

5-day/week Strength Training Routine - ST-24

DAY 1 WORKOUT

Back		Reps
weighted pull-ups (<i>rest 2 minutes between sets</i>)		
set 1	80% of 1-Rep Max	5 reps
set 2	90% of 1-Rep Max	3 reps
set 3	95% of 1-Rep Max	1 rep
set 4	95% of 1-Rep Max	1 rep
set 5	90% of 1-Rep Max	3 reps
set 6	95% of 1-Rep Max	5 reps
super set	seated cable row straight-arms push-down	4 supersets of 5 to 7 reps
alternate	<i>machine row</i>	

Rear Shoulders

Sets

Biceps

Sets

DAY 2 WORKOUT

Legs		Reps
super set		
Sets		Reps
Sets		Reps



DAY :

WORKOUT

DAY 5 Continued: Triceps

Sets

super
set

Rep

