

## 5-day/week Muscle Building Workout - MB-16

### Tuesday - Back & Arms (Biceps)

<b>B a c k</b>	<b>Sets</b>	<b>Reps</b>
wide grip chin-ups	3	8 to 10
one arm (alternating) cable pulls	3	8 to 10
upright row	3	8 to 10
bent over dumbbell raise (front)	3	8 to 10
<b>A r m s - Biceps</b>		
scott bench preacher curls	3	8 to 10
barbell curls	3	8 to 10
seated incline bench curls	3	8 to 10
<b>A b s</b>		
compound ab crunches	4	until failure

**PREVIEW SAMPLE**  
of **ONE**  
workout only!

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