

# Charlie Hunnam Workout Routine & Diet

Charlie Hunnam is an English actor who has starred in several films and television series, including the hit show Sons of Anarchy. He is known for his chiseled physique and leading man good looks.

Charlie Hunnam didn't always have the ripped physique that he does now. In fact, when he was younger, he was actually quite overweight. It wasn't until he started working out and eating right that he finally got in shape. And it was definitely worth the effort!

So what does it take to achieve a body like Charlie Hunnam's? In this blog post, we'll take a look at Charlie's workout routine and diet to see what he does to stay in such great shape.

## Charlie Hunnam's Life Story

Charlie Hunnam is an English actor who gained recognition for his starring role in the FX drama series [Sons of Anarchy](#). He has also appeared in such films as Pacific Rim, The Lost City of Z, and King Arthur: Legend of the Sword. In 2018, he starred in the action thriller film Papillon.

Hunnam was born in Newcastle upon Tyne, England, on April 30, 1980. He began his acting career by appearing in various television shows and movies before being cast as Jackson "Jax" Teller in Sons of Anarchy in 2008. He had to bulk up for his character in Sons of Anarchy while still looking ripped.

He played the role for seven seasons until the show ended in 2014. Since then, Hunnam has appeared in a number of films, including The Lost City of Z (2016), King Arthur: Legend of the Sword (2017), and Papillon (2018).

Hunnam is no stranger to fitness and has been working out regularly for most of his life. He even used to be a professional soccer player before he started acting. If you are also a fitness enthusiast, then the Charlie Hunnam workout routine can help you achieve your fitness goals.

Read More: [John Krasinski Workout Routine & Diet](#)

## Charlie Hunnam Statistics

**Birthday:** April 10, 1980

**Weight:** 88 Kg

**Height:** 6'1"

**Biceps:** 16"

**Chest:** 46"

**Waist:** 34"

## Charlie Hunnam Workout Principles

Contrary to popular belief, Charlie Hunnam does not have a dedicated fitness team. He has his own set of workout rules that he follows.

There are four principles of the Charlie Hunnam workout. Specifically, these are:

- **Keep things Simple**

Charlie's typical workout session is only 60 minutes long.

- **Respect your core**

Charlie works out his abs for 20 minutes about three to four times a week. He will do 20 different ways to work his abs.

- **Chase endorphins**

Hunnam requires a workout plan because he wants to feel healthy and full of energy.

- **Fuel up correctly**

He consumes healthy foods and doesn't feel bad about his choices.

Read More: [LeBron James Workout Routine & Diet](#)

## Charlie Hunnam's Workout Routine

Charlie Hunnam's workout routine is one of a kind. He doesn't use a trainer, which is the most shocking thing about Charlie's workout routine. Charlie develops his own workout routine based on his needs and fitness objectives.

Another remarkable thing about Charlie Hunnam's workout routine is that you don't have to join a gym to do it. You can do this workout regimen even in an outdoor park with monkey bars, parallel bars, and pull-up bars.

Bodyweight exercises are a big part of Charlie Hunnam workout routine. These moves not only help you build excellent functional strength, but they also strengthen your core.

Charlie Hunnam's workout plan is built around training his core muscle groups. He works on his core muscles for 20 minutes of cardio routine, three to four times a week. Charlie does twenty different ab workouts so that his core gets a good workout from all directions.

Here's a sample Charlie Hunnam workout routine:

## **Monday & Tuesday: Total Body Workout**

- **Dips:** 3 x sets (20 x reps)
- **Wide-grip pull-ups:** 3 x sets (20 x reps)
- **Military push-ups:** 3 x sets (25 x reps)
- **Reverse-grip pull-ups:** 3 x sets (20 x reps)
- **Decline push-ups:** 3 x sets (25 x reps)
- **Chin-ups:** 3 x sets (20 x reps)
- **Ab exercises:** 15 x minutes

## **Wednesday: Cardio & HIIT**

- **Running at 16 kph:** 15 x minutes
- **High-intensity elliptical:** 15 x minutes
- **High-intensity interval training:** 20 x minutes

## **Thursday & Friday: Today Body Workout**

- **Squats:** 3 x sets (10 x reps)
- **Wide push-ups:** 3 x sets (25 x reps)
- **Standing dumbbell rows:** 3 x sets (10 x reps)
- **Parallel dips:** 3 x sets (20 x reps)

- **Reverse-grip pull-ups:** 3 x sets (20 x reps)
- [Hanging knee raises:](#) 3 x sets (20 x reps)
- **Plank:** 3 x sets (2 x minutes)
- **Lying leg lifts:** 3 x sets (20 x reps)

## Saturday & Sunday: Rest Days

Even though your body needs rest after intense training sessions, it's important that you don't just sit on the couch with the TV remote. Walk around a few times a day to get your blood moving and keep your muscles from getting too sore and stiff.

Read More: [Jason Statham Workout Routine & Diet](#)

## Charlie Hunnam's Diet

Charlie Hunnam's diet plan puts a lot of emphasis on eating protein. Charlie is able to build and keep his muscles because he eats enough protein every single day.

When Charlie was getting ready to play [King Arthur](#), he wished to have a slim, strong body. He ate whole foods to get that body. Even his current diet plan has a good amount of high-quality proteins, complex carbs (such as sweet potatoes and oatmeal), and fresh vegetables.

Charlie has to limit the amount of carbs he eats to a certain degree if he wants to keep his body slim and strong. Because he eats a few carbohydrates, his body tends to hold less water. So, Charlie makes sure to drink a lot of water throughout the day and while he works out to stay hydrated.

Every day, Charlie Hunnam eats four meals. Here's a sample meal plan for Charlie Hunnam:

Charlie Hunnam Meal Plan	
Breakfast	Fruits, Oatmeal, Omelet
Snack	Protein Shake

Lunch	Brown Rice, Chicken Breast, Vegetables
Dinner	Sweet Potatoe, Beef

## What to Eat?

Charlie Hunnam's diet plan includes a wide range of foods. He mostly gets the nutrients his body needs to heal and grow from whole foods. Some of the most important things on his food list are:

- Fish
- Lean Meat
- Chicken Breast
- Oats
- Low-Carb Vegetables
- Sweet Potatoes
- Chocolate
- Leafy Greens
- Ice Cream
- Whole, Natural Foods
- Quality Protein

## What to Avoid?

Charlie Hunnam had to get bigger on screen so he could play King Arthur, but he didn't want to put on too much body fat. Charlie Hunnam's body has a certain slimness and beauty to it.

He makes sure it doesn't get hurt. To achieve this goal, he makes sure not to eat certain kinds of food.

These foods don't belong on Charlie Hunnam's diet chart:

- Processed Foods
- Sugar
- Junk Foods
- Refined Foods
- Soft Drinks
- Artificial Ingredients
- Hydrogenated Fats

Read More: [JK Simmons Workout Routine & Diet](#)

# Which supplements does Charlie Hunnam take?

The following is a list of Charlie Hunnam's supplements:

- **Whey Protein**

Proteins derived from whey digest rapidly. [Whey protein](#) has the ability to enter the bloodstream rapidly, allowing it to provide an immediate dose of all the important amino acids to your muscles. It promotes lean muscle growth and aids in muscle recovery.

- **Branched Chain Amino Acids (BCAAs)**

There are many positive outcomes of engaging in hard exercise, but it also carries the risk of muscle loss and catabolism. Countless sports and health-obsessed individuals take a high-quality [BCAA supplement](#) to mitigate the potential negative effects of strenuous training.

By preventing muscular breakdown and supplying a steady stream of amino acids to working muscles, BCAAs boost endurance. When taken regularly, BCAAs can also speed up the body's metabolic rate.

- **L-Carnitine**

When used as a supplement, [L-Carnitine](#) can speed up the process of fat burning. Its anti-lactic acid properties make it useful for postponing muscle weariness. Plus, muscle soreness can be mitigated by taking an L-Carnitine supplement, allowing for more training time.

- **Green Tea Extract**

It has been shown that using green tea extract can increase metabolism and decrease food intake. It also benefits in accelerating muscle repair after exercise and increasing training efficiency. Green tea's antioxidants do more than just protect cells from damage; they also keep you going for longer.

## Conclusion

Charlie Hunnam's trademark workout program isn't like most gym workouts at all, but the good news is that you can do it anywhere, even at home or in the great outdoors. The workout plan that Charlie Hunnam has seems pretty easy to follow.

The hardest part of his workout plan, though, is making sure to stick to it. If you follow Charlie's workout rules and improve your diet, you will definitely achieve your fitness goals.