

4-day Upper/Lower Body Split Strength Training Workout - ST-10

MONDAY - Lower Body

Lower Body	Sets	Reps
squats	6	6 to 8
power cleans	6	2 to 5
hang clean	6	15
snatch	6	10
clean and jerk	6	6
A b s	Sets	Reps
crunches**	6	3x30 sec.

Notes

TUESDAY - Upper Body

Upper Body	Sets	Reps
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FRIDA

Lower B

er Body

Sets Reps



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