

GERARD BUTLER WORKOUT ROUTINE



Bonus PDF File
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GERARD BUTLER WORKOUT ROUTINE

Training Volume:

3-6 days per week

Explanation:

We have a few variations to share. The Original 300 Workout will be the first thing I share, followed up by two other variations of it that you can use to get 4 days of training in. If you'd like to step it up further you can pair in the Men's Health variation a day or two, OR you can pair them together in some other formatting of your choice.

Gerard Butler Original 300 Workout:

2 Rounds for Time:

- 25 Pull-Ups
- 50 Deadlifts @135
- 50 Push-Ups
- 50 Box Jumps @24"
- 50 Floor Wipers @135
- 50 Clean and Press @36 each arm
- 25 Pull-Ups

I like to do these (including the other variations below into this statement) one round instead of two sometimes and then also add in some extra assistance work and heavier compounds.

Gerard Butler Workout: Secondary Variations of 300 Workout

These other variations make it so you're hitting all your compounds and other body parts throughout your circuit training!

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

Gerard Butler Workout: Men's Health 300 WOD

Obviously this one is VERY similar to The Original 300 WOD, with some minor differences, but it's good to share so you can possibly even learn how to switch it up and make your own variations; as well as have another go-to to swap to.

- Pullups – 25 reps
- Dumbbell Deadlift – 50 reps
- Pushups – 50 reps
- Body Weight Squat Jumps – 50 reps
- V-Up – 50 reps
- Dumbbell Push Press – 50 reps
- Pullups – 25 reps

Gerard Butler Workout: Men's Health Scaled 300 WOD

Variation

This one gives you an amazing example of a scaled WOD for those of you who want to work your way up to the harder circuits!

- 15 bodyweight rows
- 25 bodyweight squats
- 15 pushups
- 50 jumping jacks
- 20 mountain climbers
- 10 close grip pushups
- 15 bodyweight rows