# TRAIN LIKE
## TOM HOLLAND

### SPIDER-MAN 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
**DOWNWARD DOG TO PLANK** X 10 REPS
**BEAR CRAWL** X 30 STEPS

## DAY 1

**5-ROUND CIRCUIT**
(KEEP REST TO A MINIMUM BETWEEN EXERCISES AND REST FOR 2
MINUTES BETWEEN ROUNDS)

| | |
|---|---|
| **KETTLEBELL SWINGS** | 10 REPS |
| **DUMBBELL PUSH PRESS** | 8 REPS PER SIDE |
| **JUMP SQUATS** | 15 REPS |
| **PULL-UPS** | 8 REPS |
| (CAN USE A BAND FOR ASSISTANCE) | |

REST FOR 2 MINUTES

AFTER COMPLETING THE CIRCUIT COMPLETE THE FOLLOWING
EXERCISE AS WRITTEN

| | | |
|---|---|---|
| **1A.** | **HANGING KNEE/LEG RAISES** | 3 SETS OF MAX REPS |
| **1B.** | **DUMBBELL LATERAL RAISES** | 3 SETS OF 15 REPS |

## DAY 2

**5-ROUND CIRCUIT**
(KEEP REST TO A MINIMUM BETWEEN EXERCISES AND REST FOR 2
MINUTES BETWEEN ROUNDS)

| | |
|---|---|
| **ALTERNATING REVERSE LUNGES** | 20 REPS TOTAL |
| **PUSH-UPS** | 15 REPS |
| (CAN BE DONE OFF AN ELEVATED | |
| SURFACE TO DECREASE DIFFICULTY) | |
| **KETTLEBELL GORILLA ROWS** | 20 REPS TOTAL |
| **ALTERNATING SIDE** | |
| **BEAR CRAWLS** | 30 STEPS |

REST FOR 2 MINUTES

AFTER COMPLETING THE CIRCUIT COMPLETE THE FOLLOWING
EXERCISE AS WRITTEN

| | | |
|---|---|---|
| **1A.** | **BEAR CRAWLS** | 3 SETS OF 16 REPS |
| **1B.** | **DUMBBELL LATERAL RAISES** | 3 SETS OF 15 REPS |

## DAY 3

**5-ROUND CIRCUIT**
(KEEP REST TO A MINIMUM BETWEEN EXERCISES AND REST FOR 2
MINUTES BETWEEN ROUNDS)

| | |
|---|---|
| **BARBELL DEADLIFTS** | 6 REPS |
| **STANDING SINGLE ARM** | 8 REPS PER SIDE |
| **DUMBBELL OVERHEAD PRESS** | |
| **SPLIT SQUATS** | 10 REPS PER SIDE |
| **PULL-UPS** | 8 REPS |
| (CAN USE A BAND FOR ASSISTANCE) | |

REST FOR 2 MINUTES

AFTER COMPLETING THE CIRCUIT COMPLETE THE FOLLOWING
EXERCISE AS WRITTEN

| | | |
|---|---|---|
| **1A.** | **CABLE CRUNCHES** | 3 SETS OF 15 REPS |
| **1B.** | **DUMBBELL LATERAL RAISES** | 3 SETS OF 15 REPS |

KEY

█ = SUPERSET

SUPERX   DEMERS
PERSONAL TRAINING