

## THE 3-DAY BIGGER LEANER STRONGER WORKOUT ROUTINE

### WORKOUT #1: PUSH

**Barbell Bench Press**  
3 sets of 4-to-6 reps

**Incline Barbell Bench Press**  
3 sets of 4-to-6 reps

**Dumbbell Bench Press**  
3 sets of 4-to-6 reps

**Triceps Pushdown**  
3 sets of 6-to-8 reps

### WORKOUT #2: PULL

**Barbell Deadlift**  
3 sets of 4-to-6 reps

**One-Arm Dumbbell Row**  
3 sets of 4-to-6 reps

**Lat Pulldown**  
3 sets of 6-to-8 reps

**Alternating Dumbbell Curl**  
3 sets of 6-to-8 reps

### WORKOUT #3: LOWER BODY

**Barbell Squat**  
3 sets of 4-to-6 reps

**Leg Curl**  
3 sets of 6-to-8 reps

**Leg Press**  
3 sets of 4-to-6 reps

**Dumbbell Lunge**  
3 sets of 6-to-8 reps

# Beyond Bigger Leaner Stronger Advanced

**Hussin A.Rothana**



**Beyond Bigger Leaner Stronger Advanced:**

## Enjoying the Tune of Appearance: An Emotional Symphony within **Beyond Bigger Leaner Stronger Advanced**

In a global taken by displays and the ceaseless chatter of fast communication, the melodic beauty and emotional symphony produced by the prepared term often fade in to the back ground, eclipsed by the persistent noise and disruptions that permeate our lives. However, nestled within the pages of **Beyond Bigger Leaner Stronger Advanced** a marvelous fictional prize overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that fascinating masterpiece conducts readers on a mental trip, skillfully unraveling the hidden songs and profound influence resonating within each cautiously constructed phrase. Within the depths of the moving examination, we can discover the book is central harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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