



## On Three/Off One Mass Builder Workout Program #1

### Day 1 Chest:

- Bench press (barbell) 4 sets; 6-8reps
- Flat bench dumbbell press 3 sets; 8-10reps
- Incline barbell press 4 sets; 6-8reps
- Incline dumbbell press 3sets; 8-10reps
- Biceps: Barbell curls 4 sets; 6-8reps
- Preacher curls 4 sets; 8-10reps
- Triceps: Press downs 4sets; 10-12reps
- Lying French press 4sets; 6-8reps

### Day 2 Legs:

- Extensions 4 sets; 12-15reps
- Leg Press: 4 sets; 10-12 reps (every 3rd leg workout)
- Squats: 4-5 sets; 8-10reps
- Hamstring curls 4sets; 8-10reps
- Stiff leg deadlifts: 3-4 sets; 8-10reps (every 3rd workout)

### Day 3 Back:

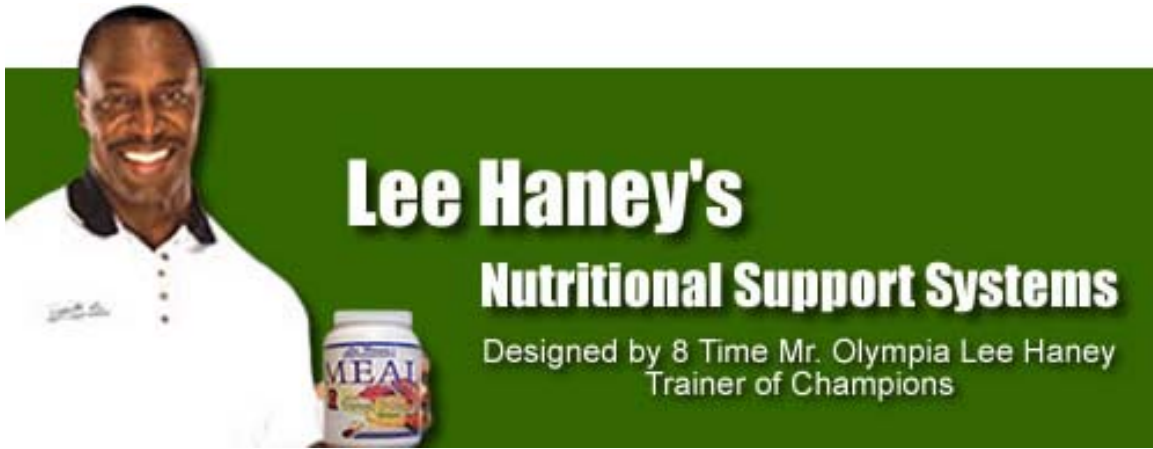
- Pull downs (front) 4sets; 8-10reps
- Bent barbell rows 4 sets; 6-8reps or T-bar rows
- Long cable rows 4sets; 8-10reps
- Shoulders: Military press (standing) 4-5sets; 6-8reps
- Lateral raises 4 sets; 8-10reps
- Upright rows 4 sets; 6-8reps

### Day 4 Off

**Note:** Abdominal and calves are to be train on each workout day.

Abdominal:

- Vertical leg raise 4sets; 15-20reps
- Incline sit ups 4sets; 15-20reps
- Seated leg raise 4sets; 15-20reps



Calves: (Calve training must be performed using heavy weight)

- Standing toe raises or donkey machine toe raise 6sets; 15-20reps
- Seated toe raise 3-4 sets; 15-20reps