

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

DP Hallahan



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