

4-day/week Strength Training Routine for Max Density & Strength - ST-01

WORKOUT 1

Workout Program

Shoulders & Upper Chest		Sets			
		1	2	3	4
	incline bench press	10	10	8	/
	side shoulder dumbbell raise	12	10	/	/
Back & Rear Shoulders		Sets			
		1	2	3	4
	lat pull-down (wide grip)	10	10	8	8
alternate	V-bar lat pull-down	10	10	8	8
alternate	lat pull-down (regular grip)	10	10	8	8
	deadlift	10	8	8	/
Legs					
	leg curls				
alternate	lunges				
alternate	step-ups on plate				
N					

When you do the bench press up and go slow (3 sec) on movement.

PREVIEW SAMPLE
of ONE
workout only!

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 and download ALL of the
COMPLETE
 workout plans.

WORKOUT SCHEDULE

Mon	Tue	Wed	Thur	Fri	Sat	Sun
workout 1	WORKOUT 2		workout 1	WORKOUT 2		

WORKOUT SCHEDULE (OPTION 2)

Mon	Tue	Wed	Thur	Fri	Sat	Sun
workout 1						workout 2

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