

# CHRIS HEMSWORTH AB WORKOUT ROUTINE

- SHJ CELEBRITY BODY-PART WORKOUTS -

A photograph of Chris Hemsworth, shirtless, showing his muscular physique. The text is overlaid on the image.

## CHRIS HEMSWORTH SIX PACK ABS WORKOUT ROUTINE

- SUPERHEROJACKED.COM -



Bonus PDF File  
By: Mike Romaine

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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