The program for ectomorphs

Gain mass and develop strength three times a week with the proven program "Mass gain for ectomorphs"

Duration	Workouts	Exercises	Approaches
94 days	48	51	153

Find out how to gain extra energy and speed to increase strength, endurance, and muscle mass. Learn how to eat, train, and rest so that you can reach your goals in the shortest possible time.

Gradually increase the load, so that the muscles do not get used to the stress and continue to grow. Use the "Training diary" to track your progress and see how you are getting better and better.

The overload of the program

Training diary

Training diary	Weight	Reps	Approaches
Day 1 - Chest and triceps			
Incline Dumbbell Press	22 kg	10 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 2 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 3 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 4 - Rest			
Day 5 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 6 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 7 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 8 - Rest			
Day 9 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 10 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 11 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 12 - Rest			
Day 13 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 14 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 15 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 16 - Rest			
Day 17 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 18 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 19 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 20 - Rest			
Day 21 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 22 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 23 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 24 - Rest			
Day 25 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 26 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 27 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 28 - Rest			
Day 29 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 30 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 31 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 32 - Rest			
Day 33 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 34 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 35 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 36 - Rest			
Day 37 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 38 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 39 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 40 - Rest			
Day 41 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 42 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 43 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 44 - Rest			
Day 45 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 46 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 47 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3
Day 48 - Rest			
Day 49 - Chest and triceps			
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3
Day 50 - Legs			
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3
Day 51 - Back and biceps			
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 1 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Dumbbell Press	22 kg	10 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 2 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 3 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 4 - Rest

Day 5 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 6 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 7 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 8 - Rest

Day 9 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 10 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 11 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 12 - Rest

Day 13 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 14 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 15 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 16 - Rest

Day 17 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 18 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 19 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 20 - Rest

Day 21 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 22 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 23 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 24 - Rest

Day 25 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 26 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 27 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 28 - Rest

Day 29 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 30 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 31 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 32 - Rest

Day 33 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 34 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 35 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 36 - Rest

Day 37 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 38 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 39 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 40 - Rest

Day 41 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 42 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 43 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 44 - Rest

Day 45 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 46 - Legs

Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

Training diary

Day 47 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Training diary

Day 48 - Rest

Day 49 - Chest and triceps

Training diary	Weight	Reps	Approaches
Incline Bench Press	60 kg	8 reps	3
Flat Bench Dumbbell Flyes	14 kg	12 reps	3
Bench Press Medium Grip	60 kg	8 reps	3
Cable Crunch	40 kg	15 reps	3

Training diary

Day 50 - Legs

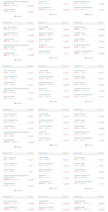
Training diary	Weight	Reps	Approaches
Squat	80 kg	8 reps	3
Leg Press	160 kg	12 reps	3
Romanian Deadlift	60 kg	10 reps	3
Standing Calf Raises	40 kg	15 reps	3

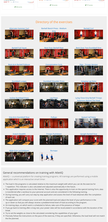
Training diary

Day 51 - Back and biceps

Training diary	Weight	Reps	Approaches
Deadlift	100 kg	5 reps	3
Pullups	0 kg	8 reps	3
Bent Over Dumbbell Rows	30 kg	10 reps	3
Barbell Curl	30 kg	10 reps	3
Hammer Curl	14 kg	12 reps	3

Pictures of the exercises





Exercise guide: Mass gain for ectomorphs (with video)

Ectomorphs - a natural predisposition to rapid weight gain is not enough, you still have to do a lot of work to gain muscle mass. Learn how to eat, train and rest so that you can reach your goals in the shortest possible time.

- The program is designed for ectomorphs, people who have a very fast metabolism and can not put on weight for a long time. Ectomorphs have a very fast metabolism and burn calories very quickly.
- The program is based on the proven "Mass gain for ectomorphs" program, which has been used by many people who want to gain weight and muscle mass. The program is designed for people who want to gain muscle mass and strength, but who have a very fast metabolism and have difficulty putting on weight.
- The program is suitable for people who want to gain muscle mass and strength, but who have a very fast metabolism and have difficulty putting on weight. The program is designed for people who want to gain muscle mass and strength, but who have a very fast metabolism and have difficulty putting on weight.
- Ectomorphs are people who have a very fast metabolism and burn calories very quickly. Ectomorphs have difficulty putting on weight and muscle mass. The program is designed for ectomorphs who want to gain muscle mass and strength.
- The program is suitable for people who want to gain muscle mass and strength, but who have a very fast metabolism and have difficulty putting on weight. The program is designed for people who want to gain muscle mass and strength, but who have a very fast metabolism and have difficulty putting on weight.
- Ectomorphs are people who have a very fast metabolism and burn calories very quickly. Ectomorphs have difficulty putting on weight and muscle mass. The program is designed for ectomorphs who want to gain muscle mass and strength.
- The program is suitable for people who want to gain muscle mass and strength, but who have a very fast metabolism and have difficulty putting on weight. The program is designed for people who want to gain muscle mass and strength, but who have a very fast metabolism and have difficulty putting on weight.
- Ectomorphs are people who have a very fast metabolism and burn calories very quickly. Ectomorphs have difficulty putting on weight and muscle mass. The program is designed for ectomorphs who want to gain muscle mass and strength.

Download the program "Mass gain for ectomorphs" for iOS and Android

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