

4-day/week Strength Training Routine with Special Focus on Eccentric Motions - ST-02

WORKOUT 1

Workout Program

		Sets			
		1	2	3	4
Chest, Front Shoulders & Triceps					
flat bench press		10	8	/	/
peck-deck		10	8	/	/
Back, Rear Shoulders & Biceps					
lat pull-down (wide grip)		10	10	8	/
alternate	seated machine row	10	10	8	/
alternate	seated cable				
deadlift					
Legs					
squat					

WORKOUT 2

Workout Program

		Sets
		Sets
		Sets
		Sets

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