



BULKING
WITH
CRAZYBULK
YOUR HOW TO GUIDE

CRAZYBULK
BULKING • CUTTING • STRENGTH

CrazyBulk's guide to Bulking

Who are CrazyBulk?

CrazyBulk is a top provider of performance and bodybuilding supplements. Our primary focus is to improve strength, athletic performance, muscle building and muscle retention during the cutting and bulking stages of your training program. Our products have been designed to re-create the benefits of illegal steroids but without the harmful side effects and without the use of needles! The following bulking products are 100% safe and natural!

What is the bulk?

The bulk is a period of time where your primary goals are to build muscle, increase your body weight, increase your strength via a surplus calorie intake in your diet. There is a positive energy balance during this phase because the skeletal muscles need the fuel from your diet and/or supplements to grow. In terms of bulking you need a tailored nutrition, supplement and work plan so that you successfully increase your muscle mass without compromise. Training and eating in a smart manner is the key to a very successful bulking phase. Please read on and let's see how this book can help you to pack on some real muscle mass!

How will this book help you to gain muscle?

Well in simple terms this book will show you how to stack the alternative bulking steroids into either a 4 or a 6 stack using a 4 or 8 week cycle. The main priority of both these stacks and cycles is for you to pack on a huge amount of lean muscle in a safe but effective manner. We will also discuss some superb post cycling methods to give your body a proper cleanse and detox whilst maintaining your hard earned muscle.

Please note the post cycle information is not medical advice but just some guidance of the best methods to cleanse some of the major organs and their associated benefits.

Clean bulking nutrition advice with work outs

In conjunction with these amazing bulking supplements there is some clean bulking nutritional advice and some body specific work outs for you to follow e.g. chest, legs *etc.* All of the 6 body specific resistance work outs have been designed to dramatically

increase your muscle mass and all of the exercises within the plans are free weight or bodyweight exercises. Therefore they are suitable to use in the gym or at home- if you have some basic weight training equipment e.g. dumbbells, barbells, bench etc.

Also included are two Tabata HIIT routines to follow; as many bodybuilders are frightened to include cardio in their work outs, as they feel that it will strip their hard earned muscle. This is not the case and this will be discussed further in the workouts section.

Please note that before you begin any exercise program you should seek medical advice.

This is much of the back ground and introduction information of the book sorted; now let's get down to business and crack on with packing on some serious muscle mass!

The bulk stack combination

The '**CrazyBulk**' **Bulking Stack** is a special combination of hand selected legal steroid alternatives that have combined to produce a powerful muscle building and growth stack. The cycle of the bulking stack can last for 4 or 8 weeks and during this phase you will be adding some hard-core muscle mass. Bear in mind that this bulk stack has the same benefit as using anabolic steroids but they are legal! These benefits include:

- A quick and massive muscle mass growth
- An increase in explosive power and strength
- An increase in maximum performance
- All natural ingredients
- No harmful side effects
- No needles required to administer

The 4 'CrazyBulk' Bulking Stack

This stack is a combination of the four different supplements that are designed to ensure that you bulk up. The four different supplements will include:

- **D-Bal-Dianabol**
- **Testo-Max**
- **Trenorol (Trenbolone)**

- **DecaDuro (D-KA)**

These are the natural alternatives that *mimic* the effects of steroids, without the harmful side effects. The main focus of this section is to discuss how each of the supplements work and the best stacking combinations for maximal muscle gains.

The supplements discussed within this book are best consumed in *combinations*, as this strategy will increase your success rate during the bulking phase. Please note that although the alternative steroids are powerful when used on their own for bulking; it is good advice to build up to the 4 and 6 bulking programs for you to maximise your muscle gains! Please read on....

D-BAL Dianabol

This powerful strength and muscle supplement simulates the effects of ‘Dianabol’ which is undoubtedly the most popular anabolic banned steroid on the market. One of D-Bal’s main benefits is that it creates a highly active anabolic environment which enables the muscle tissue to retain more nitrogen. With a higher amount of nitrogen within the body, the cells are then able to build more muscle tissue via an increase in *protein synthesis*. D-BAL also decreases muscle fatigue and boosts your recovery time post exercise. Plus it contains a natural fat burner that supports a healthy lipid metabolism which cuts away your body fat giving you a shredded look.

The Benefits of D-BAL

- Increases nitrogen retention in the muscle tissue this equates to a boost in muscle growth, power and strength
- Quick results in terms of muscle growth, strength and power
- It is especially good for hard gainers

Dosage

On workout days take three (3) capsules with water approximately 45 minutes after your workout. On non-workout days take 1 capsules with every main meal.

Testo-Max (TM)

Testo-Max is the best Testosterone boosting supplement on the market! Testosterone is the godfather of all muscle building hormones and increased levels can boost your strength, muscle growth, explosive energy, stamina and recovery times. The main ingredient in TM is tribulus terrestris which naturally boosts testosterone levels by stimulating the pituitary gland. This in turn raises the amount of luteinizing hormone and testosterone within the body.

Having higher testosterone levels within the body boost your metabolism, bone and muscle development along with your sexual vitality. It also makes you leaner and stronger quicker and this equates to a vast increase in energy available when pumping weights. Testo-Max can help you to recovery from your work outs quicker and it is an excellent supplement for stripping your unwanted body fat!

The Benefits

- Have high levels of 100% pure tribulus terrestris
- Safe for both the liver and kidneys
- Excellent choice for men with low testosterone levels and hard gainers.

Dosage

Take one tablet three times per day with meals every day for both the 4 and 8 week cycles. Take one tablet 30-45 minutes before you begin your training session. Have 2 months on 'Testo-Max' and a week and a half as a post cycling period.

Trenorol (Trenbolone)

Trenorol is both a bulking and cutting agent that simulates the same effects of Trenbolone and is probably the most versatile steroid of all time. Trenorol has an enhanced formula that has been created to deliver immediate results and is a safe alternative to the steroid Trenbolone. Trenorol has the following benefits:

- It increases muscle mass
- It boosts strength and stamina
- It hardens and defines muscles

- It boosts muscle vascularity
- It is superb for physical conditioning
- It produces rapid results
- It is a safe alternative to Trenbolone.

Trenorol has a premiere anabolic formula that boosts the amount of testosterone in the body, increases nitrogen retention and protein synthesis. It is these mechanisms that help you to gain some serious muscle mass. In addition *Trenorol* has some enhanced fat burning properties which are a catalyst for blasting off the visceral and subcutaneous fat. This means that you can burn fat and build lean muscle mass simultaneously. It is 5 times as anabolic as testosterone alone and it's not toxic for your liver and/or kidneys- which many illegal steroids are!

There is evidence to suggest that *Trenorol* can help you to gain between 10-15 pounds of lean muscle in 30 days. It doesn't cause water retention and doesn't convert to estrogen. Another major benefit of this supplement is that it increases red blood cell production and this translates to an increase in oxygen delivery to the muscles, when performing your work outs. This increase in oxygen shunting to the muscle is a major factor in boosting muscular power and strength.

Dosage

Take one tablet three times per day with meals every day for both the 4 and 8 week cycles. Take one tablet 30-45 minutes before you begin your training session. Have 2 months on 'Trenorol' and 2 weeks off as a post cycling period.

DecaDuro (D-KA)

D-KA has the perfect anabolic formula to help you to gain strength and muscle mass and it is a safe alternative to Deca-Durobolin. It can be used as a bulking or cutting agent and it has the following key benefits:

- It boosts explosive power and strength
- It boosts muscle gains and aids rapid recovery
- It helps to relieve joint and tendon pain
- It helps to preserve lean muscle whilst decreasing body fat.

D-KA increases nitrogen retention and then protein synthesis which are the building blocks for building muscle. It resists water retention and this powerful supplement can help to reduce joint pain. The mechanism behind this reduction in joint pain is the positive impact that D-KA has on collagen tissue production.

Collagen tissue is a protein structure which is located in tendons and ligaments at all of the major joints within the body. The increase in collagen synthesis can lead to stronger connective tissue at the joints and ultimately an increase in strength and muscle mass gains. Joint pain and a quicker recovery time post work out are also related to this increase in collagen synthesis which is facilitated by D-KA.

In addition D-Ka has the capacity to eliminate intra-cellular bloating whilst reducing body fat and increasing muscle mass. This safe supplement also boosts red blood cell production and this increases the delivery of oxygen to the working muscles and this equates to a more powerful work out and a quicker recovery time.

Dosage

Take one tablet three times per day with meals every day for both the 4 and 8 week cycles. Take one tablet 30-45 minutes before you begin your training session. Have 2 months on 'Trenorol and 2 weeks off as a post cycling period.

The 6 'CrazyBulk' Bulking Stack

For the 6 bulk stack add in Anadrole and Clenbutrol into your 4 and/or 8 week cycle. This will be discussed throughout this section.

Anadrole (A-DROL)

Anadrole is a safe alternative for the steroid Oxymethalone. Anadrole increases red blood cell production and this increases oxygen delivery. This also reduces the onset of fatigue during your work outs and post exercise. Therefore you are able to work longer and harder as your muscles have more fuel via the increase in oxygen shunting to the muscle tissue. A-DROL also has the following major benefits associated with it:

- It boosts muscle mass, strength and power

- It improves your capacity to pump out more weights to failure
- It aids in a quicker recovery post exercise
- It has very quick results in 2 weeks.

A-DROL contains anabolic properties that enable you to burn both visceral and subcutaneous fat. It also helps you retain lean muscle tissue at the same time. Plus it delivers results in 2 weeks and there is evidence to suggest that A-DROL does improve vascularity, muscle hardness and density.

Dosage

Take one tablet three times per day with meals every day for both the 4 and 8 week cycles. Take one tablet 30-45 minutes before you begin your training session. Have 2 months on 'A-DROL' and a week and a half off as a post cycling period.

Clenbutrol

Clenbutrol is safe alternative to the powerful and fat burning steroid Clenbuterol. Our safe version stimulates the beta-2 receptors and this revs up your metabolism. It is this mechanism that literally melts away your body fat. Ultimately this rise in body temperature facilitated by Clen helps you to burn off more calories. This leaves your body looking shredded ultra-lean and totally ripped. Clen is used by many celebrities and it has the following key benefits:

- It is a powerful fat burner and it can improve your training performance
- It suppresses your appetite
- It enhances both stamina and endurance
- It preserves lean body mass and gets you looking lean and ripped.

Clen significantly boosts cardiovascular function and this increase in oxygen delivery enables you to exercise for longer and to recover quicker. The active ingredient in Clen can help to suppress your appetite by raising your serotonin levels; it also blocks the carbs you eat from being stored as fat and uses these carbs as an energy source.

Clen is '*ephedrine*' free which is an illegal fat burner in many countries.

Dosage

Take one tablet three times per day with meals every day for both the 4 and 8 week cycles. Take one tablet 30-45 minutes before you begin your training session. Have 2 months on 'Clen' and a week and a half off as a post cycling period.

The 4 and 8 Week Cycles

Combinations

Although it is recommended to follow the CrazyBulk 4 or 6 supplement stack, there are other combinations that you can use whilst building up the 'Ultimate Stack'. These are as illustrated in the tables below:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
D-BAL	✓	✓	✓	✓	✓	✓	✓	✓
Testo-Max	✓	✓	✓	✓	✓	✓	✓	✓
Trenorol (TREN)	✓	✓	✓	✓	✓	✓	✓	✓
DECADURO (D-KA)	✓	✓	✓	✓	✓	✓	✓	✓
ANADROLE (A-DROL)	✓	✓	✓	✓	✓	✓	✓	✓
CLENBUTEROL (Clen)	✓	✓	✓	✓	✓	✓	✓	✓

Stack 1

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
D-BAL	✓	✓	✓	✓	✓	✓	X	X
Testo-Max	✓	✓	✓	✓	✓	✓	✓	✓

Stack 2

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
D-BAL	✓	✓	✓	✓	✓	✓	X	X
Testo-Max	✓	✓	✓	✓	✓	✓	✓	✓
DECADURO (D-KA)	✓	✓	✓	✓	✓	✓	✓	✓

Stack 3

	Week 1	Week 2	Week 3	Week 4		Week 5	Week 6	Week 7	Week 8
Testo-Max	✓	✓	✓	✓		✓	✓	X	X
DECADURO (D-KA)	✓	✓	✓	✓		✓	✓	✓	✓
ANADROLE (A-DROL)	✓	✓	✓	✓		X	X	X	X

Lean Muscle Stack 4

	Week 1	Week 2	Week 3	Week 4		Week 5	Week 6	Week 7	Week 8
D-Bal	✓	✓	✓	✓		✓	✓	X	X
Testo-Max	✓	✓	✓	✓		✓	✓	✓	✓
ANADROLE (A-DROL)	X	X	X	X		X	X	✓	✓
CLENBUTEROL	X	X	X	X		X	X	✓	✓

Post Cycle

Supplement	Wash Out Period
D-BAL	1.5 weeks
Testo-Max	1.5 weeks
Trenorol (TREN)	2 weeks
DECADURO (D-KA)	2 weeks
ANADROLE (A-DROL)	1.5 weeks
CLENBUTEROL (Clen)	1.5 weeks

As mentioned previously for each of the 6 supplements there should a post cycle time off period. There are two different approaches that you can take; these as follow:

- Have a total body cleanse of all of the major organs
- Use the post cycle therapy strategy for when you come off the supplements permanently.

Body Cleanse

A good approach is to cleanse your body during the 2 weeks before beginning the next cycle of supplements. However before we go on to discuss the benefits and products to use for a good old detox it may be worth mentioning a little tip for keeping your hard earned muscle gains. Many bodybuilders during this period continue to train hard, eat healthily and lower their calories and carb intake.

It is recommended to keep your protein intake reasonable high and maybe add some creatine into the mix. Creatine helps with cell volumization by pulling water from your blood stream into the muscle tissue to increase its size. Maybe don't over indulge on the creatine as this can play havoc with your kidneys. During this stage, one of the main priorities is to de-stress all of the major organs within the body. Please note that it is good practice to give your body a rest when taking all supplements!

The Liver

The body will not function effectively if the liver becomes burdened and a cleansed liver will help to flush out all of the toxins accumulated within the body. The liver works closely with the kidneys to cleanse the blood and many of the toxins are stored in liver, when there are too many toxins within the kidneys. The liver will defend the body against chemicals and heavy metals etc. and it will sacrifice itself if the accumulation of these toxins becomes too high. Therefore it is imperative to have a flush or detox of the liver for a good whole body health. The following are some natural liver tonics that are recommended to use within the 2 weeks off post supplement cycle:

- Milk Thistle
- Dandelion
- Fennel
- Burdock root

Kidney Cleanse

Having a poor body pH, kidney stones and high toxic levels can be the cause of kidney dysfunction. The following are some simple remedies for a kidney detox:

- Plenty of water and try to drink at least 2 litres per day
- Cranberry juice
- Nettle tea
- Matcha Tea

Colon Cleanse

Before we begin this section, we don't advocate the use of laxatives to cleanse your colon- as this method is both dangerous and out dated. If you follow the clean bulk plan in the nutrition section then you will have a pretty clean colon as you will be eating some healthy foods. However for a good colon cleanse we recommend a commercially formulated product from a reputable health shop because they have done all of the research for the best formulas and results!

Post Cycle Therapy

This *final procedure* should be implemented after you have *totally finished* with the use of the supplements and it a great approach for keeping your muscle gains. When we supplement with alternative steroids over a lengthy period, our hormonal status is often altered. Often during the supplement cycle our *natural* testosterone production is suppressed and when we stop the cycle our testosterone levels remain relatively low. Therefore it advised that we try to stimulate the natural production of testosterone and that we let our body ‘normalise’. The post cycle plan should active the pituitary gland to stimulant the release of more luteinizing hormone and follicle stimulating hormone. This facilitates an increase in testosterone production within the body.

The Work Outs Section

You can use these 'body specific' workouts during the 4 or 8 week cycle. Many of the exercises are compounds movements that are multi-jointed in nature and they use several muscle groups to help you to move your limbs. They can improve joint stability, overall balance, co-ordination and put some serious muscle bulk on. When executing these compound exercises you will be recruiting more muscle fibres and this translates to building a solid foundation in both body strength and muscle mass.

The work outs have been specifically designed in terms of sets, rep range, intensity, tempo and frequency to induce an increase in protein synthesis and the end product is a big increase in muscle mass. The 8 week program has taken the following factors into consideration so that your 'bulk' is maximal:

- The muscle tension of the load throughout the 8 weeks is at 70-80% 1RM and this enables the muscle tissue to grow because you are lifting progressively heavier weights. It is important to assess your 1RM every 2 week, as this increases the weight load that you are using.
- You will be sore after your work outs but this is a good mechanism for muscle growth. The body repairs the damaged muscle fibres and fuses them together to make them thicker. This lead to a boost in muscle 'hypertrophy' or muscle size.
- They induce sarcoplasmic hypertrophy which is caused by the metabolic stress of the workouts and an increase in the swelling around the muscles.
- They induce an increase in testosterone, HGH and IGF-1 which are three important muscle building hormones.

Hormonal Response to Resistance Exercise

High intensity (70% + 1RM) compound movements such as squats, deadlifts, clean and snatch with short rest intervals (60 seconds max) can stimulate the production of testosterone, growth hormone and Insulin-like Growth Factor 1(IGF-1).

Testosterone is a major fat burning hormone that stimulates the production of muscle cells, promotes protein synthesis for building new muscle cells and stops the breakdown of muscle tissue. Growth Hormone is also important as it increases the uptake of amino acids into the muscle tissues, boosts protein synthesis, improves the rate of fat acids conversion into energy and stimulates the release of IGF-1. Here comes the kicker IGF-1 works with the growth hormone to enhance protein synthesis, improves mechanical structure within the muscle, reduces mechanical stress within the muscle and stimulates the production of satellite cells needed for muscle growth and repair.

The importance of the right type of cardio

Many bodybuilders and physique athletes are big fans of HIIT. Many of these individuals now use HIIT as a part of their training regime. However in the past many were scared off by cardio as they felt that it blunted their muscular development and actually burnt away muscle mass.

It was discovered that when bodybuilders performed conventional cardio for long periods of time there was a reduction in muscle development. This was attributed to decreased levels of testosterone. On the other hand HIIT can be a catalyst for you to improve your muscle mass via increased levels of certain muscle building and fat burning hormones.

The Tabata HIIT model

Both of the cardio work outs are based around a Tabata model and this is as follows:

- Each exercise should last for a duration of 20 to 40 seconds
- After each exercise there is a 10 second rest interval
- Each round of Tabata lasts for 8 exercises
- Each round lasts between 4-5 minutes

- You can stack the rounds to make a Tabata work out e.g. 16 minutes = 4 rounds of 8 exercises lasting for 20 seconds with 10 seconds rest intervals in between.

Basically you work at a very high intensity (100%) for the allocated time (20-50 seconds) and then you rest for 10 seconds. This will optimise your fitness and physique goals. You will sweat your butt off because all of the exercises use large muscle groups and are compound in nature. This use of large muscle groups blasts up your metabolism because the muscle needs energy and calories to function effectively.

A HIIT Tabata model will definitely strip away that dreaded fat and help to build muscle tissue. Research has indicated that a Tabata style work out of 6-8 high intensity exercises ranging from 20-50 seconds (with a 10 seconds rest intervals) can burn up to 10 times as much fat as conventional cardio in a shorter period of time.

Tabata helps to build muscle mass

This style of training increases your testosterone levels, it enhances your muscle oxidation markers in your mitochondria (powerhouse of the muscle) and enlarges the muscles size and its overall power. This equates to a boost in muscle strength and size.

Tabata training has the following benefits:

- It boosts human growth hormone levels which is another major player in maintaining lean body muscle
- It boosts testosterone levels
- It enhances insulin sensitivity which is important for driving the glucose into the muscle and not storing unwanted body fat
- It burns fat up to 24 hours post exercise and uses fat stored as its main fuel
- It improves muscle and liver usage of glucose which is an important body fuel
- It boosts catecholamine levels that are required for the metabolism of fat
- It preserves lean body mass

How to use the work outs?

This is where the hard work really begins! Just follow the program outline below and use the workouts A-G. It is very important that you regularly assess your 1RM because as you go through the 8 weeks your body will quickly adapt to the weight being lifted. The increase in weight used will cause your muscle tissue to tear, repair and grow.

In terms of the sets and rep range, stick within these boundaries because if you are increasing the set number beyond 3 or reps between 12 then you need to increase the weight being used. Plus keep the rest between each set at 60 seconds and this is an adequate time for you to train hard whilst inducing a good muscle growth.

Week Number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Work Out A	Work Outs B & E	Work Outs C & G	Rest	Work Out D	Work Out F	Rest
2	Work Out	Work Outs	Work Outs	Rest	Work Out	Work Out	Rest
3	A	B & E	C & G	Rest	D	F	Rest
4	Work Out	Work Outs	Work Outs	Rest	Work Out	Work Out	Rest
5	A	B & E	C & G	Rest	D	F	Rest
7	Work Out	Work Outs	Work Outs	Rest	Work Out	Work Out	Rest
8	A	B & E	C & G	Rest	D	F	Rest

Assessing Progress of the 4 or 8 week program

A tried and tested method of assessing progress is measuring the girth of the muscle. This procedure will identify where the muscle is growing and which muscles will need attacking in a different way. To take the measurements you will need a tape measure, so that you assess the 8 different body parts. The main aim of taking muscle girth measurements is 'consistency' and the tape should be lying flat against your skin at all

times. Take the measurement at the same time of day and in the same way every time so that you get an accurate measurement. The 8 body sites are as follows:

1. **Neck**- measure at the widest point which is around your Adam’s apple
2. **Shoulder**-measure from a straight line from the largest points of your shoulders and across your chest
3. **Biceps**-measure both at the largest girth when flexed
4. **Chest**- measure whilst breathing in and just above the nipples
5. **Waist**- measure at the narrowest point
6. **Hips**- measure at the largest point where the butt is protruding the greatest
7. **Thighs**- measure both just below the butt and at the largest girth
8. **Calf**-measure both at the largest point.

Once you have taken these muscle girth measurements just add them into the table below. This is excellent reflective tool and you can use this to illustrate your progress. Remember to take the 8 muscle girth measurements before you begin the 8 week program.

Measurements	Before	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Neck									
Shoulders									
Biceps									
Chest									
Waist									
Hips									
Thighs									
Calf									

Work Out A- Major Chest Blaster

Exercise	Sets	Reps	Intensity	Tempo	Rest Intervals
Upper Chest					
180 Degree Twisting Incline Dumbbell Bench Presses	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Incline Kettlebell Flys	1-3	6-12	70-80% 1RM	Moderate	60 seconds

Wide Arm Push Ups	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Middle Chest					
Barbell Incline Medium Grip Bench Press	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Pull Ups	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Lower Chest					
Barbell Decline Bench Press	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Forward Leaning Dips	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Decline Kettlebell Flyes	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Decline Dumbbell Flys	1-3	6-12	70-80% 1RM	Moderate	60 seconds

Work Out B- Shoulders

Exercise	Sets	Reps	Intensity	Tempo	Rest Intervals
Standing Military Press Barbell	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Upright Barbell Rows	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Kettlebell Overhead Hangs	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Dumbbell Side Lateral Raises with step ups	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Barbell Rear Deltoid Raise - Prone	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Reverse Grip Bent Over Rows	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Pike Push Up	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Dumbbell Front Raises	1-3	6-12	70-80% 1RM	Moderate	60 seconds

Work Out C- Core

Exercise	Sets	Reps	Intensity	Tempo	Rest Intervals
2 Arm Kettlebell Swing	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Kettlebell Snatch	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Kettlebell Clean & Jerk	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Kettlebell Sumo Deadlift	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Kettlebell Overhead split Squat	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Kettlebell High Windmill	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Hanging Knee Raises	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Planks	1-3	6-12	70-80% 1RM	Moderate	60 seconds

Work Out D- Legs

Exercise	Sets	Reps	Intensity	Tempo	Rest
Barbell Squat with Step ups	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Barbell Walking Lunges	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Barbell Glute Bridge	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Bulgarian Split Squats with Barbell	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Front Squads X 2 kettlebells/dumbbell	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Dumbbell Deadlifts straight legged	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Quadruple Hip Extensions	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Pistol Squats with kettle bells	1-3	6-12	70-80% 1RM	Moderate	60 seconds

Work Outs E- Biceps

Exercise	Sets	Reps	Intensity	Tempo	Rest Intervals
Chin Ups	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Concentration Curls	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Reverse Grip Barbell Curl	1-3	6-12	70-80% 1RM	Moderate	60 seconds
AZ Hammer Curls	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Incline Bench Bicep Curl	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Reverse Grip Barbell Curl	1-3	6-12	70-80% 1RM	Moderate	60 seconds

Work out F- Back and Triceps

Exercise	Sets	Reps	Intensity	Tempo	Rest Intervals
T Bar Rows	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Close Grip Bench Press	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Skull Crushers	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Barbell Bent Over Row	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Alternate with Shrugs using Plates	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Weighted Dips	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Wide Arm Pull Ups	1-3	6-12	70-80% 1RM	Moderate	60 seconds
Standing Barbell Rows	1-3	6-12	70-80% 1RM	Moderate	60 seconds

Work Out G-Tabata HIIT (Choice of 2)

Exercise	Time	Rest
Tuck Jumps	40-20 secs	10 secs
Goblet Squats	40-20 secs	10 secs
Elevated Feet Push Ups	40-20 secs	10 secs
Dumbbell Overhead Lifts	40-20 secs	10 secs
Bear Crawls	40-20 secs	10 secs
Swiss Ball Dumbbell Chest Presses	40-20 secs	10 secs
Swiss Ball Dumbbell Shoulder Presses	40-20 secs	10 secs
Jacks	40-20 secs	10 secs

Exercise	Time	Rest
Wide Arm Push Ups	40-20 secs	10 secs
Goblet Squats	40-20 secs	10 secs
Bear Crawls	40-20 secs	10 secs
Dumbbell Overhead Lifts	40-20 secs	10 secs
In and Out Squat Jumps	40-20 secs	10 secs
Elevated Feet Push Ups	40-20 secs	10 secs
Lunge Jumps	40-20 secs	10 secs
Plank	40-20 secs	10 secs

How to advance the workouts

This section will discuss *two* training strategies that could be incorporated into your work out regime because when used correctly they are an excellent additional muscle and strength builder.

Drops Sets

The main rationale behind using drop sets is to shock the muscle and to cause micro-tears. This is an excellent strategy to enhance muscle growth and strength because it recruits a larger amount of muscle fibres including the deep muscle fibres that improve your body's symmetry. The technique of drop setting allows you to perform some additional sets beyond the point of exhaustion which is when you would normally stop/your training session. It involves two additional sets both executing to failure with no rest intervals and without 10-20% of the weight taken off the bar.

Superset

Another training strategy is to perform a superset technique and this involves performing two exercises in rapid succession of one another. There are two ways of performing supersets and first method is all about exercising the same muscle groups after each with no rest in between the sets.

This will improve muscle hypertrophy and strength and the stronger that you get the more times that you will be able to perform this style of super setting.

The Nutrition Section

Packing on lean muscle mass is eating the right amounts of macronutrients along with the right calories and timing your food intake so that the muscle is always in a well fed state. To build muscle you need to have a good supply of the right macros and calories; if either one of these is deficient then you will be hindering your muscle gain potential. If you are not planning your intake and timing your nutritional intake effectively, even with the best training plan on this planet your muscle growth will be very slow.

Your muscle is made of protein and for it to grow properly you need adequate amounts of this macro. Plus a controlled carb intake supplies the fuel to power you through your work outs. Many bodybuilders are heavily reliant on supplements to gain muscle and some tend to ignore the importance of foods that should be prepared in the kitchen. Training supplements do have their place in every bodybuilder's arsenal but they should be combined with the right clean foods to build muscle.

Yes, 80% of muscle is built in the kitchen and don't be shy to show off your culinary skills. There are 2 nutritional strategies that bodybuilders use during the bulk phase.

The Two Nutritional Strategies for Bulking

Dirty or Clean Bulking.

There are 2 nutritional methods to packing on some serious muscle mass; these are **clean and dirty bulking**. Both methods have got their advantages and disadvantages. However this book will focus on cleaning bulking as the better option for gaining muscle.

Dirty Bulking

The term *dirty bulking* is used when bodybuilders don't really care about what foods they are throwing down their neck. During dirty bulking the individual has no control over the calories or macro they are consuming and often the foods are high in sugars and unhealthy fats. If this diet pattern is sustained over a lengthy period of time, you would be prone to metabolic conditions such as type 2 diabetes.

The main objective of the dirty bulk is to consume foods that are high in fats, proteins and calories with ease. The dirty bulk menu is very easy to access and dirty bulkers will often eat take away foods such as pizzas and burgers. Therefore one of the main advantages of dirty bulking is that you reach your daily limit of the macros and calories pretty quickly and this strategy is often used by hard gainers. Regardless if you are a hard gainer or not you will start to put on some serious bodyweight with this approach.

There is little or no food preparation and often the hard gainer will just pick up the phone and call their local takeaway. In a nutshell there are no boundaries and the more you eat the quicker that you will bulk up!

The disadvantages of dirty bulking

- You will start to increase your % body fat
- You will have the puffy and bloated look caused by a high fat and salt intake
- Eating junk food can leave you feeling down, drained of energy and depressed
- High sugary foods can cause a continuous spike in blood insulin making you feel tired and sluggish.

Clean Bulking

Clean bulking is the total opposite to dirty bulking. With this nutritional strategy you maintain a healthy nutritional approach and you don't sacrifice your short term health so that you can bulk up. All of your calories and macros that you consume are assessed on a daily basis and you eat a higher number of meals each day. There are no short cuts to bulking in the clean way and on its own without supplements you will gain 1 or 2 pounds of muscle per month with little body fat gain. However if you combine clean bulking with the 4 or 6 supplement bulk stack then the benefits will be magnified by 15 times in terms of gaining muscle mass.

You will inevitably consume an additional 550 calories per day from a healthy source of macros and this ensures that you gain lean muscle mass without adding body fat. You are in total control of what that you are consuming and a major part of clean bulking is you preparing the healthy foods in the kitchen. This helps with bulking and makes cutting less ominous as you have less body fat to shift.

Advantages of clean bulking

- Vast improvement in health when compared to dirty bulking
- You maintain your physique and increase your body strength without getting fat
- You have a healthier source of energy and better energy utilisation which translates to increased strength and muscle mass gains.

The Clean and Lean Muscle Gain Plan Explained

Many professional bodybuilders use this approach to both bulking up and cutting down. The lean diet gets you very big whilst remaining healthy. This plan is broken down into 2 parts:

- **Training days**- increase the amount of carbs eaten, reduce the amount of essential fats but keep the protein intake consistent.
- **Rest days**- reduce carb intake to reduce % body fat but increase the amount of fats and protein within the main meals.

The program is calculated as follows:

- Lean body mass (body weight-(%BF X bodyweight) ÷ (by your bodyweight (pounds)
- For a 160 pound individual with a 10% body fat, the formula would be $(160 - (0.10 \times 160)) / 200 = 0.88$
- Then take 0.88 and multiply by the numbers show in the table below:
- For the 160 pound people meal 1= carbs = $90g \times 0.88 = 79g$ and protein = $35g \times 0.88 = 30g$
- Use the grams per meal in the tables below to work out your macros for each on training and rest days

Sample Meal Plans

Training Days

Meal Number	Amounts of Carbs (grams)	Amount of Proteins (grams)	Other Amounts (grams)
1	90	35	
2	65	35	

3	65	35	
Post Workout Shake	50 grams maltrodextrin	50 Whey Protein	
Post Work Out Meal	90	35	
6	65	35	
7	No carbs	35	
8	No carbs		50/50 Casein & whey protein shakes

Non Training Days

Meal Number	Amounts of Carbs (grams)	Amount of Proteins (grams)	Other Amounts (grams)
1	80	50	
2	70	50	
3	70	50	
4	0	50	15 g healthy fats
5	0	50	15 g healthy fats
6	0	50	15 g healthy fats
7		50/50 Casein & whey protein shakes	

Some Top Advice

Don't Eliminate 'All' Fats from your Diet

Many bodybuilders tend to follow a low fat diet because they feel that 'all' fats are their worst dietary enemy and these macros are detrimental to their muscle gains. Not only is this strategy very bad for your general health but it is also hindering and blocking your muscle building potential. If you are eating a 'dirty' calorie diet that is high in trans and hydrogenated fats then you are consuming the wrong types of fats. The body can't break down these types of artificial fats to use them as energy and they tend to be stored as body fat. If you have high levels of body fat then your muscle tone and definition will be diminished.

On the other hand dietary fats from eggs, meat and oily fish help with the maintenance of hormone levels. The most important hormone for building muscle tissue is testosterone and yours will be very extremely low if you are banishing these key foods from your daily diet.

The fat soluble vitamins

Foods that are high in good fats tend to have fat-soluble vitamins (A, D, E&K) attached with them. Therefore, if your diet is devoid of these key fats and vitamins then your muscle gains will be further decreased because your body has certain priorities. One of the body's main priorities is to maintain a status quo of health/survival and if you are deficient in any macro or vitamins, the body will not embark on the energy zapping process of building muscle. The fat-soluble vitamins have the following main functions in relation to building muscle:

- **Vitamin A**- aids in the division and growth of cells (including muscle tissue)
- **Vitamin D**-regulation of calcium and phosphorus needed for proper function of nerves and muscles
- **Vitamin E**-aids as an anti-oxidant and stops the cell membranes from being destroyed
- **Vitamin K**- helps with the maintenance of zinc and magnesium. These are important minerals in the function of testosterone.

Fats are energy dense

Another key point to consider is that good fats are energy dense and they help with satiety of foods. If you eat lots of carbs such as bread, grains and low-fat dairy then you are never going to consume enough calories to grow muscle. One tablespoon of oil contains about 125 calories which is good news if you are a hard gainer. However, if you tend to put weight on quickly then keep an eye on your oil intake.

Not Getting Enough Protein

It is common knowledge that protein is the building block of all muscle tissue. The recommended daily amount of protein is 1-2g per kg of bodyweight. Bear in mind that carbs and fats provide the energy for each work out session but without adequate protein it has got very little to work with. Many lifters are aware that protein is needed for them to build muscle but still are not getting enough. The question is why?

Well, protein unfortunately is not the main part of their main meals and snacks and they are heavily reliant on carbs. Carbs do have their place in any lifter’s diet as they are needed to drive the amino acids into the muscle but any carbs that are not used as energy are stored as body fat. Every meal should have some type of meat, poultry, fish, cottage cheese, eggs or complete seeds such as quinoa as its main ingredient and use the table below as a guide to what proteins are essential for building muscle. Don’t forget to weight your foods and to use the macro tables on the training and non-training days to calculate the food weights required.

Supplementing with the right protein shakes is also an important catalyst for muscle growth and timings of these shakes is vital to the success of your training goals (this will be discussed later).

Complete ANIMAL BASED PROTEINS	Complete PLANT BASED PROTEINS	Incomplete PROTEINS
FISH	Quinoa	NUTS & SEEDS
	Buck wheat	
Salmon	Hemp seeds	Almonds
Mackerel	Chia seeds	Walnuts
Tuna		Cashews
Rainbow Trout		Pistachios
Halibut		
Lobster		Pumpkin
Sardines		Sunflower
Herring		Flaxseeds
POULTRY		LEGUMES
Skinless chicken breast		Kidney Beans
Skinless turkey breast		Black Beans
		Lentils
LEAN MEATS		
Lean beef cuts		
Lean pork loins		
DAIRY		
Eggs		
Fat free Greek yoghurt		
Skimmed milk		
Low fat cottage cheese		

Meal Timings

Try to consume between 6-8 small meals of the right calories and macros per day every 2-3 hours because this keeps your blood sugars high and your body in an anabolic state. This ensures that your body is primed to build muscle and remember that you need to consume more calories than you expend to build muscle.

Eat your pre work out meal or protein shake 2 hours before you train. This strategy will allow the food or shake that you have eaten to be readily digested and it will be available to use in your work out. The meal should be high in protein and complex carbs as this will ensure that you have adequate energy and amino acids for your work out.

After you have completed your work out, you have a forty five minutes window of eating to boost your muscle gains. During this initial forty five minutes period post exercise your body is actively primed to absorb all of the nutrients that aid recovery and restore your glycogen levels. This is when you really need to raise your insulin levels as this drives the amino acids into the muscle tissues. This mechanism is imperative for muscle growth and repair and whey protein with a fast acting carb (maltodextrin) is spot on for this after your work out.

After 2 hours of stopping your work out eat a meal that is high in protein and with ample complex carbs. Just before you go to bed have a casein protein shake as this will feed your muscles when you are sleeping.

The Right Calories

Don't over burden your stomach with large amounts of low density foods such fruit, vegetable and junk carbs when trying to increase your calorie intake. These foods will make you feel stuffed which is rather uncomfortable. Focus on eating energy dense foods such as steaks, eggs and almonds. Remember that you need to be consuming more calories than you are expending and to pack on muscle you should be eating around 20 calories per kg of bodyweight per day or around 9 calories per pound of body weight.

Try to add a small handful of the carbs in the table below with each main meal but remember to reduce carb intake on training days.

Parsnips	Kidney Beans
Butternut Squash	Black Beans
Acorn Squash	Garbanzo Beans
Pumpkin	Hummus
Plantains	Beets
Sweet Potato	Amaranth
Yams	Brown Rice

Essential Foods for Bulking

Mackerel

Mackerel is high in omega-3s which help to combat the chronic inflammation caused by an intense resistance training session. It is also very high in zinc and is an essential mineral for controlling testosterone levels. It is this anabolic hormone that is absolutely vital for muscle growth and fat loss within the body.

Beets

The nutritional compounds that are found in beets can improve performance and enhance vasodilation. Research has shown that beets can improve performance, reduce

your perceived level of exertion and this function allows the muscle to perform more work at a higher given intensity. This elicits greater muscle gains, which is caused by increased mitochondrial activity within the muscle allowing the muscle to work harder.

Greek Yoghurt

Greek yoghurt has twice as much protein as normal yoghurt. The process that is used to create Greek yoghurt results in a higher amount of casein protein which is the slow release protein. This type of protein is essential for steady increase in amino acid levels and can enhance protein synthesis. Always use the plain version of Greek yoghurt and avoid low fat or added fruit versions as these contain pectin. Pectin content is a sign of a poor food production and some good advice is to read the labels before you buy it!

Almonds

Almonds contain more fibre and protein than most nuts that are in the supermarket. A small handful of almonds contain around 150 calories and about 5-6 grams of protein. They also contain high level of vitamin E which is very effective at mopping up the free radicals caused by resistance training. Combine this with high levels of vitamin B which is an important catalyst for energy metabolism; then these bad boys should be near the top of your shopping list.

Avocados

Avocados have a unique blend of nutritional content that make them perfect for building lean muscle mass. Avocados contain over 20 different vital nutrients, 275 calories, 9 grams of fibre and over 10 grams of the right fats- mono-saturated. Mono-saturated fats can help to shift fat away from your mid-section and this will give you a leaner look especially in the bulk phase of your program. They also aid with the absorption of carotenoids which are needed for cell growth and a healthy immune function.

Lentils

Lentils are jammed packed with fibre, protein and slow digesting carbs. One small cup of lentils contains about 250 calories, 20 grams of protein and 15 grams of fibre. They are a great add on with other foods, take about 15 minutes to cook and why not spice it

up with some chilli powder. Chilli powder contains capsaicin which is an excellent fat burner!

Broccoli

Broccoli is a member of the cruciferous family which are high in antioxidants and help to reduce estrogen levels in the body. It contains 2 unique compounds (Indole-3-carbinol & D glucaric acid) which blocks estrogen's ability to work on your target tissues within the body and this helps to minimise this effect on your muscle building goals.

Quinoa

Quinoa is the daddy of all food sources; especially when compared to classic carbs. Quinoa is a seed and not a grain. One small cup of quinoa contains 240 calories, 10 grams of protein and more zinc and almost three times as much fibre as brown rice. Quinoa is a complete protein that contains all of the essential amino acids to build muscle and it also a slow releasing carb which enables you to sustain your energy levels for longer. It takes about 15 minutes to cook and next time you go the supermarket put this bad boy at the top of your shopping list.