

Name _____

Muscle Mass Program

This program is best suited for the participant who has already incorporated resistance training into his or her training program.

Goal: increase muscle size

This workout should be performed at least two times per week on non-consecutive days.

Number of sets: **2-3**

(R) Number of Repitions: **7-12**

Rest between sets: **60- 90 seconds**

(W) Amount of weight: Choose a weight that when you reach 7 reps is hard and by the 12th rep it is almost undoable. (75-90% of 1 RM)

Date																			
Day 1																			
1	Dumbbell Chest Press	R																	
		W																	
2	Seated Row	R																	
		W																	
3	Shoulder Press	R																	
		W																	
4	Chin up or Lat Pull	R																	
		W																	
5	Ab Crunch	R																	
		W																	
6	Hammer Curl	R																	
		W																	
7	Tricep Extention	R																	
		W																	
Day 2																			
1	Dumbbell Lunge	R																	
		W																	
2	Leg Press	R																	
		W																	
3	Leg Extention	R																	
		W																	
4	Leg Curl	R																	
		W																	
5	Calf Press	R																	
		W																	
6	Ball Crunch	R																	
		W																	
7	Back extention	R																	
		W																	

Progression: Adjust weights accordingly to maintain 7-12 reps per set. (12 reps add more weight, 7 reps reduce weight)

