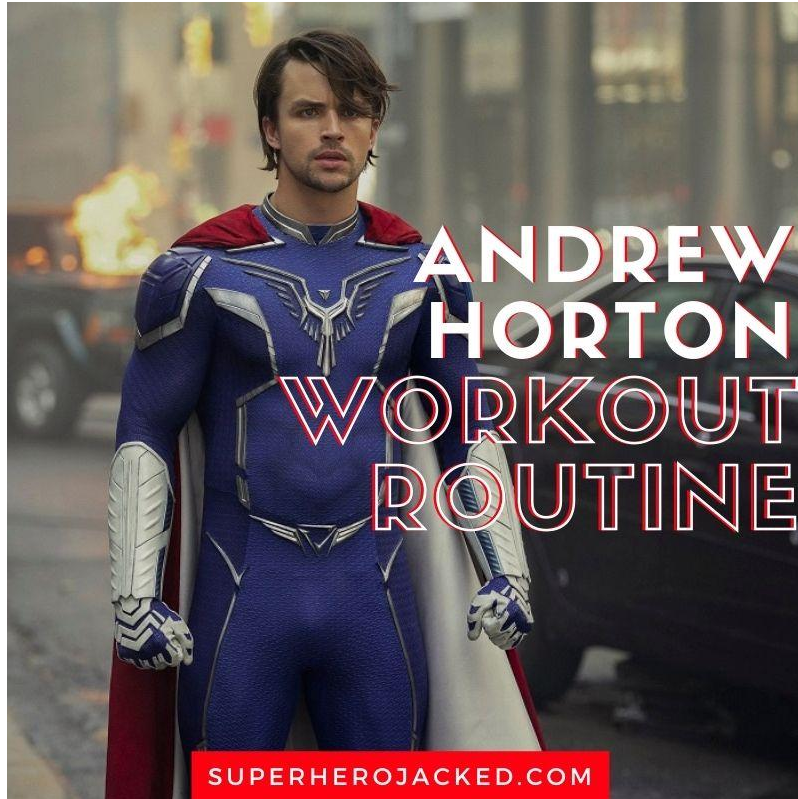


# ANDREW HORTON WORKOUT ROUTINE



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 ensure 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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# ANDREW HORTON WORKOUT ROUTINE

## Training Volume:

5-6 days per week

## Explanation:

We're going to be doing a 5 day split consisting of weightlifting and some cardio mixed in, although Horton likely didn't start adding in cardio until after his initial bulking phase and when it was time to get lean. We'll be working with a style we've seen used by guys like Dwayne Johnson and even Henry Cavill.

## 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

## Andrew Horton Workout: Sample Schedule

**Monday:** Chest Day

**Tuesday:** Leg Day

**Wednesday:** Calisthenics and Core Work

**Thursday:** Shoulder and Trap Day

**Friday:** Back Day

**Saturday:** Rest Day or Optional HIIT Training

**Sunday:** Rest Day

## **Andrew Horton Workout: Chest Day**

### **Warm Up:**

10 Minute Incline Walk

### **Optional Cardio:**

Complete 20-30 Minutes of Elliptical or Treadmill Run/Walk

### **Workout:**

Bench Press

4×12, 10, 8, 5

Incline Dumbbell Bench Press

3×10

Seated Overhead Tricep Extension

3×10

Reverse Grip Tricep Cable Pushdowns

3×10

Weighted Dips

3×10

Cable Chest Flys

3×10

## **Andrew Horton Workout: Leg Day**

### **Warm Up:**

10 Minute Incline Walk

### **Optional Cardio:**

Complete 20-30 Minutes of Elliptical or Treadmill Run/Walk

### **Workout:**

Back Squats

4×12, 10, 8, 5

Leg Press

3×10

Calf Raises

3×10

Hamstring Curls

3×10

Bulgarian Split Squats

3×10

Quad Extensions

3×10

## **Andrew Horton Workout: Calisthenics and Core Day**

### **Warm Up:**

10 Minute Incline Walk

### **Optional Cardio:**

Complete 20-30 Minutes of Elliptical or Treadmill Run/Walk

### **Workout:**

Push Ups

4x25

Glute Bridges

4x20

Dips

4x15

Chin Ups

4x10

**Core Work:**

Sit Ups

4x25

Hanging or Lying Leg Raises

4x25

Planks

4x60 seconds

## **Andrew Horton Workout: Shoulder and Trap Day**

**Warm Up:**

10 Minute Incline Walk

**Optional Cardio:**

Complete 20-30 Minutes of Elliptical or Treadmill Run/Walk

**Workout:**

Overhead Press

4×12, 10, 8, 5

Barbell Shrugs

3×10

Seated Dumbbell Front Raises

3×10

Power Cleans

3×10

Lateral Raises

3×10

Kettlebell Swings

3×10



# **Andrew Horton Workout: Back Day**

## **Warm Up:**

10 Minute Incline Walk

## **Optional Cardio:**

Complete 20-30 Minutes of Elliptical or Treadmill Run/Walk

## **Workout:**

Deadlift

4×12, 10, 8, 5

Reverse Cable Back Flys

3×10

Cable Rows

3×10

Straight Bar Bicep Curls

3×10

Wide Grip Pulldowns

3×10

Chin Ups

3×10

## **Andrew Horton Workout: Optional HIIT Training or Alternative Training Methods**

### **Optional HIIT Training:**

- [The Best HIIT Workouts](#)
- [Jump Rope Workout Database](#)

### **Parkour Training Resources:**

- [The Nightrunner Parkour Workout Routine](#)
- [The Assassin's Creed Parkour Workout Routine](#)
- [The Robbie Amell Parkour Workout Routine](#)

### **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](#)
- [How To Train After Your First 5K \(Workout Included\)](#)

### **Main MMA Training Resources**

- [Anna Diop Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

- [Frank Grillo Boxing Workout](#)

**Other MMA Training Resources:**

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)