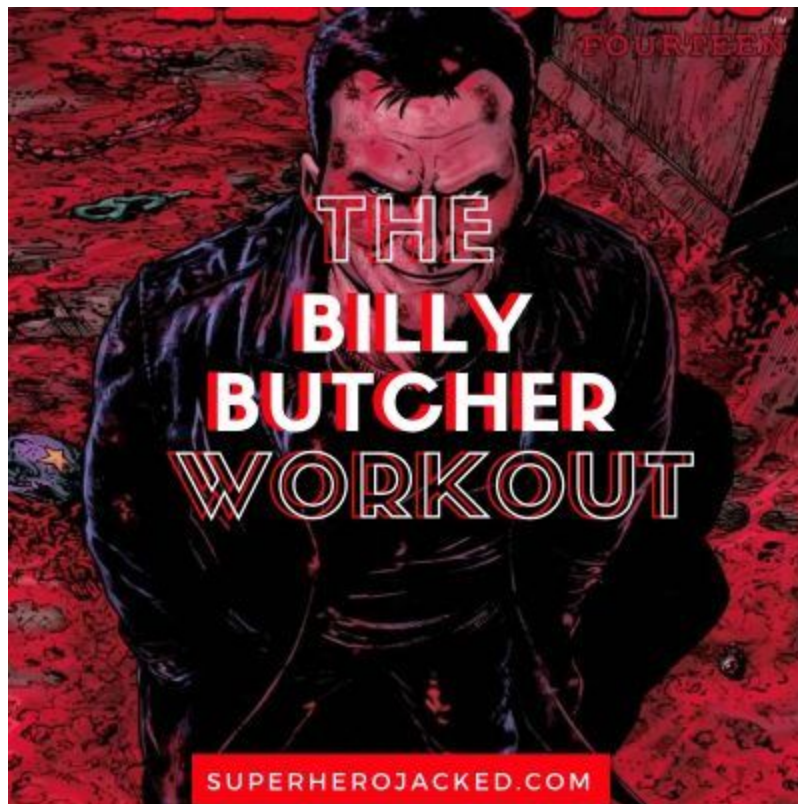


BILLY BUTCHER WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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BILLY BUTCHER WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

I'm going to be building you a basic 3 day split for Push/Pull/Legs weight training (remember that Billy Butcher strength we talked about?) and then I will also be sharing a workout built by U.S. Special Forces conditioning coach Jason Hartman that we will do 2 days a week on top of giving you the option to add in some of our MMA training programs from [Coach Derek](#).

Billy Butcher Workout Schedule:

Monday: Push Day

Tuesday: Special Forces Workout

Wednesday: Pull Day

Thursday: Special Forces Workout

Friday: Leg Day

Saturday: Special Forces Workout, MMA Training or Active Off Day

Sunday: Rest Day

Billy Butcher Workout Day One: Push Day

Warm Up:

15 Minute Incline Walk or Flat Jog

Workout:

Incline Dumbbell Bench Press

4×10,8,6,3

Overhead Press

4×10,8,6,3

Close Grip Bench Press

4×10,8,6,3

Weighted Dips

4×10

Shoulder Front Raises w/ Dumbbells (Standing)

4×10

Hex Press

4×10

Billy Butcher Workout Day Two: Special Forces Workout

Directions from Coach Hartman:

Do 10 reps of each exercise in Circuit A back-to-back. Repeat, this time doing 9 reps per exercise, then again doing 8 reps. Now do 1 round of Circuit B (60 seconds per move). Do 3 more rounds of Circuit A in countdown fashion, with 7, then 6, then 5 reps per move, followed by another round of Circuit B. Complete 4 more rounds of Circuit A, counting down to 1 rep per move in the final round. End with 1 round of Circuit B. Rest only as needed.

Circuit One:

A1. Pull-ups (sub with bodyweight rows if you can't do 10 pull-ups)

A2. Split Squat Jumps

A3. Dive Bomb Push Ups

Circuit Two:

B1. Kettlebell Single-Arm Snatch

B2. Kettlebell Single-Arm Swing

B3. Kettlebell Goblet Squats

B4. Kettlebell Deadlifts

B5. Burpees

Billy Butcher Workout Day Three: Pull Day

Warm Up:

15 Minute Incline Walk or Flat Jog

Workout:

Deadlift

4×10,8,6,3

Preacher Curls

4×10,8,6,3

Barbell Bent Over Rows

4×10,8,6,3

Weighted Chin Ups

4×10

Hammer Curls w/ DB

4×10

Wide Grip Pulldowns

4×10

Billy Butcher Workout Day Four: Special Forces Workout

Directions from Coach Hartman:

Do 10 reps of each exercise in Circuit A back-to-back. Repeat, this time doing 9 reps per exercise, then again doing 8 reps. Now do 1 round of Circuit B (60 seconds per move). Do 3 more rounds of Circuit A in countdown fashion, with 7, then 6, then 5 reps per move, followed by another round of Circuit B. Complete 4 more rounds of Circuit A, counting down to 1 rep per move in the final round. End with 1 round of Circuit B. Rest only as needed.

Circuit One:

A1. Pull-ups (sub with bodyweight rows if you can't do 10 pull-ups)

A2. Split Squat Jumps

A3. Dive Bomb Push Ups

Circuit Two:

B1. Kettlebell Single-Arm Snatch

B2. Kettlebell Single-Arm Swing

B3. Kettlebell Goblet Squats

B4. Kettlebell Deadlifts

B5. Burpees

Billy Butcher Workout Day Five: Leg Day

Warm Up:

15 Minute Incline Walk or Flat Jog

Workout:

Barbell Back Squat

4×10,8,6,3

Leg Press

4×10,8,6,3

Leg Press Calf Raises

4×10,8,6,3

Weighted Lunges

4×10

Hamstring Curls or Kickbacks

4×10

Bulgarian Split Squats

4×10

Billy Butcher Workout Day Six: Special Forces Workout OR MMA OR Active Off Day

You have a few options here. The first is your special forces workout that we've been doing throughout the week. Another run through this will definitely get the job done today.

I'll start by listing that, and then I'll list some MMA workout from Coach Derek, followed by some options for an active off day.

Directions from Coach Hartman:

Do 10 reps of each exercise in Circuit A back-to-back. Repeat, this time doing 9 reps per exercise, then again doing 8 reps. Now do 1 round of Circuit B (60 seconds per move). Do 3 more rounds of Circuit A in countdown fashion, with 7, then 6, then 5 reps per move, followed by another round of Circuit B. Complete 4 more rounds of Circuit A, counting down to 1 rep per move in the final round. End with 1 round of Circuit B. Rest only as needed.

Circuit One:

A1. Pull-ups (sub with bodyweight rows if you can't do 10 pull-ups)

A2. Split Squat Jumps

A3. Dive Bomb Push Ups

Circuit Two:

B1. Kettlebell Single-Arm Snatch

B2. Kettlebell Single-Arm Swing

B3. Kettlebell Goblet Squats

B4. Kettlebell Deadlifts

B5. Burpees

Next option is some Mixed Martial Arts (which can be added on more than just today if you choose):

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.

Finally, if you'd like a bit more of a "rest day" you can choose to go for an active rest. Some options include:

- Tracking your daily steps and making sure they surpass 10k
- Sports like tennis, basketball, soccer, etc.
- Hiking and/or biking trails

If you're looking to step it up and do cardio your options include (but aren't limited to):

- 3-5 mile jog

- 5-10 mile bike ride