

TRAIN LIKE SPIDER-MAN 2099

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
ARM CIRCLES X 20 REPS

DAY 1 - UPPER BODY

- 1. BARBELL STANDING SHOULDER PRESS 4X10** 4 SETS OF 10 REPS
REST 120S
- 2. PULL-UPS (CAN USE BANDS FOR ASSISTANCE)** 4 SETS OF 10 REPS
REST 120S
- 3A. CABLE ROWS** 3 SETS OF 15 REPS
3B. PUSH UPS 3 SETS OF MAX REPS
REST 60S
- 4A. BARBELL BICEP CURLS** 3 SETS OF 8 REPS
4B. DUMBBELL LATERAL RAISES 3 SETS OF 15 REPS
REST 60S

DAY 4 - LOWER BODY

- 1. BARBELL ROMAINE DEADLIFTS** 4 SETS OF 12 REPS
REST 2-3 MINS
- 2. BARBELL BACK SQUATS** 3 SETS OF 12 REPS
REST 2 MINS
- 3. BARBELL HIP THRUSTS** 3 SETS OF 12 REPS
REST 90S
- 4. HEAVY DUMBBELL FARMERS CARRY** 4 SETS OF 60SECS
REST 90S

DAY 2 - LOWER BODY

- 1. BARBELL DEADLIFTS** 4 SETS OF 8 REPS
REST 3 MINS
- 2. HACK SQUAT OR LEG PRESS** 3 SETS OF 10 REPS
REST 2-3 MINS
- 3.  SUPPORTED SINGLE LEG DUMBBELL RDL** 3 SETS OF 12 REPS
REST 60S
- 4. HEAVY DUMBBELL FARMERS CARRY** 4 SETS OF 60 SECS
REST 90S

DAY 3 - UPPER BODY

- 1. LAT DOMINANT CABLE ROWS** 4 SETS OF 8 REPS
REST 120S
- 2. DUMBBELL INCLINE PRESS** 4 SETS OF 12 REPS
REST 120S
- 3A. SINGLE ARM DUMBBELL ROWS** 3 SETS OF 12 REPS
PER SIDE
3B. SEATED DUMBBELL SHOULDER PRESS 3 SETS OF 10 REPS
REST 90S
- 4A. HAMMER CURLS** 3 SETS OF 12 REPS
4B. CABLE LATERAL RAISES 3 SETS OF 12 REPS
PER SIDE
REST 60S
- 5. DUMBBELL SHRUGS** 3 SETS OF 10 REPS
REST 60S

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 = SUPERSET  = VIDEO

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