Man of Steel

Day 1.

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat

Then:

Clean + Front Squat + Hang Clean:

One Triplet every 30 seconds for 10 minutes i.e. 20 total triplets

Use 75# - 135#

Then:

Work up to Deadlift 1RM

Then:

5x2 Deadlift @ 80% 1RM

Rest 3 minutes between sets

Then:

KB Swing @ 24kg +

30 sec FLR on rings 10-9-8-7-6-5-4-3-2-1 reps of each

Then:

Cool Down

Day 2.

Workout:

60 minute Row/Ride/Run @ Easy Pace

Day 3

10 minute Row @ Easy Pace

Then:

6x (30sec Work/30sec Active Rest) Row @ >150m per interval pace

Three Blocks, Rest 4 minutes between blocks

Then:

10 minute Row @ Easy Pace

Day 4

60 minute Row/Ride/Run @ Easy Pace

Day 5

Workout:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat @ 25#

Then:

Practice Pull-up, Squat, Push-up, Sit-up

Then:

100x Pull-up +

30x TGU @ 25# +

100x Push-up +

30x TGU @ 25# +

100x Air Squat +

30x TGU @ 25# +

100x Sit-up +

30x TGU @ 25#

Then:

Cool Down

Day 6

60 minute Row/Ride/Run @ Easy Pace

Day 7

Rest

Day 8

Workout:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat

2x20m Lunge

Then:

Work up to Front Squat 1RM

Then:

5x2 Front Squat @ 80% 1RM

Rest 3 minutes between sets

Then:

100x Front Squat Push Press @ 45# bar + 100x Wall Ball @ 20# ball + 100x Ball Slam @ 20# ball

Then:

Cool Down

Day 9

60 minute Row/Ride/Run @ Easy Pace

Day 10

Workout:

10 minute Row @ Easy Pace

Then:

Bench Press @ 135# to Complete Failure + Pull-up to complete failure

5 sets, Rest 2 min between each

Then:

4x (30sec Work/30sec “Rest”) Push Press @ 2 x 20-30# DB

“Rest” is in OH Position

Then:

Cool Down

Day 11

60 minute Row/Ride/Run @ Easy Pace

Day 12

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 25#

Then:

Six-Way BB Complex:

6x Deadlift + 6x Bent-over Row (back parallel to floor) +

6x Hang Clean + 6x Front Squat + 6x Push Press +

6x Back Squat + 6x Push-up

Do these all in a row without letting go of the bar. Rest 1-2 minutes. Do 3-4 sets. Increase weight on bar with each series, i.e.

75#-85#-95#-105#

Then:

“Meritorious”:

30x HSPU +

40x Pull-up +

50x KB Swing @ 53# +

60x Sit-up +

70x Burpee

Then:

Cool Down

Day 13

60 minute Row/Ride/Run @ Easy Pace

Day 14

Rest

Day 15

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 53#

3x20m Walking Lunge

3x20m OH Walking Lunge @ 15# DB

3x10 Shoulder Dislocate

Then:

2x (30sec Work/30sec “Rest’) Push Press @ 2 x 15# DB

“Rest” is in OH Position

Two Sets, Rest 2 min between sets

Then:

Work up to OHS 1RM

Then:

OHS @ 35% BW + Ring Push-up

30-20-10 reps of each

Then:

Cool Down

Day 16

60 minute Row/Ride/Run @ Easy Pace

Day 17

10 minute Row @ Easy Pace

Then:

15x (30sec Row/90sec Active Rest)

Player must Row one additional meter with each passing interval i.e. 150m, 151m, 152m, 153m, 154m, 155m, etc

Then:

Cool Down

Day 18

60 minute Row/Ride/Run @ Easy Pace

Day 19

Workout:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat

Then:

“Squat Play”

6x 30/15 sec intervals, random sequence of Squat, Jump Squat, Tuck Jump, Static Hold and rest

Then:

3x (1-6) Pull-up Ladder

Then:

"Those Burpees Suck"

10x Pull-up + 20x KB Swing @ 53# + 30x Box Jump @ 24" Box + 40x Push-up + 50x Sit-up + 60x Burpee + 10x Pull-ups

Then:

8x (20sec Row/10sec Active Rest) @ >100m per interval pace

Two Blocks, Rest 4 minutes between each

Then:

Cool Down

Day 20

60 minute Row/Ride/Run @ Easy Pace

Day 21

Rest

Day 22

10 minute Row @ Easy Pace

Then:

3x5 Wall Squat

2x20m Walking Lunge

2x20m OH Walking Lunge @ 45# BB

Then:

Deadlift:

3x5 DL @ 50% 1RM

Rest 1 min between sets

3x4 DL @ 60% 1RM

Rest 1 min between sets

3x3 DL @ 70% 1RM

Rest 2 min between sets

3x2 DL @ 80% 1RM

Rest 3 min between sets

6x1 DL @ 90% 1RM

Rest 4-5 min between sets

Then:

6x TGU @ 25# DB + 60sec FLR

Five Rounds

Then:

Cool Down

Day 23

60 minute Row/Ride/Run @ Easy Pace

Day 24

Dumbbell Complex (Standard):

6x Hi-Pull + 6x Bent-over Row + 6x Hang Clean +

6x Front Squat Push Press + 6x OHS & SOTS Press Combo +

6x Push-up & One-arm Row

Three Sets, Completed with 20-25# Dumbbells

Then:

Work up to Bench Press 1RM

Then:

Bench Press @ Bodyweight + Burpee Pull-up 10/1-9/2-8/3-7/4-6/5-5/6-4/7-3/8-2/9-1/10 reps of each (digression-progression)

Then:

3x 250m Row For Time

Three minutes Active Rest between efforts

Then:

Cool Down

For the "DB Complex" see the How-To-Video for Full instructions.

The Bench Pres/Pull-up combo looks like:

10x Bench Press + 1x Burpee/Pull-up +

9x Bench Press + 2 x Burpee/Pull-up +

Etc

Day 25

60 minute Row/Ride/Run @ Easy Pace

Day 26

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat

Then:

5x Lunge +

5x Push Press

400m Total

While holding a 45# bar or 2x 25# DB, or similar load, do 5x Lunges followed by 5x Push Press, continue doing this until you have

traveled 400m (this is typically done as 1 lap around a track)

Note:

This should take between 20 and 30 minutes

Then:

Cool Down

**Notes:**

The Lunge/Push Press workout is typically done around a track but you could do it standing in place. If you do it ends up being 5x Push Press + 5x Lunge, 100 Rounds

Day 27

60 minute Row/Ride/Run @ Easy Pace

Day 28

Rest

Day 29

Workout:

10 minute Row @ Easy Pace

Then:

Clean/Front Squat/Jerk:

2x 5/5/3 @ 70% (of C&J)

2x 4/4/3 @ 75%

2x 3/3/3 @ 80%

Then:

8x2 Front Squat @ 80-85% 1RM

Rest 1 min between sets

Then:

Frog Hop:

10m 20m 30m 40m 30m 20m 10m

Rest 1 min between sets

Then:

Cool Down

**Notes:**

For the Clean/Front Squat/Jerk use your Clean & Jerk 1RM.

The combo looks like:

5x Clean + 5x Front Squat + 3x Jerk. All reps repeated in succession.

Day 30

60 minute Row/Ride/Run @ Easy Pace

Day 31

10 minute Row @ Easy Pace

Then:

2000m Row for Time

Rest amount of time it took to complete 2000m

1000m Row for Time

Rest amount of time it took to complete 1000m

500m Row For Time

Then:

Cool Down

Day 32

60 minute Row/Ride/Run @ Easy Pace

Day 33

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat

Then:

20x OHS @ 45# BB +

20x  Feet-To-Hands +

30x Front Squat @ 75# + 30x KTE +

40x Back Squat @ 75# and 20-30# of chain +

40x Atomic Sit-up +

50x Air Squat +

50x Sit-up (feet anchored)

Then:

10x Push-up + 10 second Rest

Ten Rounds

Then:

Cool Down

Day 34

60 minute Row/Ride/Run @ Easy Pace

Day 35

Rest

Day 36

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 53#

3x10 Shoulder Dislocate

Then:

Work Up to Heavy OHS

Then:

OHS:

3x5 @ 50% 3x4 @ 60% 3x3 @ 70% 2x2 @ 80% 6x1 @ 90%

Rest 2-3 min between sets above 80%

Then:

5x Deadlift @ 75-80% + 10x Split Jump

5 Rounds

Then:  5x (1-6) Pull-up Ladder

Day 37

60 minute Row/Ride/Run @ Easy Pace

Day 38

3x (1-6) Pull-up Ladder

Then:

2x Strict Press + 2x Push Press + 2x Jerk:

Complete 2 reps of each at 75# (i.e. 6 total reps of each)

If successful on all 6 reps add 5# to bar and repeat.

Do this until you cannot do all 6 reps. Once that happens add 5# and only do 2x Push Press + 2x Jerk.

Continue adding 5# and doing 4 reps until you fail and then complete only 2x Jerk. Add 5# until you reach

failure

Then:

“Jonestown Sprint”:

Push Press @ 75# + Burpee Pull-up

20-10 reps of each

Then:

Cool Down

Day 39

60 minute Row/Ride/Run @ Easy Pace

Day 40

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 25#

Then:

Six-Way BB Complex:

6x Deadlift + 6x Bent-over Row (back parallel to floor) + 6x Hang Clean + 6x Front Squat + 6x Push Press + 6x Back Squat + 6x Push-up Do these all in a row without letting go of the bar. Rest 1-2 minutes. Do 3-4 sets. Increase weight on bar with each series, i.e. 75#-85#-95#-105#

Then:

Row 500m + 50x Ring Dip + 50x DB Push Press + 50x Step-up @ 18-20” box + 50x Push-up + 50x Sit-up + Row 500m

Then:

Cool Down

Day 41

60 minute Row/Ride/Run @ Easy Pace

Day 42

Rest