

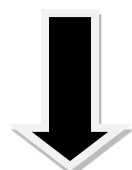
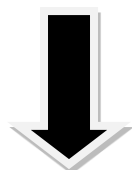
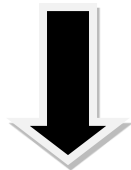
PERSONALLY TRAIN YOURSELF

“MUSCLE MASS”

FIRST ROUTINE (5 Days)

- This is a Workout Routine to build Muscle and Strength to Start Building Muscle Growth.
- Best Results for Ectomorphs, but all around beneficial to every Body Type to help build strength. End Each Workout with Static Stretches (long)
- Remember, this is for educational purposes only and I am not liable to any injury during your workout routine.
- This Routine can be repeated every week, but recommended to alternate between this routine and the next one for more diversity and muscle confusion benefits from doing so.
- Most Body Weight Workouts can be done at home.

Lets Begin...



PERSONALLY TRAIN YOURSELF

“MUSCLE MASS”-Chest

FIRST ROUTINE (Day 1, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Push-ups are good for this day/ Stairs.
2. What You Need: Barbell, incline, Decline, & flat bench and to know what your 1 rep max is with Each Workout.
3. Workout Routine for Day Number 1: (The Basic Pyramid)
 - a. **Flat Bench** Barbell Bench Press
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Spot)
 - iv. 4th Set 90% of Your Max 2 Reps (Spot)
 - b. **Incline Bench** Barbell Bench Press
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Spot)
 - iv. 4th Set 90% of Your Max 2 Reps (Spot)
 - c. **Decline Bench** Barbell Bench Press
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Spot)
 - iv. 4th Set 90% of Your Max 2 Reps (Spot)
 - d. **Pec Deck Fly** Machine Fly
 - i. 1st Set 60% of Max to Failure
 - ii. 2nd Set 65% of Max to Failure
 - iii. 3rd Set 70% of Max to Failure
 - iv. Superset with Extending your single arm across your chest to get a better stretch.
 - e. **Push- Ups** 3 Sets to Failure

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“MUSCLE MASS”-Back

FIRST ROUTINE (Day 2, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Pull-ups are good for this day/ Stairs.
2. What You Need: Lat Pull Down, Row Machine, Bar & DB and to know what your 1 rep max is with Each Workout.
3. Workout Routine for Day Number 2: (The Basic Pyramid)
 - a. **Lat Pull Down** In Front Lat Pull Down (Don't Jerk)
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Wraps)
 - iv. 4th Set 90% of Your Max 2 Reps (Wraps)
 - b. **Seated Row** (Don't Roll Your Shoulder forward)
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Wraps)
 - iv. 4th Set 90% of Your Max 2 Reps (Wraps)
 - c. **Long Barbell Row** (Can put V-Bar around Bar)
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Wraps)
 - iv. 4th Set 90% of Your Max 2 Reps (Wraps)
 - d. **Standing Barbell Row** (Bent Over Row)
 - i. 1st Set 40% of Max 8 Reps (Great Form)
 - ii. 2nd Set 50% of Max 6 Reps (Great Form)
 - iii. 3rd Set 55% of Max 4 Reps (Great Form)
 - iv. 4th Set 30% of Max Burn Out to Failure
 - e. **Pull- Ups** 3 Sets to Failure (Assist Machine Helps)

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“MUSCLE MASS”-Legs

FIRST ROUTINE (Day 3, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Light Jog is good for this day/ Stairs.
2. What You Need: Barbell, Leg Press, & Leg Machines and to know what your 1 rep max is with Each Workout.
3. Workout Routine for Day Number 3: (The Basic Pyramid)
 - a. **Squat** Barbell Squat or DB if Beginner (Learn Form)
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Belt)
 - iv. 4th Set 90% of Your Max 2 Reps (Belt)
 - b. **Dead Lift** (Learn Best Form, Focus on Hamstrings)
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Belt)
 - iv. 4th Set 90% of Your Max 2 Reps (Belt)
 - c. **Leg Press** (Make sure Lower Back is against Pad)
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Belt)
 - iv. 4th Set 90% of Your Max 4 Reps (Belt)
 - d. **Leg Extensions w/ Superset Leg Curls** Machines
 - i. 1st Set 50% of Max 10 Reps
 - ii. 2nd Set 55% of Max 8 Reps
 - iii. 3rd Set 60% of Max 6 Reps
 - iv. Superset last Set with a 30 Second Extended Hold. (Try not to Lock your Knees)
 - e. **Calf Raises** On Leg Press Machine 3 Sets to Failure

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“MUSCLE MASS”-Shoulders

FIRST ROUTINE (Day 4, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Arm Swings are good for this day/ Stairs.
2. What You Need: Barbell, DB, 90 Degree Bench, & Cables and to know what your 1 rep max is with Each Workout.
3. Workout Routine for Day Number 4: (The Basic Pyramid)
 - a. **Shoulder Press** Barbell or DB Press
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Spot)
 - iv. 4th Set 90% of Your Max 2 Reps (Spot)
 - b. **Upright Row** E-Z Barbell
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 70% of Your Max 4 Reps
 - iv. 4th Set 70% of Your Max 4 Reps
 - c. **Bent Over Lateral Raises** Dumbbells or Cables
 - i. 1st Set 60% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 8 Reps
 - iii. 3rd Set 65% of Your Max 6 Reps
 - d. **Front Raises** Dumbbells or Cables
 - i. 1st Set 60% of Max 8 Reps
 - ii. 2nd Set 60% of Max 8 Reps
 - iii. 3rd Set 65% of Max 6 Reps
 - iv. Superset with 50% of Max Barbell to Failure.
 - e. **Elevated Feet Push-ups** 3 Sets to Failure

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“MUSCLE MASS”-Bi/ Tri

FIRST ROUTINE (Day 5, Approx. 1 hr)

4. Always Warm up with Dynamic Stretches First (Movement Stretches) Arm Swings are good for this day/ Stairs.
5. What You Need: Barbell, incline, E-Z Bar, & flat bench and to know what your 1 rep max is with Each Workout.
6. Workout Routine for Day Number 5: (The Basic Pyramid)
 - a. **Barbell Curls** Barbell Heavy Weight
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Can Cheat)
 - iv. 4th Set 90% of Your Max 2 Reps (Can Cheat)
 - b. **Narrow Grip Bench Press** Flex your Tri Muscles
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 6 Reps
 - iii. 3rd Set 75% of Your Max 4 Reps (Spot)
 - iv. 4th Set 90% of Your Max 2 Reps (Spot)
 - c. **Incline Bench DB Curls w/ Superset Hammer Curls**
 - i. 1st Set 60% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 8 Reps
 - iii. 3rd Set 65% of Your Max 6 Reps (Can Cheat)
 - iv. 4th Set 70% of Your Max 4 Reps (Can Cheat)
 - d. **Rope Extensions w/ Superset Rope Overhead Press**
 - i. 1st Set 60% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 8 Reps
 - iii. 3rd Set 65% of Your Max 6 Reps
 - iv. 4th Set 70% of Your Max 4 Reps
 - e. **Dips** 3 Sets to Failure



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“MUSCLE MASS”- Tips

FIRST ROUTINE (5 Days)

- Remember to always do Dynamic Stretches first (Movement Stretches) and Static Stretches Second (Long Stretches) so you don't feel fatigued and get the best out from of your workouts. Also, remember to think of every way not to get injured during your workout journey (Stretching and Form)
- Email me if you have any questions about anything that was mentioned. I would love to hear any feedback or questions about specific workouts.
 - Personallytrainyourself@gmail.com
- To educate yourself the best, use the internet. The power is at your fingertips.
- For Best Results of Muscle Mass, you will want to diet. I have constructed some awesome Diet Maps to help with losing building Natural Testosterone at:
 - Personallytrainyourself.com

THANK YOU and Please Feel Free to contact me at any time.

