

TRAIN LIKE BRUCE LEE

WORKOUT PLAN

FULL BODY ATHLETIC TRAINING PROGRAM

WARM UP

5-10 MINUTES MODERATE INTENSITY CARDIO
WORLDS GREATEST STRETCH X 10 REPS PER SIDE
DOWN DOG INTO PLANK X 10 REPS
BEAR CRAWL X 30 SECONDS

DAY 1

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|--|------------------------------------|
| 1. BACK SQUATS | 3 SETS OF 15 REPS |
| 2A. OVERCOMING ISOMETRIC BENCH PRESS* | 3 SETS OF 5 REPS
5 SECOND HOLDS |
| 2B. AB ROLLER | 3 SETS OF 8 SLOW REPS |
| 3A. SINGLE ARM TRX ROW | 3 SETS OF 10 REPS PER SIDE |
| 3B. HEAVY KETTLEBELL SWINGS | 3 SETS OF 10 REPS |
| 4A. SINGLE ARM DUMBBELL PUSH PRESS | 3 SETS OF 8 REPS PER SIDE |
| 4B. BARBELL BICEP CURLS | 3 SETS OF 8 REPS |

DAY 2

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|--|---|
| 1. BARBELL DEADLIFT | 3 SETS OF 10 REPS |
| 2A. OVERCOMING ISOMETRIC BENCH PRESS* | 3 SETS OF 5 REPS
5 SECOND HOLDS |
| 2B. HANGING KNEE/LEG RAISES | 3 SETS OF 8 REPS
2 SECOND PAUSE AT TOP |
| 3A. SINGLE ARM DUMBBELL BENCH PRESS | 3 SETS OF 10 REPS PER SIDE |
| 3B. BOX JUMPS | 3 SETS OF 5 REPS |
| 4A. HEAVY SINGLE ARM CARRY | 3 SETS OF 45 SECS PER SIDE |
| 4B. TRICEP PUSH UPS | 3 SETS OF AS MANY AS YOU CAN |

DAY 3

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|---|------------------------------------|
| 1. BACK SQUATS | 3 SETS OF 15 REPS |
| 2A. OVERCOMING ISOMETRIC BACK SQUAT* | 3 SETS OF 5 REPS
5 SECOND HOLDS |
| 2B. AB ROLLER | 3 SETS OF 8 SLOW REPS |
| 3A. SINGLE ARM TRX ROW | 3 SETS OF 10 REPS PER SIDE |
| 3B. HEAVY KETTLEBELL SWINGS | 3 SETS OF 10 REPS |
| 4A. SINGLE ARM DUMBBELL PUSH PRESS | 3 SETS OF 8 REPS PER SIDE |
| 4B. BARBELL BICEP CURLS | 3 SETS OF 8 REPS |

OVERCOMING ISOMETRIC BENCH PRESS

PERFORM THE ISOMETRICS AT THE SPOT IN THE MOVEMENT THAT GIVES YOU THE MOST TROUBLE.
▶ [WATCH DEMO](#)

OVERCOMING ISOMETRIC BACK SQUAT

PERFORM THE ISOMETRICS AT THE SPOT IN THE MOVEMENT THAT GIVES YOU THE MOST TROUBLE.
▶ [WATCH DEMO](#)

KEY

| = SUPERSET

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