

BOBBY MAXIMUS

INTRODUCTORY MASS GAIN

www.bobbymaximus.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
Workout: 10 minute Cardiovascular warm-up Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 10lbs Dumbbells. “Rest” is in overhead position. Three Sets, Rest 60sec between each. Then: Work Up to Bench Press 1RM (i.e 10 reps at light weight, 5 reps at a medium weight, 3 reps at a moderate weight, 1 rep, add weight, 1 rep, add weight, until you max out) Then: 5x15 Bench Press @ 50% 1RM. Rest 90sec between sets. Then: 50x Pull-up + 50x Dip + 50x Push-up Slow and controlled. Done with perfect form. Then: 100x Curl-up Then: 10 min Cool Down	Workout: 3x5 Wall Squat 3x10 Squat 3x5 Goblet Squat @ 35# Then: Work up Back Squat 1RM (i.e 10 reps at light weight, 5 reps at a medium weight, 3 reps at a moderate weight, 1 rep, add weight, until you max out) Then: 5x20 Back Squat @ 40-50% 1RM Rest 3-4 minutes between sets Then: 10-1 Lunge Ladder. In between each set complete 30sec Wall Sit. Looks Like: 10x Lunge + 30sec Wall Sit + 9x Lunge + 20sec Wall Sit + All the way to 1x Lunge + 30sec Wall Sit	Workout: 60 minute Row, Run, or Bike @ Easy Pace	Workout: 10 minute Cardiovascular warm-up Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 10lbs Dumbbells. “Rest” is in overhead position. Three Sets, Rest 60sec between each. Then: Warm up with Bench Press, Barbell Overhead Press and Bent Row, Pull-ups and Push-ups Then: Bench Press @ 185-225# + Pull-up (Strict) + Barbell Overhead 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: 100x Curl-up Then: Cool Down	Workout: 10 minute Row @ Easy pace Then: 15x (30sec Row/90sec Rest) @ >140m per interval pace. Player must get at least +1m every round. For example: 140m, 141m, 142m, 143m, 144m, etc. Then: Cool Down	Workout: Warm-up with Pull-ups, Push-ups, and Dips Then: “Holy Trinity” 30 minutes of: Max Pull-ups Max Dips Max Push-ups Goal is to get 100 of each movement with perfect form. OR Rest or 60 minute Row, Run, Bike, or Walk @ Easy Pace Note: Choice will be dependent on level of muscle soreness. The ideal choice is the Trinity however if extremely sore a substitute for cardiovascular recovery would be in order.	Rest
A	B	C	D	E	F	G

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY EIGHT	DAY NINE	DAY TEN	DAY ELEVEN	DAY TWELVE	DAY THIRTEEN	DAY FOURTEEN
Workout: 10 minute Cardiovascular warm-up Then: 25x Pull-up 25x Push-up Then: 4x (30sec Work/30sec “Rest”) Push Press @ 2 x 10# DB. “Rest” is in OH Position Then: Bench Press @ 135# to failure + Pull-up to Failure Five Sets, Rest 2 min between each Then: 100x Curl-up Then: 10 minute Cool Down	Workout: 10 minute Cardiovascular warm-up Then: 3x5 Wall Squat 3x10 Squat 3x5 Goblet Squat @ 35# Then: Work up to Heavy Back Squat Then: 4x15 Back Squat @ 50-60% 1RM Rest 90sec between sets Then: 10x Air Squat + 10x Lunge (5 each Leg) Ten Rounds Then: 10 minute Cardiovascular warm-up	Workout: 60 minute Row, Run, or Bike @ Easy Pace	Workout: 10 minute Cardiovascular warm-up Then: 3x10 Shoulder Dislocate Then: 2x (30sec Work/30sec “Rest”) Push Press @ 2 x 10lbs Dumbbells. “Rest” is in overhead position. Three Sets, Rest 60sec between each. Then: Work up to Barbell Overhead Press 1RM (i.e 10 reps at light weight, 5 reps at a medium weight, 3 reps at a moderate weight, 1 rep, add weight, 1 rep, add weight, until you max out) Then: 5x10 Barbell Overhead Press @ 50-60% 1RM Rest 2 min between sets Then: 50x Turkish Get-up @ 25# 25 on each side Then: 10 minute Cardiovascular warm-up	Workout: 10 minute Row @ Easy Pace Then: 6x (30sec Work/30sec Rest) Row @ >150m per interval pace Three Blocks, Rest 4 minutes between blocks Then: 10 minute Cool Down @ Easy Pace	Workout: Warm-up with Pull-ups, Push-ups, and Dips Then: “Holy Trinity” 30 minutes of: Max Pull-ups Max Dips Max Push-ups Goal is to get 100 of each movement with perfect form. OR Rest or 60 minute Row, Run, Bike, or Walk @ Easy Pace Note: Choice will be dependent on level of muscle soreness. The ideal choice is the Trinity however if extremely sore a substitute for cardiovascular recovery would be in order.	Rest
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DAY FIFTEEN	DAY SIXTEEN	DAY SEVENTEEN	DAY EIGHTEEN	DAY NINETEEN	DAY TWENTY	DAY TWENTY-ONE
Workout: 25x Pull-up 25x Push-up Then: 2x (30sec Work/30sec "Rest") Push Press @ 2 x 10# Dumbbell. "Rest" is in OH Position @ 2 x 15# DB (Strict Holds) Two Sets, Rest 60sec between each Then: Warm up with Barbell Overhead Press and Bent Row Then: Barbell Overhead Press @ 50% 1RM + Strict Bent Row @ 95-135#, 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	Workout: 10 minute Cardiovascular warm-up Then: 3x5 Wall Squat 3x10 Squat 3x5 Goblet Squat @ 35# Then: Work up Front Squat 1RM (i.e 10 reps at light weight, 5 reps at a medium weight, 3 reps at a moderate weight, 1 rep, add weight, until you max out) Then: 5x12 Back Squat @ 40-50% 1RM Rest 3-4 minutes between Then: 100x Curl-up	Workout: 60 minute Row, Run, or Bike @ Easy Pace	Workout: 3x10 Shoulder Dislocate Then: 4x (30sec Work/30sec "Rest") Push Press @ 2 x 15# DB. "Rest" is in OH Position Then: 2x Barbell Overhead 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. Barbell Overhead Press should be the limiting factor. Then: 5x Pull-up + 5x Dip + 10x Push-up Ten Rounds Then: 100x Curl-up	Workout: 10 minute Row @ Easy pace Then: 15x (30sec Row/90sec Rest) @ >145m per interval pace. Player must get at least +1m every round. For example: 145m, 146m, 147m, 148m, 149m, etc. Then: Cool Down	Workout: Warm-up with Pull-ups, Push-ups, and Dips Then: "Holy Trinity" 30 minutes of: Max Pull-ups Max Dips Max Push-ups Goal is to get 100 of each movement with perfect form. OR Rest or 60 minute Row, Run, Bike, or Walk @ Easy Pace Note: Choice will be dependent on level of muscle soreness. The ideal choice is the Trinity however if extremely sore a substitute for cardiovascular recovery would be in order.	Rest
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DAY TWENTY-TWO	DAY TWENTY-THREE	DAY TWENTY-FOUR	DAY TWENTY-FIVE	DAY TWENTY-SIX	DAY TWENTY-SEVEN	DAY TWENTY-EIGHT
Workout: 10 minute Cardiovascular warm-up Then: 25x Pull-up 25x Push-up Then: 2x (30sec Work/30sec "Rest") Push Press @ 2 x 10# Dumbbell. "Rest" is in OH Position @ 2 x 15# DB (Strict Holds) Two Sets, Rest 60sec between each Then: 100x Bench Press @ BW Do this for time with perfect form. Then: 100x Curl-up Then: Cool Down	Workout: 10 minute Cardiovascular warm-up Then: 3x5 Wall Squat 3x10 Squat 3x10 Goblet Squat @ 35# Then: 100x Back Squat @ 50% BW Every time bar is racked player must do 10x Burpees Then: 3x10 Straight Leg DL @ 65# Then: 3x10 RDL @ 65# Then: Cool Down	Workout: 60 minute Row, Run, or Bike @ Easy Pace	Workout: 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	Workout: 10 minute Row @ Easy Pace Then: 6x (30sec Work/30sec Rest) Row @ >150m per interval pace Three Blocks, Rest 4 minutes between blocks Then: 10 minute Cool Down @ Easy Pace	Workout: Warm-up with Pull-ups, Push-ups, and Dips Then: "Holy Trinity" 30 minutes of: Max Pull-ups Max Dips Max Push-ups Goal is to get 100 of each movement with perfect form. OR Rest or 60 minute Row, Run, Bike, or Walk @ Easy Pace Note: Choice will be dependent on level of muscle soreness. The ideal choice is the Trinity however if extremely sore a substitute for cardiovascular recovery would be in order.	Rest
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