



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



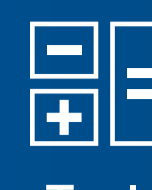
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HUGH JACKMAN'S WORKOUT: STRONG, LEAN & POWERFUL

Get ripped like Wolverine by applying the same underlying training principles Hugh Jackman did while working out in preparation for his role on the big screen.

Link to Workout: <https://www.muscleandstrength.com/workouts/hugh-jackman-workout-routine>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 4 Weeks
Days Per Week: 4 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines, Medicine Ball
Author: Luke Atchley

Day 1

Exercise	Sets	Reps	Rest
Bench Press	4	5 @ 60% / 65% / 75% / 75% / 1 Rep Max	60 - 90 Secs
Weighted Dip	3	10	60 - 90 Secs
Triset			
Incline Dumbbell Bench Press	3	12	-
Dumbbell Pullover	3	10	-
Cable Crossovers	3	10	90 Secs before repeating Triset
Superset			
Hanging Leg Raises	4	12, 10, 8, 6	-
Weighted Crunch	4	12	90 Secs before repeating Superset

Percentage Based Training is performed at the beginning of each workout and only for the main lift of the day. All other exercises should stick to the 2 For 2 Rule: If you perform 2 reps over your goal reps for an exercise for 2 consecutive workouts, increase the weight you are lifting by 5 -10 lbs and work toward repeating the process.

Day 2

Exercise	Sets	Reps	Rest
Squat	4	5 @ 60% / 65% / 75% / 75% / 1 RM	3 Mins
Single-Leg Press	3	10 Each Leg	60 - 90 Secs
Triset			
Leg Curl	3	12	-
Calf Raise	3	15	-
Split Squat	3	10	90 Secs before repeating Triset
Plank Complex: Front, Left, Right	3	30 - 45 Secs Each Position	Complete all 3 positions before resting 90 Secs

Percentage Based Training is performed at the beginning of each workout and only for the main lift of the day. All other exercises should stick to the 2 For 2 Rule.

Day 3

Exercise	Sets	Reps	Rest
Weighted Chin Ups	4	5 @ 60% / 65% / 75% / 75% / 1 RM	3 Mins
T - Bar Row	3	10	60 - 90 Secs
Triset			
Lat Pulldown	3	12	-
Seated Cable Row	3	10	-
Face Pull	3	12	90 Secs before repeating Triset
Superset			
Standing Medicine Ball Chop	3	8 Each Side	-
Weighted Crunch	4	12	90 Secs before repeating Superset

Percentage Based Training is performed at the beginning of each workout and only for the main lift of the day. All other exercises should stick to the 2 For 2 Rule.

Day 4

Exercise	Sets	Reps	Rest
Deadlift	4	5 @ 60% / 65% / 75% / 75% / 1 RM	3 Mins
Shoulder Press	5	5	60 - 90 Secs
Triset			
Front Raise	3	12	-
Rear Delt Fly	3	10	-
Lateral Raise	3	10	90 Secs before repeating Triset
Superset			
Biceps 21's	3	7 Close Grip, 7 Wide Grip, 7 Tempo	-
Bench Dips	3	20	90 Secs before repeating Superset

Percentage Based Training is performed at the beginning of each workout and only for the main lift of the day. All other exercises should stick to the 2 For 2 Rule.