

## 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



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## WORKOUT SCHEDULE

Mon

Tue

Wed

Thur

Fri

Sat

Sun

Workout

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