

TESTO FUEL

4 WEEK MASS BUILDING PLAN



Welcome to part 2. The exercises in part 2 do get a little more complicated and the weight should be increasing. As with part 1, make sure you eating right and resting well. Try and stick to the rest days specified if possible.

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DB Shoulder Press 3 x 8-12 Reps Upright Row 3 x 8-12 Reps Seated Lateral Raise 3 x 8-12 Reps Lying Rear Delt Raise 3 x 8-12 Reps DB Shrugs 3 x 8-12 Reps Cable Face Pulls 3 x 12-15 Reps	Walking Lunges 4 x 15 Meters Front Squats 4 x 8-12 Reps DB Bulgarian Split Squats 4 x 8-12 Reps Leg Extension 4 x 8-12 Reps	Rest Day Perform stretches. Use a foam roller if available.	DB Incline Press 4 x 8-12 Reps DB Flyes 4 x 8-12 Reps Dips 4 x 8-12 Reps Skull Crushers 4 x 8-12 Reps Cable Rope Tricep Extension 4 x 8-12 Reps	Deadlift 4 x 8-12 Reps Lying Ham String Curls 4 x 8-12 Reps Kettlebell Swings 4 x 8-12 Reps Cable Pull Through 4 x 8-12 Reps Standing Calf Raise 4 x 8-12 Reps Seated Calf Raise 4 x 8-12 Reps	Rest Day Perform stretches. Use a foam roller if available.	Wide Grip Pulldown 4 x 8-12 Reps Cable Low Row 4 x 8-12 Reps Single Arm Row 4 x 8-12 Reps Straight Arm Cable 4 x 8-12 Reps DB Bicep Hammer Curl 4 x 8-12 Reps EZ Bar Preacher Curl 4 x 8-12 Reps
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Bench Press 4 x 8-12 Reps Decline DB Flyes 4 x 8-12 Reps Neutral Grip Chest Press 4 x 8-12 Reps Lying DB Tricep Extension 4 x 8-12 Reps Cable Row Overhead Extension 4 x 8-12 Reps	Back Squat 4 x 6-8 Reps DB Bulgarian Split Squats 4 x 6-8 Reps Leg Press 4 x 6-8 Reps Leg Extension 4 x 6-8 Reps	Rest Day Perform stretches. Use a foam roller if available.	Seated Military Press 4 x 6-8 Reps Barbell High Pull 4 x 6-8 Reps DB Front Raise 4 x 6-8 Reps Cable Lateral Raise 4 x 6-8 Reps Rear Delt Machine 4 x 6-8 Reps	Barbell Hip Thrusts 4 x 6-8 Reps Romanian Deadlifts 4 x 6-8 Reps High Step Ups 4 x 6-8 Reps Single Leg Lying Curl 4 x 6-8 Reps Reverse Hyper Extension 4 x 8-12 Reps	Rest Day Perform stretches. Use a foam roller if available.	Narrow grip chin ups 4 x 6-8 Reps Wide Grip Pulldown 4 x 6-8 Reps Inverted Row 4 x 6-8 Reps Wide Grip Cable Row 4 x 6-8 Reps DB Bicep Curls 4 x 8-12 Reps Cable Reverse Curl 4 x 8-12 Reps

Part 2 of 2