

THE 4-DAY THINNER LEANER STRONGER WORKOUT ROUTINE

WORKOUT #1: LOWER BODY A

Barbell Squat
3 sets of 6-to-8 reps

Romanian Deadlift
3 sets of 6-to-8 reps

Leg press
3 sets of 8-to-10 reps

Dumbbell Step-up
3 sets of 8-to-10 reps

WORKOUT #2: PUSH

Barbell Bench Press
3 sets of 6-to-8 reps

Incline Barbell Bench Press
3 sets of 6-to-8 reps

Dumbbell Bench Press
3 sets of 8-to-10 reps

Overhead Triceps Extension
3 sets of 8-to-10 reps

WORKOUT #3: PULL

Barbell Deadlift
3 sets of 6-to-8 reps

One-Arm Dumbbell Row
3 sets of 6-to-8 reps

Lat Pulldown
3 sets of 8-to-10 reps

Barbell Curl
3 sets of 8-to-10 reps

WORKOUT #4: LOWER BODY B

Barbell Squat
3 sets of 6-to-8 reps

Leg Curl
3 sets of 6-to-8 reps

Dumbbell Lunge
3 sets of 8-to-10 reps

Barbell Hip Thrust
3 sets of 8-to-10 reps

Thinner Leaner Stronger Workout

Michael Matthews

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Michael Matthews,2024-12-03 Mike offers a realistic starting point and doable goals no matter where you are in your fitness journey The principles in Muscle for Life are tried and true Featuring in depth guidelines for workouts at every skill level plus a meal planning guide Matthews offers encouragement no matter what your challenges are and answers any questions you may have Whether you want to lower your cholesterol levels reduce your risk of heart disease eliminate aches and pains or simply burn fat and build muscle Mike s advice at the beginner intermediate and advanced levels offers actionable takeaways for everyone and every body type **Muscle for Life Fitness Journal** Michael Matthews,2025-03-11 The

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Beyond Bigger Leaner Stronger Michael Matthews,2020-08-04

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