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
1st Circuit	Lateral Raise: 3-4 x 10-15		x	x	x	x
1st Circuit	Seated Calf Raise: 3-4 x 8-15		x	x	x	x
2nd Circuit	Shoulder Press: 3 x 6-10		x	x	x	
2nd Circuit	Dumbbell Fly: 3 x 10-15		x	x	x	
2nd Circuit	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
1st Circuit	Bent-Over Lateral Raise: 3-4 x 10-15		x	x	x	x
1st Circuit	V-Up on Bench: 3-4 x 10-15					
2nd Circuit	Weighted Chin-up: 3 x 5-10		x	x	x	
2nd Circuit	Shrug: 3 x 6-12		x	x	x	
2nd Circuit	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	
1st Circuit	Leg Curl: 3 x 8-15		x	x	x	
1st Circuit	Seated Calf Raise: 3 x 8-15		x	x	x	
2nd Circuit	Stiff-legged Deadlift: 2-3 x 6-10		x	x	x	
2nd Circuit	Leg Extension: 2-3 x 8-15		x	x	x	
2nd Circuit	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	
1st Circuit	Face Pull: 3 x 10-15		x	x	x	
1st Circuit	Leg Raise or Reverse Crunch: 3 x 10-15					
2nd Circuit	Incline Dumbbell Press: 3 x 8-12		x	x	x	
2nd Circuit	Lateral Raise: 3 x 10-15		x	x	x	
2nd Circuit	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	
1st Circuit	Bent-Over Lateral Raise: 3 x 10-15		x	x	x	
1st Circuit	Seated Calf Raise: 3 x 8-15		x	x	x	
2nd Circuit	Cable Row: 3 x 8-12		x	x	x	
2nd Circuit	Calf Raise or Toe Press: 3 x 8-15		x	x	x	
2nd Circuit	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) **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