

ULTRA MASS-GAIN TRAINING PLAN



#CHALLENGEYOURSELF

FEMALE TRAINING PLAN

REST 75 SECONDS BETWEEN SETS AND 75 SECONDS BETWEEN EXERCISES

% 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.

1. Start with the first exercise, at set 1. Do all the exercises for set 1. ■
2. Then proceed to set 2. Do all the exercises for set 2. ■
3. Then proceed to set 3. Do all the exercises for set 3. Finish at the third set of the last exercise. ■

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

DAY 1 - LEGS & SHOULDERS		Sets	REPS		
Exercise			Set 1 95% 1RM	Set 2 90% 1RM	Set 3 85% 1RM
Weighted barbell dead lifts	3	4	6	8	
Dumbbell shoulder press	3	4	6	8	
Weighted barbell squats	3	4	6	8	
Lateral dumbbell side raises	3	4	6	8	
Hamstring curls (or Nordic curls)	3	4	6	8	
Dumbbell shoulder shrugs	3	4	6	8	
Leg extensions	3	4	6	8	
Lateral pull downs	3	4	6	8	
Standing calf raises	3	4	6	8	
Weighted barbell lunges	3	4	6	8	

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

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

DAY 2 - CHEST & BACK		Sets	REPS		
Exercise			Set 1 95% 1RM	Set 2 90% 1RM	Set 3 85% 1RM
Incline barbell chest press	3	4	6	8	
30 - 45 Degree bent over, over hand grip, back rows	3	4	6	8	
Flat bench dumbbell chest fly's	3	4	6	8	
30 - 45 Degree bent over reverse fly's	3	4	6	8	
Body weight push ups	3	30	30	30	
Single handed back rows	3	4	6	8	

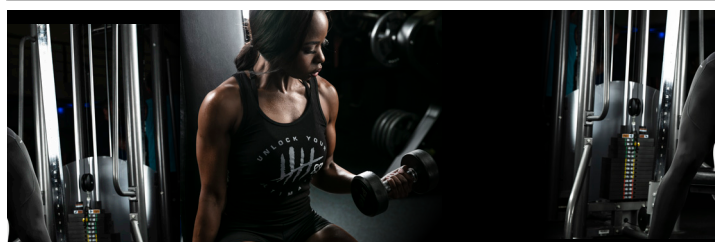
COOL DOWN: 5 - 15 MINUTES FULL BODY STATIC STRETCHING / YOGA

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

DAY 3 - ARMS, ABDOMINALS & CORE		Sets	REPS		
Exercise			Set 1 95% 1RM	Set 2 90% 1RM	Set 3 85% 1RM
Under hand grip pull ups - to work biceps	3	4	6	8	
Tricep dips	3	4	6	8	
Lying down leg ups	3	30	30	30	
Standing barbell curls	3	4	6	8	
Single handed tricep extension with dumbbell	3	4	6	8	
Medicine ball sit-up	3	30	30	30	
Dumbbell hammer curls	3	4	6	8	
Tricep cable pulldowns	3	4	6	8	
Front plank	3	30 sec	60 sec	90 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 - LEGS & SHOULDERS		Sets	REPS		
Exercise			Set 1 95% 1RM	Set 2 90% 1RM	Set 3 85% 1RM
Weighted glute bridges / hip thrusters	3	4	6	8	
Over hand grip pull ups	3	4	6	8	
Weighted side / oblique crunches	3	30	30	30	
Hip adductor machine	3	4	6	8	
Hip abductor machine	3	4	6	8	
Barbell shoulder press	3	4	6	8	
Hamstring curls (or Nordic curls)	3	4	6	8	
Lying down knee ins	3	4	6	8	
Leg press machine	3	4	6	8	
Lateral pull downs	3	4	6	8	

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

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

DAY 6 - CHEST & BACK		Sets	REPS		
Exercise			Set 1 95% 1RM	Set 2 90% 1RM	Set 3 85% 1RM
Flat bench barbell chest press	3	4	6	8	
Seated back rows	3	4	6	8	
Russian twists	3	45 sec	45 sec	45 sec	
Lying down leg ups	3	30	30	30	
Inclined dumbbell chest fly's	3	4	6	8	
30 - 45 Degree bent over, under hand grip, back rows	3	4	6	8	
Bicycle crunches	3	45 sec	45 sec	45 sec	
Push Ups	3	30	30	30	
Single handed back rows	3	4	6	8	
Mountain climbers with leg side twists	3	45 sec	45 sec	45 sec	
Medicine ball sit-up	3	45 sec	45 sec	45 sec	

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

DAY 7 - REST