

# TESTO FUEL



# 4 WEEK MASS BUILDING PLAN



This is part 1 of your 4 week mass building workout plan. For best results you should be following this plan day to day, however you can swap rest days on occasion to accommodate weekends and social plans. If you are tired though, REST.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>Bench Press 3 x 8-12 Reps</p> <p>Leg Press 3 x 8-12 Reps</p> <p>Wide Grip Lat Pulldown 3 x 8-12 Reps</p> <p>Walking Lunges 4 x 10 Meters</p> <p>Standing Military Press 3 x 8-12 Reps</p> <p>Leg Curl 3 x 8-12 Reps</p>	<p>Rest Day</p> <p>Perform stretches. Use a foam roller if available.</p>	<p>Close Grip Pulldown 3 x 6-8 Reps</p> <p>Incline DB Chest Press 3 x 6-8 Reps</p> <p>Dips 3 x 6-8 Reps</p> <p>DB Step Ups 3 x 6-8 Reps</p> <p>Barbell Bent Over Row 3 x 6-8 Reps</p> <p>Standing Calf Raise 3 x 20 Reps</p>	<p>Rest Day</p> <p>Perform stretches. Use a foam roller if available.</p>	<p>Decline Bench Press 3 x 8-12 Reps</p> <p>Close Stance Leg Press 3 x 8-12 Reps</p> <p>Push Ups 3 x 20 Reps</p> <p>Standing Military Press 3 x 8-12 Reps</p> <p>Cable Low Row 3 x 8-12 Reps</p> <p>Pull Ups 3 x 6-8 Reps</p>	<p>Rest Day</p> <p>Perform stretches. Use a foam roller if available.</p>	<p>Deadlift 3 x 8-12 Reps</p> <p>Front Squat 3 x 8-12 Reps</p> <p>Narrow Grip Bench Press 3 x 8-12 Reps</p> <p>Leg Extension 3 x 8-12 Reps</p> <p>DB Shoulder Press 3 x 8-12 Reps</p> <p>Barbell Bicep Curls 3 x 8-12 Reps</p>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>Rest Day</p> <p>Perform stretches. Use a foam roller if available.</p>	<p>Back Squat 4 x 6-8 Reps</p> <p>DB Chest Flyes 4 x 6-8 Reps</p> <p>Romanian Deadlift 4 x 6-8 Reps</p> <p>Cable Low Row 4 x 6-8 Reps</p> <p>Seated Calf Raise 4 x 20 Reps</p> <p>EZ Bar Preacher Curl 4 x 8-12 Reps</p>	<p>Rest Day</p> <p>Perform stretches. Use a foam roller if available.</p>	<p>Standing Military Press 4 x 8-12 Reps</p> <p>Deadlift 4 x 8-12 Reps</p> <p>Bench Press 4 x 8-12 Reps</p> <p>Walking Lunges 4 x 15 Meters</p> <p>Cable Tricep Extensions 4 x 8-12 Reps</p> <p>Leg Extension 4 x 8-12 Reps</p>	<p>Rest Day</p> <p>Perform stretches. Use a foam roller if available.</p>	<p>Front Squat 3 x 8-12 Reps</p> <p>Wide Grip Pulldown 4 x 6-8 Reps</p> <p>Narrow Grip Bench Press 4 x 6-8 Reps</p> <p>Split Squats 6 x 8-12 Reps</p> <p>Leg Curl 4 x 6-8 Reps</p> <p>Standing Calf Raise 4 x 20 Reps</p>	<p>Rest Day</p> <p>Perform stretches. Use a foam roller if available.</p>