



ADVANCED
BODYWEIGHT
M.A.S.S.

Phase 1

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ADVANCED PHASE 1

The way our body lays down new muscle tissue is quite simple: we introduce a stimulus – our body adapts to the given stimulus by creating new, stronger muscle tissue.

As long as we can continue to increase the total workload (as mentioned in the Bodyweight M.A.S.S. guide), we can expect to build new muscle mass.

In this phase, we will take full advantage of your hyper-sensitivity to resistance training and ability to progress in a linear fashion.

This simply means that we will aim to outperform our last performance of the same kind, each week.

But don't worry, all of the progression is already built into the program. All you'll have to do is put it into action.

PLUS SETS

You're going to notice that, on some exercises, there is a (+) symbol to the right of the prescribed sets.

This means that, once you've completed all of your working sets, you'll perform a final, Plus Set.

For example: Push-Ups

Sets: 2+

Reps: 10

Set 1 – 10 Reps

Set 2 – 10 Reps

Set 3 – AMRAP

The Plus Set should be performed for **as many reps as possible (AMRAP)**. You should aim to leave absolutely no more reps in the tank and take your body to complete muscular failure.

Each week you will aim to perform more reps on your Plus Set than the previous week.

WARMING UP

The warm up has two main purposes – to enhance performance and to prevent injury.

As you sit at your computer, tablet, or phone – you’re experiencing relatively low blood flow to your skeletal muscle.

Following a short, total body warm up, you can expect a 70-75% increase in blood flow to skeletal muscle.

Along with the increased blood flow comes a higher muscle temperature. This causes the hemoglobin in your blood to release oxygen more readily. More blood flowing to the muscles, along with more oxygen available to those muscle, means better overall performance.

THE MENTAL GAME

Another purpose of a warm-up process includes getting your head ready for the upcoming activity. Preparing yourself mentally for the upcoming workout, is thought to improve technique, skill and coordination.

HOW TO WARM UP

In this phase, we will be warming up using low impact, low intensity bodyweight circuits.

The idea is simple...get the blood flowing.

CHOOSE ONE

Warm Up #1	Warm Up #2
Jog In Place x 15 Seconds	Jogging In Place x 30 Seconds
High Knees x 15 Seconds	Jumping Jacks x 30 Seconds
Half Burpees x 15 Seconds	Speed Skaters x 30 Seconds
Jumping Jacks x 15 Seconds	Split JJs x 30 Seconds
Vertical Jumps x 15 Seconds	Plank Jacks x 30 Seconds
Torso Rotations x 15 Seconds	Squat & Jump x 30 Seconds

Warm Up #1: Perform the entire circuit 4x

Warm Up #2: Perform the entire circuit 2x

ADVANCED BODYWEIGHT M.A.S.S. - PHASE 1

	SUN	MON	TUES	WEDS	THURS	FRI	SAT
WEEK 1	Rest	Day 1	Day 2	Rest	Day 3	Day 4	Rest
WEEK 2	Rest	Day 1	Day 2	Rest	Day 3	Day 4	Rest
WEEK 3	Rest	Day 1	Day 2	Rest	Day 3	Day 4	Rest
WEEK 4	Rest	Day 1	Day 2	Rest	Day 3	Day 4	Rest

DAY 1
UPPER-BODY

EXERCISE	SETS	REPS	REST	TEMPO
Push-Ups	4+	10	45 Seconds	2:0:1:0
Pull Ups	3	AMRAP	60 Seconds	1:0:1:0
Chest Dips	4	8-10	45 Seconds	1:0:1:0
Inverted Row	4+	10	45 Seconds	2:0:2:0
Feet Elevated Push-Ups	3+	8	60 Seconds	2:0:1:0
Crunches	4	10-12	30 Seconds	2:1:2:1
Seated Knee Ups	4	8	45 Seconds	2:0:1:0

DAY 2
LOWER-BODY

EXERCISE	SETS	REPS	REST	TEMPO
Bulgarian Split Squat	4+	12	45 Seconds	2:0:2:0
Squat	4	15	45 Seconds	2:0:2:0
Russian Leg Curl	3+	10	60 Seconds	2:0:1:0
Elevated Calf Raise	4	15	45 Seconds	2:1:2:1
Stiff Leg Ankle Hop	4	10	30 Seconds	

DAY 3
UPPER-BODY

EXERCISE	SETS	REPS	REST	TEMPO
Pull Ups	3	AMRAP	60 Seconds	1:0:1:0
Feet Elevated Push-Ups	3+	8	60 Seconds	2:0:1:0
Elevated Pike Push Up	4+	8	60 Seconds	2:0:1:0
Inverted Row	4+	10	45 Seconds	2:0:2:0
Scapular Shrug	3	8-10	45 Seconds	2:0:1:0
Rear Delt Raise	3	12	45 Seconds	2:0:1:0
Reverse Crunch	4	12	45 Seconds	2:0:1:0
Plank	3	30 Sec. Hold	30 Seconds	

DAY 4
LOWER-BODY

EXERCISE	SETS	REPS	REST	TEMPO
Bulgarian Split Squat	3+	12	45 Seconds	2:0:1:0
Russian Leg Curl	3+	12	60 Seconds	2:0:1:0
Elevated Hip Thrusts	3	15	60 Seconds	2:0:1:0
Squat	4+	15	45 Seconds	2:0:2:0
Elevated Calf Raise	4	15	45 Seconds	2:1:2:1
Stiff Leg Ankle Hop	4	10	30 Seconds	