



Mass Gain Program

Training Circuit
for Mass Gain

PROGRESS BOOSTING TIPS

YOUR TRANSFORMATION BEGINS NOW!



The following 5 day workout routine is based on a 5 days split. Using this routine, you will train one body part per day for a duration of 5 days. There are two main advantages to using this type of routine.

Firstly, you can train the body part with all out effort and intensity. You don't have to worry about training two or more body parts per session. Also, this type of program will allow for additional training volume (more sets and exercises). Secondly, it will allow for a longer period of rest. Training one body part per week will allow maximum rest and recuperation periods. By increasing the overall intensity of the program it will be necessary to increase the rest and recuperation periods (which this program does).

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LEGS	CHEST / ABS	BACK	SHOULDERS/ ABS	BICEPS / TRICEPS	REST (CARDIO OPTIONAL)	REST

WORKOUT POINTS:

- DURATION: 5 to 6 weeks
- GOAL: Increase muscle mass by allowing maximum recuperation for each body part.
- METHOD:
- 5 workouts weekly
 - 1 body part trained at each workout
 - Several exercises per body part
 - Holistic repetition ranges
 - low, medium and high repetition range
 - Spill over routine set up. Each body part is worked once directly, once indirectly
 - Variable rest periods
 - matching repetition scheme
 - Cardio work at the end of each workout
 - 20-25 minutes of medium intensity

- NOTES:
- You can either use two or one days rest at the end of the training sequence. I recommend two at first and as you progress, try using one day. However, you will have to "play it by ear" and listen to your body.
- WEIGHT INCREMENTS:
- Try and add heavier weight to each progressive set (pyramid style).
- Once you are able to complete all repetitions on your last set (unassisted), increase the weight by 10% to 15% for your next workout for the same exercise.
- REST:
- As indicated below, rest the recommended time in between sets. Once an exercise is complete, immediately set up and perform the next exercise.

THE WORKOUT:

DAY 1 -LEGS			
EXERCISE	SETS	REPS	REST
Barbell squats	4	8	2 minute
Leg press	4	25	2 minute
Leg curls	5	8	1 minute
Lunges	3	15 - 20	1 minute
Leg extensions	3	15 - 20	1 minute
Seated calf raise	5	12	1 minute
Standing calf raise	4	25 - 30	1 minute
Cardio	Perform for 20 to 25 minutes at moderate pace.		



DAY 2 - CHEST / ABS			
EXERCISE	SETS	REPS	REST
Barbell bench press	4	6	1 minute
Incline dumbbell press	4	8	1 minute
Flat dumbbell flies	4	12	1 minute
Dumbbell pullovers	4	15	1 minute
Push ups	3	Failure	1 minute
Leg raises off bench	3	25	30seconds
Cable crunches	3	15	30seconds
Incline sit ups	3	20	30seconds
Cardio	Perform for 20 to 25 minutes at moderate pace.		



DAY 3 -BACK			
EXERCISE	SETS	REPS	REST
Chin up	4	Failure	1 minute
One arm dumbbel rows	4	10	1 minute
Reverse grip pull-downs	4	12	1 minute
Barbell power cleans	4	8	1 minute
Hyperextensions	4	15 - 20	1 minute
Dumbbell side bends	4	20	1 minute
Cardio	Perform for 20 to 25 minutes at moderate pace.		

DAY 4 - SHOULDERS / ABS			
EXERCISE	SETS	REPS	REST
Military press	5	8	2 minutes
Side laterals	4	10	1 minute
Barbell upright rows	4	12	1 minute
Bent Over Laterals	5	12	1 minute
Incline sit ups	4	30 - 50	1 minute
Cardio	Perform for 20 to 25 minutes at moderate pace.		

DAY 5 - ARMS			
EXERCISE	SETS	REPS	REST
Close grip bench press	5	6	2 minutes
Standing barbell curls	5	6	2 minutes
Skull crushers	4	10	1 minute
Incline dumbbell curls	4	10	1 minute
Triceps cable press downs	3	15	1 minute
Dumbbell concentra- tion curls	3	15	1 minute
Seated calf raise	3	30	1 minute
Standing calf raise	3	25	1 minute
Cardio	Perform for 20 to 25 minutes at moderate pace.		

