5-day/week Strength Training Routine - ST-24

DAY 1 WORKOUT

Back		Reps
weighted pull-ups (*rest 2 minutes between sets*)		
set 1	80% of 1-Rep Max	5 reps
set 2	90% of 1-Rep Max	3 reps
set 3	95% of 1-Rep Max	1 rep
set 4	95% of 1-Rep Max	1 rep
set 5	90% of 1-Rep Max	3 reps
set 6	95% of 1-Rep Max	5 reps
super set	seated cable row	4 supersets of 5 to 7 reps
	straight-arms push-down	
alternate	*machine row*	

Rear Shoulders Sets Reps

Biceps Sets Reps

DAY 2 WORKOUT

Legs Reps

super set

Sets Reps

Sets Reps

KOUT

Reps

DAY 5 Continued: Triceps Sets Reps

super set

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