

Mass Builder Finisher Day 1

Complete this finisher after your workout to promote lean muscle growth and increase your capacity to gain strength.

INSTRUCTIONS

- DO NOT PERFORM ON YOUR REST DAYS
- Complete 3 sets of each exercise pairing and 2 sets of the final exercise
- Rest 60 seconds between exercises in a pairing
- Rest 2 minutes between sets

1A: DB Sumo Deadlift

- 8-12 reps
- Use medium-heavy weights
- Keep spine neutral
- Rest 60 seconds before BB Shrug





1B: BB Shrug

- 12-20 reps
- Use heavy weights
- Shrug shoulders straight up
- Rest 2 minutes, then repeat DB Sumo Deadlift
- Complete 3 sets of this pairing





2A: DB Front Squat

- 8-12 reps
- Use medium-heavy weights
- Keep torso upright
- Rest 60 seconds before BB Bent Row





2B: BB Bent Row [Overhand-Grip]

- 8-12 reps
- Use medium-heavy weights
- Keep core locked
- Rest 2 minutes, then repeat BB Bent Row
- Complete 3 sets of this pairing



3: Supine Row [Underhand-Grip]

- Complete as many reps as possible
- Stop as soon as form breaks down
- Rest until you are fully recovered
- Complete 2 sets





This training program only contains recommendations. Actual exercises, volumes, and intensities are undertaken at the user's sole discretion and are performed at the user's own risk. Volt makes no express or implied warranties regarding the Volt program or content. Use of Volt's program and content is governed by the terms of use provided on Volt's website.