

4-day/week Muscle Building Workout - MB-21



Friday - Legs

| Exercises | Sets | | | | Reps |
|----------------------|------|----|----|---|------|
| | 1 | 2 | 3 | 4 | |
| squats | 8 | 8 | 8 | 5 | |
| standing calf raises | 8 | 8 | 8 | 5 | |
| stiff-leg deadlift | 8 | 8 | 8 | / | |
| seated calf raises | 10 | 10 | 10 | / | |
| side dumbbell lunges | 8 | 8 | 8 | / | |

Notes

* This is another heavy workout day. Rest plenty between sets (2 to 3 minutes at least).

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