
FANGS AND FURY
A CHEATERIE HALLOWEEN WORKOUT
DISCIPLINE SURVIVES EVERYTHING
HARDER THAN FEAR
MALE EDITION



FANGS AND FURY

MALE EDITION ♂

4 WEEKS • 3 WORKOUTS PER WEEK

ABOUT THE PROGRAM

This version is tailored with exercises that **generally appeal more to men.**

HOW IT WORKS

This program runs for **4 weeks**, with 3 workouts per week, divided into two phases:

- **Weeks 1–2:** You'll follow the initial set of exercises.
- **Weeks 3–4:** You'll either progress to new exercises or increase the reps on the ones you've already been doing.

FLEXIBLE SCHEDULE

If you'd like, you can extend the schedule (for example, Weeks 1–3 and Weeks 4–6). The key is to keep progressing and aim to improve each week.

ALTERNATIVES INCLUDED

We've included alternatives for most exercises in case you don't have access to specific equipment.

WHAT MATTERS MOST

Consistency:

- Get your workouts in each week.
- Clean up your diet.
- **Have a cheat day!**

LOCK IN.

YOU'RE STRONGER THAN YOU THINK, MORE DISCIPLINED THAN YOU KNOW, AND MORE CAPABLE THAN YOU'VE EVER ALLOWED YOURSELF TO BELIEVE. **LOCK IN AND KEEP THE FOCUS.**



Workout Set A – Bench Press (any variation)

Note: *Do exercise A one week at a time. Perform exercise A for 5 sets Week 1, 6 sets Week 2, etc. Perform a light warm-up set to begin Workout Set A.* ***Your goal is to his 10 reps for each round. No more. No less.*** *Make sure you hit the rep target for each day. Rest 2-5 minutes between sets. If you don't have a platform to* ***Bench Press*** *from, do* ***Floor Presses*** ***from the floor with the same approach.*** *The* ***ORANGE*** *numbers represent the amount of reps you need to hit that day. No exceptions.* ***Check the box when it is completed.***

☐	Week 1 A - Bench Press	Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	5	X	X	X
				REPS								50 REPS
☐	Week 2 A - Bench Press	Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	5	6	X	X
				REPS								60 REPS
☐	Week 3 A - Bench Press	Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	5	6	7	X
				REPS								70 REPS
☐	Week 4 A - Bench Press	Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	5	6	7	8
				REPS								80 REPS

Workout Set B – Back + Arms

Note: ***Only do two circuits per week!*** ***Perform the first two circuits weeks 1-2 and the final two circuits weeks 3-4.*** *Increase the weight for each exercise as it gets easier. Read notes below for more details.*

Wk 1-2	Week 1-2 B-1 - Seated French Press	Use barbell or dumbbells	12 REPS	WEIGHT	1	2	3	4	X	
				REPS						36 REPS
	Week 1-2 B-2 - Bent Over Rows	Use barbell or dumbbells	12 REPS	WEIGHT	1	2	3	X	X	
				REPS						36 REPS
Wk 1-2	Week 1-2 B-1 - Biceps Curls	Use barbell or dumbbells	10 REPS	WEIGHT	1	2	3	4	X	
				REPS						40 REPS
	Week 1-2 B-2 - Dumbbell Bent Over Reverse Fly	Use overhand grip	12 REPS	WEIGHT	1	2	3	X	X	
				REPS						36 REPS
Wk 3-4	Week 3-4 B-1 - Seated French Press	Use barbell or dumbbells	15 REPS	WEIGHT	1	2	3	4	5	
				REPS						75 REPS
	Week 3-4 B-2 - Assisted Pull-ups	Use a pull-up machine. As an alternative do Banded Pull-ups, Lat Pulldowns, Inverted Rows on TRX	10 REPS	WEIGHT	1	2	3	4	5	
				REPS						50 REPS
Wk 3-4	Week 3-4 B-1 - Biceps Curls	Use barbell or dumbbells	12 REPS	WEIGHT	1	2	3	4	5	
				REPS						60 REPS
	Week 3-4 B-2 - Bent Over Rows	Use barbell or dumbbells	12 REPS	WEIGHT	1	2	3	4	5	
				REPS						60 REPS

Pull-up Note: For Pull-ups, *Do them on an* ***Assisted Pull-up Machine.*** *If you don't have one available, choose one of the following exercises to perform every week:* ***Lat Pulldowns*** *(on any machine),* ***Pull-ups with a resistance band that allows you to do a pull-up if you otherwise can not, Inverted Rows (with TRX or similar), Wide-Grip Seated Rows, Dumbbell Bent Over Rows.*** ***If you can't do any of the aforementioned exercises,*** *focus solely on* ***Negative Pull-ups:*** ***Jump or step to the top of the bar, slowly lower yourself (5–10s) down to a complete dead hang. You will train the same muscles and get stronger.*** *If you are not capable of doing a Negative Pull-up right now, focus on* ***Dead Hangs:*** ***Grip the pull-up bar, hang with arms fully extended, keep legs straight or crossed at ankles, engage your muscles so that you do not swing. Hold for 15-30 seconds. Each week improve on your hang time, working up to 60+ seconds. If you opt to Dead Hang, perform for the given amount of rounds, but substitute reps for time.***

Note: ***For Weeks 1-2:*** *Perform four rounds of Circuit B-1 and three rounds of Circuit B-2.* ***Hit the given rep totals for your B-1 exercises*** *marked in* ***orange.*** *Follow the same rules for your* ***Your B-2 exercises.*** ***For Weeks 3-4:*** *perform all five rounds for* ***each exercise. Hit the given rep totals for your B-1 exercises*** *and* ***B-2 exercises*** *in* ***orange.*** *Increase the weight for each exercise as it gets easier.* ***Make sure it's not too heavy where you can't hit your rep goals for each exercise.***



Workout Set A – Squats (any variation)

Note: *Do exercise A one week at a time. Perform exercise A for 5 sets Week 1, 6 sets Week 2, etc. Perform a light warm-up set to begin Workout Set A.* ***Your goal is to hit 10 reps for each round. No more. No less.*** *Make sure you hit the rep target for each day. Rest 2-5 minutes between sets. You can perform* ***Back Squats, Goblet Squats, Box Squats, Smith Machine Squats, Belt Squats****, etc. The* ***ORANGE*** *numbers represent the amount of reps you need to hit that day. No exceptions.* ***Check the box when it is completed.***

☐	Week 1 A - Squats (any variation)	10 REPS	WEIGHT	1	2	3	4	5	X	X	X	50 REPS
			REPS									
☐	Week 2 A - Squats (any variation)	10 REPS	WEIGHT	1	2	3	4	5	6	X	X	60 REPS
			REPS									
☐	Week 3 A - Squats (any variation)	10 REPS	WEIGHT	1	2	3	4	5	6	7	X	70 REPS
			REPS									
☐	Week 4 A - Squats (any variation)	10 REPS	WEIGHT	1	2	3	4	5	6	7	8	80 REPS
			REPS									

Workout Set B – Upper-Lower Circuit

Note: ***Only do two circuits per week!*** ***Perform the first two circuits weeks 1-2 and the final two circuits weeks 3-4.*** *Increase the weight for each exercise as it gets easier. Read notes below for more details.*

Wk 1-2	Week 1-2 B-1 - Walking Lunges	Use bodyweight, dumbbells or barbell. Start with low weight and increase enough to challenge you as you progress through the rounds	14 total REPS	WEIGHT	1	2	3	4	X	56 REPS
				REPS						
	Week 1-2 B-2 - Pec Deck Fly	If you don't have access to a Pec Deck, do Incline Dumbbell Flyes or Dumbbell Floor Flyes	15 REPS	WEIGHT	1	2	3	X	X	45 REPS
				REPS						
Wk 1-2	Week 1-2 B-1 - Shoulder Press	Use barbell or dumbbells	15 REPS	WEIGHT	1	2	3	4	X	60 REPS
				REPS						
	Week 1-2 B-2 - Dumbbell Pullovers	If you don't have a bench, perform DB Pullovers from the floor. You won't get a great stretch but it does the trick (or treat)	12 REPS	WEIGHT	1	2	3	X	X	36 REPS
				REPS						
Wk 3-4	Week 3-4 B-1 - Bulgarian Split Squats	Use ONE dumbbell. Hold onto a bar or other stable surface. Dumbbell should be in opposite hand of leg being worked	10 REPS each leg	WEIGHT	1	2	3	4	5	50 REPS each leg
				REPS						
	Week 3-4 B-2 - Pec Deck Fly	If you don't have access to a Pec Deck, do Incline Dumbbell Flyes or Dumbbell Floor Flyes	15 REPS	WEIGHT	1	2	3	4	5	75 REPS
				REPS						
Wk 3-4	Week 3-4 B-1 - Shoulder Press	Use barbell or dumbbells	15 REPS	WEIGHT	1	2	3	4	5	75 REPS
				REPS						
	Week 3-4 B-2 - Dumbbell Pullovers	If you don't have a bench, perform DB Pullovers from the floor. You won't get a great stretch but it does the trick (or treat)	15 REPS	WEIGHT	1	2	3	4	5	75 REPS
				REPS						

Note: ***For Weeks 1-2:*** *Perform four rounds of Circuit B-1 and three rounds of Circuit B-2.* ***Hit the given rep totals for your B-1 exercises*** *marked in orange. Follow the same rules for your* ***Your B-2 exercises.*** ***For Weeks 3-4:*** *perform all* ***five rounds for each exercise. Hit the given rep totals for your B-1 exercises*** *and* ***B-2 exercises*** *in orange. Increase the weight for each exercise as it gets easier.* ***Make sure it's not too heavy where you can't hit your rep goals for each exercise.***





Workout Set A – Incline Bench Press

Note: *Do exercise A one week at a time. Perform exercise A for 5 sets Week 1, 6 sets Week 2, etc.* ***Perform a light warm-up set to begin Workout Set A. Your goal is to hit 10 reps for each round. No more. No less.*** *Make sure you hit the rep target for each day. When doing the* ***Incline Bench Press,*** *select a weight that* ***allows you hit 10 reps with a lot of fatigue,*** *leaving only 1-2 reps* ***"in the tank."*** *In other words,* ***12 rep would have been absolute failure*** *of your muscle (you could not physically do another rep).* ***Always leave 2 reps "in the tank." Feel the BIG STRETCH in your chest as lower the barbell or dumbbells down to your chest. This will promote maximum muscle growth.*** *The* ***ORANGE*** *numbers represent the amount of reps you need to hit that day. No exceptions.* ***Check the box when it is completed.***

☐	**Week 1 A - Incline Bench Press**	**10 REPS**	WEIGHT	1	2	3	4	5	X	X	X
			REPS								50 REPS
☐	**Week 2 A - Incline Bench Pres**	**10 REPS**	WEIGHT	1	2	3	4	5	6	X	X
			REPS								60 REPS
☐	**Week 3 A - Incline Bench Press**	**10 REPS**	WEIGHT	1	2	3	4	5	6	7	X
			REPS								70 REPS
☐	**Week 4 A - Incline Bench Press**	**10 REPS**	WEIGHT	1	2	3	4	5	6	7	8
			REPS								80 REPS

Note: ***If you DO NOT have access to an Incline Bench,*** *do* ***Incline Push-ups*** *on a bench, counter, table or other inclined surface.* ***Because this will theoretically be easier, increase the reps based on what your muscle failure number is, reaching near muscle failure each set. This could be 20-25 incline push-ups or it could be 13.***

Workout Set B – Fully Body Circuit

Note: ***Only do two circuits per week!*** ***Perform the first two circuits weeks 1-2 and the final two circuits weeks 3-4.*** *Increase the weight for each exercise as it gets easier. Read notes below for more details.*

Wk 1-2	**Week 1-2 B-1 - Assisted Pull-ups** See notes below	**10 REPS**	WEIGHT	1	2	3	4	X		
			REPS							40 REPS
	Week 1-2 B-2 - Romanian Deadlifts Use barbell or dumbbells	**10 REPS**	WEIGHT	1	2	3	X	X		
			REPS							30 REPS
Wk 1-2	**Week 1-2 B-1 - Push-ups**	**10-15 REPS**	WEIGHT	1	2	3	4	X		
			REPS							40-60 REPS
	Week 1-2 B-2 - Dumbbell Lateral Raises	**15 REPS**	WEIGHT	1	2	3	X	X		
			REPS							45 REPS
Wk 3-4	**Week 3-4 B-1 - Assisted Pull-ups** See notes below	**10 REPS**	WEIGHT	1	2	3	4	5		
			REPS							50 REPS
	Week 3-4 B-2 - Romanian Deadlifts Use barbell or dumbbells	**10 REPS**	WEIGHT	1	2	3	4	5		
			REPS							50 REPS
Wk 3-4	**Week 3-4 B-1 - Push-ups**	**10-15 REPS**	WEIGHT	1	2	3	4	5		
			REPS							50-75 REPS
	Week 3-4 B-2 - Dumbbell Lateral Raises	**15 REPS**	WEIGHT	1	2	3	4	5		
			REPS							75 REPS

Pull-up Note: For Pull-ups, *Do them on an* ***Assisted Pull-up Machine.*** *If you don't have one available, choose one of the following exercises to perform every week:* ***Lat Pulldowns*** *(on any machine),* ***Pull-ups with a resistance band that allows you to do a pull-up if you otherwise can not, Inverted Rows (with TRX or similar), Wide-Grip Seated Rows, Dumbbell Bent Over Rows.*** *If you can't do any of the aforementioned exercises, focus solely on* ***Negative Pull-ups:*** *Jump or step to the top of the bar, slowly lower yourself (5–10s) down to a complete dead hang. You will train the same muscles and get stronger.* ***If you are not capable of doing a Negative Pull-up right now, focus on Dead Hangs: Grip the pull-up bar, hang with arms fully extended, keep legs straight or crossed at ankles, engage your muscles so that you do not swing. Hold for 15-30 seconds. Each week improve on your hang time, working up to 60+ seconds. If you opt to Dead Hang, perform for the given amount of rounds, but substitute reps for time.***

Note: ***For Weeks 1-2:*** *Perform four rounds of Circuit B-1 and three rounds of Circuit B-2.* ***Hit the given rep totals for your B-1 exercises*** *marked in orange. Follow the same rules for your* ***Your B-2 exercises. For Weeks 3-4:*** *perform all* ***five rounds for each exercise. Hit the given rep totals for your B-1 exercises*** *and* ***B-2 exercises*** *in orange. Increase the weight for each exercise as it gets easier.* ***Make sure it's not too heavy where you can't hit your rep goals for each exercise.***