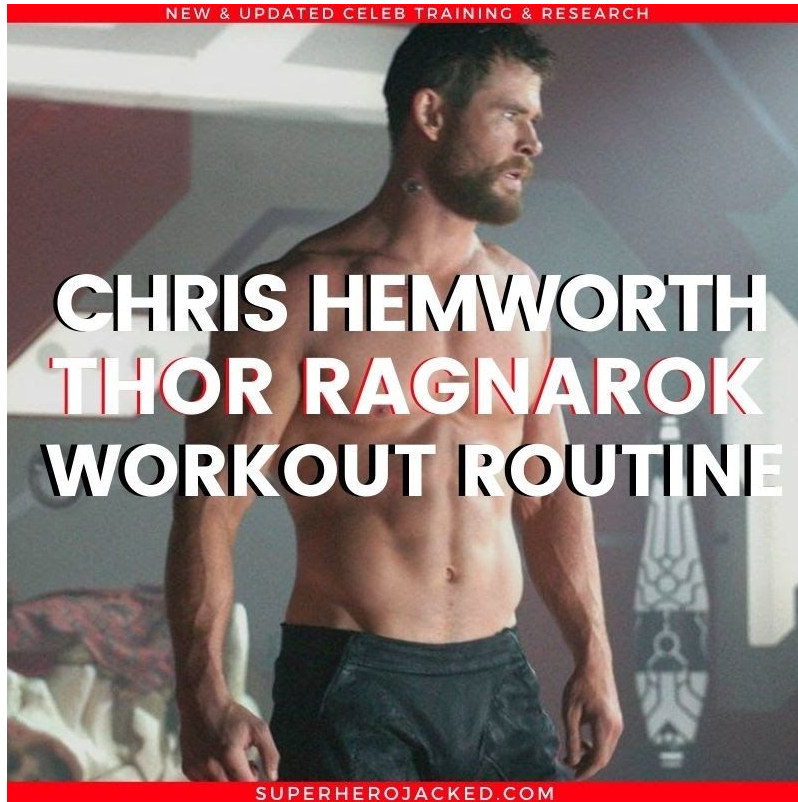


# CHRIS HEMSWORTH THOR RAGNAROK WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# CHRIS HEMSWORTH THOR RAGNAROK WORKOUT ROUTINE

## Training Volume:

3-4+ days per week

## Explanation:

This workout is inspired directly from workouts reprogrammed from Hemsworth trainer, Zocchi, and has been modified through interviews with him. You can do this as is, or you can swap back and forth with his other programming. His trainer mentions a 3-4 day split, so we will be using Push, Pull, Legs, Full Body/Agility, and then adding in MMA and Parkour if you'd like to go off of Hemsworth "six days a week" statement.

## Superset Explanation:

Letters (A/B) represent a superset. So, you'll perform both exercises back to back with no rest until you've performed all of the reps for both exercises – which equals 1 set.

## 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 Thor Ragnarok Workout: Sample Schedule

**Monday:** Pull Day

**Tuesday:** Full Body Day

**Wednesday:** Active Rest Day

**Thursday:** Leg Day

**Friday:** Push Day

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## **Chris Hemsworth Workout Day One: Pull**

### **Warm Up:**

Stretch

10 minute incline walk

### **Workout:**

Deadlift

4x10-8-8-6

Hammer Strength Rows

4x12

Pulldowns

4×12

**Superset 1:**

A. Hammer Curls

3×12

B. Chin Ups

3×12

**Superset 2:**

A. Push Ups

3×12

B. Barbell Curls

3×12

**Chris Hemsworth Workout Day Two: Push**

**Warm Up:**

Stretch

10 minute incline walk

**Workout:**

Bench Press

4×10-8-8-6

Arnold Press

4×12

Incline Bench Press

4×12

Skull Crushers

4×12

**Superset 1:**

A. Dips

3×12

B. Plate Overhead Tricep Extension

3×12

**Superset 2:**

A. DB Shoulder Front Raises

3×12

B. DB Upright Rows

3×12

### **Superset 3:**

A. Tricep Cable Pushdowns

3×12

B. Cable Kickbacks

3×12

## **Chris Hemsworth Workout Day Three: Legs**

### **Warm Up:**

Stretch

10 minute incline walk

### **Workout:**

Back Squat

4×10-8-8-6

Hamstring Curl Machine

4×12

Leg Extension Machine

4×12

### **Superset 1:**

A. Leg Press

3×12

B. Calf Raises (on Leg Press Machine)

3×12

**Superset 2:**

A. Weighted Lunges

3×12

B. Cable Pullthroughs

3×12

**Chris Hemsworth Workout Day Four: Full Body**

**Warm Up:**

Stretch

10 minute incline walk

**Workout:**

**Superset 1:**

A. Kettlebell Swings

3×12



B. One Arm DB Snatches

3×12

**Superset 2:**

A. Push Ups

3×20

B. Goblet Squats

3×12

**Superset 3:**

A. Dumbbell Rows

3×12

B. Chin Ups

3×12

**Superset 4:**

A. Dips

3×12

B. Battle Rope

3×30 seconds