

## 6-day Muscle-Building Strength Training Workout - ST-21

### MONDAY & FRIDAY - Chest & Back

Chest	Sets	Reps
flat barbell bench press	4	10 to 12
incline dumbbell press	4	10 to 12
dips	4	10 to 12
cable crossovers	4	12 to 15
Back	Sets	Reps
wide grip pull-ups (front)	4	10 to 12
T-bar rows	4	10 to 12



[www.fitness-and-bodybuilding-workouts.com](http://www.fitness-and-bodybuilding-workouts.com)