

Take Your Mass To a Whole New Level - Bulking Workout

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS

Introduction

The most frequent mistakes made, when entering a mass phase lie within the hit and miss approach taken by the athlete to it. Most simply state that they are going on a bulk and apply little to no preparation toward it. And due to their lackadaisical approach they do not yield even close to the results that they could have, had they pre-prepared themselves for it. This however is a mistake you will have the opportunity to avoid. Simply because the following two articles will completely lay out a workout and diet designed for one thing and one thing only. Mass!!!!

Pre- Cycle Important!

Though you are aiming for a Herculean type physique, you must keep in mind that we are still plagued by human frailties. Namely over training. While I do not like to harp on this subject, it must be addressed and taken very seriously if you are to optimally progress in this program.

Bodybuilders go through three stages. The first is a maintenance stage, in which the athlete has decided to maintain his current physique. The second is a cutting stage in which their main concentration is to get lean. The third is of course the bulking phase. The latter two are the most frequently used of the three. This is because the bodybuilding mentality is one of conquest. We are always trying to improve in one area or another and can't stand the thought of becoming stagnant.

However because of our ferocity to grow, we frequently make the mistake of going from a cutting phase into our bulking stage without a break in between the two. I say mistake, because if you have been cutting for several weeks or perhaps several months your body is without a doubt in an over trained state! You cannot place yourself under that much stress and not expect this to take place. This is why I highly recommend every bodybuilder starts their bulk by taking 5-7 days off to first recover. If they do not, they will severely limit their gains! Like a warrior preparing for battle you can take this time to pre-plan your meals and workout schedule.

Separate Your Bulk Into Workout Cycles

I do not believe that the human body can be pushed at 100 percent of its capacity for more than 6-12 weeks without needing some kind of small break(I.E. 5-7 days). It simply cannot take more stress than that and for this reason the following workout will last within that range of time. This particular bulking cycle will span a total of 24 workouts. After which you will have gained allot of mass over your entire

body. I would strongly suggest that you take another 5 days off when you have completed this cycle as your body will definitely need it!

Training Split

I have designed this training schedule so that:

A. Each body part will be worked every 5th day. I.E. if you worked your chest on Monday it will be worked again on Saturday. This allows plenty of rest and believe me, you are going to need it! If you follow the program correctly you are going to be one sore puppy!

B. Body parts that work in unison will be worked all in one workout. For example when you exercise your back, you also have pre-fatigued your forearms and biceps. Therefore you will work them all in the same day.

One Complete Cycle Will Be:

Monday: Chest, Shoulders, Triceps

Tuesday: Go To The Movies or Bake Cookies

Wednesday: Back, Biceps, Forearms

Thursday: Quads, Hamstrings, Calves

Friday: Catch Up On Past Issues of Beyond Failure Magazine

Saturday: Start The Cycle Over

For your first and second cycle you will use workout number one. When you have completed two cycles you will use workout number two for the following two cycles. Following these cycles you will go back to workout number one and then back to workout number two. After this you will have finished 24 brutal mass building workouts! Overview:

Cycles 1-2 = workout one

Cycles 2-4 = workout two

Cycles 5-6 = workout one

Cycles 7-8 = workout two

Finished (rest 5 days after which you can either repeat or start a new program)

Intensity (Important!)

The key to any routine is not necessarily the volume but the intensity that the athlete applies to it! I cannot stress this point enough. I've seen bodybuilders get

done in 3 sets what it took others to get done in 20. The length or amount of shocking methods that a program houses is not nearly as important as the intensity that is used throughout it. As I said before the experienced bodybuilder can make one set of 20 rep squats more intense than 10 sets of normal range squats. This is why I am asking you to challenge yourself mentally and to break your pain barriers.

Volume of The Workout Explained

My goal when I designed this workout was to create a hardcore enough routine to stimulate a maximum amount of hypertrophy. However I am staying away from allot of volume and opting for more shocking methods. The workouts shouldn't last too long. However with the correct intensity you should have problems moving after these. The reason why I am staying away from high high volume is because I want recovery to be at a maximum. Remember you will be constantly blasting and bombarding your body for a span of 24 workouts. **note:** I am not discounting volume training! It is a legitimate system of training. This particular program will not incorporate great volumes though. In the future I will discuss how to incorporate more.

Shocking Principles

As you will notice, I am incorporating a high number of shocking principles. Each has a purpose and I will explain it as I narrate the routine to you.

Finally The Workout!

First Priority: Take 5-7 days off! And just Kick it! Watch T.V., get a Massage, hell you may even work on your tan. But try and limit your physical activity.

Chest, Shoulders, Triceps (Workout One)

Chest

[Decline Bench](#): This way we can isolate the lower pecs. If you are at home and do not have a decline bench then flat will serve as an excellent substitute.

Speed of The Rep: This first program will focus on explosive movements. The tempo will be to drive the weight as quickly and explosively up as you possible can and then smoothly down(approximately 1 second on the way down. The only exception will be on the last rep. On this rep I want you to pause at the top for a peak contraction and lower slowly (approximately 5 seconds on the negative rep. In order to understand the importance of explosive reps read [Ballistic Training Method](#) In a nutshell my purpose here is to target a maximum amount of fast twitch muscle fibers.

3 sets total

First Two: reps to failure (6, 8)

Third Set: First Choose a weight in which you reach failure at approximately 8 reps. Follow this with one rest pause. You should rest long enough to allow yourself to get 3-4 extra repetitions. As soon as you reach failure strip the weight down to a point in which you can get approximately 6 more repetitions. Follow this again by a rest pause that allows you to eek out a few extra repetitions. Once you reach failure immediately pick up a pair of dumbbells and execute a set of flat bench [dumbbell flys](#). You should choose a weight that allows you to get 12 strict repetitions. The key here is to concentrate heavily on the stretch portion of the exercise! This is commonly referred to as " compound aftershock " That is when you superset a compound movement with a " stretching movement " This method will stimulate a tremendous amount of hypertrophy.

overview

8 reps to failure

rest pause enough to get 3-4 extra reps

immediately without rest strip down to a weight that you can get 6-8 repetitions with

rest pause enough to get 3-4 extra reps

without rest pick up a pair of dumbbells that allow you to perform 12 strict flat bench dumbbell flys

To understand these shocking principles read:

1. [Your Guide to Super Sets, "Featuring My Favorite Supersets!"](#)
2. [Rest Pause Method](#)

Note: A novice may only need to perform the strips and eliminate the rest pauses. An advanced athlete may need to incorporate one strip set after he has gone to failure with the first set of flys. However if your intensity is complete you shouldn't need to.

[Incline bench](#) (same thing) except superset with incline [dumbbell flys](#)

shoulders

We have already pre-fatigued your shoulders through bench presses. We will now brutally target every single fiber that your delts have left in one fail swoop!!!

[dumbbell shoulder presses](#)

You will begin by utilizing the ascending sets method of training. Choose a light weight that you can easily get 8 repetitions with. Once you accomplish this, without rest pick up a heavier dumbbell and get 8 reps with it. You want to time the process so that you reach failure on the 5th set! Which means if you can usually press the 100 pound dumbbells 12 times, you will probably start the process with the 60's for 8 repetitions, immediately pick up the 70, then the 80's, followed by the 90's and finally the 100's till failure. Now here is where the pain begins, when your delts are so pumped with blood that you

are begging for mercy! At this stage you will strip all the way down back down to the 60's. However on the way down you will not strip until you have reached failure with each weight.

So use the ascending sets method for 5 sets of 8 reps followed by strips all the way back down till you hit the original weight you worked with. So again as a quick example, if an athlete can get 12 reps with the 50's he will end out doing something along these lines:

All the sets are performed without rest!

[ascending sets](#)

set one: 10 pound dumbbells for 8 reps
set two: 20 pound dumbbells for 8 reps
set three: 30 pound dumbbells for 8 reps
set four: 40 pound dumbbells for 8 reps
set five: 50 pound dumbbells till failure

[descending sets](#)

set six: 40 pound dumbbells till failure
set seven: 30 pound dumbbells till failure
set eight: 20 pound dumbbells till failure
set nine: 10 pound dumbbells till failure

For the final blow, and to add delt width perform the following:

one double drop set of [standing side lateral raises](#) (8, 10, 12)

one single drop set of [standing side lateral raises](#) (8, 10 plus a few partial reps after failure)

Triceps mass

We are staying with the basics on your triceps. Pure mass exercises!

5 sets behind the back dips for triceps (10, 10, 8, 6 and then on the last set perform 6 reps, strip weight and go to failure. the strip should be approximately 20 percent of the weight.)

Chest, Shoulders, Triceps (Workout Two)

chest

flat dumbbell bench presses

a bit higher rep range this time, (12, 10 and a bit more control on the movements. So one second up, one second peak contraction, 2 seconds to lower.

You are doing the same pattern however. 2 sets 12, 10 and last set 8 with rest pause, then go to failure, strip and rest pause to failure, no superset this time.

incline dumbbell bench: Same as flat

final blow

incline bench flys supersetted with flat bench dumbbell flys

This time you will perform you will perform one set of 12 reps on incline dumbbell flys. Then immediately without rest perform one set flat dumbbell flys for a total of 12 reps to failure.

note: If you need more then add one strip of 12 more reps to the flat dumbbell flys.

shoulders:

6 sets of close grip barbell upright rows (6, 6, 8, 8, 10, 10) When you reach failure on each set cheat out an additional 3 reps on the first two sets, 4 on the second two and 5 on the last two. The key is to cheat the weight up and slowly lower it on the negative portion of the rep. Your range of motion should be for normal reps, one second up and 2-3 seconds down. Also pause for one second at the top for a peak contraction.

That's it for shoulders, if you truly are " **intense** " and do not " **fake failure** " then your delts will be screwed after this. Not to mention, your pump will be like nothing you have ever experienced! Again we are concentrating on delt width here. And you should also start to notice your chest separating from your delts.

Triceps

5 sets [lying triceps extensions](#) for triceps (10, 10, 8, 6 and last set 6 reps (strip weight and go to failure) one second up, one second pause at top and 2 to lower.

Quads, Hamstrings, Calves (Workout One)

Squats **3 supersets:** Main emphasis quads, secondary effect, hamstrings, glutes

Wide stance squat, toes pointed out and parallel (12, 10, 8) supersetted with 10 one and a half rep sissy squats, 8 and then 6. The half rep should be performed on the lower half of the exercise. This is again compound aftershock. A compound and heavy exercise supersetted with a stretching exercise.

This combination can't be beat. You should notice more peak and mass on your entire quadriceps muscle.

Note: To better comprehend the one and a half rep method, [click here](#)

Lunges **4 straight Sets** Main emphasis hamstrings,

Lunges create tremendous peak and mass in the hamstrings. They also tie them into the quadriceps muscle. In addition they build up and strengthen the glutes, perhaps more than any exercise on earth. You will perform 4 sets of dumbbell lunges. This is one of the only exercises that I will not ask you to go to failure on. However you need to choose a weight that is challenging for the rep range that I assign. (12, 10, 8, 6,) In addition I want you to perform one leg at a time rather than alternate.

Lying Leg Curls

We will finish your hamstrings off with.

one double drop set lying hamstring curls (6, 10, 12)

one single drop set (8, 12)

Standing Calf Raises

More than ever intensity is the key for the following two sets! Give it everything you have and you will see great growth in your calves!

one double drop standing (10, 10, 10)

one single drop standing (10, 8)

Quads, Hamstrings, Calves (Workout Two)

[Leg Extension](#) to [Pre-fatigue Quads](#)

One double drop set on leg extension (reps 15, 20, 25) If you cant reach targeted range use rest pause, this will assure that you don't **fake failure**.

[Squat](#)

Shoulder width apart and Heels elevated, I prefer a thin board, but you can use plates to elevate your heels. (12, 10, 8)

If really advanced perform one more single drop on leg extensions, however most peoples legs will be fried. I only and I repeat only advice this if you are extremely advanced.

Note: You should see tremendous growth in your quadriceps by utilizing this method of training. Tremendous! However it will be extremely taxing. So try and get some sleep after this one!

[Stiff Legged Dead lifts](#) to Work your hamstrings from the top to the bottom of the muscle. In edition this will improve your flexibility.

5 sets (15, 12, 10, 8, 6) As with the lunges, do not reach failure rather make the set extremely challenging.

[seated calf raises](#)

2 double drop sets on the seated calf raise machine. (12, 10, 8)

Back, Biceps, Forearms (Workout One)

Back workout

[Wide Grip Pullups](#): Palms facing away from you

3 sets of wide grip pull-ups to failure On the last set once you have reached failure, set a bench underneath the bar and assist yourself up with it and perform an excruciatingly slow negative rep on the way down! This is where intensity comes in! You can absolutely destroy your back if these are done slow enough! Fight your weight all the way down! It should take a minimum of 5 seconds to lower yourself. Perform 5 of these negative reps immediately after you reach failure on the last set.

Note: If you cannot get many pull-ups then use a bench to assist you or spotter and heavily concentrate on the negative rep. wide grip (10, 8, 6) This will strengthen your ability to perform the exercise and you will get tremendous gains from it as well!

[Close Grip Pull-ups](#)

3 sets of close grip to failure plus 5 negative reps on the last set. Your main concentration on this exercise needs to be the stretch you get at the bottom. Work on having a full range of motion. I emphasize the stretch, because it will bring your lats much lower and produces a significantly higher amount of growth compared to if you had just done partial reps.

[Seated Cable Rows supersetted](#) with [Bent Over dumbbell Laterals](#) (seated or standing)

Seated cable rows 3 sets of (12, 10, 8) reps supersetted with 3 sets of bent over dumbbell laterals. When you reach failure on the seated cable rows cheat out these amount of reps on each set(4,5,6)

The same principle applies with bent over dumbbell laterals. (12, 10, 8) reps plus cheat reps (2, 3, 4) This superset will do three things:

1. thicken your back
2. Create detail on the upper back and traps
3. Give your Shoulders a 3d look by concentrating on the rear delt.

Biceps:

[Concentration Curls](#)

We are going to pre-fatigue the " peak " of the muscle so that they rise more dramatically when flexed.

Perform one Double drop set of concentration curls (8,10,12).

[Standing Barbell](#) or Cambered bar Curls

3 Sets (10,8,6) one cheat rep after each set to failure. The key here is to heavily concentrate on the muscle. Don't just throw the weight back and forth! It should take you one second to raise it and 2 to lower it.

2 sets lying dumbbell curls (12,10) **note:** of advanced add one set of 8

The main concentration here is the stretch! Get a full stretch at the bottom of the exercise! This is a great finisher for the biceps.

Forearms:

[Hammer Curls](#)

2 single [drop sets](#) of slight incline hammer curls (12,8) It should take one second to raise the weight and 3 to lower it.

[Behind The Back Wrist Curls](#)

1 double drop set of behind the back wrist curls (15,15,15)
1 single drop set . (12,12)

Back, Biceps, Forearms (Workout Two)

Back

[Wide Grip Bent Over Rows](#)

6 sets Total (6, 6, 8, 8, 10, 12)

When you reach failure on each set throw up an additional 3 reps on the first two sets, 4 on the second two, and 5 on the last two. The key is to cheat the weight up and slowly lower it afterwards.

This is the king of exercises for back mass! Perform these with the right intensity and it is a proven fact that you will grow, and I mean big time! In addition you should receive some nice forearm growth due to the poundage that this exercise allows you to control.

review: [Cheating Shock Principle](#)

[Behind the neck pull downs](#)

double drop set (10,8,6)

rest

repeat

Note: One drop set is this: [Click Here](#) A double drop set means that you simply perform this method twice. So if I was curling 135 pounds for 10 reps and reached failure I would drop the weight to 100 pounds and curl it to failure and then drop it again to 75 pounds to failure. That's a double drop

Biceps:

[Incline Dumbbell Curls](#)

3 sets (12,10,6) If you noticed your preceding two workouts had you utilize a stretching exercise at the end of the routine. This time for a shock we will incorporate it at the beginning. Concentrate heavily on the stretch and get a hard one to two second peak at the top range of motion.

[Preacher Curls](#)

3 sets (10,8,6) Now that we have blasted your biceps with a nice and complete

stretch, we will isolate them for three sets.

[Standing Alternate Curls](#)

3 sets of standing alternate dumbbell curls. The reps I give are to be performed on both arms. (6,8,10) Normally I would use a power exercise like this at the beginning of a routine. Not today however. I am saving the most difficult exercise for the end. Again, this is simply meant to confuse your muscles and force them into new growth.

Forearms

[reverse easy curl bar wrist curls](#)

1 double drop set (15,12,10) once you reach failure on the last drop utilize the partial repetition principle and give me 10-30 seconds of partials.

1 single drop set (15,12) same partial reps principle

[Normal easy curl bar wrist curls](#)

same as above

Note: To Review Partial Reps Principle [Click Here](#)

Conclusion

Unlike other magazines my goal is not to convince you that this workout is going to go by quickly, or tell you that its not going to be that hard. Why? Simply because it is going to be that hard! The program will test you both physically and mentally to entirely new heights. However, if you do decide to embark on this journey you will have donned the clothes of the " hardcore. " And in edition pack on a whole new layer of muscle mass!

Enjoy Your Gains!

Sincerely

Jacob Wilson jwilson@abcbodybuilding.com