

8-WEEK CHRIS HEMSWORTH INSPIRED WORKOUT PLAN

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I've created this program using Chris's workout videos available on different platforms, including YouTube and Instagram.

This workout plan involves [training six times weekly](#). It includes strength training, cardio, and [functional exercises](#), all of which help improve athleticism and physical appearance.

If you follow Chris Hemsworth and train like him, explore and save this routine. I'll also share a free PDF at the end of the article that you can download.

PROGRAM SUMMARY

Exercise Type	Strength, Cardio, & Mobility
Split Type	Hybrid Split
Program Duration	8 Weeks (2 Phases)
Sessions per Week	Weeks 1-4: 6 days & Weeks 5-8: 7 days
Duration per Session	60-90 minutes
Program Goal	Build Strength, Power, & an Aesthetic Body
Difficulty Level	Intermediate
Target Gender	Male & Female
Suitable Age Group	20-40 Years

8-Week Chris Hemsworth Plan to Build Athleticism & Shape Body

Start your workout with a short warm-up to increase oxygen flow in muscles and reduce muscle stiffness.

I've got a great list of [dynamic stretches](#) and [cardio exercises](#) that you can use in your warm-up session.

A good warm-up session prepares you for intense exercises and minimizes the risk of injuries.

Week 1-4

- **Monday:** Chest & Back
- **Tuesday:** Legs
- **Wednesday:** Arms & Abs
- **Thursday:** Shoulders & HIIT Cardio
- **Friday:** Legs and Core
- **Saturday:** Functional Workout
- **Sunday:** Rest

Monday: Chest & Back

Exercise	Sets	Reps	Rest
Flat Barbell Bench Press	4	12, 10, 8, 6	1-2 minutes
Incline Dumbbell Bench Press	4	12, 10, 8, 6	1-2 minutes
Dumbbell Fly	4	12, 10, 8, 6	45-90 seconds
Hammer Strength Row	4	12, 10, 8, 6	1-2 minutes
Bent-over Rows	4	12, 10, 8, 6	1-2 minutes
Weighted Pull Ups	5	AMRAP	1-2 minutes
Weighted Dips	5	AMRAP	1-2 minutes

Here, AMRAP stands for "as many reps as possible".

Tuesday: Legs

Exercises	Sets	Reps	Rest
Barbell Squat	4	15, 10, 8, 6	2-3 minutes
Dumbbell or Barbell Lunges	4	8-10 per side	45-90 seconds
Stiff-Legged Deadlift	4	12, 10, 8, 6	1-2 minutes
Seated Leg Curls	4	20, 15, 12, 12	45-90 seconds
Standing Calf Raises	4	15-20	1-2 minutes

Wednesday: Arms & Abs

Exercises	Sets	Reps	Rest
1. Weighted Chin Ups	4	AMRAP	2-3 minutes
2. Barbell Curls	4	12-15	45-90 seconds
3. Hammer Curls	4	12-15	1-2 minutes
4. Weighted Dips	4	AMRAP	45-90 seconds
5. Standing Overhead Triceps Extensions	4	12-15	1-2 minutes
6. Cable Triceps Pushdowns	4	12-15	1-2 minutes
7a. Cable Crunches	3	15-20	15-30 seconds
7b. Seated Knee Tucks	3	20-30	15-30 seconds
8a. Hanging Leg Raises	3	10-15	15-30 seconds
8b. Seated Barbell Oblique Twist	3	10/side	15-30 seconds

Perform A and B one after another like supersets.

Thursday: Shoulders & HIIT Cardio

SHOULDER WORKOUT

Exercises	Sets	Reps	Rest
Overhead Press (Standing)	4	12, 10, 8, 6	2-3 minutes
Kettlebell SeeSaw Press	3	8-10 per side	45-90 seconds
Dumbbell Lateral Raises	4	12-15	1-2 minutes
Bent-over Rear Delt Raises	4	12-15	1-2 minutes

HIIT WORKOUT

HIIT stands for [High-Intensity Interval Training](#). It involves performing exercises at intervals. You do exercise at a higher pace followed by a short recovery period.

It will increase fat burns, improve cardiovascular fitness, and develop athleticism.

ROUND 1 (2 sets)

Bodyweight Squats (20 reps or 30 seconds)

Mountain Climbers (20 reps per side or 20 seconds)

Reverse Lunges (10 reps per side with shadow boxing punching)

Walkouts (30 seconds)

Sit Thru or Sit Outs (10 reps per side)

Rest for 20-30 seconds between exercises.

Repeat one more time.

ROUND 2 (2 sets)

Squat pulse (30 seconds)

Crossbody Mountain Climbers (15 reps per side)

Jumping Lunges (10 reps per side)

Walkouts + Push-up (10-15 reps)

Sit Thru or Sit Outs (10 reps per side)

Rest for 20-30 seconds between exercises.

Repeat one more time.

ROUND 3 (2 sets)

Squat Jump (12-15 reps)

Russian Twists (10-12 reps per side)

Burpee + Push-up (8-10 reps)
 Bear Crawl (20-30 seconds)
 Sit Thru or Sit Outs (10 reps per side)
 Rest for 20-30 seconds between exercises.
 Repeat one more time.

Friday: Legs and Core

Exercises	Sets	Reps	Rest
1. Back Squats	4	15, 10, 8, 6	2-3 minutes
2. Reverse Lunges	3	8-10 per side	45-90 seconds
3. Stiff-Legged Deadlift	4	12, 10, 8, 6	1-2 minutes
4. Leg Extensions	4	20, 15, 12, 12	45-90 seconds
5. Seated Leg Curls	4	20, 15, 12, 12	45-90 seconds
6. Landmine Oblique Twist	3	10 per side	15-20 seconds
7a Cross-body Mountain Climbers	4	20 reps	10-15 seconds
7b Kick sits	4	20 reps	10-15 seconds
7c Bicycle sit-ups	4	20 reps	10-15 seconds
7d Flutter kicks	4	20 reps	10-15 seconds

Perform 7a to 7d exercises in a circuit and repeat four times.

Saturday: Functional Workout

Exercise	Activity	Rest	Sets
Sled Push	30-second	30-second	2
Kettlebell Deadlift	10-15 reps	20-second	2
Push Ups	15-20 reps	30-second	3
Assault Bike	30-second	30-second	5
Ball Slam	10 reps per side	15-second	4
DB Curl & Press	8-10 reps	30-second	2
Ski ERG Machine	30-second	15-second	4
Reverse Lunges	10 reps per side	15-second	2

Week 5-8

- **Monday:** Chest, Back, and Abs
- **Tuesday:** Legs & Cardio
- **Wednesday:** Arms & Shoulders

- **Thursday:** Functional Workout
- **Friday:** HIIT Cardio
- **Saturday:** Full Body Wall Ball Workout
- **Sunday:** 20-minute Barbell Complex

Monday: Chest, Back, and Abs

Complete the chest workout, then move on to the back and abs.

CHEST	BACK	ABS
12 Incline Chest Presses	6-10 Weighted Pull-ups	Bicycle Sit Ups (10/side)
12 Seated Chest Presses	10-12 Bent-Over Rows	10 Medicine Ball Crunches
12 Cable Flys	12 Hammer Strength Machine Rows	30-second Flutter Kicks
12 Wide Arm Pushups	15-20 Hyper-extensions	Russian Twist (10/side)
4 rounds	4 rounds	3 rounds

Tuesday: Legs & Cardio

Exercises	Sets	Reps	Rest
Back Squats	4	8-10	2-3 minutes
Bulgarian Split Squats	3	8-10/side	45-90 seconds
Stiff-Legged Deadlift	4	8-10	1-2 minutes
Leg Press	4	12-15	45-90 seconds
Seated Leg Curls	4	15-20	45-90 seconds
Calf Raises	3	15-20	45-90 seconds

For cardio, you can do treadmill running, stationary bicycling, swimming, surfing, or outdoor running. Do any activity for 30 to 45 minutes at your desired pace.

Wednesday: Arms & Shoulders

Exercises	Sets	Reps	Rest
Military Press (strict standing overhead press)	3	10-12	2-3 minutes
Arnold Press (twist your wrist as you press overhead)	3	10-12	1-2 minutes
Lateral Raises (lean forward with your back straight)	3	12-15	1-2 minutes

Bent-over Rear Delt Raises (standing or seated)	3	12-15	1-2 minutes
Shoulder Shrug (use as heavy weights as possible)	3	10-12	1-2 minutes
Standing Barbell Overhead Triceps Extensions	3	12-15	1-2 minutes
Dumbbell Bent-Over Triceps Kickback	3	12-15	1-2 minutes
Barbell Biceps Curls	3	12-15	1-2 minutes
Incline Seated Dumbbell Curls	3	12-15	1-2 minutes

Thursday: Functional Workout

Exercise	Activity	Rest	Sets
Squat Pulses	30-second	30-second	3
Battle Rope	30-second	30-second	5
Punching Box	30-second	30-second	5
Sit Thru	30-second	30-second	4
Clap Push Ups	8-10 reps	45-second	3
Sled Pull	30-second	45-second	4
DB Burpee with Curl & Press	6-8 reps	1-minute	4
DB Alternating Reverse Lunges with Biceps Curls	6-8 reps	1-minute	3

Friday: HIIT Cardio

This includes a series of 10 exercises that train the full body, building endurance, and mobility.

Perform each exercise for 40 seconds, followed by 20 seconds of rest. You can repeat it 2-3 times if you like.

Mountain Climber Switches (10-15 reps per side)

Bodyweight Squats (15-25 reps)

Shoulder Taps in High Plank Position (12-16 taps on each side)

Reverse Lunges (8-10 reps per leg)

Bicycle Sit Ups (8-10 reps per side)

40-second Mountain Climbers (Quick)

15-20 Prisoner Squats (Squat as deep as possible)

Plank Windmill (10 reps per side)
Reverse Lunges + High Knee (8-10 reps per side)
Russian Twists (10 reps per side)
2-3 rounds for time.

Saturday: Full Body Wall Ball Workout

This workout involves performing exercises with a wall ball. It will develop explosiveness and stamina and improve your athleticism.

Slam Right (5 reps)
Slam Left (5 reps)
Slam on the Floor (5 reps)
Front Ball Squats (5 reps)
[Alternating Push Ups on the Ball](#) (5 reps per side)
Full Sit Ups Holding a Ball (5 reps)
Russian Twist (5 reps on each side)
Rest for 2-3 minutes. Repeat 4-5 times.

Sunday: 20-minute Barbell Complex

Reverse Barbell Curls (12-15 reps)
Overhead Press (12-15 reps)
Standing Overhead Triceps Extensions (12-15 reps)
Back Squats (12-15 reps)
Bent-over Rows (12-15 reps)
Reverse Lunges (10 reps per leg)
Standing Oblique Twist (10 reps/side)
Rest for 2-3 minutes. Perform 2-3 rounds.

Frequently Asked Questions (FAQs)

Who Can Follow This Routine?

This program is for experienced enthusiasts who want to build strength and functional fitness and improve the shape of their physique.

Can You Make Changes to This Program?

Yes, you can make as many changes as possible, ensuring they feel challenging and enhance your fitness.

What To Do After Completing This Routine?

You can continue doing the workouts for the next few months to see some visible changes. I recommend increasing the intensity, the number of reps, and sets or weight on the equipment to achieve decent results over time.

What Should I Eat to Gain More from This Workout?

A balanced diet, including all macros and micronutrients. Try to consume protein from eggs, chicken, fish, and supplements. For carbs, focus on green veggies (like broccoli and spinach), sweet potatoes, rice, and oatmeal. And for fats, avocado, nuts, and olive oil are good options.

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