

# Larry Scott's Intermediate Mass-Training Routine

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 [gym-talk.com/larry-scott-mass-training-routine/](https://gym-talk.com/larry-scott-mass-training-routine/)

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Bench presses to neck	6	6-8
Barbell squats	6	8
Calf raises	6	15-20
Behind the neck press	6	6-8
Front pulldowns	6	8-10
Lying barbell triceps extensions	6	6-8
Preacher bench curls	6	6-8
Bent-leg knee raises	1	100-150