

SEBASTIAN STAN WINTER SOLDIER WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



SEBASTIAN STAN WINTER SOLDIER WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File
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SEBASTIAN STAN WINTER SOLDIER WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Stan and Saladino switched to a more typical structure to get him in this new incredible shape. We'll be using circuits and supersets, but we're also going to be hitting the gym in a more typical fashion of 5 days per week and with the compounds we're used to seeing.

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.

Sebastian Stan Workout: Sample Workout Routine Schedule

Monday: Bench Press, Chest and Cardio

Tuesday: Squats, Legs and Core

Wednesday: Biceps, Triceps and Cardio

Thursday: Overhead Press, Shoulders and Core

Friday: Deadlift, Back and Cardio

Saturday: Rest Day

Sunday: Rest Day

Sebastian Stan Workout: Bench Press, Chest and Cardio

Warm Up:

10 Minute Incline Treadmill Walk

3×20 Push Ups

3×15 Dips

3×10 Chin Ups

Workout:

Dumbbell Bench Press

4×12

Cable Flyes

4×12

Weighted Dips

4x5

Decline Hammer Strength Machine

4x12

Superset:

Don't stop until you complete one round of each, then rest and repeat

Light Incline Dumbbell Press: 4 sets, 8 reps

Hex Incline Dumbbell Press: 4 sets, 8 reps

Light Dumbbell Incline Chest Flyes: 4 sets, 12 reps

Standing Incline Chest Flyes w/ DB: 4 sets, 12 reps

Cardio:

Burn 250-300 Calories with any of the cardio options below:

- HIIT Cardio, Bike or Elliptical
- High Incline Walk
- Steady Elliptical
- Steady StairMaster
- Steady Row
- Treadmill Jog

Sebastian Stan Workout: Squats, Legs and Core

Warm Up:

10 Minute Incline Treadmill Walk

3×20 Push Ups

3×15 Dips

3×10 Chin Ups

Workout:

Back Squats

4×12

Leg Press

4×12

Seated Calf Raises

4×12

Weighted Lunges

4×12 each leg

Superset:

Don't stop until you complete one round of each, then rest and repeat

Straight Leg DB Deadlift: 4 sets, 8 reps

Box Jumps: 4 sets, 8 reps

Weighted Bridges: 4 sets, 12 reps

Double Unders: 4 sets, 12 reps

Core:

Sit Ups

4×25

Hanging Leg Raises

4×20

Forearm Planks

4×60 seconds

Sebastian Stan Workout: Biceps, Triceps and Cardio

Warm Up:

10 Minute Incline Treadmill Walk

3×20 Push Ups

3×15 Dips

3×10 Chin Ups

Workout:

Preacher Curls

4×12

Seated Tricep Overhead Extension

4×12

Close Grip Bench

4×10

Concentration Curls

4×12 each arm

Superset:

Don't stop until you complete one round of each, then rest and repeat

Heavy Barbell Curl: 4 sets, 8 reps

Skullcrushers: 4 sets, 8 reps

Hammer Curls: 4 sets, 12 reps

Tricep Pushdown: 4 sets, 12 reps

Cardio:

Burn 250-300 Calories with any of the cardio options below:

- HIIT Cardio, Bike or Elliptical
- High Incline Walk
- Steady Elliptical
- Steady StairMaster
- Steady Row

- Treadmill Jog

Sebastian Stan Workout: Overhead Press, Shoulders and Core

Warm Up:

10 Minute Incline Treadmill Walk

3×20 Push Ups

3×15 Dips

3×10 Chin Ups

Workout:

Overhead Press

4×12

Shoulder Flyes w/ DB or Cable

4×12

Light Alternating Arnold Press (Seated)

4×12

Slow Alternating Shoulder Front Raises (Seated)

4×12 each arm

Superset:

Don't stop until you complete one round of each, then rest and repeat

Power Cleans: 4 sets, 8 reps

Pause Push Ups: 4 sets, 8 reps

Kettlebell Swings: 4 sets, 12 reps

Upright Rows: 4 sets, 12 reps

Core:

Cable Crunches

4×25

Lying Leg Raises

4×20

Side Planks

4×30 seconds each side

Sebastian Stan Workout: Deadlift, Back and Cardio

Warm Up:

10 Minute Incline Treadmill Walk

3×20 Push Ups

3×15 Dips

3×10 Chin Ups

Workout:

Deadlift

4×12

Wide Grip Lateral Pulldowns

4×12

Close Grip Cable Rows

4×12

Weighted Chin Ups

4×5

Superset:

Don't stop until you complete one round of each, then rest and repeat

Cable Straightarm Pulldowns: 4 sets, 8 reps

Facepulls: 4 sets, 8 reps

Bent Over DB Rows: 4 sets, 12 reps

Wide Push Ups: 4 sets, 12 reps

Cardio:

Burn 250-300 Calories with any of the cardio options below:

- HIIT Cardio, Bike or Elliptical
- High Incline Walk
- Steady Elliptical
- Steady StairMaster
- Steady Row
- Treadmill Jog