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Bulking workout plan

When it comes to building muscle or burning fat, training for hypertrophy is crucial. This approach allows you to build muscle mass, making bulking and cutting workouts similar in nature. However, bulking workouts stand out in three key ways: increased food intake provides more energy and faster recovery, enabling you to train harder and stimulate greater muscle growth. You can train more frequently, do more sets, or push yourself closer to exhaustion. Additionally, isolation exercises for specific muscle groups like arms and abs become optional, as compound exercises provide sufficient stimulation. When bulking, you have the opportunity to focus on these areas further, training them harder and building muscle mass faster. Cardio workouts can also be scaled back, as excess energy is redirected towards weightlifting. The goal is to maximize muscle stimulation while bulking, as extra calories invested in growth lead to fewer stored as fat. A 3-Day Full-Body Bulking Workout routine is an efficient way to stimulate muscle growth, allowing you to train every major muscle group and provide recovery time for growth. This approach also enables supersets and the use of heavy exercises multiple times a week. However, this type of workout can be challenging, requiring only 4590 minutes per session. I recommend starting with a full-body routine, milking it for as long as possible before switching to a 45 day split or specialization program if workouts become too draining. Given article text here to spend an extra day training, but the workouts are easier and more refreshing. This is great for intermediate lifters who need a boost. The Upper/Lower Split is a classic 4-day bulking routine, widely used by athletes like Marco. It involves two lower-body days per week to improve running speed, jumping ability, and squat deadlift strength. Bodybuilders use this split to achieve the coveted X-Frame physique. However, most guys prefer a Bro Split, which involves one Leg Day per week and emphasizes upper body development, particularly arms. This is popular among those chasing aesthetics. I personally prefer training my chest and back together, as it provides better size and strength gains. A 5-day workout routine can be beneficial for bulking, but it's not necessary for most people. It works well when you're recovering from a workout and need extra stimulation. Two situations where 5-day routines are effective are when you want shorter, easier workouts every day or have limited time to lift weights. As an intermediate or advanced lifter, you can consider a 5-day routine if you want to focus on muscle growth. However, be cautious of reduced cardio time. I recommend lifting 3-4 days per week and doing cardio 2-4 days per week. A popular 5-day bulking routine is the Bro Split, which can be modified by sneaking in chest and back work during Shoulder Day or Arm Day. My preferred 5-day workout split involves an Upper/Lower split with an extra upper-body workout: Monday (Upper), Tuesday (Lower), Wednesday (Upper), Thursday (Lower), Friday (Arms). Friday: Focus on upper body exercises with an emphasis on chin-ups. Saturday and Sunday: Rest days to allow for recovery. This training schedule allows you to alternate between pushing and pulling exercises, making your workouts more efficient and giving you a higher training frequency. This is the 5-day split used in our Outlift Intermediate Hypertrophy Program. For those looking to bulk, we recommend starting with a 3-day full-body split routine. It's the most efficient way to train and provides a great mix of stimulation, recovery, and growth. You can find a video walkthrough of the workout routine and exercises on our platform, along with free workout spreadsheets that you can customize to fit your needs. These sheets allow you to swap in different exercises, record your progress, and track your lifts without any monthly fees or catches. In this article, we'll take you through the bulking workout routine, explaining how to perform each exercise and provide links to tutorial videos. You can also use our Core Four warm-up routine, which focuses on good posture while lifting. As you get stronger, you may be able to drop certain exercises from your warm-up and start adding new drills to target specific areas of improvement. The first workout is a straightforward bulking routine that targets size, strength, and aesthetics in the upper body. You can choose to do each exercise individually with 2 minutes of rest between sets or superset them together to save time. Supersets involve doing multiple exercises back-to-back before resting, which can stimulate muscle growth while reducing workout length by about 30%. High-intensity interval training can be a great cardio workout, but for bulking up, you want to focus on heavier lifts. This routine starts with big compound exercises like squats, deadlifts, and bench presses, then moves into easier core and posture exercises. The workouts allow you to swap these out for more muscle-building exercises if you're new to lifting. Farmer carries are underrated in bulking routines, as they can help improve your posture, traps, and grip. You don't need to push yourself to failure on planks or any other exercise - it's okay to ease into them as drills or stretches. These exercises teach you how to maintain good form under load. The third workout is another pure bulking session, with a focus on building muscle all over your body. The first few exercises are intense and will stimulate growth throughout your body, followed by reliable arm exercises like push-ups, rows, and bicep curls. To build muscle, you need to be able to increase the weight or reps in your workouts most weeks, especially as a beginner or intermediate lifter. If you're not getting stronger, check if you're eating enough food to gain some weight every week. Increase your calorie intake by 100-200 calories and adjust your weight regularly. The ideal training volume for muscle growth is around 8-22 sets per muscle per week. You can start with a lower volume and increase it as needed. Given article text here The website is currently behind a paywall. However, you can still ask questions in the comments below. This is supposed to be a free resource, but if you're looking for more information and personalized support, including an analysis of your starting point and feedback, there's a paid 5-month bulking program available. This program includes periodized workouts with gradual increases in sets and exercises, allowing for progressive overload. You can also track your progress using spreadsheets or dropdown menus. The main benefit is the additional content and coaching included, such as a diet and lifestyle guide, recipe book, and sample meal plans. The key to success during the winter months is to bulk up while taking advantage of the natural advantages, then transition into an aggressive shred during the spring. This approach can help you reach your biggest and leanest at the right time. According to program designer Tim McConsey, the Winter Bulk-up program has three main components: focusing on large muscle groups like chest, back, and legs, using longer rest periods between exercises, and employing a strategy of straight sets versus super-sets or tri-sets. The program works each muscle group hard once per week using heavy compound exercises, with a 4-day split routine and recommended eating big meals at least five times a day. Fitness enthusiasts can follow this workout plan: Monday - Back Day with three sets of eight repetitions for each exercise including dumbbell rows, seated rows, and lat pull downs. They should also do standing barbell curls in three sets of ten, eight, and eight with close grip preacher curls following. Incline dumbbell curls are done twice at 12-14 reps, while concentration curls are completed twice too. On Wednesday, there's a rest day or cardio session scheduled, while Thursday is for shoulders and forearms with possible supersets using dumbbell shrugs and upright rows. Friday's workout focuses on legs. The weekend has two rest days, allowing users to recover before their next workout.

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