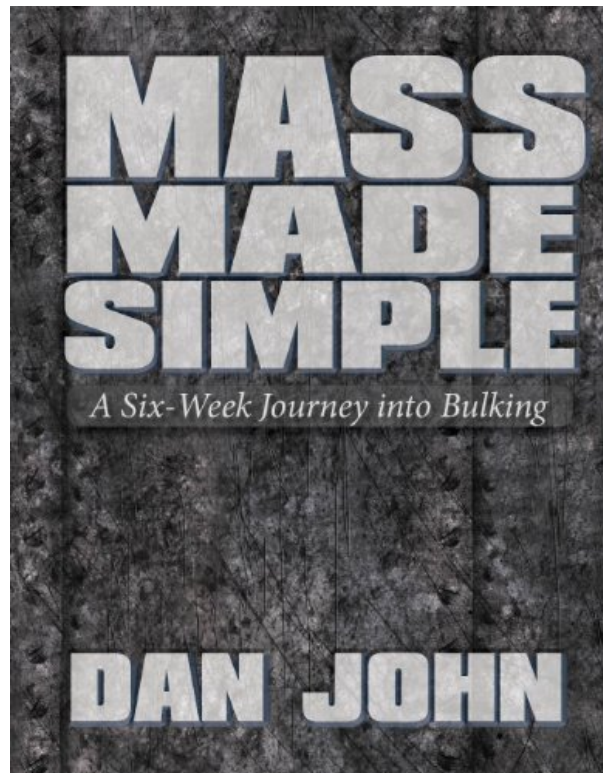
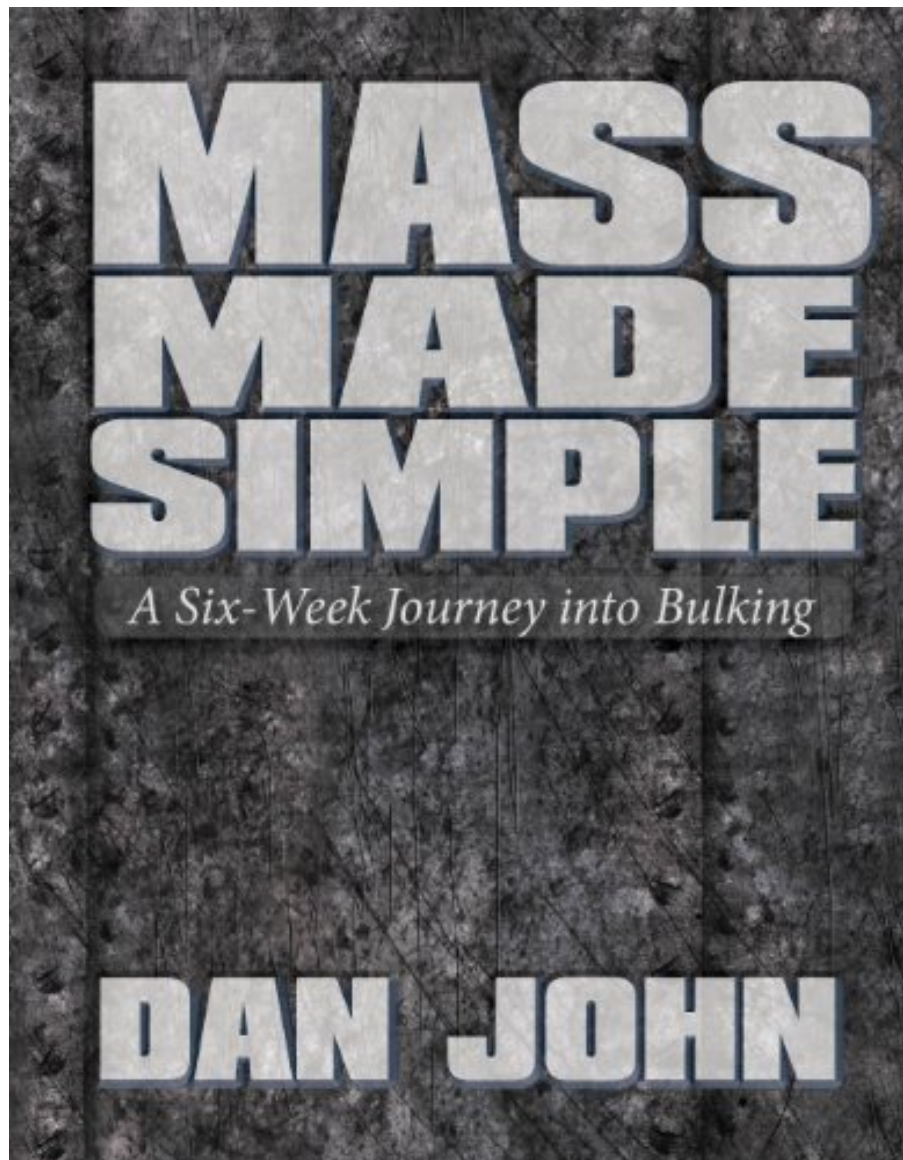


# **MASS MADE SIMPLE A SIX-WEEK JOURNEY INTO BULKING BY DAN JOHN**



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What does it take to build solid power and size? Gaining lean body mass is the Holy Grail and the Lost City of Gold and the Atlantis of bodybuilding. It gets talked about a lot, but few seem to unlock the secrets. In the past few decades, Dan John, author of the bestseller, *Never Let Go*, has found the key to this enigma-It is based on a few principles, a few days a week in the gym and a few key movements. It sounds simple because it is simple. But don't let simple fool you. This isn't easy. Set aside six weeks, prepare a gym bag to stock with food and enter the world of attaining lean body mass with Dan John as your guide.

- Sales Rank: #317643 in Books
- Published on: 2011
- Binding: Spiral-bound
- 160 pages

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Simple, Not Easy, Very Effective

By Brian

I just finished MMS. It was a huge success for me. I put on 10lbs of lean mass and got much much stronger. I have always been quite weak, and the first workout of 30x95 was a max for me. I didn't know how I was going to do it twice three days later. I ended up being fine and every workout felt like significant progress. I wanted to share some of the insights I have come up with from the experience.

A little background for reference:

Age: 25

Training Age: 2.5 years

Height: 6'2"

Starting Weight: 192lbs

Max Starting Back Squat: 225x2

Max Starting Bench: 185x1

Max Starting Press: 135x1

The final results were:

Weight: 202lbs

Back Squat: 205x30

Bench: 215x1

Complex: 2 reps at 125

Other relevant information:

Diet was paleo except for the protein shakes. I never missed a workout. I missed supplements and shakes 3 times in the 6 weeks. I always trained alone. I wouldn't have thought the last one mattered much, but thought

more about it after reading the link on the Dan John blog recently.

As far as I'm concerned, any one of those numbers would have qualified for success, but the group is very satisfying.

Now for what I learned:

Complexes are key to making the gains lean. Along with their value in adding upper body mass, they keep the heart rate up to burn fat. The high rep complexes in the first part of the program were sometimes the hardest part of the workout. As the weight went up and the reps went down, the stress on the lungs and heart went way down, but my arms held me back in the pressing. I really enjoyed the complexes and will continue with them regularly.

Pressing takes a lot of reps. Like a lot people, overhead pressing has always been very difficult to me. Progress was very slow, but doing 30ish reps of bench and 20-30 reps of single arm presses added a lot of strength in those movements.

Warm ups and rest periods matter. In the past, I have done as little warm up reps and exercises as possible. With the stress involved in this program, I took the warm ups very seriously and used them to my advantage. I foam rolled and stretched every workout and never had a injury. I wouldn't expect anything major, but I didn't even have a twinge anywhere. As the weight went up in the pressing and complexes, the rest periods really started to matter. At first I was disappointed because they extended the workouts, but as my strength went up as I started training smarter, I discovered their value.

Size happens in clothes before the scale. All of my clothes are nearly too small with just 10lbs of mass gain. I feel like a completely different person even though not much has changed.

High rep squats burn out the mind and the back before anything else. I always quit the "to 50" sets when I thought I couldn't take the pain in my back any longer. I never worried about missing a rep, but resting with the bar on my back took as much out of me as the actual movement. I think my back turned out to be my most obvious weakest link. I will be focusing on back strength a lot in the near future.

When you are eating "clean" 3,000 calories is a lot of food. I never checked calories until the program was over because I was always eating as much as I could. I was shocked to find that even with the prescribed shakes, I was under 3,500 most days. I stayed with the paleo diet because it has kept me so healthy and I noticed major differences when I eat grains or dairy. I can see how valuable peanut butter and jelly sandwiches are though. When I recommend this program, I will make sure to say they are worth it if size is the goal.

Fiber helps.

I kept a lot of notes and have been writing a lot more since I completed the program. I think I learned a lot about myself and training from the past six weeks, but I expect to learn a lot more in the near future. Thanks for providing such a great program. Like most programs, when you DO them, they work.

Time to make a simple program to hit my weak points....

0 of 0 people found the following review helpful.  
Distilled wisdom from the gym.

By Thomas Sletvold

Another brilliant book. Exactly what I expect from Dan John, really. It's simple without being dumbed down, and you should come to understand the idea of adding one piece to the puzzle at a time, track your progress, and see what made the greatest difference for you.

I'm looking forward to trying the program.

0 of 0 people found the following review helpful.

Awesome as always

By SeaPig

Third time through this book and I pick up a little something new every time. Dan puts things into simple terms that even old soldiers such as myself can understand.

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