

TRAIN LIKE BATMAN

WORKOUT PLAN

FUNCTIONAL STRENGTH & CONDITIONING PROGRAM

WARM UP

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

DAY 1

- | | |
|---|----------------------------|
| 1A. DUMBBELL GOBLET SQUATS | 3 SETS OF 12 REPS |
| 1B. PULL UPS | 3 SETS OF MAX REPS |
| 2A. KNEELING SINGLE ARM LANDMINE PRESS | 3 SETS OF 12 REPS PER SIDE |
| 2B. HEAVY FARMERS CARRIES | 3 SETS OF 45 SECS |
| 3A. BEAR CRAWL | 3 SETS OF 30 SECS |
| 3B. KETTLEBELL SWINGS | 3 SETS OF 10 REPS |

DAY 2

- | | |
|---|----------------------------|
| 1A. KETTLEBELL DEADLIFTS | 3 SETS OF 8 REPS |
| 1B. DUMBBELL CHEST PRESS | 3 SETS OF 12 REPS |
| 2A. BOX STEP-UPS | 3 SETS OF 10 REPS PER SIDE |
| 2B. SINGLE ARM CABLE LAT PULL DOWN | 3 SETS OF 12 REPS PER SIDE |
| 3A. BALL SLAMS | 3 SETS OF 8 REPS |
| 3B. HEAVY SINGLE ARM CARRIES | 3 SETS OF 45 SECS PER SIDE |

DAY 3

- | | |
|---|----------------------------|
| 1A. DUMBBELL GOBLET SQUATS | 3 SETS OF 12 REPS |
| 1B. PULL UPS | 3 SETS OF MAX REPS |
| 2A. KNEELING SINGLE ARM LANDMINE PRESS | 3 SETS OF 12 REPS PER SIDE |
| 2B. HEAVY FARMERS CARRIES | 3 SETS OF 45 SECS |
| 3A. BEAR CRAWL | 3 SETS OF 30 SECS |
| 3B. KETTLEBELL SWINGS | 3 SETS OF 10 REPS |

KEY

| = SUPERSET

USE CODE 'DEMERS'

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