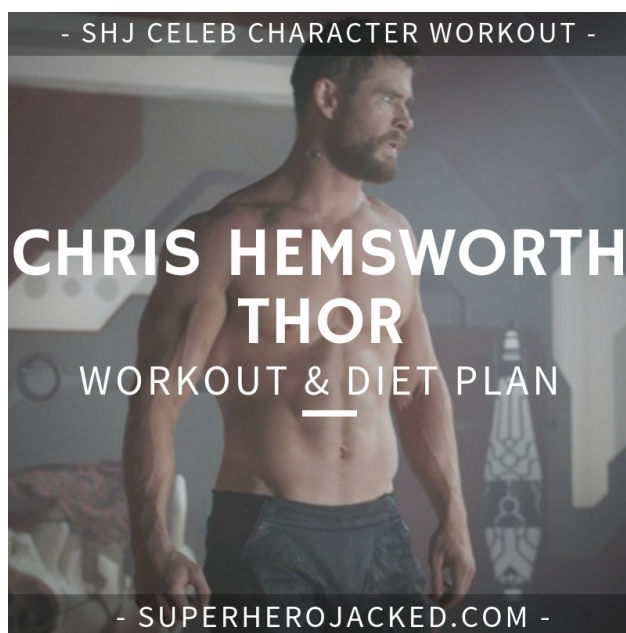


CHRIS HEMSWORTH

WORKOUT ROUTINE V2



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Chris Hemsworth Workout Routine V2

Training Volume:

3-4+ days per week

Explanation:

This workout is inspired directly from workouts reprogrammed from Hemsworth trainer, Zocchi, and has been modified through interviews with him. You can do this as is, or you can swap back and forth with his other programming. His trainer mentions a 3-4 day split, so we will be using Push, Pull, Legs, Full Body/Agility, and then adding in MMA and Parkour if you'd like to go off of Hemsworth "six days a week" statement.

Superset Explanation:

Letters (A/B) represent a superset. So, you'll perform both exercises back to back with no rest until you've performed all of the reps for both exercises – which equals 1 set.

Chris Hemsworth Workout Day One: Pull

Warm Up:

Stretch

10 minute incline walk

Workout:

Deadlift

4×10-8-8-6

Hammer Strength Rows

4×12

Pulldowns

4×12

Superset 1:

A. Hammer Curls

3×12

B. Chin Ups

3×12

Superset 2:

A. Push Ups

3×12

B. Barbell Curls

3×12

Chris Hemsworth Workout Day Two: Push

Warm Up:

Stretch

10 minute incline walk

Workout:

Bench Press

4×10-8-8-6

Arnold Press

4×12

Incline Bench Press

4×12

Skull Crushers

4×12

Superset 1:

A. Dips

3×12

B. Plate Overhead Tricep Extension

3×12

Superset 2:

A. DB Shoulder Front Raises

3×12

B. DB Upright Rows

3×12

Superset 3:

A. Tricep Cable Pushdowns

3×12

B. Cable Kickbacks

3×12

Chris Hemsworth Workout Day Three: Legs

Warm Up:

Stretch

10 minute incline walk

Workout:

Back Squat

4×10-8-8-6

Hamstring Curl Machine

4×12

Leg Extension Machine

4×12

Superset 1:

A. Leg Press

3×12

B. Calf Raises (on Leg Press Machine)

3×12

Superset 2:

A. Weighted Lunges

3×12

B. Cable Pullthroughs

3×12

Chris Hemsworth Workout Day Four: Full Body

Warm Up:

Stretch

10 minute incline walk

Workout:

Superset 1:

A. Kettlebell Swings

3×12

B. One Arm DB Snatches

3×12

Superset 2:

A. Push Ups

3×20

B. Goblet Squats

3×12

Superset 3:

A. Dumbbell Rows

3×12

B. Chin Ups

3×12

Superset 4:

A. Dips

3×12

B. Battle Rope

3×30 seconds

Chris Hemsworth Workout: Active Recovery/Add-on Days

Hemsworth mentions 6 days, but his trainer mentioned 3-4. If you'd like to add-on to your programming you can utilize the workouts that I'm going to link you below.

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.