

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

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Gym Jones Mass Guide:

Decoding **Gym Jones Mass Guide**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Gym Jones Mass Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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