EXERVIVE

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Mass Gain Worksheet

Week	
Weight	
Calories	

Interval	1 : Heavy Weight
Rest	2 minutes between sets
Tempo	3·0·1 Work / 1·0·1 Others

1 • Chest / Shoulders / Triceps

Date

	Warmup	1	2	3	4	Burnout	Superset
	8	6-8	4-6	2-3	1-2	6-12	8-12
Bench Press							
Flyes (dumbbell)							
Shoulder Press (barbell)							
Lateral Raises							
Bar Dips							
Tricep Pushdowns							

2 • Legs

Date

	Warmup	1	2	3	4	Burnout	Superset
	8	6-8	4-6	2-3	1-2	6-12	8-12
Squats							
Leg Extensions							
Deadlifts							
Hamstring Curl							
Calf Raises (strips)							

3 • Back / Biceps

Date

	Warmup	1	2	3	4	Burnout	Superset
	8	6-8	4-6	2-3	1-2	6-12	8-12
Pull-Ups (wide grip)							
Rows (dumbbell)							
Latbar Pulldown (under)							
Curls (barbell)							
Curls (reverse)							