



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



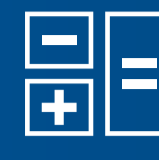
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SWEATSHIRT SWOLE: THE ULTIMATE BULKING WORKOUT PLAN

It's about time to pack up your tank tops and bust out your sweatshirts. Be sure you get swole and appear huge in your sweatshirt by doing this workout!

Link to Workout: <https://www.muscleanstrength.com/workouts/sweatshirt-swole-program>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 12 Weeks
Days Per Week: 4 Days

Time Per Workout: 75-90 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells
Author: Coach Dustin Myers

Day 1: Pull

Exercise	Sets	Reps
1. Deadlift	7	5, 3, 3, 2, 1, 1, 1
2a. Weighted Pullups	5	5
2b. Hamstring Bridge	5	5 Each Leg
3a. T-Bar Row	4	5
3b. Lat Pulldown	4	8
4. Dumbbell Rows	5	10, 8, 6, 4, 2
5. Heavy Cheat Curl Negatives	5	5, 3, 3, 2, 1
6. Walking Lunges	1	10 Mins

Day 2: Push

Exercise	Sets	Reps
1. Dumbbell Incline Bench	6	10, 8, 5, 5, 5, 3
2. Close Grip Bench Press	4	5, 3, 2, 1
3. Weighted Dips	5	10, 5, 5, 3, 1 Set of Bodyweight for Failure
4. Chinese Pushups	1	50 Total Reps
5. Ab Wheel	2	12 - 15

Day 3: Lower Body

Exercise	Sets	Reps
1. Squat	7	5, 3, 3, 2, 1, 1, 1
2a. Split Squat	4	5 Each Leg
2b. Dumbbell Step Up	4	5 Each Leg
3. Glute Ham Raises	3	5
4. Reverse Hyperextension	1	50 Reps Total

Day 4: Traps & Upper Back

Exercise	Sets	Reps
1. Standing Dumbbell Press	6	10, 6, 5, 5, 3, 3
2a. Heavy Dumbbell Front Raise	4	5 Each Side
2b. Lateral Raise	4	5
2c. Bent Over Lateral Raise	4	10
3. Barbell Shrugs	4	10, 10, 5, 5
4a. Dumbbell Curls	5	5 Each Arm
4b. Dumbbell Skullcrushers	5	5 Each Arm
4c. Dumbbell Shrugs	5	15
5a. Preacher Curls	3	8
5b. Tricep Press Downs	3	20
5c. Dumbbell Shrugs	3	10