

# Muscle Up - Mass Gain Plan

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Body Type: Ectomorph

Recommended macronutrients ratio: 40%-50% carbohydrates, 40%-30% protein, 20% fat

Try this training program out for building strength.

#	Day	Muscle Group	Cardio
1	Monday	Legs	None
2	Tuesday	Chest & Triceps	20-30 mins Steady State
3	Thurs	Back & Biceps	20-30 mins Steady State
4	Friday	Shoulders and Abs	20-30 mins Steady State

## Leg Day

#	Excercise	Sets	Reps	Tempo
1	Back Squat (Smith Machine)	3	10	- 1 -
2	Leg Press	4	10	- 1 -
3	One Leg Body Weight Squats	4	10/leg	- 1 -
4	Walking Lunges	4	10/leg	- 1 -
5	Leg Curls	3	10	- 1 -
6	Calf Raises	4	10	- 1 -

## Chest & Triceps

For taller people use DB for your bench press and incline press to help get a better range of motion.

#	Excercise	Sets	Reps	Tempo
1	Bench Press	4	12	2 - 1 - 2
2	Incline Press	4	10	2 - 1 - 2
3	DB Flys	4	8	2 - 1 - 2

## Back & Biceps

#	Excercise	Sets	Reps	Tempo
1	Wide Grip Lat Pulldown	4	10	2 - 1 - 2
2	Dumbbell Row	4	10/Arm	1 - 1 - 2
3	T-Bar Row	4	10	2 - 1 - 2

## Shoulders & Abs

#	Excercise	Sets	Reps	Tempo
1	Shoulder Press (Machine or DB)	4	10	2 - 1 - 2
2	Standing Lateral Raise	4	10	1 - 1 - 3
3	Rear Delt Flys	4	10	2 - 1 - 2

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