

TRAIN LIKE ROCKY BALBOA

ROCKY 3 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
BEAR CRAWL X 20 STEPS

DAY 1 | CHEST/TRICEPS/SHOULDERS

- DUMBBELL BENCH PRESS** 3 SETS OF 8 REPS
- INCLINE CHEST PRESS** 3 SETS OF 12 REPS
- 3A. CABLE CHEST FLYS** 3 SETS OF 12 REPS
3B. ROPE CABLE TRICEP EXTENSIONS 3 SETS OF 12 REPS
- 4A. DUMBBELL LATERAL RAISES** 4 SETS OF 15 REPS
4B. OVERHEAD DUMBBELL TRICEP EXTENSIONS 4 SETS OF 10 REPS PER SIDE

DAY 4 | CHEST/TRICEPS/SHOULDERS

- DUMBBELL BENCH PRESS** 3 SETS OF 8 REPS
- INCLINE CHEST PRESS** 3 SETS OF 12 REPS
- 3A. CABLE CHEST FLYS** 3 SETS OF 12 REPS
3B. ROPE CABLE TRICEP EXTENSIONS 3 SETS OF 12 REPS
- 4A. DUMBBELL LATERAL RAISES** 4 SETS OF 15 REPS
4B. OVERHEAD DUMBBELL TRICEP EXTENSIONS 4 SETS OF 10 REPS PER SIDE

DAY 2 | BACK/BICEPS

- PULL-UPS** 4 SETS OF AS MANY REPS POSSIBLE
- CHEST SUPPORTED ROWS** 4 SETS OF 10 REPS
- 3A. BENT OVER REVERSE FLYS** 3 SETS OF 15 REPS
3B. BARBELL BICEP CURLS 3 SETS OF 8 REPS
- DUMBBELL HAMMER CURLS** 4 SETS OF 10 REPS

DAY 5 | BACK/BICEPS

- PULL-UPS** 4 SETS OF AS MANY REPS POSSIBLE
- CHEST SUPPORTED ROWS** 4 SETS OF 10 REPS
- 3A. BENT OVER REVERSE FLYS** 3 SETS OF 15 REPS
3B. BARBELL BICEP CURLS 3 SETS OF 8 REPS
- DUMBBELL HAMMER CURLS** 4 SETS OF 10 REPS

DAY 3 | LEGS

- HACK SQUAT OR LEG PRESS** 4 SETS OF 12 REPS
- DUMBBELL RDLs** 4 SETS OF 12 REPS
- DUMBBELL BULGARIAN SPLIT SQUATS** 3 SETS OF 12 REPS PER SIDE
- LEG PRESS CALF RAISES** 4 SETS OF 15 REPS

KEY

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