

TRAIN LIKE BEN AFFLECK

BATMAN WORKOUT

NOTE:

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

WARM UP

5 MINUTES OF MODERATE INTENSITY CARDIO
WORLD'S GREATEST STRETCH X 10 REPS PER SIDE
DOWNDOG INTO PLANK X 10 REPS
ARM CIRCLES X 20 REPS

DAY 1 | POSTERIOR CHAIN

BLOCK 1 (FUNCTIONAL BODYBUILDING)

- 1. BARBELL DEADLIFTS** 4 SETS OF 8 REPS
- 2. PULL-UPS** 3 SETS OF 10 REPS
(USE WEIGHTS OR BANDS TO ADJUST DIFFICULTY)
- 3A. FARMER'S CARRY** 3 SETS OF 60 SECS
- 3B. GORILLA KETTLEBELL ROWS** 3 SETS OF 14 REPS
ALTERNATING SIDES

BLOCK 2 (METABOLIC CONDITIONING)

DO AS MANY SETS AS POSSIBLE OF THE FOLLOWING CIRCUIT AS YOU CAN IN 20 MINUTES.

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|----------------------------|----------|
| KETTLEBELL SWINGS | 15 REPS |
| BEAR CRAWLS | 30 STEPS |
| BARBELL BICEP CURLS | 12 REPS |
| FULL SIT-UPS | 10 REPS |

DAY 3 | POSTERIOR CHAIN

BLOCK 1 (FUNCTIONAL BODYBUILDING)

- 1. BARBELL BENTOVER ROWS** 4 SETS OF 8 REPS
- 2. BARBELL RDL'S** 3 SETS OF 12 REPS
- 3A. FARMER'S CARRY** 3 SETS OF 60 SECS
- 3B. SINGLE LEG HAMSTRING BRIDGE** 3 SETS OF 10 REPS
PER SIDE

BLOCK 2 (METABOLIC CONDITIONING)

DO AS MANY SETS AS POSSIBLE OF THE FOLLOWING CIRCUIT AS YOU CAN IN 20 MINUTES.

- | | |
|------------------------------|-------------|
| ROWING MACHINE | 12 CALORIES |
| BEAR CRAWLS | 30 STEPS |
| DUMBBELL HAMMER CURLS | 12 REPS |
| FULL SIT-UPS | 10 REPS |

DAY 2 | ANTERIOR CHAIN

BLOCK 1 (FUNCTIONAL BODYBUILDING)

- 1. BARBELL BACK SQUATS** 4 SETS OF 12 REPS
- 2. STANDING LANDMINE PRESS** 3 SETS OF 12 REPS
PER SIDE
- 3A. EXTENDED RANGE OF MOTION PUSH-UPS** 4 SETS OF 12 REPS
- 3B. LANDMINE ROTATIONS** 4 SETS OF 20 REPS

BLOCK 2 (METABOLIC CONDITIONING)

DO AS MANY SETS AS POSSIBLE OF THE FOLLOWING CIRCUIT AS YOU CAN IN 20 MINUTES.

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|---------------------------------------|-------------------|
| JUMP SQUATS | 15 REPS |
| SINGLE ARM FARMERS CARRY | 30 STEPS PER SIDE |
| SINGLE ARM DUMBBELL PUSH PRESS | 8 STEPS PER SIDE |
| HANGING KNEE/LEG RAISES | 10 REPS |

DAY 2 | ANTERIOR CHAIN

BLOCK 1 (FUNCTIONAL BODYBUILDING)

- 1. BARBELL BENCH PRESS** 4 SETS OF 8 REPS
- 2. BULGARIAN SPLIT SQUATS** 3 SETS OF 10 REPS
PER SIDE
- 3A. STANDING BARBELL OVERHEAD PRESS** 3 SETS OF 12 REPS
- 3B. BAND OR CABLE PALLOFF PRESS** 3 SETS OF 10 REPS
PER SIDE

BLOCK 2 (METABOLIC CONDITIONING)

DO AS MANY SETS AS POSSIBLE OF THE FOLLOWING CIRCUIT AS YOU CAN IN 20 MINUTES.

- | | |
|-----------------------|---------|
| LOW BOX JUMPS | 8 REPS |
| MED BALL SLAMS | 10 REPS |
| PUSH-UPS | 20 REPS |
- (CAN BE ELEVATED OR DONE ON KNEES IF NEEDED)

KEY

| = SUPERSET **▶** = VIDEO

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