

WORKOUT



CHEST/TRICEPS

LIGHT DAY

EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pushup	2	8	9	10	11	12
Cable Crossover <small>(SUPPORTED BY WORK)</small>	3	8	9	10	11	12
Bench Press	3	8	9	10	11	12
Incline Dumbbell Flye <small>(SUPPORTED BY WORK)</small>	3	8	9	10	11	12
Incline Dumbbell Bench Press	3	8	9	10	11	12
French Press	3	8	9	10	11	12
Rope Pushdown <small>(SUPPORTED BY WORK)</small>	3	8	9	10	11	12
Dumbbell Overhead Extension	3	8	9	10	11	12
Dumbbell Kickback	3	8	9	10	11	12

HEAVY DAY

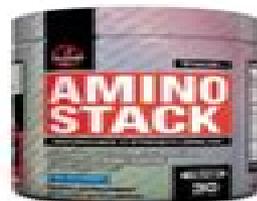
EXERCISE	SETS	REPS				
		CYCLE				
		1	2	3	4	5
Pushup	2	4	5	6	7	8
Flat Dumbbell Bench Press	5	4	5	6	7	8
Incline Dumbbell Bench Press	5	4	5	6	7	8
Close-grip Bench Press	5	4	5	6	7	8
Incline French Press	5	4	5	6	7	8



DUMBBELL ROW
Row the weight toward your hip. This helps engage the lower portion of your lats, an area not targeted when you row toward your shoulder.

AMINOS

The fastest, most efficient way to refuel your muscles and stop catabolism in the post-workout window is with the BCAAs leucine, isoleucine, and valine. These three powders all offer something different.



AMINO STACK
In addition to BCAAs, contains glutamine and essential amino acids.



AMINO PUMP
Contains leucine plus 3g creatine to support growth.



BEST BCAA
Bucks convention by bonding leucine, isoleucine, and valine.



Kinobody Workout

Liying Dong



Kinobody Workout:

Eventually, you will no question discover a supplementary experience and endowment by spending more cash. still when? do you take on that you require to acquire those every needs taking into account having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more as regards the globe, experience, some places, next history, amusement, and a lot more?

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