



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



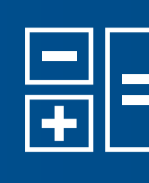
Diet Plans



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JASON MOMOA'S WORKOUT

Learn how the AR-7 program helped Game of Thrones actor Jason Momoa put on the major muscle needed to portray the great Khal Drogo.

Link to Workout: <https://www.muscleandstrength.com/workouts/jason-momoa-accelerated-results-7-program>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 5 Days

Time Per Workout: 120-150 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Other

Author: Brad Borland

Monday

| Exercise | Sets/Reps |
|--|--|
| Chest | |
| Flat Bench Press | Do 3 rounds with 1 - 2 minutes of rest in between each round: <ul style="list-style-type: none"> • 1st round 7 sets of 7 reps, with 7 seconds rest of each exercise • 2nd round 6 sets of 6 reps, with 6 seconds rest of each exercise • 3rd round 5 sets of 5 reps, with 5 seconds rest of each exercise |
| Incline Bench Press | |
| Incline Bench Dumbbell Press | |
| Plate Push-Up | |
| Chest Dips | |

Tuesday

| Exercise | Sets/Reps |
|---|--|
| Back | |
| Medium-Grip Pull-Up | Do 3 rounds with 1 - 2 minutes of rest in between each round: <ul style="list-style-type: none"> • 1st round 7 sets of 7 reps, with 7 seconds rest of each exercise • 2nd round 6 sets of 6 reps, with 6 seconds rest of each exercise • 3rd round 5 sets of 5 reps, with 5 seconds rest of each exercise |
| Reverse-Grip Chin-Up | |
| Close-Grip Pull-Up | |
| Seated Pulley Row | |
| Reverse-Grip BB Bent-Over Row | |

Wednesday

| Exercise | Sets/Reps |
|---------------------------------------|--|
| Legs | |
| Bodyweight Squat | Do 3 rounds with 1 - 2 minutes of rest in between each round: <ul style="list-style-type: none"> • 1st round 7 sets of 7 reps, with 7 seconds rest of each exercise • 2nd round 6 sets of 6 reps, with 6 seconds rest of each exercise • 3rd round 5 sets of 5 reps, with 5 seconds rest of each exercise |
| Stiff-Legged Deadlift | |
| Barbell Back Squat | |
| Bodyweight Jump Squat | |

Thursday

| Exercise | Sets/Reps |
|--------------------|--|
| Core | |
| Medicine Ball Slam | Do 3 rounds with 1 - 2 minutes of rest in between each round: <ul style="list-style-type: none"> • 1st round 7 sets of 7 reps, with 7 seconds rest of each exercise • 2nd round 6 sets of 6 reps, with 6 seconds rest of each exercise • 3rd round 5 sets of 5 reps, with 5 seconds rest of each exercise |
| Kettlebell Swing | |
| Burpee | |
| Leap Frog | |
| 40-yd Sprint | |

Friday

| Exercise | Sets/Reps |
|--|--|
| Shoulders & Arms | |
| Barbell Military Press | Do 3 rounds with 1 - 2 minutes of rest in between each round: <ul style="list-style-type: none"> • 1st round 7 sets of 7 reps, with 7 seconds rest of each exercise • 2nd round 6 sets of 6 reps, with 6 seconds rest of each exercise • 3rd round 5 sets of 5 reps, with 5 seconds rest of each exercise |
| Bodyweight Dip | |
| Diamond Push-Up | |
| Dumbbell Curls | |
| Dumbbell Tricep Extensions | |