

Mass Made Simple

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Log Sheets

If you have not yet read the *Mass Made Simple* text, please visit www.otpbooks.com to review the print or ebook options. The initial 120 pages of the book explain the workouts that follow.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Train Day 1	Rest	Recharge	Train Day 2	Rest	Recharge	Train Day 3
Week 2	Rest	Recharge	Train Day 4	Rest	Recharge	Train Day 5	Rest
Week 3	Recharge	Train Day 6	Rest	Recharge	Train Day 7	Rest	Recharge
Week 4	Train Day 8	Rest	Recharge	Train Day 9	Rest	Recharge	Train Day 10
Week 5	Rest	Recharge	Train Day 11	Rest	Recharge	Train Day 12	Rest
Week 6	Recharge	Train Day 13	Rest	Recharge	Train Day 14	Rest	Recharge
Week 7	Assess the program						

Week One

Monday: Training Day One

Tuesday: Rest

Wednesday: Recharge

Thursday: Training Day Two

Friday: Rest

Saturday: Recharge

Sunday: Training Day Three

Beginning weight, Monday _____

Nutritional instructions:

Begin experimenting with three meals and multiple daily snacks—see page 51.

WEEK ONE, MONDAY — TRAINING DAY ONE DATE _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: Warm-ups then...

	Weight used		Weight used
Easy weight, set of 5	45	Add weight, set of 5	55
Add weight, set of 5	65	Add weight, set of 5	75
Add weight, set of 5	85	Add weight, set of 5	95
Final weight, set of 5	95		
Record this final weight <u>95</u>			

Bat Wings: Testing weights

10-second holds	Test 1: 65	Test 2: 85	Test 3: 105
Record this final weight <u>105</u>			

One-Arm Press: Testing weights, starting with the weaker arm

2-3 reps each arm	Test 1: 25	Test 2: 35	Test 3: 50
Record this final weight <u>35</u>			

Bird Dog: Practice the movement on both sides, moving your knees closer together over time.

Complex: Do three repetitions of each exercises. Add a little weight and repeat for a total of three rounds. Record the weight used in each round.

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

Round 1: 65	Round 2: 65	Round 3: 65
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High-Rep Back Squats: One set of 30 with 95 pounds—if you're lighter than 135, use an empty bar.

Cool-down: Record your personal cool-down plan of stretching or corrective exercises.

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil

WEEK ONE, TUESDAY — REST

DATE _____

Shop, organize, prepare food

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil

Other thoughts _____



WEEK ONE, WEDNESDAY — RECHARGE

DATE _____

Your choice of 10-20 minutes of quality, low-intensity movement. Record your exercise choices and movement quality discoveries, and remember to note things to work on next *Recharge* day.

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: Warm-ups then... 2—3—5. With the weight from the last workout, do:

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	95 (20 sec)
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	95 (20 sec)

(2 min)

Bat Wings: Using the weight from Day One...

10 five-second holds with:	105	115	115	X	/	/	/	/	/	/
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One-Arm Press: Light warm-up, then, use the weight from Day One. Start on the weaker arm.

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	55
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35

Bird Dog: Practice the movement on both sides, moving your knees closer together over time.

Complex: Do three repetitions of each exercises. Repeat for a total of five rounds. Add a little weight after the first three rounds. The final weight is your starting weight next workout.

Row	Clean	Front Squat	Military Press	Back Squat	Good Morning
Round 1: 65	Round 2: 70	Round 3: 75 75	Round 4: 85	Round 5: 95	

High-Rep Back Squats: See page 71 for weight instructions.

2 sets of 30 reps — Record your weights used here: 95 | 95

Cool-down: Record your personal cool-down plan of stretching or corrective exercises.

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil _____

WEEK ONE, FRIDAY — REST

DATE _____

Shop, organize, prepare food

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil

Other thoughts _____



WEEK ONE, SATURDAY — RECHARGE

DATE _____

Your choice of 10-20 minutes of quality, low-intensity movement. Record your exercise choices and movement quality discoveries, and remember to note things to work on next *Recharge* day.

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil

Other thoughts _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: *Warm-ups then... 2—3—5. With the weight from the last workout, do:*

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	95
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	95
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	95
If all reps completed, next workout move up to:	115

Bat Wings: *Using the weight from Day One...*

10 five-second holds with:	115	—																	
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One-Arm Press: *Light warm-up, then, use the weight from Day One. Start on the weaker arm.*

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	↓
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	↓
If all reps completed, next workout move up to:	

Bird Dog: *Practice the movement on both sides, moving your knees closer together over time.*

Complex: *Do five repetitions of each exercises. Repeat for a total of two rounds.*

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

Round 1:	85	Round 2:	85
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High-Rep Back Squats: *See page 73 for weight instructions.*

2 sets of 30 reps — Record your weights used here: 95 | 115

Cool-down: *Record your personal cool-down plan of stretching or corrective exercises.*

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil

Week Two

Monday: Rest

Tuesday: Recharge

Wednesday: Training Day Four

Thursday: Rest

Friday: Recharge

Saturday: Training Day Five

Sunday: Rest

Beginning weight, Monday _____

Nutritional instructions:

Drink a protein shake before going to bed—see page 51.

Program Tweaks:

There are only two workouts this week, but a lot of additional protein. This is an important week to track moods and size gains.

WEEK TWO, MONDAY — REST

DATE _____

Shop, organize, prepare food

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil

Other thoughts _____



WEEK TWO, TUESDAY — RECHARGE

DATE _____

Your choice of 10-20 minutes of quality, low-intensity movement. Record your exercise choices and movement quality discoveries, and remember to note things to work on next *Recharge* day.

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil

Other thoughts _____

WEEK TWO, WEDNESDAY — TRAINING DAY FOUR

DATE _____

General warm-up

- Five minutes of gentle moving—get the blood flowing
- Foam rolling (middle back, IT band, hamstrings and hip flexors)
- Static stretches for hip flexors, hamstrings, upper back and hot spots
- Some easy swings, goblet squats and a few strides

Bench Press: Warm-ups then... 2—3—5. Then, with the old weight from last Sunday, do as many as up to 10:

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	115
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	115
With the old weight from last Sunday, do as many reps as 10	95 x 10

Bat Wings: Using the weight from Day One... *Birdweight chin-up holds x 10 sec*

Five 10-second holds with:	45	55	65	75	85
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10
10 sec

One-Arm Press: Light warm-up, then, use the weight from Day One. Start on the weaker arm.

	Weight used
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35
Two reps, rest a little. Three reps, rest a little. Five reps, rest a little.	35

Bird Dog: Practice the movement on both sides, moving your knees closer together over time.

Complex: Finish all reps of each exercise before moving on. Repeat for a total of three rounds. Use the weight you handled Sunday.

Row | Clean | Front Squat | Military Press | Back Squat | Good Morning

Round 1: 85	Round 2: 85	Round 3: 85
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High-Rep Back Squats: See page 75 for weight instructions.

3 sets of ²⁵30 reps — Record your weights used here: 115 | 115 | 115

Cool-down: Record your personal cool-down plan of stretching or corrective exercises.

Nutritional compliance (Y/N) _____ More protein _____ More fiber _____ More fish oil

WEEK TWO, THURSDAY — REST

DATE _____

Shop, organize, prepare food

Nutritional compliance (Y/N) _____ **More protein** _____ **More fiber** _____ **More fish oil**

Other thoughts _____



WEEK TWO, FRIDAY — RECHARGE

DATE _____

Your choice of 10-20 minutes of quality, low-intensity movement. Record your exercise choices and movement quality discoveries, and remember to note things to work on next *Recharge* day.

Nutritional compliance (Y/N) _____ **More protein** _____ **More fiber** _____ **More fish oil**

Other thoughts _____
