

Mass Builder

Extra Upper Strength Workouts - Choose 1 Option and Complete

Upper #1

DB Eevator Bench Press: 10 Reps @ every bench angle

Wide Grip Lat Pulldowns: 3x10

DB Side Raise: 3x10

DB Fly's: 3x10

DB Pull Overs: 3x10

Push Up Triple Threat: 10 Normal, 10 Hands on bench, 10 feet on bench

TRX Triple Threat Row: Underhand x 10, Over Hand x10, Neutral x10

DB Fly's: 3x10

DB Pull Overs: 3x10

Trap Bar Shrug: 3x8

DB Alternating Upright Row: 3x8

Barbell Skull Crushers: 2x10

DB Hammer Curls: 2x10

DB Overhead Tricep Extension: 2x10

Upper #2

Barbell Incline Press: 4x10

Wide Grip Pull Up: 4x10

DB Alternate Flat Bench: 3x8 each arm

Barbell Underhand Inverted Row: 3x10

MB Alternate Push Up: 3x8 each

Landmine Row: 3x8 each

DB Lateral Raise

Plate Front Raise 3x10 each

TRX Rear Delt Fly

Shrug Life: Grab Dumbbells, Shrug 10 times, go up 5 lbs, no rest

Zottman Curl: 3x12

Weighted Bench Dips: 3x12

Barbell Wrist Curls: 3x20

Upper #3

Clyinder Press, 28 Method: 7 Reps Regular, 7 Reps Slow (5 count up, 5 count down), 7 reps bottom half, 7 top half

Dumbbell Tri-set SS with Chins:

3 Sets of 8 Seated Military Press - then 8 Neutral Grips Chins

3 Sets of 8 Incline Press - then 8 Wide Grip Chins

3 Sets of 8 Flat Bench Press - then 8 Underhand Chins

Arnold Press: 3x10

DB Rear Dealt Raise: 3x10

Barbell Shrug: 3x20

Band Front Raise: 3x10

Diamond Push Ups: 3x20

Band Curl: 3x20

Chain Overhead Tricep Extension: 3x20

DB Curl, 28 Method: 7 Reps Regular, 7 Reps Slow (5 count up, 5 count down), 7 reps bottom half, 7 top half