

# LEAN BULKING PROGRAM (HOME GYM)

Week of:

Day 1 (Push)		Remarks	Weight x Reps			
1st Circuit	Incline Dumbbell Press: 3 x 6-10		x	x	x	
	Resistance Band Race Pull: 3 x 10-15		x	x	x	
2nd Circuit	Shoulder Press: 3 x 6-10		x	x	x	
	Elevated Feet Crunch: 3 x 10-15		x	x	x	
	Kettlebell Swing (Optional): 3 x 20		x	x	x	
10-Minutes Cardio (Steady-State @ 70% MHR)		<b>Duration</b>	Sleep	😊😊😊	Nutrition	😊😊😊
			Motivation	😊😊😊		
Day 2 (Pull)		Remarks	Weight x Reps			
1st Circuit	Dumbbell Row (right side): 3 x 6-10		x	x	x	
	Dumbbell Row (left side): 3 x 6-10		x	x	x	
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)		<b>Duration</b>	Sleep	😊😊😊	Nutrition	😊😊😊
			Motivation	😊😊😊		
Day 3 (Legs)		Remarks	Weight x Reps			
Bulgarian Split Squat: 3 x 6-10			x	x	x	
Dumbbell Stiff-legged Deadlift: 3 x 8-12			x	x	x	
Circuit	Step Back Lunges (left leg): 2 x 10-15		x	x	x	
	Step Back Lunges (right leg): 2 x 10-15		x	x	x	
	Stability Ball Back Raises: 2 x 15-20		x	x	x	
	Stability Ball Crunches: 2 x 15-20		x	x	x	
10-Minutes Cardio (Steady-State @ 70% MHR)		<b>Duration</b>	Sleep	😊😊😊	Nutrition	😊😊😊
			Motivation	😊😊😊		
Day 4 (Push)		Remarks	Weight x Reps			
1st Circuit	Overhead Dumbbell Press: 3 x 6-10		x	x	x	
	Resistance Band Race 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)		<b>Duration</b>	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	Dumbbell Row (right side): 3 x 6-10		x	x	x	
	Dumbbell Row (left side): 3 x 6-10					
	Step-up (Optional): 3 x 20-30		x	x	x	
10-Minutes Cardio (Steady-State @ 70% MHR)		<b>Duration</b>	Sleep	😊😊😊	Nutrition	😊😊😊
			Motivation	😊😊😊		
<b>Day 6 (Active Rest)</b> Walk 10-30 minutes		<b>Duration</b>	Sleep	😊😊😊	Nutrition	😊😊😊
			Motivation	😊😊😊		
<b>Day 7 (Active Rest)</b> Walk 10-30 minutes		<b>Duration</b>	Sleep	😊😊😊	Nutrition	😊😊😊
			Motivation	😊😊😊		

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