

The Mustache Workout

Man Up
Your Training

Bigger, Stronger, Leaner

Roland Denzel & Galina Denzel



The Mustache Workout

Workout 1

Workout 1	Date	Date	Date	Date	Date
General warmup	Jump Rope, 5+ min	Jump Rope, 5+ min	Jump Rope, 5+ min	Jump Rope, 5+ min	Jump Rope, 5+ min
Mobilization	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints
Specific warmup for each movement	1-2 sets of each with a lighter weight	1-2 sets of each with a lighter weight	1-2 sets of each with a lighter weight	1-2 sets of each with a lighter weight	1-2 sets of each with a lighter weight
A—Rack Pull	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
4x6	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
Full Rest between sets	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
B—Military Press	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
4x6	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
Full Rest between sets	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
C1—KB Woodchop	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x12, each side	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
C2—Renegade Row	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x12, each side, alternating each rep	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
D1—Waiter Walk	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x60s or 100 yards, each hand	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
D2—Goblet Squat	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x15	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
'Cooldown'	Stretch	Stretch	Stretch	Stretch	Stretch
	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints



The Mustache Workout

Workout 2

Workout 2	Date	Date	Date	Date	Date
General warmup	Jump Rope, 5+ min	Jump Rope, 5+ min	Jump Rope, 5+ min	Jump Rope, 5+ min	Jump Rope, 5+ min
Mobilization	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints
Specific warmup for each movement	1-2 sets of each with lighter weight	1-2 sets of each with lighter weight	1-2 sets of each with lighter weight	1-2 sets of each with lighter weight	1-2 sets of each with lighter weight
A—Zercher Squat	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
4x6	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
B—Side Press	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
4x6, each side	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
C1—Pullups	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x Max (up to 10)	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
or 3x8-10 w/weight	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
C2—Hanging Leg Raise	Reps. _____	Reps. _____	Reps. _____	Reps. _____	Reps. _____
3x Max Reps	Reps. _____	Reps. _____	Reps. _____	Reps. _____	Reps. _____
	Reps. _____	Reps. _____	Reps. _____	Reps. _____	Reps. _____
D1—Suitcase Carry	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x60s or 100 yards, each hand	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
D2—One Leg RDL	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x10, each side	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
'Cooldown'	Stretch	Stretch	Stretch	Stretch	Stretch
	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints



The Mustache Workout

Workout 3

Workout 3	Date	Date	Date	Date	Date
General warmup	Jump Rope, 5+ min	Jump Rope, 5+ min	Jump Rope, 5+ min	Jump Rope, 5+ min	Jump Rope, 5+ min
Mobilization	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints
Specific warmup for each movement	1-2 sets of each with lighter weight	1-2 sets of each with lighter weight	1-2 sets of each with lighter weight	1-2 sets of each with lighter weight	1-2 sets of each with lighter weight
A1— One Arm Floor Press	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x8, each side	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
A2— Barbell Bentover Row	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x8	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
B1— Lunge	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x8, each side, alternating sides	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
B2—Full Side Plank	Reps. _____	Reps. _____	Reps. _____	Reps. _____	Reps. _____
3x8-12, each side	Reps. _____	Reps. _____	Reps. _____	Reps. _____	Reps. _____
C1—Hammer Curls	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
3x12, each hand, alternating hands	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
C2—Crawl with Push	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
30 seconds, each side	Wt. _____	Wt. _____	Wt. _____	Wt. _____	Wt. _____
C3—Knuckle Pushups	Reps. _____	Reps. _____	Reps. _____	Reps. _____	Reps. _____
3xMax Reps	Reps. _____	Reps. _____	Reps. _____	Reps. _____	Reps. _____
'Cooldown'	Stretch	Stretch	Stretch	Stretch	Stretch
	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints	Mobilize Tight Joints

