

TRAIN LIKE JASON MOMOA

INSPIRED PHA TRAINING PROGRAM

NOTE:

THIS IS A VERY ADVANCED PROGRAM AND NOT INTENDED FOR BEGINNERS.
FOR A BEGINNER-FOCUSED AT-HOME PROGRAM [CLICK HERE](#)

WARM UP

5-10 MINUTES MODERATE INTENSITY CARDIO
WORLD'S GREATEST STRETCH X 10 REPS PER SIDE
ARM CIRCLES X 20 REPS
DOWNWARD DOG TO PLANK X 10 REPS

DAY 1

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|-----------------------------------|--------------------|
| 1A. BARBELL BACK SQUAT | 4 SETS OF 10 REPS |
| 1B. CHEST SUPPORTED DUMBBELL ROWS | 4 SETS OF 8 REPS |
| 2A. DUMBBELL BENCH PRESS | 4 SETS OF 8 REPS |
| 2B. KETTLEBELL SWINGS | 4 SETS OF 15 REPS |
| 3A. DUMBBELL BICEP CURLS | 3 SETS OF 8 REPS |
| 3B. TRICEP PUSH-UPS | 3 SETS OF MAX REPS |
| 3C. DUMBBELL LATERAL RAISES | 3 SETS OF 15 REPS |

DAY 2

- | | |
|-----------------------------|-------------------------------|
| 1A. BARBELL DEADLIFTS | 4 SETS OF 8 REPS |
| 1B. LANDMINE PRESS | 4 SETS OF 12 REPS
PER SIDE |
| 2A. BULGARIAN SPLIT SQUATS | 4 SETS OF 12 REPS
PER SIDE |
| 2B. PULL-UPS | 4 SETS OF MAX REPS |
| 3A. DUMBBELL HAMMER CURLS | 3 SETS OF 12 REPS |
| 3B. CABLE TRICEP EXTENSIONS | 3 SETS OF 10 REPS |
| 3C. DUMBBELL LATERAL RAISES | 3 SETS OF 15 REPS |

DAY 3

- | | |
|----------------------------------|------------------------------|
| 1A. LEG PRESS/HACK SQUAT | 4 SETS OF 12 REPS |
| 1B. SINGLE ARM SUPPORTED ROWS | 4 SETS OF 8 REPS
PER SIDE |
| 2A. INCLINE DUMBBELL PRESS | 4 SETS OF 12 REPS |
| 2B. DUMBBELL RDLs | 4 SETS OF 10 REPS |
| 3A. INCLINE DUMBBELL BICEP CURLS | 3 SETS OF 10 REPS |
| 3B. TRICEP PUSH-UPS | 3 SETS OF MAX REPS |
| 3C. DUMBBELL LATERAL RAISES | 3 SETS OF 15 REPS |

KEY

| = SUPERSET

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