

# 10 WEEK BULK DUMMIES PROGRAM

**LET'S GROW, TIME TO GET STRONG!** THE BULK DUMMIES PROGRAM IS DESIGNED TO INCREASE MUSCLE MASS. THROUGHOUT THE 10 WEEKS, THE WORKOUTS ARE DESIGNED TO BUILD OFF OF THE PREVIOUS WEEK. ALL PERCENTAGES ARE BASED OFF YOUR ONE REP MAX FOR THAT EXERCISE. GOOD LUCK! **LET'S GET TO WORK...**

*\*SEVERAL WORKOUTS HAVE "YOGA MOVEMENTS" IN THE WARMUP, THESE MOVEMENTS CONSIST OF KNEELING POSE, CHILDS POSE, DOWNWARD DOG, PIGEON POSE, HIGH LUNGE POSE, LIZARD POSE, LOW LUNGE W/ TWIST, DOWNWARD DOG W/ WALK ON HANDS BACK TO TOE TOUCH. RUN EACH EXERCISE FOR THE SPECIFIED AMOUNT OF TIME FOR THAT DAY!*

*\*SATURDAYS AND SUNDAYS ARE DEDICATED TO ACTIVE RECOVERY AND ARE OPTIONAL, HOWEVER ACTIVE RECOVERY IS LOW IMPACT FORM OF EXERCISE TO CONTINUE TO BURN FAT AND HELP YOUR BODY RECOVER FROM WEIGHT TRAINING. HERE ARE A FEW IDEAS:*

- 30 MINUTE WALK/HIKE
- 15 MINUTE JOG
- 45 MINUTE BIKE RIDE
- 30 MINUTES OF RECREATIONAL SPORTS
- 20 MINUTE YOGA SESSION
- 60 MINUTE MOBILITY TRAINING

*\*You will see different intensity levels for select workouts, varying from light, moderate, to intense. This is based on your perceived effort, if it says intense try to exert your maximum effort within reason!*

*Remember you are only cheating yourself!*

*\*For burnout workouts that say "total" try to complete the required reps in the fewest amount of sets possible! **LET'S GO!***

## MONDAY: UPPER BODY (PUSH EMPHASIS)

### WEEK 1

**BIKE:** 5 MINUTES (MODERATE)

**YOGA MOVEMENTS:** 30 SECONDS EACH

**BENCH PRESS:** 5 X 5 (55%, 60%, 65%, 67.5%, 70%)

**PULL UPS (UNDERHAND):** 3 X 5

**MILITARY PRESS (STANDING):** 4 X 8

**HIGH PLANK:** 3 X 30 SECONDS

**CLEAN TO PRESS:** 4 X 5

**ALTERNATING FRONT/SIDE RAISE DUMBBELL:** 3 X 8 EACH (LIGHT)

**CABLE FALL PULLS (PAUSE REP):** 3 X 10

### BURNOUT:

**WEIGHTED PUSHUPS:** 4 X 10

# 10 WEEK BULK DUMMIES PROGRAM

## TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 1

TREADMILL WALK (INCLINE): 5 MINUTES

BACK SQUAT: 5 X 5 (55%, 60%, 65%, 67.5%, 70%)

WEIGHTED GLUTE BRIDGES: 3 X 10

BULGARIAN SPLIT SQUAT: 4 X 5

LOW PLANK ALTERNATE LEG RAISES: 3 X 30 SECONDS

DUMBBELL RDL: 3 X 10 (HEAVIER)

SPLIT SQUAT LUNGE HOLD: 3 X 30 SECONDS

CALVE RAISES (PAUSE REP): 3 X 10

BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

SQUAT TO JUMP (HANDS TO CEILING): 3 X 10

## WEDNESDAY: ARMS/CORE/CARDIO

WEEK

1

TREADMILL WALK (INCLINE): 5 MINUTES

BIKE: 5 MINUTES (MODERATE-INTENSE)

STRAIGHT BAR CURL: 4 X 10

STRAIGHT BAR TRICEP EXTENSIONS: 3 X 10

WEIGHTED CHRISTMAS TREE PUSH UP: 4 X 10

STANDING OBLIQUE SIDE BENDS: 2 X 8 EACH

ECCENTRIC OVERHAND CURLS TO UNDERHAND: 3 X 10 EACH

HAMMER CURLS: 4 X 10 (HEAVIER)

BURNOUT:

# 10 WEEK BULK DUMMIES PROGRAM

**CRUNCHES:** 65 REPS

## THURSDAY: UPPER BODY (PULL EMPHASIS)

### WEEK 1

**FRONT PLANK:** 30 SECONDS

**SIDE PLANK:** 30 SECONDS EACH SIDE

**YOGA MOVEMENTS:** 30 SECONDS

**DUMBBELL PRESS (PAUSE REP):** 4 X 8

**PULL UPS (NEUTRAL GRIP):** 3 X 10

**BARBELL BENT OVER ROW:** 5 X 6

**HIGH PLANK:** 3 X 30 SECONDS

**SINGLE ARM DUMBBELL ROW:** 4 X 8

**WIDE GRIP PULLDOWNS:** 3 X 12

**REVERSE FLIES:** 3 X 12

### BURNOUT:

**INVERTED BODYWEIGHT ROW (HOLDS):** 3 X 20 SECONDS

## FRIDAY: LOWER BODY (PUSH EMPHASIS)

### WEEK 1

**TREADMILL WALK (INCLINE):** 5 MINUTES

**YOGA MOVEMENTS:** 30 SECONDS

**DUMBBELL LUNGES:** 4 X 5 EACH

**SINGLE LEG GLUTE BRIDGES:** 3 X 8

**FRONT SQUAT:** 3 X 8 (HEAVIER)

**GROIN STRETCH:** 3 X 30 SECONDS

**BARBELL RDL:** 3 X 8

# 10 WEEK BULK DUMMIES PROGRAM

**TOE TOUCH ABS:** 3 X 20

**CALVE RAISES SINGLE LEG:** 3 X 12 EACH

**BURNOUT:**

**AIR SQUAT:** 50 REPS

## MONDAY: UPPER BODY (PUSH EMPHASIS)

### WEEK 2

**5 LB PLATE WARMUP:** 10 SCARECROWS, 10 FRONT RAISES, 10 SIDE RAISES, 10 ARM CIRCLES

**YOGA MOVEMENTS:** 30 SECONDS

**BENCH PRESS:** 4 X 8 (57.5%, 60%, 65%, 70%)

**CHIN UPS:** 3 X 10

**ALTERNATING DUMBBELL INCLINE PRESS:** 3 X 6 EACH

**CABLE AB CRUNCHES:** 3 X 20

**ARNOLD PRESS:** 3 X 10

**ALTERNATING FRONT/SIDE RAISE DUMBBELL:** 3 X 8 EACH

**SHOULDER TAPS OUT OF HIGH PLANK:** 3 X 10 EACH

**BURNOUT:**

**ECCENTRIC WEIGHTED PUSHUPS:** 2 X 10

**CABLE INTERNAL/EXTERNAL ROTATION:** 3 X 12 EACH

## TUESDAY: LOWER BODY (PULL EMPHASIS)

### WEEK 2

**TREADMILL WALK (INCLINE):** 6 MINUTES

**YOGA MOVEMENTS:** 30 SECONDS

**BACK SQUAT:** 4 X 12 (57.5%, 60%, 65%, 70%)

**BARBELL GLUTE BRIDGES:** 3 X 8

# 10 WEEK BULK DUMMIES PROGRAM

**SPLIT SQUAT:** 3 X 6 EACH

**COPENHAGEN PLANK:** 3 X 15 EACH

**DUMBBELL RDL:** 3 X 5 (HEAVIER)

**BOX JUMPS:** 3 X 6

**CALVE RAISES:** 3 X 10 (HEAVIER)

**BURNOUT:**

**WEIGHT SQUAT HOLD:** 2 X 45 SECONDS

## WEDNESDAY: ARMS/CORE/CARDIO

WEEK

2

**BIKE:** 8 MINUTES (INTENSE)

**EZ BAR CURL:** 3 X 15

**STRAIGHT BAR TRICEP EXTENSIONS:** 3 X 15

**CABLE TRICEP EXTENSION:** 4 X 10

**PULL UPS (PAUSE AT THE TOP):** 2 X FAILURE

**OVERHAND CURLS:** 3 X 15

**DUMBBELL OVERHEAD EXTENSION:** 4 X 10 (HEAVIER)

**BURNOUT:**

**WRIST CURLS:** 3 X 30

**WRIST EXTENSION:** 3 X 30

## THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 2

**FRONT PLANK:** 30 SECONDS

**SIDE PLANK:** 30 SECONDS EACH SIDE

**YOGA MOVEMENTS:** 30 SECONDS

**BENCH PRESS (PAUSE REPS):** 8, 6, 6, 6, 6, 6 (55%, 62.5%, 67.5%, 72.5%, 75%, 77.5%)

**UNDERHAND BAND PULL APART:** 3 X 16



# 10 WEEK BULK DUMMIES PROGRAM

**BARBELL BENT OVER ROW (PAUSE REP): 4 X 5**  
**INVERTED BODYWEIGHT ROWS: 3 X 10 (FAST)**

**SINGLE ARM DUMBBELL ROW: 4 X 5**  
**CLOSE GRIP PULLDOWNS: 3 X 12**  
**DUMBBELL SHRUG: 3 X 12**

## **BURNOUT:**

**ROPE CABLE PULLDOWN: 2 X 25**

## **FRIDAY: LOWER BODY (PUSH EMPHASIS)**

### **WEEK 2**

**TREADMILL WALK (INCLINE): 5 MINUTES**  
**YOGA MOVEMENTS: 30 SECONDS**

**HEX BAR DEADLIFT: 5 X 5**  
**HIP FLEXOR STRETCH (W/BAND): 2 X 45 SECONDS**

**DUMBBELL OR KETTLEBELL SINGLE ARM SNATCH: 3 X 4 EACH**  
**HAMSTRING CURL: 3 X 10**

**BARBELL RDL: 3 X 10**  
**CABLE CRUNCH: 3 X 20**  
**QUARTER SQUAT SINGLE LEG CALVE RAISES: 4 X 8**

## **BURNOUT:**

**DUMBBELL LUNGE: 45 SECOND PAUSE AT BOTTOM EACH LEG**

## **MONDAY: UPPER BODY (PUSH EMPHASIS)**

### **WEEK 3**

**5 LB WARM UP: 10 SCARECROWS, 10 FRONT RAISES, 10 SIDE RAISES, 10 ARM CIRCLES**  
**YOGA MOVEMENTS: 30 SECONDS**

# 10 WEEK BULK DUMMIES PROGRAM

**BENCH PRESS:** 4 X 10 (52.5%, 55%, 57.5%, 62.5%)

**PULL UPS (OVERHAND):** 4 X 8

**SINGLE ARM MILITARY PRESS DUMBBELL:** 3 X 8 EACH

**SIDE CRUNCH:** 2 X 25 EACH

**DUMBBELL CLEAN TO PRESS:** 4 X 5

**DUMBBELL ALTERNATING FRONT/SIDE RAISE:** 3 X 10 EACH

**PLATE SIT UPS:** 3 X 15

## BURNOUT:

**PUSHUPS:** 3 X 25

## TUESDAY: LOWER BODY (PULL EMPHASIS)

### WEEK 3

**TREADMILL WALK (INCLINE):** 5 MINUTES

**YOGA MOVEMENTS:** 30 SECONDS

**HEX BAR DEADLIFT:** 5 X 5

**GLUTE BRIDGES:** 3 X 10

**BULGARIAN SPLIT SQUAT:** 3 X 10 EACH

**HIGH PLANK HOLD:** 3 X 30 SECONDS

**HAMSTRING CURL:** 4 X 8

**LUNGE HOLD:** 3 X 30 SECONDS

**SKATER HOPS:** 3 X 8 EACH

## BURNOUT:

**PISTOL SQUAT ASSISTED:** 3 X 8 EACH

## WEDNESDAY: ARMS/CORE/CARDIO

3

WEEK

# 10 WEEK BULK DUMMIES PROGRAM

**5 LB PLATE WARM UP:** 10 SCARECROWS, 10 FRONT RAISES, 10 SIDE RAISES, 10 ARM CIRCLES

**STRAIGHT BAR CURL:** 4 X 10

**DUMBBELL SKULL CRUSHERS:** 3 X 12

**WEIGHTED BENCH DIPS:** 3 X 25

**HANGING LEG SWINGS:** 2 X 12

**ALTERNATING DUMBBELL CURLS:** 3 X 8 EACH

**STRAIGHT BAR CABLE PUSHDOWN:** 3 X 12 (HEAVIER)

**BURNOUT:**

**CRUNCHES:** 100 REPS

**DEAD HANG:** 3 X 30 SECONDS

## THURSDAY: UPPER BODY (PULL EMPHASIS)

### WEEK 3

**FRONT PLANK:** 45 SECONDS

**SIDE PLANK:** 30 SECONDS EACH SIDE

**YOGA MOVEMENTS:** 30 SECONDS

**3 SECOND ECCENTRIC BENCH PRESS:** 10, 10, 5 (55%, 60%, 50%)

**3 SECOND ECCENTRIC PULL UPS (NEUTRAL GRIP):** 3 X 5

**BARBELL BENT OVER ROW:** 4 X 5 (HEAVIER)

**DEAD HANG:** 3 X 30 SECONDS

**SINGLE ARM DUMBBELL ROW:** 3 X 12

**CLOSE GRIP CABLE PULLDOWNS:** 3 X 6 (HEAVIER)

**STRAIGHT ARM CABLE PULLDOWNS:** 3 X 15 EACH

**BURNOUT:**

**WEIGHTED LOW PLANK:** 3 X 30 SECONDS



# 10 WEEK BULK DUMMIES PROGRAM

## FRIDAY: LOWER BODY (PUSH EMPHASIS)

### WEEK 3

**BODYWEIGHT SQUAT HOLDS:** 45 SECONDS

**BODYWEIGHT LUNGE HOLDS:** 45 SECONDS

**YOGA MOVEMENTS:** 30 SECONDS

**BARBELL SPLIT SQUAT:** 4 X 5 EACH

**WEIGHTED GLUTE BRIDGES:** 3 X 10

**FRONT SQUAT:** 4 X 5

**QUAD EXTENSION:** 3 X 30

**SEATED VERTICAL JUMPS:** 3 X 10

**TOE TOUCH ABS:** 3 X 30

**GOBLET SQUAT:** 3 X 8

**BURNOUT:**

**RAPID BUNNY HOPS:** 3 X 12

## MONDAY: UPPER BODY (PUSH EMPHASIS)

### WEEK 4

**BIKE:** 5 MINUTES

**YOGA MOVEMENTS:** 30 SECONDS

**BENCH PRESS:** 5 X 5 (60%, 65%, 67.5%, 70%, 72.5%)

**INVERTED BODYWEIGHT ROWS:** 3 X 10

**Z PRESS:** 3 X 10

**INCLINE HEX PRESS:** 2 X 5 (HEAVIER)

**MEDICINE BALL PUSH UPS:** 3 X 10 (FAST)

**DIPS** 3 X 6

**PIKE PRESS:** 3 X 12

**BURNOUT:**

**WEIGHTED PULL UP:** 3 X 5

# 10 WEEK BULK DUMMIES PROGRAM

## TUESDAY: LOWER BODY (PULL EMPHASIS)

### WEEK 4

TREADMILL WALK (INCLINE): 5 MINUTES

YOGA MOVEMENTS: 45 SECONDS

SPLIT STANCE DL: 3 X 8 EACH

SIDE LYING LEG RAISES: 3 X 6 EACH

BULGARIAN SPLIT SQUAT: 3 X 8 EACH

LOW PLANK TO PUSH UP: 3 X 6 EACH

DUMBBELL RDL ELEVATED: 3 X 6

LUNGE HOLD: 3 X 30 SECONDS

QUARTER SQUAT CALVE RAISES: 3 X 12

### BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

## WEDNESDAY: ARMS/CORE/CARDIO

### WEEK 4

WORLDS GREATEST STRETCH: 2 X 10

OVERHAND STRAIGHT BAR CURL: 3 X 12

WEIGHTED STRAIGHT BAR TRICEP EXTENSIONS: 3 X 15

DIPS: 3 X 8

SIDE PLANK: 2 X 30 SECONDS

COWBOY CURLS (4 SECOND TEMPO): 3 X 10 EACH

ROPE CABLE PUSHDOWN: 4 X 10

### BURNOUT:

PLATE OVERHEAD CRUNCHES: 60 TOTAL

# 10 WEEK BULK DUMMIES PROGRAM

## THURSDAY: UPPER BODY (PULL EMPHASIS)

### WEEK 4

**FRONT PLANK:** 30 SECONDS

**SIDE PLANK:** 30 SECONDS EACH

**YOGA MOVEMENTS:** 30 SECONDS

**ALTERNATING DUMBBELL PRESS:** 3 X 10 EACH

**BAND PULL APARTS:** 3 X 25

**BARBELL BENT OVER ROW:** 5 X 5

**MACHINE ROW:** 3 X 15

**SINGLE ARM DUMBBELL ROW:** 4 X 8

**WIDE GRIP CABLE PULLDOWNS:** 3 X 12

**WEIGHTED LOW PLANK:** 3 X 20 SECONDS

### BURNOUT:

**WEIGHTED PAUSE REP PUSH UPS:** 3 X 5-8

## FRIDAY: LOWER BODY (PULL EMPHASIS)

WEEK

4

**TREADMILL WALK (INCLINE):** 5 MINUTES

**YOGA MOVEMENTS:** 30 SECONDS

**HEX-BAR DEADLIFT:** 5, 5, 5, 8, 8 (HEAVIER)

**WEIGHTED GLUTE BRIDGES:** 3 X 10

**BACK SQUAT (3 SECOND PAUSE):** 4 X 4

**HAMSTRING CURL:** 3 X 12

**3 SECOND ECCENTRIC BARBELL RDL:** 2 X 10

**TOE TOUCH ABS:** 3 X 20

**CALVE RAISES SINGLE LEG:** 4 X 10 EACH

### BURNOUT:

**WEIGHTED BOUNCING SQUATS:** 50 REPS

# 10 WEEK BULK DUMMIES PROGRAM

## WEEK 5: ACTIVE RECOVERY (DELOAD)

### MONDAY:

8 MINUTE BIKE  
3 MINUTE WEIGHTED SQUAT HOLDS  
50 WEIGHTED PUSH UPS  
40 WEIGHTED PULLUPS  
3 MINUTE PLANK

### TUESDAY:

5 MINUTE DYNAMIC STRETCH  
90 SECOND LUNGE HOLD EACH LEG  
70 PAUSE REP PUSHUPS  
50 INVERTED BODYWEIGHT ROWS  
90 SECOND SIDE PLANK EACH

### WEDNESDAY: OFF – STRETCH!

### THURSDAY:

5 MINUTE INCLINE WALK ON TREADMILL  
30 WEIGHTED LUNGES  
75 SPEED PUSHUPS  
5 NEUTRAL GRIP WEIGHTED PULLUPS  
3 MINUTE PLANK

### FRIDAY:

5 MINUTE BIKE (INTENSE)  
3 MINUTE WEIGHTED SQUAT HOLDS  
50 WEIGHTED PUSH UPS  
40 WEIGHTED PULL UPS  
3 MINUTE-HIGH PLANK

## MONDAY: UPPER BODY (PUSH EMPHASIS)

### WEEK 6

**5 LB PLATE WARM UP:** 10 SCARECROWS, 10 FRONT RAISES, 10 SIDE RAISES, 10 ARM CIRCLES

**YOGA MOVEMENTS:** 30 SECONDS EACH

**BENCH PRESS:** 5 X 5 (57.5%, 62.5%, 67.5%, 70%, 72.5%)

**ECCENTRIC PULL UPS:** 3 X 5

**Z PRESS:** 4 X 8

**DEAD HANG:** 3 X 30 SECONDS

**CLEAN TO PRESS:** 4 X 5

**ALTERNATING FRONT/SIDE RAISE DUMBBELL:** 3 X 8 EACH

**CABLE FACE PULLS (PAUSE REP):** 3 X 15 EACH

# 10 WEEK BULK DUMMIES PROGRAM

## BURNOUT:

3 SECOND ECCENTRIC WEIGHTED PUSH UPS: 4 X 8

## TUESDAY: LOWER BODY (PULL EMPHASIS)

### WEEK 6

TREADMILL WALK (INCLINE): 5 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 5x5 (60%, 65%, 67.5%, 70%, 75%)

WEIGHTED GLUTE BRIDGES (PAUSE REP): 3 X 5

BULGARIAN SPLIT SQUAT: 4 X 5

LOW PLANK ALTERNATING LEG RAISES: 3 X 20 EACH

DUMBBELL RDL: 3 X 8 (HEAVIER)

DUMBBELL LUNGE (PAUSE REP): 3 X 30 SECONDS

CALVE RAISES (PAUSE REP): 3 X 10

## BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

## WEDNESDAY: ARMS/CORE/CARDIO

WEEK

6

TREADMILL WALK (INCLINE): 5 MINUTES

BIKE: 5 MINUTES (MODERATE-INTENSE)

STRAIGHT BAR CURL: 4 X 10

CABLE TRICEP EXTENSIONS: 3 X 15

WEIGHTED CHRISTMAS TREE PUSH UP: 4 X 10

STANDING OBLIQUE CRUNCH: 2 X 8 EACH

DUMBBELL OVERHAND CURLS TO UNDERHAND ECCENTRIC: 3 X 10 EACH

ROPE CABLE PUSHDOWN: 4 X 15



# 10 WEEK BULK DUMMIES PROGRAM

## **BURNOUT:**

**PLATE CURL TO OVERHEAD PRESS TO TRICEP EXTENSION: 3 X 6**

## **THURSDAY: UPPER BODY (PULL EMPHASIS)**

### **WEEK 6**

**FRONT PLANK: 30 SECONDS**

**SIDE PLANK: 30 SECONDS EACHSIDE**

**YOGA MOVEMENTS: 30 SECONDS**

**DUMBBELL PRESS (PAUSE REP): 4 X 5 (HEAVIER)**

**PULL UPS (NEUTRAL GRIP): 3 X 10**

**BARBELL BENT OVER ROW: 5 X 6**

**CHIN UP (HOLD AT TOP): 3 X FAILURE OR 30 SECONDS**

**SINGLE ARM DUMBBELL ROW: 4 X 8**

**WIDE GRIP PULLDOWNS: 3 X 10**

**REVERSE FLIES: 3 X 15**

## **BURNOUT:**

**INVERTED WEIGHTED BODYWEIGHT ROW (HOLDS): 3 X 20 SEC**

## **FRIDAY: LOWER BODY (PUSH EMPHASIS)**

### **WEEK 6**

**TREADMILL WALK (INCLINE): 5 MINUTES**

**YOGA MOVEMENTS: 30 SECONDS**

**DUMBBELL LUNGES: 4 X 6 EACH**

**SINGLE LEG GLUTE BRIDGES: 3 X 5 EACH**

**FRONT SQUAT: 3 X 8 (HEAVIER)**

**GROIN STRETCH: 3 X 30 SECONDS**

# 10 WEEK BULK DUMMIES PROGRAM

**BARBELL RDL:** 3 X 8

**QUAD EXTENSION (PAUSE REP):** 3 X 10

**SINGLE LEG CALVE RAISES:** 3 X 12 EACH

**BURNOUT:**

**BOUNCING SQUATS:** 50 REPS

## MONDAY: UPPER BODY (PUSH EMPHASIS)

**WEEK 7**

**BIKE:** 5 MINUTES (MODERATE)

**YOGA MOVEMENTS:** 30 SECONDS

**BENCH PRESS:** 4 X 8 (60%, 65%, 70%, 72.5%)

**PULL UPS:** 3 X 10

**ALTERNATING DUMBBELL INCLINE PRESS:** 3 X 6 EACH

**CABLE AB CRUNCHES:** 3 X 20

**ARNOLD PRESS:** 4 X 8

**ALTERNATING FRONT/SIDE RAISE DUMBBELL:** 3 X 8 EACH

**SHOULDER TAPS OUT OF HIGH PLANK:** 3 X 10 EACH

**BURNOUT:**

**ECCENTRIC WEIGHTED PUSHUPS:** 3 X 35

**CABLE INTERNAL/EXTERNAL ROTATION:** 3 X 12 EACH

## TUESDAY: LOWER BODY (PULL EMPHASIS)

**WEEK**

**7**

**TREADMILL WALK (INCLINE):** 6 MINUTES

**YOGA MOVEMENTS:** 30 SECONDS

**BACK SQUAT:** 4 X 8 (60%, 65%, 70%, 72.5%)

**BARBELL GLUTE BRIDGE:** 3 X 8

**SPLIT SQUAT:** 3 X 6 EACH

# 10 WEEK BULK DUMMIES PROGRAM

**COPENHAGEN PLANK:** 3 X 15 SECONDS EACH

**DUMBBELL RDL:** 3 X 5 (HEAVIER)

**WEIGHTED DUMBBELL BOX JUMPS:** 3 X 5

**CALVE RAISES:** 3 X 10

## **BURNOUT:**

**ASSISTED PISTOL SQUAT:** 2 X 10

## **WEDNESDAY: ARMS/CORE/CARDIO**

**WEEK**

**7**

**BIKE:** 8 MINUTES (INTENSE)

**ECENTRIC EZ BAR CURL:** 4 X 10

**BODYWEIGHT STRAIGHT BAR TRICEP EXTENSIONS:** 3 X 15

**CABLE TRICEP EXTENSION:** 4 X 10

**PULL UP (PAUSE REP):** 2 X FAILURE

**OVERHAND CURLS:** 3 X 15

**DUMBBELL OVERHEAD EXTENSION:** 4 X 10 (HEAVIER)

**ROPE CABLE CURLS:** 3 X 12

## **BURNOUT:**

**WRIST CURLS:** 3 X 30

**WRIST EXTENSION:** 3 X 30

## **THURSDAY: UPPER BODY (PULL EMPHASIS)**

**WEEK 7**

**FRONT PLANK:** 30 SECONDS

**SIDE PLANK:** 30 SECONDS EACH SIDE

**YOGA MOVEMENTS:** 30 SECONDS

**BENCH PRESS:** 8, 3, 3, 3, 3, 3 (55%, 62.5%, 67.5%, 72.5%, 75%, 77.5%)

# 10 WEEK BULK DUMMIES PROGRAM

**UNDERHAND BAND PULL APART:** 3 X 16

**BARBELL BENT OVER ROW (PAUSE REP):** 4 X 5

**INVERTED BODYWEIGHT ROWS:** 3 X 10 (FAST)

**SINGLE ARM DUMBBELL ROW:** 4 X 5

**CLOSE GRIP PULLDOWN:** 3 X 12

**DUMBBELL SHRUG:** 3 X 12

## **BURNOUT:**

**ROPE CABLE PULLDOWN:** 2 X 20

**CABLE INTERNAL/EXTERNAL ROTATION:** 3 X 15 EACH

## **FRIDAY: LOWER BODY (PUSH EMPHASIS)**

### **WEEK 7**

**TREADMILL WALK (INCLINE):** 5 MINUTES

**YOGA MOVEMENTS:** 30 SECONDS

**HEX BAR DEADLIFT:** 5 X 5

**HIP FLEXOR STRETCH (W/ BAND):** 2 X 45 SECONDS EACH

**DUMBBELL OR KETTLEBELL SINGLE ARM SNATCH:** 3 X 4 EACH

**HAMSTRING CURL:** 4 X 8

**BARBELL RDL:** 3 X 10

**CABLE CRUNCH:** 3 X 20

**QUARTER SQUAT SINGLE LEG CALVE RAISES:** 4 X 8

## **BURNOUT:**

**DUMBBELL LUNGE HOLDS:** 45 SECONDS EACH

## **MONDAY: UPPER BODY (PUSH EMPHASIS)**

### **WEEK 8**

**5 LB PLATE WARMUP:** 10 SCARECROWS, 10 FRONT RAISES, 10 SIDE RAISES, 10 ARM CIRCLES

**YOGA MOVEMENTS:** 30 SECONDS

# 10 WEEK BULK DUMMIES PROGRAM

**BENCH PRESS:** 4 X 10 (60%, 65%, 67.5%, 70%)

**PULL UPS:** 4 X 8

**DUMBBELL SINGLE ARM MILITARY PRESS:** 4 X 5 EACH

**SIDE CRUNCH:** 2 X 20 EACH

**DUMBBELL CLEAN TO PRESS:** 4 X 5

**DUMBBELL ALTERNATING FRONT/SIDE RAISE:** 3 X 10 EACH

**PLATE SIT UPS:** 3 X 15

**BURNOUT:**

**3 SECOND ECCENTRIC WEIGHTED PUSHUPS:** 3 X 25

## TUESDAY: LOWER BODY (PULL EMPHASIS)

**WEEK 8**

**TREADMILL WALK (INCLINE):** 5 MINUTES

**YOGA MOVEMENTS:** 30 SECONDS

**3 SECOND ECCENTRIC HEX BAR DEADLIFT:** 5 X 4

**WEIGHTED GLUTE BRIDGES:** 3 X 10

**BULGARIAN SPLIT SQUAT:** 3 X 10 EACH

**HIGH PLANK HOLD:** 3 X 30 SECONDS

**3 SECOND ECCENTRIC HAMSTRING CURL:** 4 X 8

**LUNGES (PAUSE REP):** 3 X 30 SECONDS EACH

**SKATER HOPS:** 3 X 10 EACH

**BURNOUT:**

**COPENHAGEN PLANK:** 2 X 30 SECONDS

**PISTOL SQUAT ASSISTED:** 3 X 5 EACH

## WEDNESDAY: ARMS/CORE/CARDIO

**WEEK**

**8**



# 10 WEEK BULK DUMMIES PROGRAM

**5 LB PLATE WARM UP:** 10 SCARECROWS, 10 FRONT RAISES, 10 SIDE RAISES, 10 ARM CIRCLES

**STRAIGHT BAR CURL:** 4 X 10

**DUMBBELL SKULL CRUSHERS:** 4 X 10

**WEIGHTED BENCH DIPS:** 3 X 25

**HANGING LEG SWINGS:** 2 X 12

**ALTERNATING DUMBBELL CURLS:** 3 X 8 EACH

**STRAIGHT BAR CABLE PUSHDOWN:** 3 X 12 (HEAVIER)

## BURNOUT:

**CABLE AB CRUNCHES:** 100 REPS

**DEAD HANG:** 3 X 30 SECONDS

## THURSDAY: UPPER BODY (PULL EMPHASIS)

### WEEK 8

**FRONT PLANK:** 45 SECONDS

**SIDE PLANK:** 30 SECONDS EACH

**YOGA MOVEMENTS:** 30 SECONDS

**3 SECOND ECCENTRIC BENCH PRESS:** 10, 10, 5 (62.5%, 62.5%, 70%)

**3 SECOND ECCENTRIC PULL UPS (NEUTRAL GRIP):** 3 X 6

**BARBELL BENT OVER ROW STRAIGHT BAR:** 4 X 8 (HEAVIER)

**DEAD HANG:** 3 X 30 SECONDS

**SINGLE ARM DUMBBELL ROW:** 4 X 8 (HEAVIER)

**CLOSE GRIP CABLE PULLDOWNS:** 3 X 12

**SINGLE ARM STRAIGHT ARM CABLE PULLDOWNS:** 3 X 10 EACH

## BURNOUT:

**WEIGHTED LOW PLANK:** 3 X 30 SECONDS

# 10 WEEK BULK DUMMIES PROGRAM

## FRIDAY: LOWER BODY (PUSH EMPHASIS)

### WEEK 8

**BODYWEIGHT SQUAT HOLD:** 45 SECONDS

**BODYWEIGHT LUNGE HOLD:** 45 SECONDS EACH

**YOGA MOVEMENTS:** 30 SECONDS

**BARBELL SPLIT SQUAT:** 4 X 6 EACH

**3 SECOND ECCENTRIC WEIGHTED GLUTE BRIDGES:** 3 X 10

**FRONT SQUAT:** 4 X 5

**SINGLE LEG QUAD EXTENSION:** 3 X 15 EACH

**WEIGHTED WALL SITS:** 3 X 20 SECONDS

**TOE TOUCH ABS:** 3 X 30

**GOBLET SQUAT:** 3 X 8

### BURNOUT:

**RAPID BUNNY HOPS:** 3 X 12

## MONDAY: UPPER BODY (PUSH EMPHASIS)

### WEEK 9

**5 LB PLATE WARM UP:** 10 SCARECROWS, 10 FRONT RAISES, 10 SIDE RAISES, 10 ARM CIRCLES

**YOGA MOVEMENTS:** 30 SECONDS

**BENCH PRESS:** 5 X 5 (60%, 65%, 67.5%, 70%, 72.5%)

**INVERTED BODYWEIGHT ROWS:** 3 X 10

**Z PRESS:** 3 X 12

**INCLINE HEX PRESS:** 3 X 5 (HEAVIER)

**WEIGHTED PUSH UPS:** 3 X 6

**DIPS:** 3 X 6

**PIKE PRESS:** 3 X 12

### BURNOUT:

# 10 WEEK BULK DUMMIES PROGRAM

**WEIGHTED PULL UPS: 3 X 5**

## **TUESDAY: LOWER BODY (PULL EMPHASIS)**

**WEEK 9**

**TREADMILL WALK (INCLINE): 5 MINUTES**

**YOGA MOVEMENTS: 45 SECONDS**

**SPLIT STANCE DL: 3 X 5 (HEAVIER)**

**SIDE LYING LEG RAISES: 3 X 20 EACH**

**BULGARIAN SPLIT SQUAT: 3 X 8 EACH**

**SINGLE LEG HAMSTRING CURL: 3 X 6 EACH**

**DUMBBELL RDL ELEVATED: 3 X 6**

**LUNGE HOLD: 3 X 30 SECONDS**

**QUARTER SQUAT CALVE RAISES: 3 X 12**

**BURNOUT:**

**WEIGHTED SQUAT HOLD: 3 X 30 SECONDS**

## **WEDNESDAY: ARMS/CORE/CARDIO**

**WEEK**

**9**

**WORLDS GREATEST STRETCH: 2 X 10**

**OVERHAND STRAIGHT BAR CURL: 3 X 12**

**STRAIGHT BAR CABLE PUSHDOWNS: 4 X 10 (HEAVIER)**

**DIPS: 3 X 10**

**SIDE PLANK: 2 X 30 SECONDS**

**COWBOY CURLS (3 SECOND TEMPO): 3 X 8 EACH**

**ROPE CABLE PUSHDOWN: 4 X 10**

# 10 WEEK BULK DUMMIES PROGRAM

## BURNOUT:

PLATE CURL TO OVERHEAD PRESS TO TRICEP EXTENSION: 3 X 10

## THURSDAY: UPPER BODY (PULL EMPHASIS)

### WEEK 9

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

ALTERNATING DUMBBELL PRESS (PAUSE REP): 4 X 5 EACH

BAND PULL APARTS: 3 X 25

BARBELL BENT OVER ROW: 4 X 5

MACHINE ROW: 3 X 15

SINGLE ARM DUMBBELL ROW: 4 X 12

WIDE GRIP CABLE PULLDOWNS: 3 X 12

WEIGHTED LOW PLANK: 3 X 30 SECONDS

## BURNOUT:

WEIGHTED PAUSE REP PUSH UPS: 3 X 8

## FRIDAY: LOWER BODY (PULL EMPHASIS)

WEEK 9

9

TREADMILL WALK (INCLINE): 5 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX-BAR DEADLIFT: 5, 5, 8, 8, 8 (HEAVIER)

WEIGHTED GLUTE BRIDGE: 3 X 5 (HEAVIER)

3 SECOND PAUSE REP BACK SQUAT: 4 X 4

HAMSTRING CURL: 3 X 10

3 SECOND ECCENTRIC BARBELL RDL: 2 X 10

# 10 WEEK BULK DUMMIES PROGRAM

**TOE TOUCH ABS:** 3 X 30

**CALVE RAISES SINGLE LEG:** 4 X 10 EACH

**BURNOUT:**

**WEIGHTED BOUNCING SQUATS:** 50 REPS

## WEEK 10: ACTIVE RECOVERY

### MONDAY:

8 MINUTE BIKE

3 MINUTE WEIGHTED SQUAT HOLDS

50 WEIGHTED PUSH UPS

40 WEIGHTED PULLUPS

3 MINUTE PLANK

### TUESDAY:

5 MINUTE DYNAMIC STRETCH

90 SECOND LUNGE HOLD EACH LEG

70 PAUSE REP PUSHUPS

50 INVERTED BODYWEIGHT ROWS

90 SECOND SIDE PLANK EACH

**WEDNESDAY:** OFF – STRETCH!

### THURSDAY:

5 MINUTE INCLINE WALK TREADMILL

30 WEIGHTED LUNGES EACH LEG

75 SPEED PUSHUPS

50 NEUTRAL GRIP WEIGHTED PULLUPS

3 MINUTE PLANK

### FRIDAY:

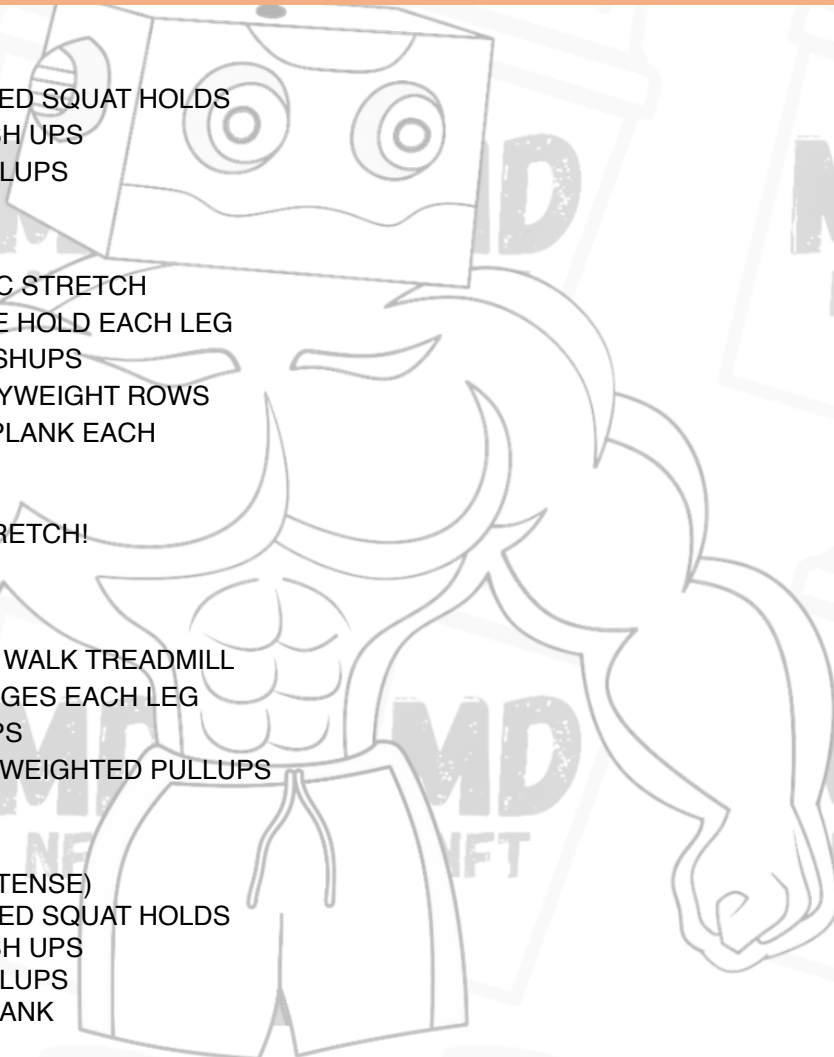
5 MINUTE BIKE (INTENSE)

3 MINUTE WEIGHTED SQUAT HOLDS

50 WEIGHTED PUSH UPS

40 WEIGHTED PULLUPS

3 MINUTE-HIGH PLANK





# 10 WEEK BULK DUMMIES PROGRAM

