

FULL WEEK GYM WORKOUT PLAN

BEGINNER & INTERMEDIATE

BUDDY FITNESS - CERTIFIED FITNESS COACH



DAY 1 - **MONDAY** - CHEST & TRICEPS

DAY 2 - **TUESDAY** - CARDIO/REST

DAY 3 - **WEDNESDAY** - BACK & BICEPS

DAY 4 - **THURSDAY** - CARDIO/REST

DAY 5 - **FRIDAY** - SHOULDERS & FOREARMS

DAY 6 - **SATURDAY** - LEGS & ABS

DAY 7 - **SUNDAY** - REST

MAIN GOAL - MUSCLE BUILDING

1
MILLION
+VIEWS

5 Day Workout Routine Building Muscle 101

Ramon Tarruella



5 Day Workout Routine Building Muscle 101

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