

# 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		Sets			
		1	2	3	4

## WORKOUT 2

### Workout Program

		Sets			

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**PREVIEW SAMPLE ONLY!**  
 Purchase workout to access and download the **COMPLETE** version.

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