

# *300 Routine*

*You will need to keep well fuel up for this. Make sure you get those calories and protein down your neck. Very intense so no longer than 6 weeks.*

<b>Monday</b>						
Inclined Bench Press 3x12						
Squat 1x20 At least 20!						
Front Barbell hold outs* 3x10 sec						
Hammer Curls 3x12						
Isolation Curls 3X12						
<b>Friday</b>						
Press Ups 50 then add weight						
Plank 3x30 sec increase duration each session						
Bent over row with triceps bar 3x12						
Lat Pull Downs 3x15						
Barbell shrugs 3x12						

\*Front barbell hold outs=overhand grip, lift bar from waist to directly out in front of your shoulders. Chest out and shoulders back, back straight. You should still be breathing hard from the squats.

If you have trouble keeping your back straight stand against a wall feet 6 away, bum and shoulders against the wall.

# *Wednesday*

## *300*

*10 sets of 30 reps.*

*Good Luck keep a bucket and Aspirin handy.*

<b>Burpees</b>						
<b>Press up</b>						
<b>Dorsal Rises</b>						
<b>Pull Ups</b> (use an assist if needed)						
<b>Hanging Leg Rises</b>						
<b>Triceps Dips</b>						
<b>Weighted Crunches</b>						
<b>Lunges</b>						
<b>Lateral Rise</b>						
<b>Calf Rise</b>						