

**FUNCTIONAL
WARRIOR
WORKOUTS**

ACCELERATED MASS

**12 WEEK
SCIENTIFIC
MASS BUILDING
PROGRAM**



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NUTRITION AND SUPPLEMENTATION GUIDELINES

Before going any further into this program I am going to assume the following.

- *That you are healthy enough to take part in strenuous exercise. If you have any concerns about this then consult your local doctor*
- *That you have a basic understanding of exercise including how to use cardio equipment, barbells and dumbbells*
- *That you are committed to 12 weeks of hard work and determined effort*
- *That you understand that you get out of the routine what you put in*



FUNCTIONAL WARRIOR WORKOUTS

The FWW's approach to building mass is simple but the process of creating this system hasn't been easy. There are literally thousands of workout systems out there all claiming to be the best thing since sliced bread. Are they all right? Are they all wrong? The truth as it so often is, is somewhere in the middle.

There is no one routine that will guarantee you best of the best results. There are simply too many variables to consider. One thing we can all agree on is that the vast majority of us have two arms and two legs.

In principle, they all move the same and we have the same structure beneath our skin. What does vary is the structure within the structure. Percentage of muscle fiber types, the central nervous system, motor units, muscle receptors, hormones, bone density and thickness. All of these differences will have slightly different outcomes when applying various training protocols. Spend too long on any one of those variables and you lose the benefits of training in one of the others.

What I can tell you is that this 12 week program is, in my opinion, as close as you can get, without the use of performance enhancing drugs to the most complete, well rounded approach to muscle gain you can get. I have taken into consideration the latest research about training methods and combined them into this system.

I will explain the theory behind some of the methods throughout the program, for others I won't explain because to be honest it will take too long for me to write and for you to read. Rest assured any changes to the science will be reflected in future versions of the system.

How does Accelerated Mass 1.0 work?

As I already mentioned there are many different training methods out there. All of which have different approaches. High volume, low volume, heavy duty, high intensity, shock, strength, double splits, triple splits, German volume training etc etc.

But what do they all share in common? What is the unified goal of all these systems?

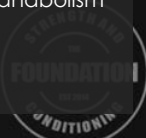
To persuade the muscles to grow by exposing them to stresses they can't handle.

That's it. Simple. But like I said; simple doesn't mean easy. Go to the well too often and you will eventually come up dry. The key is structured variety and intensity.

To maximize muscle growth we need to follow the rules below. The skill is to construct a program that strikes the delicate balance between the variables the rules below present us with

- Hit the muscles with enough frequency to force growth
- Allow enough time to repair and rebuild
- Provide adequate stress to the muscle fibers through correct lifting techniques
- Stimulate hormone levels and the flow of nutrients
- Apply a variety of tempos to offset adaptations plateauing out
- Allow the body to decondition itself at the appropriate time to reset anabolism

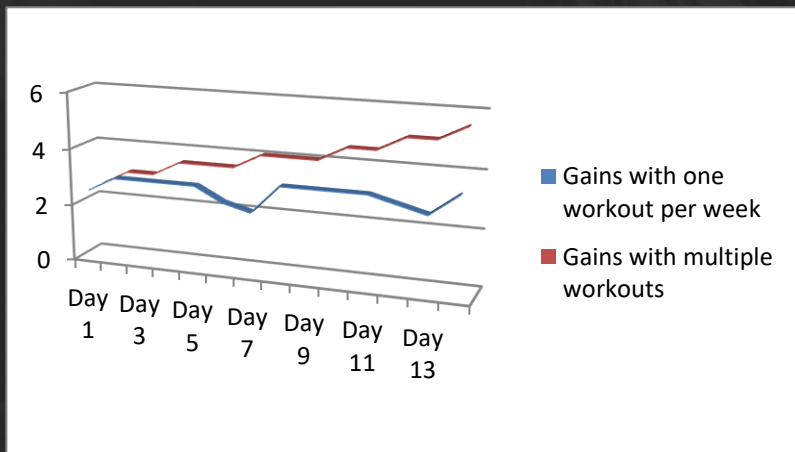
ACCELERATED MASS 1.0 is our best attempt of balancing all the above rules.



Frequency

We know that a muscle group can take up to 72 hours to recover. Once this recovery has occurred the muscle is ready to go. The traditional 3 or 4 day split which requires you to train a muscle group once a week will only sell you short in the long run. You will start losing gains before you capitalize.

This is like running at full speed, losing momentum and falling forward, stopping then restarting back up to full speed. Our approach is as follows. You run at full speed, falling forward, recovering your balance and immediately moving back up to full speed.



The Foundations method involves combining various training methods. Training with increased frequency is one of those methods. It doesn't mean we will always be training a body part three times a week but we will be training with increased frequency over the course of 12 weeks with some low frequency periods to capitalize on various training/recovery phenomena (more on that later).

Repair and rebuild

Muscle gains start in the kitchen. Fact. There is an old saying "you can't out-lift a bad diet." Even the best training program in the world will not work if you don't provide the body optimum fuel. The good news is that it's easy to do.

By now you should have read **The Foundations' guide to nutrition management and flexible dieting**. That booklet is essential reading to accompany this program. You will need to adjust your macros as you go with this program depending on which phase you are in.

Stress and Hormones

By stress I mean loads. How much weight you can lift for a given repetition range and tempo. Different loads will provide different responses. There is a lot more to lifting than just picking a weight and repping out. The central nervous system, motor units, hormones all respond differently when you apply different loads and intensities.

Tempos

Lifting tempo plays a vital role in training response. Lift slow move slow. Lift fast move fast. In truth you should take advantage of various lifting tempos, spending longer on some more than others to promote various training responses.

Deconditioning

From time to time muscles need to forget how to lift. Growth can't continue at a high pace without resetting the system once in a while. At strategic points, built into the routine you will reduce frequency and workload and allow adaptation to reset. This allows for the following to happen.

It gives the connective tissue a break

Allows you to take mental break from the previous onslaught. The increased frequency can be mentally and physically draining

And as mentioned it allows you to decondition yourself to lifting therefore allowing progressive loading to start again

The method explained

Balancing act

For optimum muscle growth we must strike a balance between frequency, adaptive stimulus and recovery.

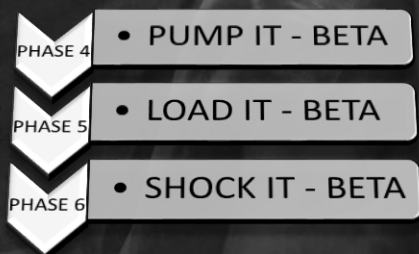
Frequency – With the correct split, the same muscle group can be trained after 72 hours

Adaptive stimulus - The body must be allowed to adapt to a stimulus (training method). That stimulus must change with enough frequency to promote adaptation (growth/strength) but not so frequently that adaptation doesn't occur

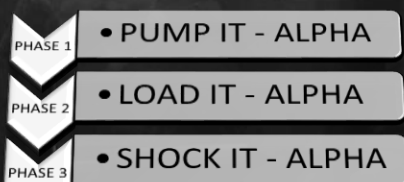
Recovery – 2 factors

Factor 1 - Recovery time between workouts should be adequate on a micro scale (between workout days) and a macro scale (over a long period e.g.12 weeks)

Factor 2 – Nutrition that promotes adequate recovery



RECOVERY/DECONDITIONING IF NEEDED



Training schedule

Below you can see the outline of the training methods you will utilize over the next 12 weeks. There are 6 phases of training. Each phase lasts for two weeks. The 6 phases utilize three distinct training methods that allow you to maximize your results and take advantage of the benefits of each stage. The three training methods are repeated twice but with different exercises in each phase.

Once again, the key to growth is the balance between frequency, training stimulus and recovery.

PHASE 1

PUMP IT- ALPHA

PUMP IT is all about volume. Lots of reps and lots of time under tension. The aim is to pump up the muscles with blood promoting nutrient flow and keep them under tension for extended periods. As the rests are short you will also be sweating a lot and burning lots of calories which is great for shedding some unwanted fat (provided your nutrition is optimum) whilst packing on the mass.

Fast pace doesn't mean sloppy though. Many of the sets are performed at a slow pace giving you an amazing pump. It's just the rests that are short. Stay focused, get some good training music on and get to work.

Tips to complete this workout

Intensity

- The idea is to pump the body up. Stick to the tempo (very important)
- You should feel tired after this workout but not depleted
- Remember, you will be training the same bodypart up to 3 times in a 2 week period so don't kill yourself. The bodypart you are about to train shouldn't be aching from the previous workout
- If you can't stick to the rest ratio between sets then the weight is either too heavy if you need longer or too light if you are ready to go
- Use a stopwatch if you need to. 1 minute rest is nothing so you might be surprised
- Rest days can be changed as long as you allow for adequate recovery

Training split (days are changeable to your own timetable, just allow for recovery)

	Monday	Tuesday	Wed	Thursday	Friday	Weekend
Week 1	Chest Delts Triceps	Back Traps Rear delts Biceps	Off	Quads Hamstrings Calves	Chest Delts Triceps	Off
Week 2	Back Traps Rear delts Biceps	Quads Hamstrings Calves	Off	Chest Delts Triceps	Back Traps Rear delts Biceps	Off

Workout 1 - Chest/front and medial delts/triceps

*partial reps – e.g. from the chest to $\frac{3}{4}$ extension on a bench press.

Exercise	Sets and reps	Tempo	Rest
Incline barbell press	3 x 12-15 partial reps (low to $\frac{3}{4}$) *finish partials with 2-4 full reps	3010	1 minute
Barbell bench press	3 x 12-15	2020	1 minute
Superset			
Decline bench press	3 x 12	3010	
Lateral dumbbell raise		2010	45 seconds
Superset			
Dumbbell bench press	3 x 12	2010	
Weighted Dips		2010	45 seconds
Superset			
3 Point raise	3 x 12	2010	
Triceps Bar pressdown		2010	45 seconds
Superset			
90 degree raise	3 x 12	2010	
Cable rope overhead extension		2010	45 seconds
Decline crunch	4 x 10-12		1 minute

Workout 2 - Back/traps/rear delts/biceps

Exercise	Sets and reps	Tempo	Rest
Pullups or Reverse grip pulldown*	3 x 12-15 partial reps (low to ¾)*finish partials with 2-4 full reps	3010	1 minute
Low cable row - Standing	3 x 12-15	2020	1 minute
Superset			
Wide grip bent over row	3 x 12	3010	1 minute
Barbell upright row		2010	
Superset	3 x 12	2010	
Pulldown machine - reverse grip		2010	45 seconds
Barbell curl			
Superset	3 x 12	2010	
Cable rear delt flye		2010	45 seconds
Cable rear delt flye			
Triset	3 x 12	2010	45 seconds
Cable rope curl		2010	
Reverse Flye over bench		2010	
Side plank row			

YOU CAN DOWNLOAD THE REST OF THIS WORKOUT PROGRAM HERE.

DOWNLOAD

