

A dark, grainy image of a soldier in a trench, with the text "TRAIN LIKE BANE" overlaid. The soldier is wearing a helmet and a jacket, and is looking down. The background is dark and textured, suggesting a trench environment. The text "TRAIN LIKE" is in a smaller, light-colored font, and "BANE" is in a larger, bold, light-colored font with a metallic texture.

TRAIN LIKE  
**BANE**

# MONDAY

## TOTAL BODY WORKOUT - WEEK 1

1A. Barbell Squats - 4 x 10 RM, 8 RM, 6 RM, 6 RM

1B. Banded Face Pulls x 5 reps with 5 second holds between sets of squats

2A. Barbell Bench Press - 4 x 10 RM, 8 RM, 6 RM, 6 RM

2B. Banded Face Pulls x 5 reps with 5 second holds between sets of bench press

3A. DB Powerbombs - 4 x 10 RM, 8 RM, 6 RM, 6 RM

3B. Banded Face Pulls x 5 reps with 5 second holds between sets of powerbombs

4. DB Trap Rows - 3 x 10-12 RM each arm

5. Seated Barbell Curl Plus - 3 x 12 RM

6. Face Pulldowns - 2 x 12-15 RM

\* Rest time is 2 min between sets.

For exercises that feature a superset with face pulls you will complete the face pulls during your 2 min rest period.

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TRAIN LIKE BANE

# TUESDAY

## CALF AND CARRY WORKOUT 1A x 5 ROUNDS

1. DB Farmer's Carry x 50 steps (25 right/left steps each)
2. DB Farmer's Carry on Toes x 50 steps (25 right/left steps each)
3. DB Standing Calf Raise x F (\*\*count your total reps across all rounds to failure)

\*Use a combined DB weight that equals your bodyweight

\*Rest just 10 seconds between exercises.

\*If you must drop weights, pick them back up as quickly as possible

\*Rest 1 to 2 minutes between rounds



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CALF AND CARRY

# WEDNESDAY

## PRISON BREAK - WEEK 1 (ESCAPE TOTAL - 400)

Wide Grip Barbell Shrugs x 100 reps (Use 12RM)

DB Urlachers x 100 reps (Use 12RM for DB Side Lateral Raise)

DB Grave Diggers x 100 reps

(Use twice the weight of Urlacher in just one dumbbell. For instance, if you use 30lb DB's for Urlachers, use one 60lb DB for Grave Diggers)

DB Crush Grip Goblet Squats x 100 reps (Use same weight as used on Grave Diggers)

\*Complete 100 reps of each exercise in any order in good form as quickly as possible.  
You may bounce back and forth between exercises as you wish.

\*Each press of the DB overhead during a Grave Digger counts as one rep.  
Therefore, you will be doing 50 up and overs to the right and 50 to the left



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PRISON BREAK

# THURSDAY

## CALF AND CARRY WORKOUT 2A x 5 ROUNDS

1A. DB Double Overhead Carry x 30 steps (15 right/left steps each)

1B. DB Double Overhead Carry on Toes x 30 steps (15 right/left steps each)

1C. DB Standing Calf Raise x F (\*\*count your total reps across all rounds to failure)

\*Use a combined DB weight that equals 1/2 your bodyweight

\*Rest just 10 seconds between exercises.

\*If you must drop weights, pick them back up as quickly as possible

\*Rest 1 to 2 minutes between rounds



CALF AND CARRY

# FRIDAY

## TOTAL BODY WORKOUT - WEEK 1

1A. Deadlifts - 4 x 10 RM, 8 RM, 6 RM, 6 RM

1B. Banded Face Pulls x 5 reps with 5 second holds between sets of deadlifts

2A. Incline Barbell Bench Press - 4 x 10 RM, 8 RM, 6 RM, 6 RM

2B. Banded Face Pulls x 5 reps with 5 second holds between incline bench press

3A. Barbell Front Squats - 4 x 10 RM, 8 RM, 6 RM, 6 RM

3B. Banded Face Pulls x 5 reps with 5 second holds between sets of front squats

4. KB Gorilla Row - 3 x 10-12 RM each arm

5. DB Cheat Laterals - 3 x 10-12 RM each arm

6. Plate Trap Raises - 2 x 12-15 RM

\* Rest time is 2 min between sets.

For exercises that feature a superset with face pulls you will complete the face pulls during your 2 min rest period.

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**TRAIN LIKE BANE**

# MONDAY

## TOTAL BODY WORKOUT - WEEK 2

1A. Barbell Squats - 4 x 8 RM,6 RM,6 RM,4 RM

1B. Banded Face Pulls x 5 reps with 5 second holds between sets of squats

2A. Barbell Bench Press - 4 x 8 RM,6 RM,6 RM,4 RM

2B. Banded Face Pulls x 5 reps with 5 second holds between sets of bench press

3A. DB Powerbombs - 4 x 8 RM,6 RM,6 RM,4 RM

3B. Banded Face Pulls x 5 reps with 5 second holds between sets of powerbombs

4. DB Trap Rows - 3 x 10-12 RM each arm

5. Seated Barbell Curl Plus - 3 x 12 RM

6. Face Pulldowns - 2 x 12-15 RM

\* Rest time is 2 min between sets.

For exercises that feature a superset with face pulls you will complete the face pulls during your 2 min rest period.

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**TRAIN LIKE BANE**

# TUESDAY

## CALF AND CARRY WORKOUT 1B x 5 ROUNDS

1. DB Farmer's Carry x 50 steps (25 right/left steps each)
2. DB Farmer's Carry on Toes x 50 steps (25 right/left steps each)
3. DB Standing Calf Raise x F (\*\*attempt to beat your rep total from last week)

\*Use a combined DB weight that equals your bodyweight

\*Rest just 10 seconds between exercises.

\*If you must drop weights, pick them back up as quickly as possible

\*Rest 1 to 2 minutes between rounds



CALF AND CARRY



# WEDNESDAY

## PRISON BREAK - WEEK 2 (ESCAPE TOTAL - 480)

Wide Grip Barbell Shrugs x 120 reps (Use 12RM)

DB Urlachers x 120 reps (Use 12RM for DB Side Lateral Raise)

DB Grave Diggers x 120 reps

(Use twice the weight of Urlacher in just one dumbbell. For instance, if you use 30lb DB's for Urlachers, you would need one 60lb DB for Grave Diggers)

DB Crush Grip Goblet Squats x 120 reps (Use same weight as used on Grave Diggers)

\*Complete 120 reps of each exercise in any order in good form as quickly as possible.  
You may bounce back and forth between exercises as you wish.

\*Each press of the DB overhead during a Grave Digger counts as one rep.  
Therefore, you will be doing 60 up and overs to the right and 60 to the left



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PRISON BREAK

# THURSDAY

## CALF AND CARRY WORKOUT 2B x 5 ROUNDS

- 1A. DB Double Overhead Carry x 30 steps (15 right/left steps each)
- 1B. DB Double Overhead Carry on Toes x 30 steps (15 right/left steps each)
- 1C. DB Standing Calf Raise x F (\*\*count your total reps across all rounds to failure)

\*Use a combined DB weight that equals 1/2 your bodyweight

\*Rest just 10 seconds between exercises.

\*If you must drop weights, pick them back up as quickly as possible

\*Rest 1 to 2 minutes between rounds



CALF AND CARRY

# FRIDAY

## TOTAL BODY WORKOUT - WEEK 2

1A. Deadlifts - 4 x 8 RM,6 RM,6 RM,4 RM

1B. Banded Face Pulls x 5 reps with 5 second holds between sets of deadlifts

2A. Incline Barbell Bench Press - 4 x 8 RM,6 RM,6 RM,4 RM

2B. Banded Face Pulls x 5 reps with 5 second holds between incline bench press

3A. Barbell Front Squats - 4 x 8 RM,6 RM,6 RM,4 RM

3B. Banded Face Pulls x 5 reps with 5 second holds between sets of front squats

4. KB Gorilla Row - 3 x 10-12 RM each arm

5. DB Cheat Laterals - 3 x 10-12 RM each arm

6. Plate Trap Raises - 2 x 12-15 RM

\* Rest time is 2 min between sets.

For exercises that feature a superset with face pulls you will complete the face pulls during your 2 min rest period.

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**TRAIN LIKE BANE**

# MONDAY

## TOTAL BODY WORKOUT - WEEK 3

1A. Barbell Squats - 4 x 6 RM, 6 RM, 6 RM, 4 RM

1B. Banded Face Pulls x 5 reps with 5 second holds between sets of squats

2A. Weighted Dips - 4 x 10 RM, 8 RM, 6 RM, 6 RM

2B. Banded Face Pulls x 5 reps with 5 second holds between sets of weighted dips

3A. Barbell Dead Rows - 4 x 10 RM, 8 RM, 6 RM, 6 RM

3B. Banded Face Pulls x 5 reps with 5 second holds between sets of dead rows

4. Snatch Grip RDL - 3 x 10-12 RM

5. DB Floor Clean to Push Press - 3 x 10-12 RM

6. DB Prone Press - 2 x 12-15 RM

\* Rest time is 2 min between sets.

For exercises that feature a superset with face pulls you will complete the face pulls during your 2 min rest period.

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**TRAIN LIKE BANE**

# TUESDAY

## CALF AND CARRY WORKOUT 1C x 5 ROUNDS

1. DB Farmer's Carry x 50 steps (25 right/left steps each)
2. DB Farmer's Carry on Toes x 50 steps (25 right/left steps each)
3. DB Standing Calf Raise x F (\*\*attempt to beat your rep total from last week)

\*Use a combined DB weight that equals your bodyweight

\*Rest just 10 seconds between exercises.

\*If you must drop weights, pick them back up as quickly as possible

\*Rest 1 to 2 minutes between rounds



CALF AND CARRY

# WEDNESDAY

## PRISON BREAK - WEEK 3 (ESCAPE TOTAL - 520)

Wide Grip Barbell Shrugs x 130 reps (Use 12RM)

DB Urlachers x 130 reps (Use 12RM for DB Side Lateral Raise)

DB Grave Diggers x 130 reps

(Use twice the weight of Urlacher in just one dumbbell. For instance, if you use 30lb DB's for Urlachers, you would need one 60lb DB for Grave Diggers)

DB Crush Grip Goblet Squats x 130 reps (Use same weight as used on Grave Diggers)

\*Complete 130 reps of each exercise in any order in good form as quickly as possible.  
You may bounce back and forth between exercises as you wish.

\*Each press of the DB overhead during a Grave Digger counts as one rep.  
Therefore, you will be doing 65 up and overs to the right and 65 to the left



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PRISON BREAK

# THURSDAY

## CALF AND CARRY WORKOUT 2C x 5 ROUNDS

1A. DB Double Overhead Carry x 30 steps (15 right/left steps each)

1B. DB Double Overhead Carry on Toes x 30 steps (15 right/left steps each)

1C. DB Standing Calf Raise x F (\*\*attempt to beat your rep total from last week)

\*Use a combined DB weight that equals 1/2 your bodyweight

\*Rest just 10 seconds between exercises.

\*If you must drop weights, pick them back up as quickly as possible

\*Rest 1 to 2 minutes between rounds



CALF AND CARRY

# FRIDAY

## TOTAL BODY WORKOUT - WEEK 3

1A. Deadlifts - 4 x 6 RM, 6 RM, 6 RM, 4 RM

1B. Banded Face Pulls x 5 reps with 5 second holds between sets of deadlifts

2A. Barbell Push Press - 4 x 10 RM, 8 RM, 6 RM, 6 RM

2B. Banded Face Pulls x 5 reps with 5 second holds between sets of push presses

3A. Weighted Chins - 4 x 10 RM, 8 RM, 6 RM, 6 RM

3B. Banded Face Pulls x 5 reps with 5 second holds between weighted chins

4. Lean Back Pulldowns - 3 x 10-12 RM

5. Kneeling DB Shrugs - 3 x 10-12 RM

6. DB Rear Delt Raises - 2 x 12-15 RM

\* Rest time is 2 min between sets.

For exercises that feature a superset with face pulls you will complete the face pulls during your 2 min rest period.

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**TRAIN LIKE BANE**



# MONDAY

## TOTAL BODY WORKOUT - WEEK 4

1A. Barbell Squats - 4 x 6 RM, 6 RM, 4 RM, 4 RM

1B. Banded Face Pulls x 5 reps with 5 second holds between sets of squats

2A. Weighted Dips - 4 x 8 RM, 6 RM, 6 RM, 4 RM

2B. Banded Face Pulls x 5 reps with 5 second holds between sets of weighted dips

3A. Barbell Dead Rows - 4 x 8 RM, 6 RM, 6 RM, 4 RM

3B. Banded Face Pulls x 5 reps with 5 second holds between sets of dead rows

4. Snatch Grip RDL - 3 x 10-12 RM

5. DB Floor Clean to Push Press - 3 x 10-12 RM

6. DB Prone Press - 2 x 12-15 RM

\* Rest time is 2 min between sets.

For exercises that feature a superset with face pulls you will complete the face pulls during your 2 min rest period.

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**TRAIN LIKE BANE**

# TUESDAY

## CALF AND CARRY WORKOUT 1D x 5 ROUNDS

1. DB Farmer's Carry x 50 steps (25 right/left steps each)
2. DB Farmer's Carry on Toes x 50 steps (25 right/left steps each)
3. DB Standing Calf Raise x F (\*\*attempt to beat your rep total from last week)

\*Use a combined DB weight that equals your bodyweight

\*Rest just 10 seconds between exercises.

\*If you must drop weights, pick them back up as quickly as possible

\*Rest 1 to 2 minutes between rounds



CALF AND CARRY

# WEDNESDAY

## PRISON BREAK - WEEK 4 (ESCAPE TOTAL - 600)

Wide Grip Barbell Shrugs x 150 reps (Use 12RM)

DB Urlachers x 150 reps (Use 12RM for DB Side Lateral Raise)

DB Grave Diggers x 150 reps

(Use twice the weight of Urlacher in just one dumbbell. For instance, if you use 30lb DB's for Urlachers, you would need one 60lb DB for Grave Diggers)

DB Crush Grip Goblet Squats x 150 reps (Use same weight as used on Grave Diggers)

\*Complete 150 reps of each exercise in any order in good form as quickly as possible.  
You may bounce back and forth between exercises as you wish.

\*Each press of the DB overhead during a Grave Digger counts as one rep.  
Therefore, you will be doing 75 up and overs to the right and 75 to the left



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PRISON BREAK

# THURSDAY

## CALF AND CARRY WORKOUT 2D x 5 ROUNDS

- 1A. DB Double Overhead Carry x 30 steps (15 right/left steps each)
- 1B. DB Double Overhead Carry on Toes x 30 steps (15 right/left steps each)
- 1C. DB Standing Calf Raise x F (\*\*attempt to beat your rep total from last week)

\*Use a combined DB weight that equals 1/2 your bodyweight

\*Rest just 10 seconds between exercises.

\*If you must drop weights, pick them back up as quickly as possible

\* Rest 1 to 2 minutes between rounds



CALF AND CARRY

# FRIDAY

## TOTAL BODY WORKOUT - WEEK 4

1A. Deadlifts - 4 x 6 RM,6 RM,4 RM,4 RM

1B. Banded Face Pulls x 5 reps with 5 second holds in between sets of deadlifts

2A. Barbell Push Press - 4 x 8 RM,6 RM,6 RM,4 RM

2B. Banded Face Pulls x 5 reps with 5 second holds between sets of push presses

3A. Weighted Chins - 4 x 8 RM,6 RM,6 RM,4 RM

3B. Banded Face Pulls x 5 reps with 5 second holds between weighted chins

4. Lean Back Pulldowns - 3 x 10-12 RM

5. Kneeling DB Shrugs - 3 x 10-12 RM

6. DB Rear Delt Raises - 2 x 12-15 RM

\* Rest time is 2 min between sets.

For exercises that feature a superset with face pulls you will complete the face pulls during your 2 min rest period.

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**TRAIN LIKE BANE**

# CHALLENGE

## THE BANE OF YOUR EXISTENCE CHALLENGE

Can you max out each "Venom Set" to earn the top score in this challenge?

DB Bench Press (12RM) - Venom Set x 12 Minutes

Standing DB Curls (12RM) - Venom Set x 12 Minutes

Barbell Squats (12RM) - Venom Set x 12 Minutes

Perform one exercise at a time. Start a clock and let it run for 12 minutes. In the first minute, complete 1 rep of the exercise. In the second minute, 2 reps. Keep going and see if you can complete 12 reps in the final minute before the clock strikes 12. If you have to rest at any point you can do so by performing rest-pause reps but remember you only have that one minute period to complete your rep goal. When done with one exercise, rest 3 minutes and proceed to the next, performing it in the same fashion. Total up the number of rounds you were able to complete across all 3 exercises for your final challenge score.

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**TRAIN LIKE BANE**

# SCORES


X-treme: Made Bane My B\*tch 36 Minutes

Elite: Baniac 30-35 Minutes

Pro: Bad to the Bane 27-29 Minutes

Solid: Bane's Bane 20-26 Minutes

Basix: Burned by Bane Less than 20 Minutes



Oh, you think darkness is your ally. But you merely adopted the dark; I was born in it, moulded by it. I didn't see the light until I was already a man, by then it was nothing to me but **BLINDING!**

— BANE