



MASS 40

**6-WEEK TRAINING GUIDE
FOR MEN OVER 40**

ALAIN GONZALEZ

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Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a “typical” result is. The truth is that most people never do anything when it comes to trying building muscle.

They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

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Published by:
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INTRODUCTION TO MASS 40

MASS 40 is a 4-Day Push/Pull program that is based on the time tested, proven principles of strength and muscle growth. This 4 day routine is strategically designed to produce adaptations using scientifically proven principles, specifically for men over 40

Push workouts will consist of training every muscle-group—lower and upper body—responsible for pushing and pressing. These sessions will be focused mainly (but not completely) on the anterior of the body. On these day's we'll focus on the chest, shoulders, quadriceps, and triceps.

Pull workouts will consist of training every muscle-group—lower and upper body—responsible for pulling. These sessions will be focused mainly (but not completely) on the posterior of the body. On these day's we'll focus on the upper-back, traps, lats, biceps, hamstrings, and glutes.

Because we'll be undulating the rep ranges—switching back and forth from high intensity to moderate—the load we'll use throughout the week will go up and down. The reason we do this is twofold: (1) it allows more rest time in between heavier, more taxing sessions and (2) it allows us to train for different adaptations, creating a cycle for gaining strength and size (more on this later).

Simple enough, right?

Now let's delve in, shall we?



MASS 40 WORKOUT: THE RULES

Before we dive into the **MASS 40** workout, let's first go over the rules you'll follow when performing the workouts. Showing up to the gym with a list of exercises may be somewhat helpful, but can prove useless unless you're applying the proper training principles.

WARM UP

The role of the warm up is simple: to prepare the body to be primed and ready for the working sets.

If you warm up just enough, you're going to feel primed and excited, and you're going to dominate your working sets. If, however, you overdo it, it's going to have a negative impact on your lifts.

Warming up before an intense training session is critical, but not complicated. In the case of this program, the warm up should fit the workout. Because we are weight training, then we must utilize a warm up method that will prepare the body for this specific activity. For example, if you're going to bench press, then the warm up should consist of a few lighter sets on the bench press.

How to Warm Up: Go straight to the exercise you are starting off with. Perform 1 set with an empty bar using a full range of motion—a basic rep range of 8-10 would be ideal. Slowly add weight to the bar in even increments until you are ready to handle the work set. Make sure your warm up—not including the set with the empty bar—does not exceed 3-5 sets. Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

PROGRESSIVE OVERLOAD: PRIMARY LIFTS

If Day 1 prescribes a squat for 3 sets of 5 reps, and you're able to push 135 pounds for the recommended sets and reps, then next time you perform the same workout, you'll aim to squat 140 pounds, and so on.

Occasionally, due to certain external factors, you may fail on a set and instead of reaching the prescribed 5 reps, only be able to push it for 3 or 4. If this happens, the first step is to give it another go. Next time you perform the workout, use the same exact weight you failed with previously. If you fail again, simply reset. The next time you perform said workout, decrease the weight by 10-15% and make gradual increases from there.

PROGRESSIVE OVERLOAD: ISOLATION LIFTS

With the accessory lifts you'll notice there is a repetition range (i.e. 10-12). Start off by using a load that only allows you to perform the minimum number of reps (10) and work your way up. The goal is to complete each set, for the higher end of the prescribed reps (12). Once you've accomplished that, increase the weight slightly and repeat. If you fall short, continue next week using the same weight and aim to outperform your last performance – repeat that until you've managed to hit every set for the high end of the prescribed reps.

Simple enough, right?

STRAIGHT SETS

The easiest way to progress, especially as someone transitioning into a new program, is to keep things constant. It's why we'll be performing straight sets for every workout. Unlike the traditional pyramid loading, straight sets rely more on cumulative fatigue. This means that the second set will be more challenging than the first, the third more challenging than the second, and so on.

How to Perform Straight Sets: If you're going to squat for 3 sets of 5 reps, you'll perform the first set with a given weight, rest, perform another set with the same weight, rest, and finish the last set with the same weight.

RESETS

Failure is inevitable. Although you'll be able to progress in a linear fashion for a prolonged period of time, at some point or another you'll miss a rep or two. This could be caused by various factors such as stress, lack of sleep, inadequate nutrition, dehydration, and the list goes on. If this happens, don't be discouraged as it's part of the game.

When this occurs—because it will—you'll simply reset. The role of the reset is to prime the muscle to start responding to the training stimulus once again so that you can continue to get bigger and stronger.

How to Reset: Say for example you deadlifted 185 pounds for 3 sets of 3 reps last week. This week, you attempt to pull 190 pounds for the same number of sets and reps; however, do to some external factor or another, you're only able to hit 2 reps on your last set. Understand this: you've still gotten stronger as intensity has increased—this is still progress. But, of course, the main goal is to match the previous volume with a heavier weight. First, dust yourself off and try again. It's very likely that you were just having an "off" day. If, however, you fail again next week, something has to change. In this case, you'd decrease the total weight by 10-15% for your next deadlift session. So instead of attempting 190 pounds again, you'd scale back to 160-170 pounds and start gradually increasing the weight from there.

REST PERIODS

Although the appropriate rest times in between sets are important, **I do not expect everyone to time their rest periods accurately.** I do, however, recommend that you use your best judgment as to when you're ready for your next set.

When you are training with a high intensity (Strength), the recommended rest amount is 3 minutes; however, some may not be fully recovered and primed for another heavy set for another few minutes (following the recommended 3 minutes). If this is the case, feel free to prolong your rest period until you are ready for another heavy set. When training with a lower intensity (Hypertrophy), rests of about 60 seconds will suffice. An additional 15-30 seconds (if needed) is also fine. And although this training program does not focus on muscle endurance, there will be lighter sets where a higher rep range (12-15 reps) is prescribed. In this case, rest periods should remain at 45-60 seconds.

INTENSITY	REST PERIOD
Low (12-15 Repetitions)	45-60 Seconds
Moderate (8-10 Repetitions)	60-90 Seconds
Heavy (3-5 Repetitions)	2-4 Minutes

ADHERENCE

There is no physiological difference between working out on Monday and working out on Tuesday. What matters is not the day of the week it is, but the total work done in a given period of time. On top of that, everyone's schedule is different, and since adherence is key, it's less about what you *should* do and more about what you can do.

The workout won't be broken down into specific days (e.g. Monday, Wednesday, Friday), instead, it'll be broken down into a given number of workouts (e.g. Workout 1, Workout 2, Workout 3). So whether you're taking a rest day after every session or performing them all back to back—what's really important is that (1) you perform them in order—so Workout 2 will never be done before Workout 1 in the week—and (2) that all of the workouts are completed within the training week.

Although it may be ideal to rest every two days—and if that's an option, it's what I'd recommend—doing all 4 workouts back to back—even if you're feeling a little banged up, will always be better than missing a session that week. Remember, it's not about a specific schedule, but rather, a specific amount of work that must be performed in a given time frame.

Recommended Training Schedule:

Monday: Workout 1
Tuesday: Workout 2
Wednesday: Rest
Thursday: Workout 3
Friday: Workout 4
Saturday: Rest
Sunday: Rest

At first, this may all seem a bit complicated, but after referring back to this chapter enough, it'll all begin to make more sense. If you're feeling overwhelmed, don't—like all else, with a little practice it becomes second nature.

MASS 40 WORKOUT

WEEK 1

DAY 1: PUSH (STRENGTH)	SETS	REPS
Squat	3	6
Seated Smith Machine Shoulder Press	3	6
Dumbbell Chest Press	3	6
Leg Press	3	8
Wide Grip Upright Row	4	10-12
Skull Crusher	2	10-12

DAY 2: PULL (HYPERTROPHY)	SETS	REPS
Romanian Deadlift	3	10
T-Bar Row	3	10
Lat-Pulldown	3	12
Seated Hamstring Curl	3	12-15
Face Pull	3	12-15
Incline Dumbbell Curl	2	12-15
Preacher Curl	2	10-12

DAY 3: PUSH (HYPERTROPHY)	SETS	REPS
Smith Machine Squat	3	10
Seated Dumbbell Shoulder Press	3	10
Converging Chest Press	3	10
Leg Extensions	3	10-12
Cable Lateral Raises	4	12-15
Dips	2	12-15
Rope Pushdowns	2	10-12

DAY 4: PULL (STRENGTH)	SETS	REPS
Trap Bar Deadlift	3	5
Pendlay Row	3	6
Dumbbell Romanian Deadlift	3	8
Weighted Pull Up	3	8
Face Pull	3	12-15
Barbell Curl	2	10-12

MASS 40 WORKOUT

WEEK 2

DAY 1: PUSH (STRENGTH)	SETS	REPS
<u>Squat</u>	3	6
<u>Seated Smith Machine Shoulder Press</u>	3	6
<u>Dumbbell Chest Press</u>	3	6
<u>Leg Press</u>	3	8
<u>Wide Grip Upright Row</u>	4	10-12
<u>Skull Crusher</u>	3	10-12

DAY 2: PULL (HYPERTROPHY)	SETS	REPS
<u>Romanian Deadlift</u>	3	10
<u>T-Bar Row</u>	3	10
<u>Lat-Pulldown</u>	3	12
<u>Seated Hamstring Curl</u>	3	12-15
<u>Face Pull</u>	3	12-15
<u>Incline Dumbbell Curl</u>	3	12-15
<u>Preacher Curl</u>	2	10-12

DAY 3: PUSH (HYPERTROPHY)	SETS	REPS
<u>Smith Machine Squat</u>	3	10
<u>Seated Dumbbell Shoulder Press</u>	3	10
<u>Converging Chest Press</u>	3	10
<u>Leg Extensions</u>	3	10-12
<u>Cable Lateral Raises</u>	4	12-15
<u>Dips</u>	3	12-15
<u>Rope Pushdowns</u>	2	10-12

DAY 4: PULL (STRENGTH)	SETS	REPS
<u>Trap Bar Deadlift</u>	3	5
<u>Pendlay Row</u>	3	6
<u>Dumbbell Romanian Deadlift</u>	3	8
<u>Weighted Pull Up</u>	3	8
<u>Face Pull</u>	3	12-15
<u>Barbell Curl</u>	3	10-12

MASS 40 WORKOUT

WEEK 3

DAY 1: PUSH (STRENGTH)	SETS	REPS
<u>Squat</u>	4	6
<u>Seated Smith Machine Shoulder Press</u>	4	6
<u>Dumbbell Chest Press</u>	4	6
<u>Leg Press</u>	3	8
<u>Wide Grip Upright Row</u>	4	10-12
<u>Skull Crusher</u>	3	10-12

DAY 2: PULL (HYPERTROPHY)	SETS	REPS
<u>Romanian Deadlift</u>	4	10
<u>T-Bar Row</u>	4	10
<u>Lat-Pulldown</u>	4	12
<u>Seated Hamstring Curl</u>	3	12-15
<u>Face Pull</u>	3	12-15
<u>Incline Dumbbell Curl</u>	3	12-15
<u>Preacher Curl</u>	2	10-12

DAY 3: PUSH (HYPERTROPHY)	SETS	REPS
<u>Smith Machine Squat</u>	4	10
<u>Seated Dumbbell Shoulder Press</u>	4	10
<u>Converging Chest Press</u>	4	10
<u>Leg Extensions</u>	3	10-12
<u>Cable Lateral Raises</u>	4	12-15
<u>Dips</u>	3	12-15
<u>Rope Pushdowns</u>	2	10-12

DAY 4: PULL (STRENGTH)	SETS	REPS
<u>Trap Bar Deadlift</u>	4	5
<u>Pendlay Row</u>	4	6
<u>Dumbbell Romanian Deadlift</u>	4	8
<u>Weighted Pull Up</u>	4	8
<u>Face Pull</u>	3	12-15
<u>Barbell Curl</u>	3	10-12

MASS 40 WORKOUT

WEEK 4

DAY 1: PUSH (STRENGTH)	SETS	REPS
Squat	4	6
Seated Smith Machine Shoulder Press	4	6
Dumbbell Chest Press	4	6
Leg Press	4	8
Wide Grip Upright Row	4	10-12
Skull Crusher	4	10-12

DAY 2: PULL (HYPERTROPHY)	SETS	REPS
Romanian Deadlift	4	10
T-Bar Row	4	10
Lat-Pulldown	4	12
Seated Hamstring Curl	3	12-15
Face Pull	4	12-15
Incline Dumbbell Curl	3	12-15
Preacher Curl	3	10-12

DAY 3: PUSH (HYPERTROPHY)	SETS	REPS
Smith Machine Squat	4	10
Seated Dumbbell Shoulder Press	4	10
Converging Chest Press	4	10
Leg Extensions	4	10-12
Cable Lateral Raises	4	12-15
Dips	3	12-15
Rope Pushdowns	3	10-12

DAY 4: PULL (STRENGTH)	SETS	REPS
Trap Bar Deadlift	4	5
Pendlay Row	4	6
Dumbbell Romanian Deadlift	4	8
Weighted Pull Up	4	8
Face Pull	4	12-15
Barbell Curl	4	10-12

MASS 40 WORKOUT

WEEK 5

DAY 1: PUSH (STRENGTH)	SETS	REPS
<u>Squat</u>	5	6
<u>Seated Smith Machine Shoulder Press</u>	4	6
<u>Dumbbell Chest Press</u>	5	6
<u>Leg Press</u>	4	8
<u>Wide Grip Upright Row</u>	4	10-12
<u>Skull Crusher</u>	4	10-12

DAY 2: PULL (HYPERTROPHY)	SETS	REPS
<u>Romanian Deadlift</u>	5	10
<u>T-Bar Row</u>	4	10
<u>Lat-Pulldown</u>	4	12
<u>Seated Hamstring Curl</u>	4	12-15
<u>Face Pull</u>	4	12-15
<u>Incline Dumbbell Curl</u>	3	12-15
<u>Preacher Curl</u>	3	10-12

DAY 3: PUSH (HYPERTROPHY)	SETS	REPS
<u>Smith Machine Squat</u>	5	10
<u>Seated Dumbbell Shoulder Press</u>	5	10
<u>Converging Chest Press</u>	4	10
<u>Leg Extensions</u>	4	10-12
<u>Cable Lateral Raises</u>	4	12-15
<u>Dips</u>	3	12-15
<u>Rope Pushdowns</u>	3	10-12

DAY 4: PULL (STRENGTH)	SETS	REPS
<u>Trap Bar Deadlift</u>	5	5
<u>Pendlay Row</u>	4	6
<u>Dumbbell Romanian Deadlift</u>	4	8
<u>Weighted Pull Up</u>	4	8
<u>Face Pull</u>	4	12-15
<u>Barbell Curl</u>	4	10-12

MASS 40 WORKOUT

WEEK 6

DAY 1: PUSH (STRENGTH)	SETS	REPS
Squat	5	6
Seated Smith Machine Shoulder Press	5	6
Dumbbell Chest Press	5	6
Leg Press	4	8
Wide Grip Upright Row	4	10-12
Skull Crusher	4	10-12

DAY 2: PULL (HYPERTROPHY)	SETS	REPS
Romanian Deadlift	5	10
T-Bar Row	4	10
Lat-Pulldown	5	12
Seated Hamstring Curl	4	12-15
Face Pull	4	12-15
Incline Dumbbell Curl	3	12-15
Preacher Curl	3	10-12

DAY 3: PUSH (HYPERTROPHY)	SETS	REPS
Smith Machine Squat	5	10
Seated Dumbbell Shoulder Press	5	10
Converging Chest Press	5	10
Leg Extensions	4	10-12
Cable Lateral Raises	4	12-15
Dips	3	12-15
Rope Pushdowns	3	10-12

DAY 4: PULL (STRENGTH)	SETS	REPS
Trap Bar Deadlift	5	5
Pendlay Row	5	6
Dumbbell Romanian Deadlift	4	8
Weighted Pull Up	5	8
Face Pull	4	12-15
Barbell Curl	4	10-12

EXERCISE REFERENCE

	<u>Squat</u>		<u>Romanian Deadlift</u>
	<u>Seated Smith Machine Shoulder Press</u>		<u>T-Bar Row</u>
	<u>Dumbbell Chest Press</u>		<u>Lat-Pulldown</u>
	<u>Leg Press</u>		<u>Seated Hamstring Curl</u>
	<u>Wide Grip Upright Row</u>		<u>Face Pull</u>
	<u>Skull Crusher</u>		<u>Incline Dumbbell Curl</u>
	<u>Smith Machine Squat</u>		<u>Preacher Curl</u>
	<u>Seated Dumbbell Shoulder Press</u>		<u>Trap Bar Deadlift</u>
	<u>Converging Chest Press</u>		<u>Pendlay Row</u>
	<u>Leg Extensions</u>		<u>Dumbbell Romanian Deadlift</u>
	<u>Cable Lateral Raise</u>		<u>Weighted Pull Up</u>
	<u>Dips</u>		<u>Barbell Curl</u>
	<u>Rope Pushdowns</u>		

DELOADING

Deloading refers to a planned reduction in volume and/or intensity, whose purpose is to allow the body to dissipate accumulated fatigue, allow a full recovery, and prepare you for progress.

The key to building muscle and gaining strength over long periods of time is regularly pushing your body to a point of *overreaching* and then backing off.

If we push our body to the point where it is overtrained, the deload/recovery phase could take much longer. If we pull back at the right time, however, we create a slingshot effect that allows us to come back stronger.

WHEN TO DELOAD

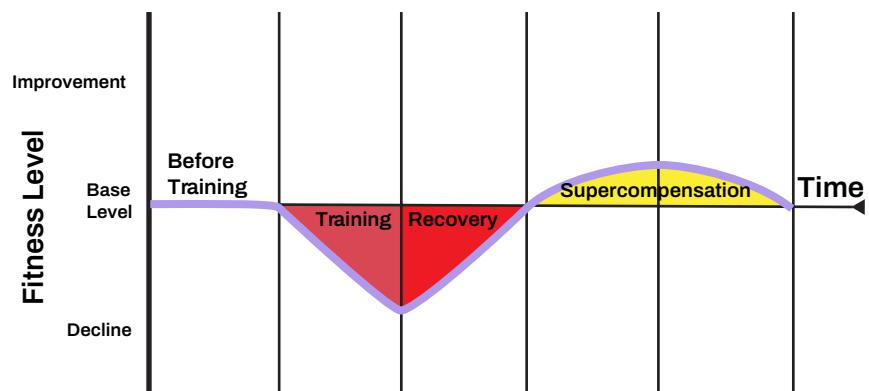
Your first deload should take place when you begin to experience any of the following:

- No longer getting stronger despite proper resets
- Loss of strength
- Feeling tired and unmotivated to train
- Achy joints and/or tendons
- High intensity, high frequency training for a long period of time without a deload

Since you're likely not a beginner anymore, I would advise including a regularly scheduled deload week—every 4-6 weeks would be ideal. If these signs come up before your scheduled deload, start your recovery phase immediately. On the other hand, if you're still feeling great and getting stronger, hold off on the deload.

WHY TAKE A LOAD OFF?

Your body deals with physical stress in three simple steps: first, you provide the stimulus through exercise, next you remove the stimulus through rest and recovery, and lastly, you adapt in order to handle the stimulus better. This adaptation is known as supercompensation and is what allows us to gain muscle and strength.



If done correctly, you'll be back on the gain train and getting stronger—and bigger—again. It'll also serve as a mental and physical break that will preemptively address any recovery issues you may have had, and, any aches and pains that were hindering your performance will have disappeared.

I'm ALAIN GONZALEZ

one of the world's most sought after fitness coaches for men over 40.

And over the past 16 years I've helped thousands of men like you lose fat, build muscle, and achieve their dream physique.

My secret?

Using a customized and science-based approach to help any man in his 40s, 50s, 60s, and beyond, transform his body in just 16 short weeks...

And this is where you come in.

I just opened my 1-on-1 coaching program - Sculpted After 40...

And I want you to join so I can help you become the strongest, most ripped, and best version of yourself in less than 4 months.

Just click the button below and fill out the short application to get started.



I'M READY TO TRANSFORM MY BODY IN  16 WEEKS!

