

WORKOUT PLAN

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ACTIVITY

REPS

BACK

DAY 1

- Pullups
- Pushups
- Hammer strength machine rows
- Dumbbell rows
- Swiss ball hyperextensions

5 sets x 20, 15, 12, 10, 10 reps
5 sets x 20 reps
4 sets x 12 reps
4 sets x 12 reps
4 sets x 25, 20, 15, 15 reps

CHEST

DAY 2

- Barbell bench press
- Incline dumbbell bench press
- Hammer strength chest press
- Weighted dip
- Cable flyes

8 sets x 12, 10, 10, 8, 8, 6, 4, 4, 4 reps
4 sets x 12 reps
4 sets x 15 reps
4 sets x 10 reps
4 sets x 12 reps

LEGS

DAY 3

- Back squat
- Leg press
- Walking lunges
- Leg extension
- Single-leg curl
- Standing calf raise

7 sets x 10, 8, 6, 5, 4, 3, 3 reps
1 x drop set to failure
4 sets x 20 reps
3 sets x 20 reps
3 sets x 20 reps
3 sets x 20 reps

SHOULDERS

DAY 4

- Military press
- Arnold press
- Barbell shrugs
- Dumbbell lateral raise
- Dumbbell front raise
- Dumbbell rear delt flyes

7 sets x 10, 8, 6, 5, 4, 3, 3 reps
4 sets x 12 reps
4 sets x 12 reps
3 sets x 15 reps
3 sets x 15 reps
3 sets x 15 reps

ARMS

DAY 5

- Barbell biceps curl
- Skull crusher
- Ez-bar preacher curl
- Dumbbell lying triceps extension
- Dumbbell hammer curl
- Rope pressdown
- Barbell wrist curl
- Barbell reverse wrist curl

3 sets x 10 reps
3 sets x 10 reps
3 sets x 10 reps
3 sets x 10 reps
3 sets x 12 reps
3 sets x 12 reps
3 sets x 20 reps
3 sets x 20 reps