



ATHLEAN-X

BODY UNDER CONSTRUCTION

HOLLYWOOD MUSCLE

SPECIAL REPORT

HOLLYWOOD MUSCLE X-POSED!

There's a lot of famous bodies in Hollywood. No matter who you are you've had to notice Brad Pitt in Fight Club, or how Robert Downey Jr. went from skinny fat to super hero in no time in the Iron Man series.

In this report you'll find TEN of the most talked about training routines used to make some of the most recognizable men in Hollywood look amazing! Having all these routines in one place would be great enough, but to give it the "X" factor, I've taken it a step further by pointing out how these programs, while at face value may seem outstanding, can and do have some flaws that may not only hide the "real story" behind their success but could instead be used as jumping off points for constructing even better workouts from them to help you maximize your gains.

In addition, I'll selectively show you how you can integrate some of these training techniques directly into ATHLEAN-X™ if you're up to the challenge.

As you know, just doing a program on it's own with no context is the guaranteed road to nowhere. The fitness industry has made a killing doing just that. That's why men's fitness magazines can regularly pump out training programs. They know that, when used out of context, the program will yield no results causing you to come back next month for a workout that actually works!

The ATHLEAN-X Training System™ is more than just a 90-Day System. It's a life long training solution that I want you to enjoy training and challenging yourself with each and every month to reach even more gains. Check out the famous routines below and see what you can learn from them to make your "ATHLEAN" training even more fun, exciting, and challenging. Lights...Camera...A-Xtion!

STAY STRONG!

Jeff Cavener

Brad Pitt - Fight Club

Monday - Chest

3 x 25 Push Ups
3 x Nautilus Press
3 x Nautilus Incline Press
3 x Pec Deck Machine

MACHINES ??

Tuesday - Back

3 x 5 Pull Ups
3 x Seated Rows
3 x Lat Pulldowns
3 x T-bar Rows

Wednesday - Shoulders

3 x Arnold Press
3 x Lateral Raises
3 x Front Raises

Thursday - Biceps & Triceps

3 x Nautilus Curl Machine
3 x EZ Curls Cable
3 x Hammer Curls
3 x Pushdowns

Friday

Treadmill 45 minutes 65-75% MHR

Sat/Sun off

Reps Range From 20-30 reps on all exercises

20-30 REPS!

**MUSCLE
MAINTENANCE**

THE DIRECTOR'S "CUTS"

Pitt's ripped physique in Fight Club is perhaps one of the most famous of all time! It's been over 10 years since the movie's release and it's still one of the most talked about "looks" that guys would die for (well...at least fight for!)

Right off the bat you see NO LEG TRAINING! Hard for me to believe that he got THAT RIPPED with no metabolism cranking lower body workouts! Had to come from a perfect diet and more than likely more restrictive than any normal guy would be able to follow for even a couple of weeks! Also, the ultra high rep ranges that he used surely depleted the intramuscular glycogen and water reserves...maximizing the "pump" and giving Pitt that "one-two" combination of thin skin and ridiculous definition.

The exercises are the standard run-of-the-mill bodybuilding selections but the isolated muscle group approach DOES effectively work when the goal is lean muscle maintenance and enhanced definition (more on that later). The concentrated training volume allows training at higher overall workloads (like with these super high rep ranges) while STILL keeping the workouts realistic in length and less susceptible to inducing overtraining!

Brad Pitt - Troy

Phase 1: Bulking

Day 1: Upper Chest/ Shoulders, Triceps, Abs

3 sets x 10 reps Inclined Dumbbell Press
2 sets x 10 reps Military Press
2 sets x 12 reps Arnold Press
2 sets x 12 reps Dumbbell Flys
2 sets x 12 reps Bent Over Dumbbell Flys
2 sets x 8 reps Skull Crushers

Day 2: Back/Traps/Biceps

3 sets x 12 reps Pullups
3 sets x 10 reps Seated Rows
3 sets x 10 reps Upright Rows
2 sets x 15 reps Dumbbell Shrugs
3 sets x 10 reps Preacher Curls

Day 3: Cardio

30 minutes running at moderate pace

Day 4: Shoulders/ Upper Chest

2 sets x 10 reps Military Press
2 sets x 12 reps Arnold Press
2 sets x 12 reps Dumbbell Flys
2 sets x 12 reps Bent Over Dumbbell Flys
3 sets x 10 reps Inclined Dumbbell Press

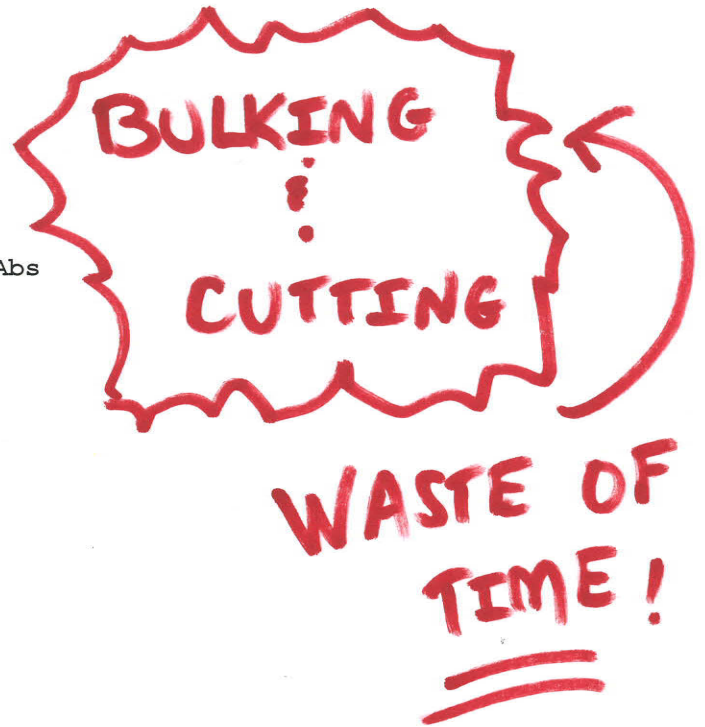
Day 5: Back/Cardio

3 sets x 12 reps Pullups
3 sets x 10 reps Seated Rows
3 sets x 10 reps Upright Rows
2 sets x 15 reps Dumbbell Shrugs
30 minutes running at moderate pace

Day 6: Cardio (note if you want the weekend off do this cardio on day 2)

30 minutes running at moderate pace.

Day 7: Rest



Phase 2: Cutting ("hardening")

Day 1: Shoulders/Upper Chest

2 sets x 6 reps Military Press
2 sets x 8 reps Arnold Press
2 sets x 8 reps Dumbbell Flys
2 sets x 10 reps Bent Over Dumbbell Flys
3 sets x 10 reps Inclined Dumbbell Press

Day 2: Part 1

Perform these exercises in succession, then rest for 30 seconds. Repeat this until you can't anymore. Note that I say $\frac{1}{2}$ max for each exercise. This means that before you start this phase you need to find out the maximum number of each exercise you can do, and then do half as many in this routine. Eventually you will need to increase the amount because your endurance will improve.

$\frac{1}{2}$ max Pushups
 $\frac{1}{2}$ max Pullups
 $\frac{1}{2}$ max Situps
 $\frac{1}{2}$ max Triangular Pushups
30 seconds rest

 **COOL WORKOUT
CHALLENGE**

Day 2: Part 2

20 Minutes of intervals. Do the cycle of sprint and rest for 20 minutes. Make sure to warm up and warm down for at least 5 minutes.
30 seconds sprint (run as fast as you can for 30 seconds)
1 minute rest

Day 3: Part 1

30 minutes running at a moderate pace.

Day 3: Part 2

20 Minutes of intervals. Do the cycle of sprint and rest for 20 minutes. Make sure to warm up and warm down for at least 5 minutes.

30 seconds sprint (run as fast as you can for 30 seconds)
1 minute rest

 **GOTTA LOVE
THE INTERVALS**

Day 4: Back/Traps/Biceps

3 sets x 12 reps Pullups
3 sets x 10 reps Seated Rows
3 sets x 10 reps Upright Rows
2 sets x 15 reps Dumbbell Shrugs
3 sets x 10 reps Preacher Curls

Day 5: Cardio

1 hour of running at a moderate pace

Day 6: Perform the same workout as Day 2. Don't do the sprints if you feel very worn out.

Day 7: Rest

THE DIRECTOR'S "CUTS"

Well...Pitt is back and this time in a MUCH DIFFERENT physical form than he was for Fight Club! Let's take a look at his reported workouts and see if it adds up to the gladiator type body that he claimed it produced.

The first thing you'll notice is that there are TWO phases to the program. A "Bulking" phase and "Cutting" phase. Anyone that's followed ATHLEAN-X for any length of time or even heard me speak on the topic at some point can tell you that I think this is the BIGGEST MISTAKE guys can EVER MAKE when it comes to training!

The result of trying to bulk then cut is often that you do BOTH...poorly! In the case of Pitt, it's obvious that he was never able to cut as effectively as he could have had he followed a consistent program like ATHLEAN-X that would have allowed him to add lean muscle while at the same time he would have gotten rid of any of the overlaying fat. By doing this he would have been able to appear as if he added even MORE lean muscle since FAT FREE muscle gain gives the appearance of about 2-3 pounds for every one real pound of muscle gained. In other words, if Pitt was able to add say 5 pounds of real fat free muscle he would have appeared to have gained 10-15 lbs!

As far as the workouts themselves, I think the most noteworthy thing you can take from this is his reliance on REST AND RECOVERY! Guys...I've said this a million times and some STILL can't wrap their belief system around the "more is NOT ALWAYS better" concept and want to workout every day. As you see, regardless of what your training goal is you've GOT to allow your body the opportunity to recover if you want to see results!

Again, here in the case of Brad Pitt's TROY body, his puffy, inflated muscles show once again that Bulking and Cutting is NOT an effective long term solution if you want to look your best but he WAS able to at least add some mass in case you are a serious hardgainer and can't seem to find anything that works to help you gain even a pound (fat or muscle!).

BACK TO BASICS

Daniel Craig - Casino Royale

Exercise Routine performed 3 Days a Week.

The Clean and Jerk: Stand with your heels on the ground. Grab a barbell like you are going to deadlift it. Lift it to your mid thighs, flip to your chest, then press overhead.

Squat: Traditional squats with wide stance and toes pointing out a bit. Just go down to 90 degrees. Don't lock out at the top.

Bench Press: Basic barbell bench press, but take 3 seconds to lower and one second to raise the weight. Don't lockout at top.

Pull Ups or Chin Ups: Take an overhand grip, and make sure you go up high enough to where your chin goes over the bar. If these are too difficult use a chin up machine or lat pull down machine.

Dips: Basic dips and go down to where your elbows reach 90 degrees before going back up. Use a Gravitron machine that assists you with dips if you are not strong enough.

Barbell Curls: Use a straight bar if possible and use a full range of motion.

Dumbbell Lateral Raises: Bend your arms 90 degree's and use a strict motion to raise the dumbbells to shoulder level. It is best to use

THE DIRECTOR'S "CUTS"

Does it get any more basic than this? Not much. In fact this mix of bodyweight and Olympic lifts actually CAN be an effective workout (especially if you're brand new to working out).

The movements are almost ALL compound exercises meaning that they engage many muscle groups into the same exercise...which is an ATHLEAN principle that I LOVE! It's the basis of what I call Muscle Interaction! Get muscles that prefer to work together to actually work together and the additive effect is multiplied! 1+1 = 10 instead of 2 in this case!

That said, what I DON'T like about the type of training that Daniel Craig used here is that he repeated the same workout 3 times per week each and every week. Again, this is an approach that can lend itself to some short term gains, but done for more than just a few weeks...the lack of variety is going to lead to your muscles quickly adapting to the stresses being placed on them and the progress will quickly grind to a halt...or at the very least a slow crawl!

Robert Downey Jr. - Iron Man 2

Indian Clubs

Brad Bose, Downey's trainer says, "Back in the early 1900s, they were quite popular," he says. "They were the center of a lot of Strongman shows, where guys would use these 5 and 10 pound big wooden clubs and swing them around at high speeds and do unusual movements. It's really nice for shoulder and arm development, and good on the joints, from the rotational movement."

Meels

Bose says meels, which look like oversized Indian clubs, were used in ancient Persia to train horse riders who had to carry big, heavy swords. "I called a couple of experts and learned how to train with them. Some of it's crazy. But it's great for shoulder work," Bose says.

Wheelbarrows

Bose rigged a wheelbarrow and welded it to hold up to 650 pounds. "Then I made an obstacle course with cones and had Robert wield it in figure eight formations through the cones," Bose says. The workout targets the chest, shoulders, and back. "It requires an immense amount of strength and skill," Bose says.

TOUGH LEG WORKOUT!

Fire Hoses

"I filled fire hoses with sand and water - one of each - and got him to whip them around. He would do squats while whipping the fire hoses up and down,".

Sled

Bose filled a sprinter's sled with 50-pound weights and tied it to the end of a heavy, 50-foot rope. "Robert would stand stationary and then pull it to him, drop it, then sprint 50 feet away again. He would pull, run, and pull again," Bose says. The full-body exercise especially targeted the glutes, lats, rhomboids, biceps and triceps, as well as the torso, abs, and core.

LOVE THIS!

Truck Tires and Sledgehammer

Bose bought giant truck tires and had Downey beat the tires with sledgehammer "like you'd beat a drum. Then we'd swing them overhead and pound the tires. That builds shoulder stability," Bose says.

SUV Tires

Downey flipped and threw SUV tires like a discus. "Again, this is pretty advanced stuff," Bose says. "It's not like the average person should do this, because it puts a lot of torque on the spine... You get very powerful in your abs."

Bamboo Bars

"We put rubber bands on bamboo bars then attached kettle bells to the rubber bands on the bar," Bose says. "It's like having a snake in your hands that's trying to wiggle its way out of your hands while you're trying to move it up, down, and around."

BARBELL + ATHLEAN ELAST-X : BAMBOO BARS

Bands

Bose attached bands to a piece of stationary equipment called the Perfect Storm. Using the bands, Downey did swimming motions -- like breast stroke and back stroke. "It gives the muscles a polished look," Bose says. Downey also used kettlebells and a War Machine, which is a portable, patented pulley training system that uses body weight as resistance (no relation to the Iron Man 2 character of the same name). "If there was one thing you could have in your brief case, it would be probably a War Machine," Bose says.

THE DIRECTOR'S "CUTS"

Before we get into a discussion of the unique style of training that Robert Downey Jr engaged in to prepare for Iron Man 2, I have to start with what his trainer Brad Bose claimed in an interview with Us Magazine. He said that Downey Jr was weighing 151 pounds before the start of the Iron Man 2 shoot and that with this style of heavy unorthodox training he was able to get him up to 175 in the first 3-4 weeks of filming!

OK...if that's the case then I can tell you unless he invented some new genetic mutation lab that enabled him to REALLY start turning regular men into robots...this is IMPOSSIBLE without the use of some performance enhancement drug.

Don't get me wrong. I love the movie and the actor, but this is the kind of information that gets kids from all across the world running out to find sledgehammers, tires, hoses and Indian Clubs in hopes of duplicating what their on screen hero was able to accomplish, and then coming up far short of their expectations! Just be sure you're getting the WHOLE story is all I'm saying.

As for the training however, you know that I love unorthodox training since it challenges the body in unique and, most importantly, UNPREDICATBLE ways. This forces the muscles to act as they would in real world instances instead of the artificial or controlled environment they find themselves in inside of a gym on most workout programs. The decreased familiarity with the stresses placed on the muscles often leads to quicker and better results!

The Sled Pull Sprint combo is INCREDIBLE and can easily be used as an ATHLEAN BURST training option if you had access to creating something similar. The fire hoses are also a great functional example of upper and lower body integration that...in principle...fit in perfectly with ATHLEAN-X training as well. Finally, the bamboo bars (or at least the hanging of weights off of the ends of traditional Olympic straight bars with Elast-X bands) is a GREAT way of forcing you to SLOW DOWN the movement in order to control the weight and limit the momentum! This is a terrific way of enforcing the Time Under Tension principle that I feel so strongly is required for significant gains in the gym!

Overall, the uniqueness of the workouts and some of the major principles used in Downey Jr's training get high ratings from me. I just feel it's important to establish what IS possible and what is NOT possible from this (or any other type of training) in such a short period of time. Keeping it real...that's all folks!

Sylvester Stallone - Rocky IV

Monday/Wednesday/Friday

Morning: Chest, Back, Abs

Incline Bench Press- 4 Sets x 8-10 Reps
Dumbbell Flys- 4 Sets x 10-12 Reps
Close-Grip Bench Press- 5 Sets x 6 to 8 Reps

Wide-Grip Chin-Ups- 6 Sets x 8-10 Reps
Bent-Over One-Arm Dumbbell Raise- 4 Sets x 8-10 Reps
Close-Grip Seated Rows- 4 Sets x 10-12 Reps

Raised Leg Crunches- 3 Sets x Until Failure
Seated Extension- 3 Sets Until Failure

6 DAYS A WEEK!

Afternoon: Shoulders, Arms, Abs

Military Shoulder Press- 4 Sets x 8 to 10
Side Dumbbell Raises- 4 Sets x 10-12
Bent Over Dumbbell Flys - 5 Sets x 6 to 8 Reps

Barbell Curls- 3 Sets x 8-10 Reps
Incline (seated) Dumbbell Curls - 3 x 8 to 10
Concentration Curls- 4 x 10 to 12

Lying Dumbbell Raises- 4 x 10 to 12
Bent Over One-Arm Dumbbell Raises- 3 x 8-10
Cable Pulldowns (with rope)- 3 x 8 to 10

Alternating Leg Raises- 3 sets Until Failure
Decline Bench Situps- 3 sets Until Failure
Oblique Crunches (on floor)- 3 Sets Until Failure

Tuesday/Thursday/Saturday

Morning: Legs

Seated Calf Raises- 4 x 8 to 10
Standing Calf Raises- 4 x 10 to 12
Barbell Standing Calf (alternating) Raises- 5 x 8 to 12 each side

Incline Leg Press- 4 x 8 to 10
Squats- 4 x 8-10
Seated Leg Extensions- 4 x 8 to 10

Hamstring Curls- 4 x 10 to 12
Leg Extensions- 4 x 10 to 12
Stiff Leg Deadlift- 4 x 10 to 12

Afternoon: Rear Delts, Traps, Abs

TWO-A-DAYS?

JEFF'S MATH

$$\begin{array}{r} 4 + 4 + 5 + 3 + 3 \\ + 4 + 4 + 3 + 3 \\ + 3 + 3 + 3 = \end{array}$$

HOLY SHIT!

Bent Over Dumbbell Raise (lateral)- 4 x 8 to 10
Cable Crossovers- 4 x 10 to 12
(reverse) Pec Deck- 4 x 8 to 12 each side

Barbell Shrugs (front)- 4 x 8 to 10
Barbell Upright Rows- 4 x 8-10
(flat bench) Cable Rows to Neck- 4 x 8 to 10

Ab Crunch- 4 x Until Failure
Oblique Crunch- 4 x Until Failure
Cable Crunch- 4 x Until Failure

**AB WORK TO FAILURE
IS A GOOD THING**

Sunday

Cardio

45 Minutes Cardio on Treadmill or Stationary Bike at Medium Pace

Stallone also made sure to vary his training patterns to avoid plateaus.

Sly's ab workout is as follows:

Sylvester Stallone does an ab circuit 5 times doing each exercise for 50 reps without rest in between:

Floor Crunches
Twisting Crunches
Hanging Raises
Broomstick Twists

THE DIRECTOR'S "CUTS"

OK...this one hurts a bit since Sylvester Stallone truly was my inspiration for getting in shape growing up, and making it a profession and passion of mine. I literally grew up during Sly's heyday and witnessed not only his rise to fame but the evolution of his physique from the time of Rocky I to the one reviewed here in Rocky IV (and all the Rambos, Cobra, and Cliffhanger in between)!

That said, it has since become public that Sly used steroids to prepare for virtually every one of these roles (including the most recently revealed overseas debacle where he was cited for traveling with Growth Hormone in his suitcase).

In even the quickest review of this grueling workout plan you can CLEARLY see that this was one of the movies that he was "on something" in order to achieve the gains he did maintaining this INSANE volume and schedule.

So...where should I begin? Well the twice a day workouts is a logical place! I'm not saying that two-a-days is something you could NEVER EVER do, as very selectively you might be able to use them to spark some new muscle growth due to the "volume shock" that you could impart to the muscles with them. But take into consideration the fact that he did these 6 DAYS A WEEK and it becomes instantly RIDICULOUS!

Then take out your calculator and add up those total sets in those workouts. Ummm...I stopped counting at 42 SETS!!! That's in one single workout (and doesn't even consider the OTHER workout still left to do in that day)!

Then take the fact that each muscle group gets trained 3 times per week! Are you beginning to see why this type of training is IMPOSSIBLE unless you have some sort of chemical recovery aid to keep you upright let alone coming back to the gym each day?!?

Again, I'm not looking to pile on Sly here at all, since I still really do respect this guy and everything he did to inspire others like me to get in shape. Remember this, even though I'm completely against the use of steroids and would advise anyone and everyone I could to avoid them at all costs...the essence of their effectiveness can be boiled down to one thing really. That is their ability to make muscle recovery a NONISSUE. You literally can train almost every minute of every day...and get all the benefits from the total workload WITHOUT the repercussions of overtraining (and more than any drug free athlete could EVER recover from!). I've seen guys who have used steroids who have trained chest every day for 2 weeks in a row get HUGE chests! If you and I did that we'd be left with practically zero gains and more likely than not...a major pec injury from the stress! That said, given the unlimited capacity for working out...Stallone outworked almost everyone else out there by putting in the 4-5 hours at the gym daily 7 days a week that led to him creating one of the most memorable on screen bodies in history! I admire that determination...I really do. It's just that the methods he chose for getting there aren't something I can stand behind.

Bottom line...the thing I think you can take ownership of from Stallone's program here is the fact that he always trains his abs to failure! If you're finding it difficult to get results from your ab training make this simple switch (and start following the supplemental HOME ABS WORKOUT BLITZ on youtube) with the program...doing each exercise to failure regardless of what rep range I have stated on the youtube workout...and you'll start seeing some insane ab results (provided of course you're following the X-Factor Meal Plans and keeping that body fat low).

Christian Bale - Batman

Day 1:

Chin Ups superset with Cable Rows.
4 sets of 10-12 reps each.

Power Clean with barbell up to chest.
4 sets with increasing weights - 12, 10, 8, 6 reps

Snatch Hang High Pull
4 sets with increasing weights - 12, 10, 8, 6 reps

**ZERO DIRECT
ARM TRAINING**

Day 2:

Sprinting: 5 sets of 30 meters, followed by 5 sets of 40 meters.
Rest 60 second between sets.

Squat jump with arms crossed over your chest (can do this with a weighted medicine ball to increase difficulty).
4 sets of 10 reps.

Reverse Lunges. 4 sets of 10 reps.

Day 3:

Dumbbell Flyes. 3 sets of 12 reps
Bench Press with Smith Machine . 3 sets of 12 reps.
Stability Ball Push-Ups. 4 sets of 10 reps.
Close Grip Pulldowns. 4 sets of 10 reps.
Deadlift. 4 sets with increasing weights - 12, 10, 8, 6 reps

Day 4:

10-20 laps swimming and 30 minute stretching session.

THE DIRECTOR'S "CUTS"

One thing you'll notice if you look through Christian Bale's workout for Batman is the lack of any direct biceps or triceps work!! Why? Because to be honest, if you're doing a program of explosive Olympic style lifts and base compound movements like he was...and the goal was simply adding more mass (albeit not very carved out or cut up) then you can do without the small muscle focus.

Remember, this is a guy that had played a character in the Machinist at a weight of 125 pounds or something!! He isn't necessarily worried about having the aesthetically pleasing physique of a Stallone in Rocky as we just discussed and is more set on trying to fill that freaking Batman suit again than looking like a Greek statue carved in granite!

That said, again you'll see PLENTY of rest and recovery days for Bale here!

I can't understate that enough. If you're going to train without the use of dangerous drugs (as you should) then you absolutely have to consider your OFF days from training as important as your ON days in the gym!

Taking this look even deeper you'll notice a nice ATHLEAN Burst style training day on DAY 2! While we generally do just the sprinting portion in our SPRINT-erval workout, his idea of adding the squat jumps immediately following the sprints is a bitch...but a nice touch nonetheless!

If you want to copy the same effect, simply perform your high intensity sprint intervals and during the first "lower intensity" period...you can jog. Then work back up to the sprints again. When you return to the next "lower intensity" period again you can perform 60 seconds of squat jumps! Like I said, it's a bitch but you're legs will be on fire and your results will heat up as well!

The power cleans and high pulls are both excellent power exercises that help you to explosively challenge your entire body from your toes to the top of your head. Just make sure if you decide to add some of these to your PULL days on A-X that you have enough experience with the lift to be certain to execute it in perfect form or you risk hurting yourself.

One final note on the swimming. Swimming is a GREAT "flushing" exercise on recovery days. It is obviously low impact, gentle on the joints, enhances recovery and range of motion, and truth be told...was the ONLY exercise I did for the first 10 years of my life that I SWEAR had an impact on laying the groundwork for the back and arm development that I have today! So don't be afraid to get in the pool for a swim, especially if you're feeling a bit tired and unable to recover from your workouts!

Arnold Schwarzenegger - Commando

Monday/Wednesday/Friday

Chest

Barbell Bench Press: 4 sets of 10, 8, 6, and 4 reps
Barbell Incline Bench Press: 4 sets of 10, 8, 6, and 4 reps
Dumbbell Flys: 3 sets of 10, 8, and 6 reps
Parallel Bar Dips: 3 sets of 15, 10 and 8 reps
Pullovers: 3 sets of 15 reps each

Back

Chin Ups: 4 sets of 10 reps minimum each side
Close Grip Chins: 4 sets of 10 reps
T-Bar Rows: 4 sets of 15, 12, 8, and 6 reps
Bent Over Barbell Rows: 4 sets of 8-12 reps

Thighs

Squat: 5 sets of 10, 8, 6, and 4 reps with a 20 rep warm-up set
Front Squats: 4 sets of 10, 8, 8, and 6 reps
Hack Squats: 3 sets of 10 reps each
Leg Curls: 4 sets of 20, 10, 8, and 6 reps
Standing Leg Curls: 4 sets of 10 reps each
Straight Leg Deadlifts: 3 sets of 10 reps each

Calves

Donkey Calf Raises: 4 sets of 10 reps each
Standing Calf Raises: 4 sets of 15, 10, 8, and 8 reps

Abdominals

Crunches: 3 sets of 25 reps
Bent Over Twists: 100 reps each side
Machine Crunches: 3 sets of 25 reps
Crunches: 50 reps

Tuesday/Thursday/Saturday

Shoulders

Behind the Neck Barbell Press: 5 sets of 10, 8, 8, and 6 reps with a 15-set Warm-up
Lateral Raises: 4 sets of 8 reps each
Bent Over Dumbbell Laterals: 4 sets of 8 reps each
Dumbbell Shrugs: 3 sets of 10 reps each

Upper arms

Standing Barbell Curls: 5 sets of 15, 10, 8, 6, and 4 reps
Incline Dumbbell Curls: 4 sets of 8 reps each
Concentration Curls: 3 sets of 8 reps each
One Arm Triceps Extensions: 3 sets of 10 reps each

Forearms

Barbell Wrist Curls: 4 sets of 10 reps each
Reverse Wrist Curls: 3 sets of 10 reps each

Calves

Seated Calf Raises: 4 sets of 10 reps each

I DON'T HAVE
TO DO THE MATH
AGAIN DO I??

WHAT DAY DO YOU
ACTUALLY GROW?

Abdominals

Reverse Crunches: 4 sets of 25 reps

Seated Twists: 100 reps each side

Vertical Bench Crunches: 4 sets of 25 reps

**VERY IMPORTANT
CONCEPT**

★ Arnold usually used a weight that was between 70% and 75% of the one-rep max and he stayed within a range of 8-12 reps for the upper-body and 12-16 reps for lower-body movements. Arnold always pushed mentally to go past failure and puked many times in the gym. He had no fear of fainting while doing squats. ★

THE DIRECTOR'S "CUTS"

**(NO NEED TO VOMIT)
THOUGH!**

More of the same here as with Stallone! Arnold was again, yet another movie star that I looked up to as a kid and that inspired me to dedicate my life to fitness and training.

That said, it's pretty common knowledge that from the time of his Mr. Olympia competition days to virtually everyone of his blockbuster hits, "Ahh-nold" was no stranger to performance enhancing drugs.

Again, one look at his workout routine and you'll see that this type of training volume and density could simply not be handled by the human body any other way.

The workout reportedly used in preparation for Commando here is pretty much ripped straight from the pages of the classic Arnold Encyclopedia of Bodybuilding (a book that I DO own and used quite religiously growing up!) and doesn't really offer anything in the way of groundbreaking or new training concepts.

What DOES resonate with me however is the footnote about how Arnold trained to FAILURE on each and every set of his workouts (in either the 8-12 rep range for upper body or the 12-16 rep range for lower body)! I can't understate the importance of this if adding lean muscle is your goal. If you don't give your body a reason to adapt...it won't! Ensure this by copying the intensity of Arnold (notice that he even went so far as being on the verge of vomiting from his workouts!! Not necessary, but at least realize the intensity that he was providing in order to get there).

John Cena - The Marine

DAY 1 legs & calves:

Seated Calf Raises 10 x 20-10
Standing Weightless Calf Raises 4 x 25
Standing Single Leg Curls 4 x 20-25
Leg Presses 5 x 20
Leg Extensions 4 x 15
Squats 4 x 10
Hack Squats 3 x 15
supersetted with:
Single Leg Extensions 3 x 10

HATE LEG EXTENSIONS

DAY 2 chest

Incline Machine Press 5 x 20
Incline Barbell Press 5 x 20
Machine Flies 3 x 15
Cable Flies 3 x 15
Bench Presses 3 x 10

3 ~ my "FRIEND" THE FLYS!

DAY 3: Arms

Preacher Curls 5 x 12
Standing BB Curl 3 x 10-12
Seated DB Curl 3 x 10-12
Standing Cable Curl 3-4 x 12
Rope Pressdowns 3 x 20
supersetted with:
Single Arm Cable Pressdowns 3 x 10
Lying Tricep Extensions 6 x failure
Overhead Cambered Extensions 3 x 20
Seated BB Extensions 3 x 20
Dips 4 x failure

(SAVE YOUR SHOULDERS)

DAY 4: Shoulders

Rear Delt Machine Flies 5 x 20
Machine Overhead Press 5 x 20
Machine Side Laterals 5 x 20
Seated Military Press 3 x 10
DB Laterals 3 x 12
Standing BB Press 3 x 10

GREAT OVERALL

SPLIT WITH

1X PER WEEK

MUSCLE GROUPS

DAY 5: Back

Lat Pulldowns 5 x 20
Bent BB Rows 5 x 12-20
1 Arm DB Rows 5 x 12-20
Deadlifts 4 x 8-15
High Rows 4 x 20
Pullups 4 x failure
Shrugs 5 x 20

Cena also does 1 set of 60 crunches for abs at the end of each workout. John Cena's workout training routine focuses on building a pump without risking injury. While Cena can do 600+ pound squats and 400+ pounds on the bench press, he uses lighter weights to avoid injury.

THE DIRECTOR' S "CUTS"

I gotta say...John Cena is the man! Now, I'm not just saying that as a fan of the WWE and a sincere respect for the athleticism these guys display in the ring that often gets overlooked in discussions of "true athletes", but also for the fact that besides insisting on being drug free...Cena uses a very sensible approach to his training that backs up his claims!

You'll notice that he doesn't train any one muscle group more than once per week! Why? Because in most instances it isn't needed.

Sure you can do a full body workout that involves the same muscle groups a couple times per week...but if you're going to use a split muscle approach with an entire workout dedicated to each muscle...you'll be hard pressed to recover in between workouts by training it any more frequently than once in a 7 day period.

The next thing that should jump out at you is the SUPER HIGH REPS that he uses on each and every exercise! He has a very good reason for it! As a WWE participant, he is on the road competing for more than 200 days every year! He is expected to perform night in and night out, take the bumps and bruises along the way, and be at his best for every performance. Breaking down his body with heavy weights on top of that would NOT be a wise, or really even possible, way to hit the gym.

As with Pitt from Fight Club, the super high reps enable Cena to maintain muscularity very effectively. It doesn't help him to build much size, if any...but then again...he doesn't need to! He's huge already and accomplished this level of muscularity through years of following a regimen much like this one but focused instead on reps in the 6-12 range using those heavy weights he avoids today!

If you feel that you're already as muscular as you'd like to be then switching to these higher rep ranges is actually somewhat smart. It will enable you to put far less strain on your joints (however you CAN still limit this with lower rep training by adhering to the time under tension principle of ATHLEAN-X!) while at the same time NOT having to sacrifice hard earned muscularity in the process.

Matthew McConaughey - Fool's Gold

Monday -- Supersets

Set 1 - repeat 2 to 4 times:

Dumbbell fly
Incline chest press
Weighted Swiss Ball Crunch

Set 2 - perform once:

Angled pullup: Alternate pulling yourself up toward one of your hands (rather than straight up the middle)
Elliptical machine (1 minute forward, 1 minute backward)

Set 3 - repeat 2 to 4 times:

Bench dip
Single-arm overhead tricep extension with a rope
Reaching medicine ball lunge: Move a medicine ball from your upper left to your lower right as you lunge, and alternate sides

Set 4 - repeat 2 to 4 times:

Medicine ball slam: Grab a comfortably heavy medicine ball and slam it on the floor
Wall climb (for 1 to 2 minutes): Climb a wall to work both your upper and lower body
Ladder drill: Step as fast as you can through a ladder lying on the ground, lifting your knees as high as possible

Set 5 - repeated 2 to 4 times:

Staggered stance squat with calf raise: With one foot slightly in front of the other, squat, then rise and do a calf raise
Twisting shoulder press: Rotate your torso as you press the dumbbells overhead
Lying medicine ball woodchop: Lie on a bench and move a medicine ball from over your head to one side of your body, and repeat on other side

Set 6 - perform once:

Stationary bike (1 minute sitting followed by 1 minute standing)
Stairclimber (1 minute without holding onto the handrails)

Tuesday -- Cardio

Choose one or more cardio machines at the gym or a sport of your choice, and keep moving for 30 to 45 minutes, varying the intensity and pace. The key to this is to keep changing it up so your body never becomes bored and biomechanically used to one action.

Wednesday -- Supersets

Set 1 - repeat 2 to 5 times:

Wide-grip lat pulldown
Swiss ball crunch with medicine ball toss: Lying on a Swiss ball with your arms overhead holding a medicine ball, crunch up and throw the medicine ball forward to a partner, then have them throw it back to you, and repeat
Jump squat: Squat down until you are at a 90 angle, then explode upward, jumping as high as you can and landing once again into your next squat

Set 2 - perform once:

Stairclimber (1 minute both legs, 1 minute left leg, 1 minute right leg, then 1 minute both legs again)

← ADD THIS ONE!

AGILITY WORK +
FUNCTIONAL TRAINING
+ A/B SETS =
SOLED

Jump rope (100 to 200 skips as fast as possible)

Set 3 - perform once:

Angled pullup single-leg, single-arm bent-over row: Stand on your right leg, bend over and perform a row with your left arm, then switch sides
Hook (40 to 60 hooks thrown into a punching bag)

Set 4 - repeat twice with a 60- to 180-second rest in between:

Stair suicides: Run up 10 stairs, then back down; repeat, increasing stairs to 20, 30, 30, 20, and 10

Set 5 - repeat 2 to 4 times:

Uneven barbell curl: Place hands in a shoulder-width grip, move one hand toward the center, and curl; after reps are completed, move the other hand to the middle and repeat

Single-arm dumbbell shrug: Holding a dumbbell in one hand, with the other hand against the small of your back (palm facing out), shrug upward; switch sides

Calf raise

Set 6 - perform once:

Cycle (3 minutes)

Dumbbell deadlift to curl: Bend over and grab dumbbells, palms facing inward, then move to an upright position and curl the weights to your shoulders, rotating palms as you move upward; reverse wrist position as you lower them to the starting position

Cable crunch: Kneeling in front of a cable machine, hold the rope attached to the cable near your ears, curl down into a crunch position, hold, then return to start

Barbell wrist curl

Thursday -- Cardio

Repeat Tuesday's workout (but change activities)

Friday -- Supersets

Repeat Monday's workout

Weekend -- Rest

THE DIRECTOR'S "CUTS"

I got to say...I really like what McConaughey has put together here! From the supersets (reminiscent of the Double Plays in Phase III of A-X) to the two days allowed each week for REST and RECOVERY, to the use of jump rope and burst conditioning training....this one has it all!

The ONLY thing that doesn't make too much sense to me is HOW the supersets are structured together here. For instance, a lat pulldown to a crunch to a jump squat?? I am lost as to what the movement pattern logic is there. In my experience, for the best training effect you'd want to pair up exercises that complemented each other based on their movement patterns. A pair of upper body pushing movements, or antagonistic muscles done back to back...something. The exercises here often just look like random moves thrown together and this is something that could ultimately limit the results you get from an otherwise well structured workout.

UNBALANCED  OK!

(YES THAT'S A THUMBS UP!!)

That said, one of the exercises that you can start using immediately and swap into your ATHLEAN-X program is the angled pullups! This advanced pullup variation is a great change of pace and one of my favorites! That said, however many pullups you can do in a normal set of the exercise, you're going to have to lower your expected number here since as I said, this one can be quite tough (but worth the effort)!

Overall, there is a lot to like about this "Fool's Gold" workout...and you'd be a fool not to take at least some of these principles and adapt them into your own workout. That said, those that are following ATHLEAN-X are already getting the benefits of this type of training without sacrificing sound workout logic or sequencing while at the same time having other phases of the program to move onto before plateaus can set in.

Dwayne "The Rock" Johnson - Pain & Gain

(as reported in Muscle and Fitness Magazine)

Day 1: Shoulders

Machine Press - 3 sets of 21 reps
DB Lateral Raise ss w/ Front DB Raise - 3 sets of 8 reps
Cable Bent Over Reverse Flyes - 4 sets of 8-12 reps
Bent Over Rows - 5 sets (12-10-8-6-4 reps)
Hammer Strength Shrugs - 5 sets (12-10-8-6-4 reps)
4-Way Neck Machine - 4 sets of 12 reps each direction

Day 2: Back

Wide Grip Lat Pulldowns - 5 sets (12-10-8-6-4 reps)
Close Grip Lat Pulldowns - 5 sets (12-10-8-6-4 reps)
One Arm Machine Row - 4 sets of 12 reps
Hyperextensions - 4 sets (15-15-12-12 reps)

Day 3: Off

Day 4: Legs

Leg Press - 4 sets (25-20-18-16 reps)
Smith Machine Lunges - 4 sets of 8 reps
Leg Curls - 4 sets (12-10-8-6 reps)
Standing Calf Raises - 6 sets of 6 reps

Day 5: Arms

Dumbbell Curls - 5 sets (12-10-8-6-4 reps)
Machine Curls - 6 sets (12-10-8-6-21-21 reps)
Cable Tricep Extensions - 5 sets (12-10-8-6-20 reps)
Overhead Cable Triceps Extensions - 4 sets (12-10-8-20 reps)
One Arm Reverse Grip Cable Tricep Extensions - 2 sets of 15 reps

Day 6: Chest

Incline Dumbbell Presses - 5 sets (12-10-8-6-4 reps)
Dumbbell Bench Presses - 5 sets (12-10-8-6-4 reps)
Cable Crossover ss w/ Pushups - 4 sets of 12 reps
Pushups - 4 sets of 15 reps

Day 7: Off

THE DIRECTOR'S "CUTS"

Let's face it...the "Rock" is a beast in this movie...and has clearly taken his development to levels he has NEVER displayed before. Now, do I think that this reported routine is 100% responsible for the nearly 50 lbs of muscle he added? Ummm...no. Let's just say I wouldn't expect these types of gains from diet and training alone. That said, whatever your thoughts on his transformation may be, there is no denying that this guy trains his ever loving ass off every time he works out. You simply cannot match his intensity and certainly cannot appreciate it from looking at

exercises written on a piece of paper! For example, anyone can do 5 sets of dumbbell bench presses in pyramid fashion...but how many can truly treat each one as if it's the last set they'll EVER do in a gym? The "Rock" does. And to me, it's this level of animalistic intensity that transforms text into tremendous gains. It's this type of focus that I always try to encourage from my athletes and those following the ATHLEAN-X program, knowing that the tradeoff of volume for intensity is always going to produce more consistent and reliable gains and trump the minutes you can spend in a gym.

In terms of the split itself, I'm actually a fan of individual muscle group training...as long as the exercises remain functional and pull multiple muscles into action (at least as stabilizers or in the roles they are meant to play) and here I think it falls a bit short. For instance, the "Rocks" reliance on machine curls over barbell curls and leg presses over squats or single leg squats shows more of a "bodybuilding" intent than an athletic one. What helps him however is that his "other" job as a wrestler demands function...and his in-ring skill work compliments what may be lacking in the gym to form a comprehensive attack. Problem is...we aren't all WWE wrestlers!!

Also worth noting, even though his set volumes are a bit on the high side for my preference...the "Rock" is careful to still respect the importance of rest and recovery (scheduling 2 off days a week of training and only training each muscle group at this high intensity just once per week). Can't understate the importance of this enough.

All in all, as I said...a bit too "bodybuilder-esque", but compensated for well by the extremely physical nature of the "other" stuff he is required to do either in the ring or on the set of yet another action movie. Because of this, it's just not that practical of an approach or even the most streamlined or efficient approach for those looking to master the blend of athletic muscle AND performance without having to worry about what nickname you're going to use and what attire you're going to wear when you get called out to the ring! And especially not when you can do both in just the time you spend doing your workouts with ATHLEAN-X!

Mark Wahlberg - Pain & Gain

(as reported in Muscle and Fitness Magazine)

Day 1: Legs, Back and Biceps

Dumbbell Lunge - 4 sets of 8-12 reps
Leg Curls - 4 sets of 8-12 reps
Squats - 4 sets of 8-12 reps
Bent Over Rows - 4 sets of 8-12 reps
Pullups - 4 sets of 8-12 reps
Barbell Curls - 4 sets of 8-12 reps

Day 2: Chest, Shoulders, Triceps

Bench Press - 4 sets of 8-12 reps
Incline DB Bench Press - 4 sets of 8-12 reps
Skullcrushers - 4 sets of 8-12 reps
Cable Triceps Extension - 4 sets of 8-12 reps
Seated Arnold Press - 4 sets of 8-12 reps
Cable Crossovers - 4 sets of 8-12 reps
Push Ups - 3 to Failure

Day 3: Legs, Biceps

Dumbbell Lunge - 4 sets of 8-12 reps
Leg Curls - 4 sets of 8-12 reps
Squats - 4 sets of 8-12 reps
Barbell Curls - 4 sets of 8-12 reps

Day 4: Off

Day 5: Off

Day 6: Repeat Day 1

Day 7: Repeat Day 2

Day 8: Repeat Day 3

THE DIRECTOR'S "CUTS"

I have to admit...I really don't get this one! I mean I love creative training splits and especially like to understand the rationale behind them but this one has me completely puzzled!

First of all, in this set up, Mark would be hitting his legs and biceps 4 times every 8 days! That means he is training these muscles 178 times a year! Thank God for those "off" days huh??

Then, on "shoulder day"...outside of the 4 sets of Arnold Presses, what else is being done for them directly? It's the classic "pecs affection"

when it comes to pushing muscles that finds him jumping back into 7 more sets of chest training (after the 8 he did to kick off the workout) just in case he didn't pump them up enough!

Throw in the fact that he avoids back training on the second of his two "Legs/Back and Biceps" days...and it won't be long before the front to back imbalances start to pile up and those shoulders begin to feel the brunt of this postural mismatch!

Now it's not all bad news however, as I do like the "push" / "pull" grouping of muscles as this shows more of a functional approach to training. As you know, to minimize overtraining you'd want to group similarly purposed muscles together (or at least not on back to back days) since the amount of carryover from one to the other is high. In other words, when you're training your back...your biceps are heavily involved in assisting with almost every exercise. I don't care if it's chinups, bent over rows or one arm rows. Expecting that you'll be able to turn around the next day and hit your biceps with vengeance (provided you left it all in the gym the day before) is like assuming that you've got the recovery ability of "TED" from a wicked hangover!

Bottom line, while I certainly don't believe that this schedule is one that Mark Wahlberg uses CONSISTENTLY, as a year long approach to training, I can't deny the results which leads me to believe this program is either sort of what he did or it was created by someone who had determined in advance what Marks' existing muscular imbalances were and tailored a program to suit them. This workout DOES highlight an important point though. Workouts like this grace the racks of magazines stands everywhere. An uninformed reader may read this and think he should train that way too. The results would be less than ideal however as an unbalanced program such as this will create an unbalanced body. With Athlean-X we strive for total body development and overall athleticism.

Chris Evans - Captain America

Perform 4 sets of each exercise and 8-10 repetitions.

Do 4 sets of each exercise in a row with 60 seconds rest between each

Day 1 Shoulders:

Seated Barbell Press

Lateral Raises

Dumbbell Press

Seated Rear Deltoid Raise

Shrugs

10 Minute HIIT Training Session on Treadmill, Bike or Elliptical Trainer

Day 2 Chest:

Flat Bench Press

Incline Chest Press

Bench Flyes

Decline Chest Press

Push ups on Bosu Ball

Day 3 Legs:

Barbell Squats

Leg Press

Hack Squats

Lunges

Seated Calf Raises

10 Minute HIIT Training Session on Treadmill, Bike or Elliptical Trainer

Day 4 Arms & Core:

Barbell Bicep Curls

Skull Crushers

Incline Seated Bicep Curls

Dips

Cable Hammer Curls

Close-Grip Bench Press

Ab crunches with legs raised

30 second stability ball plank

Stability ball jackknife

Oblique crunches on stability ball each side

Day 5 Back:

Pull Ups

Seated Row

Lat Pulldowns

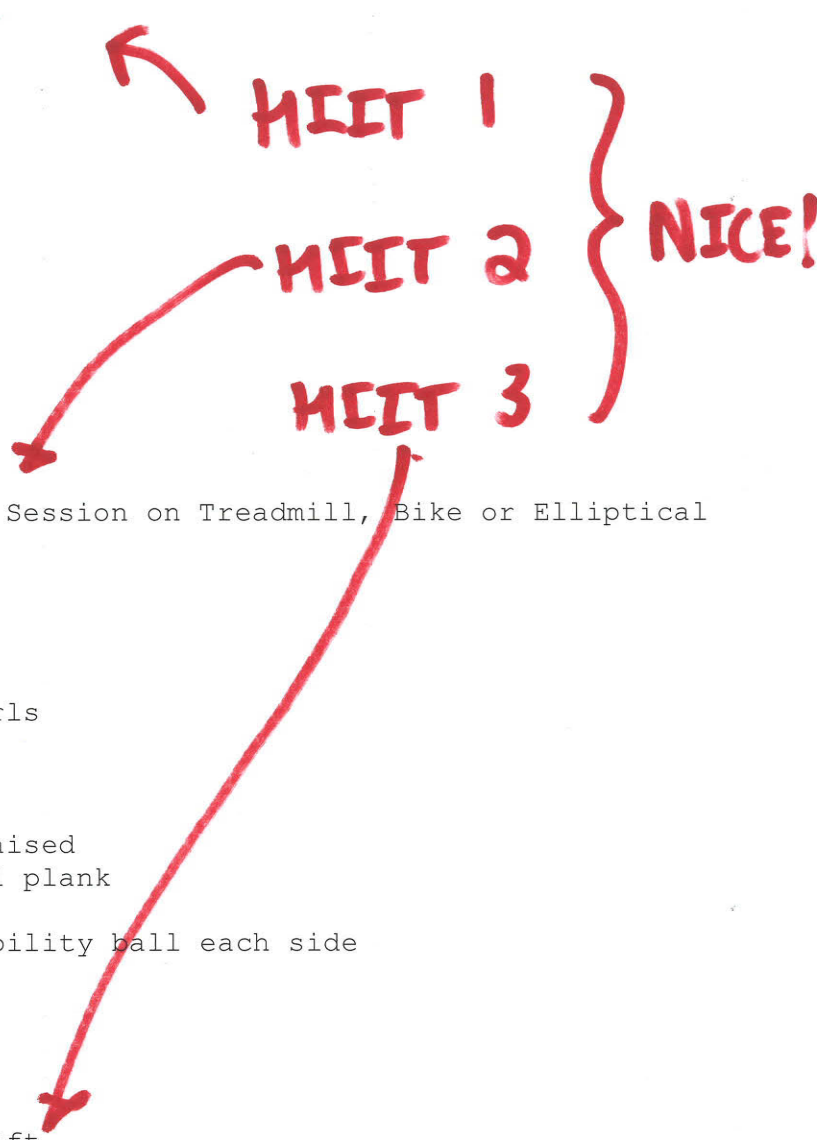
Stiff Leg Barbell Deadlift

Bent Over Barbell Row

10 Minute HIIT Training Session on Treadmill, Bike or Elliptical Trainer

Day 6 & 7 Rest:

These two are your rest days and you're going to need this time to allow your body to recover and have full energy for the next week of this routine!



REST IS BEST!

THE DIRECTOR'S "CUTS"

Anyone that has seen the movie Captain America, or just the behind the scenes story of the making of the movie can't help but be amazed at the transformation Chris Evans made in getting ready for the role.

That said, even by his own admission...it appears that the majority of the driving force behind his gains was not necessarily what he did in the gym but what he did in the kitchen! Evans claims that set producers would ask him to eat any time they DIDN'T see him snacking on something! He thinks that he was consuming upwards of 6000 calories a day!

Now, that said, don't think you can do the same....sit on the couch and wind up looking like Captain America! You'll more likely end up looking like Captain Crunch!

Remember, hard training fuels your bodies need for more calories. The faster you're getting that metabolic fire to burn the more "wood" or calories you're going to need to feed it!

In regards to the workouts themselves, I once again love the 2 days of built in rest and recovery that Evans provided his body. I know I sound like a broken record, but if you ever want to make consistent gains in your workouts you HAVE to enable your body the opportunity to repair itself. It's during these "down" times that you can do that.

The number of sets on the other hand is a bit too high for me.

20 to 24 sets for a single muscle group is just not necessary! Remember the old adage...you can train HARD or you can train LONG, but you can't train hard and long (at least not without quickly burning out and overtraining). In Evan's case he was able to sustain this only for a short period of time and was even quoted in interviews after the release of the movie as saying he felt he was quickly losing some size (and was fine with that) since continuing the regimen he was on was just not possible!

THE WRAP

Regardless of who your favorite on screen hero or larger than life character/actor is, it's important to understand that while they may very well serve as an inspiration to you to change your body or to start taking your fitness seriously...you never want to simply copy what they're doing without first taking a hard look at EVERYTHING that may be factoring in to their results and determining what the right fit for YOU is. Fitness role models can have a huge impact on what you can eventually become. Just remember, choose wisely. Not all celebrities are worth following!