

Dave Batista Wrestler Workout for Huge Mass

Mondays - Chest & Abs

Exercise Name	Sets				REPS
	1	2	3	4	
incline barbell bench press	10	8 to 9	6 to 7	/	REPS
flat bench dumbbell press	10	10	10	/	
decline bench dumbbell flys	12	12	12	/	
parallel bar dips	12	10	/	/	
ab crunches	30	30	30	30	

Notes

After a couple of weeks, if the dips get too easy, add weight and do them with a dip belt and keep adding weight plates. Always keep within the designated rep range though! With ab crunches, if you can do more than 30, just keep going until complete failure!

Tuesdays - Biceps & Calves

Exercise Name	Sets				REPS
	1	2	3	4	
standing barbell curl	10	8 to 9	6 to 7	/	REPS
concentration curl	12	12	12	/	
skull crushers	10	10	10	/	
one-arm cable triceps pushdown	12	12	12	/	
standing calves machine	20	16	12	/	

Notes

With biceps exercises go heavy, blast the hell out of them every time! When you do your calves, do them with your toes **in** one week, and then the following week do them with your toes slightly **out** because calves are a stubborn muscle group, so you need to introduce variety as much as you can and as often as you can!

Wednesdays - Rest or Optional Cardio & Abs

On these days you can rest. If you want you can do some cardio and abs (rope crunches or hanging leg raises). If you do cardio, don't do more than 30 minutes at medium intensity on a treadmill or exercise bike.

Thursdays - Legs & Calves

Exercise Name	Sets				REPS
	1	2	3	4	
barbell squat	10	8 to 9	6 to 7	/	REPS
leg extensions	12	12	12	/	
legs curls	10	8	6	/	
leg raises	20	20	20	20	
seated calve raises	20	16	14	12	

Notes

This is a demanding workout day. You need to be at full strength when you walk into the gym to do your leg workout day.

Fridays - Back & Shoulders

Exercise Name	Sets				REPS
	1	2	3	4	
deadlift	10	8	/	/	REPS
lat pull-ups	10	8 to 9	6 to 7	/	
one-arm bent-over dumbbell row	10	8	6	/	
military shoulder press	10	8	6	/	
barbell shrugs	10	8	6	/	

Notes

The deadlift is the "big daddy" of back muscle building exercises. Only do 2 sets, but kill it! Rest plenty (at least 2 minutes) between sets on this day!

Saturdays & Sundays - Rest

The weekend is for relaxing and resting. Don't do any physical activity that is too demanding and don't be cheating on your meals or drinking too much either.

General Workout Notes

1. Always push yourself and try to increase the weights on each exercise every week (while staying within the designated rep ranges).
2. Eat well. Take in about 1.5 to 1.8 grams of protein per pound of body weight. Your muscle building diet should be 30% protein, 50% carbs from sources like beans, rice, pasta, whole grains and potatoes. Fat is 20% from healthy sources like almonds and olive oil for example.
3. Eat 5 to 7 meals per day, evenly spaced (no more than 3 hours apart). Your pre and post workout meals should be in the form of whey protein shakes.