

# ULTRA MASS-GAIN TRAINING PLAN



#CHALLENGEYOURSELF

MALE 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		
Exercise	Sets	REPS		
		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		
Exercise	Sets	REPS		
		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		
Exercise	Sets	REPS		
		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		
Exercise	Sets	REPS		
		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		
Exercise	Sets	REPS		
		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