



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



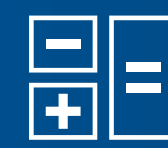
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STEPHEN AMELL'S ARROW WORKOUT: STRENGTH & FUNCTIONAL TRAINING

Ready to get superhero shredded? Gain strength, build muscle, and burn fat with this full body routine inspired by Arrow's Stephen Amell.

Link to Workout: <https://www.muscleandstrength.com/workouts/stephen-amell-arrow-workout>

Main Goal: Increase Strength
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 3 Days

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Kettle Bells,
Author: Brad Borland

Day 1: Strength

Exercise	Sets	Reps
Kettlebell Turkish Get Up	1	3 Each Side
Lateral Box Jump	3	20
Rear Foot Elevated Bulgarian Split Squat	3	6 Each Side
Single-Arm Dumbbell Flat Bench Chest Press	3	6 Each Side
TRX Trainer Suspension Row	3	Failure
Standing Dumbbell Side Lateral Raise	3	6
Single-Arm Cable Lat Pulldown	3	6 Each Side
Hanging Straight Leg Raise	3	Failure

Day 2: Active Recovery

Exercise	Sets	Reps
Mixed martial arts such as kickboxing & jiu-jitsu, archery, parkour, and/or running.		

Day 3: Strength

Exercise	Sets	Reps
Paloff Press	2	6 Each Side
Standing Barbell Push Press (Split Stance)	3	6
Single Leg Dumbbell Deadlift	3	6 Each Side
Standing Cable Chest Fly	3	6
Bent-Over Barbell Row	3	6
Handstand Pushup	3	Failure
Medium/ Wide-Grip Pullup	3	Failure
Russian Twist	3	Failure

Day 4: Active Recovery

Exercise	Sets	Reps
Mixed martial arts such as kickboxing & jiu-jitsu, archery, parkour, and/or running.		

Day 5: Strength

Exercise	Sets	Reps
Half-Kneeling Cable Wood Chop	2	6
Single-Arm Kettlebell Snatch	3	20 Each Side
Barbell Back Squat	3	6
Push Up	3	Failure
Bent-Over Dumbbell Row	3	6 Each Side
Single Arm Dumbbell Shoulder Press	3	6 Each Side
Standing Cable Low Row	3	6
V-Sits	3	Failure

Day 6: Active Recovery

Exercise	Sets	Reps
Mixed martial arts such as kickboxing & jiu-jitsu, archery, parkour, and/or running.		

Day 7: Active Recovery/Rest

Exercise	Sets	Reps
Mixed martial arts such as kickboxing & jiu-jitsu, archery, parkour, and/or running OR complete rest.		