



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



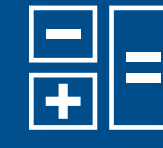
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THE FAST MASS PROGRAM

Tired of spending hours in the gym without getting the results you want? Try the Fast Mass program; a superset workout to get you pumped and on your way!

Link to Workout: <https://www.muscleandstrength.com/workouts/fast-mass-program>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 4 Days

Time Per Workout: 20-30 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Author: Josh England

Day 1

Exercise	Sets	Reps
1a. Squat	4	8 - 12
1b. Lateral Raise	4	8 - 12
2a. Dumbbell RDL	3	8 - 12
2b. Rear Delt Raises	3	8 - 12
3a. Leg Extension	3	8 - 12
3b. Leg Curls	3	8 - 12

Day 2

Exercise	Sets	Reps
1a. Dumbbell Bench	4	8 - 12
1b. Dumbbell Pullover	4	8 - 12
2a. Incline Dumbbell Bench	3	8 - 12
2b. Dumbbell Row on Incline Bench	3	8 - 12
3a. EZ Bar Curl	3	10 - 12
3b. Skullcrusher	3	10 - 12

Day 4

Exercise	Sets	Reps
1a. Goblet Squat	4	12
1b. Goblet Lunge	4	12
2a. Leg Extension	4	10 - 12
2b. Leg Curl	4	10 - 12
3a. Standing Calf Raises	4	12 - 15
3b. Seated Calf Raises	4	12 - 15

Day 5

Exercise	Sets	Reps
1a. Standing Dumbbell Press	4	8 - 12
1b. Bent-Over Dumbbell Row	4	8 - 12
2a. Lat Pulldown	4	10 - 12
2b. Pushup	4	10 - 12
3a. Alternating Hammer Curl	3	10
3b. Overhead Tricep Extension	3	10