



MALEK 3DAY VOLUME
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Brute/Volume Week:	
Body Weight:	
Fat %:	

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		
Shoulder Press (barbell) weight / act. reps	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	
	Warmup (Bar)	Warmup (40%)	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6		
Bent-over lats Raises (rear) weight / act. reps	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	
	Warmup (Bar)	Warmup (40%)	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6		
Incline Bench Press (narrow) weight / act. reps	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	
	Warmup	Warmup (40%)	Set 1	Set 2						
Tricep pulldowns (cable) weight / act. reps	2 reps	2 reps	30 reps	30 reps						
	Warmup (Bar)	Warmup (40%)	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6		
Barbell Curl (EZ-bar) weight / act. reps	2 reps	2 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	6 reps	
					Left Arm			Right Arm		
					Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Incline Curls (dumbbell) weight / act. reps					6 reps	6 reps	6 reps	6 reps	6 reps	6 reps

REST: 30s between sets, 2m between exercises

TEMPO: 5-0-2 (Slower negatives)

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