

TRAIN LIKE MICHAEL B JORDAN

CREED 3 WORKOUT PLAN

WARM UP

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

DAY 1

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|--------------------------------|-------------------------------|
| 1A. DUMBBELL SPLIT SQUATS | 3 SETS OF 12 REPS
PER SIDE |
| 1B. SINGLE ARM DUMBBELL ROWS | 3 SETS OF 12 REPS
PER SIDE |
| 2A. DUMBBELL FLOOR PRESS | 3 SETS OF 15 REPS |
| 2B. DUMBBELL ROMANIAN DEADLIFT | 3 SETS OF 10 REPS |
| 3A. SKIPPING | 4 SETS OF 30 SECS |
| 3B. BEAR CRAWLS | 4 SETS OF 24 STEPS |

DAY 2

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|---|-------------------------------|
| 1A. GOBLET SQUATS | 3 SETS OF 15 REPS |
| 1B. BENT OVER DUMBBELL ROWS | 3 SETS OF 10 REPS |
| 2A. DUMBBELL SINGLE LEG
GLUTE BRIDGE OFF BENCH
OR COUCH 3X12/SIDE | 3 SETS OF 12 REPS
PER SIDE |
| 2B. DUMBBELL SINGLE ARM
OVERHEAD PRESS | 3 SETS OF 10 REPS
PER SIDE |
| 3A. MOUNTAIN CLIMBERS | 4 SETS OF 30 REPS |
| 3B. SKIPPING | 4 SETS OF 30 SECS |

DAY 3

- | | |
|--------------------------------|-------------------------------|
| 1A. DUMBBELL SPLIT SQUATS | 3 SETS OF 12 REPS
PER SIDE |
| 1B. SINGLE ARM DUMBBELL ROWS | 3 SETS OF 12 REPS
PER SIDE |
| 2A. DUMBBELL FLOOR PRESS | 3 SETS OF 15 REPS |
| 2B. DUMBBELL ROMANIAN DEADLIFT | 3 SETS OF 10 REPS |
| 3A. SKIPPING | 4 SETS OF 30 SECS |
| 3B. BEAR CRAWLS | 4 SETS OF 24 STEPS |

KEY

| = SUPERSET

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