

4-day/week Muscle Building Workout - MB-07

**MONDAY and THURSDAY - Chest, Shoulders, Triceps
& Abs**

Chest	Sets	Reps
flat bench press	4	6 to 12
dumbbell incline bench press	4	6 to 10
dips	4	6 to 10
Shoulders	Sets	Reps
front (dumbbell) shoulder press	4	8 to 10
dumbbell shrugs	4	8 to 10
upright rows	4	8 to 10
Triceps	Sets	Reps
triceps bench dips	4	8 to 10
bent-over one-arm dumbbell extensions	4	8 to 10
Abs		
compound crunches		



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