

maxi  **muscle**

NEW YEAR. | NEW PHYSIQUE.

HENCH TRAINING PLAN

DAY 1

FLAT BARBELL BENCH PRESS

10 REPS 4 SETS

INCLINE DUMBBELL PRESS

10 REPS 4 SETS

INCLINE DUMBBELL FLIES

10 REPS 4 SETS

INCLINED DUMBBELL HEX PRESS

8 REPS 3 SETS

BARBELL JM PRESS

10 REPS 4 SETS

TRICEP PUSHDOWNS

70% AMRAP 3 SETS



SCROLL FOR MORE



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DAY 2

BARBELL BACK SQUATS

10 REPS 4 SETS

BARBELL FRONT SQUATS

10 REPS 3 SETS

BULGARIAN LEG PRONE SPLIT SQUATS

10 REPS EACH SIDE 3 SETS

WALKING LUNGES

10 REPS EACH SIDE 3 SETS

LEG EXTENSION MACHINE

10 REPS 4 SETS



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DAY 3

BARBELL BENT OVER ROWS

10 REPS 4 SETS

LAT PULL DOWNS

10 REPS 4 SETS

REVERSE PULLS

10 REPS 3 SETS

SINGLE ARM ROWS

10 REPS 3 SETS

FACE PULLS

10 REPS 3 SETS

BARBELL BICEP CURLS

10 REPS 3 SETS

STANDING SINGLE ARM HAMMER CURLS

10 REPS 3 SETS



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DAY 4

DEADLIFTS

8 REPS 4 SETS

WEIGHTED BARBELL BENCH BRIDGE

10 REPS 4 SETS

ROMANIAN DEADLIFT

10 REPS 4 SETS

NORDIC CURLS

8 REPS 4 SETS

WEIGHTED SMITH MACHINE CALF RAISES

12 REPS 6 SETS



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DAY 5

BARBELL OVERHEAD PRESS

8 REPS 4 SETS

BARBELL SHRUGS

10 REPS 4 SETS

SEATED DUMBBELL SHOULDER PRESS

10 REPS 4 SETS

LATERAL RAISES

10 REPS 4 SETS

UPRIGHT ROW

10 REPS 4 SETS

BARBELL FRONTAL RAISE

10 REPS 4 SETS

SHOP THE RANGE