

4-day Strength Training Workout - ST-20

Monday - Shoulders & Triceps

Shoulders		Sets	Reps
SUPER	military press	2* + 4	4 to 8
SET	dumbell side raise	2	10 to 15
Note: superset last two sets only (3 and 4)			
Triceps		Sets	Reps
SUPER	lying (EZ bar) extension	2* + 4	4 to 8
SET	triceps push-downs	2	10 to 15
Note: superset last two sets only (3 and 4)			

Tuesday - Back

Wednes

Fri

