



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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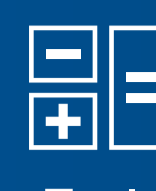
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## CHRIS EVANS INSPIRED WORKOUT: TRAIN LIKE CAPTAIN AMERICA

Work out like the first avenger, Captain America, with this Chris Evans inspired workout program. Read more to learn how you can transform your physique!

Link to Workout: <https://www.muscleanstrength.com/workouts/chris-evans-workout-program>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 4-5 Days

**Time Per Workout:** 45-70 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells

**Author:** Josh England

### Day 1: Lower Body

Exercise	Sets	Reps
1. <a href="#">Squat</a>	3	5
2. <a href="#">Deadlift</a>	3	5
3. <a href="#">Jump Squats</a>	2	12
4. Box Jumps	2	10
5. <a href="#">Lying Leg Curl</a>	2	12
6. <a href="#">Standing Machine Calf Raise</a>	2	15
<i>Cardio:</i> 10 Minute jog on treadmill / 6 MPS / 2 - 4 Incline		

### Day 2: Upper Body

Exercise	Sets	Reps
1. <a href="#">Military Press</a>	3	5
2. <a href="#">Incline Dumbbell Press</a>	3	5
3. <a href="#">Pull Up</a>	3	12
4. <a href="#">Z Press</a>	3	8
5. <a href="#">Push Up</a>	3	12
6. <a href="#">Inverted Row</a>	3	12
<i>Cardio:</i> 10 Minute jog on treadmill / 6 MPS / 2 - 4 Incline		

### Day 3: Active Recovery

Exercise	Sets	Reps
On your active recovery days feel free to work on mobility (yoga is an excellent option) or incorporate cardio if you feel it's needed. Chris Evans didn't perform much cardio during his preparation, but did admit to performing HIIT cardio when needed. If you enjoy performing cardio and want to add it, feel free to do so and simply adjust your calorie intake accordingly.		

### Day 4: Lower Body

Exercise	Sets	Reps
1. <a href="#">Trap Bar Deadlift</a>	3	5
2. <a href="#">Front Squat</a>	3	5
3. <a href="#">Leg Press</a>	3	12
4. <a href="#">Seated Leg Curl</a>	2	15
5. Jumping Lunges	2	15 Each
6. <a href="#">Seated Calf Raise</a>	2	15
<i>Cardio:</i> 10 Minute jog on treadmill / 6 MPS / 2 - 4 Incline		

### Day 5: Upper Body

Exercise	Sets	Reps
1. <a href="#">Bent Over Row</a>	3	5
2. <a href="#">Incline Bench Press</a>	3	5
3. Kneeling Shoulder Press	3	5
4. <a href="#">One Arm Dumbbell Row</a>	3	12
5. <a href="#">Dips</a>	3	15
6. <a href="#">Chin Ups</a>	3	15
<i>Cardio:</i> 10 Minute jog on treadmill / 6 MPS / 2 - 4 Incline		

### Day 6: Active Recovery

Exercise	Sets	Reps
On your active recovery days feel free to work on mobility (yoga is an excellent option) or incorporate cardio if you feel it's needed. Chris Evans didn't perform much cardio during his preparation, but did admit to performing HIIT cardio when needed. If you enjoy performing cardio and want to add it, feel free to do so and simply adjust your calorie intake accordingly.		

### Day 7: Optional Abs/Arms

Exercise	Sets	Reps
1. <a href="#">Plank</a>	3	30 Secs
1b. <a href="#">Sit Up</a>	3	15
1c. <a href="#">Bicycle Crunch</a>	3	15
1d. <a href="#">Lying Floor Leg Raise</a>	3	15
1e. <a href="#">Weighted Crunch</a>	3	10
2a. <a href="#">Dumbbell Curls</a>	2	10
2b. <a href="#">Overhead Dumbbell Extension</a>	2	10
3a. <a href="#">Barbell Curl</a>	2	10
3b. <a href="#">Skullcrusher</a>	2	10