

# RYAN REYNOLDS DEADPOOL 2 WORKOUT ROUTINE



Bonus PDF File  
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# RYAN REYNOLDS DEADPOOL 2 WORKOUT ROUTINE

## Training Volume:

4-6 days per week

## Explanation:

Reynolds and Saladino used a lot of supersets and circuits while training, and those are what they tend to share with sources. But, I was also able to find Saladino's programming that doesn't have as much flair to it, which is what they utilize when the workout isn't "Level 10 on the workout meter" as Saladino would call it.

*Saladino likes utilizing full body and circuit training. So prepare yourself!*

## 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.

## Circuit Explanation:

Do not stop in between sets or rounds (unless otherwise stated). Keep going until all reps and rounds are completed. Don't forget we also covered the full circuit here: [Ryan Reynolds Deadpool 2 Circuit](#).

**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.

## **Ryan Reynolds Deadpool 2 Workout: Sample Schedule**

**Monday:** Push Day

**Tuesday:** Pull Day

**Wednesday:** Legs Level Ten

**Thursday:** Circuits

**Friday:** Full Body

**Saturday:** Level Ten x 2

**Sunday:** Rest Day

## **Ryan Reynolds Workout Day One: Push Day**

**Warm Up:**

Stretch

10 minute incline walk

**Workout:**

Barbell Bench Press

3×12

### **Three Round Circuit with Breaks:**

*Rest 3 Minutes Between Each Round as Though Performing a Superset*

A. Incline Dumbbell Press

3×12

B. Lateral Pulldowns

3×12

C. Standing Military Press

3×12

D. Cable Rows

3×12

E. Push Ups

3×25

D. Inverted Bodyweight Rows

3×20

### **Ryan Reynolds Workout Day Two: Pull Day**

**Warm Up:**

Stretch

10 minute incline walk

**Workout:**

Barbell Squat

3×12

Barbell Reverse Lunge

4×10

Dumbbell Romanian Deadlift

4×10

Sled Push

8×20 second push w. 40 second breaks

**Ryan Reynolds Workout Day Three: Level 10**

**Warm Up:**

Stretch

10 minute incline walk

Cow Cat Yoga Pose

2×30 seconds

Glute Bridges

2×10

Reverse Lunges

2×10

Medicine Ball Slams

2×10

Lateral Bounds ([How To](#))

2×10

**Workout:**

*Perform 5 rounds as a circuit at about 85% intensity. Rest 30 seconds between rounds.*

Kettlebell Swings

10 reps

Front Squats

5 reps

Barbell Bench

5 reps

Pull Ups

5 reps

Farmers Walk (can be weighted)

50 yards

## **Ryan Reynolds Workout Day Four: Circuits**

### **Warm Up:**

Stretch

10 minute incline walk

**Circuit 1:** Practice each move for 2 minutes. Do 3 to 5 rounds.

1A. Front Lever

1B. Handstand Hold

1C. Dip Bar L Sit (my favorite)

**Circuit 2:** Perform as a circuit for 3 rounds; rest 2 to 3 minutes between rounds.

2A. Chin Ups

5 reps

2B. Turkish Getups

1 rep



2C. Glute-Ham Raise

5-8 reps

2D. Dips

10 reps

Workout:

Barbell Curls

3×6-8

Skull Crushers

3×6-8

## **Ryan Reynolds Workout Day Five: Full Body**

**Warm Up:**

Stretch

10 minute incline walk

**Workout:**

Hang Clean

4×3

Trap Bar or Hex Bar Deadlift

3×12

Farmers Carry

5×50 ft.

Zercher Carry

5×50 ft.

## **Ryan Reynolds Workout Day Six: Level 10**

### **Warm Up:**

Stretch

10 minute incline walk

Cow Cat Yoga Pose

2×30 seconds

Glute Bridges

2×10

Reverse Lunges

2×10

Medicine Ball Slams

2×10

## Lateral Bounds ([How To](#))

2×10

### **Workout:**

*Complete 3 rounds of Circuit 1, followed by 5 rounds of Circuit 2, finishing up with a 5-round finisher.*

### **Circuit 1**

*Complete 3 rounds of the following:*

- Lateral Bound: 10 reps
- Med Ball Slams: 10 reps
- Farmer's Carry: 50 yards

### **Circuit 2**

*Complete 5 rounds of the following:*

- Sandbag Lunges: 10 reps
- Floor Barbell Press: 10 reps
- Chinups: 10 reps

### **Workout Finisher**

*Complete 5 rounds of the following:*

- Assault AirBike: 30 seconds, rest for 30 seconds