

TRAIN LIKE SHANG-CHI

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 SKIPPING/SHADOWBOXING
BODY WEIGHT SQUATS X 20 REPS
WORLDS GREATEST STRETCH X 12 REPS PER SIDE
BEAR CRAWLS X 20 STEPS

DAY 1

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|-----|----------------------------------|---------------------------|
| 1A. | BACK SQUATS | 4 SETS OF 6 REPS |
| 1B. | BOX JUMPS | 4 SETS OF 5 REPS |
| 2A. | ROTATIONAL LANDMINE PRESS | 4 SETS OF 8 REPS |
| 2B. | ▶ LATERAL BALL THROW | 4 SETS OF 5 REPS PER SIDE |
| 3. | LAT PULL DOWNS | 4 SETS OF 12 REPS |
| 4. | DUMBBELL BENCH PRESS | 4 SETS OF 12 REPS |
| 5. | DUMBBELL LATERAL RAISES | 4 SETS OF 15 REPS |

DAY 2

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|-----|-------------------------------|----------------------------|
| 1A. | TRAPBAR DEADLIFTS | 4 SETS OF 5 REPS |
| 1B. | BROAD JUMPS | 4 SETS OF 6 REPS |
| 2A. | KETTLEBELL SWING | 4 SETS OF 8 REPS |
| 2B. | LANDMINE ROTATION | 4 SETS OF 12 REPS |
| 3. | TRX ROWS | 3 SETS OF 15 REPS |
| 4. | INCLINE DUMBBELL PRESS | 4 SETS OF 12 REPS |
| 5. | CABLE LATERAL RAISES | 4 SETS OF 15 REPS PER SIDE |

DAY 3

- | | | |
|-----|----------------------------------|---------------------------|
| 1A. | BACK SQUATS | 4 SETS OF 6 REPS |
| 1B. | BOX JUMPS | 4 SETS OF 5 REPS |
| 2A. | ROTATIONAL LANDMINE PRESS | 4 SETS OF 8 REPS |
| 2B. | ▶ LATERAL BALL THROW | 4 SETS OF 5 REPS PER SIDE |
| 3. | LAT PULL DOWNS | 4 SETS OF 12 REPS |
| 4. | DUMBBELL BENCH PRESS | 4 SETS OF 12 REPS |
| 5. | DUMBBELL LATERAL RAISES | 4 SETS OF 15 REPS |

KEY

| = SUPERSET **▶** = VIDEO LINK

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