



ROAD TO INSANE BULK

WORKOUT OVERVIEW

WORKOUT SPLIT- PUSH/LEGS/PULL

Monday- Chest + Deltoids +
Ticeps + Cardio.

Tuesday- Qauds +
Hamstring + Calves.

Wednesday- Back + Biceps +
Traps.

Thursday-Chest + Deltoids + Ticeps
+ Cardio.

Friday- Qauds + Hamstring +
Calves.

Saturday- Back + Biceps + Traps.

Sunday- Rest day.



MONDAY

PUSH

1. DB PRESS – 3 (Working) +1 Drop sets of 8-10 reps. Rest: 2 mins.
2. PEC DEC FLY- 3 sets of 10 reps. Rest: 1:30 mins.
3. BARBELL OVERHEAD PRESS– 3 Sets of 8-10 reps Rest: 2 mins.
4. LATERAL RAISE + BENDOVER FLY- 3 sets of 12 reps [+5 pulse reps]. Rest: 2 mins.
5. BENCH DIPS/ TRICEPS PRESSES- 3 sets of 10 reps. Rest: 1:30 mins.
6. TRICEPS ROPE PUSH DOWNS- 3 sets of 10 reps[+5 pulse reps] [2 Sets Far + 1 Set Reverse Stance] Rest: 2 mins.

CARDIO

WEEK 1 TO WEEK 12- 20 mins of medium pace cardio (SWIM).

HIMALAYAN
STALLION



TUESDAY

LEGS

1. BARBELL BACK SQUATS- 3 (working) sets of 8-10 reps. Rest: 2-3 mins.
2. LEG PRESS (Close Stance)- 3 sets of 8-10 reps Rest: 2 mins.
3. HAMSTRING CRURLS- 3 sets of 12 reps [+5 pulse reps]. Rest: 1:30 mins.
4. STANDING CALVE RAISE - 3 sets of 12 reps [+5 pulse reps] Rest: 1mins.
5. SEATED CALVE RAISE- 3 sets of 12 reps [+5 pulse reps] Rest: 1mins.

HIMALAYAN
STALLION



WEDNESDAY

PULL

1. PULL UPS WEIGHTED- 3(working) sets of 8-10 reps.
Rest: 2 mins.
2. BENDOVER ROWS + PARTIAL DEADLIFT- 3 sets of 10
reps. Rest: 2 mins.
3. SEATED ROWS Neutral grip (Machine plate/Cable) - 3 sets of 12[+5 pulse reps].
Rest: 1:30 mins.
4. BICEPS DB CURLS- 3 sets of 10 reps.
Rest: 1:30 mins.
5. HAMMER ROPE CURLS- 3 sets of 12 reps.
Rest: 1:30 Mins.
6. BARBELL SHRUGS- 3 sets of 15 reps each exercise [10 hold + 5 pulse].
Rest: 1:30 mins.

HIMALAYAN
STALLION



THURSDAY

PUSH

1. INCLINED BARBELL PRESS – 3
(Working) sets of 10-12 reps. Rest: 2 mins.
2. CABLE FLYS - 3 sets of 15 reps. Rest: 1:30 mins.
3. DB FRONT RAISE– 3 Sets of 12 reps Rest: 2 mins.
4. MACHINE LATERAL RAISE/CABLE + FACE PULLS - 3 sets of 12 reps
[+5 pulse reps]. Rest: 2 mins.
5. SKULL CRUSHER- 3 sets of 12 reps. Rest: 1:30 mins.
6. DB KICK BACKS - 3 sets of 12 reps [+5 pulse reps] Rest: 1:30 mins.

ABS

1. HIGH LEG CRUNCHES [50 reps] + LEG RAISE [20 reps] + WOOD CHOPPER [20 reps each side]- 4 sets.
Rest: 1 min.

CARDIO

WEEK 1 TO WEEK 12- 20 mins of medium pace cardio (RUN).

HIMALAYAN
STALLION



FRIDAY

LEGS

1. BARBELL LUNGES 3 (working) sets of 12
Each leg reps. Rest: 2-3 mins.
2. HIP THRUST (BARBELL)- 3 sets of 12 reps Rest: 2 mins.
3. STIFF LEG DEADLIFTS (BARBELL)- 3 sets of 12 reps Rest: 2 mins.
4. TOES RAISES - 3 sets of 15 reps Rest: 1mins.
5. SEATED CALVE RAISE- 3 sets of 12 reps [+5 pulse reps] Rest: 1mins.

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SATURDAY

PULL

1. D HANDLE LAT PULLDOWN -3(working) sets of 12 reps.
Rest: 2 mins.
2. SEAL ROWS 3 sets of 12 reps. Rest: 2 mins.
3. BARBELL SHRUGS- 3 sets of 15 reps each exercise [12 hold + 5 pulse].
Rest: 1:30 mins.
4. DB SHRUGS- 3 sets of 15 reps each exercise [12 hold + 5 pulse].
Rest: 1:30 mins.
5. PREACHER CURLS- 3 sets of 12 reps.
Rest: 1:30 mins.
6. DRAG CRULS- 3 sets of 12 reps. Rest: 1:30
Mins.

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STALLION