



Harvey Training Solutions: I CHALLENGE YOU

The Bodyweight 300 : Workout 1



Tom Harvey



THE BODYWEIGHT 300

These are the bodyweight version of the popular hardcore total-body 300-rep workouts that turned ordinary actors into chiseled Spartan warriors for the movie 300.

PumpIntensity
REPS 50
SETS 1 set per exercise
LOAD Bodyweight
REST 30 seconds between sets

For each exercise, perform 1 set of 50 repetitions, resting 30 seconds between sets.
 Use your own bodyweight as resistance.



1 - Hang from a bar overhead, using an underhanded grip with your hands shoulder-width apart.
 2 - Pull your body up until your chin reaches over the bar, bending at the elbows.
 • Lower back down, extending your arms fully.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



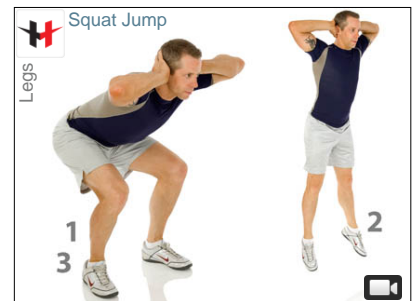
1 - Stand upright with your feet flat and shoulder-width apart and your hands at the sides of your head.
 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 3 - Push through your heels to return to the top position, keeping your back flat, your head up and your hands at the

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 2 - Push up to a straight arm position.
 • Lower your body back to the start position and repeat.
 • Keep your back flat and your hips in line with your shoulders throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Bend at the hips and knees into a semi-squat position leaning your torso slightly forward.
 2 - Push off your feet, jumping straight up.
 3 - Land in semi-squat and repeat the jump.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Lie on your back with your legs straight and your arms stretched out overhead.
 2 - Raise your legs straight up while also lifting your upper body off the floor and reach your hands toward your feet, keeping both your arms and legs straight.
 • Slowly lower your upper body and legs back to the floor and repeat, keeping the

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Lie on the floor holding onto a suspended straight bar with one hand and your arm straight.
 2 - Pull your body up to the bar and reach the other hand straight up to the ceiling.
 • Lower your body back to the floor.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



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 • Lower back down, extending your arms fully.

Sets	Reps	Weight	Notes
1			
2			
3			
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5			
6			

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