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TRAIN LIKE IRON MAN: ROBERT DOWNEY JR. INSPIRED WORKOUT PROGRAM

Work out like Iron Man with this Robert Downey Jr inspired workout program! This upper/lower split is full of compound movements & bodyweight exercises!

Link to Workout: <https://www.muscleandstrength.com/workouts/robert-downey-jr-workout>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 12 Weeks
Days Per Week: 4 Days
Time Per Workout: 45-70 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Kettle Bells, Medicine Ball, Other
Author: Josh England

Robert Downey Jr Workout Day 1: Upper Workout

Exercise	Sets	Reps
1. Pull Up	3	8 - 12*
2. Push Up	3	8 - 12
3. Dumbbell Bench Press	3	8 - 12
4. Dumbbell Row	3	8 - 12
5. Dumbbell Military Press	3	8 - 12
6a. TRX Suspension Push Up	3	8 - 12
6b. TRX Suspension Inverted Row	3	8 - 12
7. Lateral Raise	3	8 - 12
8. Bent Over Lateral Raise	3	12 - 15
*Use assistance or weight if needed.		

Robert Downey Jr Workout Day 2: Lower Workout

Exercise	Sets	Reps
1. Barbell Squat	3	8 - 12
2. Leg Press	3	8 - 12
3. Hamstring Curl	3	8 - 12
4. Dumbbell Stiff Leg Deadlift	3	8 - 12
5a. TRX Suspension Split Squat	3	12 - 15*
5b. TRX Suspension Supported Pistol Squat	3	12 - 15 Each*
6. Ab Crunch	3	20
7. Hanging Leg Raise	3	12
8. Plank	3	30 Secs
*Feel free to perform this one exercise at a time if you struggle with the superset.		

Robert Downey Jr Workout Day 3: Rest & Recovery

Exercise	Sets	Reps
On your recovery days, try to do something to remain active. Just be sure it is an activity that is not too intense. The purpose here is to help promote recovery.		
Downey is a fan of meditating and yoga on his days off. Some other beneficial ways you could spend your rest days are by performing smr/foam rolling drills, mobility flows, or active recovery walks.		

Robert Downey Jr Workout Day 4: Upper Workout

Exercise	Sets	Reps
1. Inverted Row	3	8 - 12
2. Dips	3	8 - 12*
3. Seated Arnold Press	3	8 - 12
4. Lat Pull Down	3	8 - 12
5. Incline Dumbbell Press	3	8 - 12
6. Dumbbell Front Raise	3	8 - 12
7. Cable Row	3	8 - 12
8. Kettlebell Swing	3	30
9. Farmers Carry	3	Distance**
*Use assistance or weight if needed.		
**Walk for a predetermined distance based on your capabilities.		

Robert Downey Jr Workout Day 5: Lower Workout

Exercise	Sets	Reps
1. Goblet Squat	3	8 - 12
2. Hack Squat	3	8 - 12
3. Seated Hamstring Curl	3	8 - 12
4. Dumbbell Stiff Leg Deadlift	3	8 - 12
5. Med Ball Squat	3	12 - 15
6. Reverse Lunge	3	12 - 15
7. Ab Crunch	3	20
8. Hanging Leg Raise	3	12
9. Plank	3	30 Secs

Robert Downey Jr Workout Day 6 & 7: Recovery

Exercise	Sets	Reps
On your recovery days, try to do something to remain active. Just be sure it is an activity that is not too intense. The purpose here is to help promote recovery.		
Downey is a fan of meditating and yoga on his days off. Some other beneficial ways you could spend your rest days are by performing smr/foam rolling drills, mobility flows, or active recovery walks.		