4-day/week Strength Training Routine with Special Focus on Eccentric Motions - ST-02

WORKOUT 1

Workout Program

Chest, Front Shoulders & Triceps	Sets 1	2	3	4	Reps
flat bench press	10	8	/	/	
peck-deck	10	8	/	/	
Back, Rear Shoulders & Biceps	**Sets 1**	**2**	**3**	**4**	**Reps**
lat pull-down (wide grip)	10	10	8	/	
alternate seated machine row	10	10	8	/	
alternate seated cable					
deadlift					
Legs					
squat					

WORKOUT 2

Workout Program

Sets

Reps

Sets

Reps

Sets

Reps

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