# TRAIN LIKE RYAN REYNOLDS

# DEADPOOL 3 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

5 ROUNDS

**5 ROUNDS** 

X 10 REPS

X 10 REPS

X 18 REPS

X 12 REPS

5 ROUNDS OF

10 SECONDS

**WORK** 

OF 80% EFFORT

TOTAL

PER SIDE

PER SIDE

# DAY 1

#### **PHA TRAINING**

- KETTLEBELL SWINGS **DB INCLINE PRESS**
- GOBLET SQUAT
- **PULL UPS** (CAN USE A BAND IF NEEDED)

#### **REST 60-120 SECONDS BETWEEN ROUNDS**

#### **HITT TRAINING**

5 ROUNDS OF 10 SECONDS OF 80% EFFORT **WORK** 

#### **FOLLOWED BY 50 SECONDS OF ACTIVE REST AT 30-40% EFFORT**

(CAN BE DONE USING A ROWER, BIKE, SKI ERG. OR TREADMILL)

# DAY 2

#### **PHA TRAINING**

- SINGLE LEG DUMBBELL GLUTE **BRIDGE OFF BENCH**
- **SINGLE ARM DUMBBELL OVERHEAD PRESS**
- **ALTERNATING DUMBBELL**

**REVERSE LUNGES** 

**DUMBBELL PULL OVER** 

# **HITT TRAINING**

**FOLLOWED BY 50 SECONDS OF ACTIVE REST AT 30-40% EFFORT** 

**REST 60-120 SECONDS BETWEEN ROUNDS** 

(CAN BE DONE USING A ROWER, BIKE, SKI ERG, OR TREADMILL)

# DAY 3

## **PHA TRAINING**

**DUMBBELL FLOOR PRESS** X 12 REPS **DUMBBELL REAR DEADLIFTS** X 15 REPS **DUMBBELL BENT OVER ROWS** X 12 REPS X 12 REPS **DUMBBELL SPLIT SQUATS** 

## **REST 60-120 SECONDS BETWEEN ROUNDS**

**HITT TRAINING** 

5 ROUNDS OF 10 SECONDS OF 80% EFFORT WORK

**5 ROUNDS** 

PER SIDE

**FOLLOWED BY 50 SECONDS OF ACTIVE REST AT 30-40% EFFORT** 

(CAN BE DONE USING A ROWER, BIKE, SKI ERG, OR TREADMILL)

# DAY 4

#### **PHA TRAINING**

X 10 REPS **KETTLEBELL SWINGS** X 8 REPS **DB INCLINE PRESS** X 10 REPS 3. GOBLET SQUAT X 5-10 REPS **PULL UPS** 

(CAN USE A BAND IF NEEDED)

#### **REST 60-120 SECONDS BETWEEN ROUNDS**

5 ROUNDS

X 10 REPS

X 10 REPS

X 5-10 REPS

5 ROUNDS OF

10 SECONDS

WORK

**5 ROUNDS** 

X 10 REPS

PER SIDE

X 10 REPS

PER SIDE

X 18 REPS

X 12 REPS

5 ROUNDS OF

10 SECONDS

WORK

OF 80% EFFORT

**TOTAL** 

OF 80% EFFORT

X 8 REPS

#### **HITT TRAINING**

**FOLLOWED BY 50 SECONDS OF ACTIVE REST AT 30-40% EFFORT ICAN BE DONE USING A ROWER. BIKE, SKI ERG.** 

# DAY 5

## **PHA TRAINING**

OR TREADMILL)

- SINGLE LEG DUMBBELL GLUTE **BRIDGE OFF BENCH**
- **SINGLE ARM DUMBBELL OVERHEAD PRESS**
- **ALTERNATING DUMBBELL REVERSE LUNGES**
- **DUMBBELL PULL OVER**

## **REST 60-120 SECONDS BETWEEN ROUNDS**

# **HITT TRAINING**

**FOLLOWED BY 50 SECONDS OF ACTIVE REST** 

#### **AT 30-40% EFFORT** (CAN BE DONE USING A ROWER, BIKE, SKI ERG,

OR TREADMILL)

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