MALEK 3-DAY VOLUME ROUTINE
gaining-mass.com

Brute/Volume Week:	
Body Weight:	
Fat %:	

Notes:
-TEMPO: 5-0-2 (Slower negatives) - REST: 30s btw. Sets, 2m btw. Excercises

DAY 1 - DELTS / BICS / TRIS

Date: | S: | F: | **Cardio Warmup:**

	Warmup (Bar)	Warmup (40%)	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Shoulder Press (barbell)								
	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Bent-over lats Raises (rear)								
	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Incline Bench Press (narrow)*								
**Elbows close, lower to nips*			30 reps	30 reps				
Tricep pulldowns (cable)								
	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Barbell Curl (EZ-bar)								
			Left Arm			**Right Arm**		
Incline Curls (dumbbell)								

DAY 2 - LEGS

Date: | S: | F: | **Cardio Warmup:**

	Warmup (Bar)	Warmup (40%)	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Squats (pause at floor)								
	2 reps	2 reps	30 reps					
Leg Extensions								
	2 reps	2 reps	30 reps					
Hamstring Curls								
			30 reps	30 reps*	*Second set is only if doing 1 leg at a time			
Standing Calf Raises**					**(ie. Left: Set 1 / Right: Set 2)**			
			6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Seated Calf Raises								

DAY 3 - CHEST / ABS / BACK

Date: | S: | F: | **Cardio Warmup:**

	Warmup (Bar)	Warmup (40%)	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Lat pulldown (close grip)								
**Ab crunch at bottom 3 - 5 inches*			6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Bent Over Rows (dumbell)								
Incline Bench Press (dumbell)								
Bar dips								
Cable Crossovers								
Seated cable row								