



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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BANE WORKOUT: THE INSANE BANE TRAINING PROGRAM

The insane Bane training program. Get insane like Batman's nemesis Bane: add these unique lifts and intensity techniques to your next workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/insane-like-bane-training-program>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 6 Weeks
Days Per Week: 4 Days

Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Machines
Author: Brad Borland

Monday

Exercise	Warm Up Sets	Work Sets	Rest
Incline Barbell Bench Press	2 x 10 - 15	2 x 5 - 8	2 minutes
Dumbbell Floor Press		2 x 5 - 8	2 minutes
Modified Arching Pull Up	1 x 10	AMAP*	2 minutes
Partial Deadlift	1 x 10	2 x 5 - 8	2 minutes
Floor Clean and Push Press	1 x 10	2 x 5 - 8	2 minutes
Dumbbell Lateral Raise		2 x 10 - 15	2 minutes
Floor Crunch		4 x 10 - 20	1 minute

*As many as possible

Tuesday

Exercise	Warm Up Sets	Work Sets	Rest
Dumbbell Calf Raise - Run The Rack	1 x 15	2 x 3 by Rack	2 minutes
Full Range Squat	2 x 10 - 15	5 x 10	2 minutes
Walking Lunge		2 Lengths	2 minutes
Modified Hamstring Raise	1 x 10	2 x AMAP*	2 minutes
Seated Barbell Curl	1 x 10	2 x 5 - 8	2 minutes
Dips	1 x 10	2 x 5 - 8	2 minutes
Hanging Leg Raise		4 x 10 - 20	1 minute

*As many as possible

Thursday

Exercise	Warm Up Sets	Work Sets	Rest
Barbell Bench Press	2 x 10 - 15	2 x 8 - 12	2 minutes
Feet Elevated 3 Point Push Up		2 x AMAP*	2 minutes
Side to Side Pull Up	1 x 10	2 x AMAP*	2 minutes
T Bar or Barbell Row	1 x 10	2 x 8 - 12	2 minutes
Double Plate Raise	1 x 10	2 x 8 - 12	2 minutes
Wide Grip Upright Row		2 x 8 - 12	2 minutes
Incline Sit Up		4 x 10 - 20	1 minute

*As many as possible

Friday

Exercise	Warm Up Sets	Work Sets	Rest
Seated Calf Raise	1 x 10 - 15	2 x 10 - 15	2 minutes
1 1/2 rep Front Squat	2 x 10 - 15	2 x 8 - 12	2 minutes
Single Leg Press		2 x 8 - 12	2 minutes
Romanian Deadlift	1 x 10	2 x 8 - 12	2 minutes
Standing Dumbbell Curl	1 x 10	2 x 8 - 12	2 minutes
Decline Close Grip Tricep Press	1 x 10	2 x 8 - 12	2 minutes
Lying Leg Raise		4 x 10 - 20	1 minute