



Beginner Bulking Routine

YOU WILL WORKOUT 3 DAYS PER WEEK

This routine is designed to be performed on 3 non-consecutive days each week. For example: Mon = Workout A, Wed = Workout B, Fri = Workout A (start next week with Workout B).

PERFORM ONE EXERCISE AT A TIME

This means to complete all sets of the 1st exercise before moving on to the 2nd, then all sets of the 2nd before moving on to the 3rd, and so on...

HOW TO SELECT YOUR STARTING WEIGHTS

For every exercise, select a weight that allows you to reach the target reps with good form.

HOW TO INCREASE THE WEIGHT

When you can complete the target reps for EVERY set, then add 5 lb to that exercise.

WORKOUT A	Movement	Sets	Reps	Rest
	Barbell Squat	3	8	150 sec
	Barbell Bench Press	3	8	150 sec
	Seated Cable Row	3	8	150 sec
	Dumbbell Shoulder Fly	2	12	90 sec
	Barbell Curl	2	12	90 sec
	Sit-Ups	2	MAX	90 sec

WORKOUT B	Movement	Sets	Reps	Rest
	Dumbbell Lunges	3	8	150 sec
	Dumbbell Shoulder Press	3	8	150 sec
	Lat Pulldown	3	8	150 sec
	Cable Tricep Pushdown	2	12	90 sec
	Dumbbell Rear Delt Fly	2	12	90 sec
Hanging Leg Raises	2	MAX	90 sec	

Note: This routine is designed to be used for 3-6 full months before changing anything.

DISCLAIMER

This routine is a general education health-related information product and is only intended for healthy adults, ages 18 and over. This routine is solely for information and education purposes and is not medical advice. Please consult a medical or health professional before you begin any exercise, nutrition, or supplementation program or if you have any questions about your health. There may be risks and dangers associated with engaging in activities or using products mentioned in this routine for people with poor health or with pre-existing physical or mental health conditions. Because these risks exist, you will not use such products or engage in such activities if you are in poor health or have a pre-existing mental or physical health condition. If you choose to participate in these activities, you do so of your own free will and accord knowingly and voluntarily, assuming all risks associated with such activities.