

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: Cooldown

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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