



THE TOOLS YOU NEED TO BUILD
THE BODY YOU WANT®



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HOW TO GAIN MASS FAST:
20 WEEK QUICK START PROGRAM

Build muscle as quickly as possible using this 20 week program that features 3 unique stages: neuromuscular adaptation, conditioning, and maximization.

Link to Workout: <https://www.muscleandstrength.com/workouts/gain-mass-fast-20-week-program>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 20 Weeks
Days Per Week: 3 Days

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Author: Ian Coleman

Stage 1: Neuromuscular Adaptation (Weeks 1 - 4)

Exercise	Sets	Reps
Workout A		
Squats	2	10
Bench Press	2	10
Stiff Leg Deadlift	2	10
Barbell Row	2	10
Military Press	2	10
Skullcrushers	2	10
Dumbbell Curls	2	10
Seated Calf Raises	2	10
Sit Ups	2	10
This workout is to be performed twice a week (e.g. Mon /Thurs). Weight is moderate. Add weight when sets begin to feel relatively easy.		

Stage 2: Conditioning & Building (Weeks 5 - 8)

Exercise	Sets	Reps
Workout A		
Squats	3	10
Bench Press	3	10
Leg Curls	3	10
Barbell Rows	3	10
Military Press	3	10
Skullcrushers	3	10
EZ Bar Preacher Curls	3	10
Seated Calf Raise	3	10
Sit Ups	3	10 - 25
Workout B		
Stiff Leg Deadlift	3	10
Leg Press	3	10
Dumbbell Flys	3	10
Pull Ups or Lat Pull Down	3	10
Bent Over Reverse Dumbbell Fly	3	10
Dips	3	10
Hammer Curls	3	10
Dumbbell Shrugs	3	10
Dumbbell Side Bends	3	10
Workout C		
Squats	3	10
Incline Dumbbell Bench Press	3	10
Leg Curls	3	10
One Arm Dumbbell Row	3	10
Seated Arnold Press	3	10
Cable Tricep Extensions	3	10
Dumbbell Curls	3	10
Standing Calf Raises	3	10
Plank	3	60 Secs
Workouts are to be performed on non-consecutive days of the week (e.g. Mon: Workout A / Wed: Workout B / Fri: Workout C). Do not train to failure. Add weight when you reach the recommended number of reps per set.		

Stage 3: Maximizing Beginner Gains (Weeks 9 - 20)

Exercise	Sets	Reps
Workout A		
Squats	3	10
Leg Extensions	3	10
Leg Curls	3	10
Seated Calf Raises	3	15
Decline Weighted Sit Up	3	15 - 25
Barbell Shrugs	3	10
Workout B		
Bench Press	3	10
One Arm Dumbbell Row	3	10
Military Press	3	10
Dips or Cable Extensions	3	10
Pull Ups	3	As Many As Possible
EZ Bar Curls	3	10
Workout C		
Stiff Leg Deadlift	3	10
Squats	2	15
Leg Press	3	15
Standing Calf Raises	3	15
Plank	3	60 Secs
Dumbbell Shrugs	3	10
Workout D		
Incline Dumbbell Bench Press	3	10
Barbell Rows	3	10
Seated Arnold Press	3	10
Close Grip Bench Press	3	10
Pull Ups	3	As Many As Possible
Seated Dumbbell Curls	3	10
You'll be working out 4 days a week (e.g. Mon: Workout A / Tues: Workout B / Thurs: Workout C / Fri: Workout D). Push every set for as many reps as possible. Stop each set when you feel like you might fail on the next rep or when your form starts to slip. Add weight when you reach the recommended number of reps per set.		

