4-day/week Strength Training Routine for Max Density & Strength - ST-01

WORKOUT 1

Workout Program

Shoulders & Upper Chest	Sets 1	2	3	4
incline bench press	10	10	8	/
side shoulder dumbbell raise	12	10	/	/
Back & Rear Shoulders	**Sets 1**	**2**	**3**	**4**
lat pull-down (wide grip)	10	10	8	8
alternate V-bar lat pull-down	10	10	8	8
alternate lat pull-down (regular grip)	10	10	8	8
deadlift	10	8	8	/
Legs	**Sets 1**	**2**	**3**	**4**

Reps

WORKOUT 2

Workout Program

Sets

Sets

Reps

Sets

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