



CREATED BY GYMNASIUM

# BULK WORKOUT PLAN

DAYS	WORKOUT SPLIT
MONDAY	CHEST & BICEPS
TUESDAY	LEGS
WEDNESDAY	SHOULDERS & TRAPS
THURSDAY	ARMS
FRIDAY	CARDIO & ABS
SATURDAY	BACK & TRICEPS
SUNDAY	OFF

MONDAY - CHEST & BICEPS			
CHEST/BICEPS	EXERCISE	SETS	REPS
WARM UP	1. PUSH UPS	2	MAX
SUPERSET	2A. INCLINE PRESS	3	6-8
	2B. PUSH UP ON DUMBBELLS	3	10-12
SUPERSET	3A. BENCH PRESS	3	6-8
	3B. INCLINE PUSHUPS	3	10-12
SUPERSET	4A. DB FLY	3	10-12
	4B. DIPS	3	10-12
SUPERSET	5A. EX BAR CURL	3	6-8
	5B. REVERSE MACHINE BAR CURL	3	10-12
SUPERSET	6A. DB HAMMER CURL	3	6-8
	6B. ROPE CURL (CHEST FACING DOWN)	3	10-12

NOTE: 3 MINUTE REST AFTER EACH SUPERSET.

TUESDAY - LEGS			
LEGS	EXERCISE	SETS	REPS
WARM UP	1. BODY WEIGHT SQUAT	2	20-30
REGULAR SET	2. BACK SQUAT	3	6-8

LEGS	EXERCISE	SETS	REPS
SUPERSET	3A. BARBELL DEADLIFT	3	6-8
	3B. DB STIFF LEG DEADLIFT	3	10-12
REGULAR SET	4. BARBELL FRONT SQUAT	3	6-8
SUPERSET	5A. DB LUNGES	3	10-12
	5B. SEATED CALF RAISE	3	10-12

**NOTE:** 3 MINUTE REST AFTER EACH SUPERSET.

### WEDNESDAY - SHOULDERS & TRAP

SHOULDERS/TRAP	EXERCISE	SETS	REPS
WARM UP	1. STANDING SHOULDER PRESS	2	15-20
SUPERSET	2A. SEATED BARBELL PRESS	3	6-8
	2B. SINGLE HAND DB PRESS	3	10-12
SUPERSET	3A. DB SIDE RAISE + 3B. DB FRONT RAISE (1REP SIDE & 1 REP FRONT TOGETHER) 8+8 = 16 REPS	3	8
SUPERSET	4. CABLE REAR DELT FLY	3	10-12
SUPERSET	5A. BARBELL SHRUGS	3	6-8
	5B. ROPE SHRUGS	3	10-12
FINISHER SET	6. ARM PADDLE	1-2	40

**NOTE:** 3 MINUTE REST AFTER EACH SUPERSET.

### THURSDAY - ARMS

ARMS	EXERCISE	SETS	REPS
WARM UP	1. DB CURL/DB KICKBACK	1	20-30
SUPERSET	2A. CLOSE GRIP EZ BAR CURL	3	10-12
	2B. DB SKULL CRUSHER	3	10-12
SUPERSET	3A. SPIDER INWARD CURL	3	10-12
	3B. DB OVERHEAD EXTENSION	3	10-12
SUPERSET	4A. LAYING CABLE CURL	3	10-12
	4B. TRICEPS PRESSDOWN (INCLINE BENCH)	3	10-12
REGULAR SET	5. BARBELL STANDING BEHIND THE BACK FOREARM CURL	3	12-15

**NOTE:** 3 MINUTE REST AFTER EACH SUPERSET.

## FRIDAY - ABS & CARDIO

ABS/CARDIO	EXERCISE	SETS	REPS
REGULAR SET	1. STABILITY BALL CURL	3	15-20
REGULAR SET	2. HANGING LEG RAISE	3	15-20
REGULAR SET	3. PLANK SIDE TO SIDE	3	15-20
REGULAR SET	4. AB ROLLER (OPTIONAL)	3	15-20

**NOTE:** 3 MINUTE REST AFTER EACH SUPERSET.

## SATURDAY - BACK & TRICEPS

BACK/TRICEPS	EXERCISE	SETS	REPS
WARM UP	1. PULL UPS	1	MAX
SUPERSET	2A. WIDE GRIP LAT PULL DOWN 2B. CABLE SINGLE HAND ROWS	3 3	6-8 10-12
SUPERSET	3A. BARBELL ROWS 3B. SINGLE HAND DB ROWS	3 3	6-8 10-12
REGULAR SET	4. LAT ROPE PULL DOWN	3	10-12
SUPERSET	5A. SKULL CRUSHER 5B. ROPE OVERHEAD EXTENSION	3 3	6-8 10-12
SUPERSET	6A. CLOSE GRIP TRICEPS PRESSDOWN 6B. CABLE KICKBACK	3 3	6-8 10-12
REGULAR SET	7. BENCH DIPS	3	12-15

**NOTE:** 3 MINUTE REST AFTER EACH SUPERSET.

**NOTE:** WATCH BULK WOKOUT VIDEOS ON YOUTUBE

-----

## BULK NUTRITION PLAN

Before starting BULK program, your first step is to calculate your daily calories requirement. Everybody's height/weight/age is different so they need different calories. Follow the 3 steps below to find out your caloric intake to gain muscle.

### STEP 1: CALCULATE THE BMR

Use Online BMR calculator or BMR Mobile App.

Enter Height/Weight/Age including Moderate Active (5 days a week) Lets assume your BMR came 1700.

### STEP 2: CACULATE THE MAINTENANCE CALORIES

[FORMULA: BMR x 1.5]

$1700 \times 1.5 = 2550$  calories

So maintenance calories is 2550

### STEP 3: ADD EXTRA CALORIES FOR GAINING

If you want to gain 0.5lbs per week then add 250 calories  $2550 + 250 = 2800$

If you want to gain 1lbs per week then add 500 calories  $2550 + 500 = 3050$

If you want to gain 2lbs per week then add 1000 calories  $2550 + 1000 = 3550$

### MACROBREAKDOWN

TOTAL CALORIES	CARBS (55%)	PROTEIN (25%)	FAT (20%)
3500 aprx.	481g	218g	77g

### MEAL 1 - BULK SHAKE

INGREDIENTS	CARBS	PROTEIN	FAT
2 BANANA	50g	2g	0g
1 SCOOP WHEY	1g	24g	1g
240ML MILK	10g	8g	5g
150ML WATER	0	0	0
1.5SP PEANUT BUTTER	5g	5g	10
1/2 CUP OATS POWDER	27g	3g	1g
PINCH CINNAMON	0	0	0
<b>TOTAL CALORIES = 681</b>	<b>92g</b>	<b>40g</b>	<b>17g</b>

## MEAL 2 - BREAD TOAST & OMELETE

INGREDIENTS	CARBS	PROTEIN	FAT
2 WHOLE EGGS	2g	12g	10g
2 EGG WHITES	0	8g	0
3-4 MULTIGRAIN BREAD SLICES	56g	8g	10g
2SP JAM	20g	0	0
1-2 BANANA (OPTIONAL)	—	—	—
<b>TOTAL CALORIES = 550</b>	<b>78g</b>	<b>28g</b>	<b>14g</b>

## MEAL 3 - RICE EGG PEAS

INGREDIENTS	CARBS	PROTEIN	FAT
1 CUP RICE	45g	3g	1g
1/2 CUP KIDNEY BEANS	15g	5g	1g
4 EGG WHITES	0	16g	0
1/2 cup PEAS	3g	0	0
1SP GHEE OR COCONUT OIL (OPTIONAL)	0	0	13g
<b>TOTAL CALORIES = 471</b>	<b>60g</b>	<b>24g</b>	<b>15g</b>

## MEAL 4 - BULK SHAKE (Same as Meal 1)

INGREDIENTS	CARBS	PROTEIN	FAT
2 BANANA	50g	2g	0g
1 SCOOP WHEY	1g	24g	1g
240ML MILK	10g	8g	5g
150ML WATER	0	0	0
1.5SP PEANUT BUTTER	5g	5g	10
1/2 CUP OATS POWDER	27g	3g	1g
PINCH CINNAMON	0	0	0
<b>TOTAL CALORIES = 681</b>	<b>92g</b>	<b>40g</b>	<b>17g</b>

## PRE / DURING / POST WORKOUT

PRE WORKOUT	QUANTITY
1 SCOOP ANY PRE WORKOUT SUPPLEMENT	1scoop
CREATINE	3-5g
WATER	200-240ml
DURING WORKOUT	QUANTITY
BCAA	5-10g
WATER	300-500ml
POST WORKOUT 1	QUANTITY
1-2 SCOOP WHEY PROTEIN	25-50g
CREATINE	3-5g
GLUTAMINE	3-5g
WATER	200-350ml

<b>TOTAL CALORIES = 200</b>	<b>0</b>	<b>50g</b>	<b>0</b>
-----------------------------	----------	------------	----------

POST WORKOUT 2 (45MIN AFTER POST WORKOUT DRINK 1)	QUANTITY
FRESH JUICE (ORANGE OR APPLE OR MIXED)	350ml

<b>TOTAL CALORIES = 200</b>	<b>50g</b>	<b>0</b>	<b>0</b>
-----------------------------	------------	----------	----------

## MEAL 5 - POTATO CHICKEN BEANS

INGREDIENTS	CARBS	PROTEIN	FAT
220g POTATO	50g	0	0
1/2 CUP WHITE CHANNE	15g	6g	2g
1 TOMATO	5g	0	0
80g GRILLED CHICKEN	0	14g	0
1SP BARBIQ SAUCE (OPTIONAL)	0	0	13g
<b>TOTAL CALORIES = 378</b>	<b>70g</b>	<b>20g</b>	<b>2g</b>

## MEAL 6 - BED PROTEIN

INGREDIENTS	CARBS	PROTEIN	FAT
100ml MILK	6g	5g	1g
1/2 SCOOP WHEY OR CASEIN	0	10g	0
2 RICE CAKE (OR BROWN BREAD)	30g	0	1g
1SP PEANUT BUTTER	3g	3g	10g
<b>TOTAL CALORIES = 336</b>	<b>39g</b>	<b>18g</b>	<b>12g</b>

## VEG NUTRITION PLAN

### MEAL 1 - MUSCLE OATS

FOOD	MACROS
<b>MUSCLE OATS</b> -2/3cup Oats -1/4 cup Cereals or Granola -2/3sp Whey -1sp Brans -1/8 cup Raisin -1/8 cup Cranberries -1/8 cup Crushed Almonds -1/8 cup Crushed Walnuts -1/2 Banana -1/2 Apple -2pinch Cinnamon	<b>CALORIES - 595</b> <b>PROTEIN - 35g</b> <b>CARBS - 80g</b> <b>FAT - 15g</b>

### MEAL 2 - PROTEIN POWER SNACK

FOOD	MACROS
<b>PROTEIN POWER SNACK</b> -1 Slice Bread + 1sp Peanut butter -1 Slice Bread+ ½ cup mashed chickpeas -1 Slice Bread+ ½ Banana+1sp Peanut butter	<b>CALORIES - 536</b> <b>PROTEIN - 23g</b> <b>CARBS - 71g</b> <b>FAT - 16g</b>



### MEAL 3 - POTATO BOWL

FOOD	MACROS
<b>MUSCLE BUILDER POTATO BOWL</b> -140g Sweet Potato -1/2 cup Kidney Beans -50g Fresh Paneer -1/2 Green Pepper 1/4cup Spinach (chopped) -3sp Green onion (chopped) -2sp Tomato (chopped) Sauce: Yogurt Sauce Topping -1/3cup Mango or Pine Apple (chopped) -25g Soy Chunks	<b>CALORIES - 490</b> <b>PROTEIN - 33g</b> <b>CARBS - 68g</b> <b>FAT - 10g</b>

### MEAL 4 - BULK UP SHAKE

FOOD	MACROS
<b>BULK UP SHAKE</b> -2 Banana -1sp Whey -1.5 sp Peanut Butter -240ml Milk -1/2 cup Oats powder -Pinch Cinnamon -150ml Water	<b>CALORIES - 681</b> <b>PROTEIN - 40g</b> <b>CARBS - 92g</b> <b>FAT - 17g</b>

### PRE / DURING / POST WORKOUT

PRE WORKOUT	QUANTITY
1 SCOOP ANY PRE WORKOUT SUPPLEMENT	1scoop
CREATINE	3-5g
WATER	200-240ml
DURING WORKOUT	QUANTITY
BCAA	5-10g
WATER	300-500ml
POST WORKOUT 1	QUANTITY
1-2 SCOOP WHEY PROTEIN	25-50g
CREATINE	3-5g
GLUTAMINE	3-5g
WATER	200-350ml

<b>TOTAL CALORIES = 200</b>	<b>0</b>	<b>50g</b>	<b>0</b>
-----------------------------	----------	------------	----------

POST WORKOUT 2 (45MIN AFTER POST WORKOUT DRINK 1)	QUANTITY
FRESH JUICE (ORANGE OR APPLE OR MIXED)	350ml

TOTAL CALORIES = 200	50g	0	0
----------------------	-----	---	---

## MEAL 5 - RECOVERY MEAL

FOOD	MACROS
<b>RECOVERY MEAT</b> -200g Tofu (Grilled, roasted or pan cooked) -1 Pineapple Ring <u>Broccoli Cabbage Salad</u> -1/2 cup crushed Broccoli -1/2 cup crushed Cabbage -1sp Ranch <u>Beans Salad</u> -1/4cup Kidney Beans -1/4cup Chickpeas -2sp chopped carrots -2sp chopped tomato -2sp chopped onion -1/2 lemon -Cilantro little bit -Ketchup or Red Chutney -Salt/Pepper	<b>CALORIES - 513</b> <b>PROTEIN - 30g</b> <b>CARBS - 60g</b> <b>FAT - 17g</b>

## MEAL 6 - BED PROTEIN

FOOD	MACROS
<b>BED PROTEIN</b> -1/2 cup Milk -1/2sp whey or casein -1/2 sp Peanut Butter -2 Rice Cake or Brown Bread	<b>CALORIES - 336</b> <b>PROTEIN - 18g</b> <b>CARBS - 39g</b> <b>FAT - 12g</b>

MACRO BREAKDOWN
CALORIES - 3551   PROTEIN - 229g   CARBS - 460g   FAT - 87g

*Best Wishes to Everyone*