

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

DJ Losen



5 Day Workout Routine Building Muscle 101:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **5 Day Workout Routine Building Muscle 101** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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