

**5-day/week Mass Building Workout
(Dumbbells & Barbell Only) - MB-30**



Biceps

Sets	Reps
4	6 to 8
4	6 to 8
4	6 to 8
4	6 to 8
4	6 to 8
4	6 to 8
Sets	Reps
6	until failure

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