

4-day/week Muscle Building & Muscle Density Workout - MB-12

Monday - Legs

Exercises	Sets				R e p s
	1	2	3	4	
squat	8	8	8	5	
leg press calf raise	10	10	10	8	
stiff-leg deadlift	8	8	8	5	
bench step-ups	8	8	8	/	
seated calf raise	10	10	10	/	
side dumbbell lunge	8	8	8	/	
Notes					

* This is a hard workout day (at least 2 to 3 minutes).



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