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The Mustache Workout: Man Up Your Training - Bigger, Stronger, Leaner

Roland Denzel, Galina Ivanova Denzel

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Temporary price change to support Movember and prostate cancer research!

The Mustache Workout profits through November are being donated to the Movember Foundation.

"I don't workout, I train."

A 'back to basics' training plan inspired by the old time strongmen!

• Big, basic lifts
• Get bigger
• Get stronger
• Get leaner
• No wasted movements
• Time tested training

"I was tired of not seeing progress in the gym, and it turned out I was wasting my time with dozens of fancy exercises, when the basics in the Mustache Workout were what I really needed." - Randy
Man Up Your Workout!

We wrote this program for the man who is ready to get back to the basic training programs that made men men. The man who is ready for more; to work for more, train for more, and to get more. We wrote it for the men who are ready to walk into a room chest first, back straight, owning each confident step.

Our inspiration? To see you become the man you are meant to be, and never settle for less than you are capable of becoming.

As a man, you have the birthright of being strong and exercising your strength, in and out of the gym. You have the power to do many awesome things – like win the lady of your dreams, go to war for something you believe in, fight for your life, and even grow a mustache...

Take back your mustache

Yes, the mustache is back, and it’s a symbol of setting yourself apart, owning your manliness, and claiming what is yours. We challenge you to finally try a training program that guarantees results and that is loyal to your body’s destiny. …a training program that ‘has a mustache.’

Is this program for you?

Are you a beginning to intermediate lifter? This program is perfect for you. You know your way around the

gym, you spell ‘dumbbell’ with two Bs, you know it’s a kettlebell, not ‘kettle ball,’ and you’ve probably done a deadlift before. Good job!

This program builds basic strength and muscle, while introducing you to the value of unilateral exercises, carrying heavy loads, and smart movements. Enjoy!

Welcome to The Mustache Workout!

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Christopher Barnes:

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Bruce Zimmerman:

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Christine Hook:

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Lynn Hardie:

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