TRAINLIKE TOMHARDY

BANE TRAINING PLAN

WARM UP

5-10 MINUTES MODERATE INTENSITY CARDIO
WORLDS GREATEST STRETCH X 10 REPS PER SIDE
DOWNWARD DOG INTO PLANK X 10 REPS
ARM CIRCLES X 20 REPS
BEAR CRAWL X 20 STEPS
DOWNWARD DOG INTO PLANK X 10 REPS

DAY 1 UPPER BODY

1.	BARBELL BENCH PRESS	4 SETS OF 8 REPS
2.	LAT PULL DOWNS	4 SETS OF 10 REPS
3.	SEATED DUMBBELL BENCH PRESS	3 SETS OF 12 REPS
4.	HEAVY FARMERS CARRIES	4 SETS OF 45 SECS
5.	BARBELL CURLS	4 SETS OF 8 REPS
6.	DUMBBELL SHRUGS	4 SETS OF 12 REPS
7 .	DUMBBELL LATERAL RAISES	4 SETS OF 15 REPS

DAY 2 | LOWER BODY

1.	BARBELL DEADLIFTS	4 SETS OF 8 REPS
2.	LEG PRESS	4 SETS OF 12 REPS
3.	DUMBBELL ROMANIAN DEADLIFTS	4 SETS OF 12 REPS
4.	LEG PRESS CALF RAISES	4 SETS OF 15 REPS
5A.	CABLE PALOFF PRESS	4 SETS OF 10 REPS PER SIDE
5B.	BANDED LATERAL WALK	3 SETS OF 20 STEPS EACH WAY

DAY 3 | UPPER BODY

1.	BARBELL OVERHEAD PRESS	4 SETS OF 8 REPS
2.	LAT DOMINATE CABLE ROWS	4 SETS OF 12 REPS
3.	SEATED DUMBBELL INCLINE PRESS	3 SETS OF 12 REPS
4	HEAVY FARMERS CARRIES	4 SETS OF 45 SECS
5.	DUMBBELL HAMMER CURLS	4 SETS OF 12 REPS
6.	DUMBBELL SHRUGS	4 SETS OF 12 REPS
7 .	DUMBBELL LATERAL RAISES	4 SETS OF 15 REPS

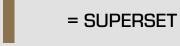
DAY 4 | LOWER BODY

1.	BARBELL DEADLIFTS	4 SETS OF 8 REPS
2.	DUMBBELL WALKING LUNGES	4 SETS OF 18 STEPS
3.	DUMBBELL ROMANIAN DEADLIFTS	4 SETS OF 12 REPS
4.	LEG PRESS CALF RAISES	4 SETS OF 15 REPS
5A.	CABLE PALOFF PRESS	4 SETS OF 10 REPS PER SIDE
5B.	BANDED LATERAL WALK	3 SETS OF 20 STEPS EACH WAY

DAY 5 | UPPER BODY

1.	BARBELL BENCH PRESS	4 SETS OF 8 REPS
2.	LAT PULL DOWNS	4 SETS OF 10 REPS
3.	SEATED DUMBBELL BENCH PRESS	3 SETS OF 12 REPS
4.	HEAVY FARMERS CARRIES	4 SETS OF 45 SECS
5.	BARBELL CURLS	4 SETS OF 8 REPS
6.	DUMBBELL SHRUGS	4 SETS OF 12 REPS
7.	DUMBBELL LATERAL RAISES	4 SETS OF 15 REPS

KEY



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