

# MASS MAFIA WORKOUT CHART

\*For the Bicep Curls, and Abs Super-Set, you will be doing a super-set of 3 different bicep or ab exercises of your choice. Do each exercise for 30 seconds and immediately go to the next exercise. After you are done with the three exercises in the super-set, take a 1 minute break and repeat for a total of three sets.

WEEKS 1 & 7		MONDAY				WEDNESDAY				FRIDAY			
EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 1	SET 2	SET 3	SET 4	SET 1	SET 2	SET 3	SET 4
Squat (2 days) Deadlift (1 day)	21												
Hip Thrust	21												
Bench Press	8, 6, 4, 4												
Pull-Ups	8												
Military Press	8												
Dips	8												
*Bicep Curls													
*Abs Super-Set													

WEEKS 2 & 8		MONDAY				WEDNESDAY				FRIDAY			
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