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ONLY FOR ADULTS

This training plan can be used by people **from 16 to 40 years old**.
Doctor consulting is recommended.

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YOU'RE ON YOUR OWN

The author is **not responsible** for injuries that may occur during training under this plan. All exercises presented below are in the public domain, the author only offers his point on the procedure of their use.

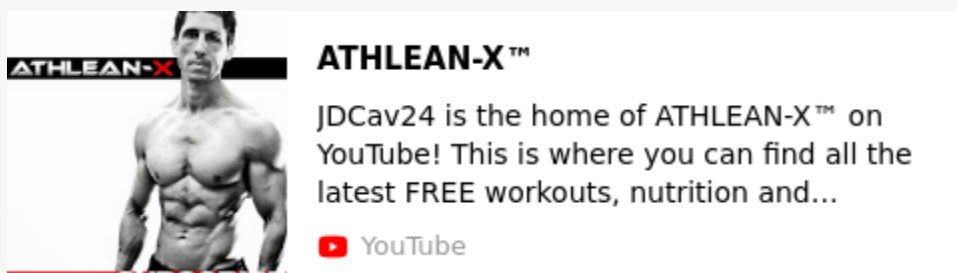
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FOLLOW TECHNIQUE

Each exercise must be done following right technique.

It would be nice to have a person who knows when you do something wrong, so don't throw away trainer option.

Recommended techniques can be found here:



NOW LISTEN

Based on your height and weight we conclude that you are the person with **low body mass index**. To make it short, that means that you lack muscles and fat. We recommend you using [this](#) calculator to know how many calories you should consume daily.

Remember: you won't gain mass until you start eating more.

Another thing we noticed is that you are not a weak guy. It's possible that you visited gym or sport clubs in the past.

This plan is targeting [mass gain & body fit](#).

LET'S GET STARTED

This training plan is for 8 weeks in gym. It's based on **3** trainings per week. Always leave a day or two to rest between trainings.

Every training and every weight exercise should start with a warmup. By warmup is meant that you warm your muscles and joints with rotational movements. By warmup in the exercise is meant that you take empty bar, light dumbbels or put low weight on your machine and that's your set #0. Sets in the tables below exclude set #0.

Never forget about warmup.

Also, don't be shy to ask someone for backup. That may save your life.

If you start feeling bad during training - **stop right there** and go home or call for a help.

Weights should be barely maximum for number of reps given below.

1 TRAINING #1

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Hyperextension	3 sets, 10-15 reps	2-3 mins
#3	Bench Press	4 sets, 8-10 reps	3 mins
#4	Dumbbell Bench Press	4 sets, 8-10 reps	3 mins
#5	Dips*	4 sets, 8-10 reps	3 mins
#6	Rope Tricep Pushdown	4 sets, 10-15 reps	2 mins
#7	Abs Set #1	4-5 sets, 12-15 reps	2-3 mins
#8	Plank	2+ minutes	

2 TRAINING #2

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Hyperextension	3 sets, 10-15 reps	2-3 mins
#3	Squat	4 sets, 8-10 reps	3 mins
#4	Lunge	4 sets, 8-10 reps	3 mins
#5	Leg Press**	4 sets, 8-10 reps	3 mins
#6	Barbell Hip Thrust	4 sets, 8-10 reps	3 mins
#7	Abs Set #2	4-5 sets, 12-15 reps	2-3 mins
#8	Plank	2+ minutes	

3 TRAINING #3

Order	Exercise	Sets&Reps	Rest Time
#1	Warmup	At least 10 minutes	
#2	Deadlift	4 sets, 8-10 reps	3 mins
#3	Bent-over Row	4 sets, 8-10 reps	3 mins
#4	Pull-up or Lat Pulldown	4 sets, max or 8-10 reps	3 mins
#5	Single-Arm Dumbbell Row	4 sets, 8-10 reps	3 mins
#6	Hyperextension	3 sets, 10-15 reps	2-3 mins
#7	Abs Set #1	4-5 sets, 12-15 reps	2-3 mins
#8	Plank	2+ minutes	

Abs Set #1: Crunch, Reverse Crunch, Bicycle Crunch

Abs Set #2 Knee Crunch, Scissors, Body Climbers

Notes:

*If you feel you can do more than 8-10 reps, use additional weight using belt for dips.

**Be extra careful performing leg press. Don't put too much weight on the machine. Leave a gap for few reps.

Go for abs set **every** training. We believe it's the best approach to get strong and conspicuous 6-pack.