

## 4-day/week Muscle Building Workout - MB-22



### ms & Abs

Exercises	Sets				Reps
	1	2	3	4	
standing dumbbell curls	10	10	10	8	Reps
weighted dips	8	8	8	5	
weighted decline sit-ups	10	10	10	10	
preacher curls	8	8	8	/	
close grip bench press	8	8	8	/	
hanging leg raises	all sets to failure				

### Notes

\* Go as heavy as you can with the preacher curls, even if you sacrifice proper form a bit.

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