

LEAN BULKING PROGRAM

Date: _____

Day 1 (Push)		Remarks	Weight x Reps			
1st Circuit	Bench Press: 3-4 x 5-8		x	x	x	x
	Face Pulls or Shrug: 3-4 x 10-15		x	x	x	x
2nd Circuit	Dumbbell Shoulder Press: 3 x 8-12		x	x	x	
	Cable Crunch: 3 x 10-15		x	x	x	
	Kettlebell Swing (Optional): 3 x 20		x	x	x	
10-Minutes Cardio (Steady-State @ 70% MHR)		Duration		Remarks		
Day 2 (Pull)		Remarks	Weight x Reps			
1st Circuit	Yates Row: 3-4 x 5-8		x	x	x	x
	V Up on Bench 3-4 x 10-15		x	x	x	x
2nd Circuit	Weighted Pull-up: 3 x 6-10		x	x	x	
	Leg Raise: 3 x 10-15		x	x	x	
	Step-up (Optional): 3 x 20-30		x	x	x	
Day 3 (Legs)		Remarks	Weight x Reps			
Circuit	Squat or Bulgarian Split Squat: 3 x 6-10		x	x	x	x
	Stiff-legged Deadlift: 3 x 8-10		x	x	x	x
Circuit	Leg Press: 3 x 10-15		x	x	x	x
	Calf Raise or Toe Press: 3 x 10-15		x	x	x	x
	Leg Curl: 3 x 8-10		x	x	x	x
	Weighted Back Raise: 3 x 15-20		x	x	x	x
Day 4 (Push)		Remarks	Weight x Reps			
1st Circuit	Overhead Press: 3 x 5-8		x	x	x	x
	Face Pull: 3 x 10-15		x	x	x	x
2nd Circuit	Incline Dumbbell Press: 3 x 8-12		x	x	x	
	Bench V Up: 3 x 10-15		x	x	x	
	Kettlebell Swing (Optional): 3 x 20		x	x	x	
Day 5 (Pull)		Remarks	Weight x Reps			
1st Circuit	Weighted Pull-up: 3 x 5-8		x	x	x	x
	Leg Raise 3 x 10-15		x	x	x	x
2nd Circuit	Cable or Dumbbell Rows: 3 x 8-12		x	x	x	
	Leg Raise: 3 x 10-15		x	x	x	
	Step-up (Optional): 3 x 20-30		x	x	x	
10-Minutes Cardio (Steady-State @ 70% MHR)		Duration		Remarks		
Day 6 (Active Rest)		Duration	Remarks			
Walk 10-30 minutes						
Day 7 (Active Rest)		Duration	Remarks			
Walk 10-30 minutes						
NOTES						
<p>Sleep: 😊 😐 😞</p> <p>Nutrition: 😊 😐 😞</p> <p>Motivation: 😊 😐 😞</p>						