

FIND YOUR STRONG

Mass Building Training Program

jetts
24 hour fitness

WARM UP

EXERCISE	SETS	REPS	REST	NOTES
60 seconds e/s Kneeling Hip Opener. Foam roll upper back, 3 rounds 20 Glute Bridge, 5 Slow Push Up 20 second Hollow Hold	-	-	-	Complete this warm up series before each workout. Take your time and focus on moving with control. Aim to feel the workout muscles to 'prime' them for your workout.

MONDAY

Whole Body

EXERCISE	SETS	REPS	REST	NOTES
Leg Press	4	5	90 sec	Feet shoulder width apart. When pressing, push knees outwards and press through your heels/midfoot.
Cable Row	3	8	60 sec	Row handles to belly button, keep shoulders away from ears and chest proud.
Seated Barbell Shoulder Press	3	10/10	60 sec	Ensure elbows drop below shoulder level, full lock out overhead.
Dumbbell Romainian Deadlift	3	8	60 sec	Keep belly tight, shoulder blades pinched and chest high. Soft bend in knee, keep bells close to legs.
Barbell Bicep curls	3	10	-	Keep elbows slightly in front of torso, curl to shoulders, then control very slowly to almost straight arms.
AB Wheel Roll Out	3	4	45 sec	Crunch abs as hard as possible and round lower back. Roll out to a depth that you can have control of.

TUESDAY

Recovery

EXERCISE
Walk for 15 minutes after each main meal, and incorporate an extra serve of protein today.

WEDNESDAY

Whole Body

EXERCISE	SETS	REPS	REST	NOTES
Trap Bar Deadlift	4	5	90 sec	Belly tight, shoulder blades pinched, weight on heels and chest high. Drive through heels. Slow on the way down.
Neutral Grip Lat Pull Down	3	8	60 sec	Pull shoulders away from ears, then pull handles to side of chest. Drive elbows to the floor. Slow on the way up.
Bench Press	3	10	60 sec	Control bar to bottom of sternum. Slight pause at bottom. Shoulders away from ears. Squeeze elbows together.
Dumbbell Split Squat	3	8	60 sec	Drop rear knee as close to the floor as possible with control. Ensure front knee pushes out towards pinky toe.
Tricep Push Down	3	10	45 sec	Keep elbows slightly in front of torso, no shoulder shrug, extend to straight arms. Very slow on the way up.

THURSDAY

Recovery

EXERCISE
Walk for 15 minutes after each main meal, and incorporate an extra serve of protein today.

FRIDAY

Whole Body

EXERCISE	SETS	REPS	REST	NOTES
Bulgarian Split Squat	4	8/8	90 sec	Keep back hip open. Keep weight on front heel, drop knee low with control, push front knee outwards.
Smith Machine Inverted Row	3	8	60 sec	Set up so torso is parallel to the floor, knees bent at 90 degrees. Pull bar to lower chest, keep shoulders away from ears.
Arnold Press	3	12	60 sec	Ensure DB's start and finish on top of chest. Turn DB's as you press, not before. Control every inch of your range.
Hamstring Curl Machine	3	6	60 sec	Bring your heels as close to your butt as possible, and more very slowly on the way up.
Hammer Curl	4	10	-	Keep elbows slightly in front of torso, curl to shoulders, then control very slowly to almost straight arms
V Ups	4	10	45 sec	Keep hands and feet off floor at all times, crunch abs, avoid arching back, make contact with toes over pelvis.