

For mass Leg, chest and triceps mass builder Natural bodybuilder pro Bernard Cunningham

Monday

1. **Leg extension**, bring the legs down parallel, when raising your leg up point the toes towards you squeezing your quads for a quick sec to contract them, control the weight up and down, leave your butt planted on the seat at all times, **4 sets, 15-10 reps. (optional)** superset this with outer thigh machine **4 set ,15 reps.**
2. **Squats**, squat parallel, push the weight up, leave your knee slightly bent keep your head up and your back straight, arch your back a little on the way down so stay back can stay straight. **4 sets, 10-8 reps or you can pyramid 10, 8, 6, 4 and (optional) 2 reps**
3. **Hack squats**, squat a little below parallel, push the weight up leaving a slight bent in your knee **4 sets, 10-8 reps.**
4. **Leg press**, place your feet parallel with shoulders, control the weight on the way down bringing your knees close to your chest legs in a 90 degree angle, press the weight up leavening a slight bent in your knee, leave your butt planted on the seat at all times, **4 sets, 10-8 reps.**
1. **Lying leg curls**, control the movement, squeeze the hamstrings after the curl **4 sets, 15-12 reps.** superset with Inner thigh machine if your gym have one **4 sets, 12-10 reps.**
2. **Seated leg curls**, squeeze the hamstring after each curl, control the movement, **4 sets, 15-12 reps.**
3. **Stiff leg dead lift with barbell**, leave a slight bent in your knee pushing your butt out on the way down making sure you pull the hamstrings, bring the weight close to the floor, leave your back slightly bent after you come up don't lock it, **4 sets, 12-10 reps.**
4. **Inner thigh machine if your gym have one**, **4 sets, 12-10 reps.**

If you are a person that has a hard time getting your legs to grow complete this same workout at the end of the week after your full body workout for, the same set and reps on leg extension and for the rest of the leg workout **4 sets of 15-10 reps. stroll down for the next workout**

Tuesday Chest and triceps

1. **Bench press** do not bounce off the chest, touch the middle part of your chest then push the weight up leaving a slight bent in your elbows, maintain control of the movement, **warm 1 set 15-20 then do 4 set pyramid 10, 8, 6 and 4 sets.**

Also one of my way's to increase my bench is to work your way up to 225 lbs or your desire weight for **20 reps or more**, then do 3 more sets of want you can do with 225 lbs or your desire weight for **4 sets** but use weight to your desire of strength.

2. **Barbell Incline bench press or dumbbell incline press**, with barbell incline bring the weight to the upper part of your chest do not bounce, touch or get close to the upper chest then push the weight up leaving a slight bent in your elbows, **incline dumbbell bench press**, bench the weight up leaving the weight an inch apart so it can contract the chest, do not clap the weight together, bring the weight down on the outside of your peck, **4 sets, 12, 10, 8, 8 or 6 reps.**

3. **Dumbbell bench press bench** push the weight up leaving the weight an inch apart so it can contract the chest, do not clap the weight together, bring the weight down on the outside of your peck, **4 sets, 10-8 reps**

4. **Cable crossover** grab the handles from each side, you should feel your chest stretching, bring your feet together leaving a slight bent in the knees, bring the cables down a feet ½ away from your stomach leaving a slight bent in your elbows touching the handles together softly with your palms facing each other squeezing the chest feeling the contraction then slowly go back to the start position stretching the chest, **4 sets, 15 reps.**

5. **Decline bench press**, if your gym has one bring the weight down to the lower part of your chest then push the weight up leaving a slight bent in your elbow, **2 sets 30-20 reps**

1. **Triceps pull down with straight bar**, when performing the triceps pull down keep your elbow tight to your side during the entire movement, squeeze the triceps to contract it, control the movement, **4 set, 12-8 reps**

2. **Lying triceps extension**, let the bar down above your forehead, keeps your elbow in tight during the entire movement, lift the weight up and squeeze the triceps **4 sets, 12-8 reps**

3. **Triceps kickback**, I like to do mine on the bench with one knee on the bench with the other feet on the floor of the arm I am working, keep your elbow high and close to your waist, squeeze the triceps to contract it then switch arms, **4 sets 15-12 reps for both.**

4. **Seated dumbbell extension**, bring the weight all the way down in back of your head stretching your triceps, keep the elbows in tight push the weight up and squeeze the triceps, **4 sets, 10-8 reps**

You can choose to split the body parts making it a five day a week work if you choose. **Stroll down**

To stay injury free is best to have a weight belt, knee and elbow wraps for heavy lifting, and for a strong grip have some lifting strap for workouts like deadlift, always stretch in between workouts to avoid injury and long term damage to joints and also you can do 10-15 min cardio to warm up your body.

