4-day/week Mass Building with Compound Exercises - MB-15

Monday - Chest & Triceps		
Chest	**Sets**	**Reps**
barbell bench press	4	10 to 12
incline dumbell press	4	8 to 10
Triceps	**Sets**	**Reps**
close grip bench press	4	6 to 8
dips	4	until failure
Abs	**Sets**	**Reps**
ab cable crunches	4	until failure

Notes

The timing (tempo) for the
3 (2 sec. up, hold at top fo

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of ONE
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