



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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RYAN REYNOLDS INSPIRED WORKOUT: TRAIN LIKE DEADPOOL

Build the tight glutes needed to fill out the one and only red onesie by performing this Ryan Reynolds Deadpool inspired workout program! Check it out!

Link to Workout: <https://www.muscleanstrength.com/workouts/ryan-reynolds-deadpool-inspired-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 7 Day

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar, Other

Author: Josh England

Deadpool Workout Day 1: Legs

Exercise	Sets	Reps
1. Squat	5	5
2. Bulgarian Split Squat	4	8
3. Stiff Leg Dumbbell Deadlift	4	8
4. SHELCO	3	12
5. Lateral Lunge	3	12

Deadpool Workout Day 2: Chest & Triceps

Exercise	Sets	Reps
1. Bench Press	5	5
2. Incline Dumbbell Press	4	8
3. Cable Fly	3	12
4. Close Grip Bench Press	4	6
5. Dip	3	12
6. Skullcrusher	3	12

Deadpool Workout Day 3: Back & Biceps

Exercise	Sets	Reps
1. Bent Over Row	4	6
2. Pull Ups	4	8
3. One Arm Row	4	8
4. Chin Up	4	6
5. Hammer Curls	3	12
6. Incline Curls	3	12

Deadpool Workout Day 4: Light Cardio & Abs

Exercise	Sets	Reps
Perform a low intensity form of cardio of your choice as a form of active recovery. Also focus on working on increasing your mobility through mobility flows, SMR, and static stretching. Finish off day 4 by performing this ab workout:		
1. Turkish Get Ups	3	8
2. Plank	3	60 Secs
3a. Ab Crunch	3	20
3b. Lying Leg Raise	3	20
3c. Oblique Crunch	3	15 Each
3d. Heel Touches	3	15 Each

Deadpool Workout Day 5: Legs

Exercise	Sets	Reps
1. Sumo Deadlift	5	5
2. Leg Press	4	8
3. Hip Thrust	4	8
4. Split Jumps	3	12
5. Seated Calf Raise	3	20

Deadpool Workout Day 6: Shoulders

Exercise	Sets	Reps
1. Standing Dumbbell Press	4	6
2. Lateral Raise	4	12
3. Arnold Press	3	12
4. Rear Delt Raise	3	12
5. Reverse Cable Fly	3	12

Deadpool Workout Day 7: Light Cardio & Abs

Exercise	Sets	Reps
Perform a low intensity form of cardio of your choice as a form of active recovery. Also focus on working on increasing your mobility through mobility flows, SMR, and static stretching. Finish off day 7 by performing this ab workout:		
1. Turkish Get Ups	3	8
2. Plank	3	60 Secs
3a. Ab Crunch	3	20
3b. Lying Leg Raise	3	20
3c. Oblique Crunch	3	15 Each
3d. Heel Touches	3	15 Each