



Mutant Mass Training Program

The Mutant Mass Training Program is a 28-day plan that is scientifically designed to maximize muscle growth! This program is perfect for hardgainers or anyone whose primary goal is to *pack on MUTANT size!*

Mutant Mass 28-Day Training Calendar

Day 1 Chest/Back Workout #1	Day 2 Rest	Day 3 Legs/Abs Workout #1	Day 4 Rest	Day 5 Shoulders/Arms Workout #1	Day 6 Rest	Day 7 Chest/Back Workout #2
Day 8 Rest	Day 9 Legs/Abs Workout #2	Day 10 Rest	Day 11 Shoulders/Arms Workout #2	Day 12 Rest	Day 13 Chest/Back Workout #3	Day 14 Rest
Day 15 Legs/Abs Workout #3	Day 16 Rest	Day 17 Shoulders/Arms Workout #3	Day 18 Rest	Day 19 Chest/Back Workout #4	Day 20 Rest	Day 21 Legs/Abs Workout #4
Day 22 Rest	Day 23 Shoulders/Arms Workout #4	Day 24 Rest	Day 25 Chest/Back Workout #5	Day 26 Rest	Day 27 Legs/Abs Workout #5	Day 28 Shoulders/Arms Workout #5

Weight-Training Workouts

Set / Reps

	#1	#2	#3	#4	#5
Chest / Back Workout					
1. Flat Bench Press	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
2. Bent-Over Barbell Rows	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
3. Incline Dumbbell Press	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
4. Close-Grip Weighted Chin-Ups	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
5. Decline Barbell Press	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
6. Seated Cable Rows	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
Legs / Abs Workout					
1. Barbell Squats	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
2. Stiff Legged Barbell Deadlifts	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
3. Leg Press	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
4. Standing Calf Raises	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
5. Weighted Cable Crunches	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
6. Hanging Leg Raises	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
Shoulders / Arms Workout					
1. Military Barbell Shoulder Press	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
2. Upright Barbell Rows	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
3. Standing Lateral Dumbbell Raises	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
4. Bent-Over Lateral Dumbbell Raises	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
5. Overhead Triceps Dumbbell Extensions	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6
6. Standing Barbell Curls	2 / 15	3 / 12	4 / 10	4 / 8	5 / 6