

LEAN BULKING PROGRAM (COMMERCIAL GYM)

Week of:

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

Rest: 60-90 seconds between exercises, 2-minutes between circuits