

HOW ACTORS GET SHREDDED



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BY BRIAN KLEPACKI, MS, CSCS, CISSN, FMS

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The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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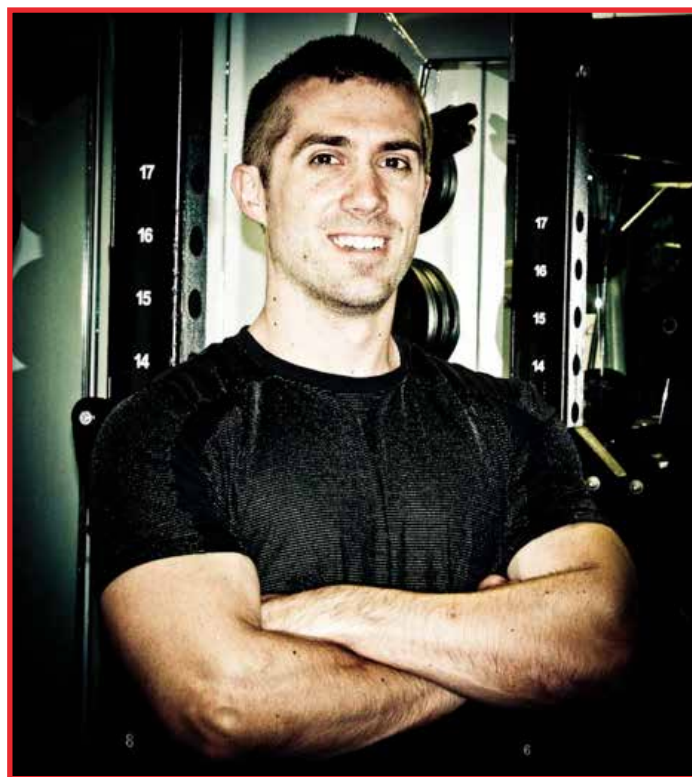
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By Brian Klepacki, MS, CSCS, CISSN, FMS

ABOUT THE AUTHOR

Brian Klepacki has over 14 years of experience and education in the fitness and athletic world. He holds a Master's Degree in Exercise Science and holds numerous highly recognized certifications that set his expertise and training above most others.

Brian has learned that in order for you to achieve your max performance, a multitude of training regimes must be implemented to stimulate all systems of the body. As a competitive triathlete and a Strength & Conditioning Specialist, Brian knows how crucial



it is to sort through fact and fiction when it comes to athletic training and human performance. His philosophy is simple, **PURPOSE OVER PREFERENCE**.

He is not about those big box cookie cutter programs and he doesn't prescribe a random workout that has no purpose. His logic is specific. His training has a purpose. Brian currently lives in Pinellas County, Florida with his wife and son.

He is the Head Strength Coach and Owner of Optimax Performance Training.

Learn more about Brian: <http://www.optimaxperformance.com>



EVERYONE LOVES A GOOD ACTION MOVIE!

Guys (and even chicks) love to get out into the theater to catch the latest flick literally blowing up the box office. We've all seen them, you know, those guys on the big screen that are JACKED and we quietly say to ourselves "dude, he got BIG!" or maybe something like "uhhh I can't stop looking at his 6-pack".

Whether you like to admit it or not, there is a little bit of jealousy (and hopefully some testosterone) that runs through our veins during those kind of movies and the interesting part, most of those movies are action movies written specifically for guys. Odd right?



And how often do we sit on our butts in a comfy seat eating some fattening popcorn watching some Greek god throw a chariot across a lake not knowing if it's computer generated or real? I've questioned that a few times and have had to resort to looking up the actor on the internet to see if he really was that shredded in real life.

Not to get all political or cynical but why does society as a whole worship actors and actresses? Are they no different than you or I? Sure they make a ton more money but what about all the stress, lies, and deceit they fall under through fame

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and success. Look at all the filth that stares back at us at the checkout lane at the grocery store. Headlines constantly read ‘divorce, abuse, drugs, suicide, bankruptcy and so on...’ but yet we still idolize these individuals.

Now granted there are FAR more good apples than rotten on screen today but it’s ironic that media glorifies the negative in some. And since we live in a culture that screams beauty and health, we should be taking notes from some of Hollywood’s greatest.

Sex sells. Nothing new here. I personally don’t approve of this philosophy to sell a product but hang with me for a moment. Let’s take a look at what our favorite movies might have looked like if sex didn’t sell it. We’ve all seen it, *Gladiator* with **Russell Crowe**. Imagine that movie with an ugly, skinny, wimpy Maximus. Obviously the whole story of the movie would have never been possible if he wasn’t an attractive man with great muscle definition. Sex sells.

Or what about **Daniel Craig** in any of his James Bond movies? This guy has it going on. His sex appeal sold the movies. Again, a handsome gentleman with a body that went through intense training in order to look the part of an international agent. What if 007 looked like Mr. Bean? I doubt the success of the 007 movies would have been as huge if someone who didn’t ‘look’ the part had the role.

We’ve all wondered how the latest A-listers got their body. I know I wonder that every time I see a new movie. Sometimes it could be genetics, but there’s a strong possibility it’s through hard work. Remember some actors make MILLIONS to star in a movie. I think they can afford around the clock training.

However, muscle just doesn’t grow by looking at weights, movement needs to happen. I think what’s even more impressive is how actors drastically change their body type to play a certain character. Sometimes forcing the body to do unhealthy practices in order to look a particular way. Take **Matthew McConaughey** for example. He built a body for the stripper film ‘*Magic Mike*’ and

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then immediately after pushed his body to the extreme opposite direction. The major transformation was all in preparation to start shooting his next role as that of an HIV patient in 'The Dallas Buyer's Club.' *"I'm losing some weight,"* he said. *"I've got a role coming up in the middle of September. I've lost about 15 pounds, I've gotta lose about 15 more."*

Most of his drastic change to lose the weight, **McConaughey** said, was his diet that was nearly all liquid. "I am drinking a lot of tea. It takes a while for your body to understand that it has to feed off of itself and that you're not going to give it something else from the outside."

Most of us would hate to go through a radical change like this but if we saw a check with our name on it and a handful of zeroes in the amount, we'd be fine with all the weight we lost making that money.

But how did guys like **Matthew McConaughey** and **Daniel Craig** beef up for certain roles? That's what seems to be the more challenging of the two and honestly that's what attracts 99% of the population who watch these types of movies. I don't know many people who say 'wow did you see how skinny or fat he got for this movie? I want to do whatever he did!' No, we say just the opposite.





5 WORKOUTS ACTORS USE TO GET SHREDDED

I've compiled a list of the 5 most popular styles of workouts that actors have used in order to get jacked or shredded in order to achieve a certain look for their movie role. Now before you throw negative comments around saying that certain entertainers have taken steroids or they are genetically gifted, don't forget that acting is THEIR JOB.

If the director tells them to add 50 pounds of muscle, they will add 50 pounds of muscle. Whatever was demanded from them, they delivered and their hard work paid off even if they dabbled with some supplements. And aside from dieting and the supplements it's known that in order to add muscle, you must move that muscle and move it often.





1) HIGH INTENSITY INTERVAL TRAINING (HIIT)

Also called high-intensity intermittent exercise (HIIE), is a supercharged form of interval training. This type of exercise strategy specifically uses short periods of intense anaerobic exercise with less-intense recovery periods. HIIT is also a form of cardiovascular exercise since the cardiovascular system is being utilized due to the physical demand placed on the body during this type of exercise.

Usual HIIT sessions will vary in length and will use various full body movements. When deciding on the length and the exercises being used it all depends on the goal and also the intensity of the actual workout. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning. Now since HIIT is very challenging and both physically and mentally exhausting it's almost required that the participant have an extremely high-level of motivation and determination.

Antoine Fuqua's passionate boxing drama 'Southpaw' starring **Jake Gyllenhaal**, as middleweight champ Billy Hope, trained just as a professional boxer would train in preparation for a big fight. Jake used HIIT and packed on 28lbs during his training. He ran, he jumped, he boxed, he lifted, and he didn't quit. His training resembled that of a true athlete and he did not make excuses to accomplish his goals of looking like and performing like a true boxer.

Tom Cruise is another believer in HIIT. In his latest role in 'Mission Impossible: Rogue Nation' **Cruise** performed nearly



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all of his own stunts and most of those stunts required total body strength and also maneuverability. **Cruise** used HIIT in many forms replicating stunts as well as performing movements to help prepare his body for the impact and abuse of the stunts. Even though he didn't train for 'looks' for this flick, his physique at 53 years of age is quite impressive.





2) TRADITIONAL WEIGHT TRAINING

Weight training is the most common type of strength training for developing the strength and size of muscles. It uses the force of gravity (in the form of weighted bars, dumbbells, kettle bells or machines) to oppose the force generated by muscle through concentric or eccentric contraction. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.

The fundamental principles of weight training are basically identical to those of strength training, and involve a manipulation of the number of repetitions (reps), sets, tempo, exercise types, and weight moved to cause desired increases in strength, endurance, and size. The certain combinations of reps, sets, exercises, and resistance depend on the goals of the individual performing the exercise.



Dwayne Johnson (The Rock) in the latest flick 'Hercules' used this type of training to pack on the lean muscle to get even more jacked than he normally is. For Hercules, The Rock had to workout 6 days a week starting at 4 a.m. because he had to go on a set during the day. Talk about a long day for this guy and yet I doubt he ever

made an excuse. Even when The Rock is not filming, he loves going to the gym between 3 a.m. and 5 a.m. and his physique definitely shows it. He's always jacked. He's the ROCK. In addition to the weight training Hercules always added some cardio trainings just before lifting.

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MULTIPLY YOUR MUSCLE

Here's a sample of Hercules' chest and leg workout (and he did legs on Saturday too!):

MONDAY: CHEST

EXERCISES	SETS	REPS
Cardio: ~ 50 minutes		
Dumbbell Bench Press	4	10 - 12
Flat Bench Cable Fly	3	Failure
Barbell Bench Press	4	10 - 12
Incline Dumbbell Press	5	10 - 12
Low Cable Crossover	4	10 - 12
Barbell Incline Bench Press	3	10 - 12

TUESDAY: LEGS

EXERCISES	SETS	REPS
Cardio: ~ 50 minutes		
Leg Press	4	25
Barbell Walking Lunge	4	25
Leg Extension	4	25
Seated Leg Curl	3	20
Smith Machine Calf Raise	3	Failure
Thigh Abductor	3	15
Barbell Lunge	3	20

Hugh Jackman also was no stranger to the weight room when training for his role as 'Wolverine' in the 2014 movie. **Jackman** was coming from a leaner role in 'Les Miserables' and needed to pack on as much mass as possible in 4 months. His training was broken down into two phases: the bulk and the cut. Even though his training included interval training of some sort, the 'bulk' of his training consisted of using traditional types of lifts in order to add large amounts of muscle.



3) CIRCUIT TRAINING

In the context of bodybuilding, circuit training can involve both body-weight and weight-bearing activities that can target specific muscles. These exercises will include but are not limited to full body rotational movements, explosive lifts, strength training and cardiovascular exercises. Circuit training is just that. Training that is done in a circuit fashion where the participant will either perform a set number of reps or exercise for a certain length of time. Once the rep count or time is complete, then the participant will move on to the next exercise with little to no rest and perform a different exercise.

Circuit training is similar to HIIT only with minor differences in timing and structure. However the results are very similar and quite possibly one in the same as HIIT. Most actors (and even general population) will do some sort of circuit training but one who really focused on this style was **Chris Hemsworth** who was 'Thor' in the 2011 movie.

"I would do circuits and bodyweight exercises for more functional strength: stuff like chin-ups and pull-ups and box jumps, and even some CrossFit stuff. I also worked with kettle bells. Man, that's intense. They're basically a combination of cardio and weightlifting, and they're a great way to build functional strength." Said **Chris** shortly after the release of Thor.

One of his favorite go-to upper body circuits that required a hammer (no pun intended) was referred to as a 'grinder'. The setup was to perform 6-8 reps for as many sets as possible on each exercise for up to six minutes. Rest for one minute and then repeat for another two rounds. Here is the exact workout **Chris** loved to do:



OVERHEAD 2-HANDED SLAMS

Hit a big tire while holding a heavy hammer in both hands. It's great for overall conditioning; it will also improve the rotational strength in your shoulders and arms. Alternate sides so both arms get work.

SINGLE-ARM CHOP

This will develop your hand, wrist, and shoulder stability, as well as your strength. Use a lighter hammer than the 2-hand slams, and alternate arms.

SINGLE-ARM TRICEPS LIFT AND SLAM

Gripping the lighter hammer with one hand, twist it behind your back before lifting it vertically; use just your triceps and slam it down on a tire; alternate arms.

SIDEWAYS CHOP

Swing the hammer at a big tire as though playing the ninth hole on a golf course. This will hit the hips and core while strengthening your mid section. Alternate from side to side.

SINGLE-HAND ROUND-THE-WORLD

Hold a hammer in one hand, and then cast it around your opposite shoulder and behind your head, taking it back to the upright position; alternate arms.

OVERHEAD STRIKE SQUAT

Grab the hammer with both hands and bring it back over your head before chopping down on a tire while bending at the knees. Perform this drill with a heavy hammer.

DOUBLE-HANDED SHOVEL

Bring the hammer from over your shoulder while dipping and perform a front lever with it. Bring it back vertically behind your head. Repeat without pausing and alternate.



4) BODYWEIGHT TRAINING

Now whoever said that you have to use weights to get shredded is an idiot. Bodyweight training (or calisthenics) has been around since the beginning of time and has recently resurfaced in nearly every gym across the world. Bodyweight training is simple and effective. All you need is your body and a game plan and maybe some water and a towel because most of the body weight movements will leave you sweating and more exhausted than using weights. Gravity has no mercy on bodyweight training.

And if you think that no one in Hollywood does bodyweight training, YOU'RE DEAD WRONG.



If you were to go head-to-head against the Terminator, would you choose to train using bodyweight only? **Jai Courtney** in the new

Terminator Genisys plays Kyle Reese and he chose to train with his bodyweight in order to lead the human resistance against the reign of the Terminator.

Courtney needed to take his physique to another level to suit his role as a fighter. He had to transform his body into a realistic human resistance warrior.

Courtney participated in swimming and plenty of Rugby growing up in Australia. Always a supporter of staying athletic, he likes to rely on intense activities to stay fit and build a screen-worthy frame. **Jai** says that *“getting outdoors and making your body move through natural movement is a lot better than sitting in the gym for long periods of time staring at yourself in the mirror.”* He prefers bodyweight training to get in shape. Specifically, he likes to use the TRX Training System. He's not a fan of the mantra bigger is always better.

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Here is an example of what a typical workout might have looked like for **Jai Courtney** when preparing for his latest role in Terminator Genisys. **Jai** did incorporate resistance training but a majority of his training was devoted to bodyweight movement.

SAMPLE #1

EXERCISES	SETS	REPS
Diamond Push-Up	3-6	20
Medium-Grip Chin-Up	3-6	20
Box Jump	3-6	20
Pike Push-Up	3-6	20
Hanging Leg Lift	3-6	20

SAMPLE #2

EXERCISES	SETS	REPS
Feet Elevated Inverted Row	3-6	20
TRX Push-Up	3-6	20
V-Ups	3-6	20
Walking Lunge	3-6	20
Goblet Squat	3-6	20



5) SUSTAINED AEROBIC CONDITIONING

We all know that in order to lean up and burn off some excess fat we need to be doing aerobic training (a.k.a. cardio). In particular low-medium intensity sustained aerobic training. Most people refer to this type of training as cardiovascular exercise but when the goal is to lean up and burn FAT research has proven that low to medium intensity sustained aerobic training is superior to high intensity training.

When talking about energy systems and heart rate response, the higher the heart rate the more of the cardiovascular system is being used. However the lower the heart rate, there is higher usage of fat as the main source of fuel therefore allowing the body to 'burn' more fat. So don't confuse aerobic training with cardiovascular training, as they are scientifically different.

This 5th type of training is probably the most widely used form of training for all actors and actresses. Weight training, bodyweight training, HIIT, etc. are excellent for lean muscle development and an overall improvement in fitness and movement but nothing burns FAT like aerobic conditioning and this is where the pounds truly just fall off.

One cast in particular that fully



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utilized this type of training was from the movie 'Expendables 3'. This D+ movie had a cast full of A-listers. The entire cast of this movie (**Sylvester Stallone, Arnold Schwarzenegger, Jason Statham, Jet Li, Dolph Lundgren, Terry Crews, Kellen Lutz, Wesley Snipes, Antonio Banderas, Harrison Ford, Mel Gibson, and Ronda Rousey**) trained aerobically at least twice a week to get in Hollywood shape. To get lean, the actors burned fat with low-medium intensity sustained cardio workouts that included running, rowing, cycling, elliptical and swimming.

WHAT ABOUT PEDS?

If you're not familiar with the term PEDS it simply means performance-enhancing drugs. In sports the phrase is often used in reference to anabolic steroids or their precursors.

Do actors take anabolic steroids to gain muscle fast while shedding body fat to get ready for movie roles? There's no way to know for sure, but it's certainly possible that some do.

One huge problem with anabolic steroids whether they are acquired from the street or from a doctor as "*hormone replacement therapy*" is the fact that this synthetic or artificial injection will shut down your body's own natural production of testosterone.

Once you stop using, you'll lose your gains and you'll look and feel worse than when you started. Your testosterone will actually be lower than when you started for a while which can make it very tempting to continue taking steroids despite the long term side effects and weekly shots.

[A much better solution that some celebrities already know about is to naturally support your testosterone levels rather than replace them.](#)

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Personally I recommend a legal supplement called [T-Drive](#) that uses natural herbs to not only boost your existing T-levels but it also blocks estrogen (the female sex hormone) from getting too high.

You can read my full review here:

<http://www.criticalbench.com/t-drive-review/>

TRAINING FOR A MOVIE ROLE IS NO JOKE!

There's no backing out and there are no excuses allowed. Nearly every actor and actress has needed to transform his or her body in some regard to play the part of a character. And the training was intense and intentional. If you want the body of a Hollywood Hunk or a Beverly Hills Babe then you better use at least one of these training styles outlined in this report and give it your 100%.

If you have questions, join me on the [Critical Bench Facebook Fan Page](#) for a live Q&A Monday through Friday during your lunch break.