



10 Week Mass Building Program

Time Per Workout: 50 Mins

Equipment: Dumbbells, Machines, Bodyweight & EZ Bar

Main Goal: Building Muscle
Training Level: Intermediate
Program Duration: 10 Weeks

Monday

Exercise	Sets	Rep Goal Total	Rest
Chest & Triceps			
Smith Machine Bench Press	4	10, 8, 8, 6	90 sec
Incline Bench Press	3	8, 8, 6	60 sec
Dumbbell Flys	2	10	30 sec
Dumbbell Pullover	2	8	30 sec
Tricep Extension	4	10, 8, 8, 6	60 sec
Tricep Dips	3	10	60 sec
Tricep Cable Pulldown	2	8	30 sec

* Have a 10min warmup before you begin your workout.

* Have your bench at a 30 degree angle for incline bench press.

Tuesday

Exercise	Sets	Rep Goal Total	Rest
Back & Biceps			
Deadlift	5	10, 8, 8, 6, 4	90 Sec
Chin Up	2	8	60 sec
Single Arm Row	3	8	60 sec
Cable Machine Seated Row	3	10	60 sec
Close Grip Pull Down	3	10, 10, 8	60 sec
Standing EZ Bar Curl	3	8, 8, 6	60 sec
Dumbbell Hammer Curl	3	8, 8, 6	60 sec
Concentration Curl	2	10	30 sec

* Have a 10min warmup before you begin your workout.

Wednesday - Rest Day/Cardio

Thursday

Exercise	Sets	Rep Goal Total	Rest
Shoulders & Forearms			
Machine Shoulder Press	3	10	90 sec
Dumbbell Reverse Fly	3	8	60 sec
Dumbbell Military Press	4	10	60 sec
Dumbbell Lateral Raise	2	10	60 sec
Dumbbell Shrugs	2	10	60 Sec
Upright Row	2	10	60 Sec
Dumbbell Standing Wrist Curl	4	10	60 sec

* Have a 10min warmup before you begin your workout.

Friday

Exercise	Sets	Rep Goal Total	Rest
Legs			
Squat	5	10, 8, 8, 6, 4	60 sec
Leg Extension	3	12	60 sec
Leg Curl	3	12	60 sec
Standing Calf Raise	4	12	60 sec
Seated Calf Raise (Leg Press Machine)	2	10	60 Sec

* Have a 10min warmup before you begin your workout.

Saturday & Sunday - Rest Day / Catch Up Day If You Miss A Workout

