



SIMEONPANDA

MASS

GAIN

Training Program

[www.simeonpanda.com](http://www.simeonpanda.com)

# Chest

Exercise	Set	Intensity	Reps
Flat bench	1	30	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Incline Bench Press	1	30	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Incline Flys	1	30	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Cable flys	1	30	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8



Sometimes you have to let your mental strength show your physical strength where the limit really is.”

# Back

Exercise	Set	Intensity	Reps
Deadlift	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Bent Over Row	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Lat Pull down	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Seated Row	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8

**The Deadlift is the king of mass gaining exercises, it works more muscles simultaneously than any other movement.**

# Shoulders

Exercise	Set	Intensity	Reps
Smith Machine Shouler Press	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Lateral Raise	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Front Raise	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Barbell Shrugs	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8

“ The exercises listed above are essential for creating impressive, solid, big strong shoulders but you should also remember to add a rear deltoids exercise like bent over laterals.”

**The Shoulder joint has the greatest range of motion of any joint in the body.**

# Legs

Exercise	Set	Intensity	Reps
Leg Extension	1	50	20
	2	50	20
	3	50	20
Squat	1	50	15
	2	50	15
	3	60	10
	4	70	10
	5	80	6 - 8
	6	80	6 - 8
Leg Press	1	50	15
	2	60	15
	3	70	12
	4	80	10
Stiff-Legged Deadlift	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Seated or Laying Leg Curl	1	50	20
	2	60	15
	3	70	12
	4	80	6 - 8
Donkey Calf Raises or Standing Smith Machine Calf Raise	1	60	20
	2	70	20
	3	80	12
Calf Press on Leg press Machine	1	60	20
	2	70	20
	3	80	12

**Absolutely nothing is more difficult and produces more results than the squat, nothing.**

# Arms

Exercise	Set	Intensity	Reps
Close grip flat bench <i>(For less pressure on the wrists use an EZ bar)</i>	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Hammer Curls	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Rope Pulldown	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8
Concentration Curls	1	50	20
	2	50	20
	3	60	15
	4	70	12
	5	80	6 - 8
	6	80	6 - 8

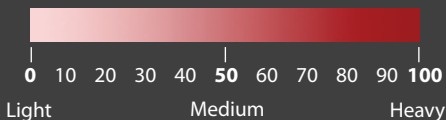
**Form is everthing when training arms,  
control the weight, don't let it control you.**

“ If you're strong willed, your body doesn't have the right to let you down, take control and make it happen!”

# Tips

- 1 Each workout should last around 1 hour, legs will be just over.
- 2 Take no more than 2 minutes rest between sets.
- 3 Choose a weight that allows you to fail at the set rep range.
- 4 Keep a training journal, this way you can keep track of your gains in strength.
- 5 Always attempt more weight or reps but NEVER sacrificing good form in your exercises.
- 6 When you train, do not just try to lift the weight, really try to feel the muscle working with each repetition, this will increase the intensity.

## Weight Guide



## Using the weight guide

A medium weight will be just heavy enough for you to perform 15 - 20 reps before fatigue. At your heaviest weight you should only be able to produce 1 - 3 reps before fatigue.

**SIMEONPANDA** 