

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

Jiyuan Zhang



Beyond Bigger Leaner Stronger Advanced:

Beyond Bigger Leaner Stronger Advanced Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Beyond Bigger Leaner Stronger Advanced**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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