

LifeHack

Beginner Full Body Workout Routine for Men

Day 1: Chest, Back, Shoulders, Legs, Biceps, Triceps Gym Workout Plan

- Chest workout Barbell Bench Press target 4 sets of 8 reps
- Back workout Lat-pulldowns target 4 sets of 10 reps
- Shoulders workout Seated Dumbbell Press target 4 sets of 10 reps
- Legs workout Leg Extensions target 4 sets of 10 reps
- Biceps workout Barbell Bicep Curls target 3 sets of 10 reps
- Triceps workout Triceps Rope Pushdowns target 3 sets of 15 reps

Day 2: Legs, Triceps, Biceps, Chest, Back, Shoulder Gym Routine for Men

- Legs workout Leg Press Machine target 4 sets of 8 reps
- Triceps workout Overhead Bar Extensions target 3 sets of 20 reps
- Biceps workout EZ Bar Curls target 4 sets of 10 reps
- Chest workout Machine Chest Press target 4 sets of 10 reps
- Back workout T-Bar Row target 4 sets of 10 reps
- Shoulders workout Lateral Raises target 3 sets of 20 reps

Day 3: Shoulders, Back, Chest, Legs, Triceps, Biceps

- Shoulders workout EZ Bar Upright Rows target 3 sets of 15 reps
- Back workout Close-Grip Pulldowns target 4 sets of 12 reps
- Chest workout Cable Fly target 4 sets of 10 reps
- Legs workout Lunges target 3 sets of 10 reps per leg
- Triceps workout Skullcrushers target 3 sets of 15 reps
- Biceps workout Hammer Curls target 3 sets of 12 reps

Gym Guide For Men

Huangqi Zhang



Reviewing **Gym Guide For Men**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Gym Guide For Men**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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