

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
	Lateral Raise: 3-4 x 10-15		x	x	x	x
	Seated Calf Raise: 3-4 x 8-15		x	x	x	x
2nd Circuit	Shoulder Press: 3 x 6-10		x	x	x	
	Dumbbell Fly: 3 x 10-15		x	x	x	
	Cable Crunch: 3 x 10-15		x	x	x	
Rest: 60-90 seconds between exercises		Sleep Nutrition Motivation	☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹			
Day 2 (Pull)		Remarks	Weight x Reps			
1st Circuit	Yates Row: 3-4 x 5-8		x	x	x	x
	Bent Over Lateral Raise: 3-4 x 10-15		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	
	Shrug: 3 x 6-12		x	x	x	
	Face Pull: 3 x 10-15		x	x	x	
Rest: 60-90 seconds between exercises		Sleep Nutrition Motivation	☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹			
Day 3 (Legs)		Remarks	Weight x Reps			
1st Circuit	Squat or Hack Squat: 3 x 5-8		x	x	x	
	Leg Curl: 3 x 8-15		x	x	x	
	Seated Calf Raise: 3 x 8-15		x	x	x	
2nd Circuit	Stiff-legged Deadlift: 2-3 x 6-10		x	x	x	
	Leg Extension: 2-3 x 8-15		x	x	x	
	Calf Raise or Toe Press: 2-3 x 8-15		x	x	x	
Rest: 60-90 seconds between exercises		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	
	Leg Raise or Reverse Crunch: 3 x 10-15					
2nd Circuit	Incline Dumbbell Press: 3 x 8-12		x	x	x	
	Lateral Raise: 3 x 10-15		x	x	x	
	Bench V-Up: 3 x 10-15					
Rest: 60-90 seconds between exercises		Sleep Nutrition Motivation	☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹			
Day 5 (Pull)		Remarks	Weight x Reps			
1st Circuit	Weighted Chin-up: 3 x 5-8		x	x	x	
	Bent Over Lateral Raise: 3 x 10-15		x	x	x	
	Seated Calf Raise: 3 x 8-15		x	x	x	
2nd Circuit	Cable Row: 3 x 8-12		x	x	x	
	Calf Raise or Toe Press: 3 x 8-15		x	x	x	
	Cable Crunch: 3 x 10-15		x	x	x	
Rest: 60-90 seconds between exercises		Sleep Nutrition Motivation	☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹	Rest: 60-90 seconds between exercises		
Day 6 (Active Rest)		Duration	Sleep	☹ ☹ ☹		
Walk 20-30 minutes			Nutrition	☹ ☹ ☹		
			Motivation	☹ ☹ ☹		
Day 7 (Active Rest)		Duration	Sleep	☹ ☹ ☹		
Walk 20-30 minutes			Nutrition	☹ ☹ ☹		
			Motivation	☹ ☹ ☹		
Rest: 60-90 seconds between exercises						