

4-day/week Strength Training Routine for Maximum Strength Gains - ST-12

WORKOUT 1

Chest		Sets
		Max Sets
inclined barbell bench press		20 min. super cluster
week 1	80% of your 1-Rep Max (RM)	3 reps x Max Sets
week 2	85% of your 1-Rep Max	2 reps x Max Sets
week 3	90% of your 1-Rep Max	1 rep x Max Sets
week 4	weight used in week 2	3 reps x Max Sets
week 5	weight used in week 3	2 reps x Max Sets

Back

Sets
Max Sets

R
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p
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super
set

WORKOUT 2

Sets

R
e
p
s

Sets

super
set

WO

T 2b

Sets

R
e
p
s

Sets

super
set

Sets

e
p
s



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NOTES (on page 2)

WORKOUT SCHEDULE

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

WORKOUT SCHEDULE (OPTION 2)

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