

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 (wide grip)	10	10	8	8
	deadlift				
	Legs				



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