

TRAIN LIKE KRATOS

GOD OF WAR WORKOUT PLAN

WARM UP

5 MINUTES MODERATE INTENSITY CARDIO
WORLDS GREATEST STRETCH X 10 REPS PER SIDE
DOWNWARD DOG INTO PLANK X 10 REPS
ARM CIRCLES X 20 REPS
BEAR CRAWL X 20 STEPS

DAY 1 | PRESSING STRENGTH

- STANDING BARBELL OVERHEAD PRESS** 3 SETS OF 5 REPS
- SEATED DUMBBELL OVERHEAD PRESS** 3 SETS OF 8 REPS
- INCLINE DUMBBELL PRESS** 3 SETS OF 12 REPS
- CABLE FACE PULLS** 3 SETS OF 12 REPS
- TRICEP PUSHDOWNS** 3 SETS OF 12 REPS

DAY 4 | PRESSING STRENGTH

- SINGLE ARM DUMBBELL PUSH PRESS** 3 SETS OF 5 REPS PER SIDE
- LATERAL MED BALL THROW** 3 SETS OF 6 REPS PER SIDE
- SINGLE ARM KB SWINGS** 3 SETS OF 8 REPS PER SIDE
- LANDMINE ROTATIONS** 3 SETS OF 20 REPS TOTAL ALTERNATING SIDES

DAY 2 | ATHLETIC POWER

- HEAVY KB SWINGS** 3 SETS OF 8 REPS
- CABLE PALOFF PRESS** 3 SETS OF 10 REPS PER SIDE
- MED BALL SLAMS** 3 SETS OF 8 REPS
- BAND WOOD CHOPS** 3 SETS OF 10 REPS PER SIDE

DAY 2 | DEADLIFT STRENGTH

- BARBELL DEADLIFT** 3 SETS OF 5 REPS
- SLED ROPE PULL (PULLING THE SLED TO YOU USING YOUR ARMS AND BACK)** 3 SETS OF 20 YARDS
- HEAVY LAT PULL DOWN** 3 SETS OF 12 REPS
- FARMERS CARRIES** 3 SETS OF 45 SECS
- BARBELL BICEP CURLS** 3 SETS OF 8 REPS

DAY 3 | SQUAT STRENGTH

- BACK SQUAT** 3 SETS OF 5 REPS
- SLED PUSH** 3 SETS OF 20 YARDS
- BALGARIAN SPLIT SQUATS** 3 SETS OF 8 REPS PER SIDE
- FARMERS CARRY** 3 SETS OF 45 SECS

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