

4-day/week High-Volume Strength Training Routine - ST-11

WORKOUT 1

Workout Program

Back, Rear Shoulder, Biceps & Abs	Sets				
	1	2	3	4	5
lat pull-ups	10	10	8	7	6
alternate <i>lat pull-up (wide grip to rear)</i>	10	10	8	7	6
alternate <i>lat pull-up (V-bar to chin)</i>	10	10	8	7	6
bent-over one-arm dumbbell row	10	10	8	7	6
alternate <i>dead row</i>	10	10	8	7	6
alternate <i>T-bar dead row</i>	10	10	8	7	6
alternate <i>seated machine row</i>	10	8	8	7	6

R
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WORKOUT 2

Workout Program

	Sets
super set	
super set	
super set	

R
e
p
s

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