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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)			✓	✓	✓		