

GULSHAN KUMAR // presents

# Gainer

## PECS & DELTS

DESIGNED & CREATED BY GURU MANN

8 WEEK CHEST & SHOULDERS MASS BUILDING PROGRAM

**TIME TO GROW**



# Workout eBook

## WORKOUT COMBINATIONS

- o Gainer with 6 Week Shredded
- o Gainer with Muscle Size 5x5
- o Gainer with Muscular 8
- o Gainer with Pure Mass
- o Gainer with Lean Mode

## GAINER WORKOUT PLAN

MONDAY	Chest & Shoulders MASS
TUESDAY	---
WEDNESDAY	---
THURSDAY	Chest & Shoulders DEFINITION
FRIDAY	---
SATURDAY	---
SUNDAY	---

**NOTE: You Have To Combine It With My Other Fitness Program**

<b>MONDAY – Chest &amp; Shoulders MASS</b>			
	<b>Exercises</b>	<b>Reps/set</b>	<b>Set</b>
Chest 1	Barbell Smith Bench Press	8	3-4
Chest 2	DB Incline Press	8	3-4
Chest 3	Barbell Decline Press	8	3-4
Shoulders 1	DB Press	8	3-4
Shoulders 2	Barbell Front Raise	8	3-4
Shoulders 3	DB Side Raise	8	3-4

**NOTE: There is 2min rest in between the set.**

<b>THURSDAY – Chest &amp; Shoulders DEFINITION</b>			
	<b>Exercises</b>	<b>Reps/set</b>	<b>Set</b>
Chest 1	Pec Fly (Pec Deck)	16	3-4
Chest 2	Cable Crossover on Stability Ball	16	3-4
Chest 3	Decline Dips	16	3-4
Shoulders 1	Machine Shoulder Press	16	3-4
Shoulders 2	Rope Front Raise	16	3-4
Shoulders 3	Single Hand Cable Side Raise	16	3-4
Shoulders 4	Rear Delt cable Fly (Optional)	16	3-4

**NOTE: There is 2min rest in between the set.**

## GAINER with 6 WEEK SHREDDED

MONDAY	<b>Chest &amp; Shoulders MASS</b>
TUESDAY	Lats, Mid Back & Upper Back
WEDNESDAY	Biceps, Cardio & Abs
THURSDAY	<b>Chest &amp; Shoulders DEFINITION</b>
FRIDAY	Quad, Hams & Calves
SATURDAY	Triceps, Cardio & Abs
SUNDAY	REST

## GAINER with MUSCLE SIZE 5X5

MONDAY	<b>Chest &amp; Shoulders MASS</b>
TUESDAY	Back (Lats/Mid-Back/Lower Back)
WEDNESDAY	Biceps, Triceps & Abs
THURSDAY	REST
FRIDAY	<b>Chest &amp; Shoulders DEFINITION</b>
SATURDAY	Legs & Traps
SUNDAY	REST

## GAINER with MUSCULAR 8

MONDAY	<b>Chest &amp; Shoulders MASS + Running</b>
TUESDAY	Arms, Abs & Elliptical
WEDNESDAY	Back & Stationary Bike
THURSDAY	<b>Chest &amp; Shoulders DEFINITION + Running</b>
FRIDAY	Abs & Elliptical
SATURDAY	Legs & Stationary Bike
SUNDAY	REST

## GAINER with PURE MASS

MONDAY	<b>Chest &amp; Shoulders MASS</b>
TUESDAY	Back, Biceps & Triceps
WEDNESDAY	Abs & Cardio
THURSDAY	<b>Chest &amp; Shoulders DEFINITION</b>
FRIDAY	Legs & Traps
SATURDAY	Abs & Cardio
SUNDAY	REST

## GAINER with LEAN MODE

MONDAY	<b>Chest &amp; Shoulders MASS</b>
TUESDAY	Legs, Abs & Cardio
WEDNESDAY	Arms
THURSDAY	<b>Chest &amp; Shoulders DEFINITION</b>
FRIDAY	Abs & Cardio
SATURDAY	Back, Abs & Cardio
SUNDAY	REST