

JENSEN ACKLES WORKOUT ROUTINE



Bonus PDF File
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JENSEN ACKLES WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

For this one I'm going to build you a 3 day weight training and calisthenic program that is fairly low volume, but effective enough to get you into Ackles-like-Physique. I'll also be adding in two days per week that can be utilized for running and/or MMA, which are both things we've seen Ackles utilize.

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.

Jensen Ackles Workout: Sample Schedule

Monday: Push Day Weight Training

Tuesday: MMA Training or Endurance Work

Wednesday: Push Day Weight Training

Thursday: MMA Training or Endurance Work

Friday: Leg Day Weight Training

Saturday: Rest Day

Sunday: Rest Day

Jensen Ackles Workout: Push Day

Warm Up:

10 Minute Incline Walk to Get Warm

Workout:

Incline Dumbbell Bench Press

3×12,10,8

Seated Overhead Press (Dumbbell or Barbell)

3×12,10,8

Seated Tricep Overhead Extension (Dumbbell or Cable)

3×10

Dips

3×10

Kettlebell Swings

3×10

Jensen Ackles Workout: Pull Day

Warm Up:

10 Minute Incline Walk to Get Warm

Workout:

Dumbbell Romanian Deadlifts

3×12,10,8

EZ Bar Standing Curls

3×12,10,8

Reverse Grip Hammer Strength Pulldowns

3×10

Chin Ups

3×10

Close Grip Cable Rows

3×10

Jensen Ackles Workout: Push Day

Warm Up:

10 Minute Incline Walk to Get Warm

Workout:

Back Squats

3×12,10,8

Leg Press

3×12,10,8

Hamstring Curls

3×10

Quad Extensions

3×10

Calf Raises (Seated or Standing Machine)

3×10

Jensen Ackles Workout: MMA and Endurance Training & Resources

Mixed Martial Arts Routines

- [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](#)

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 Train After Your First 5K Run \(Workout & Guide\)](#)