



# A GUIDE TO BULKING

A 10 STEP GUIDE TO  
ACHIEVING YOUR GOALS



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# WHAT IS BULKING?

**BULKING INVOLVES EATING MORE CALORIES THAN YOU NEED, IN ORDER TO PUT ON WEIGHT, THEN BUILDING MUSCLE VIA RESISTANCE TRAINING.**

# CONTENT



- 1 WHY BULK?
- 2 WHEN IS THE RIGHT TIME TO BULK?
- 3 HOW MUCH SHOULD YOU EAT?
- 4 PROTEIN
- 5 CARBOHYDRATES
- 6 FATS
- 7 TRACKING YOUR WEIGHT + CALORIE SURPLUS
- 8 HOW TO PROGRESS THROUGH A BULKING PHASE
- 9 HOW TO TRANSITION FROM BULKING TO MAINTENANCE
- 10 FOODS TO EAT

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# WHY BULK?

HAVING MORE MUSCLE WILL ENHANCE YOUR STRENGTH AND PERFORMANCE, ALLOW YOU TO EAT MORE CALORIES JUST TO MAINTAIN YOUR WEIGHT, AND ENHANCE YOUR PHYSIQUE AFTER YOU DIET BY HELPING YOU TO APPEAR EVEN LEANER.





# GET THE TIMING RIGHT...

MEN SHOULD AIM TO HAVE LESS THAN 12 PERCENT BODY FAT BEFORE BULKING. IF YOU DON'T KNOW YOUR BODY FAT PERCENTAGE. USE THE FOUR-PACK GUIDELINE AS YOUR DECIDING FACTOR: IF YOU CAN SEE THE OUTLINE OF AT LEAST FOUR ABS, YOU'RE LEAN ENOUGH TO BULK. IF NOT IT WOULD BE BENEFICIAL TO BEGIN WITH A DIETING PHASE, THEN TRANSITION INTO A BULKING PHASE ONCE YOU LEAN OUT. THIS WILL ENHANCE INSULIN SENSITIVITY AND MUSCLE-BUILDING EFFICIENCY WHEN YOU TRANSITION TO A BULKING PHASE. IT WILL ALLOW YOU TO MAINTAIN A GOOD COMPOSITION THROUGHOUT AND WILL MAKE IT EASIER WHEN YOU WANT TO CUT AT THE END OF YOUR BULK. (YOU'LL HAVE LESS BODY FAT, SO IT WILL BE EASIER TO SHRED DOWN WHILST MAINTAINING MUSCLE).



# HOW MUCH SHOULD YOU EAT?

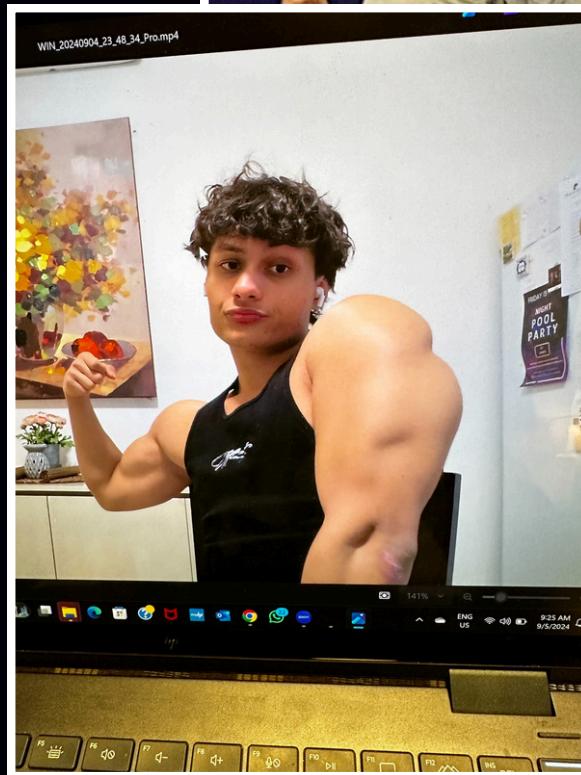
**IF YOU WANT TO GAIN WEIGHT, YOU MUST CONSUME MORE CALORIES THAN YOU BURN. BEGIN BY USING THIS CALCULATOR TO ESTIMATE YOUR TOTAL DAILY ENERGY EXPENDITURE (TDEE).**

**[HTTPS://WWW.CALCULATOR.NET/CALORIE-CALCULATOR.HTML](https://www.calculator.net/calorie-calculator.html) THIS WILL PROVIDE YOU WITH YOUR MAINTENANCE CALORIES A DAY BASED ON YOUR HEIGHT/WEIGHT/AGE AND ACTIVITY LEVEL. ONCE YOU HAVE YOUR TDEE NUMBER FROM THE CALCULATOR, DECIDE HOW YOU'RE GOING TO DISTRIBUTE THOSE CALORIES EVERY DAY BETWEEN THE THREE MACRONUTRIENTS: PROTEIN, CARBOHYDRATES, AND FAT. CALORIES PER GRAM: PROTEIN: 4 CARBOHYDRATES: 4 FAT: 9**

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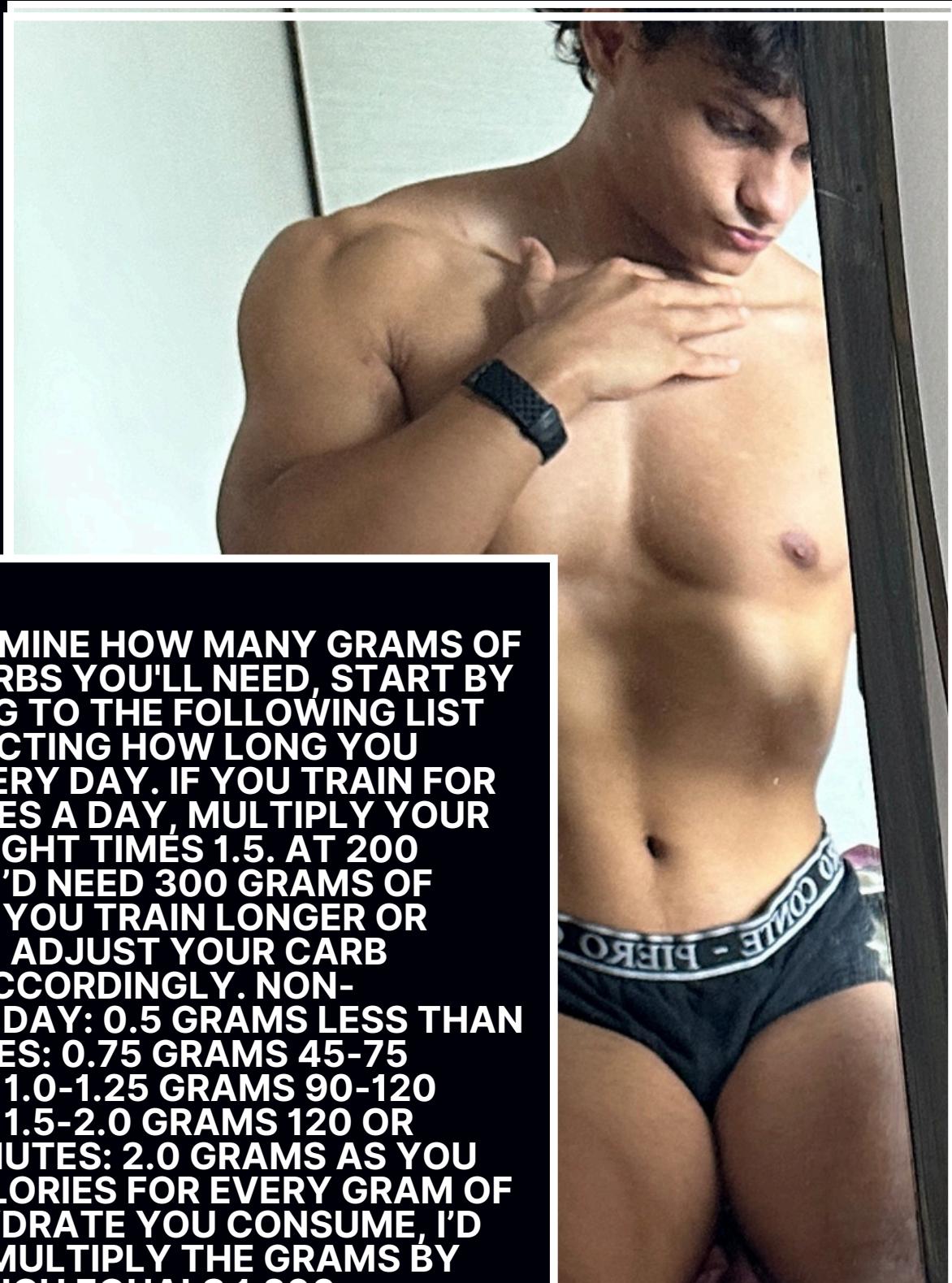
**SET YOUR DAILY PROTEIN GOAL AT 1 GRAM OF PROTEIN PER POUND OF YOUR BODY WEIGHT. FOR EXAMPLE, I WEIGH 200 POUNDS SO I'D NEED 200G OF PROTEIN A DAY IN BULK. YOU THEN NEED TO MULTIPLY THIS NUMBER BY FOUR TO DETERMINE THE NUMBER OF CALORIES YOU'LL GET BY EATING THIS MUCH PROTEIN. AS I WEIGH 200 POUNDS, I'LL NEED TO GET 800 CALORIES (200 TIMES 4) EVERY DAY FROM PROTEIN.**

# PROTEIN



# CARBS

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TO DETERMINE HOW MANY GRAMS OF DAILY CARBS YOU'LL NEED, START BY REFERRING TO THE FOLLOWING LIST AND SELECTING HOW LONG YOU TRAIN EVERY DAY. IF YOU TRAIN FOR 90 MINUTES A DAY, MULTIPLY YOUR BODY WEIGHT TIMES 1.5. AT 200 POUNDS, I'D NEED 300 GRAMS OF CARBS. IF YOU TRAIN LONGER OR SHORTER, ADJUST YOUR CARB INTAKE ACCORDINGLY. NON-TRAINING DAY: 0.5 GRAMS LESS THAN 45 MINUTES: 0.75 GRAMS 45-75 MINUTES: 1.0-1.25 GRAMS 90-120 MINUTES: 1.5-2.0 GRAMS 120 OR MORE MINUTES: 2.0 GRAMS AS YOU GET 4 CALORIES FOR EVERY GRAM OF CARBOHYDRATE YOU CONSUME, I'D NEED TO MULTIPLY THE GRAMS BY FOUR, WHICH EQUALS 1,200 CALORIES FROM CARBS.



# FATS

TO FIGURE OUT YOUR FAT MACRO, FIRST ADD TOGETHER THE CALORIES YOU'LL GET FROM PROTEIN AND CARBS. SO I HAVE 800 CALORIES FROM PROTEIN, AND 1,200 FROM CARBS FOR A TOTAL OF 2,000 CALORIES.

NOW SUBTRACT THIS NUMBER FROM THE TOTAL DAILY CALORIES YOU GOT FROM THE CALCULATOR. AS MY MAINTENANCE CALORIES IS 2,900, SUBTRACTING 2,000 CALORIES MEANS I'LL NEED TO GET 900 CALORIES FROM FATS. REFERRING AGAIN TO THE MACRONUTRIENT CHART, YOU'LL SEE THAT I NEED TO DIVIDE THIS NUMBER OF CALORIES BY 9 TO DETERMINE THE NUMBER OF GRAMS OF FAT I NEED EVERY DAY. SO 900 CALORIES DIVIDED BY 9 EQUALS 100 GRAMS OF FAT PER DAY.

HERE ARE THE DAILY MACROS FOR MYSELF AT 200 POUNDS IF I TRAINED 90 MINUTES A DAY:

PROTEIN: 200 GRAMS (1.0 GRAM PER POUND OF BODYWEIGHT)

CARBOHYDRATES: 300 GRAMS (1.5 GRAMS PER POUND OF BODYWEIGHT )

FAT: 100 GRAMS (0.5 GRAMS PER POUND OF BODYWEIGHT)

# TRACKING WEIGHT + CALORIE SURPLUS



AS YOU BEGIN YOUR BULKING PLAN, WEIGH YOURSELF ON DAYS 1, 4, AND 7 TO SEE IF THERE IS A TREND. IF YOUR WEIGHT STAYED WITHIN 0.5-1 PERCENT OF YOUR BODY WEIGHT OR IF YOU LOST WEIGHT, ADD 10 PERCENT MORE CALORIES TO EACH OF YOUR MACROS. WE WANT TO AIM FOR A 200-300 CALORIE SURPLUS TO HELP US GAIN MUSCLE/SIZE WHILST STILL MAINTAINING A GOOD COMPOSITION. IF YOU GAINED MORE THAN 1 PERCENT OF YOUR BODY WEIGHT DURING THE WEEK, KEEP YOUR MACRONUTRIENT GOALS AS THEY ARE, THEN REASSESS YOUR WEIGHT CHANGE AFTER ANOTHER WEEK OF CONSISTENT EATING.



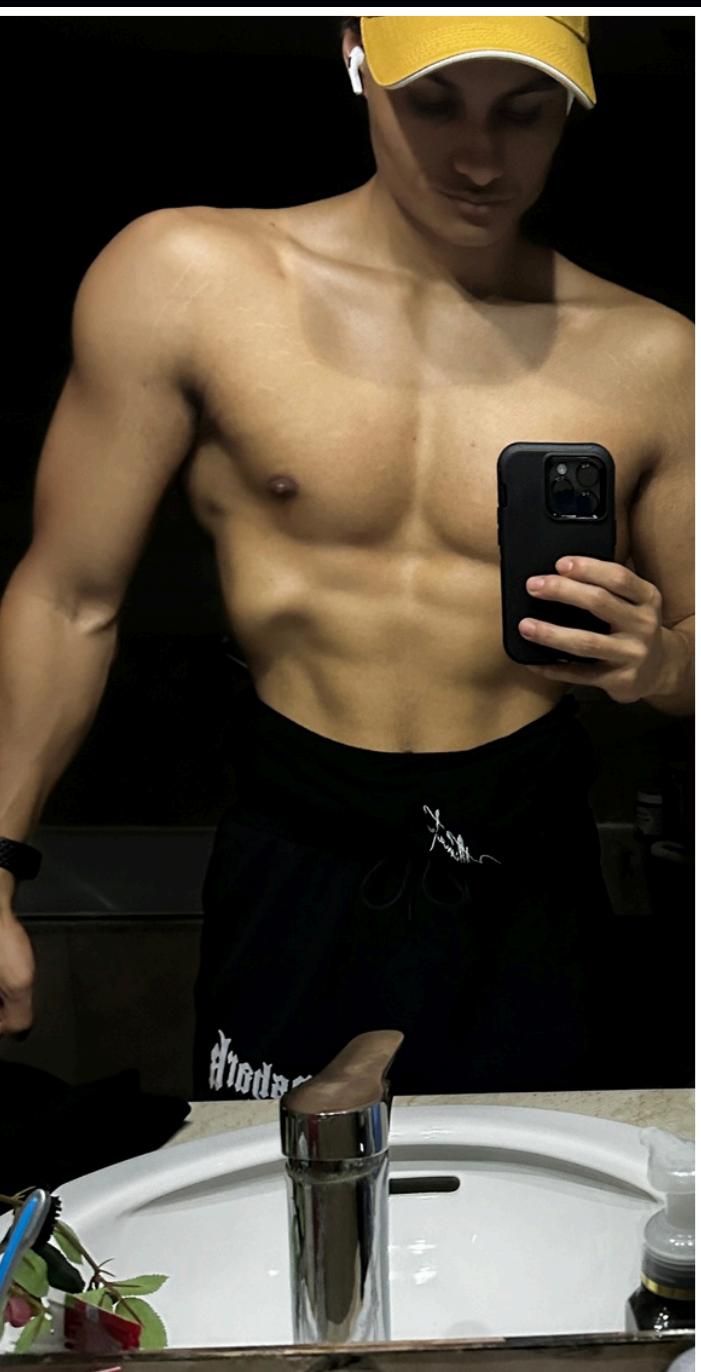
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# PROGRESSION

YOUR OVERALL BULKING GOAL SHOULD BE TO GAIN 0.25-0.50 PERCENT OF YOUR BODY WEIGHT EACH WEEK. IF YOU GAIN WEIGHT TOO QUICKLY, YOU MAY END UP GAINING MORE FAT THAN YOU WANT. IF YOU DON'T GAIN WEIGHT, YOU PROBABLY WON'T BE BUILDING MUCH MUSCLE. IF YOU'RE NOT MEETING THIS GOAL, ADD AN ADDITIONAL 10 PERCENT TO YOUR CURRENT DAILY CALORIE ALLOWANCE. IF YOUR GOAL WAS TO CONSUME 3,000 CALORIES A DAY, ADD 10 PERCENT TO THAT TO GET A DAILY TOTAL OF 3,300 CALORIES PER DAY.



# TRANSITION FROM BULKING TO MAINTENANCE



BULKING PHASES USUALLY LAST 10-14 WEEKS AS YOU CONTINUE TO INCREASE THE NUMBER OF CALORIES YOU EAT PER DAY, YOUR BODY WILL START ADDING LESS MUSCLE AND MORE FAT.

JUST AS BEING LEAN INCREASES INSULIN SENSITIVITY, GAINING WEIGHT THROUGH A BULKING PHASE DECREASES YOUR INSULIN SENSITIVITY, CAUSING MORE GLUCOSE TO GET CONVERTED INTO FAT. THIS IS WHY IT'S IMPORTANT TO TRANSITION BACK TO MAINTENANCE CORRECTLY SO YOU MAINTAIN YOUR MUSCLE.

YOU NEED TO SLOWLY REDUCE YOUR CALORIES, MOSTLY FROM CARBS. THIS REDUCTION SERVES AS A "RESET" TO HELP YOUR BODY START IMPROVING ITS INSULIN SENSITIVITY AND GET USED TO CARRYING MORE MUSCLE THAN BEFORE.

IF YOU TRY TO TRANSITION FROM A BULKING PHASE IMMEDIATELY INTO A DIETING PHASE, YOU RUN THE RISK OF LOSING THE MUSCLE YOU WORKED HARD TO PUT ON DURING THE BULKING PHASE. THE POST-BULKING MAINTENANCE PHASE SHOULD LAST 4-6 WEEKS.

AFTER THIS, YOU'RE READY TO TRANSITION INTO ANOTHER BULKING PHASE OR A DIETING PHASE.

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# FOODS TO EAT

**INCLUDING NUTRIENT-DENSE, WHOLE FOODS IN YOUR DIET ENSURES THAT YOU GET ADEQUATE VITAMINS AND MINERALS, HEALTHY FATS, AND QUALITY PROTEIN.**

**HERE ARE EXAMPLES OF FOODS THAT SHOULD COMPRISE THE MAJORITY OF YOUR DIET: FRUITS: APPLES, AVOCADO, BANANAS, BERRIES, GRAPES, KIWI, ORANGES, PEARS, PINEAPPLE, AND POMEGRANATE VEGETABLES: ASPARAGUS, ARUGULA, BEETS, BROCCOLI, CARROTS, COLLARDS, CUCUMBER, KALE, MUSHROOMS, AND PEPPERS STARCHY VEGETABLES: ARROWROOT, JICAMA, PEAS, POTATOES, RUTABAGA, AND YAM GRAINS: BREADS, CEREALS, CORN, OATMEAL, POPCORN, QUINOA, AND RICE SEAFOOD: COD, CRAB, LOBSTER, SALMON, SCALLOPS, SHRIMP, TILAPIA, AND TUNA DAIRY: BUTTER, COTTAGE CHEESE, CHEESE, MILK, AND YOGURT MEATS: POULTRY, AND EGGS: GROUND BEEF, EYE OF ROUND STEAK, PORK TENDERLOIN, SKINLESS CHICKEN, SIRLOIN STEAK, TURKEY, AND WHOLE EGGS LEGUMES: BLACK BEANS, CHICKPEAS, LENTILS, LIMA BEANS, AND PINTO BEANS NUTS AND SEEDS: ALMONDS, CHIA SEEDS, FLAXSEED, SUNFLOWER SEEDS, AND WALNUTS OILS AND NUT BUTTERS: ALMOND AND PEANUT BUTTERS, AS WELL AS AVOCADO, CANOLA, AND OLIVE OILS BEVERAGES WITHOUT ADDED SUGAR: COFFEE, DIET SODA, UNSWEETENED TEA, AND WATER BEVERAGES WITH ADDED SUGARS, SUCH AS SWEETENED COFFEE, TEA, OR REGULAR SODA, CAN BE ENJOYED IN MODERATION.**