

GYM JONES MASS GAIN

Day 1

2x (30 sec work/ 30 sec rest) push press

Use two 15 lbs dumbbells

Three Sets, Rest 2 minutes between each set

Then :

12 bench press @ 225lbs +10 pull ups

10 sets. Rest 60-90 sec between sets

Then:

10x push up + 10 sec rest

Ten rounds

Later in the day

10 minute skiErg easy pace

Then:

30sec SkiErg @ >150m pace + 90 sec rest

15 rounds

During rest player must do 10x bicep curl @ 2 x 25 lbs DB and 15 tricep dip

Then: Ccooldown

Day 2, Workout 1:

2x5 Wall Squat

2x10 Squat

2x5 Goblet Squat

Then:

Jump Squat Progression:

5 reps @ no box

5 reps @ 20" box

5 reps @ 24" box

5x2 @ 30" box

Then:

1x Axle Bar Deadlift @ 365lbs +

3x Jump Squat @ 30% bodyweight

Five sets, Rest 2-3 min between each

Then:

10x10 Back Squat @ 225lbs

Rest 60sec between each set

Day 2, Workout 2:

Axle Bar Cleans:

5 @ 135lbs, 5 @ 145lbs, 5 @ 155lbs, 5 @ 165lbs, 5 @ 175lbs, 5 @ 185lbs, 5

@ 195lbs, 5 @ 205lbs, 5 @ 215lbs, 5 @ 225lbs

Then:

5x3 Axle Bar Cleans @ 225lbs

Then:

10x1 Fat Bar Deadlift @ 155lbs (3.75" diameter bar

Gym Jones Mass Guide

IM Harris



Gym Jones Mass Guide:

Reviewing **Gym Jones Mass Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Gym Jones Mass Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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