

5-day/week Muscle Building Workout - MB-16

Tuesday - Back & Arms (Biceps)

B a c k	Sets	Reps
wide grip chin-ups	3	8 to 10
one arm (alternating) cable pulls	3	8 to 10
upright row	3	8 to 10
bent over dumbbell raise (front)	3	8 to 10
A r m s - Biceps		
scott bench preacher curls	3	8 to 10
barbell curls	3	8 to 10
seated incline bench curls	3	8 to 10
A b s		
compound ab crunches	4	until failure

PREVIEW SAMPLE
of **ONE**
workout only!

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