

Destroyer Base Workout (Valid for 7-8 weeks)

Day 1 (Core, Legs Power)

Back Squats 7 sets

12, 10, 8, 8, 6, 6, 4

Hang Clean to Split Jerk 6 sets

8, 8, 6, 6, 4, 4

Circuit 1* (2 Rounds)

25 Bodyweight Squats to Calf Raises

25 Jumping Jacks

20 Walking Lunges (10 each leg)

Circuit 2* (2 Round)

15 Dumbbell Snatch

20 Sumo Squat Oblique Knee Raises (10 Each Side)

20 Bodyweight squats Knee Cross (10 Each Leg)

Finish up

20 Overhead Walking Lunges 3 sets (10 Each Leg & Arm)

50 Weighted Oblique Hyperextensions 4 sets (25 Each Side)

50 Glute Kickbacks 4 sets (25 Each Side)

200 Lower back Hyper Extensions (Fast as you can)

****Optional Core****

100 In & Out Legs

90 Flutter Kicks

80 Mountain Climbers (40 each foot)

70 Bicycle Crunches

60 Airplane-Abs

50 Prone Leg Lifts (Butt Lifts on stomach)

40 Lying Hip Touches (each side)

30 Pushups

20 Pike Position

10 Spiderman Knees (pushup position 10 each leg)

1 min plank



Day 2 (Upper Chest Major & Back Minor)

Flat Bench Press 4 sets 1 drop-set
15-10-8-6- Fail (drop-set)

Incline Machine Bench 5 sets
10-9-8-7-6 (each one should be as heavy as possible)

Bent Over Single Arm Rows Dumbbell 5 sets
10 reps 5 sets

Circuit 1* (2 rounds)
20 Pushups to Pike Position
20 Mountain Climbers (each leg total of 40)
20 Spiderman Knees Oblique's (pushup position)
20 Lateral Raises

Circuit 2* (2 rounds)
15 ½ Burpees
12 Full Burpees
10 Standing Dumbbell Shoulder Press
20 Rear Delt Rotations (palms up)

Flat Dumbbell Fly's 3 sets
10 reps 3 sets

Cable Fly (Above) 3 sets
10 reps 3 sets

Lat Pulldowns 3 sets 1 drop-set
12, 10, 8, Fail

****Optional Core****
100 Lower Back Hyper Extensions
90 Flutter Kicks
80 ¾ Leg Raises
70 Mountain Climbers (35 each leg)
60sec Plank
50 Bodyweight Squats to Calf Raises (Slow)
40 Pike Position
30 Plank to Palms

20 Superman Knees (10 each leg)

10 Pike Pushups

Day 3 (Hamstrings, Butt, & Back)

Roman Deadlift 5 sets

10 reps 5x

Regular Deadlifts 4 sets

8, 6, 5, 4

Sumo Deadlifts 3 sets

10, 8, 6

Circuit 1* (3 Rounds)

20 Sumo to Regular Squat Hops (20 Each)

20 Walking Lunges with Straight leg kickback (each leg)

20 Standing Calf Raises (off the floor)

Circuit 2* (2 Rounds)

20 Overhead Squats (light)

10 ½ Burpees

10 Plank with Reverse Leg Lifts (each leg)

Lower Back Hyper Extensions 150 reps (Fast as you can)

Stiff Leg Deadlift 3 sets

7 reps each set (slow)

****Core****

50 Legs Lifts

50 In & Out Legs

50 Side Plank Hip Touches

50 Pike Position

2 min Lateral Raises (as many as possible)

1 min Plank

1 min Plank

20 Pushups

Day 4 (Fat Burn Day)

Circuit 1*

Back Squats to Calf Raises (Light) 10 sets

20 reps 10 sets (short break)

Deadlift Pause 5 sets

20 reps 5 sets

Jumping Jacks 50 Reps 5 sets

Circuit 2* (3 rounds)

Reverse Rows (Inverted)

10-12 reps

Sumo Deadlifts (light)

20 reps

Lateral Raises (moderate)

15 reps

Circuit 3* (2 rounds)

20 Arnold Press (Moderate – Light)

10 Assisted pull-ups (heavy as possible)

12 Bent Over Rear Delt Fly

20 Rear Delt Rotations (moderate)

****Core****

100 Lower Back Hyper Extensions

80 Knee Tuck Crunches (feet on ball)

60 Spiderman Knees

40 Side Plank Hip Touches (each side)

20 Flutter Kicks (each side)

10 Pushups (2 sets)

Finish off

Run ½ mile for time lv 4-6 incline (record time)