



MAXIMUM
MASS
CONSTRUCTION

Maximum

Mass

Construction

Phase 2 - Manual

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MAXIMUM MASS CONSTRUCTION

Welcome!

I want to personally congratulate you on getting started with the newest and most proven system for building maximum muscle in only 16 short weeks: MASS CONSTRUCTION!

You are without a doubt well on your way to the best physique you've ever attained in your whole life. This program was designed with only one thing in mind: **To get you JACKED and strong in the shortest time possible.**

Right now, nothing else matters!

You purchased this program because you're sick and tired and fed up with mediocrity in the gym; you're done with feeling wimpy and puny; you're done with getting overlooked everywhere you go. You want RESULTS, and you want them quick.

Don't think of this program as your "magic lamp" to wish your way into a perfect body; instead, look at it as your ultimate plan for the START of the rest of your life.

Getting a perfect physique will obviously bring you more than just looks from the ladies. It breathes NEW life and confidence into you that previously lay dormant. It shouts out everywhere you go that, "*Hey! I am built from hard work and perseverance; nothing can stop me.*"

Make that your mindset today moving forward.

From my learned experience as well as personally training hundreds of like-minded people, **I have found that your MINDSET is your ultimate gauge of success.** With a powerful mind, ANYTHING can be achieved.

Think of the masterminds and geniuses of our past. I love the example of Steve Jobs because he took a simple idea that everyone else viewed as impossible and MADE IT possible.

MASS
CONSTRUCTION

INTRODUCTION

People said that creating a hand-held interface with the full functionality of a computer was impossible, yet he challenged the status-quo and made it happen!

Your fitness results are no different.

Your mindset of the past may have told you that getting to your goals are impossible, but your MINDSET today says “I CAN DO ABSOLUTELY ANYTHING, EVEN IF NO ONE ELSE HAS DONE IT BEFORE.”

I hope you're just as pumped and excited as I am to dive right in!

My simple word of advice:

Give this program everything you've got. Stick to it. Make each day better than the one before it. Consistently progress no matter what happens.

If you do these things, you'll look back 16 weeks from now and know that you've conquered an area in your life that 90% of the adult population has never done. You've learned new tools for building muscle and strength that 98% of people do not know.

Those are some powerful numbers! Let's get after it shall we?



MAXIMUM **MASS** CONSTRUCTION

PHASE 2 GOAL: Increase SIZE and lean muscle tissue by using a variety of multi-fiber training.

Building from our last phase of Strength Construction, your muscles are now primed and ready for a new plan of attack. A periodized program such as this is one of the best ways to ensure that progress is a weekly occurrence; sometimes even daily.

In my years of studying mass-building principles, I can tell you right now without any hesitation that there are probably over 1000 different ways to build muscle. Yes, I just picked that number out of my head but in all honesty the number is unlimited.

The point I'm trying to make is that you may have been pulled in multiple directions when it came to building mass the right way, with never-ending roads of confusion to say the least. However, during the next 4 weeks I am going to introduce to you one of the BEST strategies I've EVER used to pack on muscle in a short amount of time.

I hate wasting time, and of course the last thing I want to do is waste yours, so enough with the chit-chat.

In Phase 2 of Maximum Mass Construction, you will be targeting all of your major muscle fiber types within one workout. If you've gone through my programs before then you know that I tend to break these up from time to time – training fast-twitch fibers one week, then slow twitch the next, **but this time around we're going for the whole enchilada!**

When using this approach, each workout must be completely structured – meaning it can't be haphazardly thrown together. Each exercise is important, as well as the order of each exercise.

Let's take a minute and break down what you'll be doing...

Here's a typical example of the structure of Max Muscle Construction Workouts:

- ✓ All muscle fibers (slow, fast, and type IIx) are targeted in the same workout.
- ✓ 3 exercises are used for each major muscle group, performed back to back with zero rest in between.
- ✓ The first movement is a PRE-FATIGUE movement.
- ✓ The second movement is a SUB-MAXIMAL STRENGTH COMPOUND movement.
- ✓ The third movement is an ISOLATION movement.
- ✓ Each Tri-set is performed a minimum of 5x through.

I want to take a little bit of time to explain exactly why I structure your exercises this way, and of course in the particular order that they're in. The more you know, the better you'll be able to take that knowledge into the gym with you, and the better your results will be!

Pre-Fatigue Movement

Adding a pre-fatigue movement at the very beginning of the tri-set has one major distinct purpose: to prep the prime mover (your main targeted muscle) to FATIGUE at the same time as the assisting muscles.

What many people do not realize is that their main source of fatigue when performing a major compound lift such as the bench press, is due to the synergistic muscles (helping muscles) fatiguing first!

Your primary target muscle is then left to wonder why you stopped so early. A good example of this is when the forearms give out holding onto the bar before your back does when performing deadlifts. The back had SO much more to give but the arms couldn't hang in long enough for this to occur.

At the end of the day it all comes down to your primary objective: **What muscle are you trying to fatigue the most?** Luckily I've done the work for you in that department so you don't have to try and guess the exercises that work the best.

What if I have muscular imbalances or weaker body parts...Will this still work?

The answer is YES. Over the course of this next month, the structure of this unique program will allow the weaker muscle groups to adapt and grow closer to the balance of your stronger muscle groups. Everyone benefits.

Sub-Maximal Strength Compound Movement

Your second exercise in this 3 exercise sequence will be the majority of your work-load for the workout; meaning your nervous system and muscular system would be put under a tremendous amount of stress.

This stress (tension) will cause maximal amount of recruitment of your fast-twitch type IIx muscle fibers – responsible for explosive and powerful movements. Remember the goal of these workouts is to target ALL of your major muscle fiber types and trigger them to grow!

Another amazing benefit from doing this type of training comes on more of a personal level. From aiming to be consistent in the fitness world of building muscle the last 8 years, I know without a doubt that EVERYONE is different. We are all made of a variety of mixtures of the top 3 muscle fiber types: Type 1, Type 2 and Type 2x.

Using this training, you will have the advantage of recognizing which muscle fiber type you may be dominant in. Knowing this piece of information is EXTREMELY valuable in the future of your muscle gains and continued growth.

So let's say for instance that your body responds tremendously well to your "heavier" Sub-maximal compound lifts. You may have similar breakdown of fast-twitch fibers as compared to 8x Mr. Olympia Ronnie Coleman. He built his physique off of this same knowledge: his body is dominantly made of fast-twitch muscle fibers; therefore he lifted an incredible amount of weight and grew like a weed.

Not saying you're gonna blow up like that and squat 800lbs, but hopefully you get the comparison I'm trying to make.

In contrast, let's say your body responds very well to higher volume training (talked about more in the next section), you may have a similar make up as Mr. Olympia Dorian Yates – who was extremely famous for his high intensity German Volume Training.

He was undoubtedly one of the biggest Mr. O's to step foot on stage. We're talking 300lbs at 2% body fat!! Are you for real?!

His physique was built because he used this exact same acquired knowledge that I just mentioned: He was extremely dominant in slow-twitch muscle fibers.

So back to the topic: your sub-maximal strength compound lift will be around 85% of your max lift for each exercise. The movements that I chose are the same as you used in the previous Strength Construction phase. I did this with the purpose of a periodized progression yet again. You'll see a trend here that we are always aiming to adapt from the previous phase.

Isolation Movement

Most of the time, isolation movements are saved for the very end of your workout. Why? Because they follow in the sequence of maximal tension. You see, the goal for every workout is to generate the most amount of tension possible in the muscle that you are trying to grow.

The evidence shows that the more motor neurons that are recruited (more muscle fibers engaged), the more muscular breakdown will occur, thus greater potential growth in the long run. This is why most often than not, compound lifts are placed *before* isolation lifts. This isn't always the case obviously, but it argues a better perspective.

So since the isolation movement is at the tail end of your 3 exercise sequence, the goal here is to fatigue every last muscle fiber that's left! We're talking skin-tearing muscle pumps that are out of this world. Your muscles should feel so full and pumped that you could float away like a balloon.

It's important to realize here that the more blood flow we drive into the working muscle, the better. More blood flow equals more nutrients, and more nutrients equal faster recovery and growth!

This higher amount of blood flow also enforces greater muscle fiber expansion (hypertrophy), meaning the **SIZE** of each of the fibers themselves. This is muscle growth at its finest, and ending your sequence with perfect isolation will leave you feeling exhausted, yet accomplished by the time you walk out the gym doors.

Workout Overview

Below you will find a weekly breakdown for all of your workouts. To ensure maximal growth adaptation for the next four weeks, your training split will look like this (arranged by muscle group):

Monday – Back & Traps

Tuesday – Chest & Biceps

Wednesday – Legs

Thursday – Upper Back & Shoulders

Friday – Chest & Triceps

Saturday – Shoulders & Biceps

Sunday - REST

You will notice that the sequence of muscle groups during the week will allow you to train your main upper body muscles twice. The sole purpose of this is because a muscle will generally take around 48-72 hours to recover. So just because a bodybuilding magazine told you to train chest once a week doesn't mean it makes ANY SENSE towards your goals – because it doesn't!

When the muscle is healed and ready for action, we give it ACTION.

The sets and reps will change from week to week as well as some of the movements to ensure proper progression. This is used for the sole purpose of allowing you to consistently push new weights WEEKLY. This will help you build from phase 1 strength.

TEMPO DESCRIPTION:

Using the “tempo” column of the weekly workout charts, you will see 4 distinct parts of every repetition. There is often some confusion with how to read these so I broke it down nice and easy:

First Number = The Eccentric portion of the movement (the lowering of the weight).

Second Number = The Pause that happens in the “stretched position” of the movement.

Third Number = The Concentric Portion of the movement (the positive contraction / load moving towards the ceiling or away from the floor)

Fourth Number = The pause between each repetition.

Special Note: Any time you see an “X” in one of the four tempo slots, this means to perform this action as explosively as you can while maintaining complete control.

Here’s a quick example of a Barbell Bicep curl using the 42X0 tempo:

Starting from the top position with the bar closest to your chest, you would lower it for a count of 4 seconds where you will pause in the stretched position for 2 seconds, followed by a positive concentric contraction back up to the top of the movement as explosively as possible (X) while staying under control. Once the load reaches this position, there is ZERO pause – meaning the weight will not stop moving. As soon as the barbell reaches the top, it will begin descending into the next rep of a 3 second negative movement.

This last component to your tempo is critical because most people will end up LOSING tension of the exercise by taking “mini breaks” at the top to re-gather their mind or muscle. This in no-way will serve the purpose of building mass and strength!

MAXIMUM MUSCLE CONSTRUCTION: **Week One**

****Refer to full description below chart**

Monday – Back & Traps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Lower Back Erectors Warm-Up Back Ext Machine (Do not reach failure!)	2	10-12	2010	60 seconds
A1	Body Weight Plank	5	1 MIN	n/a	/
A2	Neutral Grip Deadlift from Floor	5	8	20X1	/
A3	Back Extension Machine (lower erector muscles)	5	6	50X1	90 seconds
B1	**45lb plate iso hold on Incline Bench	5	1 MIN	n/a	/
B2	**BB Wide Grip Upright Rows	5	8	20X1	/
B3	Standing DB Shrugs	5	6	50X1	90 seconds

****B1** – Stand with your chest and stomach up against an incline bench so that your body is roughly at a 45 degree angle. Hold the plate on both sides and pull the weight up to your chin, squeezing the traps and upper back as hard as you can for a minute.

****B2** – Use a wide grip on the barbell. While leaning slightly forward with your core and feet “locked” into the ground, pull the bar upwards to the ceiling leading with your elbows and squeezing the back of your shoulders and traps at the very top.

MAXIMUM MUSCLE CONSTRUCTION: **Week One**

****Refer to full description below chart**

Tuesday – Chest & Biceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Pec Deck Flys	2	10-12	2010	60 seconds
A1	**Standing Cable Crossovers (not full stretch)	5	15	30X1	/
A2	Barbell Incline Bench Press	5	8	20X1	/
A3	**Decline DB flys	5	6	50X1	90 seconds
B1	**EZ grip Sitting Preacher curls (half reps)	5	15	30X1	/
B2	Neutral Grip Standing BB Curls	5	8	20X1	/
B3	**Sitting Alternating DB Hammer Twist Curls	5	6	50X1	90 seconds

**A1 – Lower the cables to about $\frac{3}{4}$ of the way down without getting a full stretch. This will keep tension to pre-fatigue the chest.

**A3 – Use a flat bench, however bring your feet up in the air so that you are “balancing” on the bench.

**B1 – Lower the bar half to $\frac{3}{4}$ of the way down without getting a full stretch.

**B3 – As the DB is lowered, twist the palm into a hammer curl position with the palm facing you. As you contract, rotate the palm upward leading with the pinky finger up to the ceiling.

MAXIMUM MUSCLE CONSTRUCTION: **Week One**

****Refer to full description below chart**

Wednesday – **Legs** Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Body Weight Walking lunges	2	10-12	2010	60 seconds
A1	Narrow Stance Leg Press	5	15	30X1	/
A2	Barbell Squats / Hack Squat Machine	5	8	20X1	/
A3	Leg Ext Machine	5	6	50X1	90 seconds
B1	BB Stiff Leg Deadlifts	5	15	30X1	/
B2	BB Walking Lunges	5	8	20X1	/
B3	**Lying Leg Curl Machine + Calf Raises	5	6	50X1	90 seconds

**B3 – Once you finish with the Lying leg curls, pick any calf raise exercise: Standing, leg press calf raises, seated raises; and perform 50 reps without stopping. Here's a mental cue: focus on your heels trying to touch the back of your knee as you contract the calf!

Remember, your toes do not play any part in flexion of the ankle. If too much tension is placed on moving the toes, the feet will begin to cramp.

MAXIMUM MUSCLE CONSTRUCTION: **Week One**

****Refer to full description below chart**

Thursday – Upper Back & Shoulders Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	DB light rotator Cuff 90 degree extensions	2	10-12	2010	30 seconds
A1	BB Wide Grip Upright Rows	5	15	30X1	/
A2	Barbell Shoulder Press / Smith Shoulder Press	5	8	20X1	/
A3	Seated DB Laterals	5	6	50X1	90 seconds
B1	**Smith Machine Bent Over Rows to Chin	5	15	30X1	/
B2	Barbell Shrugs	5	8	20X1	/
B3	**Seated DB Rows w/ Pause + outward intent	5	6	50X1	90 seconds

**B1 – Use a standard barbell row position with your back at 45 degrees or slightly higher with a neutral spine. Row the bar up to your chin, squeezing the rear delts, traps and upper back. Be sure to maintain a solid core so the body does not rock back and forth for momentum.

**B3 – It may be necessary to wear a belt on this exercise to support core strength. While sitting, lean forward over your lap with your back at a 45 degree angle and the core tight and spine straight. Row the DB's upward in the same way as the barbell upright row. PAUSE at the top and DO NOT allow the DB's to touch the side of your legs!! As you begin to lower, aim to shove the DB's as hard as you can OUTWARDS. You'll feel it...

MAXIMUM MUSCLE CONSTRUCTION: **Week One**

****Refer to full description below chart**

Friday – Chest & Triceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Pec Deck Flys w/ full stretch	2	10-12	2010	30 seconds
A1	**Body Weight Incline Push Ups	5	15	30X1	/
A2	Barbell Bench Press	5	8	20X1	/
A3	Incline DB Flys	5	6	50X1	90 seconds
B1	Overhead Rope Tricep Ext	5	15	30X1	/
B2	Slight Incline EZ Bar Skull Crusher	5	8	20X1	/
B3	**Kneeling Cable Pushdowns	5	6	50X1	90 seconds

**A1 – Place your feet higher than your torso by using a stability ball or a bench. Maintain a strong core by not allowing the hips to “sag” as you’re performing the movement.

**B3 – Kneeling is important with the exercise to achieve the maximum amount of strength through isolation of the triceps. Lean slightly forward with all of the tension on your triceps, and contract your abs before you begin moving! Press slightly forward and down allowing the arms to fully lock at the bottom.

MAXIMUM MUSCLE CONSTRUCTION: **Week One**

****Refer to full description below chart**

Saturday – Shoulders & Biceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	DB light rotator Cuff 90 degree extensions	2	10-12	2010	30 seconds
A1	**Standing DB reverse flys	5	15	30X1	/
A2	DB Shoulder Press	5	8	20X1	/
A3	Reverse Pec Deck flys (rear delts)	5	6	50X1	90 seconds
B1	Standing EZ Bar Reverse Curls	5	15	30X1	/
B2	Standing Alternating DB Curls (palms up)	5	8	20X1	/
B3	**DB hammer Spider Curls	5	6	50X1	90 seconds

****A1** – Maintain a neutral spine at about 45 degrees using the same form as a barbell bent over row. Instead of retracting the shoulder blades, **FLATTEN** out the back **WHILE STILL** keeping the chest up (this takes practice). Focus on taking the dumbbells **OUTWARD** toward the far walls instead of lifting them “up”. The rear delts are very small and do not need a lot of movement to isolate them!

****B3** – Using an incline bench set around a 45 degree angle, lean up against the bench in a standing position with your chest slightly higher than the top of the bench, and the arms hanging downward. While keeping the chest tall and the shoulders back, curl upwards to the ceiling **ONLY** flexing at the elbow and squeezing your bicep as hard as possible.

MAXIMUM MUSCLE CONSTRUCTION: **Week Two**

****Refer to Weekly Changes below chart**

Monday – **Back & Traps** Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Lower Back Erectors Warm-Up Back Ext Machine (Do not reach failure!)	2	10-12	2010	60 seconds
A1	Body Weight Plank	5	90 sec	n/a	/
A2	Neutral Grip Deadlift from Floor	5	6	20X1	/
A3	Back Extension Machine (lower erector muscles)	5	8	50X1	90 seconds
B1	**45lb plate iso hold on Incline Bench	5	90 sec	n/a	/
B2	**BB Wide Grip Upright Rows	5	6	20X1	/
B3	Standing DB Shrugs	5	8	50X1	90 seconds

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps. Your pre-fatigue exercise will also increase in duration. Use the same tempos as week 1.

MAXIMUM MUSCLE CONSTRUCTION: **Week Two**

****Refer to Weekly Changes below chart**

Tuesday – Chest & Biceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Pec Deck Flys	2	10-12	2010	60 seconds
A1	**Standing Cable Crossovers (not full stretch)	5	18	30X1	/
A2	Barbell Incline Bench Press	5	6	20X1	/
A3	**Decline DB flys	5	8	50X1	90 seconds
B1	**EZ grip Sitting Preacher curls (half reps)	5	18	30X1	/
B2	Neutral Grip Standing BB Curls	5	6	20X1	/
B3	**Sitting Alternating DB Hammer Twist Curls	5	8	50X1	90 seconds

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps. Your pre-fatigue exercise will also increase in duration. Use the same tempos as week 1.

MAXIMUM MUSCLE CONSTRUCTION: **Week Two**

****Refer to Weekly Changes below chart**

Wednesday – **Legs** Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Body Weight Walking lunges	2	10-12	2010	60 seconds
A1	Narrow Stance Leg Press	5	18	30X1	/
A2	Barbell Squats / Hack Squat Machine	5	6	20X1	/
A3	Leg Ext Machine	5	8	50X1	90 seconds
B1	BB Stiff Leg Deadlifts	5	18	30X1	/
B2	BB Walking Lunges	5	6	20X1	/
B3	**Lying Leg Curl Machine + Calf Raises	5	8	50X1	90 seconds

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MAXIMUM MUSCLE CONSTRUCTION: **Week Two**

****Refer to Weekly Changes below chart**

Thursday – Upper Back & Shoulders Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	DB light rotator Cuff 90 degree extensions	2	10-12	2010	30 seconds
A1	BB Wide Grip Upright Rows	5	18	30X1	/
A2	Barbell Shoulder Press / Smith Shoulder Press	5	6	20X1	/
A3	Seated DB Laterals	5	8	50X1	90 seconds
B1	**Smith Machine Bent Over Rows to Chin	5	18	30X1	/
B2	Barbell Shrugs	5	6	20X1	/
B3	**Seated DB Rows w/ Pause + outward intent	5	8	50X1	90 seconds

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps. Your pre-fatigue exercise will also increase in duration. Use the same tempos as week 1.

MAXIMUM MUSCLE CONSTRUCTION: **Week Two**

****Refer to Weekly Changes below chart**

Friday – Chest & Triceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Pec Deck Flys w/ full stretch	2	10-12	2010	30 seconds
A1	**Body Weight Incline Push Ups	5	18	30X1	/
A2	Barbell Bench Press	5	6	20X1	/
A3	Incline DB Flys	5	8	50X1	90 seconds
B1	Overhead Rope Tricep Ext	5	18	30X1	/
B2	Slight Incline EZ Bar Skull Crusher	5	6	20X1	/
B3	**Kneeling Cable Pushdowns	5	8	50X1	90 seconds

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MAXIMUM MUSCLE CONSTRUCTION: **Week Two**

****Refer to Weekly Changes below chart**

Saturday – Shoulders & Biceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	DB light rotator Cuff 90 degree extensions	2	10-12	2010	30 seconds
A1	**Standing DB reverse flys	5	18	30X1	/
A2	DB Shoulder Press	5	6	20X1	/
A3	Reverse Pec Deck flys (rear delts)	5	8	50X1	90 seconds
B1	Standing EZ Bar Reverse Curls	5	18	30X1	/
B2	Standing Alternating DB Curls (palms up)	5	6	20X1	/
B3	**DB hammer Spider Curls	5	8	50X1	90 seconds

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps. Your pre-fatigue exercise will also increase in duration. Use the same tempos as week 1.

MAXIMUM MUSCLE CONSTRUCTION: **Week Three**

****Refer to Weekly Changes below chart**

Monday – **Back & Traps** Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Lower Back Erectors Warm-Up Back Ext Machine (Do not reach failure!)	2	10-12	2010	60 seconds
A1	Body Weight Plank	5	2 minutes	n/a	/
A2	**Neutral Grip RACK deadlift (bar right below knees)	5	4	20X1	/
A3	Back Extension Machine (lower erector muscles)	5	10	40X1	90 seconds
B1	45lb plate iso hold on Incline Bench	5	2 minutes	n/a	/
B2	**BB Wide Grip Upright Rows	5	4	20X1	/
B3	Standing DB Shrugs	5	10	40X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps. Your pre-fatigue exercise will also increase in duration.

MAXIMUM MUSCLE CONSTRUCTION: **Week Three**

****Refer to Weekly Changes below chart**

Tuesday – Chest & Biceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Pec Deck Flys	2	10-12	2010	60 seconds
A1	Standing Cable Crossovers (not full stretch)	5	20	30X1	/
A2	**Barbell Incline Bench Press	5	4	20X1	/
A3	Decline DB flys (Use Decline bench)	5	10	40X1	90 seconds
B1	EZ grip Sitting Preacher curls (half reps)	5	20	30X1	/
B2	**Neutral Grip Standing BB Curls	5	4	20X1	/
B3	Sitting Alternating DB Hammer Twist Curls	5	10	40X1	90 seconds

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MAXIMUM MUSCLE CONSTRUCTION: **Week Three**

****Refer to Weekly Changes below chart**

Wednesday – **Legs** Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Body Weight Walking lunges	2	10-12	2010	60 seconds
A1	Narrow Stance Leg Press	5	20	30X1	/
A2	** Barbell Squats / Hack Squat Machine	5	4	20X1	/
A3	Leg Ext Machine	5	10	40X1	90 seconds
B1	WIDE STANCE BB Stiff Leg Deadlifts	5	20	30X1	/
B2	** BB Walking Lunges	5	4	20X1	/
B3	Lying Leg Curl Machine + Calf Raises	5	10	40X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps. Your pre-fatigue exercise will also increase in duration.

MAXIMUM MUSCLE CONSTRUCTION: **Week Three**

****Refer to Weekly Changes below chart**

Thursday – Upper Back & Shoulders Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	DB light rotator Cuff 90 degree extensions	2	10-12	2010	30 seconds
A1	BB Wide Grip Upright Rows	5	20	30X1	/
A2	**Barbell Shoulder Press / Smith Shoulder Press	5	4	20X1	/
A3	STANDING DB Laterals	5	10	40X1	90 seconds
B1	Smith Machine Bent Over Rows to Chin	5	20	30X1	/
B2	**Barbell Shrugs	5	4	20X1	/
B3	Seated DB Rows w/ Pause + outward intent	5	10	40X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps. Your pre-fatigue exercise will also increase in duration.

MAXIMUM MUSCLE CONSTRUCTION: **Week Three**

****Refer to Weekly Changes below chart**

Friday – Chest & Triceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Pec Deck Flys w/ full stretch	2	10-12	2010	30 seconds
A1	Body Weight Incline Push Ups	5	20	30X1	/
A2	**Barbell Bench Press	5	4	20X1	/
A3	Incline DB Flys	5	10	40X1	90 seconds
B1	Overhead DUMBBELL Tricep Ext	5	20	30X1	/
B2	**Slight Incline EZ Bar Skull Crusher	5	4	20X1	/
B3	Kneeling Cable Pushdowns	5	10	40X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps. Your pre-fatigue exercise will also increase in duration.

MAXIMUM MUSCLE CONSTRUCTION: **Week Three**

****Refer to Weekly Changes below chart**

Saturday – Shoulders & Biceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	DB light rotator Cuff 90 degree extensions	2	10-12	2010	30 seconds
A1	SITTING DB reverse flys	5	20	30X1	/
A2	**DB Shoulder Press	5	4	20X1	/
A3	Reverse Pec Deck flys (rear delts)	5	10	40X1	90 seconds
B1	EZ Bar CABLE Reverse Curls	5	20	30X1	/
B2	**Standing Alternating DB Curls (palms up)	5	4	20X1	/
B3	DB hammer Spider Curls	5	10	40X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps. Your pre-fatigue exercise will also increase in duration.

MAXIMUM MUSCLE CONSTRUCTION: **Week Four**

****Refer to Weekly Changes below chart**

Monday – Back & Traps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Lower Back Erectors Warm-Up Back Ext Machine (Do not reach failure!)	2	10-12	2010	60 seconds
A1	Body Weight Plank	5	2 minutes	n/a	/
A2	**Neutral Grip RACK deadlift (bar right below knees)	5	2	20X1	/
A3	Back Extension Machine (lower erector muscles)	5	12	30X1	90 seconds
B1	45lb plate iso hold on Incline Bench	5	2 minutes	n/a	/
B2	**BB Wide Grip Upright Rows	5	2	20X1	/
B3	Standing DB Shrugs	5	12	30X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps.

MAXIMUM MUSCLE CONSTRUCTION: **Week Four**

****Refer to Weekly Changes below chart**

Tuesday – Chest & Biceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Pec Deck Flys	2	10-12	2010	60 seconds
A1	Standing Cable Crossovers (not full stretch)	5	20	20X1	/
A2	**Barbell Incline Bench Press	5	2	20X1	/
A3	Decline DB flys (Use Decline bench)	5	12	30X1	90 seconds
B1	EZ grip Sitting Preacher curls (half reps)	5	20	20X1	/
B2	**Neutral Grip Standing BB Curls	5	2	20X1	/
B3	Sitting Alternating DB Hammer Twist Curls	5	12	30X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps.

MAXIMUM MUSCLE CONSTRUCTION: **Week Four**

****Refer to Weekly Changes below chart**

Wednesday – **Legs** Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Body Weight Walking lunges	2	10-12	2010	60 seconds
A1	Narrow Stance Leg Press	5	20	20X1	/
A2	** Barbell Squats / Hack Squat Machine	5	2	20X1	/
A3	Leg Ext Machine	5	12	30X1	90 seconds
B1	WIDE STANCE BB Stiff Leg Deadlifts	5	20	20X1	/
B2	** BB Walking Lunges	5	2	20X1	/
B3	Lying Leg Curl Machine + Calf Raises	5	12	30X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

****CHANGES:** Notice that your main strength movement (A2 and B2) have lowered in reps and your isolation movement (A3 and B3) has increased in reps.

MAXIMUM MUSCLE CONSTRUCTION: **Week Four**

****Refer to Weekly Changes below chart**

Thursday – Upper Back & Shoulders Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	DB light rotator Cuff 90 degree extensions	2	10-12	2010	30 seconds
A1	BB Wide Grip Upright Rows	5	20	20X1	/
A2	**Barbell Shoulder Press / Smith Shoulder Press	5	2	20X1	/
A3	STANDING DB Laterals	5	12	30X1	90 seconds
B1	Smith Machine Bent Over Rows to Chin	5	20	20X1	/
B2	**Barbell Shrugs	5	2	20X1	/
B3	Seated DB Rows w/ Pause + outward intent	5	12	30X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

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MAXIMUM MUSCLE CONSTRUCTION: **Week Four**

****Refer to Weekly Changes below chart**

Friday – Chest & Triceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	Pec Deck Flys w/ full stretch	2	10-12	2010	30 seconds
A1	Body Weight Incline Push Ups	5	20	20X1	/
A2	**Barbell Bench Press	5	2	20X1	/
A3	Incline DB Flys	5	12	30X1	90 seconds
B1	Overhead DUMBBELL Tricep Ext	5	20	20X1	/
B2	**Slight Incline EZ Bar Skull Crusher	5	2	20X1	/
B3	Kneeling Cable Pushdowns	5	12	30X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

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MAXIMUM MUSCLE CONSTRUCTION: **Week Four**

****Refer to Weekly Changes below chart**

Saturday – Shoulders & Biceps Workout

Order	Exercise	Sets	Reps	Tempo	Rest
WU	DB light rotator Cuff 90 degree extensions	2	10-12	2010	30 seconds
A1	SITTING DB reverse flys	5	20	20X1	/
A2	**DB Shoulder Press	5	2	20X1	/
A3	Reverse Pec Deck flys (rear delts)	5	12	30X1	90 seconds
B1	EZ Bar CABLE Reverse Curls	5	20	20X1	/
B2	**Standing Alternating DB Curls (palms up)	5	2	20X1	/
B3	DB hammer Spider Curls	5	12	30X1	90 seconds

****STRENGTH INCREASE:** On your strength exercise for each muscle group (A2 and B2), aim to increase in weight on a weekly basis!

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