

Hardgainers' Sample Mass Building Training Routine

Session 1	Chest/Back/Biceps/Triceps/Upper Abs	Sets			
		2 Warm-ups	1	2	3
Superset #1:	Incline Dumbbell Press (adjust bench-25° angle) 3 sets of 8-10 reps (No Rest)				
	Close Grip Pull-up to Front (palms facing forward) 8-10 reps (1 min rest)				
Superset #2:	Flat Dumbbell Bench Press 3 sets of 10-12 reps (No Rest)				
	Neutral Grip Pull-ups 3 sets of 10-12 reps (1 min rest)				
Superset #3:	Dumbbell Hammer Curls 3 sets of 8-10 reps (No Rest)				
	Overhead Triceps Extensions 3 sets of 8-10 reps (1 min rest)				
Superset #4:	Dumbbell Preacher Curls 3 sets of 10-12 reps (No Rest)				
	Triceps Pushdowns 3 sets of 10-12 reps (1 min rest)				
	Crunches 3 sets of 15-20 reps (1 min rest)				

Session 2	Thighs/Hamstrings/Delts/Calves/Lower Abs	Sets			
		2 Warm-ups	1	2	3
Superset #1:	Wide Stance Squats 3 sets of 8-10 reps (No Rest)				
	Dumbbell Stiff Legged Deadlifts 3 sets of 8-10 reps (1 min rest)				
Superset #2:	Leg Extensions 3 sets of 10-12 reps (No Rest)				
	Lying Leg Curls 3 sets of 10-12 reps (1 min rest)				
Superset #3:	Lateral Raises 3 sets of 8-10 reps (No Rest)				
	Standing Calf Raises 3 sets of 8-10 reps (1 min rest)				
Superset #4:	Bent Over Lateral Raises Curls 3 sets of 10-12 reps (No Rest)				
	Seated Calf Raises 3 sets of 10-12 reps (1 min rest)				
	Hanging Leg Raises 3 sets of 15-20 reps (1 min rest)				

Session 3	Chest/Back/Biceps/Triceps	Sets			
		2 Warm-ups	1	2	3
Modified Compound Superset #1:	Incline Bench Press 3 sets of 8, 6, 4 reps (90 second rest)				
	Close Grip Chins with reverse grip 3 sets of 8, 6, 4 reps (90 second rest)				
Modified Compound Superset #2:	Chest Dips 3 sets of 8, 6, 4 reps (90 second rest)				
	Wide Grip Pull-ups to front 3 sets of 8, 6, 4 reps (90 second rest)				
Modified Compound Superset #3:	E-Z Curls 3 sets of 8, 6, 4 reps (60 second rest)				
	Close Grip Bench Press 3 sets of 8, 6, 4 reps (60 second rest)				
Modified Compound Superset #4:	E-Z Preacher Curls 3 sets of 8, 6, 4 reps (60 second rest)				
	Lying Triceps Extensions 3 sets of 8, 6, 4 reps (No rest)				
	Crunches 3 sets of 8, 6, 4 reps (60 second rest)				

Session 4	Thighs/Hamstrings/Delts/Calves	Sets			
		2 Warm-ups	1	2	3
Modified Compound Superset #1:	Medium Stance Squats 3 sets of 8, 6, 4 reps (90 second rest)				
	Lying Leg Curls 3 sets of 8, 6, 4 reps (90 second rest)				
Modified Compound Superset #2:	Leg Press 3 sets of 8, 6, 4 reps (90 second rest)				
	Barbell Stiff Legged Dead-lifts 3 sets of 8, 6, 4 reps (90 second rest)				
Modified Compound Superset #3:	Seated Military Press 3 sets of 8, 6, 4 reps (60 second rest)				
	Calf Press 3 sets of 10, 8, 6 reps (60 second rest)				
Modified Compound Superset #4:	Upright Rows 3 sets of 8, 6, 4 reps (60 second rest)				
	Standing Calf Raises 3 sets of 10, 8, 6 reps (No rest)				
	Lying Leg Raises 3 sets of 10, 8, 6 reps (60 second rest)				