



Channing Tatum Workout Routine

| Exercise | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|--|-------|-------|-------|-------|-------|
| Monday: Chest & Back | | | | | |
| 1x20reps – Pushups | | | | | |
| 3x14reps –dumbbell chest presses | | | | | |
| 3x14reps – seated cable rows | | | | | |
| 3x12reps – Pushups on Stability Ball | | | | | |
| 3x14reps – Deadlift with dumbbells | | | | | |
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| Tuesday: Cardio & Core | | | | | |
| 5 minute warm-up on treadmill | | | | | |
| 20 minute interval training on treadmill | | | | | |
| 3x10 crunches on stability Ball | | | | | |
| 3x20seconds Plank | | | | | |
| 3x12 Ab roll-out with stability ball | | | | | |
| 3x12 Stability ball pull-in | | | | | |
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| Wednesday: Arms & Shoulders | | | | | |
| 3x14 Barbell curl | | | | | |
| 3x14 Dumbbell shoulder presses on bench | | | | | |
| 3x14 Tricep Rope pull down | | | | | |
| 3x14 Dumbbell side lateral raises | | | | | |
| 3x14 Dips on bench | | | | | |
| 3x14 Rear deltoid raises | | | | | |
| 5x14 Dumbbell bicep curls drop-set | | | | | |
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| Thursday: Day off | | | | | |
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| Friday: Legs | | | | | |
| 3x12 Dumbbell lunge | | | | | |
| 3x12 Smith machine squat | | | | | |
| 3x12 Leg press | | | | | |
| 3x12 Calf raise | | | | | |
| 3x12 Dumbbell squat on bosu ball | | | | | |
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| Saturday: Cardio & Core | | | | | |
| 5 minute warm-up on treadmill | | | | | |
| 20 minute interval training on treadmill | | | | | |
| 3x10 crunches on stability Ball | | | | | |

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| 3x20seconds Plank | | | | | |
| 3x12 Ab roll-out with stability ball | | | | | |
| 3x12 Stability ball pull-in | | | | | |
| | | | | | |
| Sunday: Day off | | | | | |

[Workout provided by www.weightlossandtraining.com](http://www.weightlossandtraining.com)