



BULK UP

WILLIAMS FALADE

PT & World Champ Natural
WBFF aka MrFit

TRAINING

Are you serious about making gains? Then the Falade Effect four week workout plan is for you. This is an introduction to how I personally train and what I recommend to my clients who are looking to build muscle. If you're looking for more from this plan contact me via williamsfalade.com

DAY 1: CALVES & QUADS

EXERCISE	SETS / REPS	REST
Standing weighted calf raises	7 sets of 10-15	30 sec
Seated calf raises	7 sets of 30	30 sec
Seated leg extensions	4 sets 30	1 min
Squats	TUT	1 min
Hack squats feet close	3 sets of 8 TUT	1 min
Seated leg extensions s/s	4 sets of 10	1 min
Walking lunges	24 (12 each leg)	
Close foot leg press	7 sets of 6-8	30 sec

DAY 2: CHEST & SHOULDERS

EXERCISE	SETS / REPS	REST
Incline dumbbell press	12, 12, 8, 8	1 min
Flat barbell underhand grip bench press	TUT	1 min
Low cable incline cross overs	12, 12, 8, 8	1 min
Pec deck s/s push ups	5 sets of 12	1 min
Lateral raises	5 sets of 8-10	1 min
Prone lateral raise (rear delt)	12, 12, 8, 8	1 min
Wide upright row leaning forward	5 sets of 10	1 min

DAY 3: CALVES, BACK & BICEPS

EXERCISE	SETS / REPS	REST
Weighted standing calf raises	7 sets of 10-12	30 sec
Seated calf raises	7 sets of 30	30 sec
Wide underhand lat pulldown	12, 12, 6, 6	1 min
Straight arm pull down	12, 12, 6, 6	1 min
Underhand bent over row	12, 12, 8, 8	1 min
Pull ups	TUT	1 min
Choose 2 bicep exercises	12, 12, 8, 8	1 min

DAY 4: REST

DAY 5: CHEST, SHOULDER & TRICEPS

EXERCISE	SETS / REPS	REST
Press ups	5 sets to failure	1 min
Lateral raises	5 sets of 12	1.30 min
Single arm cable lat raise	5 sets of 8-12	1.30 min
s/s decline pushups	5 sets to failure	
Flat fly or incline fly	12, 12, 8, 8	1.30 min
s/s face pulls		
Dumbbell lateral raise	5 sets of 12-15 5 sets of 12-15	1.30 min
Overhead cable tri extension	12, 12, 8, 8	1.30 min
Underhand cable kickout	12, 12, 8, 8	1.30 min

DAY 6: CALVES & HAMSTRINGS

EXERCISE	SETS / REPS	REST
Standing weighted calve raises	7 sets of 8-12	30 sec
Seated calf raises	7 sets of 30	30 sec
Single leg (high) foot press	12, 12, 8, 8	1 min
Stiff leg deadlift	12, 12, 8, 8	1 min
Standing leg curl	TUT	1 min
Long stride walking lunge	4 sets of 24 (12 each leg)	1 min
Seated leg curl	7 sets 10	30 sec

DAY 7: REST

LOCATION:
KINGS GYM, CROYDON

WEBSITE:
WILLIAMSFALADE.COM

KEY

TUT Time under tension
(3 reps very slow, 3 reps fast, 3 reps very slow, and 3 reps fast).

S/S Superset.

Top tip:

“Make sure before each session you do 5 minutes on the cross trainer, followed by dynamic body weight movements for that body part.

i.e. Bodyweight squats and Jump lunges for legs.”

No static stretching before, only post workout.

“Then when starting your workout, do at least 2 warm up sets of the exercises before starting the assigned amount of sets.

Take time after the workout to do some static stretching & some foam rolling.”



NUTRITION

This is my one day nutrition plan, you can vary your macro's and micro's to provide variety. Switch up your carb and protein choices throughout the week but always try to achieve the calorie surplus as your body will need plenty calories to make the desired muscle gains.

CALORIE SURPLUS

3,500 kcal to
4,000 kcal

Top tips:

- 30- 45 mins x 3 per week Cardio AM or PM
- X- Trainer > Medium - level 8 - 12
- Water Intake - Minimum of 4 litres per day
- Small scoop of L-Glutamine between meals
- Check all seasonings for sugar.
- 1 diet pop a day if needed

UPON WAKING

Reflex BCAA's, black coffee, Nexgen® Multivitamin. 30 mins cardio every other day.

MEAL 1

150g oats with water, 1 banana, 1 scoop One Stop Xtreme, choice of fruit.

MEAL 2

120g chicken, 150g basmati rice, 1 whole egg, vegetables of choice.

MEAL 3

100g chicken, 150g basmati rice, vegetables of choice.

MEAL 4

50g walnuts, 250g cottage cheese.

PRE TRAINING

100g Oats and Scoop of One Stop Xtreme.

POST TRAINING

Instant Mass Heavyweight shake.

MEAL 5

210g salmon or steak, 200g basmati rice, vegetables of choice.

BEFORE BED

30g Micellar Casein, 25g walnuts, BCAA's, Nexgen Multivitamin.

KEY PRODUCTS

I like to recommend certain products with my plans. If you have any special dietary requirements Reflex has a number of vegetarian or vegan friendly options to choose from.

CLICK ON A PRODUCT TO FIND OUT MORE



ONE STOP XTREME



INSTANT MASS HEAVYWEIGHT



L-GLUTAMINE



BCAA



NEXGEN® MULTIVITAMIN



MICELLAR CASEIN

*This Workout & Nutrition plan was prepared by the PT, and not Reflex, as a guide only. Certain elements may need to be adjusted to accommodate your specific circumstances, such as calorific intake. We recommend you seek your own independent professional advice before deciding to embark on a new diet and exercise regime. Reflex accepts no liability for your use of this Workout & Nutrition plan. Please see our Terms of Use for further information <https://www.reflexnutrition.com/terms-of-use/>