
Bodyweight

Mass Construction

UNDER CONSTRUCTION! UNDER CONSTRUCTION!



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Introduction

UNDER CONSTRUCTION! UNDER CONSTRUCTION!

Do You Want To Build Mass Using Only Your Bodyweight?

Mass Construction is an 8-week bodyweight mass training system which will show you the exact moves you need to use to build massive, yet functional, powerful, and strong muscle. None of that “fake strength” you see packaged with the physique on most bodybuilders. Instead, you’ll be taken through an 8-week program, done-for-you, with absolutely zero guess work which will show you how to build pounds of brand new muscle onto your physique.

This program is specifically designed for anyone, at any current age or fitness level to perform. Just follow the program outlined in the following pages and you’ll be well on your way to a massive, jaw-dropping physique that exudes power and alpha dominance. If you have any questions of how to perform any of the exercises, please reference back to the video exercise library. If you have any questions about the Bodyweight Mass Construction program please email me at [joe \[at\] spartanbuddy.com](mailto:joe@spartanbuddy.com)

Here’s to your results!

Train HARD and with NO REGRETS!

Joe LoGalbo

Week 1

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Workout 1

Exercise	Sets	Reps	Rest Time
BODYWEIGHT SQUATS [SUPER SLOW]	5 SETS	10 REPS	30 SECONDS
Jump Squats	5 sets	12 reps	30 seconds
Walking Lunges	3 sets	12 steps/leg	30 seconds
Hip Bridges	3 sets	15 reps	30 seconds
Isometrics Squat & Hold	3 sets	Failure	30 seconds

Workout 2

PUSH UPS [SUPER SLOW]	5 SETS	3-5 REPS	60 SECONDS
Isometric Plank with arm pull-in	3 sets	Failure	60 seconds
Wide Pull Up	3 sets	12 Reps	60 seconds
Wide Pike Push Up	3 sets	12 reps	60 seconds
Plank Arm Pull-back	3 sets	Failure	60 seconds

Week 1

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Workout 3

Exercise	Sets	Reps	Rest Time
CLOSE STANCE SQUATS [SUPER SLOW]	5 SETS	10 REPS	30 SECONDS
Jump Squats	5 sets	12 reps	30 seconds
Up-step Lunge	3 sets	12 Reps/leg	30 seconds
Hip Bridge	3 sets	15 reps	30 seconds
Isometrics Squat & Hold	3 sets	Failure	30 seconds

Workout 4

NARROW GRIP PULL UPS	5 SETS	5-10 REPS	60 SECONDS
Chin Hang	3 sets	Failure	60 seconds
Isometric Plank with arm pull-back	3 sets	failure	60 seconds
Superman	3 sets	12 reps	60 seconds
Australian Pull-Up Negatives	3 sets	5-10 reps	60 seconds

Week 2

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Workout 1

Exercise	Sets	Reps	Rest Time
BODYWEIGHT SQUATS [SUPER SLOW]	5 SETS	15 REPS	30 SECONDS
Jump Squats	5 sets	15 reps	30 seconds
Walking Lunges	3 sets	15 steps/leg	30 seconds
Hip Bridges	3 sets	20 reps	30 seconds
Isometrics Squat & Hold	3 sets	Failure	30 seconds

Workout 2

PUSH UPS [SUPER SLOW]	5 SETS	5-10 REPS	60 SECONDS
Isometric Plank with arm pull-in	4 sets	Failure	60 seconds
Wide Pull Up	4 sets	10 Reps	60 seconds
Wide Pike Push Up	4 sets	10 reps	60 seconds
Isometrics Arm Pull Back	3 sets	Failure	60 seconds

Week 2

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Workout 3

Exercise	Sets	Reps	Rest Time
CLOSE STANCE SQUATS [SUPER SLOW]	5 SETS	15 REPS	30 SECONDS
Jump Squats	5 sets	15 reps	30 seconds
Up-step Lunge	4 sets	12 Reps/leg	30 seconds
Hip Bridge	4 sets	12 reps	30 seconds
Isometrics Squat & Hold	4 sets	Failure	30 seconds

Workout 4

NARROW GRIP PULL UPS	5 SETS	10-15 REPS	60 SECONDS
Chin Hang	4 sets	Failure	60 seconds
Isometric Plank with arm pull-back	4 sets	failure	60 seconds
Superman	3 sets	15 reps	60 seconds
Australian Pull-Up	4 sets	5-10 reps	60 seconds

Week 3

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Workout 1

Exercise	Sets	Reps	Rest Time
BODYWEIGHT SQUATS [SUPER SLOW]	5 SETS	20 REPS	30 SECONDS
Reverse Lunge	3 sets	15 steps/leg	30 seconds
Jump Squats	3 sets	20 reps	30 seconds
Single Leg Hip Bridges	3 sets	12 reps/leg	30 seconds
Isometrics Squat & Hold	3 sets	Failure	30 seconds

Workout 2

CLOSE PUSH UPS [SUPER SLOW]	5 SETS	10-15 REPS	60 SECONDS
Dips	3 sets	10-15 reps	60 seconds
Skull Crusher	3 sets	10-15 reps	60 seconds
Wide Pike Push Up	3 sets	12 reps	60 seconds
Plank Chest Squeeze	3 sets	Failure	60 seconds

Week 3

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Workout 3

Exercise	Sets	Reps	Rest Time
CLOSE STANCE SQUATS [SUPER SLOW]	5 SETS	20 REPS	30 SECONDS
Jump Lunge	5 sets	12 reps/leg	30 seconds
Forward Lunge	4 sets	12 Reps/leg	30 seconds
Jump Squat	4 sets	15 reps	30 seconds
Calf Raise	4 sets	Failure	30 seconds

Workout 4

CHIN UP	5 SETS	5-10 REPS	60 SECONDS
Chin Hang	3 sets	Failure	60 seconds
Australian Pull-up	3 sets	5-10 reps	60 seconds
Australian Bicep Curl	3 sets	5-10 reps	60 seconds
Plank Pull Back	3 sets	failure	60 seconds

Week 4

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Workout 1

Exercise	Sets	Reps	Rest Time
BODYWEIGHT SQUATS [SUPER SLOW]	5 SETS	20 REPS	30 SECONDS
Reverse Lunge	4 sets	15 steps/leg	30 seconds
Jump Squats	3 sets	25 reps	30 seconds
Single Leg Hip Bridges	3 sets	15 reps/leg	30 seconds
Isometrics Squat & Hold	4 sets	Failure	30 seconds

Workout 2

CLOSE PUSH UPS [SUPER SLOW]	5 SETS	10-15 REPS	60 SECONDS
Dips	4 sets	10-15 reps	60 seconds
Skull Crusher	4 sets	10-15 reps	60 seconds
Wide Pike Push Up	4 sets	12 reps	60 seconds
Plank Chest Squeeze	4 sets	Failure	60 seconds

Week 4

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Workout 3

Exercise	Sets	Reps	Rest Time
CLOSE STANCE SQUATS [SUPER SLOW]	5 SETS	20 REPS	30 SECONDS
Jump Lunge	5 sets	15 reps/leg	30 seconds
Forward Lunge	4 sets	15 Reps/leg	30 seconds
Jump Squat	4 sets	20 reps	30 seconds
Calf Raise	4 sets	Failure	30 seconds

Workout 4

CHIN UP	5 SETS	10-15 REPS	60 SECONDS
Chin Hang	4 sets	Failure	60 seconds
Australian Pull-up	3 sets	10-15 reps	60 seconds
Australian Bicep Curl	3 sets	10-15 reps	60 seconds
Plank Pull Back	3 sets	failure	60 seconds

Week 5

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Workout 1

Exercise	Sets	Reps	Rest Time
BODYWEIGHT SQUATS [SUPER SLOW]	5 SETS	20 REPS	30 SECONDS
Reverse Lunge	3 sets	15 steps/leg	30 seconds
Jump Squats	3 sets	25 reps	30 seconds
Single Leg Hip Bridges	3 sets	12 reps/leg	30 seconds
Single Leg Squat	3 sets	8 reps/leg	30 seconds

Workout 2

CLOSE PUSH UPS [SUPER SLOW]	5 SETS	10-15 REPS	60 SECONDS
Dips	4 sets	10-15 reps	60 seconds
Skull Crusher	4 sets	10-15 reps	60 seconds
Wide Pike Push Up	4 sets	12 reps	60 seconds
Plank Chest Squeeze	4 sets	Failure	60 seconds

Week 5

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Workout 3

Exercise	Sets	Reps	Rest Time
SQUATS [SUPER SLOW]	5 SETS	20 REPS	30 SECONDS
Squat & Hold	3 sets	Failure	30 seconds
Jump Squat	3 sets	30 reps	30 seconds
Jumping Lunges	3 sets	20 reps/leg	30 seconds
Hip Bridge	3 sets	20 reps	30 seconds

Workout 4

PULL UP	5 SETS	5-10 REPS	60 SECONDS
Plank Pull Back	3 sets	Failure	60 seconds
Wide Grip Push Up	3 sets	10-15 reps	60 seconds
Plank Chest Squeeze	3 sets	Failure	60 seconds
Pike Push-up	3 sets	5-10 reps	60 seconds

Week 6

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Workout 1

Exercise	Sets	Reps	Rest Time
BODYWEIGHT SQUATS [SUPER SLOW]	5 SETS	20 REPS	30 SECONDS
Reverse Lunge	4 sets	15 steps/leg	30 seconds
Jump Squats	4 sets	25 reps	30 seconds
Single Leg Hip Bridges	4 sets	12 reps/leg	30 seconds
Single Leg Squat	4 sets	8 reps/leg	30 seconds

Workout 2

CLOSE PUSH UPS [SUPER SLOW]	5 SETS	10-15 REPS	60 SECONDS
Dips	4 sets	15-20 reps	60 seconds
Skull Crusher	4 sets	15-20 reps	60 seconds
Wide Pike Push Up	4 sets	15 reps	60 seconds
Plank Chest Squeeze	5 sets	Failure	60 seconds

Week 6

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Workout 3

Exercise	Sets	Reps	Rest Time
SQUATS [SUPER SLOW]	5 SETS	20 REPS	30 SECONDS
Squat & Hold	4 sets	Failure	30 seconds
Jump Squat	4 sets	30 reps	30 seconds
Jumping Lunges	4 sets	20 reps/leg	30 seconds
Hip Bridge	4 sets	20 reps	30 seconds

Workout 4

PULL UP	5 SETS	5-10 REPS	60 SECONDS
Plank Pull Back	4 sets	Failure	60 seconds
Wide Grip Push Up	4 sets	10-15 reps	60 seconds
Plank Chest Squeeze	4 sets	Failure	60 seconds
Pike Push-up	4 sets	5-10 reps	60 seconds

Week 7

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Workout 1

Exercise **Sets** **Reps** **Rest Time**

BODYWEIGHT SQUATS [SUPER SLOW]	5 SETS	25 REPS	30 SECONDS
Squats	3 sets	50 reps	30 seconds
Jump Squats	3 sets	25 reps	30 seconds
Single Leg Hip Bridges	3 sets	12 reps/leg	30 seconds
Single Leg Squat	3 sets	8 reps/leg	30 seconds

Workout 2

CLOSE PUSH UPS [SUPER SLOW]	5 SETS	15-20 REPS	60 SECONDS
Bench Dips	3 sets	15-20 reps	60 seconds
Pike Push Up	3 sets	15-20 reps	60 seconds
Plank Chest Squeeze	3 sets	Failure	60 seconds
Plank Pull Back	3 sets	Failure	60 seconds

Week 7

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Workout 3

Exercise	Sets	Reps	Rest Time
SQUATS [SUPER SLOW]	5 SETS	25 REPS	30 SECONDS
Squat & Hold	3 sets	Failure	30 seconds
Forward Lunge	3 sets	20 reps/leg	30 seconds
Reverse Lunge	3 sets	20 reps/leg	30 seconds
Jumping Lunge	3 sets	20 reps/leg	30 seconds

Workout 4

PULL UP	5 SETS	5-10 REPS	60 SECONDS
Chin up hold	3 sets	Failure	60 seconds
Australian Bicep Curl	3 sets	10-15 reps	60 seconds
Plank Pull Back	3 sets	Failure	60 seconds
Supermans	3 sets	10-15 reps	60 seconds

Week 8

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Workout 1

Exercise	Sets	Reps	Rest Time
BODYWEIGHT SQUATS [SUPER SLOW]	5 SETS	30 REPS	30 SECONDS
Squats	4 sets	50 reps	30 seconds
Jump Squats	4 sets	25 reps	30 seconds
Single Leg Hip Bridges	4 sets	12 reps/leg	30 seconds
Single Leg Squat	4 sets	8 reps/leg	30 seconds

Workout 2

CLOSE PUSH UPS [SUPER SLOW]	5 SETS	20-25 REPS	60 SECONDS
Bench Dips	4 sets	15-20 reps	60 seconds
Pike Push Up	4 sets	15-20 reps	60 seconds
Plank Chest Squeeze	4 sets	Failure	60 seconds
Plank Pull Back	4 sets	Failure	60 seconds

Week 8

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Workout 3

Exercise	Sets	Reps	Rest Time
SQUATS [SUPER SLOW]	5 SETS	30 REPS	30 SECONDS
Squat & Hold	4 sets	Failure	30 seconds
Forward Lunge	4 sets	20 reps/leg	30 seconds
Reverse Lunge	4 sets	20 reps/leg	30 seconds
Jumping Lunge	4 sets	20 reps/leg	30 seconds

Workout 4

PULL UP	5 SETS	10-15 REPS	60 SECONDS
Chin up hold	4 sets	Failure	60 seconds
Australian Bicep Curl	4 sets	10-15 reps	60 seconds
Plank Pull Back	4 sets	Failure	60 seconds
Supermans	4 sets	10-15 reps	60 seconds

Congratulations

After completing the Bodyweight Mass Construction program, it is now time to blast your fat. Begin the Body Fat Rebellion Program now. Also, continue performing your Anabolic Running workouts and Anabolic Abs workouts if you do have the Anabolic Abs program. Revisit this program in 8-12 weeks for another 2 months of mass building.

