Top ten mass building exercises:

#1 Deadlift
#2 Squat
#3 Bench Press
#4 Clean
#5 Chin-Up
#6 Shoulder Press
#7 Bent Over Row
#8 Dip
#9 Biceps Curl
#10 Calf Press

Week One: 7 sets of 5

*For an example:*

Set One: 225 for five
Set Two: 245 for five
Set Three: 265 for five
Set Four: 275 for five (getting tired, tough lift, might not be able to get another set)
Set Five: 235 for five (nice refreshing drop in intensity)
Set Six: 255 for five (nice, challenging set…but not to bad)
Set Seven: Either 275 or 285, depending on spotters and energy

Week Two: 6 sets of 3
Week Three: 5-3-2

Week Four: Off!

Exercise Selection

Monday: Bench Press or Incline Bench Press

Tuesday: Row or Row Variation

Wednesday: Squat

Thursday: Off

Friday: Military Press

Saturday: Curl, Deadlift, Whatever