

CHRIS HEMSWORTH AB WORKOUT ROUTINE

- SHJ CELEBRITY BODY-PART WORKOUTS -

A photograph of Chris Hemsworth, shirtless, showing his muscular physique. The image is used as a background for the workout title.

CHRIS HEMSWORTH SIX PACK ABS WORKOUT ROUTINE

- SUPERHEROJACKED.COM -



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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CHRIS HEMSWORTH AB WORKOUT ROUTINE

Training Volume:

Two Days Worth of Ab Training

[Can Be Repeated Multiple Times a Week]

Explanation:

You're getting two different workouts, as I mentioned above. Both of which were shared by either Hemsworth or his trainer Zocchi. You can use these to plug right into your workout routine as your extra ab training multiple times a week.

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.

Chris Hemsworth Ab Workout Variation One

This is the workout Hemsworth and his trainer Zocchi shared with Men's Health AU.

Incline Treadmill Sprints

Alternate between these two movements for 10 sets of each:

A. 10 x 30 Second Sprints

B. 10 x 30 Second Rest (Jump Off Belt w/ Legs on Either Side and Pause 30 Seconds)

Russian Twists 5 x 10

Star Plank: 5 x 10

Chris Hemsworth Ab Workout Variation Two

This is the workout Hemsworth's trainer Zocchi shared on his Instagram from their workout together.

Complete as a Superset of 4-6 Sets

Ball Roll Outs: 10 Reps

Ball Crunches: 10 Reps

Knees to Chest: 10 Reps