

Workout 3 days a week.Day by day.

Day 1 :

PAUSED SQUAT

4 sets of 6-8 reps with 1 min. rest

STANDING MILITARY PRESS

4 sets of 6-8 reps; 1 min. rest

SINGLE-LEG ROMANIAN DEADLIFT

4 sets of 8-10 reps; 2 min. rest

EZ-BAR CURL

4 sets of 8-10 reps; no rest

CLOSE-GRIP BARBELL BENCH PRESS

4 sets of 8-10 reps; 1 min. rest

Day 2 :

CLEAN HIGH PULL

4 sets of 5-10 reps; 1 min. rest

BARBELL ROW

5 sets of 10 reps; 1 min. rest

BENCH PRESS

4 sets of 6-10 reps; 40 sec. rest

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