

## 4-day HIT (High Intensity Training) Workout - HIT-20

### MONDAY

Exercise	Sets	Reps
deadlift	2	20
shrugs	2	10
chin-ups	2	6 to 8



SUPER  
SET

[www.fitness-and-bodybuilding-workouts.com](http://www.fitness-and-bodybuilding-workouts.com)