

JONATHAN TUCKER WORKOUT ROUTINE



Bonus PDF File
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JONATHAN TUCKER WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

For this one we're going to be doing a five day split based on Tucker's exact chest workout that he shared with Muscle and Fitness. It's important to note that he did sometimes add in extra weight training and accessory work, so if you have some extra gas in the tank, don't be scared to do the same. On top of that we'll be adding in morning cardio that I will share training for at the end, as well as some optional mixed martial arts resources.

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.

Jonathan Tucker Workout: Sample Schedule

Monday: Morning Cardio and Afternoon Chest

Tuesday: Morning Cardio and Afternoon Back

Wednesday: Morning Cardio and Afternoon Shoulders

Thursday: Morning Cardio and Afternoon Legs

Friday: Morning Cardio and Afternoon Arms

Saturday: Active Rest Day/Optional MMA

Sunday: Rest Day

Jonathan Tucker Workout: Chest

Warm Up:

10 Minute Incline Walk

Workout:

Bench Press

4xFailure

Dumbbell Bench Press

4x5

Low-Cable Crossover

4x8-12

Dumbbell Flyes

4x6-10

Hammer Strength Chest Press

3×6-10

Jonathan Tucker Workout: Back

Warm Up:

10 Minute Incline Walk

Workout:

Deadlift

4×Failure

Bent Over Rows

4×5

Reverse Cable Crossovers

4×8-12

Close Grip Cable Rows

4×6-10

Chin Ups

3×6-10

Jonathan Tucker Workout: Shoulders

Warm Up:

10 Minute Incline Walk

Workout:

Overhead Press

4xFailure

Seated Military Press

4x5

Lateral Raises

4x8-12

Straight Front Raises

4x6-10

Kettlebell Swings

3x6-10

Jonathan Tucker Workout: Legs

Warm Up:

10 Minute Incline Walk

Workout:

Squats

4xFailure

Leg Press

4x5

Hamstring Curls

4x8-12

Quad Extensions

4x6-10

Calf Raises (Seated or on Leg Press)

3x6-10

Jonathan Tucker Workout: Arms

Warm Up:

10 Minute Incline Walk

Workout:

Standing Bicep Curls w/ EZ Bar

4xFailure

Close Grip Bench Press

4x5

Hammer Curls w/ Rope

4×8-12

Tricep Cable Pushdowns w/ Rope

4×6-10

Close to Wide Push Ups

3×20

Jonathan Tucker Workout: Morning Cardio

Jonathan Tucker also did morning cardio to burn extra calories and help shred 30 lbs of fat to get ready for his role.

For this we have quite a few options. Of course you can opt for a run in the morning like we heard Tucker utilize himself, but we can also opt for some HIIT options, or even switch it up completely.

If you're going to be running in the morning, I suggest scaling it based on your fitness level like we usually do here at SHJ:

Beginner: 1-3 miles

Intermediate: 3-5 miles

Advanced: 5+ miles

And, if you need some help getting started, here are a handful of celeb 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 \(Workout Included\)](#)

Alternatively, you can also use HIIT training in the morning, or completely vary your cardio by doing a handful of different options.

- [The Best HIIT to Level Up Any Workout](#)

Jonathan Tucker Workout: MMA Training Resources

As promised, I also have some mixed martial arts style training resources for you to step it up a notch.

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)
- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)
- [Frank Grillo Boxing Workout](#)