

FUELBULKGAIN SIZE AND STRENGTH
TO PERFORM AT YOUR PEAKSHREDRECOVER

THE WAY TO BULK

Exercise Program: Hypertrophy

The Way to Bulk exercise program has been designed to help you achieve mass gain. Compound movements and supersets have been included to help the muscles get the best possible workout.

Compound movements are exercises that engage two or more different joints to fully stimulate entire muscle groups. Squats, deadlifts, chin ups, bent over rows, bench press and overhead press are all examples of compound movements.

Supersets can maximise your opportunity to target many muscle groups and/ or save time in the gym. A technique where you perform two exercises, one after the other, with no rest in-between. After you have completed both exercises i.e. 1a and 1b you then rest for 60 seconds

Warm up

Make sure you take the time to warm up before the start of each training session. Starting with the bar unloaded or a lighter weight can help to prime your muscles and keep unwanted injuries away.

Selecting the correct weight

Take your time when selecting the appropriate weight for each specific exercise. You should begin to feel fatigue setting in across the final two reps within each set.

Rest between sets

Rest periods should be timed. Aim to take no longer than 30-60 seconds rest between each set.

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DAY 1

Legs	Set 1 Moderate - Heavy weight			Set 2 Moderate - Heavy weight			Set 3 Heavy weight			Set 4 Heavy weight		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm Up - Squat		15 reps	60 sec		15 reps	60sec	NA	NA	NA	NA	NA	NA
Squat (Full Back Squat)		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Deadlifts		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Leg Press		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Bulgarian Split Squat		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Calf Raise - standing or seated		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
CORE												
Crunches		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec			
Plank		60 sec	30 sec		60 sec	30 sec		60 sec	30 sec			
Plate Twist		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec			

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DAY 2

Chest and Triceps	Set 1 Moderate - Heavy weight			Set 2 Moderate - Heavy weight			Set 3 Heavy weight			Set 4 Heavy weight		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm up - Bench Press		15 reps	60sec		15 reps	60sec	NA	NA	NA	NA	NA	NA
Flat Bench Press		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Super Set 1a Incline DB bench press 1b: Chin ups to failure		12 reps	60 sec after 1b		10 reps	60 sec after 1b		8 reps	60 sec after 1b		6 reps	60 sec after 1b
Super Set 2a Incline DB Flys 2b: Cable Triceps Press		12 reps	60 sec after 2b		10 reps	60 sec after 2b		8 reps	60 sec after 2b		6 reps	60 sec after 2b
Super Set 3a Skull Crushers 3b: Push ups to failure		12 reps	60 sec after 3b		10 reps	60 sec after 3b		8 reps	60 sec after 3b		6 reps	60 sec after 3b
Optional extra: Lower Back												
Crunches		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec			
Swiss Ball Back Extension		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec			

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DAY 3

Back and Biceps	Set 1 Moderate - Heavy weight			Set 2 Moderate - Heavy weight			Set 3 Heavy weight			Set 4 Heavy weight		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm up: Lat Pull Down		20 reps	60 sec		15reps	60 sec		12 reps	60 sec		10 reps	60 sec
Wide Grip Bent-Over BB Row		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Seated Cable Row		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Lumber Jacks - Cable		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Upright Row - Cable or BB		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Super Set 1a Biceps Curl DB 1b: Hammer Curls DB		12 reps	60 sec after 1b		10 reps	60 sec after 1b		8 reps	60 sec after 1b		6 reps	60 sec after 1b
Optional Extra : CORE												
Plank		60 sec	30 sec		60 sec	30 sec		60 sec	30 sec			
Plate Twist		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec			

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DAY 4

Shoulders and Abs	Set 1 Moderate - Heavy weight			Set 2 Moderate - Heavy weight			Set 3 Heavy weight			Set 4 Heavy weight		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warmup: Rowing Machine 500m												
Clean and Press BB		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Seated Shoulder Press		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Side Laterals to Front Raise (standing)		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Single Arm Linear Jammer - BB		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Shoulder shrugs -DB		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
Arnold Press		12 reps	60 sec		10 reps	60 sec		8 reps	60 sec		6 reps	60 sec
CORE												
Rope crunches		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec
Abs Roller		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec
Plank		60 sec	30 sec		60 sec	30 sec		60 sec	30 sec			
Plate Twist		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec

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DAY 5

Compound upper and lower body	Set 1 Moderate - Heavy weight			Set 2 Moderate - Heavy weight			Set 3 Heavy weight			Set 4 Heavy weight		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warmup: Rowing Machine 500m												
Barbell Squat		12 reps	60 Sec		10 reps	60 sec		8 reps	60 sec		8 reps	2min
Barbell Deadlift		12 reps	60 Sec		10 reps	60 sec		8 reps	60 sec		8 reps	2min
Bench Press		12 reps	60 Sec		10 reps	60 sec		8 reps	60 sec		8 reps	2min
Arnold Dumbbell Press		12 reps	60 Sec		10 reps	60 sec		8 reps	60 sec		8 reps	2min
Chin Ups		12 reps	60 Sec		10 reps	60 sec		8 reps	60 sec		8 reps	2min
Optional Extra : CORE												
Crunches		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec			
Reverse Crunch		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec			