

# SWOLE EAGLE PROGRAM

Run this routine 2x week:

## Push day:

- Bench Press: 3x5-8 reps
- Military Press: 3x5-8 reps
- Shoulder Press: 3x5-8 reps
- Lateral Raises: 3x12-15 reps
- Dumbbell Bench Press: 3x12-15 reps
- Dumbbell Chest Fly: 3x12-15 reps
- Pushing the weaklings around: 24/7

## Pull day:

- Deadlifts: 5 at max weight
- Lat pulldowns: 3x8-12 reps
- Bent-over rows: 3x8-12 reps
- Bicep curls: 4x12-15 reps
- Dumbbell Pullover: 3x12-15 reps
- Hammer curls: 3x12-15 reps
  - Shrugs: 4x12 reps
  - (Every day)

## Leg day:

Who trains legs?

BUT MOST IMPORTANTLY:

**HTB{b3aT1nG\_tH3\_cUsT0m\_h4sH\_??!}**