

# TRAIN LIKE MICHAEL B JORDAN

## WORKOUT PLAN

### WARM UP

**5 MINUTES** MODERATE INTENSITY CARDIO  
**WORLDS GREATEST STRETCH** X10 REPS PER SIDE  
**DOWN DOG INTO PLANK** X 10 REPS  
**ARM CIRCLES** X 20 REPS

#### DAY 1 - PUSH

- 1A. BACK SQUATS** 4 SETS OF 8 REPS
- 1B. DUMBBELL INCLINE PRESS** 4 SETS OF 12 REPS
- 2A. DUMBBELL WALKING LUNGES** 4 SETS OF 20 REPS
- 2B. DUMBBELL PUSH PRESS** 4 SETS OF 8 REPS PER SIDE
- 3A. HEAVY FARMERS CARRY** 3 SETS OF 60 SECS
- 3B. CABLE ROPE TRICEP EXTENSIONS** 4 SETS OF 12 REPS

#### DAY 4 - PUSH

- 1A. BACK SQUATS** 4 SETS OF 8 REPS
- 1B. DB INCLINE PRESS** 4 SETS OF 12 REPS
- 2A. DB WALKING LUNGES** 4 SETS OF 20 REPS
- 2B. DB PUSH PRESS** 4 SETS OF 8 REPS PER SIDE
- 3A. HEAVY FARMERS CARRY** 3 SETS OF 60 SECS
- 3B. CABLE ROPE TRICEP EXTENSIONS** 4 SETS OF 12 REPS

#### DAY 2 - PULL

- 1A. BARBELL HIP THRUSTS** 4 SETS OF 10 REPS
- 1B. PULL-UPS** 4 SETS OF 8-15 REPS
- 2A. LAT PULL DOWN** 4 SETS OF 15 REPS
- 2B. DUMBBELL ROMANIAN DEADLIFTS** 4 SETS OF 8 REPS SLOW TEMPO
- 3A. REAR DELT CABLE ROWS** 3 SETS OF 12 REPS
- 3B. DUMBBELL BICEP CURLS** 3 SETS OF 12 REPS

#### DAY 5 - PULL

- 1A. BARBELL HIP THRUSTS** 4 SETS OF 10 REPS
- 1B. PULL-UPS** 4 SETS OF 8-15 REPS
- 2A. LAT PULL DOWN** 4 SETS OF 15 REPS
- 2B. DUMBBELL ROMANIAN DEADLIFTS** 4 SETS OF 8 REPS SLOW TEMPO
- 3A. REAR DELT CABLE ROWS** 3 SETS OF 12 REPS
- 3B. DUMBBELL BICEP CURLS** 3 SETS OF 12 REPS

#### DAY 2 - FULL BODY

- 1A. TRAP BAR DEADLIFTS** 4 SETS OF 6 REPS
- 2A. DUMBBELL BENCH PRESS** 4 SETS OF 8 REPS
- 2B. LATERAL LUNGE** 4 SETS OF 12 REPS PER SIDE
- 3A. BARBELL BENT OVER ROWS** 4 SETS OF 12 REPS
- 3B. SIDE PLANK** 4 SETS OF 30 SECS PER SIDE
- 4A. DUMBBELL LATERAL RAISES** 3 SETS OF 15 REPS
- 4B. BANDED PULL APARTS** 3 SETS OF 15 REPS

#### KEY

**|** = SUPERSET

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