



12 WEEK
BULK

LAND OF
GIANTS

You move through the jungle, crouching low behind your guide. He says they've roamed these forests for thousands of years, feeding off lost villagers and domesticated beasts. You don't believe much in superstition or legend. That is until you see it...

Protruding from the ground is a giant club. It must be at least 10-12 feet tall. Is it a sculpture? Some religious offering from the natives?

No.

Next to the club you see unmistakable footprints. Water has pooled in these giant imprints, creating mini ponds for wildlife. The scene of small animals drinking from this freshly made pool would be endearing if it weren't for the frightening realization sending chills down your spine.

The giants of the forest are real.

You instinctively move to get a closer look. You're out in the open, marveling at the reality unfurling before you. You don't even hear the trees cracking behind you. Nor the cries of your frightened local guide.

In one last attempt, the guide pushes you into a nearby bush. You look up dazed to see the beast standing above you. His legs are like red woods. His hands make the car you drove here seem like a child's toy. His eyes are surprisingly small and beady...and they are staring straight at your tour guide.

The giant grabs the trembling guide and lifts him up. The guide looks back but avoids eye contact. He's looking at something next to you. His eyes are sorrowful as the giant whisks the guide away to his cave.

Suddenly the forest is filled with a cacophony. Giants are emerging from the tree line, each with another victim in their grasp.

They must be preparing for a feast.

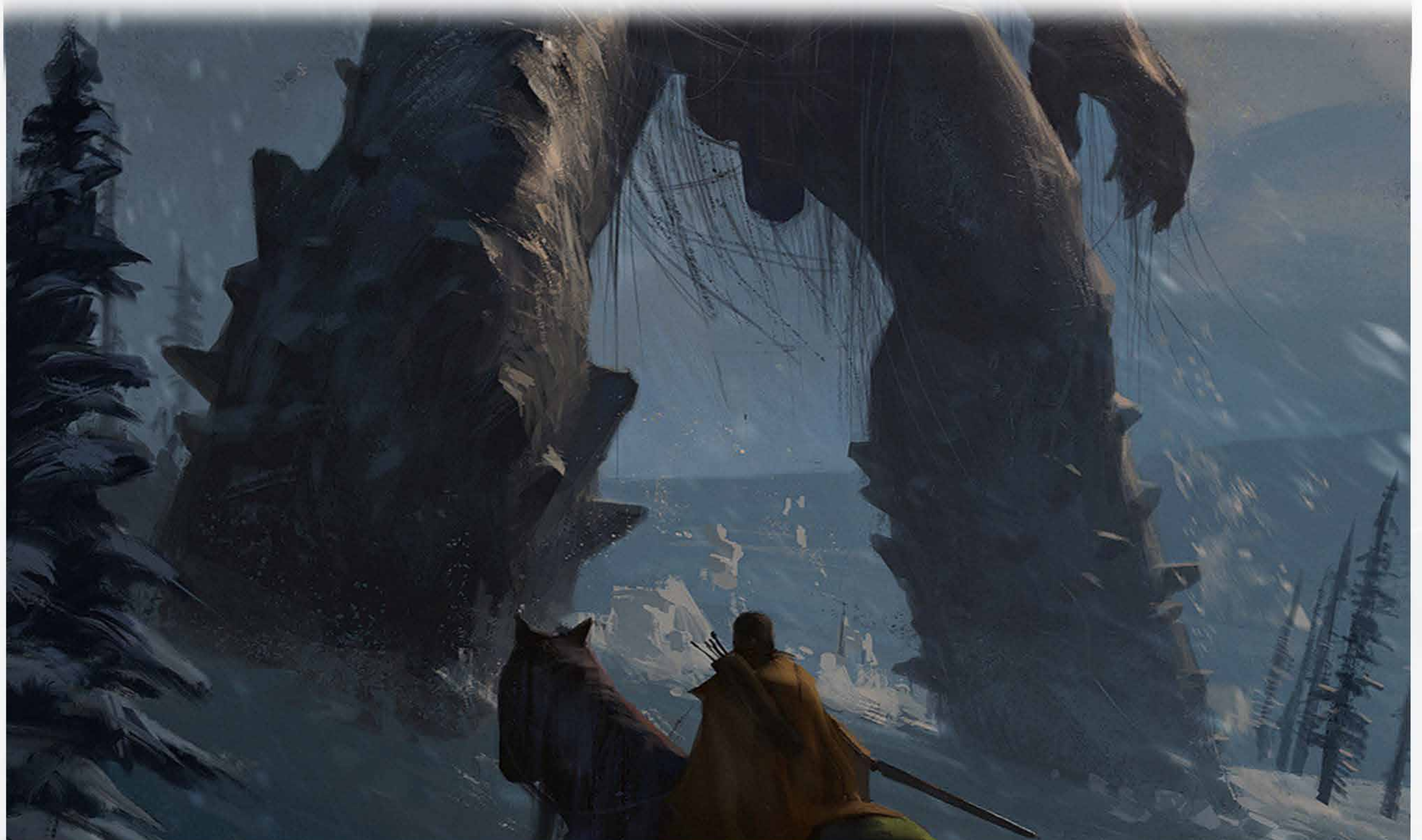
What have you done? These poor people are going to be boiled into stew while you drive off in your jeep and pretend this never happened?

No. No, there must be something you can do. What was the guide looking at?

Then you see it. The fruit of the giants. Spoken of in legend, these fruits can make men into giants. If you can grow, if you can become like them, then maybe you can save these people.

There is only one way to find out. You grab the fruit in your hand and begin to bite into its ripe flesh. They're surprisingly sweet, which is good because you'll need to a lot to survive....

THE LAND OF THE GIANTS.



**LAND OF
GIANTS**

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GIANT'S JOURNEY

MUSCLE GAIN VS WEIGHT GAIN

The giants weigh several tons, yet they have clearly defined musculature. Their arms and legs are adorned with thick, sinuous muscle. They must weigh several tons, but they move with ease and grace. You will need to gain massive size if you hope to contend with the giants of the forest. You cannot risk matching their weight only, you must meet their brawn with brawn.



GIANT'S JOURNEY

Weight gain is easy. Weight gain involves eating more calories than you burn. This is routinely achieved in an increasingly industrialized and sedentary society. Regularly burning 2,000 calories per day and ingesting 3,000 calories per day will cause steady and consistent weight gain.

Gaining muscle is not easy. There is a reason the average individual isn't 300 pounds of muscle. To maintain a favorable body composition, you will need to eat a limited surplus of calories with controlled macros. There is much fruit in the forest of the giants, but not every fruit will yield a giant. Choose your foods carefully and meticulously to become a beast capable of saving those in danger.



GIANT'S JOURNEY

WHAT IS POSSIBLE

Many equate muscle gain with superfluous eating and thus will eat in significant excess of their caloric needs. Unfortunately, more calories do not necessarily equate to more muscle. Your body can only build so much muscle at once. That means there is an upper threshold you should shoot for in caloric intake without adding unnecessary fat stores.

Furthermore, the longer you've been working out, the slower your muscle gain will be. As a new giant, you will be able to quickly increase your size and strength. You will see exponential growth. As you progress towards your ultimate form you will find it more difficult to become a giant amongst giants.



GIANT'S JOURNEY

A new male weight lifter can gain 20-25 pounds in the first year of lifting. A new female weight lifter can gain roughly half the weight, 10-12.5 pounds of muscle in year one. This equates to one pound of muscle for females and one pound of muscle for males monthly during their first year. You can easily see that if you are a new male weight lifter gaining 10 pounds in your first month, you are storing large amounts of excess energy as fat.

Experience	Muscle Growth
Beginner (Less than one year)	1-1.5% body weight per month
Intermediate (1-3 years)	0.5-1% body weight per month
Advanced (3+ years)	0.25-0.5% body weight per month

MACROS

Your calories will be broken down into three macronutrients: protein, carbs, and fats. Track your food intake and try to hit those total numbers each day to hit your aesthetic goal.

PROTEIN

Muscles and hormones are made up of protein. Each gram of protein carries 4 calories per gram. This may seem like the only fruit of the giant that matters, but the giant serum is a forged from several fruits. As discussed, you can only build so much muscle in a given period. If you consume excess protein, it can be converted inefficiently to glucose for energy.

Counterintuitively, the higher your caloric intake, the less protein per pound of body weight you need. Your body will have ample calories to heal and your body will not tap into your skeletal muscle for energy.

GIANT'S JOURNEY

CARBS

Carbs the energy that fuels the giants vast and mighty movements. Each gram of carbs provides 4 calories per gram. Carbs are stored as glycogen in your liver and muscles to help provide energy to your cells and muscular contractions.

Carbs are an oft feared fruit of the giant. They are the first to be cast aside in the pursuit of aesthetics. However, carbs will allow you to lift at a high volume and recover appropriately. They will help shuttle nutrients into your cells and catalyze your transformation into a sizeable giant.



FATS

Carbs the energy that fuels the giants vast and mighty movements. Each gram of carbs provides 4 calories per gram. Carbs are stored as glycogen in your liver and muscles to help provide energy to your cells and muscular contractions.

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GIANT'S JOURNEY

THE TWO PHASES OF BATTLE

You will fight through two phases of growth. The first shall acclimate your body to the giants anatomy. You will see changes in strength and size that you would've deemed impossible. These are phenomenal improvements, but they will not stand against the giant masters who have enslaved the villagers.

The second phase of growth will be perilous and nigh unachievable. You will need to fortify your will and commit fully to this transformation. Only then will you be able to defeat the alpha giant who lords over the innocent villagers.



GIANT GROWTH

You look down at the fruits before you. For a second, you consider running back to civilization. Surely there is someone more qualified to save these men and women. You're just a man.

Then you hear the unmistakable cracking of bone and tearing of sinew. There is no time. You muster up your courage and take the first bite of the fruit. Your muscles twitch as it begins. There is no going back. It is time for giant growth.

NUTRITION

STEP 1: Use one of the below equations to determine your BMR

CHOICE 1: MIFFLIN ST JEOR

MEN: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$

WOMEN: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$

CHOICE 2: KATCH MCARDLE: Use this if you know your body fat percentage. First use your body fat percentage to find your lean body mass.

Lean Body Mass = $\text{Weight in kg} \times ((100 - \text{Body Fat \%}) / 100)$

BMR = $370 + (21.6 \times \text{Lean Body Mass(kg)})$

STEP 2: Use the below equation to find your current TDEE

$\text{BMR} \times 1.7 = \text{Workout 6-7 Times Per Week}$

STEP 3 CREATE YOUR DIET: WEEKS 1 THROUGH 6:

Multiply Your TDEE by 1.1 to get your Week 1 through 4 caloric intake

Determine Your Macronutrients

Protein in grams = $(\text{Bodyweight} \times 1.2)$

Fats in grams = $(\text{Calorie intake} \times 0.20) / 9$

Carbs: $[\text{Caloric intake} - ((\text{protein in grams} \times 4) + (\text{fats in grams} \times 9))] / 4$

GIANT'S JOURNEY

TRAINING

If a workout has a "0" for rest, that means move to the next exercise immediately. Perform the ab exercises prior to the workout. You may choose from the following three ab circuits to perform before each workout.

AB CIRCUIT 1

Exercise	Sets	Reps	Rest
Weighted Decline Sit Ups	3	20	0
Plank	3	60 seconds	0
Side Plank	3	60 seconds	60 seconds

AB CIRCUIT 2

Exercise	Sets	Reps	Rest
Cable Crunch	3	20	0
Exercise Ball Sit-up	3	40	0
Hollow Hold	3	60 seconds	60 seconds

AB CIRCUIT 3

Exercise	Sets	Reps	Rest
Hanging Leg Raise	3	20	0
Bicycle Crunch	3	40	0
Side Crunch	3	20	60 seconds

GIANT'S JOURNEY

DAY 1-UPPER BODY

Exercise	Sets	Reps	Rest
Barbell Bench	5	5	60 seconds
Barbell Row	5	5	60 seconds
Standing Dumbbell Press	3	12	60 seconds
Machine Chest Fly	3	12	0 seconds
Incline Cable Row	3	12	0 seconds
Lat Pull Down	3	12	60 seconds
Incline Dumbbell Curl	3	20	0 seconds
Tricep Rope Press down	3	20	0 seconds
Dumbbell Lateral Raise	3	20	60 seconds



GIANT'S JOURNEY

DAY 2- LOWER BODY

Exercise	Sets	Reps	Rest
Squat	5	5	60 seconds
Trapbar Deadlift	5	5	60 seconds
Jefferson Squat	3	10	0 seconds
Romanian Deadlift	3	10	60 seconds
Single Leg Press	3	20	0 seconds
Leg Press Calf Raises	3	20	60 seconds
Leg Extensions	3	20	0 seconds
Seated Leg Curls	3	20	60 seconds



GIANT'S JOURNEY

DAY 3- BACK, BICEPS

Exercise	Sets	Reps	Rest
T Bar Rows	3	12	60 seconds
Incline Dumbbell Rows	3	12	0 seconds
Guillotine Curls	3	20	60 seconds
Lat Pull Down	3	12	0 seconds
Seated Close Grip Cable Row	3	10	0 seconds
Single Arm Low Cable Row	3	20	60 seconds
Standing Dumbbell Curl	3	12	0 seconds
Reverse Cable Curl	3	10	0 seconds
Dumbbell Concentration Curl	3	20	60 seconds



GIANT'S JOURNEY

DAY 4- LEGS

Exercise	Sets	Reps	Rest
Barbell Deadlift	3	12	60 seconds
Leg Extensions	3	20	0 seconds
Jefferson Squats	3	12	60 seconds
Leg Curls	3	20	0 seconds
Leg Press	3	12	60 seconds
Seated Calf Raise	3	10	0 seconds
Standing Calf Raise	3	30 (10 toes inward, 10 toes forward, 10 toes outward)	60 seconds
Bulgarian Split Squats	3	12	0 seconds
Hip Thrusts	5	5	60 seconds



GIANT'S JOURNEY

DAY 5- CHEST, SHOULDERS, TRICEPS

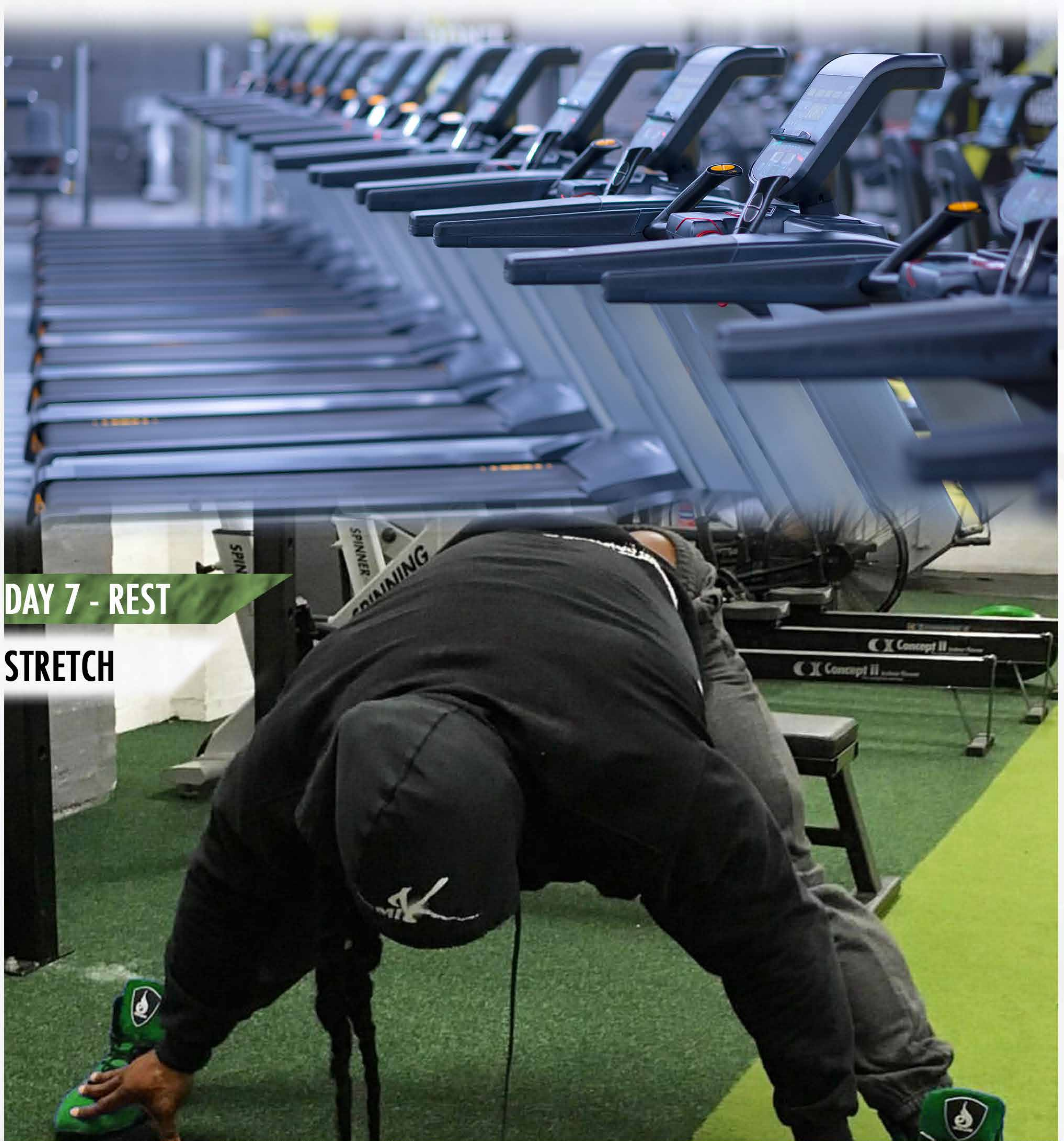
Exercise	Sets	Reps	Rest
Incline Dumbbell Press	3	15, 12, 10	0 seconds
Machine Fly	3	10	0 seconds
Incline Cable Fly	3	15, 12, 10	60 seconds
Standing Dumbbell Press	3	15, 12, 10	0 seconds
Dumbbell Lateral Raises	3	15, 12, 10	0 seconds
Rear Delt Cable Flys	3	20, 20, 20	60 seconds
Overhead cable extensions	3	15, 12, 10	0 seconds
Skull crushers	3	10	0 seconds
Tricep V bar Press down	3	15, 15, 15	60 seconds



GIANT'S JOURNEY

DAY 6 - CARDIO

STEADY STATE CARDIO: 45 MINUTES



DAY 7 - REST

STRETCH

LAND OF
GIANTS

GIANT BATTLE

You are on borrowed time. You don't know what the giants plan to do with the villagers, but you know their lives rest in your hands. You cannot wait for the fruits to take hold in your system. You need to be the largest, most ferocious giant to ever roam these forbidden forests. You'll need to amplify your growth.



NUTRITION

STEP 1: CREATE YOUR DIET: WEEKS 7 THROUGH 12:

Multiply Your PHASE 1 TDEE from phase 1 by 1.1 to get your Week 5 through Week 8 caloric intake

Determine Your Macronutrients

Protein in grams = (Bodyweight x 1.1)

Fats in grams = (Calorie intake x 0.25) / 9

Carbs: [Caloric intake - ((protein in grams x 4) + (fats in grams x 9))] / 4

GIANT BATTLE GROWTH AMPLIFIERS

REST PAUSE

This is an intensity amplifier wherein you rack a relatively heavy weight after your set. Then you will rest for 10-15 seconds, un-rack the weight, and attempt to do the weight until failure. This is a powerful but dangerous tool in the giant transformation. Barbell exercises with this technique are best performed with a spotter.

DROP SET

A drop set is a common, but no less effectivity intensity amplifier. You will complete a set and then immediately drop the weight by 20%. Lift the new weight to failure. If possible, you can continue to reduce the weight by 20%. These will spark a fire within your muscles as your flesh tears and your body morphs into the behemoth you seek. You must preserve.

ECCENTRIC OVERLOAD TRAINING

This is a trick far beyond what you've seen in the world of man. You must trick your body and overload it to bring out the beast within. You will choose a weight that is 110 or 115% higher than what you can effectively do with one hand. Perform the concentric part of the movement with both arms, remove one arm, and slowly return the weight to the starting position. You can handle more weight in the eccentric portion of a lift so you will be able to unlock hidden growth. You are more powerful than the forest giants know.

GIANT BATTLE

TRAINING

The final stage is set. You emerge from the underbrush towering over the trees that once blocked out the sky. The moon is out. It illuminates your bulging muscles and lumbering traps. You begin to move forward towards the wailing of the villagers. It's time to destroy the giants.

If a workout has a "0" for rest, that means move to the next exercise immediately. Perform the ab exercises prior to the workout. You may choose from the following three ab circuits to perform before each workout.

AB CIRCUIT 1

Exercise	Sets	Reps	Rest
Weighted Decline Sit Ups	4	20	0
Plank (One arm lifted)	4	60 seconds	0
Side Plank	4	60 seconds	60 seconds

AB CIRCUIT 2

Exercise	Sets	Reps	Rest
Cable Crunch	4	20	0
Exercise Ball Sit-up	4	50	0
Hollow Hold (Weighted Ball)	4	60 seconds	60 seconds

AB CIRCUIT 3

Exercise	Sets	Reps	Rest
Hanging Leg Raise	3	20	0
Bicycle Crunch	3	40	0
Side Crunch	3	20	60 seconds

GIANT BATTLE

DAY 1-UPPER BODY

Exercise	Sets	Reps	Rest
Barbell Bench	5	5 (Rest pause final set)	60 seconds (90 seconds last set)
Barbell Row	5	12 (Dropset final set)	60 seconds
Standing Dumbbell Press	4	12	60 seconds
Machine Chest Fly	4	12	0 seconds
Incline Cable Row	4	12	0 seconds
Lat Pull Down	4	12 (Dropset final set)	60 seconds
Spider Curls	4	20 (Dropset final set)	0 seconds
Tricep Rope Press down	4	20 (Deropset final set)	0 seconds
Dumbbell Lateral Raise	4	20	60 seconds



GIANT BATTLE

DAY 2- LOWER BODY

Exercise	Sets	Reps	Rest
Squat	5	5 (Rest pause final set)	60 seconds (90 seconds last set)
Trapbar Deadlift	5	12	60 seconds
Jefferson Squat	4	12	0 seconds
Romanian Deadlift	4	12	60 seconds
Single Leg Leg Press	4	8 (Eccentric Overload)	0 seconds
Leg Press Calf Raises	4	20 (Dropset final set)	60 seconds
Leg Extensions	5	8 (Eccentric Overload)	60 seconds
Seated Leg Curls	5	8 (Eccentric Overload)	60 seconds



GIANT BATTLE

DAY 3- BACK, BICEPS

Exercise	Sets	Reps	Rest
Barbell Row	4	12 (dropset final set)	60 seconds
Overhead Lat Pulldown Machine	4	8 (eccentric overload)	0 seconds
Guillotine Curls	3	20	60 seconds
Lat Pull Down	3	12	0 seconds
Seated Close Grip Cable Row	3	10	0 seconds
Single Arm Low Cable Row	3	20	60 seconds
Standing Dumbbell Curl	3	12	0 seconds
Reverse Cable Curl	3	10	0 seconds
Dumbbell Concentration Curl	3	20	60 seconds



GIANT BATTLE

DAY 4- LEGS

Exercise	Sets	Reps	Rest
Barbell Deadlift	5	5	60 seconds
Hack Squats	4	12	60 seconds
Jefferson Squats	4	12	0 seconds
Leg Curls	4	20	0 seconds
Leg Press	4	12 (drop set final set)	60 seconds
Anterior Tibialis Raise	4	12	0 seconds
Standing Calf Raise	4	30 (10 toes inward, 10 toes forward, 10 toes outward)	60 seconds
Bulgarian Split Squats	4	12	0 seconds
Hip Thrusts	4	12	60 seconds



GIANT BATTLE

DAY 5- CHEST, SHOULDERS, TRICEPS

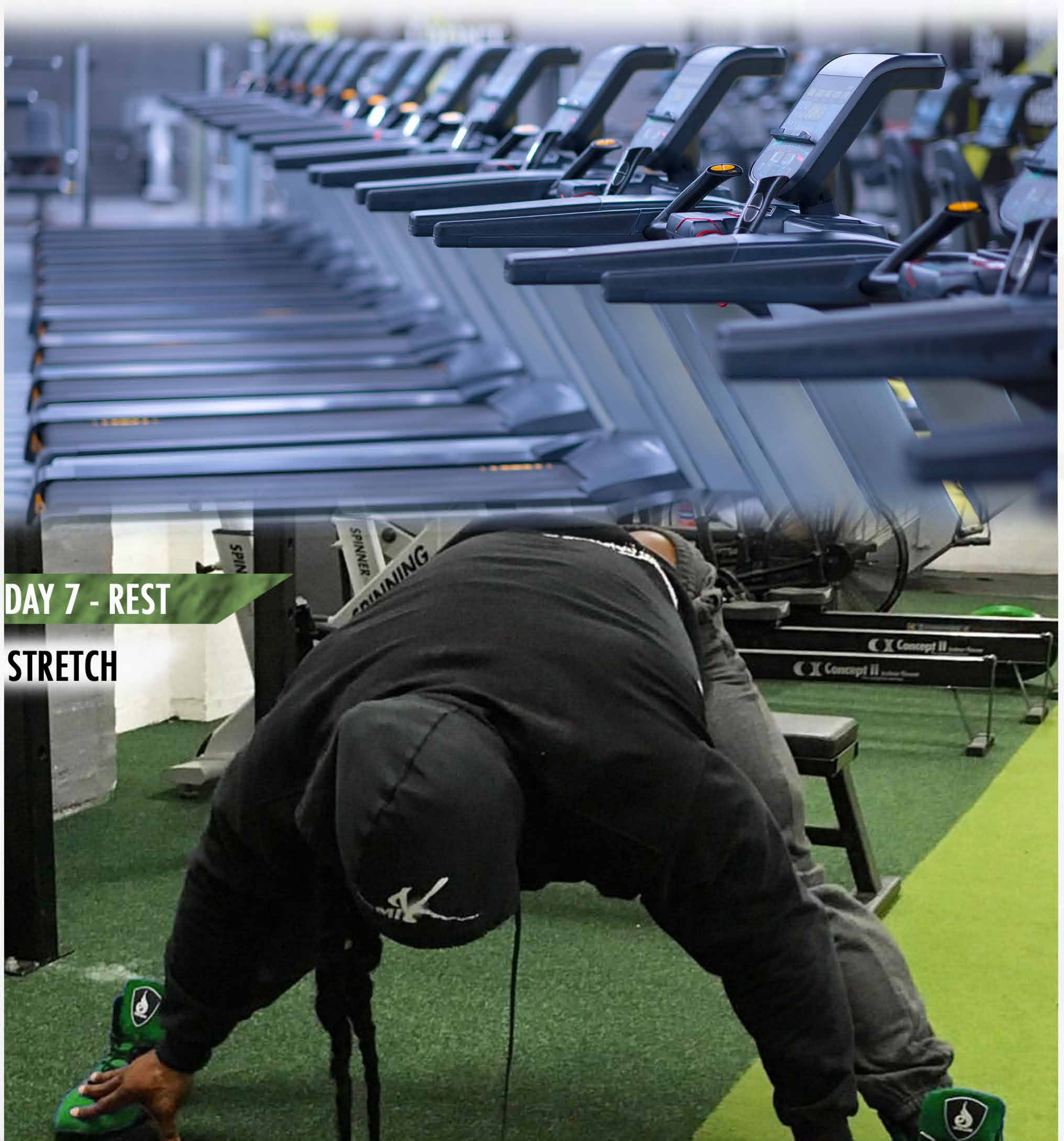
Exercise	Sets	Reps	Rest
Incline Dumbbell Flyes	4	20	0 seconds
Incline Dumbbell Press	4	12 (dropset on last set)	0 seconds
Svend Press	4 (3 second hold)	8	60 seconds
Standing Dumbbell Press	4	12	0 seconds
Cable Lateral Raises	4	12	0 seconds
Rear Delt Dumbbell Flyes	4	15	60 seconds
Close Grip Bench	4	12 (rest pause on last set)	0 seconds
Skull crushers	4	12	0 seconds
Dumbbell Kickbacks	4	12	60 seconds



GIANT BATTLE

DAY 6 - CARDIO

STEADY STATE CARDIO: 45 MINUTES



DAY 7 - REST

STRETCH

**“MY GOAL IS TO BE A
CONTRIBUTOR
AND TO ENCOURAGE
OTHERS AS THEY
REALIZE THEIR DREAMS.”**

Kai Greene

