

MASS GAIN 2

Gym Jones Training Plan

This month is dedicated to Mass Gain and Hypertrophy. There are four 'hard' days per week: two are dedicated to upper body work and two are dedicated to lower body work. The other days in the week are dedicated to rest and recovery. In order for this program to work you have to be willing to go hard enough on the hard days but be disciplined enough to go easy on the easy days.

The workouts this month are long. Some require up to 2 hours in the gym at a time. Plan your time appropriately.

Gaining weight is easy. The formula is eat, sleep, and train. Gaining so-called "functional" weight and staying relatively lean is not so easy. The training is extremely difficult. Extra attention must be paid to diet and sleep. Also recovery practices must be emphasized so that the body can handle the large volume of work necessary.

This program in one month in length and could potentially be repeated with a week of recovery in between each month. You could also do this program after completing the first mass gain program in the training plan section. The program requires a well developed foundation and high level of fitness going in. There is a large amount of volume and also requires a big commitment to diet and recovery. If you are not fully committed this may not be the program for you.

This program also places a fair amount of stress on the shoulders. If you have any shoulder issues fix them before embarking on this program.

Note:

Diet is going to be an important factor in mass gain. Arguably it is as important if not more important than the training itself. You will need to get your nutrition dialed in. The knowledge article "Eat For An Objective" may be of assistance.

Program written by Robert "Maximus" MacDonald, GM & Training Director at Gym Jones

Day 1	STRENGTH ENDURANCE
Instructions	
3x10 Shoulder Dislocate	
Then:	
3x (1-6) Pull-up Ladder	
3x (1-6) Push-up Ladder	
Then:	
Work up to Heavy Bench Press	
Then:	
10x10 Bench Press @ 40-50% 1RM	
Rest 2 minutes between sets	

Then:

4x (30sec Work/30sec "Rest") Push Press

"Rest" is in OH Position

Then:

300sec FLR

Day 2	STRENGTH ENDURANCE
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Instructions

10-20 minute Row/Ride @ Easy Pace

Then:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat @ 25#

2x20m Lunge

2x20m One Arm OH Lunge @ 10# DB

Then:

5x5 SL Squat @ 20" Box

Then:

Work up To Heavy Back Squat

Then:

10x10 Back Squat @ 50% 1RM

Rest 2 minutes between sets

Then:

300sec Wall Sit

Day 3	RECOVERY
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Instructions

60 minute Row/Ride @ Easy Pace

Day 4	STRENGTH ENDURANCE
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Instructions

50x Strict Pull-up

Then:

Work up to Heavy Military/Strict Press 1RM

Then:

5x4 Military/Strict Press @ 75-80% 1RM

Rest 2-3 minutes between sets

Then:

4x15 Single Arm Dumbbell Row @ 50-75# DB

Rest 2 minutes between sets

Then:

4x15 Strict Bent Row @ 95-135#

Rest 2 minutes between sets

Then:

3x5 Bat Wings (5 second squeeze at top)

3x5 SOTS & OHS Combo @ 2 x 10# DB

Then:

50x Strict Pull-up

Day 5	RECOVERY
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Instructions

60 minute Row/Ride @ Easy Pace

Day 6	STRENGTH
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Instructions

10-20 minute Row/Ride @ Easy Pace

Then:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat

Then:

5x4 SLDL (2 each side) @ 135-165#

Rest 2 minutes between sets

Then:

Work up to Heavy Front Squat

Then:

5x3 FS @ 80% 1RM

Rest 3 minutes between sets

Then:

5x25 Dead Stop Back Squat @ 135-225# (Start at 135# and increase each set)

Rest 2-3 minutes between sets

Then:

3x10 RDL @ 95-135#

Rest 2 minutes between sets

Then:

Cool Down

Day 7	REST
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Instructions

Rest

Day 8	STRENGTH ENDURANCE
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Instructions

3x10 Shoulder Dislocate

Then:

50x Strict Pull-up

50x Push-up

Then:

Work up to Heavy Bench Press

Then:

10x10 Bench Press @ 40-50% 1RM

If you were able to complete last week's reps and sets then add 10-15# to BB this week

For example if you were able to do 10x10 @ 225# then this week use 235#

Rest 2 minutes between sets

Then:

10x Push-up +

10sec Rest

Ten Rounds

Then:

300sec FLR

Day 9 | **STRENGTH ENDURANCE**

Instructions

10-20 minute Row/Ride @ Easy Pace

Then:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat @ 25#

2x20m Lunge

2x20m OH Lunge

Then:

5x5 SL Squat @ 20" Box

Then:

Work up to Heavy Back Squat

Then:

10x10 Back Squat @ ~50% 1RM

If you were able to complete last week's reps and sets then add 10-15# to BB this week

For example if you were able to do 10x10 @ 225# then this week use 235#

Rest 2 minutes between sets

Then:

8x (20sec Work/10sec Rest) Squat

Two Sets, Rest 2 minutes between each set

Then:

Cool Down

Day 10 | **RECOVERY**

Instructions

60 minute Row/Ride @ Easy Pace

Day 11 | **STRENGTH ENDURANCE**

Instructions

3x (1-4) Pull-up Ladder

3x (1-4) Push-up Ladder

Then:

2x (30sec Work/30sec "Rest") Push Press @ 2 x 20# DB. "Rest" is in OH Position @ 2 x 15# DB (Strict Holds)

Two Sets, Rest 60sec between each

Then:

Warm up with Military/Strict Press and Bent Row

Then:

Military/Strict Press @ 50% 1RM + Strict Bent Row @ 135#

10-9-8-7-6-5-4-3-2-1 reps of each

Then:

Pull-up Ladder:

Start Clock and in first minute do 1x Pull-up.

In the second minute do 2x Pull-up.

In the third minute do 3x Pull-up.

Continue this pattern until you cannot do desired amount of Pull-ups

Should last about 12-15 minutes

Then:

Cool Down

Day 12	RECOVERY
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Instructions

60 minute Row/Ride @ Easy Pace

Day 13	POWER/STRENGTH
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Instructions

2x5 Wall Squat

2x10 Squat

2x5 Jump Squat

2x5 Tuck Jump

2x5 Knee Jump

Then:

Power Clean + Front Squat + Hang Clean @ 95-135#:

One combo ever minute for 20 minutes

Then:

Work up to Heavy Power Clean

Then:

8x3 Power Clean @ 70% 1RM

Rest 2 minutes between sets

Then:

Work up To Heavy Front Squat

Then:

5x3 Front Squat @ 80% 1RM

Chase each set with 5x Explosive Broad Jump

Rest 4 minutes between each set

Then:

5x10 Straight Leg DL @ 95-135#

300sec FLR

Day 14	REST
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Instructions

Rest

Day 15	STRENGTH ENDURANCE
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Instructions

3x10 Shoulder Dislocate

Then:

Pull-up + Push-up + Dip

10-9-8-7-6-5-4-3-2-1 reps of each

Then:

Work up to Heavy Bench Press

Then:

10x10 Bench Press @ 40-50% 1RM

If you were able to complete last week's reps and sets then add 10-15# to BB this week

For example if you were able to do 10x10 @ 225# then this week use 235#

Rest 2 minutes between sets

Then:

Burpee/Pull-up:

Max Reps in 7 minutes

Then:

Cool Down

Day 16	STRENGTH ENDURANCE
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Instructions

10-20 minute Row/Ride @ Easy Pace

Then:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat @ 25#

2x20m Lunge

2x20m OH Lunge

Then:

5x5 SL Squat @ 20" Box

Then:

Work up to Heavy Back Squat

Then:

10x10 Back Squat @ ~50% 1RM

If you were able to complete last week's reps and sets then add 10-15# to BB this week

For example if you were able to do 10x10 @ 225# then this week use 235#

Rest 2 minutes between sets

Then:

4x (30sec Work/30sec Rest) Frog Hop @ >30 reps per interval pace

Three Sets, Rest 2 minutes between sets

Then:

Cool Down

Day 17	RECOVERY
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Instructions

60 minute Row/Ride @ Easy Pace

Day 18	STRENGTH ENDURANCE
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Instructions

3x10 Shoulder Dislocate

Then:

4x (30sec Work/30sec "Rest") Push Press @ 2 x 15# DB. "Rest" is in OH Position

Then:

2x Strict Press + 2x Push Press + 2x Jerk Combo:

Start at 75# on BB and complete 2 reps of each movement.

Rest 60sec then add 5-10# to the BB and once again do 2 reps of each movement.

Complete this pattern until you cannot complete the superset. Strict Press should be the limiting factor.

Then:

5x Pull-up +

10x Dip +

15x Push-up

Ten Rounds

Then:

Then:

3x5 Bat Wings (5 second squeeze at top)

3x5 SOTS & OHS Combo @ 2 x 10#

300sec FLR

Day 19

RECOVERY

Instructions

60 minute Row/Ride @ Easy Pace

Day 20

STRENGTH

Instructions

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat

Then:

5x4 SLDL (2 each side) @ 135-165#

Rest 2 minutes between sets

Then:

Work up to Heavy DL

Then:

6x2 DL @ 85% 1RM

Rest 4 minutes between sets

Then:

4x (30sec Work/30sec Rest) Back Squat @ 75-95#

Goal is speed up and down. Aim for 20-25 reps each 30sec work period

Three Sets, Rest 4 minutes between each

Then:

3x10 RDL @ 95-135#

Then:

Cool Down

Day 21	REST
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Instructions

Rest

Day 22	STRENGTH ENDURANCE
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Instructions

3x10 Shoulder Dislocate

Then:

Work up to Heavy Bench Press

Then:

10x10 Bench Press @ 40-50% 1RM

If you were able to complete last week's reps and sets then add 10-15# to BB this week

For example if you were able to do 10x10 @ 225# then this week use 235#

Rest 2 minutes between sets

Then:

100x Dip

100x Strict Pull-up

100x Push-up

Complete reps in any order. Just get 100x quality reps of each movement done.

Day 23	STRENGTH ENDURANCE
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Instructions

10-20 minute Row/Ride @ Easy Pace

Then:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat @ 25#

2x20m Lunge

2x20m OH Lunge

Then:

5x5 SL Squat @ 20" Box

Then:

Work up to Heavy Back Squat

Then:

10x10 Back Squat @ ~50% 1RM

If you were able to complete last week's reps and sets then add 10-15# to BB this week

For example if you were able to do 10x10 @ 225# then this week use 235#

Rest 2 minutes between sets

Then:

20x Lunge +

20x Squat +

60sec Wall Sit +

30sec Rest

Ten Rounds

Then:

Cool Down

Day 24	RECOVERY
---------------	-----------------

Instructions

60 minute Row/Ride @ Easy Pace

Day 25	STRENGTH ENDURANCE
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Instructions

3x10 Shoulder Dislocate

Then:

4x (30sec Work/30sec "Rest") Push Press @ 2 x 10# DB. "Rest" is in OH position. Due to light weight emphasis is on form

Then:

Warm-up with Pull-up, Dip, Push-up

Then:

10x Strict Pull-up +

10x Dip +

10x Push-up

Ten Sets, Rest 2 minutes between each set

Then:

Strict Press Behind the Neck "Strip Set":

Max reps @ 95# +

Max reps @ 85# +

Max reps @ 75# +

Max Reps @ 65#

Three Total sets, Full Rest between each

It will take 10sec between each set to remove weight and rack up for neck set. Keep reps controlled and strict

Then:

Cool Down

Day 26	RECOVERY
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Instructions

60 minute Row/Ride @ Easy Pace

Day 27	POWER/STRENGTH
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Instructions

2x5 Wall Squat

2x10 Squat

2x5 Jump Squat

2x5 Tuck Jump

2x5 Knee Jump

Then:

Snatch + OHS + Hang Snatch @ 95-135#:

One combo ever minute for 20 minutes

Then:

Work up to Heavy Snatch

Then:

6x2 Snatch @ 80-85% 1RM

Rest 2-3 minutes between sets

Then:

5x2 OHS @ 80% 1RM

Rest 2-3min between sets

Then:

5x10 Straight Leg DL @ 95-135#

Rest 2 minutes between sets

Then:

300sec FLR

Day 28

REST

Instructions

Rest
