

Sports

Winter Off-Season **Bulking** Schedule

MONDAY

Legs

24th step should be hard

Lift	Sets	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Stationary Bike Warm Up			5 Minutes							
Squats (Calf Raise btwn sets)	5	12,8,6,5,10								
Leg Press (Calf Raise btwn sets)	5	10,8,6,8,10								
Walking Lunges w/ Knee Raise	4	24 steps								
Romanian Dead Lift (BB or DB)	4	8-12								
Leg Extension	4	8,8,6,5								
Hamstring Curls	4	8,8,6,5								
Stationary Bike & Stretch			Bike for 5 Minutes, Stretch for 5 Minutes							

TUESDAY

Chest

Pushup variations can be

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Bench Press	5	8,6,5,5,5								
Incline Flies	4	8,6,6,5								
Decline Close Grip Bench	5	8,6,5,5,8								
Dips (Weighted)	4	Burn Out								
Pushup Variations	4	Burn Out								
Machine Wide Press	4	10,8,8,6								
Stretch			5 Minutes							

Wednesday

Back & Abs

Seated with cables set HIGH
Have a spotter, get at least 10 each set

Hang Cleans	5	12,10,8,8,12								
One Arm DB Rows	4	12,10,8,8,6								
Cable Crossover Rear Flies	4	12,10,8,8								
Pull Ups (vary hand position)	4	Failure								
Squatted Cable Rows	4	12,10,8,8								
Cable Lat Pull-ins	4	12,10,8,6								
Stretch & Abs			10 Minutes of Abs, Stretch for 5 Minutes							

Thursday

Shoulders

Use the rope
Use straight handle

DB Military Press	5	10,8,6,5,5								
DB Lateral Raises	4	12,10,8,8								
Plate Curl and Press	4	12,10,8,6								
Cable Front Raises	4	10,10,8,8								
Straight Arm Cable Pulldowns	4	12,10,8,8								
One Arm Cable Rear Flies	4	12,10,8,8								
Farmer's Walk	3	Failure								
Stretch			5 Minutes							

Friday

Arms & Abs

You can sub in any biceps and triceps exercises you want unless the lift has a (*) next to it

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*Full Rotation Standing Curls	4	12,10,8,8								
*Laying DB Triceps Extensions	4	12,10,8,8								
Inclined DB Skull Crushers	4	12,10,8,8								
Inclined Laying Wide Curls	4	12,10,8,8								
Reverse Grip Z-Bar Curls	4	12,10,8,8								
Overhead DB Triceps Extension	4	12,10,8,8								
Close Grip Inclined Pushups	3	Failure								
Jugglers (10 lb. plates)	3	Failure								
Abs & Stretch			Abs for 10 Minutes, Stretch for 5 Minutes							

For Full Rotation Curls: At bottom - back of hands face forward, thumbs in. Curl up to the top, rotating wrists so thumbs point out

DAILY CALORIE BREAKDOWN

WEIGHT	CALORIES	CARBOHYDRATE (Grams)	PROTEIN (Grams)	FAT (Grams)
125-135	2,600	390	130	58
136-145	2,800	420	140	62
146-155	3,000	450	150	67
156-165	3,200	480	160	71
166-175	3,400	510	170	76
176-185	3,600	540	180	80
186-195	3,800	570	190	84
196-205	4,000	600	200	89
206-215	4,200	630	210	93
216-225	4,400	660	220	98
226-235	4,600	690	230	102