

maxi  muscle

NEW YEAR. | NEW PHYSIQUE.

SWOLE TRAINING PLAN

DAY 1

THIS IS A ROUTINE BASED ON A 5-DAY CYCLE; WEIGHTS USED SHOULD BE AROUND 80-85% OF 1RM.

BARBELL BENCH PRESS MEDIUM GRIP
6-10 REPS 4 SETS

DECLINE DUMBBELL PRESS
6-10 REPS 4 SETS

BARBELL INCLINED PRESS
6-10 REPS 4 SETS

INCLINED 45° DUMBBELL HEX PRESS
8-10 REPS 4 SETS

FLAT DUMBBELL FLIES
6-10 REPS 4 SETS

NOTE: DOESN'T INCLUDE WARM UP SETS. WARM UP WITH A MODERATELY LIGHTWEIGHT, COMPLETING 10 REPS, THEN MOVING ON TO WORKING SETS.



SCROLL FOR MORE



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DAY 2

THIS IS A ROUTINE BASED ON A 5-DAY CYCLE; WEIGHTS USED SHOULD BE AROUND 80-85% OF 1RM.

BICEP EZ BARBELL CURLS

6-8 REPS 4 SETS

INCLINED 45° HAMMER CURLS

ALTERNATE ARMS. 6-8 REPS 4 SETS

PARALLEL BAR DIPS

8-10 REPS 4 SETS

CABLE TRICEP EXTENSIONS

8-10 REPS 4 SETS

DECLINE EZ BAR TRICEP EXTENSIONS

8-10 REPS 4 SETS

NOTE: DOESN'T INCLUDE WARM UP SETS. WARM UP WITH A MODERATELY LIGHTWEIGHT, COMPLETING 10 REPS, THEN MOVING ON TO WORKING SETS.



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DAY 3

THIS IS A ROUTINE BASED ON A 5-DAY CYCLE; WEIGHTS USED SHOULD BE AROUND 80-85% OF 1RM.

PULL UPS (NEUTRAL GRIP)
6-8 REPS 4 SETS

BARBELL BENT OVER ROWS
UNDERHAND CLOSE GRIP. 8-10 REPS 4 SETS

SINGLE ARM DUMBBELL ROWS
8-10 REPS 4 SETS

ROPE STRAIGHT ARM PULL DOWNS
8-10 REPS 4 SETS

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DAY 4

THIS IS A ROUTINE BASED ON A 5-DAY CYCLE; WEIGHTS USED SHOULD BE AROUND 80-85% OF 1RM.

DUMBBELL SHOULDER PRESS

8-10 REPS 4 SETS

CABLE BENT OVER LATERAL RAISE

8-10 REPS 4 SETS

SINGLE ARM DUMBBELL LATERAL RAISE

8-10 REPS 4 SETS

SEATED CALF RAISES

25 REPS 4 SETS

LEG PRESS CALF RAISES

25 REPS 4 SETS

ABDOMINAL CRUNCHES

20 REPS 3 SETS

REVERSE ABDOMINAL CRUNCHES

20 REPS 3 SETS

TWISTING ABDOMINAL CRUNCHES

20 REPS 4 SETS

RUSSIAN TWISTS

40 REPS 4 SETS

NOTE: DOESN'T INCLUDE WARM UP SETS. WARM UP WITH A MODERATELY LIGHTWEIGHT, COMPLETING 10 REPS, THEN MOVING ON TO WORKING SETS.



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DAY 5

THIS IS A ROUTINE BASED ON A 5-DAY CYCLE; WEIGHTS USED SHOULD BE AROUND 80-85% OF 1RM.

LEG EXTENSIONS

8-10 REPS 4 SETS

BARBELL BACK SQUATS

8-10 REPS 4 SETS

WIDE STANCE LEG PRESS

8-10 REPS 4 SETS

BARBELL STIFF LEG DEADLIFT

8-10 REPS 4 SETS

WALKING DUMBBELL LUNGES

30 REPS 4 SETS

NOTE: DOESN'T INCLUDE WARM UP SETS. WARM UP WITH A MODERATELY LIGHTWEIGHT, COMPLETING 10 REPS, THEN MOVING ON TO WORKING SETS.

SHOP THE RANGE