

TRAIN LIKE JASON TODD

WORKOUT PLAN

WARM UP

5-10 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

MORNING FUNCTIONAL HYPERTROPHY

- | | |
|---|----------------------------|
| 1. BACK SQUATS | 3 SETS OF 15 REPS |
| 2A. STANDING SINGLE ARM DUMBBELL PRESS | 3 SETS OF 12 REPS PER SIDE |
| 2B. KETTLEBELL SWINGS | 3 SETS OF 15 REPS |
| 3A. PULL UPS | 3 SETS OF MAX REPS |
| 3B. FLAT DUMBBELL PRESS | 3 SETS OF 12 REPS |
| 4A. SINGLE LEG ROMANIAN DEADLIFTS | 3 SETS OF 12 REPS PER SIDE |
| 4B. BOTTOMS UP KETTLEBELL CARRY | 3 SETS OF 30 SECS PER SIDE |

EVENING HIGH INTENSITY INTERVAL TRAINING

10 ROUNDS OF THE FOLLOWING
(CAN BE DONE ON FOOT, ON A BIKE, ON A ROWER, OR ANY OTHER PIECE OF CARDIO EQUIPMENT)

SPRINT
FOR 15 SECONDS ALL OUT THEN COMPLETELY REST FOR 2-3 MINUTES OR UNTIL YOU FEEL READY TO PRODUCE ANOTHER MAX-EFFORT SPRINT.

DAY 2

MORNING EXPLOSIVE POWER AND MAX STRENGTH

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|------------------------------------|---------------------------|
| 1. BARBELL DEADLIFT | 3 SETS OF 5 REPS |
| 2A. BOX JUMP | 3 SETS OF 5 REPS |
| 2B. LATERAL MED BALL THROW | 3 SETS OF 6 REPS PER SIDE |
| 3A. LANDMINE PUSH PRESS | 3 SETS OF 8 REPS |
| 3B. HEAVY KETTLEBELL SWINGS | 3 SETS OF 8 REPS |

EVENING MEDIUM STATE CARDIOVASCULAR WORK

ATTEND AN IN-PERSON OR ONLINE BRAZILIAN JIJITSU CLASS, KICK BOXING OR BOXING CLASS

DAY 3

MORNING FUNCTIONAL HYPERTROPHY

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|---|----------------------------|
| 1. DUMBBELL BULGARIAN SPLIT SQUATS | 3 SETS OF 12 REPS PER SIDE |
| 2A. BARBELL OVERHEAD PRESS | 3 SETS OF 12 REPS |
| 2B. DUMBBELL ROMANIAN DEADLIFTS | 3 SETS OF 12 REPS |
| 3A. PULL UPS | 3 SETS OF MAX REPS |
| 3B. FLAT DUMBBELL PRESS | 3 SETS OF 12 REPS |
| 4A. RENEGADE ROWS | 3 SETS OF 16 TOTAL REPS |
| 4B. HEAVY SINGLE ARM KETTLE BELL CARRY | 3 SETS OF 45 SECS PER SIDE |

EVENING HIGH INTENSITY INTERVAL TRAINING

10 ROUNDS OF THE FOLLOWING
(CAN BE DONE ON FOOT, ON A BIKE, ON A ROWER, OR ANY OTHER PIECE OF CARDIO EQUIPMENT)

SPRINT
FOR 15 SECONDS ALL OUT THEN COMPLETELY REST FOR 2-3 MINUTES OR UNTIL YOU FEEL READY TO PRODUCE ANOTHER MAX-EFFORT SPRINT.

DAY 4

MORNING EXPLOSIVE POWER AND MAX STRENGTH

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|------------------------------------|------------------|
| 1. BARBELL HIP THRUST | 3 SETS OF 6 REPS |
| 2A. BROAD JUMPS | 3 SETS OF 6 REPS |
| 2B. MED BALL SLAMS | 3 SETS OF 8 REPS |
| 3A. BARBELL PUSH PRESS | 3 SETS OF 6 REPS |
| 3B. HEAVY KETTLEBELL SWINGS | 3 SETS OF 8 REPS |

EVENING MEDIUM STATE CARDIOVASCULAR WORK

ATTEND AN IN-PERSON OR ONLINE BRAZILIAN JIJITSU CLASS, KICK BOXING OR BOXING CLASS

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