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THE BODY YOU WANT®



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DAVE’S V.I.F. MASS BUILDING PROGRAM

This program tackles 3 of the 5 different types of workouts that will hopefully keep your body growing in the right direction. Each phase is 4 weeks.

Link to Workout: <https://www.muscleandstrength.com/workouts/daves-vif-mass-building-program.html>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 12 Weeks
Days Per Week: 4 Days

Time Per Workout: 45-60Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Author: Dave Herber

PHASE 1: Volume (Weeks 1 - 4)

Week 1

Exercise	Sets	Reps
Day 1: Back & Traps		
Pull Ups	2	As Many As Possible
Barbell Rows	2	10
Seated Cable Rows	2	10
Hyperextensions	2	10
Superset		
Upright Rows	2	10
Dumbbell Shrugs	2	10
Day 2: Chest & Shoulders		
Bench Press	2	10
Superset		
Incline Dumbbell Bench Press	2	10
Decline Pushups	2	As Many As Possible
Dumbbell Military Press	2	10
Dumbbell Rear Laterals	2	10
Day 3: Legs		
Squat	2	10
Leg Press	2	10
Stiff Legged Deadlifts	2	10
Dumbbell Step Ups	2	10
Standing Calf Raise	2	10
Day 4: Arms		
Barbell Curls	2	10
Close Grip Bench Press	2	10
Superset		
Lying Tricep Extension	2	10
Standing Dumbbell Curls	2	10
Superset		
Preacher Curls	2	10
Tricep Kickbacks	2	10
Rest 60 Secs between sets.		

Week 2

Exercise	Sets	Reps
Day 1: Back & Traps		
Pull Ups	3	As Many As Possible
Barbell Rows	3	8
Seated Cable Rows	3	8
Hyperextensions	3	8
Superset		
Upright Rows	3	8
Dumbbell Shrugs	3	8
Day 2: Chest & Shoulders		
Bench Press	3	8
Superset		
Incline Dumbbell Bench Press	3	8
Decline Pushups	3	As Many As Possible
Dumbbell Military Press	3	8
Dumbbell Rear Laterals	3	8
Day 3: Legs		
Squat	3	8
Leg Press	3	8
Stiff Legged Deadlifts	3	8
Dumbbell Step Ups	3	8
Standing Calf Raise	3	8
Day 4: Arms		
Barbell Curls	3	8
Close Grip Bench Press	3	8
Superset		
Lying Tricep Extension	3	8
Standing Dumbbell Curls	3	8
Superset		
Preacher Curls	3	8
Tricep Kickbacks	3	8
Increase weight. Rest 60 Secs between sets.		

Week 3

Exercise	Sets	Reps
Day 1: Back & Traps		
Pull Ups	4	As Many As Possible
Barbell Rows	4	6
Seated Cable Rows	4	6
Hyperextensions	4	6
Superset		
Upright Rows	4	6
Dumbbell Shrugs	4	6
Day 2: Chest & Shoulders		
Bench Press	4	6
Superset		
Incline Dumbbell Bench Press	4	6
Decline Pushups	4	As Many As Possible
Dumbbell Military Press	4	6
Dumbbell Rear Laterals	4	6
Day 3: Legs		
Squat	4	6
Leg Press	4	6
Stiff Legged Deadlifts	4	6
Dumbbell Step Ups	4	6
Standing Calf Raise	4	6
Day 4: Arms		
Barbell Curls	4	6
Close Grip Bench Press	4	6
Superset		
Lying Tricep Extension	3	6
Standing Dumbbell Curls	3	6
Superset		
Preacher Curls	3	6
Tricep Kickbacks	3	6
Increase weight. Rest 90 Secs between sets.		

Week 4

Exercise	Sets	Reps
Day 1: Back & Traps		
Pull Ups	5	As Many As Possible
Barbell Rows	5	6
Seated Cable Rows	5	6
Hyperextensions	5	6
Superset		
Upright Rows	5	6
Dumbbell Shrugs	5	6
Day 2: Chest & Shoulders		
Bench Press	5	6
Superset		
Incline Dumbbell Bench Press	5	6
Decline Pushups	5	As Many As Possible
Dumbbell Military Press	5	6
Dumbbell Rear Laterals	5	6
Day 3: Legs		
Squat	5	6
Leg Press	5	6
Stiff Legged Deadlifts	5	6
Dumbbell Step Ups	5	6
Standing Calf Raise	5	6
Day 4: Arms		
Barbell Curls	5	6
Close Grip Bench Press	5	6
Superset		
Lying Tricep Extension	3	6
Standing Dumbbell Curls	3	6
Superset		
Preacher Curls	2	6
Tricep Kickbacks	2	6
Increase weight. Rest 90 Secs between sets.		

PHASE 2: Intensity (Weeks 5 - 8)

Week 5

Exercise	Sets	Reps
Day 1: Upper Body		
Pull Ups	3	As Many As Possible
Bench Press	3	8
Military Press	3	8
Barbell Shrug	3	8
Lying Tricep Extension	3	8
Hammer Curls	3	8
Day 2: Lower Body		
Squats	3	8
Stiff Legged Deadlifts	3	8
Seated Calf Raises	3	8
Weighted Crunches	3	8
Cable Pull Ins	3	8
Day 3: Upper Body		
Lat Pull Downs	3	8
Incline Bench Press	3	8
Arnold Press	3	8
Dumbbell Shrugs	3	8
Dumbbell Tricep Extensions	3	8
Incline Dumbbell Curls	3	8
Day 4: Lower Body		
Leg Press	3	8
Dumbbell Lunges	3	8
Standing Calf Raise	3	8
Knee Raise w/ Medicine Ball	3	8
Reverse One Leg Crunch	3	8
Rest 60 Secs between sets.		

Week 6

Exercise	Sets	Reps
Day 1: Upper Body		
Pull Ups	3	As Many As Possible
Bench Press	3	8
Military Press	3	8
Barbell Shrug	3	8
Lying Tricep Extension	3	8
Hammer Curls	3	8
Day 2: Lower Body		
Squats	3	8
Stiff Legged Deadlifts	3	8
Seated Calf Raises	3	8
Weighted Crunches	3	8
Cable Pull Ins	3	8
Day 3: Upper Body		
Lat Pull Downs	3	8
Incline Bench Press	3	8
Arnold Press	3	8
Dumbbell Shrugs	3	8
Dumbbell Tricep Extensions	3	8
Incline Dumbbell Curls	3	8
Day 4: Lower Body		
Leg Press	3	8
Dumbbell Lunges	3	8
Standing Calf Raise	3	8
Knee Raise w/ Medicine Ball	3	8
Reverse One Leg Crunch	3	8
Increase weight. Rest 60 Secs between sets.		

Week 7

Exercise	Sets	Reps
Day 1: Upper Body		
Pull Ups	4	As Many As Possible
Bench Press	4	6
Military Press	4	6
Barbell Shrug	4	6
Lying Tricep Extension	4	6
Hammer Curls	4	6
Day 2: Lower Body		
Squats	4	6
Stiff Legged Deadlifts	4	6
Seated Calf Raises	4	6
Weighted Crunches	4	6
Cable Pull Ins	4	6
Day 3: Upper Body		
Lat Pull Downs	4	6
Incline Bench Press	4	6
Arnold Press	4	6
Dumbbell Shrugs	4	6
Dumbbell Tricep Extensions	4	6
Incline Dumbbell Curls	4	6
Day 4: Lower Body		
Leg Press	4	6
Dumbbell Lunges	4	6
Standing Calf Raise	4	6
Knee Raise w/ Medicine Ball	4	6
Reverse One Leg Crunch	4	6
Increase weight. Rest 90 Secs between sets.		

Week 8

Exercise	Sets	Reps
Day 1: Upper Body		
Pull Ups	4	As Many As Possible
Bench Press	4	6
Military Press	4	6
Barbell Shrug	4	6
Lying Tricep Extension	4	6
Hammer Curls	4	6
Day 2: Lower Body		
Squats	4	6
Stiff Legged Deadlifts	4	6
Seated Calf Raises	4	6
Weighted Crunches	4	6
Cable Pull Ins	4	6
Day 3: Upper Body		
Lat Pull Downs	4	6
Incline Bench Press	4	6
Arnold Press	4	6
Dumbbell Shrugs	4	6
Dumbbell Tricep Extensions	4	6
Incline Dumbbell Curls	4	6
Day 4: Lower Body		
Leg Press	4	6
Dumbbell Lunges	4	6
Standing Calf Raise	4	6
Knee Raise w/ Medicine Ball	4	6
Reverse One Leg Crunch	4	6
Increase weight. Rest 90 Secs between sets.		

PHASE 3: Frequency (Weeks 9-12)

Week 9

Exercise	Sets	Reps
Day 1: Full Body Workout A		
Squats	2	6
Stiff Leg Deadlifts	2	6
Seated Calf Raise	2	6
Seated Cable Row	2	6
Dumbbell Bench Press	2	6
Dumbbell Shoulder Press	2	6
Dumbbell Shrugs	2	6
Dumbbell Tricep Extension	2	6
Barbell Bicep Curls	2	6
Day 2: Full Body Workout B		
Leg Press	2	10
Leg Curls	2	10
Seated Calf Raise	2	10
One Arm Dumbbell Row	2	10
Incline Dumbbell Bench Press	2	10
Military Press	2	10
Dumbbell Shrugs	2	10
Tricep Pushdowns	2	10
Dumbbell Hammer Curls	2	10
Day 3: Full Body Workout C		
Dumbbell Lunges	2	12
Dumbbell Step Ups	2	12
Barbell Rows	2	12
Barbell Bench Press	2	12
Arnold Press	2	12
Rear Delt Raise	2	12
Upright Row	2	12
Lying Tricep Extension	2	12
Preacher Curls	2	12
Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 30 Secs between sets.		

Week 10

Exercise	Sets	Reps
Day 1: Full Body Workout A		
Squats	2	10
Stiff Leg Deadlifts	2	10
Seated Calf Raise	2	10
Seated Cable Row	2	10
Dumbbell Bench Press	2	10
Dumbbell Shoulder Press	2	10
Dumbbell Shrugs	2	10
Dumbbell Tricep Extension	2	10
Barbell Bicep Curls	2	10
Day 2: Full Body Workout B		
Leg Press	2	12
Leg Curls	2	12
Seated Calf Raise	2	12
One Arm Dumbbell Row	2	12
Incline Dumbbell Bench Press	2	12
Military Press	2	12
Dumbbell Shrugs	2	12
Tricep Pushdowns	2	12
Dumbbell Hammer Curls	2	12
Day 3: Full Body Workout C		
Dumbbell Lunges	2	6
Dumbbell Step Ups	2	6
Barbell Rows	2	6
Barbell Bench Press	2	6
Arnold Press	2	6
Rear Delt Raise	2	6
Upright Row	2	6
Lying Tricep Extension	2	6
Preacher Curls	2	6
Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 30 Secs between sets.		

Week 11

Exercise	Sets	Reps
Day 1: Full Body Workout A		
Squats	2	12
Stiff Leg Deadlifts	2	12
Seated Calf Raise	2	12
Seated Cable Row	2	12
Dumbbell Bench Press	2	12
Dumbbell Shoulder Press	2	12
Dumbbell Shrugs	2	12
Dumbbell Tricep Extension	2	12
Barbell Bicep Curls	2	12
Day 2: Full Body Workout B		
Leg Press	2	6
Leg Curls	2	6
Seated Calf Raise	2	6
One Arm Dumbbell Row	2	6
Incline Dumbbell Bench Press	2	6
Military Press	2	6
Dumbbell Shrugs	2	6
Tricep Pushdowns	2	6
Dumbbell Hammer Curls	2	6
Day 3: Full Body Workout C		
Dumbbell Lunges	2	10
Dumbbell Step Ups	2	10
Barbell Rows	2	10
Barbell Bench Press	2	10
Arnold Press	2	10
Rear Delt Raise	2	10
Upright Row	2	10
Lying Tricep Extension	2	10
Preacher Curls	2	10
Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 30 Secs between sets.		

Week 12

Exercise	Sets	Reps
Day 1: Full Body Workout A		
Squats	2	6
Stiff Leg Deadlifts	2	6
Seated Calf Raise	2	6
Seated Cable Row	2	6
Dumbbell Bench Press	2	6
Dumbbell Shoulder Press	2	6
Dumbbell Shrugs	2	6
Dumbbell Tricep Extension	2	6
Barbell Bicep Curls	2	6
Day 2: Full Body Workout B		
Leg Press	2	10
Leg Curls	2	10
Seated Calf Raise	2	10
One Arm Dumbbell Row	2	10
Incline Dumbbell Bench Press	2	10
Military Press	2	10
Dumbbell Shrugs	2	10
Tricep Pushdowns	2	10
Dumbbell Hammer Curls	2	10
Day 3: Full Body Workout C		
Dumbbell Lunges	2	12
Dumbbell Step Ups	2	12
Barbell Rows	2	12
Barbell Bench Press	2	12
Arnold Press	2	12
Rear Delt Raise	2	12
Upright Row	2	12
Lying Tricep Extension	2	12
Preacher Curls	2	12
Increase weight. Workout A: Rest 90 Secs between sets. Workout B: Rest 60 Secs between sets. Workout C: Rest 30 Secs between sets.		