

## 5 DAY WORKOUT ROUTINE #DAY 1

### Training Method

- Session duration: 30 to 60 minutes
- Rest time: 1 to 3 minutes
- Difficulty: All levels welcome
- Formula: Progress through the six series of exercise pairings applying 1 to 3 sets of 6 to 10 reps
- Objective: Build strength - so go heavy!

#### Series 1

Barbell squat  
KB Goblet squat  
Barbell squat  
KB Goblet squat

#### Series 3

Bent-over row  
KB snatch pull  
Bent-over row  
KB snatch pull

#### Series 5

Military press  
KB Single-arm jerk  
Military press  
KB Single-arm jerk

#### Series 2

Sumo deadlifts  
Kettlebell swing  
Sumo deadlift  
Kettlebell swing

#### Series 4

Bench press  
Kettlebell pullovers  
Bench press  
Kettlebell pullovers

#### Series 6

Hang clean  
KB Long cycle  
Hang clean  
Long cycle

# 5 Day Workout Routine Building Muscle 101

**Michael Brown**



## **5 Day Workout Routine Building Muscle 101:**

## The Enigmatic Realm of **5 Day Workout Routine Building Muscle 101**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **5 Day Workout Routine Building Muscle 101** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

<https://py.bijouxmedusa.com/public/uploaded-files/default.aspx/The%20Swift%20Boys%20And%20Me%20.pdf>

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