



Main goal : Build Muscle
Training level : Advanced - Split
Program duration : 10 Weeks
Days per week : 4 Days
Time per workout : 50 Mnutes
Equipments : Barbell, Bodyweight, Dumbbells, Machines
Client : Male



10 Week Mass Building Program

Main Goal

This workout is designed to increase your muscle mass as much as possible in 10 weeks. Works each muscle group hard once per week using mostly heavy compound exercises.

Workout Schedule

Day 1 - Saturday : Off
Day 2 - Sunday : Off
Day 3 - Monday : Monday - Chest and Triceps
Day 4 - Tuesday : Tuesday - Back and Biceps
Day 5 - Wednesday : Rest Day/Cardio
Day 6 - Thursday : Shoulders and Forearms
Day 7 - Friday : Legs

Workout Description

This workout is designed to increase your muscle mass as much as possible in 10 weeks. The program works each muscle group hard once per week using mostly heavy compound exercises. You will train on a 4 day split routine, resting on Wednesdays and the weekends. To get the most out of this program you need to be eating BIG. Big meals, at least 5 times a day.



MONDAY - Chest and Triceps

| EXCERSICE | SETS | REPS |
|---------------------|------|---------------------------|
| Barbell Bench Press | 4 | 10, 8, 8, 6 |
| Incline Bench Press | 3 | 8, 8, 6 |
| Decline Bench Press | 3 | 8, 8, 6 |
| Dumbbell Flys | 2 | 10 |
| Dumbbell Pullover | 2 | 8 |
| Tricep Extension | 4 | 10, 8, 8, 6 adding weight |
| Tricep Dip | 3 | 10 |
| Tricep Bench Dip | 3 | 8 |

TUESDAY - Back and Biceps

| EXCERSICE | SETS | REPS |
|--------------------------|------|----------------|
| Deadlift | 5 | 10, 8, 8, 6, 4 |
| Chin Up | 2 | 8 |
| One Arm Dumbbell Row | 3 | 8 |
| Seated Row | 2 | 8 |
| Close Grip Lat Pull Down | 3 | 10, 10, 8 |
| Standing Barbell Curl | 3 | 8, 8, 6 |
| Close Grip Preacher Curl | 3 | 8, 8, 6 |
| Incline Dumbbell Curl | 2 | 12-14 |
| Concentration Curl | 2 | 10 |

Article link : <https://waleedalmadawy.com/the-complete-guide-to-lose-weight-with-nutrition-and-exercises/>



THURSDY - Shoulders and Forearms

| EXCERSICE | SETS | REPS |
|------------------------|------|------|
| Machine Shoulder Press | 3 | 10 |
| Dumbbell Reverse Fly | 3 | 8-10 |
| Military Press | 4 | 10 |
| Dumbbell Lateral Raise | 2 | 10 |
| Dumbbell Shrugs | 2 | 10 |
| Upright Row | 2 | 10 |
| Standing Wrist Curl | 4 | 10 |
| Barbell Wrist Curl | 4 | 10 |

FRIDAY - Legs

| EXCERSICE | SETS | REPS |
|---------------------|------|----------------|
| Squat | 5 | 10, 8, 8, 6, 4 |
| Leg Extension | 3 | 12 |
| Leg Curl | 3 | 12 |
| Calves | | |
| Standing Calf Raise | 4 | 12 |
| Seated calf Raise | 2 | 12 |

Article link : <https://waleedalmadawy.com/the-complete-guide-to-lose-weight-with-nutrition-and-exercises/>



Day 3 - Quads and Hamstrings

| EXCERSICE | SETS | REPS |
|--|------|---------|
| Squat - Power | 4 | 3 to 5 |
| Leg Press - Muscle | 2-3 | 6 to 12 |
| Front Squat - Muscle | 2-3 | 6 to 12 |
| Leg Press - Burn | 2 | 40 |
| Romanian Deadlift - Power | 2-4 | 3 to 5 |
| Romanian Deadlift or Leg Curl - Muscle | 2-3 | 6 to 12 |
| Leg Curl - Burn | 1 | 40 |

Day 4 - Shoulders and Triceps

| EXCERSICE | SETS | REPS |
|-------------------------------|------|---------|
| Seated Barbell Press - Power | 4 | 3 to 5 |
| Seated Arnold Press - Muscle | 2-3 | 6 to 12 |
| Barbell Front Raise - Muscle | 2-3 | 6 to 12 |
| Dumbbell Lateral Raise - Burn | 2 | 40 |
| Closegrip Bench Press - Power | 2 | 3 to 5 |
| Seated French Press - Muscle | 2 | 6 to 12 |
| EZ Bar Skullcrusher - Muscle | 2 | 6 to 12 |
| Cable Tricep Extension - Burn | 1 | 40 |

Day 6 - Back, Calves, and Abs

| EXCERSICE | SETS | REPS |
|-----------------------------|------|----------|
| Deadlift - Power | 2-4 | 3 to 5 |
| Barbell Rows - Muscle | 2-3 | 6 to 12 |
| Lat Pull Down - Muscle | 2-3 | 6 to 12 |
| Seated Cable Row - Burn | 2 | 40 |
| Seated Calf Raise - Muscle | 2-3 | 10 to 15 |
| 45 Degree Calf Raise - Burn | 2 | 40 |

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