

Taylor Lautner's Workout Routine and Diet Plan

Workout Routine:

Day	Exercise	Sets	Reps
Monday (Bench Press and Assistance Work)			
	Barbell Bench Press	5	5
	Close Grip Tricep Press	4	15
	Dumbbell Incline Bench Press	3	8-10
	Dips	4	15
	Dumbbell Tricep Overhead Extension	3	8-10
	Dumbbell Incline Chest Flys	4	15
Tuesday (Deadlift and Assistance Work)			
	Deadlift	5	5
	Cable Rows	4	15
	Lateral Pulldowns	3	8-10
	T-Bar Rows	4	15
	Dumbbell Bicep Curls	3	8-10
	Preacher Curls	4	15
Wednesday (Squats and Assistance Work)			
	Barbell Back Squat	5	5
	Weighted Lunges	4	15
	Leg Press	3	8-10
	Box Jumps	4	15
	Calf Raises	3	8-10
	Hamstring Curls	4	15
Thursday (Military Press and Assistance Work)			
	Military Press	5	5
	Dumbbell Front Shoulder Raises	4	15
	Barbell Shrugs	3	8-10

Day	Exercise	Sets	Reps
	Face Pulls	4	15
	Arnold Presses	3	8-10
	Dumbbell Shrugs	4	15
Friday (Core)			
	Weighted Planks	3	60 seconds
	Reverse Crunches	3	25
	Hanging Leg Raises	3	15
	Weighted Twisting Sit Ups	3	10

Diet Plan:

Meal	Items
Breakfast	Eggs, Oatmeal, Vegetables
Lunch	Chicken Breast, Brown Rice, Avocado
Dinner	Tuna Steak, Sweet Potatoes, Quinoa, Vegetables
Snacks	Raw Sweet Potatoes, Turkey Patties
Supplements	Vitamins, Whey Protein, BCAAs