

4 day/week Mass Building Workout - MB-14

Monday - Chest & Triceps

Chest	Sets	Reps
flat bench press	3	8 to 10
incline dumbbell press	3	8 to 10
dips or flat flyes	3	8 to 10
Triceps	Sets	Reps
close grip bench press	3	8 to 10
skull crushers	3	8 to 10
Shoulders	Sets	Reps
barbell (seated) front raise	4	10 to 12



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