

TRAIN LIKE TIM DRAKE

ROBIN TRAINING PLAN

NOTE: THIS IS AN INTERMEDIATE TO ADVANCED LEVEL WORKOUT.
IT'S NOT RECOMMENDED FOR BEGINNERS

WARM UP

5-10 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 | SPEED & POWER

- | | |
|---|------------------------------------|
| 1A. HEAVY KETTLEBELL SWINGS | 3 SETS OF 8 REPS |
| 1B. LANDMINE PUSH PRESS | 3 SETS OF 8 REPS PER SIDE |
| 2A. CABLE WOOD CHOPS | 3 SETS OF 8 REPS PER SIDE |
| 2B. SINGLE ARM KETTLEBELL SNATCHES | 3 SETS OF 8 REPS PER SIDE |
| 3A. KETTLEBELL/STEEL MACE HALOS | 3 SETS OF 14 REPS ALTERNATING SIDE |
| 3B. LATERAL MED BALL THROW | 3 SETS OF 8 REPS PER SIDE |

SPRINT WORK

PERFORM 8 ROUNDS OF THE FOLLOWING EITHER ON FOOT, A BIKE, A ROWING MACHINE, OR A SKI ERG! ONE MAX EFFORT 10-SECOND SPRINT FOLLOWED BY 60 SECONDS OF COMPLETE REST.

DAY 4 | BALANCE & JOINT STABILITY

- | | |
|--|------------------------------------|
| 1. KETTLEBELL TURKISH GET UP | 3 SETS OF 2 REPS ALTERNATING SIDES |
| 2A. SMALL BOX SINGLE LEG BOX JUMPS | 3 SETS OF 5 REPS PER SIDE |
| 2B. TRX ROWS | 3 SETS OF 15 REPS |
| 3A. BULGARIAN SPLIT SQUATS | 3 SETS OF 10 REPS PER SIDE |
| 3B. HEAVY SINGLE ARM KETTLEBELL MARCH | 3 SETS OF 40 STEPS |

MEDIUM INTENSITY CARDIOVASCULAR WORK

PERFORM 7 ROUNDS OF THE FOLLOWING EITHER ON FOOT, A BIKE, A ROWING MACHINE, OR A SKI ERG! ONE 60-SECOND BOUT OF WORK AT 75-80% EFFORT FOLLOWED BY 60 SECONDS OF ACTIVE REST AT 35-40% EFFORT.

DAY 2 | BALANCE & JOINT STABILITY

- | | |
|--|--|
| 1. KB TURKISH GET UP | 3 SETS OF 2 REPS ALTERNATING SIDE |
| 2A. LATERAL JUMPS | 3 SETS OF 12 REPS ALTERNATING SIDES |
| 2B. PULL UPS | 3 SETS OF AS MANY REPS AS POSSIBLE (CAN USE A BAND FOR ASSISTANCE) |
| 3A. MEDIUM SIDE LOADED BOX STEP-UPS 3X10/SIDE | 3 SETS OF 10 REPS PER SIDE |
| 3B. RENAGADE ROWS | 3 SETS OF 12 REPS ALTERNATING SIDE |

MEDIUM INTENSITY CARDIOVASCULAR WORK

PERFORM 7 ROUNDS OF THE FOLLOWING EITHER ON FOOT, A BIKE, A ROWING MACHINE, OR A SKI ERG! ONE 60-SECOND BOUT OF WORK AT 75-80% EFFORT FOLLOWED BY 60 SECONDS OF ACTIVE REST AT 35-40% EFFORT.

DAY 4 | SPEED & POWER

- | | |
|---|------------------------------------|
| 1A. HEAVY KETTLEBELL SWINGS | 3 SETS OF 8 REPS |
| 1B. DUMBBELL SQUAT THRUSTERS | 3 SETS OF 10 REPS |
| 2A. LANDMINE ROTATIONS | 3 SETS OF 8 REPS ALTERNATING SIDES |
| 2B. SINGLE ARM KETTLEBELL SNATCHES | 3 SETS OF 8 REPS PER SIDE |
| 3A. KETTLEBELL/STEEL MACE HALOS | 3 SETS OF 14 REPS ALTERNATING SIDE |
| 3B. LATERAL MED BALL THROW | 3 SETS OF 8 REPS PER SIDE |

SPRINT WORK

PERFORM 8 ROUNDS OF THE FOLLOWING EITHER ON FOOT, A BIKE, A ROWING MACHINE, OR A SKI ERG! ONE MAX EFFORT 10-SECOND SPRINT FOLLOWED BY 60 SECONDS OF COMPLETE REST.

DAY 3 | SPEED & POWER

- | | |
|---|--|
| 1. BARBELL FRONT SQUATS | 3 SETS OF 5 REPS |
| 2A. MED BALL SLAMS | 3 SETS OF 8 REPS (REST FOR AT LEAST 60 SECONDS BEFORE MOVING TO 2.B) |
| 2B. BROAD JUMPS | 3 SETS OF 6 REPS |
| 3A. HEAVY SINGLE ARM KETTLEBELL SWINGS | 3 SETS OF 8 REPS PER SIDE |
| 3B. SLED ROPE PULL | 3 SETS OF 20 YARDS AS FAST AS POSSIBLE |

SPRINT WORK

PERFORM 8 ROUNDS OF THE FOLLOWING EITHER ON FOOT, A BIKE, A ROWING MACHINE, OR A SKI ERG! ONE MAX EFFORT 10-SECOND SPRINT FOLLOWED BY 60 SECONDS OF COMPLETE REST.

KEY

| = SUPERSET

USE CODE 'DEMERS'

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

WWW.SUPERX.CO

SUPERX

DEMERS
PERSONAL TRAINING