



12 Week Back-to-Basics Mass Building Plan

- Rest no more than 90 seconds between sets.
- Incorporate linear periodization whereby reps are decreased in line with steady weight increases. The key here is to become continuously stronger in the 8-12 rep range.
- One warm up set and three working sets are to be completed for all movements.
- Take all working sets to maximal muscular failure - if needed, utilize rest pause at the end of each set to promote complete muscle failure.
- Change no program variables other than the weight lifted for each movement (which should become progressively heavier to program completion).
- Given this program's emphasis on compound lifts, no direct abs/lower back work will be done.
- Cardio is to be done HIIT style for 30 minutes three times per week before breakfast on an empty stomach

Monday – Cardio (AM) & Legs (PM)

1. Barbell (Back) Squats: 4 sets of 8-12
2. Walking Dumbbell Lunges: 4 sets of 25 reps
3. Leg Press: 4 sets of 8-12
4. Lying Leg Curls: 4 sets of 8-12
5. Single Leg Extensions: 4 sets of 8-12
6. Seated Calf Raise: 4 sets of 15-20
7. Standing Calf Raise: 4 sets of 15-20

Tuesday – Chest & Triceps

1. Flat Bench Press: 4 sets of 8-12
2. Incline Dumbbell Bench Press: 4 sets of 8-12
3. Dips: 4 sets of 8-12 (two sets of chest dips and two sets of triceps dips).
4. Cable Crossovers: 4 sets of 15-20
5. Lying Barbell Triceps Extensions: 4 sets of 8-12
6. Rope Pressdowns: 4 sets of 8-12

Wednesday - Cardio



Thursday – Back & Biceps

1. Chins Ups: 4 sets of 8-12
2. Reverse Grip Bent-Over Barbell Rows: 4 sets of 8-12
3. Deadlifts: 4 sets of 8-12
4. Barbell Curls: 4 sets of 8-12
5. Spider Curls: 4 sets of 8-12

Friday - Cardio

Saturday - Shoulders

1. Standing Straight Bar Military Press: 4 sets of 8-12
2. Behind the Neck Barbell Press: 4 sets of 8-12
3. Side Laterals: 4 sets of 8-12 s/w Dumbbell Shrugs
4. Upright Barbell Rows: 4 sets of 8-12

Sunday - Rest