

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

DAY 1

PHA TRAINING 5 ROUNDS

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

- SINGLE LEG DUMBBELL GLUTE BRIDGE OFF BENCH** X 10 REPS PER SIDE
- SINGLE ARM DUMBBELL OVERHEAD PRESS** X 10 REPS PER SIDE
- ALTERNATING DUMBBELL REVERSE LUNGES** X 18 REPS TOTAL
- DUMBBELL PULL OVER** X 12 REPS

REST 60-120 SECONDS BETWEEN ROUNDS

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DAY 3

PHA TRAINING 5 ROUNDS

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

REST 60-120 SECONDS BETWEEN ROUNDS

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

DAY 4

PHA TRAINING 5 ROUNDS

- KETTLEBELL SWINGS** X 10 REPS
- DB INCLINE PRESS** X 8 REPS
- GOBLET SQUAT** X 10 REPS
- PULL UPS** X 5-10 REPS
(CAN USE A BAND IF NEEDED)

REST 60-120 SECONDS BETWEEN ROUNDS

HITT TRAINING 5 ROUNDS OF 10 SECONDS OF 80% EFFORT WORK

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

DAY 5

PHA TRAINING 5 ROUNDS

- SINGLE LEG DUMBBELL GLUTE BRIDGE OFF BENCH** X 10 REPS PER SIDE
- SINGLE ARM DUMBBELL OVERHEAD PRESS** X 10 REPS PER SIDE
- ALTERNATING DUMBBELL REVERSE LUNGES** X 18 REPS TOTAL
- DUMBBELL PULL OVER** X 12 REPS

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