



**MALEK 3-DAY VOLUME ROUTINE**  
[gaining-mass.com](http://gaining-mass.com)

<b>Brute/Volume Week:</b>	
<b>Body Weight:</b>	
<b>Fat %:</b>	

**TEMPO: 5-0-2 (Slower negatives)**

DAY 1 - UPPER BODY									
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	6 reps
Shoulder Press (barbell)									
	2 reps	2 reps	6 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	6 reps
Incline Bench Press (narrow)*									
			30 reps	30 reps					
Tricep pulldowns (cable)									
	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Barbell Curl (EZ-bar)									
			Left Arm			Right Arm			
Incline Curls (dumbbell)									

\* Keep elbows close to body, forearms straight up and bar towards lower pec to isolate chest

REST: 30 seconds between sets, 2 minutes

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	6 reps
Squat, ATG with pause									
			30 reps						
Leg Extensions									
			30 reps						
Ham Curls									
			30 reps	30 reps **					
Standing Calf Raise **									
	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps
Seated Calf Raise									

\*\* second set is only if substituting 1-leg calf raises (in which case it is Set 1: Left Leg, Set 2: Right Leg)

