

FLORIAN MUNTEANU WORKOUT ROUTINE



Bonus PDF File
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FLORIAN MUNTEANU WORKOUT ROUTINE

Training Volume:

6 days per week

Explanation:

We're going to be training 6 days per week and hitting a split like we've seen from other monsters like Dwayne Johnson and Mehcad Brooks (both the same height and as jacked as Munteanu with similar training to what Florian and his trainer make mention of). What will be unique about this one is that we'll also be hitting abs HARD three times a week and running three times a week for a half an hour (as Munteanu mentions to Men's Health).

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.

Florian Munteanu Workout Routine: Sample Schedule

Monday: Chest and Core Work

Tuesday: Shoulders and Cardio

Wednesday: Triceps and Core Work

Thursday: Back and Cardio

Friday: Legs and Core Work

Saturday: Biceps and Cardio

Sunday: Rest Day

Mehcad Brooks Workout: Chest and Core Work

Warm Up:

10 Minute Incline Walk

Chest Workout:

Barbell Chest Press:

4×12

Incline Dumbbell Press:

4×12

Cable Crossovers

4×12

Dumbbell Flyes

4×12

Dips

4×20

Push Ups on Medicine Balls

4×20

Core Work:

Hanging Leg Raises

4×25

Sit Ups

4×25

Oblique Crunches on Machine

4×30

Mehcad Brooks Workout: Shoulders and Cardio

Warm Up:

Jump Rope

3×100

Shoulder Workout:

Barbell Overhead Press

4×12

Cable Front Raises with Bar on Cable

4×12

Dumbbell Arnold Presses

4×12

Cable Shrugs

4×12

Rear Delt Cable Raise

4×12

Pull Ups

4×12

Cardio:

30 Minute Run (Treadmill or Outside at a Consistent Pace for a “Few Miles”)

Mehcad Brooks Workout: Triceps and Core Work

Warm Up:

10 Minute Incline Walk

Tricep Workout:

Skull Crushers

4×12

Overhead Tricep Extension with Weighted Plate

4×12

One Arm Reverse Grip Tricep Extension

4×12

Tricep Push Downs

4×12

Close Grip Bench Press

4×12

Cable/Dumbbell Kickbacks

4×12

Core Work:

Hanging Knee Raises with Twist

4×25

Cable Crunches

4×25

Russian Twists with Kettlebell

4×30

Mehcad Brooks Workout: Back and Cardio

Warm Up:

Jump Rope

3×100

Back Workout:

Deadlift

4×12

Wide Grip Lateral Pull Downs

4×12

Close Grip Lateral Pull Downs

4×12

Heavy Close Grip Cable Rows

4×12

Wide Grip Cable Rows

4×12

Wide Grip Pull Ups

4×12

Cardio:

30 Minute Run (Treadmill or Outside at a Consistent Pace for a “Few Miles”)

Mehcad Brooks Workout: Legs and Core Work

Warm Up:

10 Minute Incline Walk

Leg Workout:

Squats

4×12

Calf Raises

4×12

Dumbbell Weighted Lunges

4×12

Leg Press

4×12

Hack Squat

4×12

Box Jumps

4×12

Core Work:

Hanging Leg Raises with Pause

4×25

Weighted Sit Ups with Twist

4×20

Side Planks

4×30 seconds

Mehcad Brooks Workout: Biceps and Cardio

Warm Up:

Jump Rope

3×100

Bicep Workout:

Preacher Curls

4×12

Dumbbell Hammer Curls

4×12

Spider Curls

4×12

Overhead Cable Curls

4×12

Zottman Curls

4×12

Chin Ups

4×12

Cardio:

30 Minute Run (Treadmill or Outside at a Consistent Pace for a “Few Miles”)