

Muscle Building Workout Plans



Upper Body

Bench Press

3 Set * 6-8 Reps

2-3 minutes rest
between sets



Pull-Ups

3 Set * 6-8 Reps

2-3 minutes rest
between sets



Seated Cable Row

3 Set * 8-10 Reps

1-2 minutes rest
between sets



Incline Dumbbell Press

3 Set * 8-10 Reps

1-2 minutes rest
between sets



Dumbbell Flyes

2 Set * 10-12 Reps

1 minute rest between
sets



Barbell Curls

2 Set * 10-12 Reps

1 minute rest between
sets



Lower Body

Squats

3 Set * 6-8 Reps

2-3 minutes rest
between sets



Leg Press

3 Set * 10-12 Reps

1-2 minutes rest
between sets



Seated Leg Curls

3 Set * 8-10 Reps

1-2 minutes rest
between sets



Seated Calf Raises

3 Set * 8-10 Reps

1-2 minutes rest
between sets



Standing Calf Raises

4 Set * 6-8 Reps

1-2 minutes rest
between sets



Abs

X Set * 8-15 Reps

1 minute rest between
sets



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Muscle Building Workout Routine

N Colangelo

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