

ULTRA MASS-GAIN TRAINING PLAN

#CHALLENGEYOURSELF



FEMALE TRAINING PLAN

REST 1 MIN BETWEEN SETS & 1 MIN BETWEEN EXERCISES ON EACH DAY

% 1 Repetition Maximum (%1RM) Maximum amount of weight you can lift for 1 repetition (or a 1 repetition max). Example: Your 1 repetition maximum for a dead lift is 100 KG (meaning that, that, is the maximum amount of weight you are able to do for 1 rep).

How to calculate training weight from % of 1RM: **Value examples:** Dead lift 1RM = 100 kg Required training load = 80% of 1RM

Formula: 1RM / % of 1RM required training load x 100 = total of weight needed for the exercise e.g.: 100 kg (1RM dead lift weight) / 80 (% of 1RM required training load) x 100 = 80 kg final training weight.

WARM-UP: 5 - 15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDIO

DAY 1 - LEGS	Sets	REPS		
Exercise		Set 1 80% 1RM	Set 2 75% 1RM	Set 3 70% 1RM
Hip adductor machine	3	10	12	14
Weighted glute bridges / hip thrusters	3	10	12	14
Hip abductor machine	3	10	12	14
Weighted barbell dead lifts	3	10	12	14
Weighted barbell squats	3	10	12	14
Hamstring curls (or Nordic curls)	3	10	12	14
Leg extensions	3	10	12	14
Standing calf raises	3	10	12	14

COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

WARM-UP: 5 - 15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDIO

DAY 2 - SHOULDERS	Sets	REPS		
Exercise		Set 1 80% 1RM	Set 2 75% 1RM	Set 3 70% 1RM
Over hand grip pull ups	3	8	10	12
Dumbbell shoulder press	3	10	12	14
Lateral side raises	3	10	12	14
Shoulder shrugs	3	10	12	14
Lateral pull downs	3	10	12	14

COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

WARM-UP: 5 - 15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDIO

DAY 3 - ABDOMINALS & CORE	Sets	REPS		
Exercise		Set 1 80% 1RM	Set 2 75% 1RM	Set 3 70% 1RM
Lying down leg ups	3	30	30	30
Weighted side / oblique crunches	3	30	30	30
Medicine ball sit-up	3	30	30	30
Mountain climbers with leg side twists	3	45 sec	45 sec	45 sec
Knee ins	3	30	30	30
Russian twists	3	45 sec	45 sec	45 sec
Bicycle crunches	3	45 sec	45 sec	45 sec
Front plank	3	45 sec	45 sec	45 sec

COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

DAY 4 - REST



WARM-UP: 5 - 15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDIO

DAY 5 - BACK & BICEPS	Sets	REPS		
Exercise		Set 1 80% 1RM	Set 2 75% 1RM	Set 3 70% 1RM
Bent over, over hand grip, back rows	3	10	12	14
Bent over, under hand grip, back rows	3	10	12	14
Standing (bent over at hip) 30 - 45-degree, back fly's	3	10	12	14
Single handed back rows (one hand and one leg on bench)	3	10	12	14
Under hand grip pull ups - to work biceps	3	10	12	14
Standing barbell curls	3	10	12	14
Dumbbell hammer curls	3	10	12	14

COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

WARM-UP: 5 - 15 MINUTES FULL BODY DYNAMIC STRETCHING / CARDIO

DAY 6 - CHEST & TRICEPS	Sets	REPS		
Exercise		Set 1 80% 1RM	Set 2 75% 1RM	Set 3 70% 1RM
Push Ups	3	30	30	30
Flat bench barbell chest press	3	10	12	14
Inclined bench dumbbell chest press	3	10	12	14
Flat bench dumbbell chest fly's	3	10	12	14
Tricep dips	3	10	12	14
Tricep kickback	3	10	12	14
Reverse grip tricep pulldowns	3	10	12	14

COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

DAY 7 - REST