

SWOLE EAGLE PROGRAM

Run this routine 2x week:

Push day:

- Bench Press: 3x5-8 reps
- Military Press: 3x5-8 reps
- Incline Bench Press: 3x5-8 reps
- Lateral Raises: 3x12-15 reps
- Tricep pushdown: 3x12-15 reps
- Tricep kickback: 3x12-15 reps

Pull day:

- Barbell row: 3x5-8 reps
- Lat pulldowns: 3x8-12 reps
- Seated low rows: 3x8-12 reps
- Face pulls: 3x12-15 reps
- Bicep curls: 4x12-15 reps
- Hammer curls: 3x12-15 reps
 - Shrugs: 4x12 reps

Leg day:

Who trains legs?

BUT MOST IMPORTANTLY:

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