



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



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Workouts



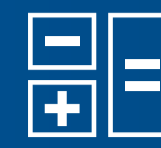
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## HOLLYWOOD MUSCLE: HENRY CAVILL INSPIRED WORKOUT ROUTINE

Work out and eat like Superman with this workout routine inspired by Henry Cavill in this month's edition of Hollywood Muscle. Check it out!

Link to Workout: <https://www.muscleandstrength.com/workouts/henry-cavill-workout>

**Main Goal:** Increase Strength

**Training Level:** Intermediate

**Program Duration:** 8 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 60-90 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells

**Target Gender:** Male & Female

**Author:** [M&S Team](#)

### Henry Cavill Inspired Workout 1

Exercise	Sets	Reps
<a href="#">Barbell Squats</a>	5	8
<a href="#">Romanian Deadlift</a>	3	10
<a href="#">Walking Lunge</a>	3	15 Each
<a href="#">Banded Good Morning</a>	3	20
<a href="#">Pallof Press</a>	3	15 Each

### Henry Cavill Inspired Workout 2

Exercise	Sets	Reps
<a href="#">Bench Press</a>	5	8
<a href="#">Decline Dumbbell Bench Press</a>	3	12
<a href="#">Dumbbell Rows</a>	5	10
<a href="#">Dumbbell Reverse Fly</a>	5	20
<a href="#">Dips</a>	3	15
<a href="#">A1. Barbell Reverse Curls</a>	3	15
<a href="#">A2. Cable Rope Extension</a>	3	15

### Henry Cavill Inspired Workout 3

Exercise	Sets	Reps
<a href="#">Deadlift</a>	5	8
<a href="#">Hyperextension</a>	3	10
<a href="#">Box Squat</a>	3	10
<a href="#">T-Bar Row</a>	3	10
<a href="#">Lat Pull Down</a>	3	12
<a href="#">Dead Bug</a>	3	10-12

### Henry Cavill Inspired Workout 4

Exercise	Sets	Reps
<a href="#">Military Press</a>	5	8
3 Way Shoulder Raise	3	15
<a href="#">Pull Up</a>	4	10
<a href="#">Tricep Push Up</a>	3	15
<a href="#">A1. Alternating Dumbbell Curl</a>	3	15 Each
<a href="#">A2. Dips</a>	3	12