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Workouts



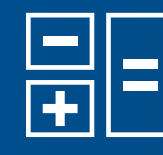
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HOLLYWOOD MUSCLE: ZAC EFRON INSPIRED WORKOUT ROUTINE

Work out like you're about to be on the set of Baywatch with this workout routine inspired by Zac Efron in this month's edition of Hollywood Muscle.

Link to Workout: <https://www.muscleandstrength.com/workouts/zac-efron-workout>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 6 Day

Time Per Workout: 60-90 Mins

Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines

Target Gender: Male & Female

Author: [M&S Team](#)

Zac Efron Inspired Workout: Back and Biceps

Exercise	Sets	Reps
A1. Dumbbell Pullover	3	8 - 12
A2. One Arm Dumbbell Row	3	8 - 12
B1. Pull Up	3	8 - 12
B2. Seated Cable Row	3	8 - 12
C1. Lat Pull Down	3	8 - 12
C2. Inverted Row	3	8 - 12
D1. Chin Up	3	8 - 12
D2. Drag Curl	3	8 - 12

Zac Efron Inspired Workout: Legs and Core

Exercise	Sets	Reps
A1. Hack Squat	3	8 - 12
A2. Bodyweight Jump Squats	3	8 - 12
B1. Leg Curl	3	8 - 12
B2. Exercise Ball Leg Curl	3	8 - 12
C1. Walking Lunge	3	8 - 12 Each
C2. Romanian Deadlifts	3	8 - 12
D1. Seated Calf Raise	3	8 - 12
D2. Standing Calf Raise	3	8 - 12
E1. Sit Up	5	15
E2. Oblique Crunch	5	12 - 15 Each
E3. Lying Floor Leg Raise	5	15
E4. Plank	5	Timed Failure

Zac Efron Inspired Workout: Chest, Shoulders & Arms

Exercise	Sets	Reps
A1. Dumbbell Floor Press	3	8 - 12
A2. Push Up	3	8 - 12
B1. Incline Bench Press	3	8 - 12
B2. Lateral Raise	3	8 - 12
C1. Standing Overhead Press	3	8 - 12
C2. Band Pull Apart	3	8 - 12
D1. Machine Fly	3	8 - 12
D2. Push Up	3	8 - 12
E1. Triceps Dip	3	8 - 12
E2. Hammer Curl	3	8 - 12