

THE 300 MOVIE CIRCUIT 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.

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THE 300 MOVIE CIRCUIT WORKOUT ROUTINE

Training Volume:

One Circuit

THE “300” MOVIE CIRCUIT WORKOUT

Complete Two Rounds for Time

(Scale To One to Start)

Pull-Ups: 25 reps

Deadlift: 50 reps at 135

Push-Ups: 50 reps

Box Jumps: 50 reps (ideally done on a 24" box)

Floor Wipers: 50 reps holding a 135 lb bar

Clean and Press (using a kettlebell or dumbbells): 50 reps, 25 per arm ideally
with 36 lbs

Pull-Ups: 25 reps