

# Fast Mass Program: The 4 Days Superset Split Workout

## WORKOUT SUMMARY

Main Goal	Build Muscle
Workout Type	Split
Training Level	Intermediate
Program Duration	8 weeks
Days Per Week	4
Time Per Workout	20-30 minutes
Equipment Required	Barbell, Cables, Dumbbells, Machines
Target Gender	Male & Female

### Workout Description

**If you want results you have to work for them.**

**However, you probably already knew that being a loyal Muscle & Strength reader.**

**But obtaining an awesome physique shouldn't cost you hours of your time a day and it shouldn't take years to obtain.**

**In short, that type of time commitment just isn't fair!**

**Especially since you've got school, work, and life taking up so much of your time.**

**Cutting down on time spent in the gym is exactly what the [Fast Mass program](#) does best.**

**It's one favorite program to do when you want to get in, get the work done, get out, and enjoy the benefits of my fitness lifestyle.**

**So, if you're ready to start getting in pump-inducing and effective workouts in under 30 minutes a day, then read on!**

### **Why Should you Perform The Fast Mass Program?**

The Fast Mass program utilizes a common, but often misunderstood, intensity technique known as the superset. Just know that a superset combines two sets of exercises (that use opposing muscle groups) into one elongated set by performing them one after another without rest.

By utilizing the superset technique, we can do more work in a shorter amount of time. It also allows us to target multiple muscle groups within one weightlifting session at a high enough tempo to involve the cardio-respiratory system.

In another effort to make sure you get the best bang for your buck with this workout program, we hit each muscle group twice a week with a hypertrophy rep range so that you will gain quality lean muscle mass.



### **Why Are Supersets so Great?**

As previously mentioned, supersetting is a great way to increase the amount of work you're able to perform in a shorter amount of time.

**A lot of lifters overgeneralize the term superset to make it include any set that is composed of two separate lifts. However, that's not exactly the case.**

**True supersets involve opposing muscle groups, while compound sets involve the same muscle group. This workout is predominately made up of supersets. However, a compound set or two may have made its way into the program to ensure enough recovery time was given to each muscle group.**



#### **Describing The Fast Mass Workout**

**The Fast Mass program is a 4-day split composed entirely of supersets. To begin each superset, you will perform lift "a" before jumping right into lift "b" with no rest period in between.**

**After you finish your superset, you'll want to take a rest period of between 45-90secs. For the larger, more complex lifts such as the squat, bench, and dumbbell press, I like to rest for the complete 90 seconds. As the workout progresses, you'll be able to shorten that rest time closer to the 45-60sec mark while performing some of the accessory lifts.**

**All the lifts are also programed so that if you work out in a commercial gym, you wont have to hog a whole lot of equipment. Nothing is as**

disheartening as going to perform the second part of your superset only to see another lifter run off with the equipment you needed for the first part.

**Day 1 of the program is a legs and shoulder workout** (minus pressing). You will need to bring over a pair of dumbbells to the squat rack to perform lateral raises in a squat/lateral raise superset. After your first superset, you'll move into dumbbell Romanian deadlifts paired with bent over rear delt raises.

The final superset hits the hamstrings and the quads by performing leg extension and leg curls together. Some gyms have a machine that has them both. If yours does, that's great. If not you can either superset on separate machines or perform one and then the other if you don't have the opportunity to superset them for whatever reason (i.e. busy gym).

**Day 2 features pretty much every other muscle group. You'll start off on a bench doing dumbbell bench press and dumbbell pullovers to work the chest and lats.** Once completed, move the bench up to a 30-45\* incline for incline dumbbell presses and chest supported dumbbell rows. Finally, get a great arm pump by performing EZ bar curls with skullcrushers as a superset.

**Day 4 is your second leg day of the week.** Kick things off with goblet squats paired with goblet lunges in a great leg compound set. Then move over to the machines to hit the quads and hamstrings with another leg extension and leg curl superset.

For your second compound set, hit some calf work with seated calf raises and standing calf raises. For standing calf raises, these can be completed either with a machine, with weight, or with bodyweight depending on the gym flow during your workouts.

**Day 5, and the final day of the lifting week, features a whole upper body day.** Start off with standing dumbbell military presses followed up with a bent over dumbbell row. Next head over to the cables for a lat pulldown





paired with one of the greatest bodyweight exercises of all time, the pushup.









End your workout and go into the weekend with a killer arm pump by performing alternating dumbbell hammer curls and overhead tricep extensions.

**On the off days, you'll want to walk for 20-40 minutes as an active recovery.** Active recovery sessions are great for loosening up your tight muscles and increasing blood flow so that you can pump nutrients into your muscles to help them repair. I prefer walking, but I also live in an area where it doesn't get cold very often. Do whatever light cardio works best for you.



You may also want to include some additional core workouts on your off days. Although, you certainly don't have to. The amount of work done during your workouts should be plenty to shred fat and work the stabilizing muscles of your core.





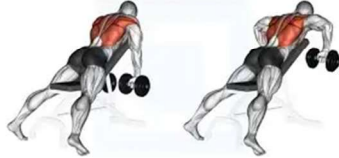





### Day 1 – Legs and Shoulder

Exercises	Muscle	Sets	Reps
<p>1a. Squat</p> 	<p>Quads</p> 	4	8~12
<p>1b. Lateral Raise</p> 	<p>Shoulder</p> 	4	8~12

<p><b>2a. Dumbbell RDL</b></p> 	<p><b>Hamstring</b></p> 	<p><b>3</b></p>	<p><b>12~15</b></p>
<p><b>2b. Rear Delt Raises</b></p> 	<p><b>Shoulder</b></p> 	<p><b>3</b></p>	<p><b>8~12</b></p>
<p><b>3a. Leg Extension</b></p> 	<p><b>Quads</b></p> 	<p><b>3</b></p>	<p><b>8~12</b></p>
<p><b>3b. Leg Curls</b></p> 	<p><b>Hamstring</b></p> 	<p><b>3</b></p>	<p><b>8~12</b></p>













**Day 2 – Chest, Back, Biceps and Triceps**

Exercises	Muscle	Sets	Reps
<p><b>1a. Dumbbell Bench Press</b></p> 	<p><b>Chest</b></p> 	<p><b>4</b></p>	<p><b>8~12</b></p>








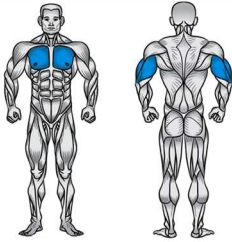
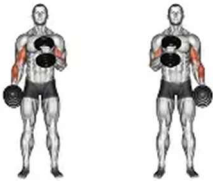

<p><b>1b. Dumbbell Pullover</b></p> 	<p><b>Chest</b></p> 	<p><b>4</b></p>	<p><b>8~12</b></p>
<p><b>2a. Incline Dumbbell Bench</b></p> 	<p><b>Chest</b></p> 	<p><b>3</b></p>	<p><b>8~12</b></p>
<p><b>2b. Db Row on Incline Bench</b></p> 	<p><b>Back</b></p> 	<p><b>3</b></p>	<p><b>8~12</b></p>
<p><b>3a. EZ Bar Curl</b></p> 	<p><b>Biceps</b></p> 	<p><b>3</b></p>	<p><b>10~12</b></p>
<p><b>3b. Skullcrusher</b></p> 	<p><b>Triceps</b></p> 	<p><b>3</b></p>	<p><b>8~12</b></p>

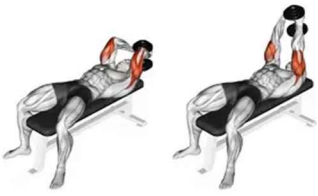

**Day 3: off (light cardio 20-40 minutes of walking for active recovery)**

**Day 4 – Legs**

Exercises	Muscle	Sets	Reps
<p>1a. Goblet Squat</p> 	<p>Quads</p> 	4	12
<p>1b. Goblet Lunge</p> 	<p>Quads</p> 	4	12
<p>2a. Leg Extension</p> 	<p>Quads</p> 	4	10~12
<p>2b. Leg Curl</p> 	<p>Hamstring</p> 	4	10~12
<p>3a. Standing Calf Raises</p> 	<p>Calves</p> 	4	12~15
<p>3b. Seated Calf Raises</p> 	<p>Calves</p> 	4	12~15

## Day 5 – Shoulder, Back, Chest, Biceps & Triceps

Exercises	Muscle	Sets	Reps
<b>1a. Standing Dumbbell Press</b> 	<b>Shoulder</b> 	4	8~12
<b>1b. Bent-Over Dumbbell Row</b> 	<b>Back</b> 	4	8~12
<b>2a. Lat Pulldown</b> 	<b>Back</b> 	4	10~12
<b>2b. Pushup</b> 	<b>Chest / Triceps</b> 	4	10~12
<b>3a. Alternating Hammer Curl</b> 	<b>Biceps</b> 	3	10~12

3b. Overhead Tricep Extension	Triceps	3	10~12
			

**Day 6 & 7: off (light cardio 20-40 minutes of walking for active recovery)**

### **Conclusion:**

**The Fast Mass Program is great, because it utilizes supersets, which allow you to perform a lot of exercises and train multiple muscle groups in a short amount of time.**

**It is perfect for the average person looking to put on muscle mass, but may not have the time to spend longer than 30 minutes in the gym.**

### **Frequently Asked Questions (FAQs)**

#### **Are Supersets Good for Building Muscle?**

**Like traditional resistance training, the superset also builds muscles and strength. Additionally, it burns more calories, enhances endurance, and helps you lose fat. However, the superset is an advanced form of training and it can exhaust you in a short time.**

#### **Should Beginners Do Supersets?**

**The superset training is intense and requires decent endurance to perform exercises. So, it will be challenging for beginners. However, you can try after a couple of months of regular training.**

#### **How Often Should You Superset?**

**Doing the superset exercises three to four times a week is enough to get efficient results. However, you can increase your frequency to 5 days a week depending on your fitness levels, but make sure you give your trained muscles 48-72 hours of recovery time.**