

JOSH DUHAMEL WORKOUT ROUTINE



Bonus PDF File
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JOSH DUHAMEL WORKOUT ROUTINE

Training Volume:

4-5 days per week

Explanation:

Duhamel says he gets a workout in 4-5 days a week so this one gives you a wide variety of workouts to pair in, even with just two programmed days, being that I give you multiple options for subbing the training style to insert something that might be more your speed!

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.

Josh Duhamel Workout Routine: Sample Schedule

Monday: Rower and Hot Yoga or Band Work

Tuesday: Peloton Bike Training or Endurance "Heavy Cardio"

Wednesday: Rower and Hot Yoga or Band Work

Thursday: Peloton Bike Training or Endurance “Heavy Cardio”

Friday: Rower and Hot Yoga or Band Work

Saturday: Active Rest Day

Sunday: Rest Day

Josh Duhamel Workout Routine: Rower and Hot Yoga or Band Work

Warm Up Cardio:

Do 20-30 Minutes of Rowing

Sub this for treadmill walk/run or some variation of [high intensity interval training](#).

Hot Yoga:

Hot Yoga you’re going to need to jump into a class, but you also have the option of throwing on a 30-60 minute video on YouTube if this is something you’re looking to get into.

I recommend these [YouTube Channels for pairing with SHJ Workouts](#).

Alternative Band Workout (If no Hot Yoga):

Band Bicep Curls

3×10

Band Thrusters

3×10

Band Kickbacks

3×10 each arm

Band Bent Over Rows

3×10

Band Overhead Press

3×10

Band Bench Press or Incline Standing Cable Flyes

3×10

Josh Duhamel Workout Routine: Peloton Bike Training or Endurance “Heavy Cardio”

Peloton:

If you have a Peloton of a bike at home, hop on and jump into a 30-60 minute workout routine that gets you sweating and increases the intensity up a notch!

If not you have some other options:

- SPIN Class
- Hiking

- Running Outdoor
- Row/Swim/Bike 30-60 Minutes

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 \(Workout Included\)](#)