

All About Health

Bulking Plan

Monday:

Warm up: Begin workout with 5-10 minutes on the treadmill or elliptical trainer. Stretch muscles thoroughly for at least 10 minutes.

Bench Press

Warm up set 20 reps

Warm up set 10 reps

1st set 6-8 reps

2nd set 6-8 reps

3rd set 3 reps

4th set 10-12 reps

5th set 12-15 reps

Incline Dumbbell:

1st set 12 reps

2nd set 10 reps

3rd set 8 reps

4th set 6 reps

Pull-Ups or Lat Pull Down:

3 sets of 10 reps

Dumbbell Shoulder Press:

3 sets of 8-10 reps

Alternating Dumbbell Curls:

1st set 12 reps

2nd set 10 reps

3rd set 8 reps

4th set 6 reps

Dumbbell Tricep Extensions:

4 sets of 10 reps

Crunches:

3 sets of 25 reps

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Wednesday:

Warm up: Begin workout with 5-10 minutes on the treadmill or elliptical trainer. Stretch muscles toughly for at least 10 minutes.

Calf Raises:

4 sets of 10-12 reps

Squats:

Warm up set 20 reps

Warm up set 10 reps

1st set 6-8 reps

2nd set 6-8 reps

3rd set 3 reps

4th set 10-12 reps

5th set 12-15 reps

Leg Press:

3 sets of 20 reps

Leg Curls:

3 sets of 10 reps

Leg Extensions:

1st set 12 reps

2nd set 10 reps

3rd set 8 reps

4th set 6 reps

Friday:

Warm up: Begin workout with 5-10 minutes on the treadmill or elliptical trainer. Stretch muscles toughly for at least 10 minutes.

Dead lifts:

Warm up set 8 reps

1st set 6 reps

2nd set 6 reps

3rd set 3 reps

4th set 3 reps

Dumbbell Bench Press:

1st set 12 reps

2nd set 10 reps

3rd set 8 reps

4th set 6 reps

This packet is for information purposes only please consult a physician before starting any workout or supplement program.

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Dumbbell Fly's:

3 sets of 10 reps

Cable Laterals:

3 sets of 10-12 reps

EZ-Curl Bar:

4 sets of 6 reps

Close Grip Bench:

1st set 10 reps

2nd set 8 reps

3rd set 6 reps

4th set 4 reps

AB Wheel:

3 sets of 10-25 reps

MEAL PLAN:

Meal One:

4 eggs

1 cup of Oatmeal or 2 pieces of Wheat Toast

Fruit

16 oz of Milk

16 oz of Water

Flax Oil

Multi-Vitamin

Meal Two:

2 scoops Cytogainer

16 oz of milk

Meal Three:

Tuna Fish Sandwich or Chicken Sandwich

1 piece of Fruit

16 oz of Milk

16oz of Water

Meal Four:

2 scoops of Cytogainer

16 oz of Milk

Meal Five:

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Ground Beef, Steak or Chicken
Wheat Pasta or Brown Rice
Broccoli
16 oz of water

Meal Six:

1 serving of Muscle Milk
16 oz of Milk

Supplements:

Cytogainer- is a meal replacement that supplies your body with whey protein and complex carbohydrates. These nutrients create lean muscle mass without adding body fat. The lack of sugar or simple carbohydrates in Cytogainer makes sure that you are getting quality calories.

Muscle Milk- is a slow releasing meal replacement that prevents muscle breakdown and aids in recovery. It also supplies your body with healthy fats. This supplement is great to take at night because it delivers amino acids to your muscles for a sustained period. Muscle Milk also prevents night time muscle catabolism.

VPX N.O. Synthesize - a post workout recovery drink that contains amino acids, beta alanine, creatine, and 20g of protein.

Dimethabolin - a Massive Strength Agent! While using this dymethazine clone, Dimethabolin, you will notice that you are able to lift more weight and that your workouts will be longer and more intense. Dimethabolin's strength increase will enable you to bulk up or cut depending on your specific desires.