

DWAYNE JOHNSON'S MASS GAINING WORKOUT

DAY 1: SHOULDERS

EXERCISE	SETS	REPS
SEATED MILITARY PRESS MACHINE	3	21
DUMBBELL LATERAL RAISE <i>SUPERSET WITH</i> DUMBBELL FRONT RAISE	3	8/8
REAR DELT CABLE RAISE	5	12, 10, 8, 6, 4
HAMMER STRENGTH SHRUG	5	12, 10, 8, 6, 4
FOUR WAY NECK MACHINE	4	12

DAY 2: BACK

EXERCISE	SETS	REPS
WIDE-GRIP LAT PULLDOWN	5	12, 10, 8, 6, 4
CLOSE-GRIP LAT PULLDOWN	5	12, 10, 8, 6, 4
ONE-ARM SEATED ROW MACHINE	4	12
BACK EXTENSION	4	15, 15, 12, 12

DAY 3: LEGS

EXERCISE	SETS	REPS
LEG PRESS	4	25, 20, 18, 16*
SMITH MACHINE LUNGE	4	8 PER LEG
LYING LEG CURL	4	12, 10, 8, 6
STANDING CALF RAISE	6	16*

**Johnson performs a drop set on the final set of these exercises*

DAY 4: ARMS

EXERCISE	SETS	REPS
ALTERNATING DUMBBELL CURL	5	12, 10, 8, 6, 4
PREACHER MACHINE CURL	6	12, 10, 8, 6, 21, 21**
CABLE TRICEPS EXTENSION	5	12, 10, 8, 6, 20
OVERHEAD CABLE EXTENSION	4	12, 10, 8, 20
1-ARM REVERSE-GRIP TRICEPS EXTENSION	2	15

***Johnson performs 21s on these two sets – 21 total repetitions where he does 7 upper half partial reps, 7 lower half partial reps and 7 full-range reps*

DAY 5: CHEST

EXERCISE	SETS	REPS
INCLINE DUMBBELL PRESSES	5	12, 10, 8, 6, 4
DUMBBELL BENCH PRESSES	5	12, 10, 8, 6, 4
CABLE CROSSOVERS <i>SUPERSET WITH</i> PUSH-UPS	4	12
	4	15

NOTE: JOHNSON TRAINS ABS TWICE A WEEK