Kneeling Dumbbell Overhead Press

Metcon Workout:

Rotate Stations Every 2 Minutes for 30 Minutes

Station One: 250m Row

Station Two: 6 Devil Presses

Station Three: 60m Med Ball Carry – 100lbs.

Station Four: 30 Jumping Lunges

Station Five: 20 Ring Rows

Blowout Sprints:

Complete 3 Rounds on The Assault Bike

15 Second Sprint for Max Watts

Rest 3 Minute Between Each Round