

THE MASS BUILDING TRAINING PLAN

Part One

Monday	Sets / Reps	Set 1	Set 2	Set 3	Set 4
Bench Press	3 - 4 x 4 - 6				
Close-Grip Lateral Pulldown	1 - 2 x 12 - 15				
Incline Dumbbell Press	2 - 3 x 8 - 10				
Seated Cable Row	1 - 2 x 12 - 15				
Overhead Press	3 - 4 x 6 - 8				
Lateral Raise	2 - 3 x 8 - 10				
Bent Over Lateral Raise	1 - 2 x 12 - 15				
Crunches	3 x 12 - 15				

Tuesday	Sets / Reps	Set 1	Set 2	Set 3	Set 4
Barbell Squat	3 - 4 x 4 - 6				
Leg Press	2 - 3 x 8 - 10				
Lying Leg Curl	1 - 2 x 12 - 15				
Standing Calf Raise	3 - 4 x 6 - 8				
Seated Calf Raise	2 - 3 x 8 - 10				

Thursday	Sets / Reps	Set 1	Set 2	Set 3	Set 4
Pull-up or Close-grip Lateral Pulldown	3 - 4 x 4 - 6				
Seated Machine Press	1 - 2 x 12 - 15				
Dumbbell Row	2 - 3 x 8 - 10				
Dumbbell Flyes	1 - 2 x 12 - 15				
Incline Dumbbell Row	2 - 3 x 8 - 10				
Dumbbell Hammer Curl	2 - 3 x 12 - 15				
Triceps Dip	2 - 3 x 8 - 10				
Triceps Pressdown	2 - 3 x 12 - 15				
Crunches	3 x 10 - 15				



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Part Two

Friday	Sets / Reps	Set 1	Set 2	Set 3	Set 4
Deadlift	3 - 4 x 4 - 6				
Leg Press	1 - 2 x 12 - 15				
Lying Leg Curl	2 - 3 x 8 - 10				
Standing Calf Raise	2 - 3 x 12 - 15				
Seated Calf Raise	2 - 3 x 12 - 15				

