

5-day/week Strength Training Routine for Maximum Strength Gains - ST-23

DAY 1 WORKOUT

Back		Reps
weighted pull-ups		20 minute super cluster
set 1	90% of 1-Rep Max	1 rep
set 2	90% of 1-Rep Max	3 reps
set 3	90% of 1-Rep Max	1 rep
set 4	90% of 1-Rep Max	3 reps
set 5	90% of 1-Rep Max	1 rep

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DAY 2 WORKOUT

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DAY 3

Purchase workout to access and download the **COMPLETE** version.

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DAY 5 WORKOUT

Sets

www.fitness-and-bodybuilding-workouts.com

NOTES (on page 2)

WORKOUT SCHEDULE

Mon	Tue	Wed	Thur	Fri	Sat	Sun
DAY 1	DAY 2	DAY 3		DAY 4	DAY 5	