



THE TOOLS YOU NEED TO BUILD
THE BODY YOU WANT®



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Workouts



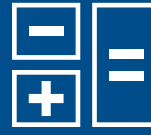
Diet Plans



Expert Guides



Videos



Tools

BODYBUILDING ICONS: CHARLES ATLAS
INSPIRED WORKOUT ROUTINE

Charles Atlas was “America’s Most Handsome Man” and an icon whose footsteps many fitness influencers have followed - perhaps without even knowing it!

Link to Workout: <https://www.muscleandstrength.com/workouts/charles-atlas-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Day

Time Per Workout: 30-45 Mins

Equipment: Bodyweight

Target Gender: Male & Female

Author: [Roger “Rock” Lockridge](#)

Charles Atlas’ Favorite Workout Routine:

Exercise	Sets	Reps
2 Chair Pull Up	1	8
Finger Lock Chest Pull	1	10
Good Morning with Leg Resistance	1	15
Squat Thrusts	1	15
Lateral Raise with Resistance	1	10
Front Raise with Resistance	1	10
Bicep Curl with Resistance	1	10
Bicep Curl with Rear Resistance	1	10
Tricep Pulldown with Resistance	1	10
Tricep Pulldown across Chest with Resitance	1	10
Prone Leg Raise	1	10
Body Flex with Chair	1	15
Cross Leg Squat	1	15
Toe Raise Squat	1	15
Stepped Toe Raise	1	20
Heel Raise	1	20

Charles Atlas’ Second Daily Routine:

Exercise	Sets	Reps
Knee Bends	1	50
Sit Ups	1	100
Push Ups	1	300
Jog	1	Apporopriate Distance

The Charles Atlas Inspired Workout:

Exercise	Sets	Reps
Push Up (2 Sec Hold)	1	10
Standing Chest Fly (2 Sec Hold)	1	10
Row Squeezes (2 Sec Hold)	1	10
Vertical Pull	1	10
High Elbow Row	1	10
Shoulder Press	1	10
Bicep Curl (1 Sec Hold)	1	10
Close Grip Push Up (1 Sec Hold)	1	10
Squat	1	15
Good Morning	1	15
Seated Toe Raise	1	15
Standing Calf Raise	1	15
Crunch	1	10
Single Lying Leg Raise	1	10 Each