

## 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

**Lena Adams**



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