

TRAIN LIKE CAPTAIN AMERICA

WORKOUT PROGRAM

NOTE:

THIS IS A VERY INTERMEDIATE PROGRAM AND NOT INTENDED FOR BEGINNERS.
FOR A BEGINNER-FOCUSED AT-HOME PROGRAM [CLICK HERE](#)

WARM UP

5 MINUTES MODERATE INTENSITY CARDIO
WORLDS GREATEST STRETCH X 10 REPS /SIDE
DOWN DOG INTO PLANK X 10 REPS
BEAR CRAWLS X 20 REPS
ARM CIRCLES X 20 REPS

DAY 1 | BACK + BICEPS + ABS

- 1. CHEST SUPPORTED ROWS** 4 SETS OF 8 REPS
- 2. BARBELL BICEP CURLS** 4 SETS OF 8 REPS
- 3A. STRAIGHT ARM LAT PULLDOWNS** 4 SETS OF 12 REPS
3B. STANDING DUMBBELL HAMMER CURLS 4 SETS OF 12 REPS
- 4A. HANGING KNEE/LEG RAISES** 4 SETS OF 15 REPS
4B. DUMBBELL LATERAL RAISES 4 SETS OF 15 REPS

DAY 4 | LEGS + BACK

- 1. TRAPBAR DEADLIFTS** 4 SETS OF 8 REPS
- 2. LAT PULLDOWNS** 4 SETS OF 12 REPS
- 3A. KETTLEBELL SWINGS** 3 SETS OF 10 REPS
3B. SUPPORTED SINGLE-ARM DUMBBELL ROWS 3 SETS OF 12 REPS PER SIDE
- 4A. DUMBBELL REAR DEADLIFT** 3 SETS OF 12 REPS
4B. BANDED PULL APARTS 3 SETS OF 12 REPS

DAY 2 | LEGS + CHEST

- 1. BARBELL BACK SQUAT** 4 SETS OF 12 REPS
- 2. BARBELL BENCH PRESS** 4 SETS OF 8 REPS
- 3A. BOX JUMPS** 3 SETS OF 8 REPS
3B. PUSH-UPS 3 SETS OF MAX REPS
- 4A. DUMBBELL SNATCHES** 3 SETS OF 8 REPS PER SIDE
4B. MEDIUM BOX STEP-UPS 3 SETS OF 10 REPS PER SIDE

DAY 5 | CHEST + TRICEPS + ABS

- 1. DUMBBELL INCLINE PRESS** 4 SETS OF 8 REPS
- 2. TRICEP DIPS** 4 SETS OF 12 REPS
- 3. CABLE PEC FLYS** 3 SETS OF 12 REPS
- 4A. CABLE WEIGHTED CRUNCHES** 3 SETS OF 15 REPS
4B. CABLE ROPE TRICEP EXTENSIONS 3 SETS OF 10 REPS

DAY 3 | SHOULDERS + ARMS + ABS

- 1. STANDING BARBELL OVERHEAD PRESS 3X12** 3 SETS OF 12 REPS
- 2. INCLINE DUMBBELL CURLS** 4 SETS OF 10 REPS
- 3. CABLE ROPE TRICEP EXTENSIONS** 4 SETS OF 10 REPS
- 4A. CABLE SINGLE-ARM LATERAL RAISES** 4 SETS OF 15 REPS PER SIDE
4B. FULL RANGE OF MOTION SIT-UP 4 SETS OF 10-15 REPS
- 5A. BENT OVER REVERSE FLYS** 3 SETS OF 15 REPS
5.B SINGLE ARM KETTLEBELL CARRY 3 SETS OF 30 STEPS PER SIDE

KEY

= SUPERSET

USE CODE 'DEMERS'

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

WWW.SUPERX.CO

SUPERX

DEMERS
PERSONAL TRAINING