

5day/week Bulk & Strength Building Workout - MB-11

MONDAY

Chest	Sets	Reps
bench press	4	8 to 10
incline dumbbell press	3	10
dumbbell flyes	3	10 to 12
Triceps	Sets	Reps
triceps pushdowns (w/rope)	3	12
skullcrushers	3	12
seated overhead dumbbell raise	5	17 to 20



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