

# 45-MINUTE GYM WORKOUT ROUTINE TO BUILD MUSCLE

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MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
Pull-ups	DB Front Squat	Incline DB Bench Press	Bent-over Row	Back Squat
Pulldown	Machine Leg Press	High-to-Low Cable Fly	Reverse Pec Deck Fly	Leg Extension
Overhead Press	Dumbbell Lunges	Dumbbell Lateral Raise	Close Grip Bench Press	Leg Curl
Pecs Deck Fly	Dumbbell RDL	Seated Cable Row	Dumbbell Pullover	Step-up
Bar Dips	Calf Raises	Preacher/Hammer Curl	Barbell Shrug	Hip Thrust

Perform 2-3 sets of 12-15 reps

# Workout Routine Case Study Examples Organically Best Way To Home Workout

**LP Steffe**



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