

# TRAIN LIKE BRAD PITT

## WORKOUT PLAN

### WARM UP

**5-10 MINUTES** MODERATE INTENSITY CARDIO  
**WORLD'S GREATEST STRETCH** X10/SIDE  
**DOWNWARD DOG INTO PLANK** X 10 REPS  
**ARM CIRCLES** X 20 REPS  
**FOAM ROLL TIGHT MUSCLES** 30-60 SECONDS EACH

#### DAY 1

**1A. DUMBBELL FLOOR PRESS** 3 SETS OF 15 REPS  
**1B. DUMBBELL ROMANIAN DEADLIFTS 3X10** 3 SETS OF 10 REPS

**2A. SUPPORTED SINGLE ARM DUMBBELL ROWS** 3 SETS OF 12 REPS  
**2B. GOBLET SQUATS** 3 SETS OF 15 REPS

**AS MANY ROUNDS AS POSSIBLE OF THE FOLLOWING IN 20 MINUTES-**

**SKIPPING ROPE** X 30 JUMPS  
+  
**DUMBBELL RENAGADE ROWS** X 12 REPS  
+  
**ALTERNATING REVERSE LUNGES** X 20 REPS

#### DAY 2

**1A. STANDING SINGLE ARM DUMBBELL OVERHEAD PRESS** 3 SETS OF 10 REPS PER SIDE  
**1B. SINGLE LEG ROMANIAN DEADLIFT** 3 SETS OF 8 REPS PER SIDE

**2A. BENT OVER DUMBBELL ROWS** 3 SETS OF 12 REPS  
**2B. BULGARIAN SPLIT SQUATS** 3 SETS OF 10 REPS PER SIDE

**AS MANY ROUNDS AS POSSIBLE OF THE FOLLOWING IN 20 MINUTES-**

**DUMBBELL SQUAT THRUSTERS** X 8 REPS  
+  
**BEAR CRAWL** X 30 FEET  
+  
**SKIPPING** X 30 JUMPS

#### DAY 3

**1A. DUMBBELL FLOOR PRESS** 3 SETS OF 15 REPS  
**1B. DUMBBELL ROMANIAN DEADLIFTS 3X10** 3 SETS OF 10 REPS

**2A. SUPPORTED SINGLE ARM DUMBBELL ROWS** 3 SETS OF 12 REPS  
**2B. GOBLET SQUATS** 3 SETS OF 15 REPS

**AS MANY ROUNDS AS POSSIBLE OF THE FOLLOWING IN 20 MINUTES-**

**SKIPPING ROPE** X 30 JUMPS  
+  
**DUMBBELL RENAGADE ROWS** X 12 REPS  
+  
**ALTERNATING REVERSE LUNGES** X 20 REPS

#### DAY 4

**1A. STANDING SINGLE ARM DUMBBELL OVERHEAD PRESS** 3 SETS OF 10 REPS PER SIDE  
**1B. SINGLE LEG ROMANIAN DEADLIFT** 3 SETS OF 8 REPS PER SIDE

**2A. BENT OVER DUMBBELL ROWS** 3 SETS OF 12 REPS  
**2B. BULGARIAN SPLIT SQUATS** 3 SETS OF 10 REPS PER SIDE

**AS MANY ROUNDS AS POSSIBLE OF THE FOLLOWING IN 20 MINUTES-**

**DUMBBELL SQUAT THRUSTERS** X 8 REPS  
+  
**BEAR CRAWL** X 30 FEET  
+  
**SKIPPING** X 30 JUMPS

#### KEY

**|** = SUPERSET

**USE CODE 'DEMERS'**

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

[WWW.SUPERX.CO](http://WWW.SUPERX.CO)

**SUPERX**

**DEMERS**  
PERSONAL TRAINING