

LEAN BULKING PROGRAM (HOME GYM)

Week of:

Day 1 (Push)		Remarks	Weight x Reps			
1st Circuit	Incline Dumbbell Press: 3-4 x 6-10		x	x	x	x
	Lateral Raise: 3-4 x 10-15		x	x	x	x
	Single Leg 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	
	Feet Elevated Crunch: 3 x 15-20					
Rest: 60-90 seconds between exercises		Sleep Nutrition Motivation	☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹			
Day 2 (Pull)		Remarks	Weight x Reps			
1st Circuit	Dumbbell Row (right side): 3 x 6-10		x	x	x	x
	Dumbbell Row (left side): 3 x 6-10		x	x	x	x
	Bent Over Lateral Raise: 3-4 x 10-15		x	x	x	x
2nd Circuit	Weighted Chin-up: 3 x 5-10		x	x	x	
	Shrug: 3 x 6-12		x	x	x	
	Resistance Band 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	Bulgarian Split Squat (left leg): 3 x 6-10		x	x	x	
	Bulgarian Split Squat (right leg): 3 x 6-10		x	x	x	
	Single Leg Calf Raise: 3-4 x 8-15		x	x	x	
2nd Circuit	Stiff-legged Deadlift: 2-3 x 8-15		x	x	x	
	Step Back Lunges (left leg): 2-3 x 10-15		x	x	x	
	Step Back Lunges (right leg): 2-3 x 10-15		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	
	Dumbbell Fly: 3 x 10-15		x	x	x	
	Resistance Band Face Pull: 3 x 10-15		x	x	x	
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	
	Single Leg Calf Raise: 3 x 8-15		x	x	x	
2nd Circuit	Dumbbell Row (Left Arm): 3 x 8-12		x	x	x	
	Dumbbell Row (Right Arm): 3 x 8-12		x	x	x	
	Single Leg Calf Raise: 3-4 x 8-15		x	x	x	
Rest: 60-90 seconds between exercises		Sleep Nutrition Motivation	☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹	Rest: 60-90 seconds between exercises		
Day 6 (Active Rest) Walk 20-30 minutes		Duration	Sleep	☹ ☹ ☹		
			Nutrition	☹ ☹ ☹		
			Motivation	☹ ☹ ☹		
Day 7 (Active Rest) Walk 20-30 minutes		Duration	Sleep	☹ ☹ ☹		
			Nutrition	☹ ☹ ☹		
			Motivation	☹ ☹ ☹		

Rest: 60-90 seconds between exercises