

TOM HOPPER WORKOUT ROUTINE



Bonus PDF File
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TOM HOPPER WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

We're going to train 5 days a week just like Hopper did, and it's going to follow the exact same format he utilized as well.

Tom Hopper Workout Day One: Bench Press

Warm Up:

10 minutes of run or row

10 minutes of bodyweight training

Try (Scaling is Fine):

3×5 Pull Ups

3×5 Dips

3×10 Air Squats

3×10 Push Ups

Workout:

Bench Press

5×12,8,5,5,5

Farmer's Carry

5×50 yds.

Finisher:

Three rounds for time:

400m run

21 kettlebell swings at 53 pounds

12 pullups (band-supported if needed)

Tom Hopper Workout Day Two: Deadlift

Warm Up:

10 minutes of run or row

10 minutes of bodyweight training

Try (Scaling is Fine):

3×5 Pull Ups

3×5 Dips

3×10 Air Squats

3×10 Push Ups

Workout:

Deadlift

5×12,8,5,5,5

Sled Pushes

5×50 yds.

Finisher:

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

Tom Hopper Workout Day Three: Military Press

Warm Up:

10 minutes of run or row

10 minutes of bodyweight training

Try (Scaling is Fine):

3×5 Pull Ups

3×5 Dips

3×10 Air Squats

3×10 Push Ups

Workout:

Military Press

5×12,8,5,5,5

Kettlebell Swings

5×12

Finisher:

21/15/9 reps for time:

Thrusters at 95 pounds

Pullups

Tom Hopper Workout Day Four: Squats

Warm Up:

10 minutes of run or row

10 minutes of bodyweight training

Try (Scaling is Fine):

3×5 Pull Ups

3×5 Dips

3×10 Air Squats

3×10 Push Ups

Workout:

Back Squats

5×12,8,5,5,5

Sled Pushes

5×50 yds.

Finisher:

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

Tom Hopper Workout Day Five: Clean and Press

Warm Up:

10 minutes of run or row

Light Stretching

Workout:

Clean and Press

3×5

Turkish Get Ups

3×5

Finisher:

For time:

1-mile run

100 pullups

200 pushups

300 air squats

1-mile run