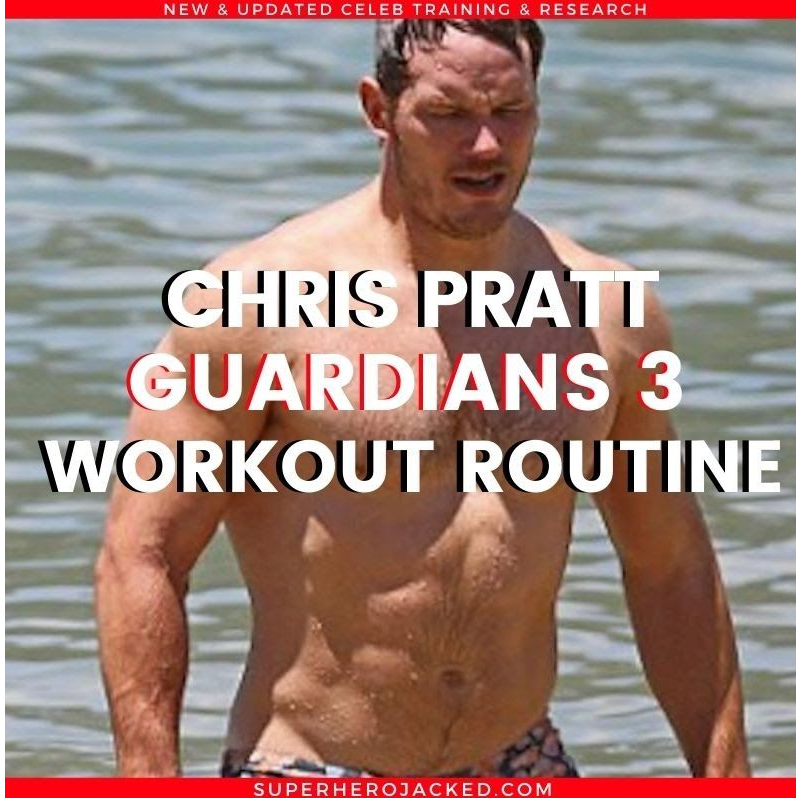


# CHRIS PRATT GOTG3 WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



## CHRIS PRATT GUARDIANS 3 WORKOUT ROUTINE

SUPERHEROJACKED.COM



Bonus PDF File  
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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# CHRIS PRATT GOTG3 WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

This workout is inspired directly from workouts reprogrammed from Pratt's coach, Gaver, 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. Remember you can also program in CrossFit WODs which I'll share below as well.

## 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 Pratt Workout Day 1: Back, Biceps, & Abs

## **Warm Up:**

Stretch

10 Min Jog on Treadmill

## **Workout:**

Deadlift

4×10,8,5,3

Pull Ups

4×10

Lateral Pull Downs

4×10

Hammer Strength Row

4×12

Heavy Dumbbell Row

4×12

## **Superset 1**

A. Hammer Curls

3×12

B. Barbell Curls

3×12

Planks

3×60 seconds

Hanging Leg Raises

3×15

Sit Ups

3×25

## **Chris Pratt Workout Day 2: Chest & Triceps**

**Warm Up:**

Stretch

10 Min Jog on Treadmill

**Workout:**

Bench Press

4×12,10,8,5

Incline Bench

4x12

Flys (Cable or DB)

4x12

Dips

3xFailure

Tricep Pushdown

4x12

Hammer Strength Bench

4x12

Cable Kickbacks

4x12

### **Chris Pratt Workout Day 3: Active Recovery Day**

On this day do something light that helps you remain active. I even prefer a nice 60 min brisk walk outside, or on the treadmill while reading.

*You could even opt to add in one of the listed WODs (shown later) in one or two of your active recovery days.*

Or you can utilize some mixed martial arts programming, or even parkour!

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

## **Chris Pratt Workout Day 4: Legs Calves**

### **Warm Up:**

Stretch

10 Min Jog on Treadmill

### **Workout:**

Back Squat

4×10,8,5,3

Leg Press

4×12

Superset 1

A. Weighted Lunges

3×12

B. Kettlebell Straight Leg Deadlift

3×12

Standing Calf Raises

4×12

Glute Bridges

3×10

## **Chris Pratt Workout Day 5: Shoulders & Traps**

**Warm Up:**

Stretch

10 Min Jog on Treadmill

**Workout:**

Military Press

4×12,10,8,5

Lateral Raises

4×12



Delt Flys

4×12

Front Raises (DB or Cable)

3×10

Barbell Shrugs

4×10

Superset 1

A. One Arm Dumbbell Snatch

3×10

B. Kettlebell Swing

3×10

Dumbbell Shrugs

3×10