

# SAM HEUGHAN WORKOUT ROUTINE



Bonus PDF File  
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# SAM HEUGHAN WORKOUT ROUTINE

## Training Volume:

One Day of Training

## Explanation:

I am going to be adding some bonus resources below that will also help you train like Sam Heughan based on the research above, but the 4-Step-Bodyweight Workout is actually shared directly from his trainer John Valbonesi (as mentioned above) with Men's Journal!

## 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.

## Sam Heughan Workout: 4-Step Bodyweight Workout

### Part One: Mobility Work

Arm Circles

1×10 each side

Leg Pullovers

1×10 each side

Back Curl Up

1×10 each side

Elbow Rotation

1×10 each side

Knees Side to Side

1×10 each side

Hip Opener

1×10 each side

## **Part Two: Cardio Warm Up**

*Complete One Two Rounds for Time w/ 30 Seconds Rest In Between Rounds*

10 Squats

10 Push Ups

10 Lunges

10 Sit Ups

### **Part Three: Supersets**

*Do each movement for 30 seconds and then move into the next for a total of 60 seconds. Repeat this two more times per set of exercises.*

Frog Hog and Sprint

Push Up and Broad Jump

Lunge and Bear Crawl

Burpee and Military Plank

### **Part Four: Finisher**

25 Two-Touch Sit Ups

L-Sit to Failure

## **Sam Heughan Workout: Bonus Resources**

#### **HIIT RESOURCES:**

[The Best HIIT Workouts to Add to your Workout](#)

[Jump Rope Workout Database](#)

#### **ENDURANCE TRAINING RESOURCES:**

[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](#)