

## Get the look, Daniel Craig

- Click on any exercise name to see a video clip
- (SS) means 'superset'. After finishing this exercise, move immediately to the next one with as little rest as possible

Routine A Back/ Chest	Set 1			Set 2			Set 3		
	Weight	Reps	Target reps	Weight	Reps	Target reps	Weight	Reps	Target reps
Bent Over Row			8			6			
Bent Over Row (SS)			4						
Straight Arm Pushdown			8						
Bench Press			8			6			
Bench Press (SS)			4						
Dumbbell Flye			8						
Wide Grip Cable Row (SS)			8			6			
Incline Dumbbell Press			8			6			

Routine B Legs/ Rib Cage/ Shoulders	Set 1			Set 2			Set 3		
	Weight	Reps	Target reps	Weight	Reps	Target reps	Weight	Reps	Target reps
Barbell Full Squat (SS)			10			8			6
Dumbbell Pullover			10			8			6
Dumbbell Overhead Press			8			6			
Dumbbell Overhead Press (SS)			4						
Cable Lateral Raise			8						
Standing Calf Raise			10						

Routine C Arms/ Midsection	Set 1			Set 2			Set 3		
	Weight	Reps	Target reps	Weight	Reps	Target reps	Weight	Reps	Target reps
Deadlift (SS)			10			8			6
Cable Crunch			10			8			6
Parallel Bar Dips (SS)			10			8			6
Close Grip Chin Up			10			8			6
Dumbbell Side Bend (Each side)			10						