

TRAIN LIKE JASON STATHAM

WARM UP

WORLDS GREATEST STRETCH X 10 REPS PER SIDE
DOWNWARD DOG INTO PLANK X 10 REPS
ARM CIRCLES X 20 REPS
DOWNWARD DOG INTO PLANK X 10 REPS

DAY 1 | FUNCTIONAL STRENGTH

- 1. **BARBELL DEADLIFTS** 4 SETS OF 8 REPS
- 2A. **PULL UPS** 4 SETS OF 5-8 REPS
(CAN ADD WEIGHT OR US BANDS FOR ASSISTANCE)
- 2B. **GOBLET FRONT RACK STEP-UPS** 4 SETS OF 8 REPS PER SIDE
- 3A. **KETTLEBELL SWINGS** 4 SETS OF 10 REPS
- 3B. **CHEST DIPS** 4 SETS OF 10-15 REPS
(CAN ADD WEIGHT OR US BANDS FOR ASSISTANCE)
- 4A. **HANGING KNEE/LEG RAISES** 3 SETS OF 10 REPS
- 4B. **SINGLE ARM KETTLEBELL CARRY** 3 SETS OF 45 SECS PER SIDE

DAY 2 | POWER AND CONDITIONING

- 1A. **FRONT SQUATS** 4 SETS OF 8 REPS
- 1B. **ROWING** 4 SETS OF 250 METERS
- 1C. **KETTLEBELL SNATCHES** 4 SETS OF 6 REPS PER SIDE
- 2A. **LATERAL MED BALL THROWS** 3 SETS OF 8 REPS PER SIDE
- 2B. **BOX JUMPS** 4 SETS OF 6 REPS
- 3A. **KETTLEBELL HALOS** 3 SETS OF 12 REPS
- 3B. **HANGING HOLLOW HOLDS** 3 SETS OF 30-45 SECS

KEY

— = SUPERSET

DAY 3 | FUNCTIONAL STRENGTH

- 1. **BARBELL OVERHEAD PRESS** 4 SETS OF 8 REPS
- 2A. **TRX ROWS** 4 SETS OF 15 REPS
- 2B. **BULGARIAN SPLIT SQUATS** 4 SETS OF 10 REPS PER SIDE
- 3A. **KETTLEBELL SWINGS** 4 SETS OF 15 REPS
- 3B. **PUSH UPS** 4 SETS OF MAX REPS
- 4A. **BANDED DEADBUGS** 3 SETS OF 15 REPS
- 4B. **FARMERS CARRIES** 3 SETS OF 45-60 SECS

DAY 4 | POWER AND CONDITIONING

- 1A. **GORILLA KETTLEBELL ROWS** 4 SETS OF 12 REPS ALTERNATING SIDES
- 1B. **WALL BALLS** 4 SETS OF 10 REPS
- 1C. **ASSUALT BIKE** 4 SETS OF 10 CALS
- 2A. **MED BALL SLAMS** 3 SETS OF 8 REPS
- 2B. **BROAD JUMPS** 3 SETS OF 6 REPS
- 3A. **KETTLEBELL HALOS** 3 SETS OF 12 REPS
- 3B. **PALLOFF PRESS** 3 SETS OF 10 REPS

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