

3-day/week Muscle Building Routine - MB-20

WORKOUT

Chest, Shoulder

Back

wide grip (front) pull-ups
one arm (alternating) cable
seated close-grip row
lat pull-downs (rear)

Biceps

dumbbell incline bench curls
dumbbell preacher curls
dumbbell reverse curls

Abs

roman chair leg curls
raised leg crunches

PREVIEW SAMPLE
of **ONE**
workout only!

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