



# M.A.S.S. Volume Training

Date: \_\_\_\_\_ Time Started: \_\_\_\_\_  Warm-Up/Stretch

Weight: \_\_\_\_\_ Time Finished: \_\_\_\_\_  Cooldown

Day 1 - Chest & Back	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
<b>Barbell Bench Press</b>				
SET 1		8		Rest interval between sets: 60 seconds
SET 2		8		
SET 3		8		
SET 4		8		
SET 5		8		
SET 6		8		
SET 7		8		
SET 8		8		
<b>Bent-Over Barbell Rows</b>				
SET 1		8		Rest interval between sets: 60 seconds
SET 2		8		
SET 3		8		
SET 4		8		
SET 5		8		
SET 6		8		
SET 7		8		
SET 8		8		
<b>Day 2 - Rest</b>				
<b>Day 3 - Legs &amp; Abs</b>	Weight (lbs.)	Reps (Target)	Reps (Completed)	
<b>Squats</b>				
SET 1		8		Rest interval between sets: 60 seconds
SET 2		8		
SET 3		8		
SET 4		8		
SET 5		8		
SET 6		8		
SET 7		8		
SET 8		8		
<b>Hamstring Curls</b>				
SET 1		8		Rest interval between sets: 60 seconds
SET 2		8		
SET 3		8		
SET 4		8		
SET 5		8		
SET 6		8		
SET 7		8		
SET 8		8		
<b>Day 4 - Rest</b>				
<b>NOTES</b>				
Don't miss out on a great opportunity for growth. Do like the pros and stack CELL-TECH™ and NITRO-TECH™ immediately after your workouts.				

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Weight: \_\_\_\_\_ Time Finished: \_\_\_\_\_  Cooldown

Day 5 - Delts & Arms	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
<b>Military Press</b>				
SET 1		8		Rest interval between sets: 60 seconds
SET 2		8		
SET 3		8		
SET 4		8		
SET 5		8		
SET 6		8		
SET 7		8		
SET 8		8		
<b>Barbell Curls</b>				
SET 1		8		Rest interval between sets: 60 seconds
SET 2		8		
SET 3		8		
SET 4		8		
SET 5		8		
SET 6		8		
SET 7		8		
SET 8		8		
<b>Skullcrushers</b>				
SET 1		8		Rest interval between sets: 60 seconds
SET 2		8		
SET 3		8		
SET 4		8		
SET 5		8		
SET 6		8		
SET 7		8		
SET 8		8		
<b>Day 6 - Rest</b>				
<b>Day 7 - Repeat</b>				

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_  
 \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_

**MUSCLETECH® SUPPLEMENTS USED**

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