

TRAIN LIKE BRAD PITT

TROY 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 30 STEPS
DOWNWARD DOG INTO PLANK X 10 REPS

DAY 1 | UPPER BODY

- DUMBBELL CHEST PRESS** 3 SETS OF 8-12 REPS
- LAT PULL DOWN** 4 SETS OF 8-12 REPS
- BARBELL CURLS** 4 SETS OF 8-10 REPS
- TRICEP CABLE PUSH DOWNS** 4 SETS OF 8-12 REPS
- SEATED REAR DELT ROWS** 3 SETS OF 12-15 REPS
- CABLE PEC FLYS** 3 SETS OF 8-12 REPS
- DUMBBELL LATERAL RAISES** 4 SETS OF 15-20 REPS

DAY 2 | LOWER BODY

- HACK SQUAT OR LEG PRESS** 4 SETS OF 8-12 REPS
- DUMBBELL REAR DEADLIFTS** 4 SETS OF 8-12 REPS
- STEP UPS** 4 SETS OF 10-12 REPS PER SIDE
- LEG PRESS STRAIGHT LEG CALF RAISES** 4 SETS OF 15-20 REPS

DAY 3 | UPPER BODY

- INCLINE DUMBBELL PRESS** 3 SETS OF 8-12 REPS
- SINGLE ARM DUMBBELL ROW** 4 SETS OF 8-12 REPS PER SIDE
- INCLINE DUMBBELL CURLS** 4 SETS OF 8-12 REPS
- OVERHEAD TRICEP EXTENSIONS SINGLE ARM** 4 SETS OF 10-12 REPS PER SIDE
- REVERSE FLYS** 3 SETS OF 12-15 REPS
- CABLE PEC FLYS** 3 SETS OF 8-12 REPS
- DUMBBELL LATERAL RAISES** 4 SETS OF 15-20 REPS

DAY 4 | LOWER BODY

- HACK SQUAT OR LEG PRESS** 4 SETS OF 8-12 REPS
- DUMBBELL REAR DEADLIFTS** 4 SETS OF 8-12 REPS
- STEP UPS** 4 SETS OF 10-12 REPS PER SIDE
- LEG PRESS STRAIGHT LEG CALF RAISES** 4 SETS OF 15-20 REPS

DAY 5 | UPPER BODY

- DUMBBELL CHEST PRESS** 3 SETS OF 8-12 REPS
- LAT PULL DOWN** 4 SETS OF 8-12 REPS
- BARBELL CURLS** 4 SETS OF 8-10 REPS
- TRICEP CABLE PUSH DOWNS** 4 SETS OF 8-12 REPS
- SEATED REAR DELT ROWS** 3 SETS OF 12-15 REPS
- CABLE PEC FLYS** 3 SETS OF 8-12 REPS
- DUMBBELL LATERAL RAISES** 4 SETS OF 15-20 REPS

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