



MORE WEIGHT. MORE WORK. MORE



MASS
PROTOCOL
SYSTEM

APEX MASS PROTOCOL

BODYBUILDING & MUSCLE GROWTH

APEX SPORTS & FITNESS • OFFICIAL TRAINING SYSTEM

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Introduction

MISSION: Maximum muscle growth through progressive overload, intelligent volume, and relentless consistency.

A 12-week push/pull/legs system that trains every major muscle roughly twice per week — the frequency most strongly linked to growth. Heavy days build the strength that lets you handle more volume; volume days accumulate the hard sets that actually drive size. The program manages intensity, volume, and proximity to failure for you. You supply the fourth variable: showing up.

What You'll Gain

- Visible muscle gain across a full 12-week block
- Strength PRs on bench, squat, deadlift, and overhead press
- A structured session for every day — no more improvising in the gym
- The logging habit that makes every future block more productive

LENGTH	DAYS / WEEK	SESSION TIME	LEVEL
12 Weeks	5–6	60–80 min	Intermediate–Advanced

READ THIS FIRST

Stick to the programming as written before you customize it. If you miss a session, pick it up at your next opportunity — never stack two hard days together to “catch up,” and never add extra volume to tire yourself out. The plan is dosed deliberately; adding more usually slows your results.

Explanations & How to Read the Tables

RPE & RIR (How Hard Each Set Should Be)

Sets are prescribed by **RPE** (Rate of Perceived Exertion, 1–10) or **RIR** (Reps In Reserve). RPE 8 = you could have done about 2 more clean reps; RIR 2 means the same thing. On strong days you'll need more weight to hit the target; on tired days, less. That's autoregulation working — trust it.

Supersets

Exercises marked as a superset are performed back-to-back with no rest between them, then you rest after the pair. If your gym is too busy to hold two stations, run them as straight sets instead — finish all sets of one exercise, then move on. Don't let logistics derail the session.

Rest Periods

Rest periods are listed per exercise and **tighten as the weeks progress** — that's a deliberate conditioning stimulus. The exception is the main strength lifts: their rest stays long throughout, because cutting rest on heavy compounds turns a strength exercise into an endurance exercise and defeats its purpose.

Tempo

Perform every rep controlled: the lifting (concentric) portion can be explosive, but lower the weight slowly and under control. If you can't control the negative, the weight is too heavy.

The Weight Used Column

Every table ends with a blank **WEIGHT USED** column. Print the plan (or copy the layout into your notes) and log your top weight each session. Beating last week's number — by a rep or a small load increase — is the entire progression engine of this program.

Scaling

Every exercise can be scaled and doing so is not failure — it's precision. Common swaps: assisted or band pull-ups for strict pull-ups; split squats holding support for pistol squats; kettlebell deadlifts for barbell deadlifts; incline push-ups for dips. Keep the movement pattern, reduce the difficulty, progress over time.

Drop Sets

Where a drop set is programmed, it applies to the final set of that exercise only: finish the set, immediately strip 20–30% of the load, and rep to 1–2 reps in reserve. Have the lighter weights staged in advance so the drop takes seconds, not a walk across the gym.

Warm-Up Protocol

Warming up is compulsory. Every session begins with 5–10 minutes of low-intensity aerobic work (jog, bike, row, jump rope, or shadow work) until you've built a light sweat, followed by the dynamic circuit below. The goal is blood flow, joint lubrication, and rehearsing the day's movement patterns — not fatigue.

EXERCISE	REPS	PURPOSE
World's Greatest Stretch	5 / side	Hips, hamstrings, T-spine in one move
Deep Squat Hold + Reach	5 x 5 sec	Ankle & hip mobility, squat pattern
Leg Swings (front & side)	10 / leg	Dynamic hip range
Band Pull-Apart	15	Rear delts, shoulder health
Band Over-and-Back	10	Shoulder mobility — go slow, never force
Push-Up to Down-Dog	8	Shoulders, core, hamstrings
Dead Bug	8 / side	Core bracing pattern
Pogo Hops	20	Ankle stiffness, elastic priming

After the circuit, perform 2–3 ramping sets of the day's first main lift, starting with the empty bar and adding weight each set. You should reach your first working set warm, primed, and not tired.

WEEK ONE

PHASE: FOUNDATION

Lock in form and add reps within each range weekly. Log everything — these numbers drive the next eight weeks.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	4	6–8	120–180s	
Incline Dumbbell Press	3	8–10	90s	
Seated Shoulder Press	4	8–10	90s	
Lateral Raise	4	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	3	10–12	90s	
Cable Pushdown (+1 drop set)	3	12–15	90s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	3	5	120–180s	
Weighted Pull-Up	4	6–8	120s	
Barbell Row	4	8–10	90s	
Face Pull	3	15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Curl	3	8–10	90s	
Incline DB Curl (+1 drop set)	3	10–12	90s	

DAY THREE — LEGS A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	4	6–8	120–180s	
Romanian Deadlift	3	8–10	90s	
Walking Lunge	3	10 / leg	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	3	10–12	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	4	12–15	90s	
Hanging Leg Raise	3	12	90s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	4	8–12	90s	
Machine or DB Chest Press	3	10–15	90s	
Cable Fly	3	12–15	90s	
DB Lateral Raise (+1 drop set)	4	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	3	10–12	90s	
Rope Pushdown	3	15–20	90s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	4	10–12	90s	
Lat Pulldown	4	10–15	90s	
Single-Arm DB Row	3	12 / side	90s	
Rear-Delt Fly	3	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	3	12–15	90s	
Hammer Curl	3	12–15	90s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	4	8–12	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	4	10–12	90s	
Leg Extension (+1 drop set)	3	12–15	90s	
Seated Leg Curl	3	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	4	15–20	90s	
Cable Crunch	3	15	90s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK TWO

PHASE: FOUNDATION

Beat last week's log: a rep more or a small load increase on every exercise you can.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	4	6–8	120–180s	
Incline Dumbbell Press	3	8–10	90s	
Seated Shoulder Press	4	8–10	90s	
Lateral Raise	4	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	3	10–12	90s	
Cable Pushdown (+1 drop set)	3	12–15	90s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	3	5	120–180s	
Weighted Pull-Up	4	6–8	120s	
Barbell Row	4	8–10	90s	
Face Pull	3	15	90s	

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Romanian Deadlift	3	8–10	90s	
Walking Lunge	3	10 / leg	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	3	10–12	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	4	12–15	90s	
Hanging Leg Raise	3	12	90s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	4	8–12	90s	
Machine or DB Chest Press	3	10–15	90s	
Cable Fly	3	12–15	90s	
DB Lateral Raise (+1 drop set)	4	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	3	10–12	90s	
Rope Pushdown	3	15–20	90s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	4	10–12	90s	
Lat Pulldown	4	10–15	90s	
Single-Arm DB Row	3	12 / side	90s	
Rear-Delt Fly	3	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	3	12–15	90s	
Hammer Curl	3	12–15	90s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	4	8–12	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	4	10–12	90s	
Leg Extension (+1 drop set)	3	12–15	90s	
Seated Leg Curl	3	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	4	15–20	90s	
Cable Crunch	3	15	90s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK THREE

PHASE: FOUNDATION

Beat last week's log: a rep more or a small load increase on every exercise you can.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	4	6–8	120–180s	
Incline Dumbbell Press	3	8–10	90s	
Seated Shoulder Press	4	8–10	90s	
Lateral Raise	4	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	3	10–12	90s	
Cable Pushdown (+1 drop set)	3	12–15	90s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	3	5	120–180s	
Weighted Pull-Up	4	6–8	120s	
Barbell Row	4	8–10	90s	
Face Pull	3	15	90s	

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EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	4	6–8	120–180s	
Romanian Deadlift	3	8–10	90s	
Walking Lunge	3	10 / leg	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	3	10–12	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	4	12–15	90s	
Hanging Leg Raise	3	12	90s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	4	8–12	90s	
Machine or DB Chest Press	3	10–15	90s	
Cable Fly	3	12–15	90s	
DB Lateral Raise (+1 drop set)	4	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	3	10–12	90s	
Rope Pushdown	3	15–20	90s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	4	10–12	90s	
Lat Pulldown	4	10–15	90s	
Single-Arm DB Row	3	12 / side	90s	
Rear-Delt Fly	3	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	3	12–15	90s	
Hammer Curl	3	12–15	90s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	4	8–12	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	4	10–12	90s	
Leg Extension (+1 drop set)	3	12–15	90s	
Seated Leg Curl	3	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	4	15–20	90s	
Cable Crunch	3	15	90s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK FOUR

PHASE: FOUNDATION

Beat last week's log: a rep more or a small load increase on every exercise you can.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	4	6–8	120–180s	
Incline Dumbbell Press	3	8–10	90s	
Seated Shoulder Press	4	8–10	90s	
Lateral Raise	4	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	3	10–12	90s	
Cable Pushdown (+1 drop set)	3	12–15	90s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	3	5	120–180s	
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Barbell Row	4	8–10	90s	
Face Pull	3	15	90s	

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Back Squat	4	6–8	120–180s	
Romanian Deadlift	3	8–10	90s	
Walking Lunge	3	10 / leg	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	3	10–12	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	4	12–15	90s	
Hanging Leg Raise	3	12	90s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	4	8–12	90s	
Machine or DB Chest Press	3	10–15	90s	
Cable Fly	3	12–15	90s	
DB Lateral Raise (+1 drop set)	4	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	3	10–12	90s	
Rope Pushdown	3	15–20	90s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	4	10–12	90s	
Lat Pulldown	4	10–15	90s	
Single-Arm DB Row	3	12 / side	90s	
Rear-Delt Fly	3	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	3	12–15	90s	
Hammer Curl	3	12–15	90s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	4	8–12	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	4	10–12	90s	
Leg Extension (+1 drop set)	3	12–15	90s	
Seated Leg Curl	3	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	4	15–20	90s	
Cable Crunch	3	15	90s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK FIVE

PHASE: ACCUMULATION

When you hit the top of a rep range on all sets, add weight next session. Rest tightens from here.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	4	6–8	120–180s	
Incline Dumbbell Press	3	8–10	60–90s	
Seated Shoulder Press	4	8–10	60–90s	
Lateral Raise	4	12–15	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	3	10–12	60–90s	
Cable Pushdown (+1 drop set)	3	12–15	60–90s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	3	5	120–180s	
Weighted Pull-Up	4	6–8	120s	
Barbell Row	4	8–10	60–90s	
Face Pull	3	15	60–90s	

SUPERSET

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Romanian Deadlift	3	8–10	60–90s	
Walking Lunge	3	10 / leg	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	3	10–12	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	4	12–15	60–90s	
Hanging Leg Raise	3	12	60–90s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	4	8–12	60–90s	
Machine or DB Chest Press	3	10–15	60–90s	
Cable Fly	3	12–15	60–90s	
DB Lateral Raise (+1 drop set)	4	15–20	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
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DAY FIVE — PULL B (VOLUME)

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Chest-Supported Row	4	10–12	60–90s	
Lat Pulldown	4	10–15	60–90s	
Single-Arm DB Row	3	12 / side	60–90s	
Rear-Delt Fly	3	15–20	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	3	12–15	60–90s	
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DAY SIX — LEGS B (VOLUME)

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Front Squat or Hack Squat	4	8–12	60–90s	

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Hip Thrust	4	10–12	60–90s	
Leg Extension (+1 drop set)	3	12–15	60–90s	
Seated Leg Curl	3	12–15	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	4	15–20	60–90s	
Cable Crunch	3	15	60–90s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK SIX

PHASE: ACCUMULATION

Beat last week's log: a rep more or a small load increase on every exercise you can.

DAY ONE — PUSH A (HEAVY)

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Barbell Bench Press	4	6–8	120–180s	
Incline Dumbbell Press	3	8–10	60–90s	
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Lateral Raise	4	12–15	60–90s	

SUPERSET

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SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
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Cable Fly	3	12–15	60–90s	
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EXERCISE	SETS	REPS	REST	WEIGHT USED
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DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	4	10–12	60–90s	
Lat Pulldown	4	10–15	60–90s	
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Rear-Delt Fly	3	15–20	60–90s	

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EXERCISE	SETS	REPS	REST	WEIGHT USED
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DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	4	8–12	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	4	10–12	60–90s	
Leg Extension (+1 drop set)	3	12–15	60–90s	
Seated Leg Curl	3	12–15	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	4	15–20	60–90s	
Cable Crunch	3	15	60–90s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK SEVEN

PHASE: ACCUMULATION

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DAY ONE — PUSH A (HEAVY)

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Seated Shoulder Press	4	8–10	60–90s	
Lateral Raise	4	12–15	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
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DAY TWO — PULL A (HEAVY)

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Barbell Row	4	8–10	60–90s	
Face Pull	3	15	60–90s	

SUPERSET

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EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	3	10–12	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	4	12–15	60–90s	
Hanging Leg Raise	3	12	60–90s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	4	8–12	60–90s	
Machine or DB Chest Press	3	10–15	60–90s	
Cable Fly	3	12–15	60–90s	
DB Lateral Raise (+1 drop set)	4	15–20	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	3	10–12	60–90s	
Rope Pushdown	3	15–20	60–90s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	4	10–12	60–90s	
Lat Pulldown	4	10–15	60–90s	
Single-Arm DB Row	3	12 / side	60–90s	
Rear-Delt Fly	3	15–20	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	3	12–15	60–90s	
Hammer Curl	3	12–15	60–90s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	4	8–12	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	4	10–12	60–90s	
Leg Extension (+1 drop set)	3	12–15	60–90s	
Seated Leg Curl	3	12–15	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	4	15–20	60–90s	
Cable Crunch	3	15	60–90s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK EIGHT

PHASE: ACCUMULATION

Beat last week's log: a rep more or a small load increase on every exercise you can.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	4	6–8	120–180s	
Incline Dumbbell Press	3	8–10	60–90s	
Seated Shoulder Press	4	8–10	60–90s	
Lateral Raise	4	12–15	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	3	10–12	60–90s	
Cable Pushdown (+1 drop set)	3	12–15	60–90s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	3	5	120–180s	
Weighted Pull-Up	4	6–8	120s	
Barbell Row	4	8–10	60–90s	
Face Pull	3	15	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Curl	3	8–10	60–90s	
Incline DB Curl (+1 drop set)	3	10–12	60–90s	

DAY THREE — LEGS A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	4	6–8	120–180s	
Romanian Deadlift	3	8–10	60–90s	
Walking Lunge	3	10 / leg	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	3	10–12	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	4	12–15	60–90s	
Hanging Leg Raise	3	12	60–90s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	4	8–12	60–90s	
Machine or DB Chest Press	3	10–15	60–90s	
Cable Fly	3	12–15	60–90s	
DB Lateral Raise (+1 drop set)	4	15–20	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	3	10–12	60–90s	
Rope Pushdown	3	15–20	60–90s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	4	10–12	60–90s	
Lat Pulldown	4	10–15	60–90s	
Single-Arm DB Row	3	12 / side	60–90s	
Rear-Delt Fly	3	15–20	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	3	12–15	60–90s	
Hammer Curl	3	12–15	60–90s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	4	8–12	60–90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	4	10–12	60–90s	
Leg Extension (+1 drop set)	3	12–15	60–90s	
Seated Leg Curl	3	12–15	60–90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	4	15–20	60–90s	
Cable Crunch	3	15	60–90s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK NINE

PHASE: INTENSIFICATION

One set added across the board and final sets pushed to 0–1 reps in reserve. Earn every rep.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	5	6–8	120–180s	
Incline Dumbbell Press	4	8–10	60–75s	
Seated Shoulder Press	5	8–10	60–75s	
Lateral Raise	5	12–15	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	4	10–12	60–75s	
Cable Pushdown (+1 drop set)	4	12–15	60–75s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	4	5	120–180s	
Weighted Pull-Up	5	6–8	120s	
Barbell Row	5	8–10	60–75s	
Face Pull	4	15	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Curl	4	8–10	60–75s	
Incline DB Curl (+1 drop set)	4	10–12	60–75s	

DAY THREE — LEGS A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	6–8	120–180s	
Romanian Deadlift	4	8–10	60–75s	
Walking Lunge	4	10 / leg	60–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	4	10–12	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	5	12–15	60–75s	
Hanging Leg Raise	4	12	60–75s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	5	8–12	60–75s	
Machine or DB Chest Press	4	10–15	60–75s	
Cable Fly	4	12–15	60–75s	
DB Lateral Raise (+1 drop set)	5	15–20	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	4	10–12	60–75s	
Rope Pushdown	4	15–20	60–75s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	5	10–12	60–75s	
Lat Pulldown	5	10–15	60–75s	
Single-Arm DB Row	4	12 / side	60–75s	
Rear-Delt Fly	4	15–20	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	4	12–15	60–75s	
Hammer Curl	4	12–15	60–75s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	5	8–12	60–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	5	10–12	60–75s	
Leg Extension (+1 drop set)	4	12–15	60–75s	
Seated Leg Curl	4	12–15	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	5	15–20	60–75s	
Cable Crunch	4	15	60–75s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK TEN

PHASE: INTENSIFICATION

Beat last week's log: a rep more or a small load increase on every exercise you can.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	5	6–8	120–180s	
Incline Dumbbell Press	4	8–10	60–75s	
Seated Shoulder Press	5	8–10	60–75s	
Lateral Raise	5	12–15	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	4	10–12	60–75s	
Cable Pushdown (+1 drop set)	4	12–15	60–75s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	4	5	120–180s	
Weighted Pull-Up	5	6–8	120s	
Barbell Row	5	8–10	60–75s	
Face Pull	4	15	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Curl	4	8–10	60–75s	
Incline DB Curl (+1 drop set)	4	10–12	60–75s	

DAY THREE — LEGS A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	6–8	120–180s	
Romanian Deadlift	4	8–10	60–75s	
Walking Lunge	4	10 / leg	60–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	4	10–12	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	5	12–15	60–75s	
Hanging Leg Raise	4	12	60–75s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	5	8–12	60–75s	
Machine or DB Chest Press	4	10–15	60–75s	
Cable Fly	4	12–15	60–75s	
DB Lateral Raise (+1 drop set)	5	15–20	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	4	10–12	60–75s	
Rope Pushdown	4	15–20	60–75s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	5	10–12	60–75s	
Lat Pulldown	5	10–15	60–75s	
Single-Arm DB Row	4	12 / side	60–75s	
Rear-Delt Fly	4	15–20	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	4	12–15	60–75s	
Hammer Curl	4	12–15	60–75s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	5	8–12	60–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	5	10–12	60–75s	
Leg Extension (+1 drop set)	4	12–15	60–75s	
Seated Leg Curl	4	12–15	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	5	15–20	60–75s	
Cable Crunch	4	15	60–75s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK ELEVEN

PHASE: INTENSIFICATION

Beat last week's log: a rep more or a small load increase on every exercise you can.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	5	6–8	120–180s	
Incline Dumbbell Press	4	8–10	60–75s	
Seated Shoulder Press	5	8–10	60–75s	
Lateral Raise	5	12–15	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	4	10–12	60–75s	
Cable Pushdown (+1 drop set)	4	12–15	60–75s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	4	5	120–180s	
Weighted Pull-Up	5	6–8	120s	
Barbell Row	5	8–10	60–75s	
Face Pull	4	15	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Curl	4	8–10	60–75s	
Incline DB Curl (+1 drop set)	4	10–12	60–75s	

DAY THREE — LEGS A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	5	6–8	120–180s	
Romanian Deadlift	4	8–10	60–75s	
Walking Lunge	4	10 / leg	60–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	4	10–12	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	5	12–15	60–75s	
Hanging Leg Raise	4	12	60–75s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	5	8–12	60–75s	
Machine or DB Chest Press	4	10–15	60–75s	
Cable Fly	4	12–15	60–75s	
DB Lateral Raise (+1 drop set)	5	15–20	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	4	10–12	60–75s	
Rope Pushdown	4	15–20	60–75s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	5	10–12	60–75s	
Lat Pulldown	5	10–15	60–75s	
Single-Arm DB Row	4	12 / side	60–75s	
Rear-Delt Fly	4	15–20	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	4	12–15	60–75s	
Hammer Curl	4	12–15	60–75s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	5	8–12	60–75s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	5	10–12	60–75s	
Leg Extension (+1 drop set)	4	12–15	60–75s	
Seated Leg Curl	4	12–15	60–75s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	5	15–20	60–75s	
Cable Crunch	4	15	60–75s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

WEEK TWELVE

PHASE: DELOAD

Volume drops ~40–50%. Keep loads moderate, leave 3–4 reps in reserve, sleep, eat, and finish the block recovered.

DAY ONE — PUSH A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Bench Press	2	6–8	120–180s	
Incline Dumbbell Press	2	8–10	90s	
Seated Shoulder Press	2	8–10	90s	
Lateral Raise	2	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Overhead Triceps Extension	2	10–12	90s	
Cable Pushdown (+1 drop set)	2	12–15	90s	

DAY TWO — PULL A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Deadlift	2	5	120–180s	
Weighted Pull-Up	2	6–8	120s	
Barbell Row	2	8–10	90s	
Face Pull	2	15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Barbell Curl	2	8–10	90s	
Incline DB Curl (+1 drop set)	2	10–12	90s	

DAY THREE — LEGS A (HEAVY)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Back Squat	2	6–8	120–180s	
Romanian Deadlift	2	8–10	90s	
Walking Lunge	2	10 / leg	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Leg Curl	2	10–12	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Standing Calf Raise	2	12–15	90s	
Hanging Leg Raise	2	12	90s	

DAY FOUR — PUSH B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Incline Barbell Press	2	8–12	90s	
Machine or DB Chest Press	2	10–15	90s	
Cable Fly	2	12–15	90s	
DB Lateral Raise (+1 drop set)	2	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Skull Crusher	2	10–12	90s	
Rope Pushdown	2	15–20	90s	

DAY FIVE — PULL B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Chest-Supported Row	2	10–12	90s	
Lat Pulldown	2	10–15	90s	
Single-Arm DB Row	2	12 / side	90s	
Rear-Delt Fly	2	15–20	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
EZ-Bar Curl (+1 drop set)	2	12–15	90s	
Hammer Curl	2	12–15	90s	

DAY SIX — LEGS B (VOLUME)

EXERCISE	SETS	REPS	REST	WEIGHT USED
Front Squat or Hack Squat	2	8–12	90s	

EXERCISE	SETS	REPS	REST	WEIGHT USED
Hip Thrust	2	10–12	90s	
Leg Extension (+1 drop set)	2	12–15	90s	
Seated Leg Curl	2	12–15	90s	

SUPERSET

EXERCISE	SETS	REPS	REST	WEIGHT USED
Seated Calf Raise	2	15–20	90s	
Cable Crunch	2	15	90s	

DAY SEVEN — REST

Full rest. High-protein eating day; get your steps in and nothing more.

Nutrition for Growth

- Modest calorie surplus: roughly +250–400 kcal/day for lean gaining.
- Protein: 1.6–2.2 g per kg of bodyweight daily, spread over 3–5 feedings.
- Carbohydrates anchored around training; fats moderate and from quality sources.
- Weigh in 2–3x per week; aim for ~0.25–0.5% bodyweight gain per week — faster is mostly fat.

FULL SYSTEM

For the complete calorie, macro, and adjustment framework, run the **Apex Fuel System** alongside this program.

Conclusion — What's Next

Completing Apex Mass Protocol is the beginning, not the finish line. In the final week, retest your key markers and compare them to Week 1 — the numbers will tell you exactly what improved and what to target next.

Retest Checklist

- Top working sets on bench, squat, deadlift, overhead press vs. Week 1
- Bodyweight trend across the block (aim: steady, controlled gain)
- Progress photos — same lighting, same pose, 12 weeks apart
- Weekly training volume you can now recover from

Take 3–5 easy days after your retest, then either run this program again at higher loads or rotate to another Apex program to develop a new quality. Strength, engine, and physique are built over years of consistent blocks — stack them.

STAY IN THE FIGHT

Questions, form checks, or exercise substitutions? Reach out through the Apex Sports & Fitness website and connect with other athletes running the same programs.

Safety, Recovery & Disclaimer

This program is a general training framework, not individualized medical advice. Consult your physician before starting, particularly if you have (or have a family history of) heart disease or high blood pressure, have experienced chest pain, smoke, are obese, or have a bone or joint problem that could be aggravated by exercise. Do not begin if your healthcare provider advises against it. If you feel faintness, dizziness, pain, or shortness of breath at any time, stop immediately. If you sustain an injury, seek medical advice before continuing. Use of the information in this program is solely at your own risk.

Recovery Rules

- **Sleep 7–9 hours.** It is the single most powerful recovery tool you have.
- **Watch your markers:** rising resting heart rate, poor sleep, low mood, and joint soreness that lingers all signal under-recovery.

- **Back off when** performance drops across multiple sessions — add food and sleep before adding work.
- **Deload weeks are mandatory.** They are programmed in; do not skip them or fill them with extra training.
- **Daily extras that cost nothing:** 10 minutes of stretching in the evening, foam rolling, walks, and time with people who recharge you. Mental recovery counts.

FUEL THE WORK

Training is half the equation. Pair this program with the **Apex Fuel System** nutrition framework to support performance, recovery, and body composition.