



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



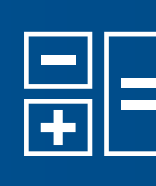
Diet Plans



Expert Guides



Videos



Tools

HOLLYWOOD MUSCLE: SYLVESTER STALLONE INSPIRED WORKOUT ROUTINE

Work out like Rambo and Rocky with this workout routine inspired by Sylvester Stallone in this month's edition of Hollywood Muscle. Check it out!

Link to Workout: <https://www.muscleanstrength.com/workouts/sylvester-stallone-workout>

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 8 Weeks

Days Per Week: 6 Day

Time Per Workout: 45-75 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

Target Gender: Male & Female

Author: [M&S Team](#)

Sylvester Stallone Inspired Workout 1

| Exercise | Sets | Reps |
|--|------|------|
| Incline Dumbbell Press | 5 | 10 |
| Incline Dumbbell Fly | 4 | 10 |
| Dumbbell Press | 3 | 10 |
| A1. Incline EZ Bar Skullcrusher | 3 | 10 |
| A2. EZ Bar Curl | 3 | 10 |
| B1. Seated Overhead Dumbbell Extension | 3 | 10 |
| B2. Seated Dumbbell Curl | 3 | 10 |
| C1. Tricep Cable Extension | 3 | 10 |
| C2. Rope Hammer Curl | 3 | 10 |
| Forearm Wrist Curls | 3 | 10 |

Sylvester Stallone Inspired Workout 2

| Exercise | Sets | Reps |
|---|------|------|
| T-Bar Row | 5 | 10 |
| Pull Up | 4 | 10 |
| Bent Over Dumbbell Row | 3 | 10 |
| Dumbbell Arnold Press | 5 | 10 |
| Side Lateral Raises | 4 | 10 |
| Bent Over Rear Delt Fly | 3 | 10 |
| Front Raise | 2 | 10 |

Sylvester Stallone Inspired Workout 3

| Exercise | Sets | Reps |
|---|-------|------|
| Heels Elevated Dumbbell Squat | 5 | 10 |
| Split Squat | 4 | 10 |
| Leg Curl | 3 | 10 |
| Calf Raise | 3 | 15 |
| Ab Wheel Rollout | 5 | 10 |
| A1. Sit Up | 3 - 5 | 25 |
| A2. Lying Leg Raise | 3 - 5 | 25 |
| A3. Oblique Crunch | 3 - 5 | 25 |

Sylvester Stallone Inspired Workout 4

| Exercise | Sets | Reps |
|--|------|------|
| Slight Incline Neutral Grip Dumbbell Press | 5 | 10 |
| Cable Flys | 4 | 10 |
| Push Ups | 3 | 10 |
| A1. Skullcrusher | 3 | 10 |
| A2. Incline Dumbbell Curl | 3 | 10 |
| B1. French Press | 3 | 10 |
| B2. Barbell Curl | 3 | 10 |
| C1. Tricep Kickback | 3 | 10 |
| C2. Dumbbell Curl | 3 | 10 |
| Forearm Wrist Curl | 3 | 10 |

Sylvester Stallone Inspired Workout 5

| Exercise | Sets | Reps |
|---|------|------|
| Barbell Row | 5 | 10 |
| Wide Grip Pull Up | 4 | 10 |
| Cable Row | 3 | 10 |
| Dumbbell Side Laterals | 5 | 10 |
| Bent Over Rear Delt Row | 4 | 10 |
| Dumbbell Front Raise | 3 | 10 |
| Dumbbell Shrug | 2 | 25 |

Sylvester Stallone Inspired Workout 6

| Exercise | Sets | Reps |
|---------------------------------------|-------|---------|
| Goblet Squat | 5 | 10 |
| Dumbbell Lunge | 4 | 10 |
| Leg Curl | 3 | 10 |
| Calf Raise | 3 | 15 |
| Ab Wheel | 5 | 10 |
| A1. Sit Up | 3 - 5 | 25 |
| A2. Hanging Leg Raise | 3 - 5 | 25 |
| A3. Side Bends | 3 - 5 | 25 Each |