



THE TOOLS YOU NEED TO BUILD
THE BODY YOU WANT®



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Workouts



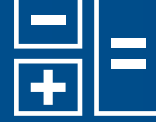
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WWE PRO WRESTLER JOHN CENA
WORKOUT ROUTINE

A muscle building workout routine used by WWE pro wrestling superstar John Cena to build a substantial portion of his current muscle mass.

Link to Workout: <https://www.muscleandstrength.com/workouts/john-cena-workout-routine>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 12 Weeks
Days Per Week: 5 Days

Time Per Workout: 60-90 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Author: Team Muscle & Strength

Day 1: Legs & Calves

Exercise	Sets	Reps
Calves		
Seated Calf Raise	10	10 - 20
Standing Bodyweight Calf Raise	4	25
Legs		
Standing Single Leg Curl	4	20 - 25
Leg Press	5	20
Leg Extension	4	15
Squat	4	10
Hack Squat (Superset with next exercise)	3	15
Single Leg Extension	3	10

Day 2: Chest

Exercise	Sets	Reps
Chest		
Incline Machine Press	3 - 4	20
Incline Bench Press	3 - 4	20
Pec Dec	3 - 4	15
Cable Crossovers	3 - 4	15
Bench Press	3	10

Day 3: Arms

Exercise	Sets	Reps
Biceps		
Preacher Curl	5	12
Standing Barbell Curl	3	10 - 12
Seated Dumbbell Curl	3	10 - 12
Standing Cable Curl	3	12
Triceps		
Rope Pressdown (Superset with next exercise)	3	20
Single Arm Cable Pressdown	3	10
Lying Tricep Extension	6	Failure
Overhead EZ Bar Extension	3	20
Seated Barbell Tricep Extension	3	20
Tricep Dip	4	Failure

Day 4: Shoulders

Exercise	Sets	Reps
Shoulders		
Rear Delt Machine Flyes	5	20
Machine Overhead Press	5	20
Machine Lateral Raise	5	20
Seated Overhead Press	3	10
Dumbbell Lateral Raise	3	12
Military Press	3	10

Day 5: Back

Exercise	Sets	Reps
Back		
Lat Pull Down	5	20
Barbell Row	5	12 - 20
One Arm Dumbbell Row	5	12 - 20
Deadlift	4	8 - 15
High Pulls	4	20
Pull Up	4	Failure
Barbell Shrug	5	20