

12-WEEK HENRY CAVILL INSPIRED WORKOUT PLAN

[HTTPS://THEFITNESSPHANTOM.COM/12-WEEK-HENRY-CAVILL-INSPIRED-WORKOUT-PLAN](https://thefitnessphantom.com/12-week-henry-cavill-inspired-workout-plan)

Program Summary

Exercise Type	Strength, Endurance, & Power
Split Type	Hybrid Split
Program Duration	12 Weeks
Sessions per Week	Weeks 1-4: 5 days & Weeks 8-12: 6 days
Duration per Session	90 minutes to 2 hours
Program Goal	Build Strength, Power, & an Athletic Body
Difficulty Level	Intermediate to Advanced
Target Gender	Male (Preferable) & Female
Suitable Age Group	20-40 Years

Here's a list of exercises (gathered from multiple sources) Henry Cavill used to perform for Superman & The Witcher:

Musclebuilding & Strength Exercises:

1. Back Squats
2. [Dumbbell Upright Row to Front Delt Raises](#)
3. [Kettlebell Goblet Squats](#)
4. [Kettlebell Deadlifts](#)
5. Single-arm Kettlebell Overhead Press
6. [Seated Dumbbell Overhead Press](#)
7. [Barbell Wrist Curls](#)
8. Conventional / Sumo Deadlift
9. [Military Press](#)

10. [Ring Inverted Row](#)
11. Isometric Dip
12. Resistance Band / [Dumbbell Upright Row](#)
13. [Feet Elevated Pike Push Ups](#)
14. [Hanging Knee Raises](#)
15. Pull-ups
16. [Triceps Dips](#)
17. [Glute Ham Raises](#)
18. [Dumbbell Side Raises](#)
19. Iso-Alternating Dumbbell Biceps Curls
20. [Romanian Deadlifts with Band](#)
21. [Cable Palloff Press](#)
22. [Dumbbell FDL Raises](#) (3-way Shoulder Raises)
23. Bodyweight / [Weighted Push-ups](#)
24. Cable Face Pulls (Standing)
25. [Incline Dumbbell Bench Press](#)
26. [Seated Cable Rows](#)
27. Flat Barbell Bench Press
28. Standing Cable Flyes
29. [Bulgarian Split Squats](#)
30. Leg Extensions
31. [Calf Raises](#)
32. [Hanging Leg Raises](#)

Functional & Cardio Exercises

1. [Kettlebell Frog Hop](#)
2. Sandbag Lunges
3. Sled Pull
4. Sled Push
5. Rowing Machine
6. Ring Boxing

7. Battle Rope
8. Running
9. [Kettlebell Swings](#)
10. Kettlebell Snatches
11. Medicine Ball Rotational Throws
12. Clean and Jerk
13. [Burpee Pull-ups](#)
14. [Ab Wheel Rollouts](#)

Sources:

1. [Ela YouTube Channel](#)
2. [Men's Health YouTube Channel](#)

I've made a comprehensive workout program with the help of these exercises. Save this program if you want to train like Henry Cavill.

12-Week Workout Plan for a Strong Athletic Body

This training plan includes three different splits, each lasting for four weeks.

The first eight weeks involve training five times weekly, and the last 4 weeks include six sessions per week.

You'll do all sorts of exercises, including resistance training, endurance training, power workouts, and [calisthenics](#).

The combination of all exercises will help you develop a muscular body and [functional fitness](#).

Do a 5-10 minute warm-up before starting the main workouts. Explore these [dynamic stretches](#) and [cardio exercises](#) for warming up. These exercises will prepare your muscles for the lifts.

Week 1-4: Upper Lower Split

This split involves training 5 times weekly. It includes training the upper body on Monday & Wednesday and the lower body on Tuesday and Thursday.

Then rest on Friday and do [functional exercises](#) on Saturday. Sunday will be the second day of rest.

Here's the split for the first four weeks:

- **Monday:** Upper Body A
- **Tuesday:** Lower Body A
- **Wednesday:** Upper Body B
- **Thursday:** Lower Body B
- **Friday:** OFF
- **Saturday:** Full Body Endurance Training
- **Sunday:** OFF

MONDAY: UPPER BODY

Exercises	Sets	Reps	Target Muscles
Weighted Pull-ups	4	6-8	Back, Biceps, & Abs
Barbell Bench Press	4	6-10	Chest & Triceps
Barbell Overhead Press	4	8-10	Shoulder & Triceps

Seated Cable Rows	4	8-12	Back & Biceps
Triceps Dips (Box or rings)	4	20-30	Triceps & Shoulders
Kettlebell Front Rack Hold	3	30-second	Arms & Abs

TUESDAY: LOWER BODY

Exercises	Sets	Reps	Target Muscles
Back Squats	4	6-8	Quads, Glutes, & Abs
Bulgarian Split Squats	3	10/side	Quads, Glutes, & Hamstrings
Back Hyperextensions	4	10-15	Glutes, Lower Back & Hamstrings
Barbell Romanian Deadlifts*	3	8-10	Hamstrings, Lower Back, & Glutes
Leg Extensions	4	12-15	Quadriceps
Hanging Leg Raises	4	8-10	Abdominals and Arms

Pause for 3-4 seconds at the bottom during the RDL.*

WEDNESDAY: UPPER BODY

Exercises	Sets	Reps	Target Muscles
Incline Dumbbell Press	4	8-10	Chest
3-Way Shoulder Raise	3	6-8	Shoulders
Lat Pulldowns	4	8-10	Latissimus Dorsi
Cable Crossover	3	8-10	Chest
Iso-Alternating Dumbbell Curls	3	10/arm	Biceps
Cable Palloff Press	4	10/side	Arms, Obliques, & Abs

THURSDAY: LOWER BODY

Exercises	Sets	Reps	Target Muscles
Front Squats	4	6-8	Quads, Arms, & Abs
Sandbag Lunges	3	10/side	Quads, Glutes, & Hamstrings
Back Hyperextensions	4	10-15	Glutes, Lower Back & Hamstrings
DB Stiff Leg Deadlifts	3	8-10	Hamstrings, Lower Back, & Glutes
Standing Calf Raises	4	12-15	Calves

FRIDAY: OFF

You can take a full day off or do light cardio such as bicycling, brisk walking, or jogging.

SATURDAY: FUNCTIONAL EXERCISES

Today you'll do circuit training (CT). CT involves performing a series of 4-8 exercises back-to-back without rest. It will increase your endurance and enhance your cardiovascular fitness.

Perform 3-4 rounds with 3-4 minutes of rest in between.

Exercises	Activity	Target Muscles
Kettlebell Frog Hop	8-10 reps	Legs & Arms
Sled Pull	30-second	Full Body
Sled Push	30-second	Full Body
Rowing Machine	250m or 40-50 seconds	Back & Arms
Medicine Ball Rotational Throws	15 per side	Full Body
Battle Rope	30-45 seconds	Arms & Shoulders

SUNDAY: OFF

Perform cardio and stretching exercises to stay athletic and flexible and enhance muscle recovery.

Week 5-8: Hybrid Split

- **Monday:** Chest & Back Strength
- **Tuesday:** Lower Body Strength
- **Wednesday:** Chest & Back Hypertrophy
- **Thursday:** Shoulder & Arms Hypertrophy
- **Friday:** Abdominals
- **Saturday:** Full Body Endurance Training
- **Sunday:** OFF

Monday: Chest & Back Strength

Exercises	Sets	Reps	Target Muscles
Incline Dumbbell Press	4	6-8	Chest & Front Delt
Flat Dumbbell Press	4	6-8	Chest

Weighted Pull Ups	4	6-8	Back, Biceps & Abs
Barbell Bent-over Row	4	6-8	Back & Biceps

Tuesday: Lower Body Strength

Exercises	Sets	Reps	Target Muscles
Back Squats	4	6-8	Quads & Glutes
Romanian Deadlifts	4	6-8	Hamstrings & Glutes
Weighted Lunges	4	5/side	Thighs & Glutes
Calf Raises	4	8-10	Calves

Wednesday: Chest & Back Hypertrophy

Exercises	Sets	Reps	Target Muscles
Lat Pulldown	4	10-12	Latissimus Dorsi
Seated Cable Rows	4	10-12	Lats & Trapezius
Ring Rows	4	10-12	Shoulders & Traps
Cable Crossover	4	10-12	Chest
Upward Cable Fly	4	10-12	Chest

Thursday: Shoulder & Arms Hypertrophy

Exercises	Sets	Reps	Target Muscles
Seated Dumbbell Shoulder Press	3	10-12	Front & Side Delts
3-way Dumbbell Raises	3	6-8	Front & Side Delts
Cable Face Pull	3	10-12	Rear Delts & Traps
Shoulder Shrugs	3	8-10	Shoulders & Traps
Iso-alternating Dumbbell Curls	3	10/side	Biceps
Barbell Biceps Curls	3	10-12	Biceps
Triceps Pushdown or Overhead Extensions	3	10-12	Triceps
Ring or Box Dips	3	10-12	Triceps & Abs
Barbell Wrist Curls	3	10-12	Forearms

Friday: Abdominals

Exercises	Sets	Reps	Target Muscles
Hanging Knee Raises	4	10-15	Lower Abs
Cable Palloff Press	4	10/side	Abdominals
Ab Wheel Rollout	4	8-10	Abs, Obliques, & Arms
Weight Plate Oblique Chop	4	10/side	Obliques
Your favourite Ab exercise	3	10-12	Abdominals

Saturday: Full Body Endurance Training

Perform 3-4 rounds with 3-4 minutes of rest in between.

Exercises	Activity	Target Muscles
Burpee Pull-ups	8-10 reps	Full Body
Kettlebell Clean & Press	30-second	Shoulders (Primary)
Rowing Machine	250m or 40-50 seconds	Back & Arms
Wall Ball Throws	15 per side	Full Body
Punching Bag	30-45 seconds	Arms
Running	200-300 meters	Full Body

Sunday: OFF

You can take a full day off or do light cardio such as bicycling, brisk walking, or jogging.

Week 9-12: Full Body Athletic Split

- **Monday:** Strength
- **Tuesday:** Endurance
- **Wednesday:** Hypertrophy
- **Thursday:** Calisthenics
- **Friday:** Strength
- **Saturday:** Endurance
- **Sunday:** OFF

Monday: Strength

Exercises	Sets	Reps	Target Muscles
Deadlift	4	3-4	Full Body
Bench Press	4	6-8	Chest
Overhead Press	4	6-8	Shoulders
Weighted Lunges	3	6/side	Legs
Bent-over Rows	3	6-8	Back

Tuesday: Endurance

Perform 3-4 rounds with 3-4 minutes of rest in between.

Exercises	Activity	Target Muscles
Kettlebell Frog Hop	8-10 reps	Legs & Arms
Sled Pull	30-second	Full Body
Sled Push	30-second	Full Body

Rowing Machine	250m or 40-50 seconds	Back & Arms
Medicine Ball Rotational Throws	15 per side	Full Body
Battle Rope	30-45 seconds	Arms & Shoulders

Wednesday: Hypertrophy

Exercises	Sets	Reps	Target Muscles
Wide Grip Lat Pulldown	3	10-12	Back
Seated Cable Rows	3	10-12	Back
Cable Crossover	3	10-12	Chest
FDL Shoulder Raises	3	6-8	Shoulders
Face Pulls	3	10-12	Shoulders & Traps
Standing Barbell Curls	3	10-12	Biceps
Overhead Triceps Extensions	3	10-12	Triceps
Hyperextension	3	10-15	Lower Back & Glutes
Weighted Calf Raises	3	12-15	Calves

Thursday: Calisthenics

Exercises	Sets	Reps	Target Muscles
Pull-ups	4	6-12	Back & Biceps
Ring Dips	4	6-8	Triceps and Abs
Pike Push Ups	4	6-8	Shoulders & Triceps
Bulgarian Split Squats	4	10/side	Thighs & Glutes
Hanging Leg Raises	4	10-12	Abs and Arms
Ab Wheel Rollout	3	10-12	Abdominals

Friday: Strength

Exercises	Sets	Reps	Target Muscles
Back Squats	4	6-8	Quads & Glutes
Incline Dumbbell Press	4	6-8	Chest
Push Press	4	6-8	Shoulders & Abs
Romanian Deadlift	3	6-8	Thighs & Glutes
Upright Row	3	6-8	Shoulder & Traps

Saturday: Endurance

Perform 3-4 rounds with 3-4 minutes of rest in between.

Exercises	Activity	Target Muscles
Burpee Pull-ups	8-10 reps	Full Body
Clean & Jerk	8-10 reps	Full Body
Rowing Machine	250m or 40-50 seconds	Back & Arms

Wall Ball Throws	15 per side	Full Body
Punching Bag	30-45 seconds	Arms
Running	200-300 meters	Full Body

Eat Like Henry Cavill

Focuses on a high-calorie, high-protein diet plan during the gaining phase and a moderate-to-low-calorie diet for the leaning phase.

Irrespective of bulking or cutting phases, keep your protein intake high (about 1.5g per pound of body weight) to support muscle repair and avoid muscle loss.

And cycle your Carbohydrates, with the highest intake occurring immediately before and after training sessions to fuel performance and recovery.

Here's an example of a meal plan you can try:

Meal 1: Breakfast

- 5-6 Egg whites and 2-3 whole eggs.
- 1.5 cups of oatmeal with berries.
- 10oz steak or lean beef patty
- 1 liter of water.

Meal 2: Post-Workout Snack

- Protein shake (Whey isolate).
- 1 banana or a handful of berries.

- Unsalted almonds or a tablespoon of natural nut butter.

Meal 3: Lunch

- Chicken breast (approx. 8-10oz).
- 1.5 cups of brown or white rice.
- Large serving green vegetables (broccoli, asparagus, or spinach).

Meal 4: Late Afternoon

- Turkey breast or lean white fish (cod or tilapia).
- 1 medium sweet potato (roasted or mashed).
- Green salad with olive oil and vinegar dressing.

Meal 5: Dinner

- 10oz Filet mignon or Salmon (for Omega-3 fatty acids).
- Roasted root vegetables (carrots, parsnips).
- Large green salad.

Meal 6: Before Bed

- Casein protein shakes or 1 cup of Greek yogurt (slow-digesting protein).
- Small serving of walnuts.

Try to consume a minimum of 5 liters of water per day for better hydration, organ functions, and muscle fullness.

Keep your meals clean, avoid processed sugars, and focus on single-ingredient whole foods.

Frequently Asked Questions (FAQs)

Who Can Follow This Program?

Anyone looking for a [hybrid workout plan](#) to build muscle, endurance, and an athletic body can follow this program. But it is not beginner friendly.

Does Henry Cavill Do Cardio?

Henry usually does 20-30 minutes of cardio on an empty stomach for leaning out. He keeps his heart rate at 125-135 bpm, which he finds more sustainable and enjoyable than high-intensity interval cardio.

What If It Doesn't Work for Me?

Henry says that everyone's body is different. What works for a Hollywood actor with a team of trainers may not be the exact blueprint for someone else. So, no problem if it doesn't work for you, make some changes or move on to [another routine](#).