

Full body Mass Cycle – 8 Weeks

Week 1

Monday 3 sets 5 reps 60 sec rest		Wednesday 3 x 8 90 sec rest		Friday 2 x 15 120 sec rest	
Chest	Flat Bench	Chest	Incline Bench	Chest	Floor Press
Back	DB Rows	Back	Chins	Back	Wide Neut Lat Pulldowns
Deltoids	Bradford Press	Deltoids	Seated OHP	Quads	Walking Lunges
Quads	Front Squats	Lower Back	Yates Row	Lower Back	Good Morning
Hamstrings	Leg Curls	Biceps	Glide Curls	Hamstrings	Glute Ham
Calves	Standing Calf	Triceps	Rope Pushdowns	Calves	Seated Calf

Week 2

Monday 3 sets 5 reps 60 sec rest		Wednesday 3 x 8 90 sec rest		Friday 2 x 15 120 sec rest	
Chest	Flat Bench	Chest	Incline Bench	Chest	Spoto Press
Back	Meadows rows	Back	Chins	Back	Wide Neut Lat Pulldowns
Quads	Belt Squats	Deltoids	Seated OHP	Quads	Leg Ext
Hamstrings	RDL	Lower Back	Smith Pendlay	Hamstrings	Leg Curls
Biceps	DB Incline Curls	Biceps	Preacher	Biceps	Hammer
Triceps	Incline Ext	Triceps	Swiss Pullover	Triceps	DB Skulls

Week 3

Monday 4 sets 5 reps 60 sec rest		Wednesday 4 x 8 90 sec rest		Friday 3 x 15 120 sec rest	
Chest	Incline Flyes	Chest	DB Decline Bench	Chest	Floor Press
Back	DB Rows	Back	Neutral Chins	Back	Narrow Lat Pulldowns
Deltoids	Bradford Press	Deltoids	Seated OHP	Quads	Walking Lunges
Quads	Front Squats	Lower Back	Yates Row	Lower Back	Good Morning
Hamstrings	Leg Curls	Biceps	Glide Curls	Hamstrings	Glute Ham
Calves	Standing Calf	Triceps	Rope Pushdowns	Calves	Seated Calf

Week 4

Monday 4 sets 5 reps 60 sec rest		Wednesday 4 x 8 90 sec rest		Friday 3 x 15 120 sec rest	
Chest	DB Flat Bench	Chest	DB Decline Bench	Chest	Spoto Press
Back	Meadows Rows	Back	Neutral Chins	Back	Narrow Lat Pulldowns
Quads	Belt Squats	Deltoids	Seated OHP	Quads	Leg Ext

Sheet1

Hamstrings	RDL	Lower Back	Smith Pendlay	Hamstrings	Leg Curls
Biceps	DB Incline Curls	Biceps	Preacher	Biceps	Hammer
Triceps	Incline Ext	Triceps	Swiss Pullover	Triceps	DB Skulls

Week 5

Monday 2 sets 18 reps 120 sec rest		Wednesday 2 x 8 90 sec rest		Friday 2 x 12 90 sec rest	
Chest	Incline flyes	Chest	Decline Bench	Chest	DB Flyes
Back	Narrow Pulldowns	Back	Underhand PD	Back	Neutral Pulldowns
Deltoids	BHNP	Deltoids	Arnold Press	Quads	Smith Squats
Quads	HI bar Squats	Lower Back	T-bar Rows	Lower Back	Block Pulls
Hamstrings	Hex Bar RDL	Biceps	EZ curls	Hamstrings	45 Back Ext
Calves	Donkey Calf	Triceps	EZ Skulls	Calves	Seated Calf

Week 6

Monday 2 sets 18 reps 120 sec rest		Wednesday 2 x 8 90 sec rest		Friday 2 x 12 90 sec rest	
Chest	DB Incline BP	Chest	Flat Bench	Chest	Pushups
Back	Spider Rows	Back	Pullups	Back	Lat Pulldowns
Quads	Quad Blaster	Deltoids	Lat Tri-set	Quads	Smith LegPress
Hamstrings	Smith Hip Thrust	Lower Back	Deficit Hex DL	Hamstrings	Standing Leg Curls
Biceps	Spider Curls	Biceps	Zottman Curls	Biceps	Swiss Curls
Triceps	Bench Dips	Triceps	Dips	Triceps	CGBP (Swiss)

Week 7

Monday 3 sets 18 reps 120 sec rest		Wednesday 3 x 8 90 sec rest		Friday 3 x 12 120 sec rest	
Chest	DB Flat Bench	Chest	Decline Bench	Chest	DB Flyes
Back	Narrow Pulldowns	Back	Underhand PD	Back	Neutral Pulldowns
Deltoids	BHNP	Deltoids	Arnold Press	Quads	Smith Squats
Quads	HI bar Squats	Lower Back	T-bar Rows	Lower Back	Block Pulls
Hamstrings	Hex Bar RDL	Biceps	EZ curls	Hamstrings	45 Back Ext
Calves	Donkey Calf	Triceps	EZ Skulls	Calves	Seated Calf

Week 8

Monday 3 sets 18 reps 120 sec rest		Wednesday 3 x 8 90 sec rest		Friday 3 x 12 120 sec rest	
Chest	DB Incline BP	Chest	Flat Bench	Chest	Pushups
Back	Spider Rows	Back	Pullups	Back	Lat Pulldowns

Sheet1

Quads	Quad Blaster
Hamstrings	Smith Hip Thrust
Biceps	Spider Curls
Triceps	Bench Dips

Deltoids	Lat Tri-set
Lower Back	Deficit Hex DL
Biceps	Zottman Curls
Triceps	Dips

Quads	Smith LegPress
Hamstrings	Standing Leg Curls
Biceps	Swiss Curls
Triceps	CGBP (Swiss)