



Mass Builder Finisher: Level 1 Day 1

Complete this finisher after your workout to promote lean muscle growth and increase your capacity to gain strength.

INSTRUCTIONS

- DO NOT PERFORM ON YOUR REST DAYS
- Complete 3 sets of each exercise pairing and 2 sets of the burnout exercise
- Rest 2 full minutes between pairings
- Rest until fully recovered between sets of the burnout exercise
- Burnout is over as soon as form fails

1A: DB Sumo Deadlift

- 8-12 reps
- Use medium-heavy weights
- Keep spine neutral
- Pair with BB Shrug



1B: BB Shrug

- 12-20 reps
- Use heavy weights
- Shrug shoulders straight up
- Complete 3 sets as a pairing with DB Sumo Deadlift, then rest 2 mins



2A: DB Front Squat

- 8-12 reps
- Use medium-heavy weights
- Keep torso upright
- Pair with BB Bent Row



2B: BB Bent Row [Overhand-Grip]

- 8-12 reps
- Use medium-heavy weights
- Keep core locked
- Complete 3 sets as a pairing with DB Front Squat, then rest 2 mins



BURNOUT: Supine Row [Underhand-Grip]

- Complete as many reps as possible
- Stop as soon as form breaks down
- Rest until you are fully recovered
- Complete 2 sets of this burnout exercise

