

TRAIN LIKE JONATHAN MAJORS

WORKOUT PLAN

WARM UP

5 MINUTES MODERATE INTENSITY CARDIO
WORLDS GREATEST STRETCH X 10 REPS PER SIDE
DOWN DOG INTO PLANK X 15 REPS
ARM CIRCLES X 20 REPS

DAY 1 - BACK/CHEST

- 1A. PULL-UPS** 3 SETS OF 12 REPS
- 1B. DUMBBELL CHEST PRESS** 3 SETS OF 10 REPS
- 2A. CABLE ROWS NATURAL GRIP** 3 SETS OF 12 REPS
- 2B. INCLINE DUMBBELL PRESS** 3 SETS OF 10 REPS
- 3A. STRAIGHT ARM PULL-DOWNS** 3 SETS OF 10 REPS
- 3B. DUMBBELL CHEST FLYS** 3 SETS OF 10 REPS

DAY 4 - BACK/CHEST

- 1A. PULL-UPS** 3 SETS OF 12 REPS
- 1B. DUMBBELL CHEST PRESS** 3 SETS OF 10 REPS
- 2A. CABLE ROWS NATURAL GRIP** 3 SETS OF 12 REPS
- 2B. INCLINE DUMBBELL PRESS** 3 SETS OF 10 REPS
- 3A. STRAIGHT ARM PULL-DOWNS** 3 SETS OF 10 REPS
- 3B. DUMBBELL CHEST FLYS** 3 SETS OF 10 REPS

DAY 2 - ARMS/SHOULDERS

- 1A. BARBELL BICEP CURLS** 3 SETS OF 8 REPS
- 1B. DUMBBELL SHOULDER PRESS** 3 SETS OF 12 REPS
- 2A. TRICEP DIPS** 3 SETS OF 12 REPS
- 2B. INCLINE BICEP CURLS** 3 SETS OF 12 REPS
- 3A. CABLE ROPE TRICEP EXTENSIONS** 3 SETS OF 12 REPS
- 3B. CABLE LATERAL RAISES** 3 SETS OF 15 REPS PER SIDE

DAY 5 - ARMS/SHOULDERS

- 1A. BARBELL BICEP CURLS** 3 SETS OF 8 REPS
- 1B. DUMBBELL SHOULDER PRESS** 3 SETS OF 12 REPS
- 2A. TRICEP DIPS** 3 SETS OF 12 REPS
- 2B. INCLINE BICEP CURLS** 3 SETS OF 12 REPS
- 3A. CABLE ROPE TRICEP EXTENSIONS** 3 SETS OF 12 REPS
- 3B. CABLE LATERAL RAISES** 3 SETS OF 15 REPS PER SIDE

DAY 3 - LEGS/ABS

- 1. BACK SQUAT** 3 SETS OF 12 REPS
- 2A. DUMBBELL RDLs** 3 SETS OF 10 REPS
- 2B. HANGING KNEE RAISES** 3 SETS OF 12 REPS
- 3A. WALKING LUNGES** 3 SETS OF 20 STEPS
- 3B. SIDE PLANKS** 3 SETS OF 30 SECS PER SIDE

KEY

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