


TRAIN LIKE CAPTAIN LEVI

NOTE:

THIS IS A PROGRAM DESIGNED FOR **ADVANCED LIFTERS**.
IF YOU'RE NEW TO WORKING OUT **CHECK OUT THIS PROGRAM INSTEAD**


WARM UP (TO BE PERFORMED BEFORE EACH WORKOUT)

5 MINUTES OF SKIPPING
5 MINUTES **REACTION TIME TRAINING** 
WORLD'S GREATEST STRETCH X 10 PER SIDE
DOWNWARD INTO PLANK X 10 REPS
ARM CIRCLES X 20 REPS




DAY 1 | ATHLETIC DEVELOPMENT

1. **FRONT SQUAT OR BACK SQUAT** 3 SETS OF 5 REPS
 2. **BOX JUMPS** 3 SETS OF 6 REPS
 3. **A BULGARIAN SPLIT SQUATS** 3 SETS OF 15 REPS PER SIDE
- 5 ROUNDS OF METABOLIC CONDITIONING -
- KETTLEBELL SWINGS** 10 REPS
- BALL SLAMS** 8 REPS
- LATERAL JUMPS SIDE TO SIDE** 20 REPS

DAY 4 | UPPER BODY AND CORE TRAINING

1. **STANDING LANDMINE PRESS** 4 SETS OF 12 REPS PER SIDE
2. **TRX SINGLE-ARM ROWS** 3 SETS OF 10 REPS PER SIDE
- 3A.  **LANDMINE ROTATIONS** 3 SETS OF 12 REPS
- 3B. **HOLLOW HOLDS** 3 SETS OF 30 SECS
- 4A. **SEATED CABLE ROWS** 3 SETS OF 15 REPS
- 4B. **CABLE EXTERNAL ROTATIONS** 3 SETS OF 12 REPS PER SIDE

DAY 2 | UPPER BODY AND CORE TRAINING

1.  **ROTATIONAL LANDMINE PRESS** 4 SETS OF 8 REPS PER SIDE
- 2A.  **SINGLE ARM CABLE ROW** 3 SETS OF 8 REPS PER SIDE
- 2B.  **BANDED DEADBUGS** 3 SETS OF 14 REPS
- 3A. **SINGLE ARM KETTLEBELL CARRY** 3 SETS OF 45 SEC PER SIDE
- 3B. **BANDED PALLOF PRESS** 3 SETS OF 10 REPS PER SIDE
- 4A. **SEATED CABLE ROWS** 3 SETS OF 15 REPS
- 4B. **CABLE EXTERNAL ROTATIONS** 3 SETS OF 12 REPS PER SIDE

DAY 5 | ATHLETIC DEVELOPMENT

1. **TRAPBAR DEADLIFTS** 3 SETS OF 6 REPS
 2. **BROAD JUMPS** 4 SETS OF 6 REPS
 3. **LARGE BOX STEP-UPS** 3 SETS OF 10 REPS PER SIDE
- 5 ROUNDS OF METABOLIC CONDITIONING -
- KETTLEBELL SWINGS** 8 REPS
- LATERAL BALL THROWS** 6 REPS PER SIDE
- LATERAL JUMPES SIDE TO SIDE** 20 REPS

DAY 3 | ATHLETIC DEVELOPMENT

1. **SLED SPRINTS** 5 ROUNDS OF 15 YARDS
 2. **KETTLEBELL SINGLE LEG RDL** 3 SETS OF 12 REPS PER SIDE
 3. **DUMBBELL ROMANIAN DEADLIFTS** 3 SETS OF 15 REPS
- 5 ROUNDS OF METABOLIC CONDITIONING -
- SKIPPING** 30 JUMPS
- ROWING MACHINE** 15 CALS

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