

# 300 SPARTANS

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# 300 Spartans

## Workout Routine:

### Training Volume:

4 Days

### Explanation:

Circuit Training and Assistance Work w/ Strength Training

**\*\*See Bottom of Page\*\***

### Bench Press Variation:

25 Ball Slams @15  
50 Bench Press @135  
50 Push-Ups  
50 Box Jumps  
50 Floor Wipers @135  
50 Lunges  
25 Ball Slams

### Squat Variation:

25 One-Arm Snatches @36  
50 Back Squats @135  
50 Push-Ups  
50 Double Unders  
50 Sit-Ups  
50 Clean and Press  
25 One-Arm Snatches

### Press Variation:

25 Wall Balls @15  
50 Presses @95  
50 Push-Ups  
50 Double Unders  
50 Sit-Ups  
50 Lunges  
25 Wall Balls @15

## **Strength Portion**

We already know we're basing our variations around compound lifts, which means we're also basing our strength workout off those lifts as well.

Day One: Deadlift, Back Assistance Work and Original 300 WOD  
Day Two: Bench Press, Chest Assistance Work and Chest 300 WOD  
Day Three: Squat, Leg Assistance Work and Leg 300 WOD  
Day Four: Press, Shoulder Assistance Work and Shoulder 300 WOD