

Fitness Planner

Training Focus

Muscle mass gain

Monday - Chest and Triceps

Exercise	Set	Rep	Weight
Barbell Bench Press	4	8-10	Moderate to heavy
Incline Dumbbell Press	3	10-12	Moderate
Tricep Dips (Using parallel bars)	3	8-10	Bodyweight or added weight
Cable Tricep Pushdown	3	12-15	Light to moderate

Tuesday - Back and Biceps

Exercise	Set	Rep	Weight
Pull-ups (Assisted if necessary)	4	6-8	
Barbell Rows	4	8-10	Moderate to heavy
Dumbbell Bicep Curls	3	12-15	Moderate
Hammer Curls	3	12-15	Moderate

Wednesday - Legs

Exercise	Set	Rep	Weight
Barbell Squats	4	8-10	Moderate to heavy
Leg Press	3	10-12	Moderate
Romanian Deadlifts	3	8-10	Moderate
Standing Calf Raises	4	15-20	Bodyweight or added weight

Thursday - Shoulders and Abs

Exercise	Set	Rep	Weight
Overhead Barbell Press	4	8-10	Moderate

Lateral Raises	3	12-15	Light to moderate
Plank	3	45 seconds	
Cable Crunches	3	15-20	Light to moderate

Friday - Full Body Compound Focus

Exercise	Set	Rep	Weight
Deadlifts	4	6-8	Moderate to heavy
Chin-ups	3	8-10	
Dumbbell Bench Press	3	10-12	Moderate
Leg Raises	3	15-20	

GOALS

Muscle mass gain

NOTES

Sample By DocMiral.com