

PATRICK WILSON

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Patrick Wilson Workout Routine

Training Volume:

3-5+ days per week

Explanation:

The training volume can really vary. CrossFit can train 3 days on and 3 days off, marathon runners can run a good volume each week, and full body workouts can also be done 3+ days a week at a minimum. For that reason, I've listed 3-5+ days, but I will be giving you ample resources to utilize from the three options. Plug them in where you feel fit.

Workout Option One:

Full Body Workout One

Warm Up:

Stretch

HIIT Cardio

20 min treadmill HIIT

1 min on: run 5.5-9mph

1 min off: walk 2.5-3.3mph

Workout:

Bench Press

4×12

Arnold Press

4×12

Lateral Pulldowns

4×12

Leg Press

4×12

Preacher Curls

4×12

Overhead Tricep Extension

4×12

Sit Ups

4×20

Full Body Workout Two

Warm Up:

Stretch

HIIT Cardio

20 min treadmill HIIT

1 min on: run 5.5-9mph

1 min off: walk 2.5-3.3mph

Workout:

Incline Chest Flys

4×12

Dumbbell Shoulder Front Raises

4×12

Cable Rows

4×12

Squats

4×12

Hammer Curls

4×12

Tricep Cable Pushdowns

4×12

Leg Raises (Hanging or Lying)

4×20

Workout Option Two: Running/Marathon Training

Example of training schedule:

Week One and Two:

Tuesday: 3 miles

Thursday: 3 miles

Saturday or Sunday: 4-5 miles

Week Three and Four:

Increase mileage by 1-2 miles some days if possible.

Rinse and repeat every 2 weeks.

Workout Option Three:

CrossFit Styled Training (Some CrossFit WODS listed below)

“Helen”

Three rounds for time:

400m run
21 kettlebell swings at 53 pounds
12 pullups (band-supported if needed)

“Eva”

Five rounds for time:

800m run
30 kettlebell swings at 70 pounds, if you can, er, swing it
30 pullups (band-supported if needed)

“Grace”

For time:

30 clean and jerks at 135 pounds

“Fight Gone Bad”

Three rounds, one-minute per exercise, with one-minute rest between rounds:

Wall balls at 20 pounds with 10-foot target
Sumo deadlift high-pull at 75 pounds
20-inch box jumps

Push-press at 75 pounds
Rowing machine

“Fran”

21/15/9 reps for time:

Thrusters at 95 pounds
Pullups

“Newport Crippler”

For time:

30 back squats loaded with your body weight equivalent
1-mile run

“Karen”

For time:

150 wall balls at 20 pounds with 10-foot target (stopping before complete failure)

Target times:

Level 1: 8:00-10:00

Level 2: 5:00-8:00

Level 3: 4:00-5:00

Elite: < 4:00

7 Minutes of Burpees

In 7 minutes:

Do as many burpees as possible

“Murph”

For time:

1-mile run

100 pullups

200 pushups

300 air squats

1-mile run