DAYS WEEK

This 3-day workout schedule is a comprehensive full-body routine, meaning you'll be hitting all your key muscle groups three times a week. This approach is particularly effective for beginners, as it promotes muscle development, strength gains, and fat loss. Remember, flawless form is critical before upping your weights, but don't sabotage your growth by going too easy on yourself. Push hard to see real progress. To nail the perfect form for each exercise, YouTube is an excellent resource with loads of helpful videos.

## **MONDAY**

# WEDNESDAY

#### FRIDAY

**Bulgarian Split Squat** 3 sets of 10-15 reps



**Romanian Deadlift** 3 sets of 6-8 reps



**Barbell Back Squat** 3 sets of 6-8 reps



Lat Pulldown 3 sets of 8-12 reps



**Barbell Bench Press** 

3 sets of 6-8 reps



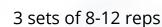
**Lying Leg Curl** 3 sets of 12-15 reps



**Incline Barbell Bench** 3 sets of 6-8 reps



**Underhand Lat Pulldown** 



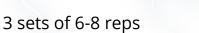


**Barbell Overhead Press** 

3 sets of 6-8 reps



**Barbell Bentover Row** 





**Lateral Raises** 3 sets of 12-15 reps



**Pull Ups (Weighted)** 3 sets of 6-8 reps



**Dumbbell Overhead Press** 





**Seated Cable Rows** 

3 sets of 8-12 reps



**Dumbbell Incline Bench** 

3 sets of 8-12 reps



## **ADD-ONS**

**Dumbbell Bicep Curls** 3 sets of 8-12 reps



**Seated Calf Raises** 

**CALVES & ABS** 

3 sets of 8-15 reps

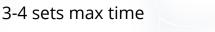


**Knee Raises** 3 sets of 8-20 reps



#### FINISHER

**Passive Dead Hang** 





Improves grip strength, decompresses the spine, and shoulder mobility/health.

3 sets of 8-12 reps

**Cable Tricep Extension** 

**HOW TO PROGRESS?** 

Keep your weights within the prescribed rep range for each exercise. When you nail all sets at the high-end rep count, it's time to increase the weight slightly. This steady progress is your path to becoming a Viking Beast. For instance, if you're doing 3 sets of barbell back squats for 6-8 reps and you smash 3 sets of 8 reps with 60kg, you've earned the right to level up to 62.5kg in your next workout. This approach keeps you challenging yourself within the 6-8 rep range, steadily building your strength like a true Viking warrior.

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