

Mass-Lift – Starter Program

Monday (Day 1)

- Prehab x3
 - [TKE W/band](#) – x20ea
 - [Ext. Rot](#) – x20ea
 - [SL Glute Bridge W/ Knee](#) x10ea
- Squat (Pro 1 *see below*)
- DB Incline Bench (Pro 2 *see below*)
- Trap Bar Deadlift (Pro 1 *see below*)
- Super Set x4
 - [PB Leg Curl](#) x10
 - Lat Pull Down X15
 - 3-Way Shoulder Raise x10ea
- [Toe Crunches](#) 4x20

Wednesday (Day 2)

- Prehab x3
 - [Lat. Monster Walk](#) x20 yards
 - [Scap. Push-Ups](#) x20
 - [Band Pull Aparts](#) x20
- Front Squat (Pro 1 *see below*)
- Bench Press (Pro 1 *see below*)
- RDL (Pro 2 *see below*)
- Super Set x4
 - Cable Row x10
 - [Oblique Crunch](#) (Off Back Ext) x10ea
 - DB Shoulder Press x10
- [Planks](#) 4x30sec

Friday (Day 3)

- Prehab x3
 - [Bird Dogs](#) x10ea
 - [Glute Med. Side Bridge](#) x30s
 - [Serratus Wall Slide](#) x15
- [Backward Lunge](#) (Pro 1 *see below*)
- Incline Bench (Pro 1 *see below*)
- Deadlift (Pro 1 *see below*)
- Super set x4
 - DB Row x10ea
 - Back Ext x20
 - Tri Pushdowns x20
- [Alt. PB Dead Bugs](#) 4x10ea.

Progression 1 (Pro 1) *Not including warm up sets*

- Week 1: 3x5 at a weight you think you can do for 10 reps
- Week 2: 4x5 at a weight you think you can do for 8 reps
- Week 3-6: 5 x5 at a weight you think you can do for 6-8 reps. Try to progress 5-10lbs per week!

Progression 2 (Pro 2) *Not including warm up sets*

- Week 1: 2x15 at a weight you think you can do for 20 reps
- Week 2: 3x12 at a weight you think you can do for 18 reps
- Week 3: 4x10 at a weight you think you can do for 15 reps
- Week 4-6: 4x10 at a weight you think you can do for 11-14 reps. Try to progress 5-10lbs per week!

MASS-LIFT
POWERLIFTING