

MASS PILLS WORKOUT PLAN

MONDAY - BACK

Deadlift – 5x5
Lat Pulldown – 4x8-10
Cable Row – 4x8-10
1 Arm DB Row – 3x8-10

TUESDAY - SHOULDERS/TRICEPS

BB or DB Shoulder Press 4x6-10
DB lateral Delt Raise 3x10-12
BB Upright Row 2x10-12
SS Rear Delt Raise 2x10-12
BB Skull Crushers 4x10-12
Cable Tricep Push Down 3x10-12
Cable Reverse Tricep Pull Down 3x10-12

WEDNESDAY - REST/ABS

THURSDAY - LEGS

BB Squat or Leg Press 5x5
Straight Leg Dead Lift 3x10
Quad Extensions 4x10
Hamstring Curls 3x10
Walking Lunges 3x10

FRIDAY - CHEST/BICEPS

Incline or Flat BB Bench 5x5
Incline or Flat DB Bench 4x8-10
Incline or Flat DB Fly 3x10-12
Decline Machine Press 3x10
BB Bicep Curls 4x8-10
Seated DB Curls 3x10
BB Preacher Curls 3x10

SATURDAY - ABS

Key: DB= Dumbbell BB= Barbell SS= Super Set DS= Drop Set

