

# GRAN TORINO WORKOUT ROUTINE



Bonus PDF File  
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# GRAN TORINO WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be training with weights three days a week and running long distance two days a week. On our weight training days we'll also be working on our speed with some high intensity interval training sprint sessions for about 20-30 minutes a day which will also help with fat burn!

## Gran Torino Workout Routine: Sample Workout Schedule

**Monday:** Push Day and HIIT Sprints

**Tuesday:** Endurance Training

**Wednesday:** Pull Day and HIIT Sprints

**Thursday:** Endurance Training

**Friday:** Leg Day and HIIT Sprints

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## Gran Torino Workout Routine: Push Day and HIIT Sprints

## **Warm Up:**

Jog 800M

## **Workout:**

Incline Dumbbell Bench Press

4×12

Seated Arnold Press

4×12

Cable Pushdowns with Rope

4×12

## **Triset Finisher:**

A. Push Ups

3×20

B. Kettlebell Swings

3×15

C. Dips

3×10

**HIIT Sprints: 20-30 Minutes**

- Sprint 30 Seconds Super High Intensity
- Walk/Cooldown 90 Seconds
- Rinse and Repeat

## **Gran Torino Workout Routine: Endurance Training**

**Here's the three levels you're working with on your running/endurance work:**

**Beginner:** Run 1-3 Miles

**Intermediate:** Run 3-5 Miles

**Advanced:** Run 5+ Miles

If you need some extra help working your way up or want some other programming, we also have a handful of other resources for you as well.

### **Running Based Celebrity and Character Workouts**

- [Constance Wu Workout Routine and Diet Plan](#)
- [Ewan McGregor Workout Routine and Diet Plan](#)
- [Kid Flash Workout Routine and Diet Plan](#)
- [Grant Gustin Workout Routine and Diet Plan](#)
- [How To Continue Training After Your First 5K \(Workout Included\)](#)

## **Gran Torino Workout Routine: Pull Day and HIIT Sprints**

**Warm Up:**

Jog 800M

**Workout:**

Dumbbell Deadlifts

4×12

Preacher Curls

4×12

Chin Ups

4×12

**Triset Finisher:**

A. Lateral Pulldowns

3×20

B. Straight Arm Pulldowns

3×15

C. Wide Push Ups

3×10

**HIIT Sprints: 20-30 Minutes**

- Sprint 30 Seconds Super High Intensity
- Walk/Cooldown 90 Seconds
- Rinse and Repeat

## Gran Torino Workout Routine: Endurance Training

Here's the three levels you're working with on your running/endurance work:

**Beginner:** Run 1-3 Miles

**Intermediate:** Run 3-5 Miles

**Advanced:** Run 5+ Miles

If you need some extra help working your way up or want some other programming, we also have a handful of other resources for you as well.

### Running Based Celebrity and Character Workouts

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## Gran Torino Workout Routine: Leg Day and HIIT Sprints

**Warm Up:**

Jog 800M

**Workout:**

Goblet Squats

4x12

Leg Press

4x12

Hamstring Curls

4x12

**Triset Finisher:**

A. Box Jumps

3x20

B. Cable Pullthroughs

3x15

C. Weighted Lunges

3x10

**HIIT Sprints: 20-30 Minutes**

- Sprint 30 Seconds Super High Intensity
- Walk/Cooldown 90 Seconds
- Rinse and Repeat