

KILLER MUSCLE BUILDING WORKOUT
10-12 REPS EACH EXERCISE

3 SETS- BACK- CABLE ROWS/ REAR DELT DUMBBELL RAISES
3 SETS- CHEST- DUMBBELL CHEST PRESS/PUSHUPS ON BENCH
3 SETS- LEGS- KETTLE BELL BENCH SQUATS/ BENCH SQUATS WITHOUT WEIGHT
3 SETS- CALF- 25 STABILITY BALL CALF RAISES TOES FORWARD/ 25 STABILITY
BALL CALF RAISES TOES INWARD/ 25 STABILITY BALL CALF RAISES TOES
OUTWARD
3 SETS- BICEP- BARBELL CURLS/ROPE CABLE CURLS