



## **3 Time A Week Male Mass Building Program**

Below is a 3-day per week workout program for size with progressive overload:

### Day 1:

1. Bench press: 3 sets of 8-10 reps
2. Incline dumbbell press: 3 sets of 8-10 reps
3. Tricep dips: 3 sets of 8-10 reps
4. Barbell bicep curl: 3 sets of 8-10 reps
5. Lateral raise: 3 sets of 8-10 reps
6. Abs circuit: 3 sets of 8-10 reps (crunches, Russian twists, and leg raises)

### Day 2:

1. Squat: 3 sets of 8-10 reps
2. Deadlift: 3 sets of 8-10 reps
3. Leg press: 3 sets of 8-10 reps
4. Lunges: 3 sets of 8-10 reps (per leg)
5. Calf raise: 3 sets of 8-10 reps
6. Abs circuit: 3 sets of 8-10 reps (crunches, Russian twists, and leg raises)

### Day 3:

1. Overhead press: 3 sets of 8-10 reps
2. Pull-ups: 3 sets of 8-10 reps
3. Lat pulldown: 3 sets of 8-10 reps
4. Rear delt raises: 3 sets of 8-10 reps
5. Shrugs: 3 sets of 8-10 reps
6. Abs circuit: 3 sets of 8-10 reps (crunches, Russian twists, and leg raises)

You should always consult with a doctor or professional trainer before starting any exercise program. It's also important to make sure you are adequately fueling your body with a healthy and balanced diet. And, for increased size, you likely need to be consuming a surplus of calories above your basal metabolic rate. Initially, choose resistances that allow for 3 Reps in Reserve (RIR 3). Progressive overload is the concept of gradually increasing the demands placed on your body during exercise. This can be

achieved by increasing the weight, number of reps, or sets of each exercise, or by reducing the amount of rest between sets. By progressively challenging your body, you can continue to see gains in size and strength over time. For the most effective results, increase weight when applicable, but an increase of 1-2 reps can significantly challenge the muscle as well. In more challenging programs such as this, decreased rest time can lead to a reduced RIR and potential injury, so please proceed accordingly.