

THE BRUCE WAYNE WORKOUT



**A TACTICAL
APPROACH**

SUN

MON

TUE

WED

THU

FRI

SAT

RUCK

(30 MIN @ 35 LBS)

STRENGTH WORK (PULL)

- DEADLIFT - WORK UP TO 3 REP DAILY MAX
- WEIGHTED PULL UP - WORK UP TO 3 REP DAILY MAX

METCON 10 MIN AMRAP

10 BOX JUMPS
FARMER'S CARRY 20 STEPS
DOWN & 20 STEPS BACK
12 CANDLESTICK
10 BALL SLAM
10-12 DB CURL

ASSISTANCE WORK

- BARBELL ROW - 2 SETS X 8 REPS
- HAMSTRING CURL - 2 SETS X 8-12 REPS

RUN (SPEED REPEATS)

RUN (STRIDE REPEATS)

STRENGTH WORK - PUSH DAY A

- HEAVY BENCH PRESS - WORK UP TO 3 REP DAILY MAX
- BANDED LATERAL RAISE 3-4 SETS X 8-12 REPS
- OHP - 3 SETS X 8 REPS
- DB REAR DELT RAISE - 3-4 SETS X 10-15 REPS
- WEIGHTED DIPS - 4 SETS X 10 REPS

RUN (LONG RUN)

REST DAY

EASY RUN

STRENGTH WORK - LEGS

- BACK SQUAT - WORK UP TO 3 REP DAILY MAX
- ROMANIAN DEADLIFT - 3-4 SETS X 5-8 REPS
- INCLINE DB CURL - 4 SETS X 10-12 REPS

STRENGTH WORK - PUSH DAY B

- INCLINE BENCH PRESS - 3 SETS X 8 REPS
- DB LATERAL RAISE - 4 SET X 8-12 REPS
- SKULL OVERTS - 4 SETS X 12-15 REPS

METCON (BATCON) 3 ROUNDS (WORK UP TO 5)

1/4 RUN OR 500M ROW
21 KB SWINGS
12 PULL UPS