



ULTIMATE

M.A.S.S.

OMEGA PHASE 1

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Ultimate M.A.S.S. Omega

Legal Disclaimer

Warning: All the information presented in "Ultimate MASS" is for educational and resource purposes only. It is not a substitute for or an addition to any advice given to you by your physician or health care provider.

Consult your physician before making any changes to your lifestyle, diet, or exercise habits. You are solely responsible for the way information in "Ultimate MASS" is perceived and utilized and so, you do so at your own risk.

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Personal Disclaimer

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

Muscle-Building Disclaimer

Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a "typical" result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

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Warming Up

Warming up before an intense training session is critical, but not complicated. In the case of this program, the warm up should fit the workout. Because we are weight training, then we must utilize a warm up method that will prepare the body for this specific activity.

Why Warm Up?

Warming up is both muscular and neuromuscular. It elevates the temperature of the muscles and tissues thus making them more flexible (better range of motion) and less susceptible to injury. It is also going to improve the muscular contractile properties and allow you to practice the movement pattern that you are about to train.

How to Warm Up



Download: [The Warm Up Calculator](#)

1. Start off with a simple 5 minutes of aerobic exercise such as exercise bike or rower.
2. Go straight to the exercise you are starting off with. Perform this exercise about 3-5 times with an empty bar using a full range of motion. A basic rep range of 8-10 would be ideal.
3. Slowly add weight to the bar in even increments until you are ready to handle the work set.

The Proper Role of the Warm-up: *To prepare the body for the working sets, not to interfere with them.*

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ULTIMATE MASS OMEGA – PHASE 1

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Upper Body (Strength)	Lower Body (Strength)	Recovery	Back and Shoulders (L)	Lower Body (L)	Chest and Arms (L)	Recovery
Upper Body (Strength)	Lower Body (Strength)	Recovery	Back and Shoulders (L)	Lower Body (L)	Chest and Arms (L)	Recovery
Upper Body (Strength)	Lower Body (Strength)	Recovery	Back and Shoulders (L)	Lower Body (L)	Chest and Arms (L)	Recovery
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ULTIMATE MASS OMEGA PRINCIPLES

- End strength sets with 2 reps short of muscular failure.
- End medium sets 1 rep short of muscular failure.
- End light sets at muscular failure (or when form is compromised).
- The workouts in this phase should be performed in straight sets. Once you are able to hit the prescribed reps on every set, increase the weight slightly and start again.

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WORKOUT INDEX (STRENGTH)

Upper-Body (Strength)

Exercise	Sets	Reps	Rest	Tempo
Deadlift	6	2	3 Minutes	
Bent Rows	3	5	2 Minutes	
Weighted Pull Ups	3	6-10	60 Seconds	
Bench Press	4	3	3 Minutes	
Overhead Press	3	5	2 Minutes	
Upright Rows	3	6	2 Minutes	
Barbell Curls	4	8	60 seconds	
Skull Crushers	4	8	60 Seconds	

Lower-Body (Strength)

Exercise	Sets	Reps	Rest	Tempo
Squats	4	3	3 Minutes	
Hack Squats	3	6	2 Minutes	
Leg Extensions	3	8	60 Seconds	
Romanian Deadlift	4	5	3 Minutes	
Ham Curls	3	8	2 Minutes	
Calf Raises	6	8-10	45 Seconds	3:1:2:1

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WORKOUT INDEX (LIGHT)

Lower-Body (Light)

Exercise	Sets	Reps	Rest	Tempo
Squat	4	12	90 Seconds	
Leg Extensions	4	15	45 Seconds	
Leg Press	4	15	45-60 Seconds	
Romanian Deadlift	4	12	60-90 Seconds	
Ham Curls	3	15	45 Seconds	
Seated Ham Curls	3	15	45 Seconds	
Calf Raises	6	12-15	45 Seconds	3:1:2:1

Back and Shoulders (Light)

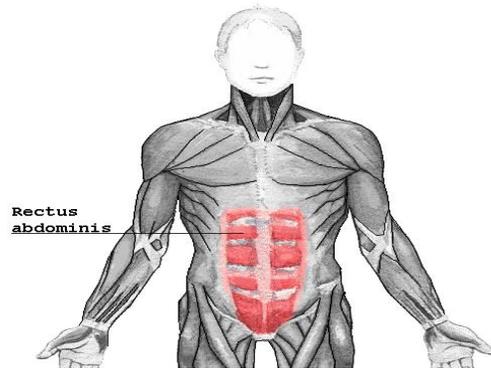
Exercise	Sets	Reps	Rest	Tempo
Deadlift	2	10	90-120 Seconds	
Pull Ups	3	AMAP	60-90 Seconds	
Seated Rows	4	15	45 Seconds	
OHP	3	10	90-120 Seconds	
Lateral Raises	4	20	45 Seconds	
DB Rear Delt Raise	4	15	45 Seconds	

Chest and Arms (Light)

Exercise	Sets	Reps	Rest	Tempo
Bench Press	5	10	120 Seconds	
Incline DB Press	4	15	60-90 Seconds	
DB Flyes	4	15	45 Seconds	
Incline DB Curl	5	15	45 Seconds	
Barbell Curls	4	15	45 Seconds	
Rope Pushdown	5	15	45 Seconds	
OH Extension	4	15	45 Seconds	

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Although the M.A.S.S. program does involve sufficient core training in the form of heavy compound exercises, it does not put emphasis on hypertrophy to the rectus abdominis (the six-pack). Just like any other muscle, the rectus abdominis responds to progressive overload and thus the term “abs are made in the kitchen” is complete nonsense. Yes, for anyone to have a visible six-pack they must achieve low bodyfat levels to some degree, but unless you are genetically blessed with nice abs, training them directly is critical.



Another muscle group that is quite often disregarded is the external obliques. This is mainly due to the same misunderstanding that leads us to believe that training the abs directly is unnecessary. Like the rectus abdominis, a low bodyfat level is necessary for visible obliques, but without hypertrophy you are not likely to achieve a dominant set of obliques that “pop”.

Training the Abs and Obliques

Because this is a hypertrophy based program, I would encourage most of you to train your abs directly, 2-3 days per week (or more if need be). However, I would like to mention that this is completely optional and totally up to the individual. With that said, I am giving you the freedom to train them on your days of recovery, following your weight training, or at a separate time of the day when you find it convenient.

Abs Workout (a)

Exercise	Reps	Sets	Rest
Cable Crunches	8	4	45 Seconds
Weighted Leg Lifts	10	4	45 Seconds
Cable Oblique Crunch	8	5	45 Seconds

Abs Workout (b)

Exercise	Reps	Sets	Rest
Hanging Leg Raises	10	4	45 Seconds
Decline Crunches	8	4	45 Seconds
Oblique Knee Lifts	8	5	45 Seconds

ULTIMATE MASS FAQ

(Q) What is a recovery day?

(A) A recovery day is simply a day of rest. I call this a recovery rather than rest because rest implies that you must stay inactive. Recovery is more appropriate because we have purposely taken the day off in order to recover and adapt. Without recovery, there is no growth. Don't feel obligated to remain stationary during your recovery day.

(Q) How does rep tempo work?

(A) Rep tempo is the speed in which you move the weight. For example, a 2:1:2:0 rep tempo translates to 2 seconds on the concentric portion of the lift, pausing for 1 second at the top of the rep, taking 2 seconds on the eccentric portion, and no pause at the bottom.

(Q) Should I go over the prescribed rep range if the weight is simply too light?

(A) No. This is a good indication that it is time to increase the weight. Once the weight is increased, focus on achieving the prescribed rep range on all sets without reaching muscular failure.

(Q) What do I do if my strength decreases?

(A) This is a good indication that you may be under-recovering or overreaching. If this occurs, immediately begin to de-load for 1-2 cycles.

(Q) What if it's strength day and I am too tired to train with that intensity?

(A) Listen to your body. Hit the gym nonetheless but make it a light day. Schedule goes back to normal the following training day.

(Q) How should I train during a de-load?

(A) During a de-load phase, the workout selection remains identical. However, overall intensity will be decreased. Every exercise will be done in an 8-12 rep range while using 50-60% lighter weight. This is essentially a recovery day that requires you to be in the gym. Do not train to muscular failure!

(Q) What is AMAP?

(A) AMAP = As Many As Possible