

TRAIN LIKE AGENT 47

HITMAN TRAINING PLAN

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 | PULL

- TRAPBAR DEADLIFTS** 4 SETS OF 6 REPS
- ROPE SLED PULLS** 3 SETS OF 20 YARDS
HEAVY KETTLEBELL SWINGS 3 SETS OF 8 REPS
- PULL-UPS** 5 SETS OF MAX REPS
LANDMINE ROTATIONS 5 SETS OF 12 REPS
ALTERNATING SIDES
- ROWING MACHINE** 5 SETS OF 15 CALS

DAY 2 | PUSH

- BACK SQUAT** 4 SETS OF 8 REPS
- WALKING SPEED SLED PUSH** 3 SETS OF 20 YARDS
SINGLE ARM DUMBBELL PUSH PRESS 3 SETS OF 8 REPS
PER SIDE
- KETTLEBELL FRONT RACK WALKING LUNGES** 3 SETS OF 20 REPS
LATERAL MED BALL THROW 3 SETS OF 6 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 | FULL BODY CIRCUIT TRAINING

8 ROUNDS OF THE FOLLOWING WITH AS LITTLE REST AS POSSIBLE

- MEDICINE BALL SLAMS** X 10 REPS
- HEAVY FARMERS CARRY** X 20 YARDS
- SINGLE LEG STEP UPS** X 10 REPS PER SIDE
- BANDED PALOFF PRESSES** X 10 REPS PER SIDE

DAY 4 | PULL

- BENT OVER BARBELL ROWS** 4 SETS OF 8 REPS
- PULL-UPS** 4 SETS OF MAX REPS
BARBELL HIP THRUSTS 4 SETS OF 10 REPS
- HEAVY SINGLE ARM KETTLEBELL CARRIES** 4 SETS OF 45 SECS
PER SIDE
LANDMINE ROTATIONS 5 SETS OF 12 REPS
ROWING MACHINE 5 SETS OF 15 CALS

DAY 5 | PUSH

- BARBELL ZELCHER SQUATS** 4 SETS OF 10 REPS
- KETTLEBELL FRONT RACK WALKING LUNGES** 3 SETS OF 20 REPS
LATERAL MED BALL THROW 3 SETS OF 6 REPS
PER SIDE
- RUNNING SPEED SLED PUSH** 3 SETS OF 20 YARDS
PUSH UPS 3 SETS OF MAX REPS

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