

A black and white photograph of a muscular man, Jeremy Buendia, in a gym setting. He is wearing a grey beanie, a dark choker, and a grey and black long-sleeved shirt with a DNA helix logo and the words 'EVO GEN' and 'EST. 2008'. He is also wearing a black weightlifting belt and is lifting a dumbbell. The background is a blurred gym environment with various pieces of equipment.

JEREMY FIT  
BUENDIA BUENESS

# BULK WITH **BUENDIA**

By 3X Olympia Physique World Champion

Jeremy Buendia

A muscular man with short dark hair and a small earring is shown from the chest up, looking slightly to the left. He is shirtless, showing his well-defined muscles. The background is a blurred gym environment with metal racks and equipment.

# **WANT TO GET THE ABSOLUTE BEST RESULTS FROM BULK WITH BUENDIA ?**

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ONLINE COACHING PROGRAM!**

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**YOUR COACH WILL HELP YOU  
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***12 WEEKS***

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## WHAT IS A BULK?

It's that time of the year when we focus on growth and strength. The idea is to gain as much muscle mass and strength as possible. Body Fat will be accumulated, but the idea is to keep it at a minimal level.

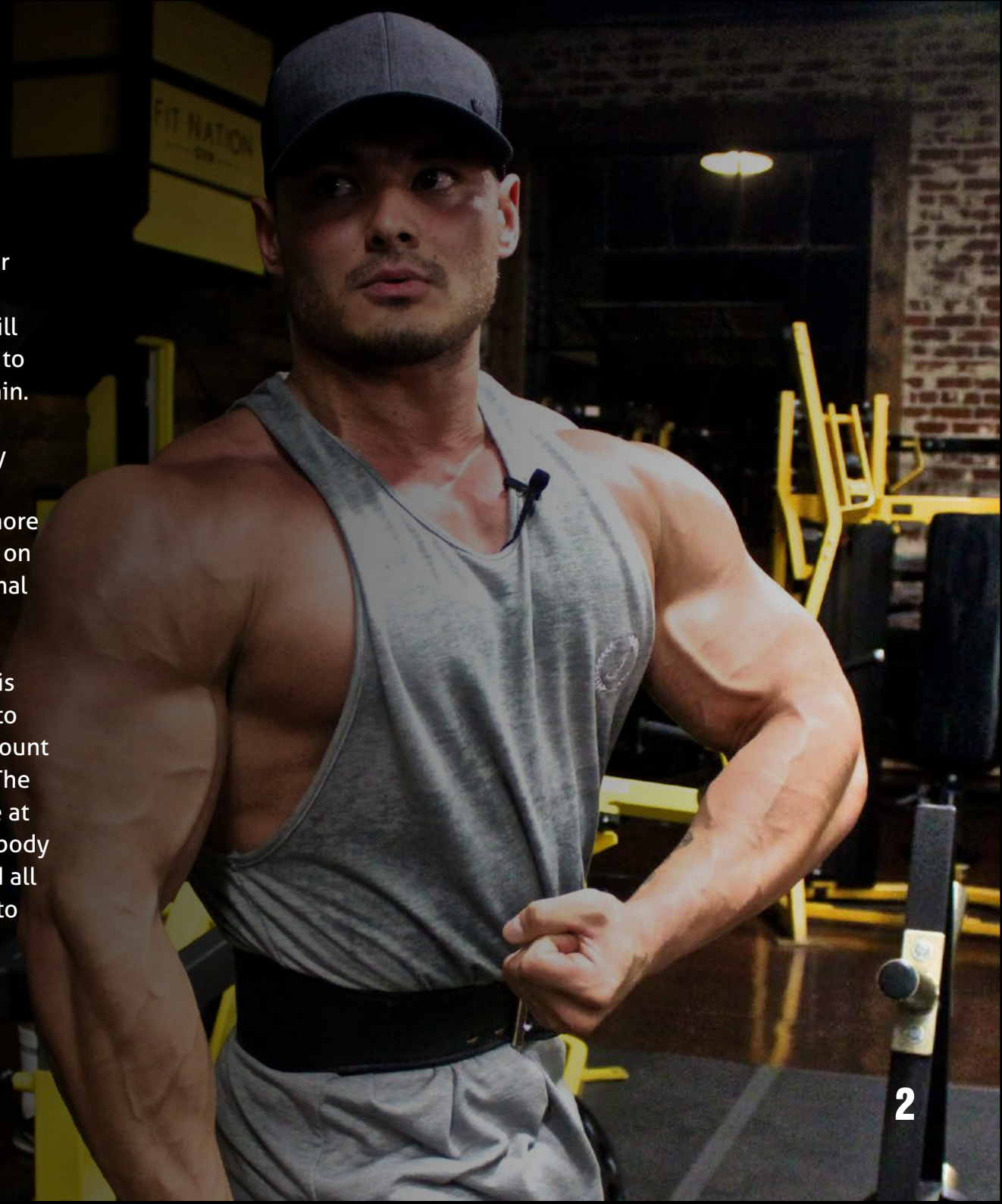


## IMPORTANCE OF THE METABOLISM

When entering a bulk, we must first recognize where our metabolism is at. The higher the metabolism, the more calories we'll be able to consume, thus the bigger we will grow. Opposed to a slower metabolism, we would need to regulate our calories and be cautious of rapid weight gain.

Lean Body Mass (muscle) is a tissue that requires energy to operate. This is where your metabolism is generated from. The bigger and more efficient the muscle is, the more calories it will metabolize (burn). A proper bulk focuses on building lean body mass while only accumulating minimal to moderate amounts of body fat.

Yes we will gain some body fat, but not an amount that is going to hinder our gains and performance. The goal is to increase muscle and have a healthy and sustainable amount of body fat that will help improve our physical output. The idea is to build a strong, big muscle. The only way to be at your absolute strongest is to have a healthy amount of body fat on you. So for those of you who love being shredded all year, good luck growing and making changes. You have to sacrifice a little to put on quality size.





## WHAT KIND OF GAINS CAN I EXPECT?

Nothing drives me more crazy than hearing someone say, "I gained 15lbs of muscle in a month." Impossible. Maybe 1 to 2 pounds of clean gains is possible, but there is no way to put on that much quality weight in that amount of time. What this tells me is that this person has put on a significant amount fat when compared to lean body mass (muscle).

When someone puts on this much weight, this quickly tells me a few things:

1. They were eating too much
2. They were eating too dirty
3. They aren't training hard enough or long enough.

In an ideal bulk, you will gain some body fat, but not an amount that will hinder your gains and performance. When bulking correctly, you will gain 3 to 4 pounds per month, with 1 to 2 of those pounds being muscle, and 1 to 2 of those pounds being fat. This is adequate and what we should strive to accomplish.



## CHEAT MEALS

I am a firm believer in enjoying a few cheat meals during a bulk. The number of cheat meals you are allowed each week will depend upon what your metabolism is able to handle. I suggest starting out with 1 to 2 cheat meals per week and adding in another meal if your metabolism permits. The ideal time to consume a cheat meal is during your post workout. Following an intense weight training is the most efficient time for your body to utilize the extra calories, carbs, fats and protein to help build more muscle mass.

Try to enjoy your cheat meals on the days you are working a lagging body part. We want to over-nourish that muscle to make sure we are getting maximum gains. Not only will consuming a few cheat meals help you physically during your bulk, it's going to help with the mental game as well. We are extremely limited to the types of foods we can eat during contest prep, so I feel it's important to enjoy a wider variation of "pleasure foods."

It is also important to increase the diversity of your food intake. Understanding macronutrients is an important part to diversifying your food intake. Diversifying your food will make your diet more enjoyable and sustainable.

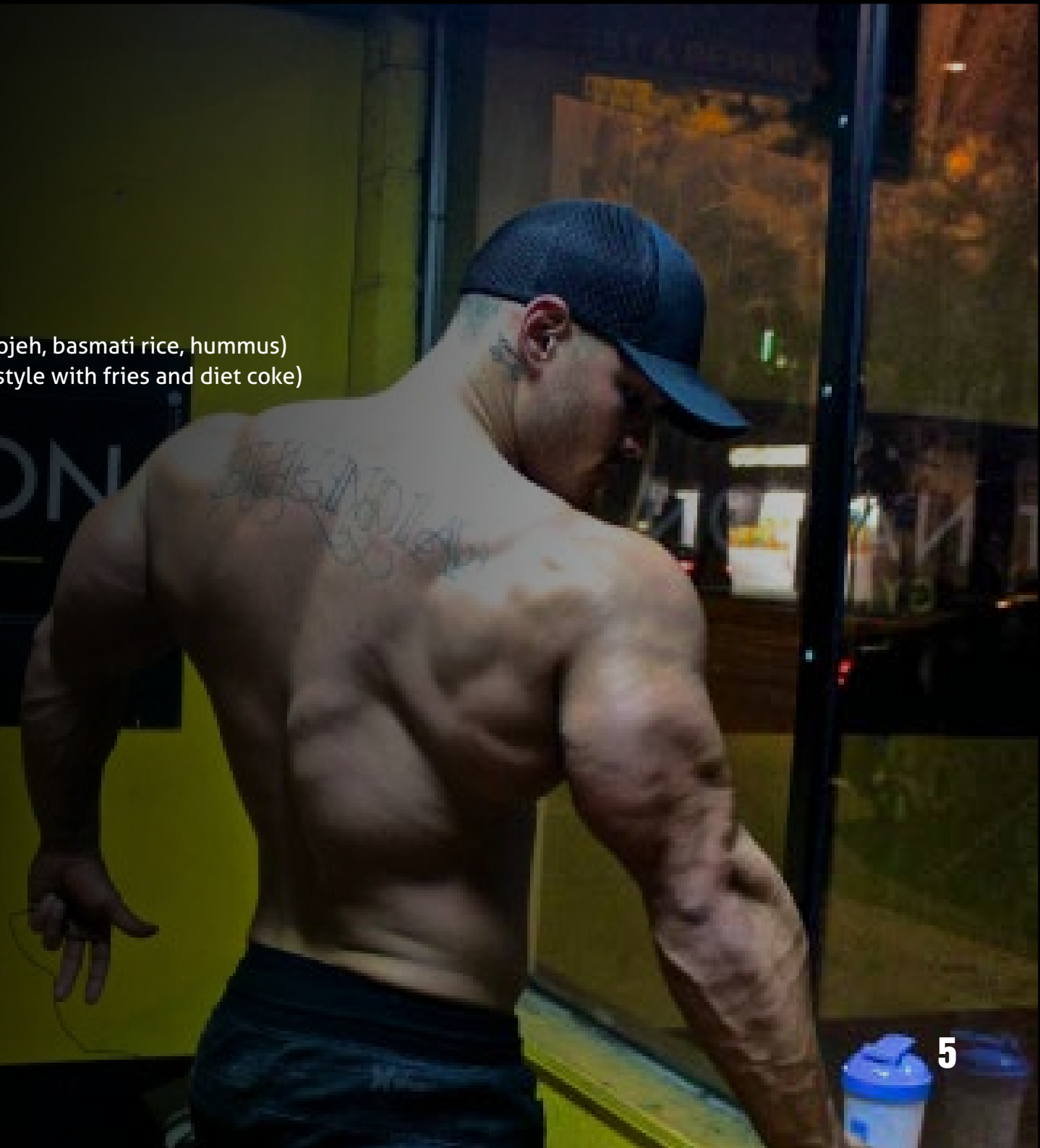


### **\*FAVORITE CHEAT MEALS:**

- Persian Food (kebab koobideh, or chicken Joojeh, basmati rice, hummus)
- In-n-out Burger or Habit Burger (3x1 animal style with fries and diet coke)
- Sushi or Korean BBQ

### **\*CHEAT MEALS TO STAY AWAY FROM:**

- Pizza
- Deep fried foods
- Meals with low protein content





## DIET

Your diet during a bulk should be relatively clean. I think the biggest issue people run into when trying to bulk is not getting enough food in. This is one of the most difficult parts of bodybuilding. Eating over 4,000 calories of “clean food” is a difficult task if all of your food sources are “clean.” But in order to gain clean weight, it has to be done. I suggest eating between 6 to 8 meals per day.

For an athlete weighing around 200 pounds, their daily food consumption should include 340 to 400 grams of protein, 450 to 600 grams of carbohydrates, and 90 to 120 grams of fat. For a 150 pound athlete, they should consume 220 to 300 grams of protein, 350 to 500 grams of carbs, and 75 to 100 grams of fat per day. It's important to note that these are ballpark numbers, and each individual will have to adjust based on their metabolism.

Obviously whole food is always the best option, but if you are struggling to eat meat 6 to 8 times per day, I suggest replacing 2 of your meals with a meal replacement, such as a protein shake (don't forget that you need to include quality carbs and fats with your replacement meal).

Our goal is to slowly increase our calorie intake each week. If we are able to increase our calories each week and keep our body fat from climbing, we should be increasing our muscle mass and metabolism. This is the idea of what has become known as “reverse dieting.”





## SCALE

Get use to stepping on the scale. I suggest weighing yourself a few times per week. During a bulk, there is NO REASON why the scale should be going backwards. It is important to weigh yourself to ensure you are moving in the right direction. If we are losing weight, we know we are not taking in enough calories. On the contrary, if we see the scale climbing too quickly, this tells us to back off the caloric intake or add in/increase our cardio exercises. The scale is going to be an important tool to help us manipulate and understand our food intake each week.



## SUPPLEMENTATION

Supplementing during a bulk can help speed up and maximize the process. Consuming the correct high-quality supplements will provide you with an edge to capitalize on your gains. Supplements DO NOT work alone! They are meant to “supplement” your diet and workouts. If you aren’t eating correctly and training hard, you might as well not even waste your money on supplements. They all work synergistically together! I will be providing a detailed supplementation protocol for you to follow later.



## CARDIO

During a bulk, cardio is something you must gauge closely. There is a fine line between doing too much and too little cardio. During a bulk, cardio is used to help increase your metabolism, control body fat, and most importantly, increase your food intake threshold. What I mean by food intake threshold is the ability for your body to handle more calories.

Think of your body like a car. Cardio is your body preheating the engine. When you preheat your engine, your car will operate at a higher performance, as opposed to taking off from a cold start. The same thing applies for the body. Start your day off with a moderate amount of cardio, around 15 to 25 minutes. This will prime your body (heat your body up) so it will metabolize and process your upcoming meals more efficiently.

This will also spark your appetite and help wake your body up for the day. It's a great way to get your blood circulating, increase your endorphins, and start your day on a positive stride. It's important that you pay attention to your weight and the amount of cardio done. If you notice your weight dropping, you are either not intaking enough calories, or you are burning too many - which in turn you may need to up your food intake or decrease your cardio. Vice versa if you are noticing an excessive weight gain.



## MINDSET

With every aspect of training, your mindset is the most important factor of success. Your mind controls everything, and what you think, your body will follow. So when entering this program, leave all doubt aside. Start visualizing your gains. Literally you guys! Before training, close your eyes for 60 seconds; visualize your workout and growth. See the contractions of each rep. See yourself at your ideal body weight!

These mental stepping stones will change your approach and attitude in the gym. In order to set new PR's, you must believe in yourself. I cannot tell you one time I got under a 4 plate bench where I told myself "I don't know if I can do this," and the weight has ever gone up. Before getting underneath a new PR, I have to psych myself up. I have to tell myself "LIGHTWEIGHT" and most importantly I have to believe it! YOUR MINDSET IS EVERYTHING! SUCCESS STARTS FROM WITHIN!



## SUPPLEMENTATION PROTOCOL

**UPON WAKING** - Drink 16oz of water with all of these supplements:

- 2 scoops Carnigen by Evogen Nutrition
- 1 scoop of AMINOJECT by Evogen Nutrition
- 1/2 scoop LIPOCIDE IR by Evogen Nutrition
- 1 scoop of ISOJECT by Evogen Nutrition

**MID MORNING:**

- 1 scoop of CELL KEM by Evogen Nutrition
- 1 scoop of GLYCOJECT by Evogen Nutrition

**PRE-WORKOUT** - drink 10 mins prior to training and consume:

- 2 scoops EVP PLUS by Evogen Nutrition
- 1 scoop Carnigen by Evogen Nutrition
- 1 scoop Glycoject by Evogen Nutrition

**INTRA-WORKOUT** - Sip throughout workout:

- 1.5 scoop Cell Kem by Evogen Nutrition
- 2 scoop Glycoject by Evogen Nutrition

**POST-WORKOUT** - Consume 30 mins after workout):

- 2 scoops IsoJect by Evogen Nutrition
- 2 scoops Glycoject by Evogen Nutrition
- 1 scoop AMINOJECT by Evogen Nutrition

**Prior to BED:**

- 1 scoop Cell Kem by Evogen Nutrition



To Maximize results use **EVOGEN NUTRITION's** AMINOJECT, CELL KEM, EVP PLUS, GLYCOJECT, & ISOJECT, CARNIGEN & LIPOCIDE

## CARDIO PROTOCOL

Start with 20 minutes of a steady state cardio (low-moderate intensity). I prefer morning cardio - using the stair climber or treadmill. You want to make sure you are working hard enough to break in a good sweat. I typically wear sweats and a sweatshirt to help increase core temperature. It is important to drink 16oz of water before you start your morning cardio. This helps your body absorb the supplements you consume in the morning, as well as helps you break a sweat.

**\*\*if you notice your weight/body fat climbing too rapidly, increase your cardio by 5 minutes and decrease your caloric intake until weight stabilizes.**

**\*\*if you notice your weight/body fat dropping too quickly, decrease cardio by 5 minutes and increase your caloric intake to get your body to stabilize.**





# MEAL PLAN

Try to consume 6-7 meals per day,  
or every 2 to 3 hours

## MEAL 1

### Filipino Eggs & Rice

[VIEW COOKING VIDEO ▶](#)

3 whole eggs  
1c egg white  
3oz Sirloin  
1.5c white rice

*\*\*I like to make a fried rice dish with this meal. Scramble your eggs, egg whites and steak with some chopped onions, diced tomato, a dash of garlic powder and a tsp. of low sodium soy sauce. Use a little olive oil to coat your pan and lay your rice out flat. Sprinkle garlic powder all over the rice, cook one side until it gets crispy then mix together. Add your egg scramble on top of your fried rice.*

## MEAL 2

### Ground Turkey Pasta

[VIEW COOKING VIDEO ▶](#)

8oz Ground Turkey or 93% Lean Ground Beef  
1.5c Gluten-Free Pasta  
1c. Meat Sauce (Ragu)

*\*\*I like to make a spaghetti dish for this meal. First suate some onions and garlic in olive oil, once you begin to see the onions brown slightly add the ground turkey to the mix. Season with garlic powder, salt, pepper, oregano. Once cooked, strain the remaining juices. Throw Turkey Back in pan and add 1 jar of Ragu Meatsauce per 16oz of meat. heat up and serve over the pasta.*

## MEAL 3

### SMOOTHIES

[VIEW COOKING VIDEO ▶](#)

*2 scoops ISOJECT WHEY ISOLATE 1c. Oatmeal*

*1c. Frozen fruit*

*1 tbs Coconut Oil*

*\*\*I like to blend all of this together for a smoothie.*

## MEAL 4

### TACOS

[VIEW COOKING VIDEO ▶](#)

*8oz Chicken Breast or 93% lean Ground Beef or Steak*

*5 Corn Tortillas*

*1/4 avocado*

*Veggies (tomato, onion, cilantro)*

*\*\*I like to make tacos for this meal. First cook your chicken with your favorite taco seasoning. You may prepare chicken how you like (BBQ, BAKE, BOIL). Chop up your vegetables, and heat your tortillas in the oven. you may also cook your tortillas in a little bit of olive oil in a pan on high heat for a crispy tortilla. Add tapatio, and green tomatillo sauce.*



## MEAL 5

*BBQ Steak or Salmon*

[VIEW COOKING VIDEO ▶](#)

8oz SIRLOIN STEAK/FILET MIGNON/OR SALMON  
10oz BAKED POTATO or 1.5c. WHITE RICE  
FRESH GARDEN SALAD w/ BALSAMIC VINAIGRETTE

*\*\*I like to Marinate my steak in Balsamic Vinegar, Garlic powder, salt and pepper, and I like to BBQ. BAKED POTATO you may dress with low fat sour cream, chives, salt and pepper.*

## MEAL 6

*Protein Pancake*

3/4c egg white  
1 scoop ISOJECT  
1/2c. Oats  
1/2 banana  
2 tbs Almond Butter

*\*\*At night I like to make a protein pancake. First, mix egg whites, oatmeal, and protein powder together to make the batter. Spray a small pan with cooking spray and get hot. Pour batter and cook like a pancake. Spread Almond butter over pancake and top with fresh sliced bananas. You may add sugar free syrup if you desire.*

*This is an example of how easy your diet can be. Read the labels, calculate numbers and make sure you get the right amount food in. If you notice you are gaining weight to rapidly you can always go back to a Cleaner meal such as:*

8oz Chicken Breast/Turkey Breast/White Fish  
12oz Sweet Potato or 1.5c Brown Rice  
5oz Green Vegetables

*Just use some discretion. If body fat is increasing to fast, replace a moderately clean meal with a super clean meal (listed above) instead of using the variety. But I believe if you are training hard enough you should be able to stay relatively lean during your bulk eating the diet listed above. But yet again, everyone is a little different.*

# SAMPLE TRAINING REGIMENT

*5 day split:*

*Monday- Chest*

*Tuesday- Back*

*Wednesday- off*

*Thursday- Shoulders*

*Friday- Arms*

*Saturday- Legs*

*Sunday- Repeat (chest)*



# CHEST



## **BENCH PRESS\***

**LIVE DEMO ▶**

*DO NOT BE MAXING OUT EACH WEEK! YOU WILL GET HURT! CHECK YOUR EGO! THIS IS ABOUT FORM AND QUALITY. YOUR BENCH PRESS SHOULD LOOK PERFECT! SO LIFT APPROPRIATE WEIGHT! AND WARM-UP!*

Set 1 15 reps\*\*\*warm-up set  
Set 2 10 reps\*\*\*warm-up set  
Set 3 6 reps  
Set 4 5 reps  
Set 5 3 reps  
Set 6 10 reps

*\*\*Drop the weight back down to a weight you can rep 10 times. On the last set, control your tempo. Slow and controlled negative motion with a 1 second pause (1 inch above the chest), then press up and squeeze the chest for 1 second at peak of contraction. the tempo on the way down should be 3 seconds with a 1 second tempo on the press.*

*\*rest 120 seconds in between sets*

## **DB INCLINE**

**ILLUSTRATION ▶**

Set 1: 10 reps\*\*\*warm-up set  
Set 2 10 reps

Set 3 8 reps  
Set 4 6 reps  
Set 5 4 reps

*\*\*\*drop-set down 20lbs and finish with 10 more controlled reps  
\*rest 90-120 seconds in between sets*

## **CABLE FLY (LADDERS)**

**ILLUSTRATION ▶**

**LIVE DEMO ▶**

Set 1 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x  
Set 2 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x  
Set 3 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x  
Set 4 5 rep Low cable fly, 5 rep Mid cable fly, 5 rep high cable fly repeat 3x

*\*rest 90-120 seconds in between sets*

## **HAMMER STRENGTH INCLINE PRESS**

**ILLUSTRATION ▶**

Set 1 5 full reps, 5 partial reps, 5 full reps, 5 partial reps  
Set 2 5 full reps, 5 partial reps, 5 full reps, 5 partial reps  
Set 3 5 full reps, 5 partial reps, 5 full reps, 5 partial reps  
Set 4 5 full reps, 5 partial reps, 5 full reps, 5 partial reps



*\*partial reps, all the way down into a full stretch and press only half way up.*

*\*rest 90-120 seconds in between sets*

### **Machine Fly (FST-7)**

Set 1: 12 reps

Set 2 12 reps

Set 3 12 reps

Set 4 12 reps

Set 5 12 reps

Set 6 12 reps

Set 7 12 reps

ILLUSTRATION ►

LIVE DEMO ►

*\*rest 20 seconds in between sets*

# BACK



## WIDE GRIP PULL DOWN

[ILLUSTRATION ►](#)[LIVE DEMO ►](#)

- Set 1 15 reps\*\*\*warm-up
- Set 2 10 reps\*\*\*warm-up
- Set 3 10 reps
- Set 4 8 reps
- Set 5 6 reps
- Set 6 5 reps

\*\*\*drop-set down 30lbs and complete 10 more reps to finish the set

\*rest 90-120 seconds in between sets

## SEATED CABLE ROW

[ILLUSTRATION ►](#)[LIVE DEMO ►](#)

- Set 1 15 reps\*\*\*warm-up
- Set 2 10 reps\*\*each rep, pull your elbows back as far as you can and hold for 1 second at peak contraction.
- Set 3 10 reps\*\*each rep, pull your elbows back as far as you can and hold for 1 second at peak contraction.
- Set 4 10 reps\*\*each rep, pull your elbows back as far as you can and hold for 1 second at peak contraction.
- Set 5 5 reps\*\*each rep, pull your elbows back as far as you can and hold for 1 second at peak contraction. Then finish with 10 regular tempo reps.

\*rest 90-120 seconds in between sets

\*Important to keep your lower back arched, keep your butt out hips cocked, and your chest up. Always stretch your lats on the negative motion.

## REVERSE GRIP LAT PULL DOWN

[ILLUSTRATION ►](#)[LIVE DEMO ►](#)

- Set 1 12 reps
- Set 2 10 reps
- Set 3 8 reps
- Set 4 6 reps

\*rest 90-120 seconds in between sets

\*Be sure to stretch all the way up. As you pull down, drive your elbows down to your sides, keeping your lower back arched and your chest up toward the ceiling.

## BARBELL BENT OVER ROWS

[ILLUSTRATION ►](#)[LIVE DEMO ►](#)

- Set 1 10 reps
- Set 2 8 reps
- Set 3 6 reps
- Set 4 4 reps
- Set 5 10 reps

\*drop to a lighter weight and control your tempo, slow negatives and a very strict positive motion. be sure to



*squeeze your back at the peak of each rep.*

*\*rest 90-120 seconds in between sets*

## **DB STRAIGHT LEG DEAD LIFTS**

**ILLUSTRATION ►**

**LIVE DEMO ►**

Set 1 12 reps

Set 2 10 reps

Set 3 8 reps

Set 4 5

*reps\* dropset to a lighter weight & finish with 10 reps*

*\*Rest 90-120 seconds in between sets*

*\*Keep your knees in a fixed position (DO NOT LOCK OUT YOUR KNEES) keep chest up, butt out, and lower back arched. Stretch down past your knees, and as you posture up squeeze your back.*

## **CABLE ROPE STRAIGHT ARM PULL DOWNS (FST-7)**

**ILLUSTRATION ►**

Set 1 12 reps

Set 2 12 reps

Set 3 12 reps

Set 4 12 reps

Set 5 12 reps

Set 6 12 reps

Set 7 12 reps

*\*rest 20 seconds in between sets*

# SHOUDLERS



## DB SHOULDER PRESS

ILLUSTRATION ►

LIVE DEMO ►

Set 1 15 reps\*\*\*warm-up

Set 2 10 reps\*\*\*warm-up

Set 3 10 reps

Set 4 8 reps

Set 5 6 reps

Set 6 5 reps\*\*\*5 partial reps

\*rest 90-120 seconds in between sets

## DB LATERAL REVERSE DROP SET

ILLUSTRATION ►

LIVE DEMO ►

Set 1 15 reps\*\*\*warm-up

Set 2 20lbs DB's 10 reps, 25lbs DB's 10 reps, 30lbs DB's  
10 reps, 35lbs DB's 10 partial reps

Set 3 20lbs DB's 10 reps, 25lbs DB's 10 reps, 30lbs DB's  
10 reps, 35lbs DB's 10 partial reps

Set 4 20lbs DB's 10 reps, 25lbs DB's 10 reps, 30lbs DB's  
10 reps, 35lbs DB's 10 partial reps

\*rest 90-120 seconds in between sets

## BARBELL FRONT RAISE

ILLUSTRATION ►

LIVE DEMO ►

Set 1 12 reps

Set 2 10 reps

Set 3 8 reps

Set 4 6 reps

\*rest 90-120 seconds in between sets

## STANDING BARBELL OVERHEAD PRESS

ILLUSTRATION ►

LIVE DEMO ►

Set 1 10 reps

Set 2 8 reps

Set 3 6 reps

Set 4 4 reps

\*rest 90-120 seconds in between sets

\*keep a slight bend in your knees, and your core tight. Press  
in front of head not behind the neck.

## BARBELL UPRIGHT ROW

ILLUSTRATION ►

Set 1 12 reps

Set 2 10 reps

Set 3 8 reps

Set 4 6 reps\* dropset to a lighter weight & finish with 10  
reps

\*rest 90-120 seconds in between sets

\*grip a little wider than shoulder width to target rear deltoids.



**MACHINE REAR DELT FLY**  
*(on chest fly machine)*

ILLUSTRATION ►

LIVE DEMO ►

*Set 1 12 reps, 5 partial reps*

*Set 2 12 reps, 5 partial reps*

*Set 3 12 reps, 5 partial reps*

*Set 4 12 reps, 5 partial reps*

*Set 5 12 reps, 5 partial reps*

*\*rest 30 seconds in between sets*

# LEGS



## Warm-up

### Seated Calf Machine

ILLUSTRATION ►

LIVE DEMO ►

### Leg Extension

ILLUSTRATION ►

LIVE DEMO ►

### Lying Hamstring Curl

ILLUSTRATION ►

LIVE DEMO ►

Set 1 20 reps/10 reps/10 reps

Set 2 20 reps/10 reps/10 reps

Set 3 20 reps/10 reps/10 reps

Set 4 20 reps/10 reps/10 reps

*\*rest 60-90 seconds in between tri-set*



## LEG PRESS

ILLUSTRATION ►

LIVE DEMO ►

Set 1 12 reps  
Set 2 10 reps  
Set 3 8 reps  
Set 4 5 reps\*\*HEAVY  
Set 5 5 reps\*\*HEAVY  
Set 6 20 reps

*\*\*Drop the weight significantly and rep this set out, you should be dying by the 12th rep.*

*\*rest 120 seconds in between set*

## BULGARIAN SPLIT SQUATS on SMITH MACHINE

ILLUSTRATION ►

LIVE DEMO ►

Set 1 10 reps ea leg  
Set 2 8 reps ea leg  
Set 3 6 reps ea leg  
Set 4 4 reps ea leg  
Set 5: 10 reps ea leg

*\*Rest 90-120 seconds in between set*

## BARBELL STRAIGHT LEG DEADLIFT\*

ILLUSTRATION ►

*\*wear your weight belt!!!!*

Set 1 10 reps  
Set 2 6 reps  
Set 3 4 reps\*\*HEAVY  
Set 4 2 reps\*\*HEAVY  
Set 5 10 reps \*Drop weight and rep out

*\*Rest 120 seconds in between set*

## SINGLE LEG LEG EXTENSIONS

ILLUSTRATION ►

Set 1 10 partial reps, 10 full reps  
Set 2 10 partial reps, 8 full reps  
Set 3 10 partial reps, 6 full reps  
Set 4 10 partial reps, 4 full reps

*\*rest 90 seconds in between set*

## SEATED HAMSTRING CURL

ILLUSTRATION ►

LIVE DEMO ►

- Set 1 10 partial reps, 10 full reps
- Set 2 10 partial reps, 8 full reps
- Set 3 10 partial reps, 6 full reps
- Set 4 10 partial reps, 4 full reps

*\*Rest 90 seconds in between set*

## WALKING LUNGES

ILLUSTRATION ►

LIVE DEMO ►

- Set 1 15 strides ea leg
- Set 2 15 strides ea leg
- Set 3 15 strides ea leg
- Set 4 15 strides ea leg

*\*Rest 20 seconds in between set*

# ARMS

*Arm day will be done in a superset format.  
1 bicep exercise will be performed back to  
back to 1 tricep exercise.*





## BARBELL CURL

Barbell Curls

ILLUSTRATION ►

LIVE DEMO ►

## BARBELL CLOSE GRIP BENCH PRESS

BARBELL CLOSE  
GRIP BENCH PRESS

ILLUSTRATION ►

Set 1 15 reps/15 reps \*Warmup  
Set 2 10 reps/10 reps  
Set 3 8 reps/ 8 reps  
Set 4 5 reps/ 5 reps  
Set 5 5 reps/ 5 reps

\*Rest 90-120 second in between sets

## SINGLE ARM DB SPIDER CURL

## OVERHEAD DB TRICEP EXTENSION

SINGLE ARM DB  
SPIDER CURL

ILLUSTRATION ►

LIVE DEMO ►

Overhead DB Tricep  
Extensions

ILLUSTRATION ►

LIVE DEMO ►

Set 1 12 reps ea arm/12 reps  
Set 2 10 reps ea arm/10 reps  
Set 3 8 reps ea arm/ 8 reps  
Set 4 6 reps ea arm/ 6 reps

\*Rest 60-90 seconds in between sets

## MACHINE PREACHER CURL/CABLE STRAIGHT BAR PUSHDOWN

MACHINE PREACHER CURL

ILLUSTRATION ►

STRAIGHT  
BAR PUSHDOWN

ILLUSTRATION ►

LIVE DEMO ►

Set 1 12 reps/ 12 reps  
Set 2 10 reps/ 10 reps  
Set 3 6 reps/ 6 reps  
Set 4 5 reps to 5 partial reps/ 5 reps to 5 partial reps

\*Rest 60-90 seconds in between sets

## CABLE ROPE HAMMER CURL/ CABLE ROPE OVERHEAD TRICEP EXTENSION

Cable Rope Hammer Curl

ILLUSTRATION ►

Cable Rope Overhead  
Tricep Extensions

ILLUSTRATION ►

Set 1 12 reps/ 12 reps  
Set 2 10 reps/ 10 reps  
Set 3 8 reps/ 8 reps  
Set 4 5 reps to 5 partial reps/ 5 reps to 5 partial reps

\*Rest 60-90 seconds in between sets

## **EZ BAR REVERSE GRIP CURL/ BAR DIPS**

*Reverse  
Grip EZ Bar Curls*

**ILLUSTRATION ►**

**LIVE DEMO ►**

## **BAR DIPS**

*Bar Dips*

**ILLUSTRATION ►**

**LIVE DEMO ►**

*Set 1 12 reps/ 15 reps*

*Set 2 10 reps/ 15 reps*

*Set 3 10 reps/ 15 reps*

*Set 4 10 reps/ 15 reps*

THIS CONCLUDES THE BULK WITH BUENDIA PROGRAM! I HOPE YOU ENJOYED THE GAINS! MAKE SURE YOU CONTINUE TO EAT CLEAN AND FOLLOW THE SAME PRINCIPLES THE REST OF YOUR OFFSEASON! FOR ADDITIONAL WORKOUT PROGRAMS TO HELP FURTHER YOUR PROGRESS PLEASE SEE MY OTHER BOOKS SOLD ON

[www.jeremybuendiafitness.com](http://www.jeremybuendiafitness.com)

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