

TRAIN LIKE GERARD BUTLER

FOR THE MOVIE "300"

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)

5-10 MINUTES OF MODERATE-INTENSITY CARDIO
BODY WEIGHT SQUATS X 20 REPS
WORLDS GREATEST STRETCH X 12 REPS PER SIDE
BEAR CRAWLS X 20 STEPS

DAY 1

- 1A. BARBELL BENCH PRESS 4 SETS OF 10 REPS
- 1B. BULGARIAN SPLIT SQUAT 4 SETS OF 12 REPS PER SIDE
- 2A. PUSH UPS 4 SETS OF MAX REPS
- 2B. WALKING LUNGES 4 SETS OF 20 REPS

8 ROUNDS IN AS LITTLE TIME AS POSSIBLE

- DUMBBELL SQUAT THRUSTERS 10 REPS
- HEAVY FARMERS CARRY 50 STEPS
- SKIPPING 50 JUMPS

DAY 3

- 1. BACK SQUATS 4 SETS OF 12 REPS
- 2A. INCLINE DUMBBELL PRESS 4 SETS OF 15 REPS
- 2B. LARGE BOX STEP UPS 4 SETS OF 10 REPS EACH SIDE

AS MANY ROUNDS AS POSSIBLE IN 20 MINUTES

- BODY WEIGHT SQUATS 30 REPS
- ROWING MACHINE 15 CALORIES
- DUMBBELL PUSH PRESS 12 REPS

DAY 2

- 1. BARBELL DEADLIFTS 4 SETS OF 8 REPS
- 2A. PULL-UPS (CAN USE BANDS FOR ASSISTANCE) 4 SETS OF MAX REPS
- 2B. DUMBBELL ROMANIAN DEADLIFTS (CAN USE LIFTING STRAPS IF NEEDED) 4 SETS OF 15 REPS

AS MANY ROUNDS AS POSSIBLE IN 15 MINUTES

- KETTLEBELL SWINGS 10 REPS
- RENEGADE ROWS 12 REPS
- DUMBBELL SNATCHES 12 REPS ALTERNATING SIDES

DAY 4

- 1A. KETTLEBELL GORILLA ROWS 20 REPS ALTERNATING SIDES
- 1B. SPLIT STANCE ROMANIAN DEADLIFTS 4 SETS OF 12 REPS EACH SIDE
- 2A. PULL-UPS (CAN USE BANDS FOR ASSISTANCE) 4 SETS OF MAX REPS
- 2B. SINGLE LEG BENCH GLUTE BRIDGES 4 SETS OF 15 REPS EACH SIDE

8 ROUNDS IN AS LITTLE TIME AS POSSIBLE

- SUMO DEADLIFTS 10 REPS
- MED BALL GROUND SLAMS 15 REPS
- ASSAULT BIKE 15 CALORIES

KEY

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