

TRAIN LIKE CHRISTIAN BALE

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

5-10 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 | CHEST+SHOULDERS+TRICEPS

- 1. BARBELL BENCH PRESS**
REST 120 SECONDS 3 SETS OF 10 REPS
- 2. INCLINE DUMBBELL BENCH PRESS**
REST 120 SECONDS 3 SETS OF 12 REPS
- 3A. DUMBBELL LATERAL RAISES**
3 SETS OF 15 REPS
- 3B. TRICEP DIPS**
REST 90 SECONDS 3 SETS OF MAX REPS

5 ROUNDS OF METABOLIC CONDITIONING

AIRDYNE BIKE OR ERG ROWER 10 CALORIES
HEAVY KETTLEBELL FARMERS CARRY 45 SECONDS
BEAR CRAWL 20 STEPS

DAY 4 | UPPER BODY

- 1. DUMBBELL BENCH PRESS**
REST 120 SECONDS 4 SETS OF 10 REPS
- 2. LAT PULLDOWNS**
REST 120 SECONDS 4 SETS OF 8 REPS
- 3A. INCLINE DUMBBELL PRESS**
3 SETS OF 8 REPS
- 3B. CHEST SUPPORTED DUMBBELL ROWS**
REST 90 SECONDS 3 SETS OF 8 REPS
- 4A. BARBELL BICEP CURLS**
3 SETS OF 8 REPS
- 4B. CABLE TRICEP EXTENSIONS**
3 SETS OF 8 REPS
- 4C. CABLE LATERAL RAISES**
3 SETS OF 15 REPS PER SIDE

DAY 2 | BACK+BICEPS

- 1. WEIGHTED PULL-UPS**
REST 120 SECONDS 3 SETS OF 8 REPS
- 2. SEATED CABLE ROWS**
REST 120 SECONDS 3 SETS OF 10 REPS
- 3A. BENT OVER REAR DELT ROWS**
3 SETS OF 15 REPS
- 3B. DUMBBELL BICEP CURLS**
REST 90 SECONDS 3 SETS OF 10 REPS

5 ROUNDS OF METABOLIC CONDITIONING

SKIPPING 60 SECONDS
RENEGADE ROWS 12 REPS
WALL BALL 10 REPS

DAY 5 | LEGS

- 1. BARBELL DEADLIFTS** 3 SETS OF 8 REPS
 - 2. HACK SQUAT/LEG PRESS** 3 SETS OF 10 REPS
- 5 ROUNDS OF METABOLIC CONDITIONING**
- SKIPPING** 60 SECONDS
AIRDYNE BIKE OR ERG ROWER 10 CALORIES
WALL BALL 10 REPS

DAY 3 | LEGS

- 1. BARBELL BACK SQUAT**
REST 2-3 MINUTES 3 SETS OF 10 REPS
- 2. BARBELL ROMANIAN DEADLIFTS**
REST 2-3 MINUTES 3 SETS OF 10 REPS
- 3. SPLIT SQUATS**
REST 120 SECONDS 3 SETS OF 10 REPS PER SIDE
- 4. LEG PRESS CALF RAISES**
REST 60-90 SECONDS 4 SETS OF 15 REPS

KEY

| = SUPERSET

USE CODE 'DEMERS'

AT CHECKOUT FOR 20% OFF YOUR FIRST ORDER WITH US.

WWW.SUPERX.CO

SUPERX

DEMERS
PERSONAL TRAINING