

6-DAY COUPLES WORKOUT TO BUILD STRONG AND DEFINED BODY

THEFITNESPHANTOM.COM

DAY 1 - CHEST & SHOULDER

Incline Bench Press (4 x 8-12)
Seated Machine Fly (4 x 12-16)
Overhead Press (4 x 8-12)
Lateral Raises (3 x 10-12)
Reverse Pec Fly (3 x 10-15)
Incline Treadmill Walk (5-10 mins)

DAY 2 - LEGS & ARMS

Dumbbell Squat (3 x 15-20)
Leg Extension (3 x 12-18)
Leg Press (3 x 10-12)
Leg Curl (3 x 12-18)
Cable Pull Through (3 x 10-12)
Cable Curl + Pushdown (4 x 10-15)
Stationary Bicycle (5-10 mins)

DAY 3 - BACK & ABS

Pull-ups (3 x 4-10)
Front Pulldown (3 x 12-15)
Seated Machine Row (3 x 12-15)
Chest Supported DB Row (3 x 10-12)
Cable Crunches (3 x 15-20)
Haging Knee Raises (3 x 10-15)
Cable High to Low Chop (3 x 10/side)

DAY 4 - CHEST & SHOULDER

Incline Bench Press (4 x 8-12)
Bent-over Cable Fly (4 x 10-12)
DB Push Press (3 x 8-12)
Lateral Raises (3 x 10-12)
Cable Face Pull (3 x 10-15)
Incline Treadmill Walk (5-10 mins)

DAY 5 - LEGS & ARMS

Dumbbell Lunges (3 x 15-20)
Dumbbell Step-up (3 x 12-18)
Reverse Hack Squat (3 x 10-12)
Romanian Deadlift (3 x 12-18)
Hip Thrust (3 x 10-12)
Calf Raises (4 x 15-20)
Preacher Curl + Dips (4 x 10-15)

DAY 6 - BACK & ABS

Pull-ups (3 x 4-10)
Close Grip Pulldown (3 x 12-15)
Seated Machine Row (3 x 12-15)
Single-arm DB Row (3 x 10-12)
Cable Crunches (3 x 15-20)
Haging Knee Raises (3 x 10-15)
Cable High to Low Chop (3 x 10/side)

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Robert R. Redfield



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web giorno seemingly manages to revive him using gold experience bucciarati declares their new goal to take down the boss and fugo subsequently leaves believing the mission to be suicidal they travel to sardinia in the hopes of using abbachio s stand to

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