# The Rock's Workout Routine

Dwayne 'The Rock' Johnson's workout routine is the pinnacle of dedication, intensity, and focus. From back-breaking gym sessions to targeted muscle workouts, the Rock's workout is carefully designed to build strength, endurance, and an enviable physique. Below is his legendary training routine in an easy-to-follow table.

|  |  |  |
| --- | --- | --- |
| Day | Target | Workout Details |
| Monday | Back and Abs | Warm-Up: Internal and external rotations on cable machine (2 sets x 20 reps per arm). Back (Progressive Sets): Pull-ups, One-arm dumbbell row, Reverse grip pulldown, Cable row, Stiff arm pullover with rope, Barbell shrugs (1 x 12, 1 x 10, 1 x 8 reps each). Abs: Rope crunches, Hyperextensions (3 x 20 reps each). |
| Tuesday | Chest and Calves | Warm-Up: Internal and external rotations on cable machine (2 sets x 20 reps per arm). Chest: Incline dumbbell press, Flat dumbbell press, Incline fly, Cable crossover (high to low, 3 x 20 reps), Cable crossover (low to high, 3 x 20 reps). Calves: Standing calf raise, Leg press calf raise, Single leg standing calf raise with dumbbells (3 x 50 reps each). |
| Wednesday | Legs and Abs | Warm-Up: Hip flexor stretches, leg swings, kicks, foam rolling, and glute bridges. Legs: Leg extension (3 x 20 reps), Leg press (3 x 50 reps), Single leg press (3 x 20 reps), Dumbbell lunges (3 x 20 reps), Lying leg curls (3 x 15 reps), Romanian deadlifts (3 x 12 reps). Abs: Side plank (3 reps, hold for 60 seconds each). |
| Thursday | Shoulders | Warm-Up: Internal and external rotations on cable machine (2 sets x 20 reps per arm). Shoulders: Seated lateral raise (5 sets), Dumbbell shoulder press, Side lateral raise superset, Cable side lateral raise (no rest between sets). |
| Friday | Arms | Warm-Up: Internal and external rotations on cable machine (2 sets x 20 reps per arm). Arms: Barbell curls, Preacher curls, Close grip cable curls, V-bar pushdowns, Single-arm overhead triceps extension, Rope pushdown superset with leaning rope extension. |