

WORKOUT ROUTINES

12-WEEK SPRING STRENGTH WORKOUT PROGRAM

Follow this plan to reboot your workout,
build lean mass, and boost strength gains.

The logo for Muscle & Fitness, featuring the words "MUSCLE" and "FITNESS" in a bold, italicized, sans-serif font, with an ampersand between them. The text is white and set against a dark red background that shows a blurred image of a person's legs and feet.

**MUSCLE
& FITNESS**

START THIS PLAN



James Farrell

Sample Workouts From Built Lean Program

**Innocent Musonda,Adetayo
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