



# BRIAN DANLEY FITNESS

## MASS CONDITIONING

**Purpose:** To increase your bodyweight while losing bodyfat and gaining muscle

### RESISTANCE TRAINING:

#### **BEGINNER (< 8 MO)**

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1
FREQUENCY =	2 - 3 X / WK
LOAD =	67 - 80% 1-RM
SETS =	1 - 6
REPS =	8 - 12
REP SPEED =	MOD
SET DURATION =	30 - 40s
REST DURATION =	30 - 90s
WORKOUT DURATION =	40 - 60 MINS

#### **INTERMEDIATE (8 - 18 MO)**

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 2
FREQUENCY =	3 - 4 X / WK
LOAD =	67 - 80% 1- RM
SETS =	3 - 6
REPS =	8 - 12
REP SPEED =	MOD
SET DURATION =	30 - 40s
REST DURATION =	30 - 90s
WORKOUT DURATION =	40 - 70 MINS

## ADVANCED (> 18 MO)

PERIOD =	1 - 3 MO
EXERCISES / MUSCLE =	1 - 3
FREQUENCY =	4+ X / WK
LOAD =	67 - 80% 1-RM
SETS =	3 - 6
REPS =	8 - 12
REP SPEED =	MOD
SET DURATION =	30 - 40s
REST DURATION =	30 - 90s
WORKOUT DURATION =	40 - 80 MINS

## WORKOUT PROGRAMS:

- CIRCUIT TRAINING
- SUPERSET TRAINING
- FULL-BODY TRAINING
- UPPER-LOWER BODY TRAINING
- PUSH-PULL TRAINING
- LEG TRAINING
- BARBELL TRAINING
- COMPOUND SET TRAINING
- TRISET TRAINING
- GIANT SET TRAINING
- 10 X 10 TRAINING
- 8 X 8 TRAINING

## CARDIO TRAINING:

PERIOD =	1 - 3 MO
FREQUENCY =	3 - 5 X / WK
INTENSITY =	60 - 85% HRR
WORKOUT DURATION =	20 - 45 MINS

## **WORKOUT PROGRAMS:**

- **SLOW / LONG DISTANCE TRAINING**
- **CROSS TRAINING**
- **CIRCUIT TRAINING**