

MASS GAIN

Gym Jones Training Plan

We often joke here at Gym Jones that "no one has ever gained weight" on one of our training programs. We say that because in most cases we want individuals to be as strong as they can while being as light as they can. This is the case with most of the fighters, endurance athletes, and climbers we train.

However there are situations where mass gain or hypertrophy is important or necessary. We have worked with football players, fighters, and various other athletes who needed to grow in size for their job/task/sport. Because we deal mostly with athletes we also must pay attention to performance. We cannot just put weight on a person if it isn't functional weight and the weight gain negatively affects the power to weight ratio. For example if I was to train a 200# person who had a 400# deadlift and they gained 20# so that they were 220#, I would expect that their deadlift go up to 440# in order to preserve that 2x bodyweight ratio. This philosophy should also apply to various other movements and ratios in the gym (i.e. Clean, Front Squat, Back Squat, Snatch)

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 is one month in length and could potentially be repeated with a week of recovery in between each month. It 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.

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
Instructions	
3x5 Wall Squat	
3x10 Squat	
3x5 Goblet Squat @ 35#	
3x20m Lunge	
3x20m OH Lunge @ 10# DB	
3x10 Shoulder Dislocate	
3x5 SOTS & OHS Combo @ 2 x 10# DB	

Then:

2x (30sec Work/30sec "Rest") Squat. "Rest" is in OH Position.

Two Sets, Rest 2 minutes between sets

Then:

Work up to Heavy Back Squat

Then:

5x3 Back Squat @ 80% 1RM

Rest 2-3 minutes between sets

Then:

3x (1-6) Pull-up Ladder

3x (1-6) Push-up Ladder

Then:

300sec FLR

Day 2	RECOVERY
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Instructions

60 minute Row @ Easy Pace

Day 3	STRENGTH ENDURANCE
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Instructions

10-20 minute Row @ Easy Pace

Then:

2x5 Wall Squat

2x10 Squat

2x20m Lunge

2x20m One Arm OH Lunge @ 10# DB

Then:

5x5 SL Squat @ 20" Box

Then:

Work up To Heavy Front Squat

Then:

10x10 Front Squat @ 50% 1RM

Rest 2 minutes between sets

Then:

5x4 SL DL @ 135-165#

Then:

5x10 Straight Leg DL @ 135#

Then:

Cool Down

Day 4	STRENGTH ENDURANCE
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Instructions

3x (1-4) Pull-up Ladder

3x (1-4) Push-up Ladder

Then:

2x10 Shoulder Dislocate

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:

10x Bench Press @ Bodyweight (slow negative – 5sec) + 10x Pull-up

Ten Sets, Rest 2-3min between each

Then:

5-3-2 Ladder of Bent Row @ 135-155# (Rest 20sec between each rung. Keep reps strict)

Three Sets, Rest 2min between

Then:

3x5 Bat Wings (5 second squeeze at top)

3x5 SOTS & OHS Combo @ 2 x 10#

Day 5	RECOVERY
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Instructions

60 minute Row @ Easy Pace

Day 6	INTERVAL
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Instructions

10 minute Row @ Easy pace

Then:

15x (30sec Row/90sec Rest) @ >155m per interval pace.

Player must get at least +1m every round. For example: 155m, 156m, 158m, 159m, 161m, etc.

Then:

Cool Down

Day 7	REST
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Instructions

Day 8	STRENGTH
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Instructions

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 35#

3x10 OHS @ 45# BB

Then:

Work up to Heavy DL

Then:

5x3 DL @ 80% 1RM Rest 3 minutes between sets

Then:

3x10 Straight Leg DL @ 135#

3x10 RDL @ 95#

Then:

3x (1-6) Pull-up Ladder

Then:

4x (30sec Work/30sec "Rest") Push Press @ 2 x 25# DB. "Rest" is in OH Position. Aim for >25 reps in each round.

Then:

300sec FLR

Day 9	RECOVERY
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Instructions

60 minute Row @ Easy Pace

Day 10	STRENGTH ENDURANCE
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Instructions

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 35#

3x20m Lunge

5x5 SL Squat @ 20" Box

Then:

Work up To Heavy Back Squat

Then:

5x25 Back Squat @ 40-50% 1RM

Full Rest between sets

Then:

30x Lunge (15 each side) + 30sec Wall Sit

Seven Rounds

Then:

Cool Down

Day 11	STRENGTH ENDURANCE
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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 Bench Press, Strict Press, and Bent Row

Then:

Bench Press @ 185-225# +

Pull-up (Strict) +

Strict Press (I.e Military Press) @ 95-135# +

Strict Bent Row @ 95-135#

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

Then:

3x5 Bat Wings @ 2 x 10# DB (5sec squeeze at top)

Then:

300sec Ring Support

Day 12	RECOVERY
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Instructions

60 minute Row @ Easy Pace

Day 13	POWER ENDURANCE
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Instructions

3x5 Squat

3x10 Squat

3x5 Goblet Squat @ 30#

3x10 Shoulder Dislocate

Then:

30x OHS @ 45# +

30x Floor Wiper @ 135# +

40x Front Squat @ 95# +

40x Knees To Elbows +

50x Back Squat @ 135# +

50x Sit-up +

60x Goblet Squat @ 70# DB +

60x V-sit Kick out

Then:

Cool Down

Day 14	REST
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Instructions

Rest

Day 15	STRENGTH/POWER
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Instructions

10 minute Row @ Easy Pace

Then:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat @ 25#

Then:

Work up to Heavy Knee Jump

Then:

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

One triplet every 30sec for 10 minutes

Then:

Work up to Heavy Front Squat

Then:

2x Front Squat @ 85% 1RM + 5x Explosive Broad Jumps (5-10 seconds between each)

Five Sets, Rest 2-3 min between each

Then:

50x Ring Dip

50x Push-up

50x Pull-up

Day 16

RECOVERY

Instructions

60 minute Row @ Easy Pace

Day 17

STRENGTH ENDURANCE

Instructions

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 35#

3x20m Lunge

3x20m OH Lunge @ 20#

Then:

Work up To Heavy Back Squat

Then:

10x10 Back Squat @ 60% 1RM

Rest 2-3 minutes between sets

Then:

3x10 Straight Leg DL @ 135#

3x10 RDL @ 95#

Then:

300sec Wall Sit

Day 18	STRENGTH ENDURANCE
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Instructions

3x (1-4) Pull-up Ladder

3x (1-4) Push-up Ladder

Then:

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

Then:

Bench Press @ 135# to failure +

Pull-up to Failure

Five Sets, Rest 2 min between each

Then:

50x HSPU

100x Ring Dip

Day 19	RECOVERY
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Instructions

60 minute Row @ Easy Pace

Day 20	RECOVERY
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Instructions

10 minute Row @ Easy Pace

Then:

6x (30sec Work/30sec Rest) Row @ >160-165m per interval pace

Three Blocks, Rest 4 minutes between blocks

Then:

4x (30sec Work/30sec Rest) Frog Hop @ >25 rep per interval pace

Two Blocks, Rest 2 min between each

Then:

Cool Down

Day 21 | **REST**

Instructions

Rest

Day 22 | **STRENGTH**

Instructions

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 35#

3x20m Lunge

3x20m OH Lunge @ 10# DB

3x10 Shoulder Dislocate

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

Then:

2x (30sec Work/30sec "Rest") Squat. "Rest" is in OH Position.

Two Sets, Rest 2 minutes between sets

Then:

Work up to Heavy OHS

Then:

5x3 OHS @ 80% 1RM

Rest 2-3 minutes between sets

Then:

4x (30sec Work/30sec "Rest") Push Press @ 2 x 25# DB. "Rest" is in OH Position. Aim for >25 reps in each round.

Then:

300sec Ring Support

Day 23 | **RECOVERY**

Instructions

60 minute Row @ Easy Pace

Day 24 | **STRENGTH ENDURANCE**

Instructions

3x5 Wall Squat

3x10 Squat

3x10 Goblet Squat @ 35#

Then:

100x Back Squat @ 75% BW

Every time bar is racked player must do 20x Burpee/Pull-up

Then:

3x10 Straight Leg DL @ 135#

3x10 RDL @ 95#

Then:

Cool Down

Day 25	STRENGTH ENDURANCE
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Instructions

3x (1-4) Pull-up Ladder

3x (1-4) Push-up Ladder

Then:

10x Bench Press @ 185-225# +

10x Dip +

10x Push-up

Ten Sets, Rest 3-4 minutes between each

Then:

10x Pull-up +

10x Strict Bent Row @ 95-135#

Ten Sets, Rest 3-4 minutes between sets

Then:

Cool Down

Day 26	RECOVERY
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Instructions

60 minute Row @ Easy Pace

Day 27	POWER ENDURANCE
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Instructions

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat

Then:

5x Lunge + 5x Push Press for 400m

While holding a 45# bar, 2x 25# DB, or similar load, do 5x Lunges followed by 5x Push Press, continue doing this until you have

traveled 400m (this is typically down as 1 lap around a track)

Then:

Cool Down

Day 28	REST
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Instructions

Rest
