

HOW TO GAIN MUSCLE MASS



PART II

THE WORKOUTS

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Sample training programs 4 days a week

Option 2: Average recovery individuals.

These programs consists of four days a week, split type workouts, it's very productive for about 60% of the population. It also offers the advantage of having the weekend off. Some individuals may prefer to do some of these workouts on the weekend. The basic rule is two days on/one day off, two days on/two days off. For illustration sake, we will use the Monday-Thursday and Tuesday-Friday approach.

Accumulation type workouts
Monday & Thursday

A1 Cyclists Back Squats	4 sets: 10, 12, 15, 20 reps on 2010 tempo, rest: 90 seconds
A2 Lying leg curls feet inward	4 sets x 6-8 reps on 40X0 tempo, rest: 75 seconds
B1 Dumbbell Back Lunges	4 sets: 10, 12, 15, 20 reps on 20X0 tempo, rest: 90 seconds
B2 Barbell Romanian Deadlifts	4 sets x 10-12 reps on 4020 tempo, rest: 75 seconds
C1 Standing Calf Raises	3 sets: 12, 15, 20 reps on 1110 tempo, rest: 60 seconds
C2 Low Cable Pull-ins	3 x 10-12 reps on 2020 tempo, rest: 60 seconds

Tuesday & Friday

A1 – 60° Incline Dumbbell Presses	4 sets: 8, 10, 12, 15, on 3010 tempo rest: 75 seconds
A2 - Close Parallel Grip Chin-ups	4 x 8-10 reps on 4010 tempo, rest: 75 seconds
B1 – 10° Decline Dumbbell Presses	3 x 10-12 reps on 3010 tempo, rest: 75 seconds
B2 - One Arm Dumbbell Rows	3 x 8-10 reps on 4010 tempo, rest: 75 seconds
C1 10° Decline Dumbbell Triceps Extensions, Neutral Grip	3 x 10-12 reps on 3110 tempo, rest: 75 seconds
C2 Seated Off-set Dumbbell Curls	3 x 8-10 reps on 3010 tempo, rest: 75 seconds

Intensification type workouts**Monday & Thursday**



A1 Front Squats	5 sets x 4-6 reps on 50X0 tempo, rest: 120 seconds (On Thursdays substitute Trap Bar Deadlifts for the Front Squats)
A2 One and ¼ Lying leg curls feet outward	5 sets x 4-6 reps on 50X0 tempo, rest: 100 seconds
B1 Bulgarian split squats	4 x 5-7 reps on 30X0 tempo, rest: 100 seconds
B2 Standing Good Mornings	4 sets x 6-8 reps on 3020 tempo, rest interval 100 seconds
C1 Seated Calf presses	4 x 8-10 reps on 2210 tempo, rest: 75 seconds
C2 Twisting Low Cable Pull-ins	4 x 8-10 reps on 2010 tempo, rest: 75 seconds

Tuesday & Friday

A1 Top Half Range Incline Presses in Rack	5 x 4-6 on 2210 tempo, rest: 100 seconds
A2 Subscapularis Pull-ups	5 x 4-6 on a 5010 tempo, rest: 100 seconds
B1 45° Incline Barbell Presses	5 x 4-6 on a 5010 tempo, rest: 100 seconds
B2 Bent-over EZ Bar Rows	5 x 4-6 on a 5010 tempo, rest: 100 seconds
C1 Seated Parallel Grip French Presses	3 x 7-9 reps on 3110 tempo, rest: 90 seconds
C2 Scott close-grip Straight bar Curls	3 x 7-9 reps on 5010 tempo, rest: 90 seconds

Monday & Thursday Workout

A1- Cyclist Back Squats



Sets	Reps	Tempo	Rest
4	10, 12, 15, 20	2010	90

Watch Video: <https://vimeo.com/189239870/ac7c594dcf>

A2 – Lying Leg Curl, Feet Inward



Sets	Reps	Tempo	Rest
4	6-8	40X0	75

Notes: Point the big toes toward the midline of the body
Watch Video: <https://vimeo.com/188882213/c8d7a1c759>

B1 - Lunges



Sets	Reps	Tempo	Rest
4	10, 12, 15, 20	20X0	90

Watch Video: <https://vimeo.com/189563771/6ca012140e>

B2 – Barbell Romanian Deadlifts



Sets	Reps	Tempo	Rest
4	10-12	4020	75

Watch Video: <https://vimeo.com/189240106/f9c657c0f1>

C1 – Standing Calf Raises



Sets	Reps	Tempo	Rest
3	12, 15, 20	1110	60

Watch Video: <https://vimeo.com/188883406/69abbca453>

C2 – Low Cable Pull Ins



Sets	Reps	Tempo	Rest
3	10-12	2020	60

Watch Video: <https://vimeo.com/189563778/613e426dfc>

Tuesday & Friday Workout

A1 – 60° Incline Dumbbell Presses



Sets	Reps	Tempo	Rest
4	8, 10, 12, 15	3010	75

Watch Video: <https://vimeo.com/189563761/54ac3b8d12>

A2 – Close Parallel Grip Chin-Ups



Sets	Reps	Tempo	Rest
4	8-10	4010	75

Notes: Hands are 4-6 inches apart, with palms facing each other

Watch Video: <https://vimeo.com/188883211/780605d04b>

B1 – 10° Decline Dumbbell Presses, Pronating Grip



Sets	Reps	Tempo	Rest
3	10-12	3010	75

Watch Video: <https://vimeo.com/188880946/968da995f0>

B2 – One Arm Dumbbell Rows



Sets	Reps	Tempo	Rest
3	8-10	3010	75

Watch Video: <https://vimeo.com/188882958/c7eb303252>

C1 – 10° Decline Dumbbell Triceps Extensions, Neutral Grip



Sets	Reps	Tempo	Rest
3	10-12	3110	75

Watch Video: <https://vimeo.com/189239295/4ec43f1b98>

C2 – Seated Off-Set Dumbbell Curls



Sets	Reps	Tempo	Rest
3	8-10	3010	75

Notes: Grip the dumbbell with the index finger and thumb close to the inside plate



Watch Video: <https://vimeo.com/189239871/53122ffa23>

OPTION 2 – INTENSIFICATION 1

4 x WEEK

Monday & Thursday Workout

A1 – Front Squats



Sets	Reps	Tempo	Rest
5	4-6	50X0	120

Notes: On Thursdays, substitute Trap Bar Deadlifts for the Front Squats **Watch Video:** <https://vimeo.com/189240415/39bdd88bdf>

A2 – 1 ¼ Lying Leg Curls, Feet Outward



Sets	Reps	Tempo	Rest
5	4-6	50X0	100

Notes: Come up ¼ of the way, go back down and then do 1 regular rep. This represents a full 1 ¼ rep **Watch Video:** <https://vimeo.com/189240186/d63ac5aae4>

B1 – Bulgarian Split Squats



Sets	Reps	Tempo	Rest
4	5-7	30X0	100

Watch Video: <https://vimeo.com/189563769/f25611f8ce>

B2 – Standing Good Mornings



Sets	Reps	Tempo	Rest
4	6-8	3020	100

Watch Video: <https://vimeo.com/189842914/dfd437656c>

C1 – Seated Calf Raises



Sets	Reps	Tempo	Rest
4	8-10	2210	75

Watch Video: <https://vimeo.com/188883292/662d07de93>

C2 – Twisting Low Cable Pull-Ins





Sets	Reps	Tempo	Rest
4	8-10	2010	75

Watch Video: <https://vimeo.com/189719193/6bd4450c71>

Tuesday & Friday Workout



A1 – Top Half Range Incline Presses in Rack



Sets	Reps	Tempo	Rest
5	4-6	2201	100

Watch Video: <https://vimeo.com/189563784/fb8a860c10>

A2 – Subscapularis Pull-Ups



Sets	Reps	Tempo	Rest
5	4-6	5010	100

Notes: On the way up, do as you would usually for a pull-up. Push yourself away from the bar as you go back down to the starting position

Watch Video: <https://vimeo.com/188891512/0bcce162fe>

B1 – 45° Incline Barbell Presses



Sets	Reps	Tempo	Rest
5	4-6	5510	100

Watch Video: <https://vimeo.com/189715969/c9194ba931>

B2 – Bent-Over EZ Bar Rows



Sets	Reps	Tempo	Rest
5	4-6	5010	100

Watch Video: <https://vimeo.com/189240187/00d667805b>

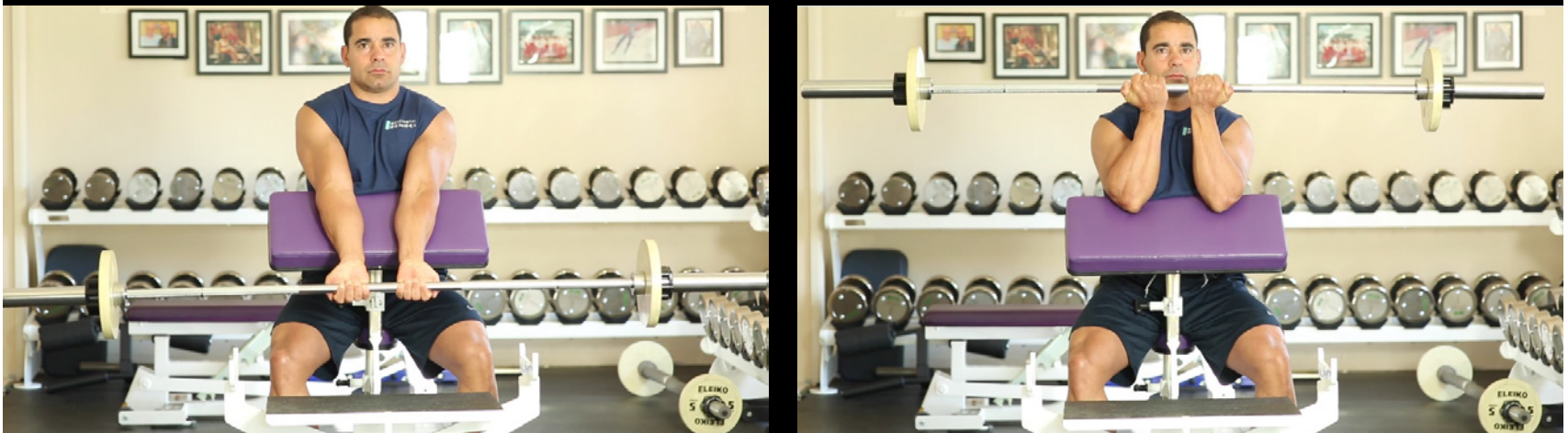
C1 – Seated Parallel Grip French Presses



Sets	Reps	Tempo	Rest
3	7-9	5010	90

Watch Video: <https://vimeo.com/189563781/1d034b8a78>

C2 – Scott Close-Grip Straight Bar Curls



Sets	Reps	Tempo	Rest
3	7-9	5010	90

Watch Video: <https://vimeo.com/189240189/5c188bed43>

Option 2 – 4 x week

Accumulation 2

Monday & Thursday Workout

A1 - Back Squats, one and a quarter bottom



Sets	Reps	Tempo	Rest
4	15, 12, 10, 8	20X0	90

Notes: The extra $\frac{1}{4}$ is in the bottom position

Watch Video: <https://vimeo.com/197215681/fd9c14b58e>

A2 – Lying Leg Curls, Feet Neutral, Plantar Flexed

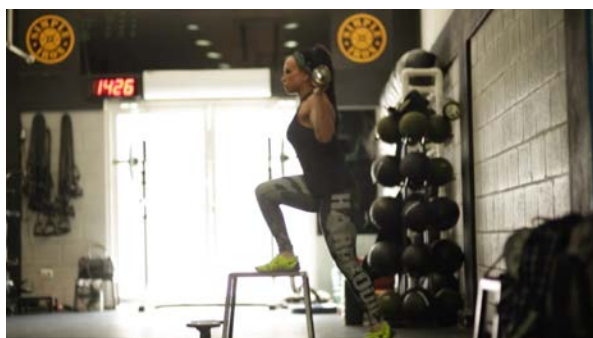


Sets	Reps	Tempo	Rest
4	6-8	30X0	75

Notes: Feet are neutral and pointing away from you

Watch Video: <https://vimeo.com/197139225/959ea50c45>

B1 – Russian Step-Ups with Barbell on Back



Sets	Reps	Tempo	Rest
4	15, 12, 10, 8	20X0	90

Notes: Keep your chest up

Watch Video: <https://vimeo.com/197134729/de44405266>

B2 – Horizontal Back Extensions



Sets	Reps	Tempo	Rest
4	9-11	4010	75

Notes: Keep your back arched

Watch Video: <https://vimeo.com/188880534/0a01aa0a3d>

C1 – Standing Calf Raises Feet Wide



Sets	Reps	Tempo	Rest
3	12-15	12X0	60

Notes: Feet should be wider than shoulder width

Watch Video: <https://vimeo.com/197132709/ac3010ed1f>

C2 – Twisting Garhammer Raises



Sets	Reps	Tempo	Rest
3	9-11	20X0	60
Notes: Bring your right knee to the left pectoral and vice versa			
Watch Video: https://vimeo.com/189563790/c5eeb0dc61			

Tuesday & Friday Workout

A1 – 45° Incline Dumbbell Presses, Neutral Grip



Sets	Reps	Tempo	Rest
4	10,8,6,6	30X0	75

Notes: Palms are facing each other all the time

Watch Video: <https://vimeo.com/189239588/73e140c133>

A2 – Close Parallel Grip Lean Away Chin-Ups



Sets	Reps	Tempo	Rest
4	10,8,6,6	30X0	75

Notes: Lean backwards as far as possible

Watch Video: <https://vimeo.com/189242392/6c7a3acb5e>

B1 – 1¼ Flat Dumbbell Presses, Pronating Grip



Sets	Reps	Tempo	Rest
3	9-11	3010	75

Notes: Do the ¼ of the motion in the bottom

Watch Video: <https://vimeo.com/197218431/5811e66333>

B2 – One Arm Dumbbell Rows Elbow Out



Sets	Reps	Tempo	Rest
3	7-9	3010	75

Notes: Keep the elbow at shoulder height

Watch Video: <https://vimeo.com/189943242/6e39c80fdc>

C1 – 45° Incline Triceps Extensions with EZ Bar



Sets	Reps	Tempo	Rest
3	9-11	3110	75

Notes: Bring bar to your forehead

Watch Video: <https://vimeo.com/197219216/9fe5cefb50>

C2 – Seated Supinated Dumbbell Curls



Sets	Reps	Tempo	Rest
3	7-9	30X0	75

Notes: Keep your palms facing upwards all time

Watch Video: <https://vimeo.com/197219795/1b08d2253f>

Option 2 – 4 x week

Intensification 2

Monday & Thursday Workout

A1 – Front Squats Heels Elevated Narrow Stance



Sets	Reps	Tempo	Rest
5	3-5	33X0	120

Notes: Keep elbows high

Watch Video: <https://vimeo.com/197227388/0c888cd68d>

A2 – 1¼ Top Lying Leg Curls, Feet Neutral



Sets	Reps	Tempo	Rest
5	4-6	80X0	100

Notes: Do the ¼ at the top of the motion

Watch Video: <https://vimeo.com/197228071/3dfa5de8f9>

B1 – Front Foot Elevated Split Squats

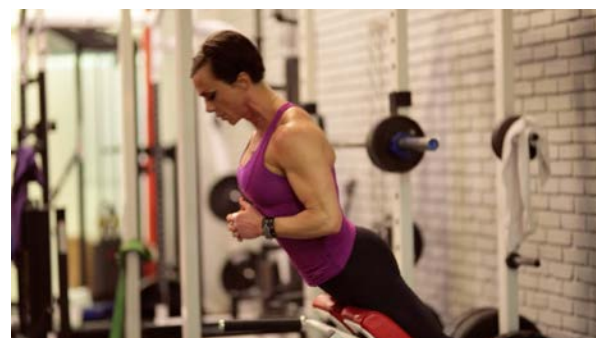


Sets	Reps	Tempo	Rest
4	4-67	22X0	100

Notes: Keep your torso upright

Watch Video: <https://vimeo.com/197228734/bc69a56739>

B2 – 45 Degrees Back Extensions



Sets	Reps	Tempo	Rest
4	6-8	3020	100

Notes: Keep your back arched

Watch Video: <https://vimeo.com/197135071/6ddbad4932>

C1 – Seated Calf Raises Feet Outward



Sets	Reps	Tempo	Rest
4	8-10	21X0	75

Notes: Feet are pointing outward

Watch Video: <https://vimeo.com/197229223/3a95dddb65>

C2 – Reverse Crunches on Floor with Cable



Sets	Reps	Tempo	Rest
4	8-10	20X0	75

Notes: Bring your knees to your chest

Watch Video: <https://vimeo.com/197146504/6f66c60618>

Tuesday & Friday Workout

A1 – Top Half Range Seated Presses in Rack



Sets	Reps	Tempo	Rest
5	4-6	22X0	100

Notes: Bar stops at hair-line level

Watch Video: <https://vimeo.com/197229832/147e596868>

A2 –Wide Grip Pull-Ups

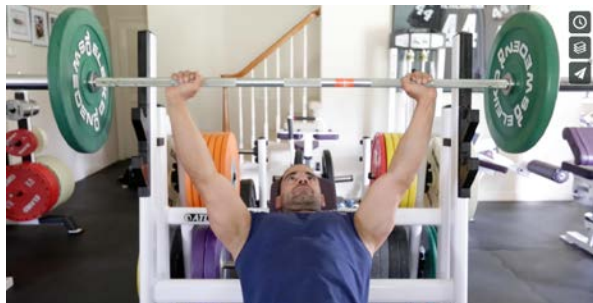


Sets	Reps	Tempo	Rest
5	4-6	40X0	100

Notes: Grip is wider than shoulder width

Watch Video: <https://vimeo.com/197135684/5cfd370221>

B1 – 30° Incline Barbell Presses



Sets	Reps	Tempo	Rest
5	5-7	40X0	100

Notes: Bar touches chest every rep

Watch Video: <https://vimeo.com/197230201/517bde4a2c>

B2 – One Arm Dumbbell Rows Neutral Grip



Sets	Reps	Tempo	Rest
5	5-7	40X0	100

Notes: Dumbbell touches ribs at the top position

Watch Video: <https://vimeo.com/188882958/c7eb303252>

C1 –French Press with Dumbbell Pronated Grip



Sets	Reps	Tempo	Rest
3	7-9	3110	90

Notes: Fully stretch at the bottom position

Watch Video: <https://vimeo.com/197230753/eab140357d>

C2 – One Arm Scott Curls Supinated Grip



Sets	Reps	Tempo	Rest
3	7-9	30X0	90

Notes: Fully stretch at the bottom position

Watch Video: <https://vimeo.com/197231055/ceb18a0155>