

## 4-day/week Muscle Building Workout - MB-21



### Friday - Legs

Exercises	Sets				Reps
	1	2	3	4	
squats	8	8	8	5	
standing calf raises	8	8	8	5	
stiff-leg deadlift	8	8	8	/	
seated calf raises	10	10	10	/	
side dumbbell lunges	8	8	8	/	

### Notes

\* This is another heavy workout day. Rest plenty between sets (2 to 3 minutes at least).

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