

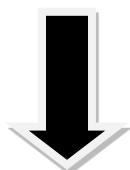
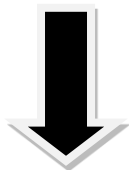
PERSONALLY TRAIN YOURSELF

“MUSCLE MASS”

SECOND ROUTINE (5 Days)

- This is a Workout Routine to build Muscle and Strength.
- 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...



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“MUSCLE MASS”-Chest/ Biceps

SECOND 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: Bar, DB, incline, Decline, & flat bench and to know what your 1 rep max is with Each Workout.
3. Workout for Day Number 1: (Maximize Hypertrophy)
 - a. **Flat Bench** Dumbbell 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** Dumbbell 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. **Cable Cross-Overs** Heavy, Downward Motion (Athletic Stance, Alternate Cross- Overs)
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 7 Reps
 - iii. 3rd Set 75% of Your Max 6 Reps
 - iv. 4th Set 80% of Your Max 4 Reps
 - d. **“Crazy 8” E-Z Bar** 4 Sets
 - i. 30% Full Range Motion for 8 Reps
 - ii. 30% Superset Top Half Motion for 8 Reps
 - iii. 30% Superset Bottom Half Motion for 8 Reps
 - e. **Preacher Curls** 4 Sets of 8 Reps (Flex Muscle)

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“MUSCLE MASS”-Back/ Triceps

SECOND ROUTINE (Day 2, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Pull-ups & Dips are good for this day/ Stairs.
2. What You Need: Bar, Lat Pull Down, Row & flat bench and to know what your 1 rep max is with Each Workout.
3. Workout for Day Number 2: (Maximize Hypertrophy)
 - a. **Seated Row Machine** (Free-Weight if you Can)
 - 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. **Long Barbell Row** Barbell Between Legs
 - 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. **Lat Pull D.** Alternate Grips (Narrow, Wide, Middle)
 - i. 1st Set 50% of Your Max 8 Reps (Each Grip)
 - ii. 2nd Set 60% of Your Max 6 Reps (Each Grip)
 - iii. 3rd Set 75% of Your Max 4 Reps (Each Grip)
 - d. **Skull Crushers** As Heavy as Possible
 - i. 1st Set 70% of Max 6-8 Reps
 - ii. 2nd Set 70% of Max 6-8 Reps
 - iii. 3rd Set 85% of Max 4-6 Reps
 - e. **Overhead Press (1 DB)** 3 Sets of 80% of Max 6 Reps
 - f. **Dips** 3 Sets to Failure

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“MUSCLE MASS”-Legs/ Shoulders

SECOND ROUTINE (Day 3, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Jogging is a good way to warm up/ Stairs.
2. What You Need: Barbell, DB, & bench and to know what your 1 rep max is with Each Workout.
3. Workout for Day Number 3: (Maximize Hypertrophy)
 - a. **Squats** Barbell Squats
 - 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 3 Reps (Spot)
 - b. **Dead Lifts** (Focus on Hamstring Strength)
 - 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 3 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 80% of Your Max 4 Reps (Belt)
 - d. **Standing Military Press** (Good Full-Body Workout)
 - i. 1st Set 60% of Max to 8 Reps
 - ii. 2nd Set 65% of Max to 6 Reps
 - iii. 3rd Set 70% of Max to 5 Reps
 - e. **Cable Lateral Raises** 3 Sets to Failure
 - f. **Box Jumps** 3 Sets to Failure



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“MUSCLE MASS” - MAX Compound Workout

SECOND ROUTINE (Day 4, Approx. 1 hr)

(Skip a day for rest, then do this workout)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Push-ups are good for this day/ Stairs.
2. What You Need: Bar, DB, Benches, & machines and to know what your 1 rep max is with Each Workout.
3. Do Whatever Weight Feels Good to You and Sometimes do Force Reps with a Spotter.
4. When Your Muscles Start Feeling the Weight from Compound Workouts, They Will Grow.
5. Be Very Careful when Maxing.
6. Workout for Day Number 4: (Maximize Hypertrophy)
 - a. **Flat Bench** Barbell Bench Press (Warm-up First)
 - i. 1st Max Set 85% of Your Max 3 Reps (Spot)
 - ii. 2nd Max Set 90% of Your Max 2 Reps (Spot)
 - iii. 3rd Max Set 100% of Your Max 1 Rep (Spot)
 - b. **Squat** Barbell Squat (Warm-up First)
 - i. 1st Set 85% of Your Max 3 Reps (Spot/ Belt)
 - ii. 2nd Set 90% of Your Max 2 Reps (Spot/ Belt)
 - iii. 3rd Set 100% of Your Max 1 Rep (Spot/ Belt)
 - c. **Dead Lift** Barbell (Warm-up First)
 - i. 1st Set 85% of Your Max 3 Reps (Spot/ Belt)
 - ii. 2nd Set 60% of Your Max 2 Reps (Spot/ Belt)
 - iii. 3rd Set 100% of Your Max 1 Rep (Spot/ Belt)

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“MUSCLE MASS”-Isolated Workout

SECOND ROUTINE (Day 5, Approx. 1 hr)

(Take a day off after this workout)

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 for Day Number 5: (Maximize Hypertrophy)
 - a. **Single Arm Dumbbell Incline Dumbbell Bench Press**
 - i. 1st Set 50% of Your Max 8 Reps (Spot)
 - ii. 2nd Set 60% of Your Max 7 Reps (Spot)
 - iii. 3rd Set 75% of Your Max 6 Reps (Spot)
 - b. **Lat Pull Down Variations 3 Sets of Each**
 - i. 1st Variation= Reverse Grip Narrow 8 Reps
 - ii. 2nd Variation= Behind the Head 8 Reps
 - iii. 3rd Variation= Front Normal Grip 8 Reps
 - c. **Light Leg Press w/ Superset Calf Raises to Failure**
 - i. 1st Set 50% of Your Max 8 Reps
 - ii. 2nd Set 60% of Your Max 7 Reps
 - iii. 3rd Set 75% of Your Max 6 Reps
 - d. **Drop Sets: Take off Weight after each Rep Range**
 - i. **Preacher Curls** 1 set: 8-7-6-4 Reps
 - ii. **Upright Rows** 1 set: 8-7-6-4 Reps
 - iii. **Skull Crushers** 1 set: 8-7-6-4 Reps
 - e. **Stairs** 10 Minutes



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“MUSCLE MASS”- Tips

SECOND 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.

