



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



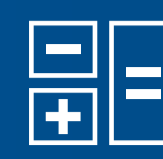
Diet Plans



Expert Guides



Videos



Tools

TOM HARDY INSPIRED WORKOUT: TRAIN LIKE VENOM

Tom Hardy is known for his body transformations when preparing for movie roles. This inspired workout can help you look his upcoming character in venom!

Link to Workout: <https://www.muscleanstrength.com/workouts/tom-hardy-venom-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 5 Days

Time Per Workout: 60 - 90 Minutes

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male

Author: M&S Team

Tom Hardy Workout Day 1: Upper Focused

Exercise	Warm Up Sets	Working Sets
1. Dumbbell Incline Bench Press	2 x 10 - 15	2 x 6 - 8
2. Push Ups	1 x 10	2 x Failure
3. Pull Ups	1 x 10	2 x Failure
4. High Pulls	1 x 10 - 15	2 x 5 - 8
5. Cable Face Pulls	-	3 x 10
6. Sit Ups	-	4 x 20

Tom Hardy Workout Day 2: Lower Focused

Exercise	Warm Up Sets	Working Sets
1. Squat	2 x 10 - 15	2 x 5 - 8
2. Leg Press	2 x 10 - 15	2 x 6 - 8
3. Leg Extension	1 x 10	2 x Failure
4. Leg Curl	1 x 10	2 x Failure
5. Calf Raise	-	4 x 20

Tom Hardy Workout Day 3: Upper Focused

Exercise	Warm Up Sets	Working Sets
1. Incline Bench Press	2 x 10 - 15	2 x 5 - 8
2. Z Press	2 x 10 - 15	2 x 5 - 8
3. Chin Ups	1 x 10	2 x Failure
4. Hang Clean	1 x 10 - 15	2 x 5 - 8
5. Seated Cable Row	-	3 x 10
6. Hanging Leg Raise	-	4 x 15 - 20

Tom Hardy Workout Day 4: Lower Focused

Exercise	Warm Up Sets	Working Sets
1. Trap Bar Deadlift	2 x 10 - 15	2 x 5 - 8
2. Hack Squat	2 x 10 - 15	2 x 6 - 8
3. Glute Ham Raise	1 x 10	2 x Failure
4. Bodyweight Lunge	1 x 10	2 x 15 - 20
5. Calf Raise	-	4 x 20

Tom Hardy Workout Day 5: Upper Focused

Exercise	Warm Up Sets	Working Sets
1. Bent Over Barbell Row	2 x 10 - 15	2 x 5 - 8
2. Floor Press	2 x 10 - 15	2 x 5 - 8
3. Neutral Grip Pull Up	1 x 10	2 x Failure
4. Push Press	1 x 10	2 x 5 - 8
5. Inverted Row	-	3 x 10
6. Plank	-	3 x 60 Secs