

# CHASE STOKES WORKOUT ROUTINE



Bonus PDF File  
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# CHASE STOKES WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

I'm keeping this routine 3-5 days a week because it really is going to be based around keeping a higher activity level than you are eating via your diet (speaking from a calorie perspective); but to really ensure this physique we'll be requiring 3 actual TRAINING days, and then you'll decide whether to sub in cardiovascular activity like HIIT training or actually take advantage of some other styles like surfing, swimming, or even parkour!

## 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.

## Chase Stokes Workout: Sample Schedule

**Monday:** Calisthenics, Cardio and Core

**Tuesday:** HIIT Training or Activity

**Wednesday:** Calisthenics, Cardio and Core

**Thursday:** HIIT Training or Activity

**Friday:** Calisthenics, Cardio and Core

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## **Chase Stokes Workout: Alternative Celebrity Routines**

As I mentioned in the workout routine research: there are quite a few awesome routines from other celebrities that will get you into a Chase Stokes physique.

Here's a list of awesome alternative workout routines to consider if you're looking to get slim and toned:

- [Tom Holland Workout Routine](#)
- [Tom Holland Spidey Circuit](#)
- [KJ Apa Workout Routine](#)
- [Jason Momoa Workout Routine](#)
- [Ryan Reynolds Workout Routine](#)
- [Jason Statham Workout Routine](#)

And, you can even check out [The Ultimate Calisthenics Workout & Guide](#) as well.

## **Chase Stokes Workout: Calisthenics, Cardio and Core**

### **Calisthenics:**

Push Ups

4x25

Air Squats

4x20

Dips

4x15

Pull Ups (or Pike Push Ups)

4x10

Burpees

4x5

**Core:**

Hanging (or Lying) Leg Raises

4x25

Bicycle Crunches

4x20

Plank

3x60 Seconds

**Cardio:**

20-30 Minute of Sprints

Sprint 1 Minute, Rest 1 Minute; Rinse and Repeat

## **Chase Stokes Workout: HIIT Training or Other Activity**

### **JUMP ROPE HIIT WORKOUT**

#### **Complete 5 Rounds**

30 Jump Ropes

20 Jumping Lunges

30 Jump Ropes

20 Mountain Climbers

30 Jump Ropes

20 Jump Squats

30 Jump Ropes

20 Double Unders

Rest 1 Minute Between Rounds

#### **ALTERNATIVE ACTIVITY:**

*You have a lot of options for this one, but I'll link to some resources we have on the site for a handful.*

#### **SHJ Parkour Guides/Workouts:**

- [The Nightrunner Workout Routine](#)
- [The Assassins Creed Workout Routine](#)
- [The Robbie Amell Workout](#)

### **Mixed Martial Arts Workouts:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- Ryan Potter Workout Routine and Diet Plan

*And your other alternatives include surfing, biking, rowing, longboarding or skateboarding, swimming, and more!*