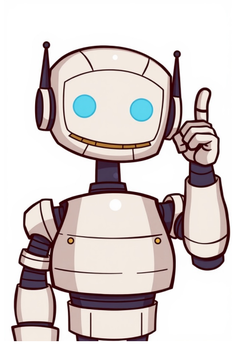
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Joe told me that he wanted to write this book. He was inspired by my Encyclopedia of Modern Bodybuilding when he was young and he wanted to inspire the next generation. I couldn’t have been happier. Former Governor of California, world-famous athlete and actor Joe Manganiello’s picture is next to the definition of ‘fitness’ in Webster’s Dictionary. He is one of the most creative and motivated people I know. You’ll be inspired. Star of the Magic Mike films and People’s 2012 Sexiest Man Alive This book will give you real results. Using simple, easy-to-do routines and dietary recommendations…I was able to put on ten pounds of muscle in one month. Listen to Joe–he won’t let you down! 2015 Golden Globes winner for The Normal Heart If you want to know whether or not Joe Manganiello understands the mechanics of health and fitness, JUST LOOK AT HIM. Okay, stop staring. Now you’re being creepy. Host of AMC’s Talking Dead and BBC America’s The Nerdist @JoeManganiello I read #Evolution best fitness book since Arnold’s encyclopedia. Now just gotta get you cheering for the @Seahawks Punter for the Seattle Seahawks and Co-Host of the Kickin it with Jon and Greg podcast The cutting edge gym routine to build the body you’ve always wanted. Follow the exact fitness plan that deemed Joe Manganiello one of Men’s Health’s 100 Fittest Men of All Time and got him shredded for his role on HBO’s True Blood. This app will provide you the step by step guide to track your entire year of workouts while being coached through video tutorials on proper form by one of Hollywood’s top personal trainers and CrossFit Games champion, Ron Mathews with the exercises demonstrated by Joe himself. “I’m going to need you to accept nothing less than your best effort. You owe it to yourself to know, once and for all, how far you can go. It’s time to EVOLVE” ~Joe Manganiello Video TrainerWorkout TrackerSave 15%Video TrainerWorkout TrackerGive the gift of fitness! YOUR ENTIRE YEAR OF WORKOUTS VIDEO TUTORIALS PERFORMED BY JOE MANGANIELLO AND COACHED BY RON MATHEWS STORE YOUR WEIGHT SETTINGS FOR EVERY EXERCISE APP TIMER KEEPS YOU ON TRACK JOE MANGANIELLO is an actor, producer, director and author best known for his roles in HBO’s True Blood, Steven Soderbergh’s Magic Mike and Magic Mike XXL, Sam Raimi’s Spider-Man, and Sabotage with Arnold Schwarzenegger. He will next be seen fighting giant monsters with Dwayne “The Rock” Johnson in the upcoming Rampage, and fighting against the Justice League as the Super Villain Deathstroke in the DCEU. His discipline and ability to alter his physique for his roles has resulted in him holding the record for most Men’s Health covers ever as well as being named one of their “100 Fittest Men of All Time.” He is also one of the only actors to have been featured on the cover of renowned body building magazine Muscle & Fitness multiple times. His international, best selling, body building covers and media have spanned the globe and his self help/fitness book Evolution, (with forward by Arnold Schwarzenegger) is now available in hardcover, paperback, e-book, US, UK/Australian, German, and Russian. Follow him on Instagram and Twitter at: @joemanganiello RON MATHEWS is an internationally renowned fitness expert and CrossFit Games Masters Champion who has spent more than 15 years sculpting the physiques of actors, entertainers, producers, executives and athletes alike. Widely considered one of the most sought after trainers in Hollywood, his no-nonsense training techniques have helped hundreds of clients to dramatically transform their bodies for various projects, including film, television, cover shoots, and fashion shows. His dynamic fitness methods have captured the attention of Tinseltown’s elite, the likes of Hugh Jackman (X-Men, The Tourist), Jennifer Garner (Daredevil, Alias), Joe Manganiello (True blood, Magic Mike), and Eva Mendez (Too Fast Too Furious, Revlon Cover Model). Currently, Ron is a co-owner of Reebok CrossFit LAB, a 10,000 sq. ft. CrossFit, Endurance and Personal Training facility located in the heart of West Hollywood. Diet and nutrition are essential to your personal evolution and obtaining your ideal physique. We encourage everyone who is a part of the EVOLUTION 3:59 community to begin their own investigation deeper into their diet and nutrition and we recommend starting with these two diets we have seen yield incredible results. THE PALEO DIET www.thepaleodiet.com THE ZONE DIET www.zonediet.com For a more advanced understanding of your own body, we highly recommend looking at your blood work with PRECISION FOOD WORKS www.precisionfoodworks.com Lastly, If you haven’t already READ JOE’S BOOK: EVOLUTION — do so NOW and get some diet tips and a greater understanding of the mindset it takes to truly EVOLVE. For women who are following the program, you are of course free to follow the programming as written. Here is a quick but very effective alternative to each workout: Lower the weight 1 tier (heavy to moderate or moderate to light), decrease the rest interval to 30 seconds and increase the times through each couplet or triplet by 2. For example, if you see 4 times through DB Bench Press and Curls you would go through 6 times instead with 30 seconds rest between sets. The timer goes to 1 minute, so you will have to switch back to the working screen at 30 seconds, or use a different timer. -Ron Check out our Knowledge Base for instructions on how to sign up and use the app. From the website, if you haven’t already signed in, click here, or scroll to the bottom of any page and click Sign in > Click here to open your Account, or scroll to the bottom of any page and click Account > Click the ‘Subscriptions’ button > Click ‘Turn off auto-renew’. iPhone: Use any of the following methods: From the EVOLUTION 3:59 app, open the menu > Settings > Manage Subscriptions > Open in “iTunes Store”? > Open > Use the iTunes Store to manage or cancel your subscription. From a browser, click here to manage or cancel your iTunes subscriptions. Follow the instructions on Apple’s website: View, change, or cancel your subscriptions Android: Use any of the following methods: From the EVOLUTION 3:59 app, open the menu > Settings > Manage Subscriptions > Use the Google Play app to manage or cancel your subscription. From a browser, click here to manage or cancel your Google Play subscriptions. Follow the instructions on Google’s website: Cancel or change a subscription on Google Play Supersets are a very important and most often the piece of the training puzzle missed in intensity. Lifting for a set and then taking a rest will give you some results, but I have found that the body plateaus thus needing a much higher level of training skill and a much higher emphasis on the diet. There are professional body builders who thrive in this circumstance but I find it to be prohibitively difficult for those of us who are just recreational lifters looking for great results. -Ron Remember, you can substitute different versions of an exercise, i.e., Bench Press and EZ Bar Preacher curls. You keep losing your bench when you jump over to the curl machine. Just substitute a concentration curl or other dumbbell option with the bench and do them in the same place and come back to the EZ bar curl later. -Ron Absolutely! Just make sure that you keep the weights and the intensity as high as possible to maintain muscle mass during the cut. -Ron Since all of us have different bodies and different anatomical structures and levers, bodyweight exercises will vary in intensity for each individual. That being said, I cannot stress enough their importance. ALL of us must move through this world in our bodies. You may be working on changing the proportions of your body through training but that doesn’t change the fact that you will still have to be proficient at basic functional movement like getting out of bed, picking up items off of the floor, sitting, standing, climbing stairs etc… Therefore, using your body as resistance will always give you multiple benefits to both your training and you life. In the Evolution 359 workout, you may have to modify these body weight movements. If you are very light, you may want to add a weighted vest or hold a dumbbell when you do body weight squats. If you are heavy you may have to scale your pushups either to your knees or place your hands on a bench (or something higher) to make them easier. Don’t skip them! -Ron Workout Routines Tampa Bay Rays S&C Coach Joey Greany shares his plan to help you run like an All-Star. Read article Workout Routines Get a little bit of fresh air while you're also getting a good sweat going. Read article Workout Routines The 2023 Men’s Physique champ hits chest day hard. Read article All Workout Routines Only for iPhone Free · In-App Purchases EVOLUTION 3:59 Daily Weight Lifting Program with Expert Video Tutorials About EVOLUTION 3:59 Considered to be “Hollywood’s Hardest Workout” and endorsed by Arnold himself—EVOLUTION 3:59 is the cutting edge gym routine to build the body you’ve always wanted. Follow the exact fitness plan that deemed Joe Manganiello one of Men's Health's 100 Fittest Men of All Time and got him shredded for his role on HBO’s True Blood. This app will provide you the step by step guide to track your entire year of workouts while being coached through video tutorials on proper form by one of Hollywood’s top personal trainers and CrossFit Games champion, Ron Mathews with the exercises demonstrated by Joe himself. Features - Top Hollywood Elite Personal Training & Programming - Simple and easy to follow design - Follow one program for your FULL YEAR of WORKOUTS - No more getting overwhelmed by too many programs to choose from - Exercise Video Library of over 100 expert tutorials on proper form & technique - Notes section for each exercise - no more pen and paper - Track your light, moderate and heavy weights for each exercise - Built-in Timer keeps your rest time on track between sets - Supersets gray-out as you complete for easy tracking of workout - Barbell Calculator helps to quickly add up weight - Ad-free! “I’m going to need you to accept nothing less than your best effort. You owe it to yourself to know, once and for all, how far you can go. It’s time to EVOLVE” ~Joe Manganiello Support If you experience issues with the EVOLUTION 3:59 workout app or have suggestions to improve it, we'd love to hear from you! Just contact us from the app by going to Menu > Tech Support. One Month Subscription Subscription is auto-renewable which means that once purchased it will be auto-renewed every month until you cancel it 24 hours prior to the end of the current period. Duration of the subscription is 1 Month with a charge of $9.99 every month. iTunes Account will be charged for renewal within 24-hours prior to the end of the current period with the cost of $9.99. Manage your Subscription and Auto-Renewal by going to your Account Settings. Terms of Service Privacy Policy I been a huge fan of Evolution over the years, Ron Mathews and Joe have been my real life heroes, even if i never met them in person i feel i know a part of them, the Program is simple, you give it 100% no matter your fitness level and in six weeks you will be in a different space; mentally and physically, then you break your new self down and build it again and go. I was the guy that had no idea how to go about in the gym Evolution359 showed me how to do it.. if you starting your fitness journey or you want your next level I recommend 1000% but get really is gona be fun!! And to Ron and Joe that means lots of pain! Developer Response You are exactly the type of person we are thrilled to have as a part of our community!You are why we created this app in the first place. EVOLVE ON I been a huge fan of Evolution over the years, Ron Mathews and Joe have been my real life heroes, even if i never met them in person i feel i know a part of them, the Program is simple, you give it 100% no matter your fitness level and in six weeks you will be in a different space; mentally and physically, then you break your new self down and build it again and go. I was the guy that had no idea how to go about in the gym Evolution359 showed me how to do it.. if you starting your fitness journey or you want your next level I recommend 1000% but get really is gona be fun!! And to Ron and Joe that means lots of pain! You are exactly the type of person we are thrilled to have as a part of our community!You are why we created this app in the first place. EVOLVE ON Can’t express just how incredible this app truly is. I was intrigued after reading Joe’s “Evolution” book several years ago, it offers every step to not only improving your physical health, but your mental health. I’m on week 5 and never felt better. I just have to show my appreciation for Joe, who made it seem possible for a guy like me to change my whole life around with his approach. I’d highly suggest both the app & book to everyone looking to EVOLVE! Can’t express just how incredible this app truly is. 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I didn’t like the sales pitch at the completion of my questions but I get the need to keep subscribers. That said, I have renewed my subscription because of the improvements and ease of use of the app. I would give it a five star, except for the fact you have to be connected to WiFi to open the app the first time you use it for the day. This doesn’t sound like a big deal, but when WiFi isn’t available and the iOS fails, you lose access to the workout. Overall. Good app! Developer Response NVFlyer726 - We are pumped to hear you've been making GAINS! Good work in staying consistent to see real results. We are working on adding even more videos, and very soon there will be written instruction for a quick view of each exercise. Here's a quick tip...***IF YOUR GYM HAS SPOTTY WIFI FIX***Before you open the app, turn on airplane mode and turn off WiFi. Once you have the app open, you can turn off airplane mode and turn WiFi back on. 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NVFlyer726 - We are pumped to hear you've been making GAINS! Good work in staying consistent to see real results. We are working on adding even more videos, and very soon there will be written instruction for a quick view of each exercise. Here's a quick tip...***IF YOUR GYM HAS SPOTTY WIFI FIX***Before you open the app, turn on airplane mode and turn off WiFi. Once you have the app open, you can turn off airplane mode and turn WiFi back on. If you’ve always wanted to know what it would be like to be trained by an elite celebrity trainer and one of Men’s Health’s 100 fittest men of all time, then this is the ONLY APP to look at.This is hands down the BEST workout programming available at a fraction of the cost of personal training. Ron Mathews has trained some of the best out there from Hugh Jackman for Wolverine to this exact program that got Joe Manganiello shredded for True Blood. The VIDEO TUTORIALS are AWESOME and so cool to see Joe doing the actual lifts. A lot of this was new to me and the videos helped me to understand proper form so that I could really go for it safely. I can confidently say that after the first 6 weeks of this program that I am currently in the best shape of my life and feel like I could rip the jaw off an alligator. Thank you Joe Manganiello, Ron Mathews, and the Evolution Program. You changed my life. If you’ve always wanted to know what it would be like to be trained by an elite celebrity trainer and one of Men’s Health’s 100 fittest men of all time, then this is the ONLY APP to look at.This is hands down the BEST workout programming available at a fraction of the cost of personal training. Ron Mathews has trained some of the best out there from Hugh Jackman for Wolverine to this exact program that got Joe Manganiello shredded for True Blood. The VIDEO TUTORIALS are AWESOME and so cool to see Joe doing the actual lifts. A lot of this was new to me and the videos helped me to understand proper form so that I could really go for it safely. I can confidently say that after the first 6 weeks of this program that I am currently in the best shape of my life and feel like I could rip the jaw off an alligator. Thank you Joe Manganiello, Ron Mathews, and the Evolution Program. You changed my life. Join the (r)EVOLUTION and find out what it takes to lift alongside the Hollywood elite. Here’s what’s new: - Bug fixes: - Rest timer - Video playback - Local notifications Join the (r)EVOLUTION and find out what it takes to lift alongside the Hollywood elite. Here’s what’s new: - Improved Video Streaming - Dark Mode Join the (r)EVOLUTION and find out what it takes to lift alongside the Hollywood elite. Here’s what’s new: - Bug fixes: Manage Subscriptions Join the (r)EVOLUTION and find out what it takes to lift alongside the Hollywood elite. Here’s what’s new: - Ab Program continues three times per week. - Inspirational quotes on rest days. - Notification bug fix. Join the (r)EVOLUTION and find out what it takes to lift alongside the Hollywood elite. Here’s what’s new: - Exercise instructions with photos! - Reset completed supersets. - Bug fixes. Join the (r)EVOLUTION and find out what it takes to lift along side the Hollywood elite. Here’s what’s new: - Bug fixes. Welcome to the EVOLUTION 3:59 Community for those looking to evolve into the best versions of themselves. Here's what's new: - Bug fixes. - Simplified menu. Welcome to the EVOLUTION 3:59 Community for those looking to evolve into the best versions of themselves. Here's what's new: Rest page improvements: -Bigger Start/Reset timer button. -Added a Next button. -Bigger numbers. -Metric barbell calculator improvements. -Metric dumbbell increments. -Completed Date added to Workout Day -Exercise Notes -Settings > Measurement System: Imperial | Metric -Metric Calculator -Metric Exercise Weights - Instructions for Ab Routines and Cardio. Explanation for AMRAP. - Additional rotating images on the Congratulations page. Fixed rounded button corners. - App Facebook link - 'Rate on the App Store' link on the Settings Page - Congratulations page after 'Complete Workout' button is clicked -Quarterly Subscription -Yearly Subscription -'Complete/Reset' button at the end of the workout Join the (r)EVOLUTION and find out what it takes to lift alongside the Hollywood elite. Here’s what’s new: - Bug fixes: - Rest timer - Video playback - Local notifications The following data may be collected and linked to your identity: Seller Size Category Compatibility Requires iOS 11.0 or later. iPhoneRequires iOS 11.0 or later. iPod touchRequires iOS 11.0 or later. Apple VisionRequires visionOS 1.0 or later. Age Rating 4+ In-App Purchases Yes EVOLUTION 3:59 Videos & WODs $9.99 EVOLUTION 3:59 Videos & WODs $24.99 EVOLUTION 3:59 Videos & WODs $89.99 Copyright Joe Manganiello is a Hollywood actor who has developed a physique that any guy would love to have. Joe is known for always being in great shape, with year-round abs and a rippling torso. He’s also known for his unconventional training methods, which he has covered in his best-selling fitness book, Evolution. In this article, we take an in-depth look at Joe Manganiello’s training, diet, and supplement routine. Joe Manganiello Stats Full Name Joseph Michael Manganiello D.O.B December 28, 1976 Age 48 years Nickname Alcide Height 6’ 5” (195.58 cm) Weight 107 kilograms (236 pounds) Chest 46 inches Waist 34 inches Biceps 18 inches The Joe Manganiello Story Joseph Michael Manganiello was born on Dec. 28, 1976, in Pittsburgh, Pennsylvania. He is of Italian and Armenian descent. Joe was raised in Mt. Lebanon, Pennsylvania. He attended a Catholic elementary school there before going to Mount Lebanon High School and graduating with honors in 1995. Joe was very sporty in his youth, captaining his high school football, basketball, and volleyball teams and then going on to play all three of these sports at the varsity level. As a high school senior, he won the coveted lead role in the school production of Oklahoma. He was also involved in the school’s TV studio. This led to a fascination with filmmaking and acting. Joe attended the University of Pittsburgh to study theatre. He then applied for and was accepted into the prestigious Carnegie Mellon School of drama. In 2000, Joe graduated with a BFA in acting. During his time as a student at Carnegie Mellon, Joe appeared in several theater productions. After graduating, he moved to Los Angeles. In 2002, he landed the role of Flash Thompson in Spider-Man. He also began to get work on the small screen. In 2009, Joe played the role of a werewolf in the third season of the hit HBO series True Blood. He remained on the show for the next five years. In 2011, he came very close to securing the role of Superman in Man of Steel. However, scheduling conflicts with the filming of True Blood prevented him from taking the role. In an interview, he later said: “They wanted me to screen test and they actually asked for my measurements for the suit and everything. Their shoot date switched and it would have taken up 11 weeks out of my ‘True Blood’ schedule. At the end of the day, we couldn’t get the schedule to work so that I could go off and screen test. So, regrettably, I never got to go screen test, I never got to put the suit on.” In 2015, Joe starred alongside Channing Tatum in the box office smash Magic Mike. That same year, he starred alongside his childhood hero, Arnold Schwarzenegger, in Sabotage. Joe is married to actress Sofia Vergara. Joe Manganiello Workout Principles In his book, Joe details the exact workout he used to get in the shape of his life for True Blood. He calls this the ‘Werewolf Workout’. The goal was to make him look superhuman — half man and half wolf. It required blending muscle and strength training with a fat loss program that would reveal muscle striations and detail. A lot of Joe’s training involves the use of supersets, where he alternates back and forth between exercises for different muscle groups. His favorite body parts to superset are: Chest and back Legs and triceps Shoulders and biceps Joe describes each superset as a circuit. Here is how he explains how to do them: “In order to perform circuits correctly, progress through all the exercises and then rest. For example, the first set will consist of 20 reps of bench press followed by 20 reps of lat pull-downs, and then you’ll rest. After that, you’ll do 15 reps of bench press followed by 15 reps of lat pull-downs—and then another period of rest. You’ll complete this for all sets of each exercise, rest, and then move on to the next circuit. This is the strategy you’ll apply for all circuits unless instructed otherwise. Barbell Bench Press: sets of 20, 15, 12, 10, 5, 8, and 16 reps; weight will be moderate so that you can get all of the reps with good form. Lat Pull-Down with Wide Pronated Grip: sets of 20, 15, 12, 10, 5, 8, and 16 reps; weight will be moderate so that you can get all of the reps with good form. Rest 1 minute and then repeat the circuit, performing a total of 7 sets each of bench press and lat pulldowns.” Joe trains each body part twice per week. He is also a fan of cross-training and will regularly throw in two or three of these sessions each week. He is in the gym six days per week. On his day off, he’ll do some form of active recovery. Joe begins every workout with the following dynamic warmup: Lunge: 20 reps per leg Squat: 15 reps Push-up: 15 reps Side-to-side jumps: 30 seconds Front-to-back jumps: 30 seconds Joe Manganiello Werewolf Workout Program This is what Manganiello’s training regimen looks like: Monday: Chest & Back Dynamic Warm-Up Circuit 1: Barbell Bench Press: sets of 20, 15, 12, 10, 5, 8, and 16 reps Lat Pull-Down with Wide Pronated Grip: sets of 20, 15, 12, 10, 5, 8, and 16 reps Rest 1 minute and then repeat the circuit, performing a total of 7 sets each of bench press and lat pull-downs. Circuit 3: Pec Deck Fly: 10 reps Low Row with Narrow Neutral Grip: 10 reps Rest 1 minute and then repeat the circuit. Do this four times. Tuesday: Legs & Triceps Dynamic Warm-Up Circuit 1: Barbell Back Squat: sets of 20, 15, 12, 10, 5, 8, and 16 reps V-Bar Triceps Extension: sets of 20, 15, 12, 10, 5, 8, and 16 reps Rest 1 minute and then repeat the circuit. Do this four times. Wednesday: Deltoids & Biceps Dynamic Warm-Up Circuit 1: Seated Dumbbell Overhead Press: sets of 20, 15, 12, 10, 5, 8, and 16 reps Seated Dumbbell Two-Arm Curl: sets of 20, 15, 12, 10, 5, 8, and 16 reps Rest 1 minute and then repeat the circuit. Do this four times. Thursday: Chest & Back Circuit 3: Bar Dips: AMRAP (as many reps as possible) Low Row with Narrow Supinated Grip: 10 to 12 reps Rest 1 minute and then repeat the circuit. Do this four times. Friday: Legs & Biceps Circuit 2: Saturday: Deltoids & Biceps Dynamic Warm-Up Circuit 1: Sunday: Rest Day Joe Manganiello Nutrition Program Unlike with most celebrities, we didn’t have to go scratching through a slew of interviews to find out how Joe Manganiello eats. He laid it all out in his book Evolution. Here’s a quote from that book about how Joe views nutrition: “When I work out, I’m building a house, and the food I eat is the raw material: the bricks that insure the house is built solid. Eating is a job. I know I’ll work hard enough in the gym, but if I don’t supply the bricks, it will take longer to build the house—or even worse, it may never be built at all.” Joe is a big eater. His diet and workout are designed to raise his metabolism and generate the energy he needs to maintain his lifestyle. He lays out four rules of eating that he follows every day: Track your meals. Eat only what you need. Prioritize protein. Eat plenty of vegetables and healthy fats. Here’s an everyday meal plan from Joe’s book: Meal 1: protein bar (no added sugar) Meal 2 (post-workout): protein shake Meal 3 (1 hour after post-workout shake): egg whites-ham-and-cheese omelet with a side of bacon or sausage, side of sautéed vegetables, and a cup of coffee Meal 4: chicken breast and vegetables Meal 5: steak and vegetables Meal 6 (pre-bed): protein shake When it comes to special film projects where he has to get ripped, Joe follows a special variation of his normal eating plan. Here is a full week’s worth of eating plan as Joe got in shape for the first season of True Blood in 2009: Monday 10 a.m. 2 packets of oatmeal with hot water Protein shake 12:30 p.m. 2 roasted chicken breasts 1/2 cup of corn 1 sweet potato 2 p.m. Protein shake mixed with a banana and creatine 4:30 p.m. 4-6 oz steak 1/2 cup of carrots or asparagus Large salad with vinaigrette dressing 9 p.m. 1 chicken breast 1/2 cup of green beans Tuesday 9 a.m. Pure Protein Bar Muscle Milk Light 12 p.m. 2:30 p.m. Tilapia Fillet Baked Cauliflower Green Beans Salad with (Balsamic dressing) 4 p.m. 7 p.m. 2 original (roasted) boneless chicken breasts Side of corn Side of mushrooms 10 p.m. Isopure 40g protein drink Wednesday 9 a.m. 2 packs of plain oatmeal with water 50g whey protein with water 10:30 a.m. 12 p.m. Egg white omelet Peppers, ham, turkey, bacon, feta cheese 3 p.m. – 6 p.m. Snacks on set Apple, buffalo jerky, sugar-free chocolate almonds 7 p.m. 2 pork chops Broccoli Squash Mushrooms 10 p.m. 50g whey protein with water Thursday 9 a.m. 50g whey protein with water 1 pure protein bar 11 a.m. 2 original (roasted) boneless chicken breasts Side of corn Side of broccoli 1 p.m. 2 plates of chipped ham 4 sausages with marinara sauce 2:30 p.m. Tilapia Fillet Baked Cauliflower Green Beans Salad with (Balsamic dressing) 5 p.m. Snacks on set 3 apples 50g whey protein with water 10 p.m. Mahi Mahi fillet Spinach House salad (balsamic dressing) Friday 8 a.m. 50g whey protein with water Almonds 9 a.m. 10 a.m. – 2 p.m. Snacks on set Bacon, apple, pineapple 2 p.m. 2 chicken breasts 2 slices of beef Cauliflower Broccoli 5 p.m. Salad Chicken, bacon, corn, carrots, feta (balsamic dressing) 5:30 p.m. – 10 p.m. Snacks on set A handful of sugar-free chocolate almonds, Asian pear, peanuts, jerky, corn nuts 11:30 p.m. Salmon steak Salad with mango, walnuts, (balsamic dressing) Green beans Saturday 8 a.m. 8:30 a.m. 2 p.m. Weekly Cheat Meal: Umami burger 2 “Truffle Burgers” with cheese and buns Half order of “cheese tots” Half order of onion rings 4:30 p.m. Package of “Sour Patch Kids” at the movie theatre 8 p.m. Sushi Roku Mackerel sashimi, toro sashimi, clam sashimi Green salad with ginger dressing 10 p.m. Sunday 9 a.m. 50g whey protein with water 9:30 a.m. 12 p.m. 2 chicken breasts Salad with balsamic dressing Almonds 2:15 p.m. 2 Atkins bars + 1 think thin bar (on set) 4:30 p.m. 2 buffalo burgers (no bun) Salad 9 p.m. Check also: Find your daily protein intake calculator. Joe Manganiello Supplement Regime Joe makes smart use of pre-and post-workout supplements to fuel his body for his intense training sessions and supply the nutrients needed for rebuilding muscle post-workout. He relies on four key supplements: Pre-workouts Creatine Whey Isolate Protein Powder Glutamine Caffeine You might also like: Wrapping Up Joe Manganiello is a great example of a Hollywood actor who lives and breathes a healthy and fit lifestyle. His werewolf training and nutrition program offers a fantastic template for anyone who wants to get in the best shape of their life. Why not follow it for the next six weeks as part of your own transformation? You’ll be pretty amazed at the outcome. Facebook Twitter Reddit Flipboard LinkedIn Pinterest I'm going to assume that you are already familiar with Joe Manganiello, as this is 2016. You may know Joe as Big Dick Ritchie, or as Sofia Vergara's husband who HASN'T tried stealing her embryos, or as Alcide Herveaux, the sexiest werewolf in Shreveport. But the Joe who matters to us today is this one: Evolution: The Cutting-Edge Guide to Breaking Down Mental Walls and Building the Body You've Always Wanted has been an obsession of mine for a few years now. This is because I really like Joe Manganiello's face and body, and there are many pictures of said face and body contained within. This, for example, is a personal favorite: However, it is also very very funny. Joe Manganiello is one of the most earnest humans who has ever lived. He believes in himself and he believes in you. He probably believes in you more than you believe in yourself. Once he read The Fountainhead, and it inspired him to go work at a quarry for a time. How could you fail to love the sort of man who reads Ayn Rand and takes it so literally that he takes a job moving rocks because he wants to make the most of himself? When it came time to prepare for True Blood, he watched hundreds of hours of footage of wolves in the wild. His craft is his life, people. As a sidenote, here is an inexplicable, endlessly fascinating list of his heroes, which consists mainly of Jewish people AND people who notoriously hated Jewish people, though I do not for a minute believe that Joe Manganiello hates anyone, nor that such a capacity lives in his meaty, healthy heart: Okay, now me. I am a 33-year-old mother of two. I have brown and gray hair. One of my eyes is 30 percent smaller than the other. I work out a lot, and have for the last few years. This is what I look like: Courtesy Nicole Cliffe (I took a significantly less flattering picture of myself a few days before, prior to starting this regimen, but I was PMSing and have chosen not to share this picture with you because my nips are too obvious in it. Just imagine it looks like the above image, but add 12 pounds of bloat. That'll do it.) What Joe outlines in Evolution is, like it says on the tin, a six-week workout and diet routine. It purports to be the exact plan he followed to get in shape for True Blood. When it occurred to me that it might be fun to do a stunt journalism piece where I followed his plan to the letter for six weeks and wrote about the results, I was in the process of shutting down my website, The Toast, which I had started and run with my friend Mallory Ortberg for the last three years. As you can imagine, I had a lot of feelings about this, and sometimes the best thing to do with too many feelings is to embark on an extremely grueling six-day-a-week workout regimen and refuse to eat any carbs that aren't sweet potatoes, a starch I personally loathe in all its forms. As you can imagine, I had a lot of feelings about this, and sometimes the best thing to do with too many feelings is to embark on an extremely grueling six-day-a-week workout regimen and refuse to eat any carbs that aren't sweet potatoes. The first thing I did was throw my razor in the trash. I was a werewolf now. An animal. A creature of the night. The second thing I did was retrieve my razor, having remembered that I find armpit hair poky and unpleasant, and also that razors cost money. I did stop shaving my legs, though. It helped. Rowr. The third thing I did was go to the supermarket armed with the following list: Courtesy of Nicole Cliffe There are a few things that a trained observer will immediately grasp, looking at this list. One is that Joe Manganiello is a very tall, very large man, so he can put "cheddar cheese block" on his diet plan and assume that will work out just fine for everyone. Another is that this is a very specific list. Cherry-and-fig balsamic vinaigrette! Think Thin bars, but only the peanut butter flavor (this was a problem for me, as stores seem to now carry only the CHUNKY peanut butter flavor, which has a different nutrition profile from the OG peanut butter variety). There are no meal plans. There are no portion suggestions. I am a woman in our society. I can do any stupid damn diet you can invent for six weeks. I could eat nothing but dryer lint for six weeks. Now, I am a woman in our society. I can do any stupid damn diet you can invent for six weeks. I could eat nothing but dryer lint for six weeks. I can do keto standing on my head. Whole 30? A snap. Paleo? Of course. I can make bullshit ricotta pancakes and prepare steel-cut oats the night before and I know how many carbs are in an ounce of cashews. You want to know my macros? I'll add you on MyFitnessPal. The diet was not going to be a problem. There's a list, I will eat the foods on the list, I will eat no foods not on the list, done. Alcohol is not on the list. Alcohol, Joe Manganiello says, is "the destroyer." No alcohol. Done. Now we come to the workouts. This is where things start to go very wrong, very quickly. PHASE ONE: INCORPORATE (Weeks 1-2) For my first session, I dragged my husband along. "Maybe I'll do this with you," he said cheerily. The workouts are in the book, I'm not going to outline them in great detail, but that first day will be burned on my brain forever. It was a chest and back day (werewolves do chest and back on Mondays and Thursdays, legs and triceps on Tuesdays and Fridays, shoulders and biceps on Wednesdays and Saturdays), and it began, like every day for the next six weeks of my life, with Joe's Dynamic Warm-Up: 20 lunges per leg, 15 squats, 15 push-ups, 30 seconds of side-to-side jumping, and 30 seconds of front-to-back jumping. The first circuit was a combination of barbell bench pressing and lat pulldowns. That's fine. What wasn't fine was the rep count. You have never seen these reps before. No one thinks this makes sense. 20, 15, 12, 10, 5, 8, 16 Let me repeat that: 20, 15, 12, 10, 5, 8, 16 This means you press 20 times and pull down 20 times, then press 15 times and pull down 15 times, and so on. It means that, as you get tired, you do fewer reps, which makes sense, but then, for no reason, you start going back up. This is not normal. This is not what people do. Much of the next six weeks will involve you saying "I don't....what?" and then doing something and it making you stronger but you not understanding why or how. Then there were more exercises. There were always more exercises. PHASE TWO: INTEGRATE (Weeks 3-4) Like pregnancy, the middle part is the best part. You're getting stronger, you spend less time swapping out your weights for different ones, and you're seeing enough results that you're willing to play along with Joe "Mad Genius" Manganiello's bizarre philosophy of lifting. Cardio is added, and you accept that. People do cardio. You get used to precisely timing 60 seconds or 50 seconds of rest between movements, as per his instructions. During this phase I remember watching "The Battle of the Bastards" episode of Game of Thrones and saying "...pussies" dismissively as men were gored to death by bayonets. I do not think this was a defensible thing to say, I just want you to understand what sort of person you become on your way to achieving werewolf-ness. PHASE THREE: IGNITE (Weeks 5-6) This is when the wheels really start to come off in your brain. Fasted cardio was added to the plan. Daily, fasted, cardio. I no longer spoke at the gym, a place where once I shared confidences and humorous ripostes with my friends and trainer and loved ones. Now I just muttered things darkly and rolled my eyes. Everything was a drop set. So many drop sets. Things hurt less as I did them, but parts of me would just stop working. I wouldn't say "I don't think I can do any more push-ups." I would just lower myself and then fail to get back up again. I looked beautiful, but took little pleasure in it. These two weeks had to be endured. I wouldn't say "I don't think I can do any more push-ups." I would just lower myself and then fail to get back up again. Food lost its appeal almost completely. My cheat meal came, and I grimly opened a can of corned beef hash and ate it, cold, with a spoon, pausing only to dump in a bunch of hot sauce after being told it looked revolting. I was Yoshimi, battling the pink robots. In the morning, my eyes would open and I would take a quick inventory of my body and which parts were sore. (All the parts.) The last few days were like that video of the guy pooping and falling at the end of the marathon. There was no majesty in it, only the tired satisfaction of it being over. I had two glasses of wine and a tuna noodle casserole to celebrate, and woke up with a massive hangover, as my new, leaner, werewolf physique was not used to breaking down ethanol. This is me now, sporting Star Trek underwear, a smaller sports bra, and with my dog occupying the exact same foot of space she did six weeks earlier: Courtesy of Nicole Cliffe Numbers bum everyone out, so I will tell you only that my weight remained basically flat over the six weeks, while my strength went up rather impressively along all metrics and muscle groups. I don't know why it worked, or how it worked, and the reps make no sense to me, and many of his choices remain a mystery, but it certainly put me in the best shape of my life. COURTESY NICOLE CLIFFE Should you do this workout plan? I don't know, I'm not your mom. It made me forget, for six weeks, that my website had ended, and that I needed to find something else to do with my life. It was nice to know what I had to do every day to win at something, after having lost at something that mattered to me. It was nice to open my fridge and put something in my face without making any decisions. The glorious specificity of cherry-and-fig balsamic vinaigrette was a balm to my soul. It was a transition tool between something and the unknown. That might be something you could use. It also gave me cum gutters. The glorious specificity of cherry-and-fig balsamic vinaigrette was a balm to my soul. I cried only once, during the first week, driving from the gym to the grocery store, when Sleater-Kinney's "Modern Girl" shuffled up on my phone. I don't think it was because I couldn't buy a doughnut, but maybe it was. The body-mind connection is mysterious. Ask the publishers to restore access to 500,000+ books. What does Joe Manganiello’s workout routine look like?Joe Manganiello is a ripped American actor who has starred in ‘True Blood’, Spider-Man, and many other movies.The Hollywood hunk has also appeared in movies such as ‘Magic Mike’ film series, ‘Sabotage’, and ‘What to Expect When You’re Expecting’.Manganiello has one of the best bodies in the movie industry. He has a ripped physique with a gorgeously shredded look and he was voted as one of the “100 Fittest Men of All Time” by the Men’s Health magazine.To keep himself in shape, he follows a full-body workout plan and a strict diet.Within this article we’ll discuss Joe Manganiello’s workout routine, diet, and supplements: Current Stats Height: 196 cm – 6’5″Weight: 107 kg – 236 poundsAge: 43 years old Birthday: 28th of December, 1976 Accolades: Academy of Science Fiction, Fantasy & Horror Films, Winner, 2011 Workout PrinciplesJoe Manganiello has shared his research about workout, diet, and anatomy to help his fans to achieve their perfect physique.He advises his followers to opt for a balanced mix of exercises for working all the muscle groups of the body.Joe Manganiello’s Workout RoutineManganiello trains hard as a professional athlete. Before he appeared in ‘True Blood’, he trained with fitness trainer Ron Matthews who devised a 6-day workout regime, which helped him in lowering his overall body fat and increasing muscle definition.He trained each muscle group by working on the muscle rather than exercising the larger and heavier parts of muscles. The ‘True Blood’ star began his training session in the morning with lighter workouts and then increased the workout during the second session in the afternoon. Here is Joe Manganiello’s workout routine: Monday and Thursday: Chest & BackOn Monday and Thursday, Manganiello hits a chest and back routine. Here is Joe Manganiello’s chest and back routine: 1. Stretch (20 lunges per leg)2. Squats (15 reps)3. Push-ups (15 reps)4. 30 seconds of side-to-side jumping5. 30 seconds of front-to-back jumping6. 20-30 min of low-intensity cardioWorkout:1. Barbell Bench Press and Lateral Pulldowns (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) 2. Incline Dumbbell Press and Cable Rows (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) 3. Deadlift and Standing Chest Flyes (7 sets, 20, 15, 12, 10, 5, 8, 16, 16 reps) 4. Decline Bench Press and Wide Grip Pull-ups (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) Tuesday and Friday: Legs & TricepsOn Tuesday and Friday, he performs a legs and triceps routine by doing 10 different exercises.Here is Joe Manganiello’s legs and triceps routine: 1. Stretch (20 lunges per leg)2. Squats (15 reps) 3. Push-ups (15 reps) 4. 30 seconds of side-to-side jumping5. 30 seconds of front-to-back jumping6. Cardio 20-30 min of low-intensity cardioWorkout:7. Front Squats & Tricep Pushdowns (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) 8. Tricep Kickbacks & Weighted Step Ups (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) 9. Tricep Overhead Extension & Leg Press (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) 10. Light Back Squat & Close Grip Push Ups (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) Wednesday and Saturday: Shoulders and BicepsOn Wednesday and Saturday, Manganiello hits a shoulder and biceps routine by doing 10 exercises.Here is Joe Manganiello’s shoulder and biceps routine: 1. Stretch (20 lunges per leg)2. Squats (15 reps)3. Push-ups (15 reps) 4. 30 seconds of side-to-side jumping5. 30 seconds of front-to-back jumping6. Cardio 20-30 min of low-intensity cardioWorkout:7. Arnold Press & Light Zottman Curls (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) 8. Shoulder Front Raise & Preacher Curl (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) 9. Shoulder Flyes & Dumbbell Bicep Curls (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) 10. Shoulder Press & Hammer Curls (7 sets, 20, 15, 12, 10, 5, 8, 16 reps) Sunday: Rest On Sunday, he rests and refuels with healthy food. Joe Manganiello’s Diet Joe Manganiello’s diet is high in protein and low in carbs and sugar.He has a rule of sticking to protein and vegetables. When he prepared for the role of werewolf Alcide he had a super clean diet of protein, plenty of veggies, complex carbs and a protein shake. Manganiello ate 5-6 times per day, and every meal or snack contained protein in the form of animal protein, egg whites, or a protein supplement. He ate a lot of chicken and fish but also threw in the occasional steak. Here is Joe Manganiello’s diet: 1. Snack 2. Pre Workout Snack3. After Workout Egg whitesHam and cheese omelet with bacon or sausageVegetablesCoffee.4. Dinner A large fillet steak, pan-cooked with a crushed garlic clove. Steam a handful of broccoli florets and a handful of cauliflower florets and serve with the steak.5. Night Snack Protein Shake before bedtimeSupplements Joe Manganiello uses the following supplements to help fuel his gains.CreatineWhey Protein Glutamine Caffeine Summary Joe Manganiello has won and been nominated for multiple awards such as MTV Movie Awards, Saturn Award, Teen Choice Awards, and others.He has an amazing body and he normally works out for 6 days in a week and takes his 7th day off. If you enjoyed this routine, check out our other male actor workout routines:What do you think about Joe Manganiello’s workout routine and diet? Leave a comment below. One of the biggest requests we’ve got from readers and clients here at Total Shape in the last couple of months is to come up with a Joe Manganiello workout routine and diet plan. As one of the stars in True Blood and the Magic Mike film series, he has become quite a physical presence in superhero movies. The great thing is that Joe has written a book, which we used to gather all the information needed to come up with this workout regimen. Let’s dive right in. Born: December 28, 1976 Height: 6’5” Weight: 225 lbs Joe Manganiello has created quite a presence in Hollywood, and his achievements include playing the role of Flash Thompson in Spider-Man, the werewolf Alcide in True Blood. Moreover, he's married to the stunning Sofia Vergara. CLICK TO DOWNLOAD: GUIDE TO BULKING WITHOUT GETTING FAT! → He has also made it to nominations for MTV Movie Awards, Teen Choice Awards, and the Saturn Award. And I bet that a lot of that comes down to a body that is as ripped as can be. Looking back at some of his older movie roles and reading through his social media posts, it’s clear that his physique has significantly changed in recent years. And when you see his workout routine and diet, you’ll understand how he made that possible. Joe Manganiello spent many years working with personal trainer Ron Matthews to get in shape. And he has gained such an understanding of how the body reacts to strain that the actor has released his own fitness book (Evolution: The Cutting Edge Guide To Breaking Down Mental Walls). We’ve broken it all down into four types of exercise. 1. Chest/Back Joe Manganiello starts his workout regime with a focus on the upper body. Dynamic warm-up (Elliptical or low impact plyometrics) Dumbbell rows (3 sets of 8 to 10 reps) Incline dumbbell press (3 sets of 8 to 10 reps) Wide-grip pull-ups (3 sets of 8 to 10 reps) Deadlift (3 sets of 8 to 10 reps) Lat pulldowns (3 sets of 8 to 10 reps) Chest Flys (3 sets of 8 to 10 reps) 2. Legs/Triceps Joe Manganiello takes the approach that you shouldn’t plan your workouts without enough focus on your legs. It’s not just about lower body muscle fitness but more about keeping your physique in proportion. Warm-up (15 minutes rowing or running) Leg press (3 sets of 8 to 10 reps) Calf Raises (3 sets of 15 reps) Hamstring curls (3 sets of 8 to 10 reps) Triceps push down (3 sets of 8 to 10 reps) Dips (3 sets of 8 to 10 reps) Standing dumbbell triceps extension (3 sets of 8 to 10 reps) 3. Shoulders/Biceps These workouts give Joe that incredibly broad appearance that could easily block a door. Warm-up (15 minutes rowing or running) Lateral raises (3 sets of 8 to 10 reps) Shoulder flys (3 sets of 8 to 10 reps) Military press (3 sets of 8 to 10 reps) Preacher curls (3 sets of 8 to 10 reps) Close-grip chin-ups (3 sets of 12 reps) Hammer curls (3 sets of 8 to 10 reps) 4. Cardio Workout Joe dedicates quite a bit of time to cardio workouts to stay on top of his body fat. With all the bulking, he needs to eat a lot of food, and that will increase his BMI. By keeping to a reasonably high heart rate during a treadmill or elliptical workout, the actor is able to maintain control over what his muscles look like. “Also, to be honest, my dad wanted me to be an athlete. And I think all sons want to prove something to their dad. So now, aged 35, I want to see what I can achieve physically.” - Joe Manganiello Here’s how Joe structures his weekly workout routines: Monday: Chest, back, and cardio workout Tuesday: Legs and triceps Wednesday: Shoulders, biceps, and cardio exercises Thursday: Chest and back Friday: Legs, triceps, and cardio exercises Saturday: Shoulder and biceps Sunday: Rest Joe Manganiello's workout principles are centered around a few key concepts that have contributed to his well-known physique: High-Intensity Training: Manganiello often engages in high-intensity workouts. This includes heavy lifting and compound movements that work multiple muscle groups, maximizing muscle growth and fat burning. Variety in Workouts: To avoid plateaus, he constantly changes his workout routine. This not only challenges his body in new ways but also keeps him mentally engaged and prevents boredom. Consistency and Discipline: He maintains a strict workout schedule, understanding the importance of consistency in achieving long-term fitness goals. Balanced Nutrition: Manganiello places a strong emphasis on nutrition, recognizing that a balanced diet is essential for fueling workouts and aiding in recovery. He focuses on a diet rich in protein, healthy fats, and complex carbohydrates. Adequate Recovery: Understanding the importance of rest, he ensures that his body gets enough time to recover between workouts. This includes getting sufficient sleep and incorporating active recovery days. Goal Setting: He believes in setting realistic and achievable fitness goals. This helps in tracking progress and staying motivated. Mind-Muscle Connection: Joe focuses on the mind-muscle connection during his workouts, ensuring that he is not just going through the motions but actively engaging the target muscle groups. Functional Fitness: His workouts often include functional movements that improve not just muscle size and strength but also overall athleticism and mobility. You May Also Like: Evolution Workout PDF Joe revealed a lot of his diet plans in his book and in a few Men's Health magazine interviews. The surprising thing about it all is that he approaches diet on the basis of allowing a regular cheat meal like pork chops, buffalo burgers, and bacon. The exception is when he’s preparing for filming, especially movies like Magic Mike, where he keeps to a very strict body weight goal. Joe usually balances his macros but tweaks them for movie roles that require muscle gain. Good news: you don't need a Hollywood budget to nail this. Our free macro calculator figures out your daily fat, protein, and carb needs. Once you've got your numbers, Noom app makes tracking your grub a breeze. Joe shares some shopping lists in his book, and it always focuses on fresh food. That means nothing processed or with an extremely long shelf life. He also recommends buying only organic chicken breast and grass-fed beef to get the highest quality you can afford. It’s not a cheap option, but even if you only occasionally splash out for the higher quality, it’ll make a difference. Meal 1: Oatmeal with seeds and unsalted nuts Bowl of fresh fruit and berries Meal 2: Dark chocolate almonds Whey protein shake Meal 3: Salmon steak or tilapia fillet Broccoli florets Green beans Meal 4: Buffalo jerky Salad with feta cheese Whey protein supplement Meal 5: Chicken breasts or fillet steak Cauliflower florets or green beans Sweet potato Sticking with a workout plan like Joe Manganiello involves using a few supplements, but we like that he doesn’t go overboard. 1. Whey Protein You’re simply not going to fancy digging into a few chicken breasts after a training session. To get a maximum protein boost, pick up a high-quality grass-fed whey protein supplement and give your muscles what they need. 2. Pre-Workout Pre-workout supplements are often based on creatine, and a few thermogenic ingredients that boost your metabolism to provide more energy. It might only be a small boost of a 5% performance increase, but that adds up over the weeks and months. Was Joe Manganiello an Athlete? Yes, Joe Manganiello was an athlete. He captained his high school basketball, football, and volleyball teams and moved on to play varsity in all three sports. How Often Does Joe Manganiello Work Out? Joe Manganiello typically works out five to six times a week, combining strength training and cardio sessions. He prioritizes consistency by scheduling his workouts and treating them as non-negotiable appointments. Joe Manganiello’s approach to training shows how consistency, proper nutrition, and smart recovery can shape an impressive physique. His methods prove that dedication pays off when workouts and diet are planned with purpose. At Total Shape, we share these lessons so you can apply them to your own fitness goals and build lasting results. CLICK TO DOWNLOAD: GUIDE TO BULKING WITHOUT GETTING FAT! → Was this article helpful?YesNo