

# EXERCISE with Style

## Jocko Willink Workout Routine PDF

The Jocko Willink workout routine is a four-day pull, push, lift, and squat split.

Each of these days he performs a variety of different movements that fit within these banners, with added gut and sprinting for conditioning.

For years, Jocko had never released a complete workout in the form of sets, reps, and rest times, until he published his recent book, *Discipline Equals Freedom Field Manual*.

With this, we will take snippets of the workout structure and training from the book and information online. The combination will produce a Jocko Willink workout routine to help you get closer to a Navy SEAL body.

We will also provide sets, reps, rest times, and a weekly schedule to give you a better idea of what it is like to train like Jocko Willink.

## Jocko Willink Workout Weekly Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pull	Push	Rest	Lifting	Squat	Rest	Rest

### Pull

Exercise	Sets	Reps	Rest
Sprint	2	400m	2-3 minutes
Sit Ups	1	2 Mins	30-45 secs
Wide-Grip Pull-Ups	2	Max	2-3 mins
Close-Grip Pull-Ups	2	Max	2-3 mins
Reverse-Grip Pull-Ups	2	Max	2-3 mins
Neutral Grip	2	Max	2-3 mins

### Push

Exercise	Sets	Reps	Rest
Burpees	2 mins	-	30-45 secs
Leg Raises	1	2 Mins	30-45 secs
Push-Ups	2	Max	2-3 mins
Wide Push-Ups	2	Max	2-3 mins
Tricep Push-Ups	2	Max	2-3 mins
Narrow Push-Ups	2	Max	2-3 mins

## Lift

Exercise	Sets	Reps	Rest
Sprint	2	400m	2-3 minutes
V-Ups	1	2 Mins	2-3 minutes
Snatch	4	5-8	60 secs
Clean and Jerk	4	5-8	60 secs
Deadlift	4	6-12	60 secs
Bench Press	4	6-12	60 secs

## Squats

Exercise	Sets	Reps	Rest
Air Squat	1	30-60	60 secs
Overhead Squat	1	30-60	60 secs
Back Squat	4	10	60 secs
Front Squat	4	8-12	60 secs
Lunges	3	10	30-45 secs