

3-day/week Muscle Building Routine - MB-20

WOR

Chest, Shou

Back

wide grip (front) pull-ups
one arm (alternating) cable
seated close-grip row
lat pull-downs (rear)

Biceps

dumbbell incline bench curls
dumbbell preacher curls
dumbbell reverse curls

Abs

roman chair leg curls
raised leg crunches

PREVIEW SAMPLE
of **ONE**
workout only!

Purchase full package to access
and download ALL of the
COMPLETE
workout plans.

www.fitness-and-bodybuilding-workouts.com

* Copyright fitness-and-bodybuilding-workouts.com. ALL RIGHTS RESERVED.
No part of this workout may be reproduced or transmitted in any form or by any means
without the express written permission of fitness-and-bodybuilding-workouts.com