

TRAIN LIKE TOM HARDY

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

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