

Mass-Building Workout Program

Complete Training Program built for Hard Gainers who want to gain mass and keep it!

Big bodies are the result of big weights being moved in the gym. You have to attempt to be stronger each week, whether it's increasing the weight or the reps. Handling more weight on all your exercises or doing the same weight but increasing the reps are great indicators that you are gaining more muscle and you're well on your way to being one with the masses!

After you have completed the rotation below, it's time to do it all over again, but this time try using heavier weights or performing more reps on all your sets. A good tip would be to keep a training journal to chronicle the weights you used, so you're not guessing and short-changing yourself and your gains.

Supplements:

- **Pre-Workout** – 1 - 2 Scoops **HVOL** (optional)
- **Intra-Workout** – 1 Scoop **AMINOCORE** + 1 Scoop **CARBION+**
- **Post-Workout** – 1 Serving **QUICKMASS** + **VITASTACK** + **CVOL** + 5 g **GLUTAMINE** (optional)

Workout Plan:

Day 1: Chest/Shoulders/Triceps

- **Flat Bench Press/Incline Bench Press:** 5 sets of each exercise, pyramiding up in weight and going as low as 4-6 reps on your final two sets.

Flat Bench Press:	5 Sets	8 Reps (4 to 6 on Sets 4 and 5)
Incline Bench Press:	5 Sets	8 Reps (4 to 6 on Sets 4 and 5)

*Take as long as 2-3 minutes rest in between your final two sets, so that you can attack the weight with full intensity and energy.

**Push the weight until it literally can't move anymore to achieve complete muscle failure.

***Pyramiding: Increase the weight up to set 3 (your max) and declining in sets 4 and 5.

- **Lateral Raises/Upright Rows:** 4 sets of each with the first set being a warm-up set, and then moving into your working sets where you should aim to achieve muscle failure at around the 8-rep mark.

Lateral Raises:	4 Sets	8 Reps
Upright Rows:	4 Sets	8 Reps

*Try using dumbbells, barbells, kettlebells and even plates to perform these exercises for variety.

**Remember your elbows must be higher than your wrists at the top of each of these movements.

• **Triceps Dips/Skull Crushers:** 4-5 sets of each exercise, pyramiding up in weight and keeping in the 8-10 rep range on your final two working sets.

Triceps Dips:	4 to 5 Sets	8 to 10 Reps
Skull Crushers:	4 to 5 Sets	8 to 10 Reps

*Keep your elbows from flaring out to the sides, so all the stress is on your triceps.

**Pyramiding: Increase the weight up to set 3 (your max) and declining in sets 4 and 5.

Day 2: Rest

Day 3: Quads/Hamstrings/Calves

• **Squats/Leg Presses:** 5 sets of each, pyramiding up in weight and then doing a drop set for your final two working sets. Start with a weight you can handle for only about 4-6 reps then perform a triple drop set by dropping the weight by about 50 pounds for 3 consecutive sets.

Squats:	3 Sets	4 to 6 Reps
Squats:	2 Drop Sets	Drop 50 LBS for 4 reps x3
Leg Presses:	5 Sets	4 to 6 Reps
Leg Presses:	2 Drop Sets	Drop 50 LBS for 4 reps x3

*Wear a belt and even use knee wraps to handle the heavy weight, and place the emphasis on the working muscle rather than the knee joint.

**If you don't feel ill after doing the last two sets, you didn't go hard enough!

***Pyramiding: Increase the weight up to set 3 (your max) and move to Drop Sets in Sets 4 and 5.

• **Stiff-Legged Deadlifts:** 4-5 sets pyramiding up in weight and going no lower than 10 reps on your final two working sets.

Stiff-Legged Deadlifts:	4 to 5 Sets	10 Reps
-------------------------	-------------	---------

*Wear a belt to help keep your back supported and your midsection in check.

**Perform the exercise on a platform so that it allows your range of motion to go past your feet for an extreme stretch to your hams and glutes.

***Pyramiding: Increase the weight up to set 3 (your max) and declining in sets 4 and 5.

• **Standing Calf Raises:** 4-5 sets, with set one being a high rep warm-up set of around 50-100 reps, then go straight to a weight where you can get 10 reps at best for 3-4 working sets.

Standing Calf Raises:	High-Rep Warm-Up Set	50 to 100 Reps
Standing Calf Raises:	3 to 4 Sets	10 Reps

*The calves are used all day when you walk and need a stimulus they're not used to, which is heavy, heavy weight.

**Be sure to use a full range of motion and avoid bouncing on the balls of your feet, hold the stretch and the contraction for a 2 count.

Day 4: Rest

Day 5: Back/Traps/Biceps

- **Wide Grip Chins/Barbell Rows/Deadlifts:** 4-5 sets of each going to failure on your chin-up sets and pyramiding up in weight for the barbell rows and deadlifts, going as low as 6-8 reps.

Wide Grip Chins:	4 to 5 Sets	6 to 8 Reps
Barbell Rows:	4 to 5 Sets	6 to 8 Reps
Deadlifts:	4 to 5 Sets	6 to 8 Reps

*Think of your hands as hooks and grip the barbell with your finger tips to take the biceps out of the movement.

**Focus on the mind-muscle connection with your back muscles, as it's hard for many to get the right feeling in their backs. It might have something to do with not being able to physically see the muscle working.

***Pyramiding: Increase the weight up to set 3 (your max) and declining in sets 4 and 5.

- **Barbell Shrugs:** 4-5 sets pyramiding up in weight and going as low as 6-8 reps on your working sets.

Barbell Shrugs:	4 to 5 Sets	6 to 8 Reps
-----------------	-------------	-------------

*Shrug up and down with no rolling of the shoulders to avoid injury.

**Use wrist straps to help with your grip so you can handle extreme weights during this exercise.

***Pyramiding: Increase the weight up to set 3 (your max) and declining in sets 4 and 5.

- **Straight Barbell Curls/Dumbbell Hammer Curls:** 4-5 sets of each pyramiding up in weight and going as low as 6-8 reps on your working sets.

Straight Barbell Curls:	4 to 5 Sets	6 to 8 Reps
Dumbbell Hammer Curls:	4 to 5 Sets	6 to 8 Reps

*Focus on using correct form and then use a little cheating to move the weight on your final reps to get as much from your biceps as you can.

**Pyramiding: Increase the weight up to set 3 (your max) and declining in sets 4 and 5.

Day 6 & 7: Rest