# HOW TO LOOK LIKE
# SPIDER-MAN

## BEGINNER PROGRAM

### NOTE:

FOR BODYWEIGHT MOVEMENTS, THE RECOMMENDED REPETITIONS WILL BE IN A RANGE. START AT THE BOTTOM OF THE RANGE AND SLOWLY WORK YOUR WAY UP OVER TIME. ONCE YOU'RE ABLE TO COMPLETE ALL THE SETS AT THE TOP OF THE REP RANGES FOR EACH EXERCISE YOU'RE READY TO MOVE ON TO THE INTERMEDIATE PROGRAM.

FOR WEIGHTED MOVEMENTS, SELECT A WEIGHT THAT WILL BE CHALLENGING FOR THE RECOMMENDED NUMBER OF REPETITIONS. YOU SHOULD ONLY HAVE 0-3 GOOD REPS LEFT IN THE TANK AT THE END OF EACH SET.

### 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

| | | |
|---|---|---|
| 1A. | TRX ROWS | 3 SETS OF 15 REPS |
| 1B. | BODY WEIGHT SQUATS | 3 SETS OF 10-30 REPS |
| 2A. | HOLLOW BODY PUSH UPS ▶ WATCH VIDEO (CAN BE PERFORMED OFF AN ELEVATED SURFACE TO DECREASE THE DIFFICULTY OF THE MOVEMENT) | 3 SETS OF 8-25 REPS |
| 2B. | KETTLEBELL SWINGS | 3 SETS OF 10 REPS |
| 3A. | HANGING HOLLOW HOLD | 3 SETS OF 15-90 REPS |
| 3B. | SINGLE LEG ROMANIAN DEADLIFTS | 3 SETS OF 10-30 REPS PER SIDE |

## DAY 3

| | | |
|---|---|---|
| 1A. | ASSISTED PULL-UPS | 3 SETS OF 10 REPS |
| 1B. | BODY WEIGHT SQUATS | 3 SETS OF 10-30 REPS |
| 2A. | HOLLOW BODY PUSH UPS ▶ WATCH VIDEO (CAN BE PERFORMED OFF AN ELEVATED SURFACE TO DECREASE THE DIFFICULTY OF THE MOVEMENT) | 3 SETS OF 8-25 REPS |
| 2B. | KETTLEBELL SWINGS | 3 SETS OF 10 REPS |
| 3A. | HANGING HOLLOW HOLD | 3 SETS OF 15-90 REPS |
| 3B. | SINGLE LEG ROMANIAN DEADLIFTS | 3 SETS OF 10-30 REPS PER SIDE |

## DAY 2

| | | |
|---|---|---|
| 1A. | ASSISTED PULL-UPS | 3 SETS OF 8-10 REPS |
| 1B. | SINGLE LEG BOX STEP UP | 3 SETS OF 10 REPS PER SIDE |
| 2A. | HOLLOW BODY PUSH UPS ▶ WATCH VIDEO (CAN BE PERFORMED OFF AN ELEVATED SURFACE TO DECREASE THE DIFFICULTY OF THE MOVEMENT) | 3 SETS OF 8-25 REPS |
| 2B. | HEAVY KETTLEBELL DEADLIFT | 3 SETS OF 10 REPS |
| 3A. | HOLLOW BODY PLANK ▶ WATCH VIDEO | 3 SETS OF 15-90 REPS |
| 3B. | BANDED PULL APARTS | 3 SETS OF 15 REPS |

**KEY**

▌ = SUPERSET

**SUPERX**

**DEMERS**
PERSONAL TRAINING

# HOW TO LOOK LIKE
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## INTERMEDIATE PROGRAM

### NOTE:

FOR BODYWEIGHT MOVEMENTS, THE RECOMMENDED REPETITIONS WILL BE IN A RANGE. START AT THE BOTTOM OF THE RANGE AND SLOWLY WORK YOUR WAY UP OVER TIME. ONCE YOU'RE ABLE TO COMPLETE ALL THE SETS AT THE TOP OF THE REP RANGES FOR EACH EXERCISE YOU'RE READY TO MOVE ON TO THE INTERMEDIATE PROGRAM.

FOR WEIGHTED MOVEMENTS, SELECT A WEIGHT THAT WILL BE CHALLENGING FOR THE RECOMMENDED NUMBER OF REPETITIONS. YOU SHOULD ONLY HAVE 0-3 GOOD REPS LEFT IN THE TANK AT THE END OF EACH SET.

### 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

| | | |
|---|---|---|
| 1. | BARBELL BACK SQUATS | 3 SETS OF 6 REPS |
| 2A. | PULL-UPS | 4 SETS OF MAX REPS |
| 2B. | BOX JUMPS | 3 SETS OF 5 REPS |
| 3A. | MED BALL SLAMS | 3 SETS OF 8 REPS |
| 3B. | HANGING LEG RAISES | 3 SETS OF 15 REPS |
| 4A. | TRX ROWS | 3 SETS OF 15 REPS |
| 4B. | DYNAMIC SIDE PLANKS | 3 SETS OF 12 REPS PER SIDE |

### DAY 3

| | | |
|---|---|---|
| 1. | BARBELL FRONT SQUATS | 3 SETS OF 6 REPS |
| 2A. | PULL-UPS | 4 SETS OF MAX REPS |
| 2B. | BOX JUMPS | 3 SETS OF 5 REPS |
| 3A. | MED BALL SLAMS | 3 SETS OF 8 REPS |
| 3B. | HANGING LEG RAISES | 3 SETS OF 15 REPS |
| 4A. | TRX ROWS | 3 SETS OF 15 REPS |
| 4B. | DYNAMIC SIDE PLANKS | 3 SETS OF 12 REPS PER SIDE |

### DAY 2

| | | |
|---|---|---|
| 1A. | CHEST DIPS | 4 SETS OF MAX REPS |
| 1B. | HEAVY KETTLEBELL SWINGS | 4 SETS OF 8 REPS |
| 2A. | CLOSE GRIP PUSH UPS | 3 SETS OF MAX REPS |
| 2B. | EXPLOSIVE KETTLEBELL DEADLIFTS | 3 SETS OF 6 REPS |
| 3A. | LATERAL MED BALL THROWS | 3 SETS OF 8 REPS PER SIDE |
| 3B. | PIKE UPS 3X8-15 | |
| 4A. | SINGLE ARM KETTLEBELL CARRY | 3 SETS OF 45 SECS PER SIDE |
| 4B. | DUMBBELL LATERAL RAISES | 3 SETS OF 15 REPS |

### DAY 4

| | | |
|---|---|---|
| 1. | TRAPBAR DEADLIFTS | 4 SETS OF 6 REPS |
| 2. | CHEST DIPS | 4 SETS OF MAX REPS |
| 3A. | DEFICIT PUSH UPS | 3 SETS OF MAX REPS |
| 3B. | EXPLOSIVE KETTLEBELL DEADLIFTS 3X6 | 3 SETS OF 6 REPS |
| 4A. | LATERAL JUMPS | 3 SETS OF 20 REPS |
| 4B. | PIKE UPS | 3 SETS OF 8-15 REPS |
| 5A. | SINGLE ARM KETTLEBELL CARRY | 3 SETS OF 45 SECS PER SIDE |
| 5B. | DUMBBELL LATERAL RAISES | 3 SETS OF 15 REPS |

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