

WEREWOLF BY NIGHT WORKOUT ROUTINE



Bonus PDF File
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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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WEREWOLF BY NIGHT WORKOUT ROUTINE

Training Volume:

4+ days per week

Training Splits Can Include:

Upper/lower/upper/lower

Upper/lower/rest/upper/lower

Upper/rest/lower/rest/upper – lower/rest/upper/rest/lower

Upper/lower/upper/lower/upper – lower/upper/lower/upper/lower

Equipment required – Weighted Vest and Bar

Optional but highly recommend: Pull-up bar & dip station

Please stretch and warm up/down adequately. Pay special attention to your wrists, shoulders, rotator cuff, knees, and ankles

Werewolf By Night Day One: Upper

Warm up/Stretch

if you have a dip station then add the following

Dips 4×10-12

Workout:

Handstand Wall Hold 3×30 seconds

Pike Pushups 4×12-15

Superset A: Decline Diamond Push up 4×12

Superset A: Decline regular push up 4×12

Superset B: Lateral Raises with weighted Bar 4×10-12

Superset B: Reverse Fly with Weighted Bar 4×10-12

Superset C: Single-Arm shoulder Press w/ Bar 3×15

grab your weighted vest wrap it around the bar and then

Military Press w/ Vest&Bar 3×15

Floor Weighted Bar Fly 4×10

Tricep Dip 3×15

Incline Pushups 4×12

Abs: 3 or 4 sets

Weighted plank 60 seconds

Mountain climbers 40 reps

Side planks 60 seconds

Werewolf By Night Day Two: Lower

Warm up/Stretch

Workout:

Hip thrust 4×12

Bodyweight squat 1×100

Superset A: Weighted squat w/bar&vest 4×35-40

Superset A: Weighted Reverse Lunge w/bar&vest 4×40

Superset A: Calf raises w/bar&vest 4×30

Split squat or pistol squat 3×12-20

Wall sit 3×60 seconds

Abs: 3 sets

Leg raises 20 reps

Flutter kicks 20 reps

Bicycle crunches 40 reps

Werewolf By Night Day Three: Upper

Warm up/Stretch

if you have access to a pull-up bar or a park then include the following

Chin-ups 4×10

Pull-ups 4×10

Negative Pull-ups 4×10

Hanging leg raise 4×15

Workout:

Single-Arm Bar row (can wrap vest around and for more weight) 4×12-15

Wide grip Bar w/vest lat row (do these slowly; up for 5, down for 5) 4×12-15

Reverse Fly w/bar 4×12

Door-frame Row 4×15

Back Widow (hold at peak contraction for a few seconds) 4×12

Superman (arms behind you, hold at peak contraction for a few seconds) 3×12

Single arm Bar curl 4×10

Single arm hammer curl 4×10

Bar curl w/bar&vest 4×10

Abs: 3 sets

Hollow hold 30 seconds

Superman hold 40 seconds

Plank 60 seconds

Werewolf By Night Day Four: Lower

Warm up/Stretch

Workout:

Hip thrust 4×12

Bodyweight squat 1×100

Superset A: Jump squat 4×12-15

Superset A: Jump Lunge 4×12-15

Superset A: Calf raises w/bar&vest 4×30

Split squat or pistol squat 3×12-20

Wall sit 3×60 seconds

Abs: 3 sets

Leg raises 20 reps

Flutter kicks 20 reps

Bicycle crunches 40 reps

Werewolf By Night Bonus Bear Crawl Circuit:

Add this in on days (or nights ;-X) you have a little extra in the tank.

3 Round Circuit:

30 Second Basic Bear Crawl

30 Second Lateral Bear Crawl (Back and Forth)

30 Second Backward Bear Crawl

Rest 30 Seconds

To step this up a notch you can bear crawl weighted by putting weight on your back or pushing weight in the bear crawl position.

Also consider using bands on either your wrists or ankles to intensify your lateral bear crawls!