

Aesthetic Mass Monster Program

Program Overview

WEEKLY SPLIT:

Day 1 - Push (Chest/Delts/Triceps - Mass Focus)

Day 2 - Pull (Back/Biceps - Thickness Focus)

Day 3 - Legs (Quads + Glutes)

Day 4 - Push (Shoulders + Upper Chest - Shape)

Day 5 - Pull (Lats + Biceps Peak)

Day 6 - Legs (Hamstring/Glute-Dominant)

Day 7 - Rest / Active Recovery

PROGRESSION PLAN:

Weeks 1-2: Master form and set baseline weights.

Weeks 3-4: Add 5-10 lbs on compounds, increase volume, and push intensity.

Day 1 - Push (Chest-Heavy)

Incline Barbell Press - 4x6-8

Flat Dumbbell Press - 4x8-10

Weighted Dips - 3x10-12

Dumbbell Lateral Raises - 4x12-15

Overhead DB Tricep Extensions - 3x10-12

Cable Rope Pushdowns - 3x12-15

Optional: Push-up burnout finisher

Day 2 - Pull (Thickness Focus)

Deadlifts - 4x5-6

Barbell Rows - 4x8-10

One-Arm DB Row - 3x10-12

Face Pulls - 3x15-20

Aesthetic Mass Monster Program

EZ Bar Curls - 3x8-10

Incline DB Curls - 3x10-12

Optional: 21s Bicep Finisher

Day 3 - Legs (Quad Dominant)

Barbell Back Squats - 4x6-8

Leg Press - 4x10-12

Walking Lunges - 3x20 steps

Leg Extensions - 3x15-20

Standing Calf Raises - 4x12-15

Seated Calf Raises - 3x15-20

Day 4 - Push (Shoulder Focus)

Seated Barbell OHP - 4x6-8

Incline Smith Press - 4x8-10

DB Lateral Raises - 4x12-15

Cable Upright Rows - 3x12

Skull Crushers - 3x10-12

DB Kickbacks - 3x15

Optional: Tricep Pushdown Drop Set

Day 5 - Pull (Lat/Biceps Focus)

Weighted Pull-Ups - 4x8-10

Chest-Supported Rows - 3x10

Straight-Arm Lat Pulldowns - 3x15

Spider Curls - 3x12

Hammer Curls - 3x12

Concentration Curls - 2x15

Optional: Lat Stretch Holds

Aesthetic Mass Monster Program

Day 6 - Legs (Posterior Focus)

Romanian Deadlifts - 4x8-10

Bulgarian Split Squats - 3x8-10

Lying Leg Curls - 4x12-15

Hip Thrusts - 3x10-12

Standing Calf Raises - 4x15

Donkey Calf Raises - 3x15-20

Day 7 - Recovery

Incline Walk - 20 min

Foam Rolling / Mobility

Optional Abs - Weighted Crunches, Leg Raises

Nutrition & Supplements

LEAN BULK NUTRITION:

Calories: BW x 16-18

Protein: 1g/lb of BW

Carbs: 40-50% of total intake

Fats: ~20-25%

Use whole foods and time carbs around workouts.

SUPPLEMENTS:

- Whey Protein

- Creatine Monohydrate (5g/day)

- L-Citrulline (Pre-workout)

- Omega-3s, Magnesium, Zinc

- Optional: Turkesterone / Ecdysterone