

4-day/week Muscle Building Routine - MB-10

Monday - Chest & Abs		
Chest	Sets	Reps
incline (barbell) press	5	6 to 8
incline flyes	5	8 to 10
decline (barbell) press	5	6 to 8
flat bench press	5	6 to 8
decline flyes	5	8 to 10
Abs	Sets	Reps
hanging leg raises	5	until failure

Tuesday - Biceps & Triceps		
Biceps	Sets	Reps
EZ bar curl	4	6 to 8
seated dumbbell alternating curls	4	8 to 10
concentration curls	4	10 to 12
Triceps	Sets	Reps
overhead dumbbell extension	4	8 to 10
skull crushers	4	8 to 10
dumbbell kickbacks	4	8 to 10
close grip dips	4	10 to 12

Wednesday - Rest Day

Thursday - Back & Shoulders		
Back	Sets	Reps
deadlift	4	6 to 8
bent-over rows	4	8 to 10
one-arm cable rows	4	10 to 12
upright (barbell) rows	4	8 to 10
Shoulders	Sets	Reps
Arnold press	4	8 to 10
dumbbell lat raise	4	8 to 10
reverse (machine) flyes	4	8 to 10

Friday - Legs & Abs		
Legs	Sets	Reps
squats	5	10 to 12
hamstring leg curls	5	8 to 10
leg extensions	5	10 to 12
walking lunges	5	12 steps
seated calve raises	5	10 to 12
Abs	Sets	Reps
hanging leg raises	5	until failure

Saturday & Sunday - Rest days

Notes