Extreme Mass

The four-day split for lean mass gain - PRO level of your workout

62 training days | 32 workouts | ~47 hours

This is time to pay maximum development, but do not make them Training Mill.
Choose the weight for the extreme mass in all contests, legally the training process is not limited to time, but only to the quality of the exercises and a clear implementation of the program within a four-day split.
https://www.extremestrength.com/

Write the Training Journal!
Write the results, you will see how much progress is contributed by the action of the number of the weight and repetitions. Only with the help of the journal you know exactly what you need to do in the next training session.

The content of of the program

Day 1 (Mass)

Day 1 is the day of the development of the muscles of the back, biceps and forearms. The main exercise for the back is the classic deadlift, which is supplemented by other exercises for the back and biceps. Forearms are pumped up at the end of the training session.

Exercise (repeatable)	Sets	Reps	Of the maximum one
Day 1 (Mass)			
Barbell Deadlift (Classic, Sumo, Romanian)	1	10-12	50-60 % of max
Lunges (Dumbbell) (Free)	1	10-12	50-60 % of max
Pull-Ups (Crossover)	1	10-12	50-60 % of max
Long Chest Grip Barbell Trainer (Velocity Exercise) Behind The Head	1	10-12	50-60 % of max
Barbell Curl (Free)	1	10-12	50-60 % of max
Forearms	1	10-12	50-60 % of max
3 Rep Cycle			
Day 1 (Mass)			
Barbell Curl (Trainer)	3	3-4	85-95 % of max
Pull-Ups (Narrow Leg Mass)	3	3-4	85-95 % of max
Pull-Ups (Neutral Grip)	3	3-4	85-95 % of max
Pull-Ups (Wide Grip)	3	3-4	85-95 % of max
Pull-Ups (Reverse Grip)	3	3-4	85-95 % of max
Pushing Forearms (Free)	3	3-4	85-95 % of max
3 Rep Cycle			
Day 1 (Mass)			
Barbell Curl (Narrow Stance)	3	3-4	85-95 % of max
Pull-Ups	3	3-4	85-95 % of max
Pushing Forearms (Hammer) Per Hand	3	3-4	85-95 % of max
Barbell Curl	3	3-4	85-95 % of max
Exercise Curls	3	3-4	85-95 % of max
Forearms	3	3-4	85-95 % of max
3 Rep Cycle			
Trainer Barbell (Velocity Exercise)	3	3-4	85-95 % of max
Dumbbell Barbell Row	3	3-4	85-95 % of max
Pushing Forearms (Hammer) Per Hand	3	3-4	85-95 % of max
Pushing Forearms (Reverse Grip) Per Hand	3	3-4	85-95 % of max
Barbell Curl (Free)	3	3-4	85-95 % of max
Forearms (Crossover) On One Place	3	3-4	85-95 % of max
3 Rep Cycle			

Training intensity for each exercise

Day 2 (Mass)

Day 2 is the day of the development of the muscles of the chest, triceps and forearms. The main exercise for the chest is the classic bench press, which is supplemented by other exercises for the chest and triceps. Forearms are pumped up at the end of the training session.

Exercise (repeatable)	Sets	Reps	Of the maximum one
Day 2 (Mass)			
Barbell Bench Press (Classic)	1	10-12	50-60 % of max
Dumbbell Bench Press	1	10-12	50-60 % of max
Dumbbell Bench Press (Velocity Exercise)	1	10-12	50-60 % of max
Dumbbell Bench Press (Velocity Exercise) Per Hand	1	10-12	50-60 % of max
Dumbbell Bench Press (Velocity Exercise) Per Hand	1	10-12	50-60 % of max
Dumbbell Bench Press (Velocity Exercise) Per Hand	1	10-12	50-60 % of max
Dumbbell Curl	1	10-12	50-60 % of max
Forearms (Crossover) On One Place	1	10-12	50-60 % of max
3 Rep Cycle			
Day 2 (Mass)			
Barbell Bench Press (Narrow Stance)	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Dumbbell Curl	3	3-4	85-95 % of max
Forearms	3	3-4	85-95 % of max
3 Rep Cycle			
Trainer Barbell (Velocity Exercise)	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Dumbbell Curl	3	3-4	85-95 % of max
Forearms (Crossover) On One Place	3	3-4	85-95 % of max
3 Rep Cycle			

Training intensity for each exercise

Day 3 (Mass)

Day 3 is the day of the development of the muscles of the legs and forearms. The main exercise for the legs is the classic squat, which is supplemented by other exercises for the legs. Forearms are pumped up at the end of the training session.

Exercise (repeatable)	Sets	Reps	Of the maximum one
Day 3 (Mass)			
Barbell Squat (Classic)	1	10-12	50-60 % of max
Leg Press	1	10-12	50-60 % of max
Leg Extension	1	10-12	50-60 % of max
Barbell Deadlift (Sumo, Romanian)	1	10-12	50-60 % of max
Lying Leg Curls	1	10-12	50-60 % of max
Forearms (Crossover) On One Place	1	10-12	50-60 % of max
3 Rep Cycle			
Day 3 (Mass)			
Trainer	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Leg Extension (Velocity Exercise)	3	3-4	85-95 % of max
Leg Curls	3	3-4	85-95 % of max
Forearms (Crossover)	3	3-4	85-95 % of max
3 Rep Cycle			
Trainer	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Leg Extension (Velocity Exercise)	3	3-4	85-95 % of max
Leg Curls	3	3-4	85-95 % of max
Forearms (Crossover)	3	3-4	85-95 % of max
3 Rep Cycle			

Training intensity for each exercise

Day 4 (Mass)

Day 4 is the day of the development of the muscles of the shoulders and forearms. The main exercise for the shoulders is the classic bench press, which is supplemented by other exercises for the shoulders. Forearms are pumped up at the end of the training session.

Exercise (repeatable)	Sets	Reps	Of the maximum one
Day 4 (Mass)			
Barbell Bench Press (Military)	1	10-12	50-60 % of max
Dumbbell Bench Press	1	10-12	50-60 % of max
Lying Dumbbell Bench Press	1	10-12	50-60 % of max
Lying Dumbbell Bench Press	1	10-12	50-60 % of max
Barbell Curl	1	10-12	50-60 % of max
Forearms (Crossover) On One Place	1	10-12	50-60 % of max
3 Rep Cycle			
Day 4 (Mass)			
Trainer	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Lying Dumbbell Bench Press	3	3-4	85-95 % of max
Lying Dumbbell Bench Press	3	3-4	85-95 % of max
Barbell Curl	3	3-4	85-95 % of max
Forearms (Crossover)	3	3-4	85-95 % of max
3 Rep Cycle			
Day 4 (Mass)			
Trainer	3	3-4	85-95 % of max
Dumbbell Bench Press	3	3-4	85-95 % of max
Lying Dumbbell Bench Press	3	3-4	85-95 % of max
Lying Dumbbell Bench Press	3	3-4	85-95 % of max
Barbell Curl	3	3-4	85-95 % of max
Forearms (Crossover)	3	3-4	85-95 % of max
3 Rep Cycle			

Training intensity for each exercise