

A photograph of a very muscular man's torso, showing his abdominal muscles and arms. He is wearing dark jeans and is adjusting the waistband. The background is dark and slightly blurred.

ADVANCED
BODYWEIGHT
M.A.S.S.

Phase 2

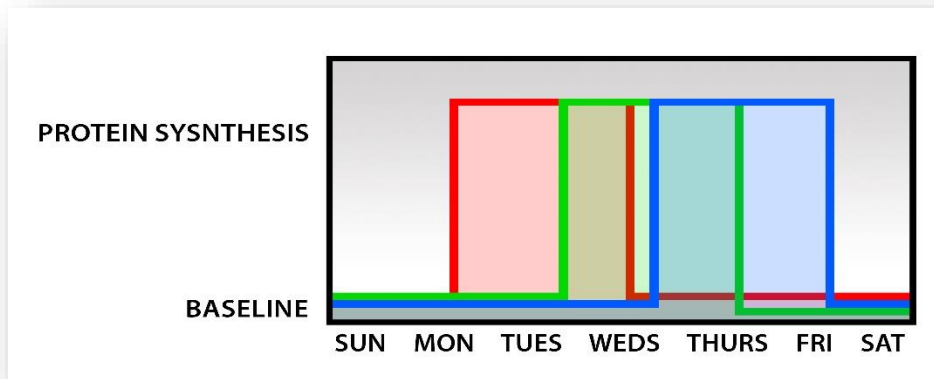
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ADVANCED PHASE 2

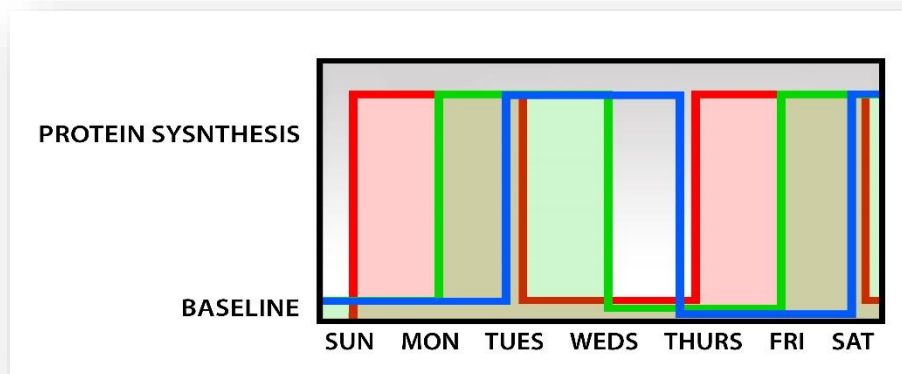
FREQUENCY

In this phase of the training, we will be increasing the frequency in which we stimulate each muscle group.

The graph below demonstrates protein synthesis elevations that reflect phase 1's training frequency, to a degree.



This following graph, although not based on Phase 2 exactly, demonstrates the more regularly elevated protein synthesis we can expect from this phase of the training.



The added frequency will not only elevate protein synthesis more regularly, but will aid in recovery between training bouts as well.

VARIATIONS

We'll also be introducing a few new, more difficult variations of some of the exercises we became proficient at in the previous phase.

This will cause us to train the same muscle groups through a more challenging range of motion and thus stimulating new growth.

REP TEMPO

Another thing you'll want to notice is the changes in rep tempo as you progress through this phase.

Although this won't be necessary with the new, more difficult variations, it will be a main point of progression for the more basic movements.

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 2

	SUN	MON	TUES	WEDS	THURS	FRI	SAT
WEEK 5	Rest	Day 1	Day 2	Rest	Day 3	Day 4	Rest
WEEK 6	Rest	Day 1	Day 2	Rest	Day 3	Day 4	Rest
WEEK 7	Rest	Day 1	Day 2	Rest	Day 3	Day 4	Rest
WEEK 8	Rest	Day 1	Day 2	Rest	Day 3	Day 4	Rest

DAY 1

FULL-BODY (A)

EXERCISE	SETS	REPS	REST	TEMPO
Elevated Push Up	5+	10	45 Seconds	2:0:1:0
Bulgarian Split Squat	4+	10	45 Seconds	2:0:2:0
Pull Ups	4+	AMRAP	60 Seconds	1:0:1:0
Hand Stand Push Ups	3	AMRAP	60 Seconds	1:0:1:0
Triceps Extensions	4	10	45 Seconds	2:0:1:0
Chin Ups	4	AMRAP	60 Seconds	1:0:1:0
Stiff Leg Ankle Hop	4	10	30 Seconds	
Seated Knee Ups	4	15	45 Seconds	2:0:1:0

DAY 2
FULL-BODY (B)

EXERCISE	SETS	REPS	REST	TEMPO
Single Leg Box Squat	4+	8	45 Seconds	2:0:1:0
Feet Elevated Inverted Row	4+	8	45 Seconds	2:0:1:0
Russian Leg Curl	3	10	60 Seconds	2:0:1:0
Side to Side Push Ups	3+	10	45 Seconds	2:0:1:0
Pike Push Up	4+	12	45 Seconds	2:0:2:0
Seated Knee Ups	4	15	45 Seconds	2:0:1:0
Stiff Leg Ankle Hop	4	10	30 Seconds	

DAY 3

FULL-BODY (C)

EXERCISE	SETS	REPS	REST	TEMPO
Pull Ups	4+	AMRAP	60 Seconds	1:0:1:0
Pistol Squat	3+	8	60 Seconds	1:0:1:0
Elevated Push Up	4+	10	45 Seconds	2:0:1:0
Feet Elevated Inverted Row	4+	8	45 Seconds	2:0:1:0
Side to Side Push Ups	3	10	45 Seconds	2:0:1:0
Face Pulls	3	15	45 Seconds	2:1:2:0
Crunches	4	20	30 Seconds	2:1:2:1
Stiff Leg Ankle Hop	4	10	30 Seconds	

DAY 4
FULL-BODY (D)

EXERCISE	SETS	REPS	REST	TEMPO
Hand Stand Push Ups	3	AMRAP	60 Seconds	1:0:1:0
Prisoner Back Extensions	4+	12	45 Seconds	2:0:1:0
Chin Ups	4	AMRAP	60 Seconds	1:0:1:0
Walking Lunges	4+	12	60 Seconds	2:0:2:0
Elevated Push Up	5+	10	45 Seconds	2:0:1:0
Inverted Curl	4	10	45 Seconds	2:0:2:0
3 Point Bench Dip	4+	12	60 Seconds	2:0:1:0
Plank	4	60 Sec. Hold	30 Seconds	