

# CILLIAN MURPHY WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# CILLIAN MURPHY WORKOUT ROUTINE

## Training Volume:

4 days per week

## Explanation:

For this one we're mainly going to be looking to get into the body of Thomas Shelby. Murphy says he starts hitting the gym again to get ready for the role, which usually takes about 6-8 weeks. If you mix this routine with a decent diet (adhering to whether you need to lose fat or gain mass) this will work perfectly.

## 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.

## Cillian Murphy Workout: Sample Schedule

**Monday:** Chest and Triceps

**Tuesday:** Legs and Calves

**Wednesday:** Off Day

**Thursday:** Shoulders and Traps

**Friday:** Back and Biceps

**Saturday:** Cillian Murphy Style Hike

**Sunday:** Rest Day

## **Cillian Murphy Workout: Chest and Triceps**

### **Warm Up:**

10 Minute Walk

### **Workout:**

Bench Press

3×12,10,8

Push Ups

4×25

Lying Tricep Extension with Dumbbells

3×10

Dips

4×10

Incline Dumbbell Press

3×12,10,8

**Core:**

Sit Ups

3×20

Lying Leg Raises

3×20

**Optional Cardio (Only if weight loss is the goal):**

*20 Minutes of High Intensity Interval Training:*

- 1 Minute Run
- 1 Minute Walk
  - Rinse and Repeat for 20 minutes total

**Cillian Murphy Workout: Legs and Calves**

**Warm Up:**

10 Minute Walk

**Workout:**

Leg Press

3×12,10,8

Calf Raises on Leg Press

4×25

Glute Ham Raise

3×10

Weighted Lunges

4×10 (5 each leg)

Squat Variation (Hack/Back/Front/Goblet/Landmine)

3×12,10,8

**Core:**

Cable Crunches

3×20

Hanging Leg Raises

3×20

**Optional Cardio (Only if weight loss is the goal):**

*20 Minutes of High Intensity Interval Training:*

- 1 Minute Run
- 1 Minute Walk

- Rinse and Repeat for 20 minutes total

## **Cillian Murphy Workout: Shoulders and Traps**

### **Warm Up:**

10 Minute Walk

### **Workout:**

Seated Military Press

3×12,10,8

Cable Front Raises

4×25

Hang Cleans

3×10

Barbell Shrugs

4×10

Bent Over Shoulder DB Flys

3×12,10,8

### **Core:**

Sit Ups with Twist

3×20

Hanging Knee Raises with Twist

3×20

**Optional Cardio (Only if weight loss is the goal):**

*20 Minutes of High Intensity Interval Training:*

- 1 Minute Run
- 1 Minute Walk
  - Rinse and Repeat for 20 minutes total

## **Cillian Murphy Workout: Back and Biceps**

**Warm Up:**

10 Minute Walk

**Workout:**

Hex Bar Deadlift

3×12,10,8

Wide Push Ups

4×25



Cable Rows

3×10

Chin Ups

4×10

Wide Lat Pulldowns

3×12,10,8

**Core:**

Bicycle Crunches

3×20

Russian Twists

3×20

**Optional Cardio (Only if weight loss is the goal):**

*20 Minutes of High Intensity Interval Training:*

- 1 Minute Run
- 1 Minute Walk
  - Rinse and Repeat for 20 minutes total

