3 DAY POWERBUILDING WORKOUT ROUTINE

DAY 1

EXERCISE	SETS	REPS
Squats	5	5
Military Press	5	8
Stiff Leg Deadlifts	3	20
Lat Pull Downs	4	10
Reverse Hyperextensions	4	12
Cross Body Hammer Curls	5	15

DAY 2

EXERCISE	SETS	REPS
Bench Press	5	5
Dumbbell Incline Bench Press	3	12
Barbell Rows	4	12
Skull Crushers	4	15
Rear Delt Lateral Raise	4	12
Reverse Hyperextensions	4	12

DAY 3

EXERCISE	SETS	REPS
Deadlifts	5	5
1 Arm Dumbbell Rows	4	8
Face Pulls	4	15
Dumbbell Shrugs	3	15
Seated Close Grip Row	3	15
Curls	4	15

"You have to think it before you can do it. The mind is what makes it all possible."

— KAI GREENE

GET THE FULL ROUTINE, FORM TIPS & MORE

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