

HARDGAINER'S SAMPLE MASS
BUILDING TRAINING ROUTINE

Monday: Chest/Back/Biceps/Triceps/Upper Abs

Superset #1:

Incline Dumbbell Press

(adjust bench to an angle of 25 degrees)

3 sets of 8-10 reps (No Rest)

Close Grip Pull-up to Front (palms facing forward)

3 sets of 8-10 reps (1 min rest)

Notes: If you cannot perform the pull-up, then try to have your partner help you up or use a weight assist machine. Otherwise, substitute with Pull-downs.

Superset #2:

Flat Dumbbell Bench Press

3 sets of 10-12 reps (No Rest)

Neutral Grip Pull-ups

3 sets of 10-12 reps (1 min rest)

Notes: If you cannot perform the pull-up, then try to have your partner help you up or use a weight assist machine. Otherwise, substitute with Pull-downs.

Superset #3:

Dumbbell Hammer Curls

3 sets of 8-10 reps (No Rest)

Overhead Triceps Extensions

3 sets of 8-10 reps (1 min rest)

Superset #4:

Dumbbell Preacher Curls

3 sets of 10-12 reps (No Rest)

Triceps Pushdowns 3 sets of 10-12 reps (1 min rest)

Crunches 3 sets of 15-20 reps (1 min rest)

Tuesday: Thighs/Hamstrings/Delts/Calves/Lower Abs

Superset #1:

Wide Stance Squats

3 sets of 8-10 reps (No Rest)

Dumbbell Stiff Legged Deadlifts

3 sets of 8-10 reps (1 min rest)

Notes: If you suffer from lower back problems substitute the wide stance squat for a wide stance leg press (press with toes since you are working the quads).

Superset #2:

Leg Extensions 3 sets of 10-12 reps (No Rest)

Lying Leg Curls 3 sets of 10-12 reps (1 min rest)

Superset #3:

Lateral Raises

3 sets of 8-10 reps (No Rest)

Standing Calf Raises

3 sets of 8-10 reps (1 min rest)

Superset #4:

Bent Over Lateral Raises Curls

3 sets of 10-12 reps (No Rest)

Seated Calf Raises

3 sets of 10-12 reps (1 min rest)

Hanging Leg Raises

3 sets of 15-20 reps (1 min rest)

Thursday: Chest/Back/Biceps/Triceps

Modified Compound Superset #1:

Incline Bench Press

3 sets of 8, 6, 4 reps (90 second rest)

Close Grip Chins with reverse grip

3 sets of 8, 6, 4 reps (90 second rest)

Notes: If you cannot perform the pull-up, then try to have your partner help you up or use a weight assist machine. Otherwise, substitute with Pull-downs.

Modified Compound Superset #2:

Chest Dips

3 sets of 8, 6, 4 reps (90 second rest)

Wide Grip Pull-ups to front

3 sets of 8, 6, 4 reps (90 second rest)

Notes: If you cannot perform the pull-up, then try to have your partner help you up or use a weight assist machine. Otherwise, substitute with Pull-downs.

Modified Compound Superset #3:

E-Z Curls

3 sets of 8, 6, 4 reps (60 second rest)

Close Grip Bench Press

3 sets of 8, 6, 4 reps (60 second rest)

Modified Compound Superset #4:

E-Z Preacher Curls

3 sets of 8, 6, 4 reps (60 second rest)

Lying Triceps Extensions

3 sets of 8, 6, 4 reps (No rest)

Crunches

3 sets of 8, 6, 4 reps (60 second rest)

Notes: In order to be able to finish the routine within the allotted time, abs were included in this last modified compound superset. The way this superset is performed is by doing the curls first, resting 60 sec, moving to the extensions and without rest to the crunches. After the crunches, rest 60 seconds and start over.

Friday: Thighs/Hamstrings/Delts/Calves

Modified Compound Superset #1:

Medium Stance Squats

3 sets of 8, 6, 4 reps (90 second rest)

Lying Leg Curls

3 sets of 8, 6, 4 reps (90 second rest)

Notes: If you suffer from lower back problems you may substitute the squat for the leg press. Since you are performing the leg press as your second exercise, then just use a close stance on this one and a medium stance on the second one.

Modified Compound Superset #2:

Leg Press

3 sets of 8, 6, 4 reps (90 second rest)

Barbell Stiff Legged Dead-lifts

3 sets of 8, 6, 4 reps (90 second rest)

Modified Compound Superset #3:

Seated Military Press

3 sets of 8, 6, 4 reps (60 second rest)

Calf Press

3 sets of 10, 8, 6 reps (60 second rest)

Modified Compound Superset #4:

Upright Rows

3 sets of 8, 6, 4 reps (60 second rest)

Standing Calf Raises

3 sets of 10, 8, 6 reps (No rest)

Lying Leg Raises

3 sets of 10, 8, 6 reps (60 second rest)

Notes:

* Use perfect form in the upright rows as sloppy form leads to rotator cuff injuries.

* In order to be able to finish the routine within the allotted time, abs were included in this last modified compound superset. The way this superset is performed is by doing the upright rows first, resting 60 sec, moving to the calf raises and without rest to the leg raises. After the leg raises, rest 60 seconds and start over.