



The Simple Plan for Serious Mass

Day 1 (Monday)	Warm ups	Work sets	Rest
Incline bench barbell press	2 x 12	4 x 6-8	90 sec
Flat bench dumbbell press	-	4 x 6-8	90 sec
Medium or wide-grip pull-up (add weight if necessary)	2 x 12 (pull-downs)	4 x 6-8	90 sec
Barbell or two-arm dumbbell row	-	4 x 6-8	90 sec
Standing barbell military press	1 x 12	4 x 6-8	90 sec
Dumbbell upright row	-	4 x 6-8	90 sec
Hanging leg raise	-	3 x 10-15	30 sec
Floor crunch	-	3 x 10-15	30 sec
(Optional) Interval training: Perform any form of cardio for a total of 14 minutes	Two-minute warm-up	1 minute of high intensity 2 minutes of low intensity (four rounds)	

Day 2 (Tuesday)	Warm ups	Work sets	Rest
Barbell curl	1 x 12	4 x 6-8	90 sec
Close-grip bench press	1 x 12	4 x 6-8	90 sec
Leg press	2 x 12	4 x 8-10	90 sec
Barbell squat	-	4 x 8-10	90 sec
Dumbbell Romanian deadlift	1 x 12	4 x 8-10	90 sec
Seated calf raise	1 x 12	4 x 8-10	90 sec
Incline sit-up	-	3 x 10-15	30 sec
(Optional) Interval training: Perform any form of cardio for a total of 14 minutes	Two minute warm-up	1 minute of high intensity 2 minutes of low intensity (four rounds)	

Day 3 (Thursday)	Warm ups	Work sets	Rest
Incline bench dumbbell press	2 x 12	4 x 8-12	60 sec
Flat bench barbell or machine press	-	4 x 8-12	60 sec
Inverted row	1 x 12	4 x 8-12	60 sec
Machine row or close-grip pulldown	-	4 x 8-12	60 sec
Seated dumbbell side lateral	1 x 12	4 x 8-12	60 sec
Seated dumbbell shoulder press	-	4 x 8-12	60 sec
Incline crunch	-	3 x 15-20	30 sec
Hanging knee-ups	-	3 x 15-20	30 sec
(Optional) Interval training: Perform any form of cardio for a total of 14 minutes	Two minute warm-up	1 minute of high intensity 1 minute of low intensity (six rounds)	

Day 4 (Friday)	Warm ups	Work sets	Rest
Incline bench dumbbell curl	1 x 12	4 x 8-12	60 sec
Lying two-arm dumbbell nose-breaker	1 x 12	4 x 8-12	60 sec
Bulgarian split squat	2 x 12	4 x 8-12	60 sec
Barbell squat or leg press	-	4 x 8-12	60 sec
Lying or seated leg curl	1 x 12	4 x 8-12	60 sec
Standing calf raise	1 x 12	3 x 8-12	60 sec
Hanging leg raise	-	3 x 15-20	30 sec
(Optional) Interval training: Perform any form of cardio for a total of 14 minutes	Two minute warm-up	1 minute of high intensity 1 minute of low intensity (six rounds)	