

ETHAN SUPLEE WORKOUT ROUTINE



Bonus PDF File
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ETHAN SUPLEE WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

Ethan Suplee's workout is six days a week and consists of a push-pull-legs split.

We'll be doing that exact same split, and it will be built around our compound lifts, so get ready. Suplee's favorite is bench, so expect to be lifting a lot!

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.

Ethan Suplee Workout: Sample Workout Routine Schedule

Monday: Push Day A

Tuesday: Pull Day A

Wednesday: Leg Day A

Thursday: Off Day

Friday: Push Day B

Saturday: Pull Day B

Sunday: Leg Day B

Ethan Suplee Workout: Push Day A

Warm Up:

20 Minute Incline Walk

Main Compounds:

Bench Press

5×5

Overhead Press

4×12,10,8,5

Accessory Work:

Barbell Shrugs

4×12

Seated Overhead Cable Extension

4×12

Kettlebell Swings

4×12

Dumbbell Chest Flyes

4×12

Core:

Weighted Planks

3×60 seconds

Hanging Leg Raises

3×25

Sit Ups

3×25

Ethan Suplee Workout: Pull Day A

Warm Up:

20 Minute Incline Walk

Main Compounds:

Deadlifts

5×5

Weighted Chin Ups

4×12,10,8,5

Accessory Work:

Wide Grip Lateral Pulldown

4×12

Preacher Curls

4×12

Face Pulls

4×12

Standing Alternating DB Hammer Curls

4×12

Core:

Side Planks

3×30 seconds each side

Lying Leg Raises

3×25

Cable Crunches

3×25

Ethan Suplee Workout: Leg Day A

Warm Up:

20 Minute Incline Walk

Main Compounds:

Back Squats

5×5

Leg Press

4×12,10,8,5

Accessory Work:

Weighted Lunges

4×12

Seated Calf Raises

4×12

Hamstring Curls

4×12

Quad/Leg Extensions

4×12

Core:

Russian Twists

3×25

Hanging Knee Raises w/ Twist

3×26

Sit Ups w/ Twist

3×26

Ethan Suplee Workout: Push Day B

Warm Up:

20 Minute Incline Walk

Main Compounds:

Standing BB Overhead Press

5×5

Incline DB Bench Press

4×12,10,8,5

Accessory Work:

Close Grip Bench

4×12

Seated Arnold Press

4×12

Weighted Dips

4×12

Superset:

A. Bent Over Shoulder Flyes

4×12

B. Standing Incline Chest Flyes

4×12

Core:

Weighted Planks

3×60 seconds

Hanging Leg Raises

3×25

Sit Ups

3×25

Ethan Suplee Workout: Pull Day B

Warm Up:

20 Minute Incline Walk

Main Compounds:

Romanian Deadlifts w/ Dumbbells

4×12,10,8,5

Barbell Bicep Curls

4×12,10,8,5

Accessory Work:

Close Grip Pulldowns

4×12

Standing Cable Bicep Curls

4×12

Wide Grip Cable Rows

4×12

Wide Grip Pull Ups

4×6

Core:

Side Planks

3×30 seconds each side

Lying Leg Raises

3×25

Cable Crunches

3×25

Ethan Suplee Workout: Leg Day B

Warm Up:

20 Minute Incline Walk

Main Compounds:

Bulgarian Split Squats

5×5 each leg

Straight Leg Deadlift

4×12,10,8,5

Accessory Work:

Leg Press Machine Calf Raises

4×12

Dip Machine Leg Pushdown

4×12

Weighted BB Glute Bridges

4×12

Hack Squats

4×12

Core:

Russian Twists

3×25

Hanging Knee Raises w/ Twist

3×26

Sit Ups w/ Twist

3×26