

## 6-day/week Muscle Building Workout - MB-17



### **WORKOUT** Chest, Shoulders

<b>Chest</b>		
incline bench press		
dumbbell bench press		
<b>Shoulders</b>		
dumbbell shoulder press		
cable upright row		
dumbbell shrugs	3	12 to 15
<b>Triceps</b>		
dumbbell kickbacks	3	10 to 12
<b>Ab s</b>		
raised leg crunches	3	until failure