

# OSCAR ISAAC WORKOUT ROUTINE



Bonus PDF File  
By: **Mike Romaine**

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# OSCAR ISAAC WORKOUT ROUTINE

## Training Volume:

4-5 days per week

## Explanation:

Isaac's training mainly consisted of weight training with a big of cardio mixed in and bag work to get him ready for his scene in Ex Machina [where he opens punching a bag]. For that reason we'll be utilizing that same weight training to prepare us to get bulked up like Isaac.

*Please note that as new information comes out for Isaac's training as Moon Knight and/or Dune we will be adding to this routine.*

## 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.

## Oscar Isaac Workout: Sample Schedule

**Monday:** Chest and Triceps

**Tuesday:** Legs and Calves

**Wednesday:** Active Rest and/or Cardio

**Thursday:** Shoulders and Traps

**Friday:** Back and Biceps

**Saturday:** Active Rest Day

**Sunday:** Rest Day

## **Oscar Isaac Workout: Chest and Triceps**

### **Warm Up:**

10 Minute Jog

### **Workout:**

Incline Bench Press

4×8

Close Grip Bench

4×8

Chest Flyes

4×10

Dumbbell Skull Crushers

4×10

Dips

4×12

Explosive Push Ups

4×12

## **Oscar Isaac Workout: Legs and Calves**

### **Warm Up:**

10 Minute Jog

### **Workout:**

Back Squat

4×8

Leg Press

4×8

Front Squats

4×10

Straight Leg Deadlift with DBs

4×10

Weighted Step Ups

4×12

Glute Bridges with Barbell

4×12

## **Oscar Isaac Workout: Shoulders and Traps**

### **Warm Up:**

10 Minute Jog

### **Workout:**

Overhead Press

4×8

Power Cleans

4×8

Lateral Raises

4×10

Upright Rows

4×10

Dumbbell Shrugs

4×12

Cable Front Raises

4×12

## **Oscar Isaac Workout: Back and Biceps**

### **Warm Up:**

10 Minute Jog

### **Workout:**

Hex Bar Deadlift

4×8

Weighted Chin Ups

4×8

Wide Grip Cable Rows

4×10

Lateral Pulldowns

4×10

Straight Arm Pulldowns

4×12

Preacher Curls

4×12