



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



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## THE CHRIS PRATT INSPIRED WORKOUT

Work out like Guardians of the Galaxy's Star Lord & Jurassic World's Owen with the Chris Pratt inspired workout program. Read more to learn about the program!

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

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 12 Weeks  
**Days Per Week:** 5-7 Days  
**Time Per Workout:** 60-90 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines  
**Author:** Josh England

### Chris Pratt Workout Day 1: Back, Biceps, & Abs

Exercise	Sets	Reps
<i>Warm Up: SMR, Dynamic Stretching, 10 Mins Jog on Treadmill</i>		
1. <a href="#">Pull Up</a>	5	15, 12, 10, 10, 8
2. <a href="#">Pull Downs</a>	5	15, 12, 12, 10, 8
3. <a href="#">Hammer Strength Row</a>	4	12, 12, 10, 10
4. <a href="#">Heavy Dumbbell Row</a>	4	12, 10, 8, 8
5. <a href="#">Barbell Curl</a>	4	10, 8, 8, 6
6a. <a href="#">Hammer Curl</a>	3	12
6b. <a href="#">Reverse Curl</a>	3	12
7. <a href="#">Plank</a>	3	20 Secs
8. <a href="#">Hanging Leg Raise</a>	3	15
9. <a href="#">Sit Up</a>	3	20

### Chris Pratt Workout Day 2: Chest & Triceps

Exercise	Sets	Reps
<i>Warm Up: SMR, Dynamic Stretching, 10 Mins Jog on Treadmill</i>		
1. <a href="#">Bench Press</a>	5	12, 10, 8, 6, 6
2. <a href="#">Incline Bench Press</a>	3	12
3. <a href="#">Hammer Strength Bench Press</a>	3	15
4. <a href="#">Cable Flys</a>	3	12
5. <a href="#">Dips</a>	3	Failure
6. <a href="#">Tricep Rope Pressdown</a>	3	12

### Chris Pratt Workout Day 3: Legs & Core

Exercise	Sets	Reps
<i>Warm Up: SMR, Dynamic Stretching, 10 Mins Jog on Treadmill</i>		
1. <a href="#">Barbell Back Squat</a>	6	15, 12, 12, 10, 8, 6
2. <a href="#">Deadlift</a>	4	10, 8, 6, 6
3. <a href="#">Leg Press</a>	1	10*
4. <a href="#">Bodyweight Walking Lunge</a>	3	15 Each
5. <a href="#">Leg Curls</a>	3	20, 15, 12
6. <a href="#">Standing Calf Raise</a>	3	20
7. <a href="#">Plank</a>	3	20 Secs
8. <a href="#">Bodyweight Glute Bridge</a>	3	20
9. <a href="#">Oblique Crunch</a>	3	15 Each

\*Drop sets to failure until only the sled is left

### Chris Pratt Workout Day 4: Active Recovery Day

Exercise	Sets	Reps
On this day do something light that helps you remain active. This is the perfect opportunity to perform some form of cardio exercise. My recommendation would be doing something active outdoors such as a walk, jog, or bike ride.		

### Chris Pratt Workout Day 5: Shoulders & Triceps

Exercise	Sets	Reps
<i>Warm Up: SMR, Dynamic Stretching, 10 Mins Jog on Treadmill</i>		
1. <a href="#">Military Press</a>	5	12, 12, 10, 8, 6
2. <a href="#">Lateral Raise</a>	4	12, 10, 8, 8
3. <a href="#">Rear Delt Fly</a>	3	15
4. <a href="#">Front Raise</a>	3	15, 12, 10
5. <a href="#">Barbell Shurges</a>	3	15, 12, 10
6. <a href="#">Overhead Extension</a>	3	12
7. <a href="#">Skull Crusher</a>	3	12

### Chris Pratt Workout Day 6: Full Body Tabata

Exercise	Mins	On/Off
4 Mins total for each exercise. Perform them for 20 seconds nonstop, then rest for 10 seconds throughout the entire 4 mins.		
1. <a href="#">Push Up</a>	4	20/10 Secs
2. <a href="#">Pull Up</a>	4	20/10 Secs
3. <a href="#">Air Squat</a>	4	20/10 Secs
4. <a href="#">Bodyweight Lunge</a>	4	20/10 Secs
5. <a href="#">Hyperextension</a>	4	20/10 Secs
6. <a href="#">Crunch</a>	4	20/10 Secs
7. <a href="#">Plank</a>	4	20/10 Secs

### Chris Pratt Workout Day 7: Active Recovery Day

Exercise	Sets	Reps
On this day do something light that helps you remain active. This is the perfect opportunity to perform some form of cardio exercise. My recommendation would be doing something active outdoors such as a walk, jog, or bike ride.		