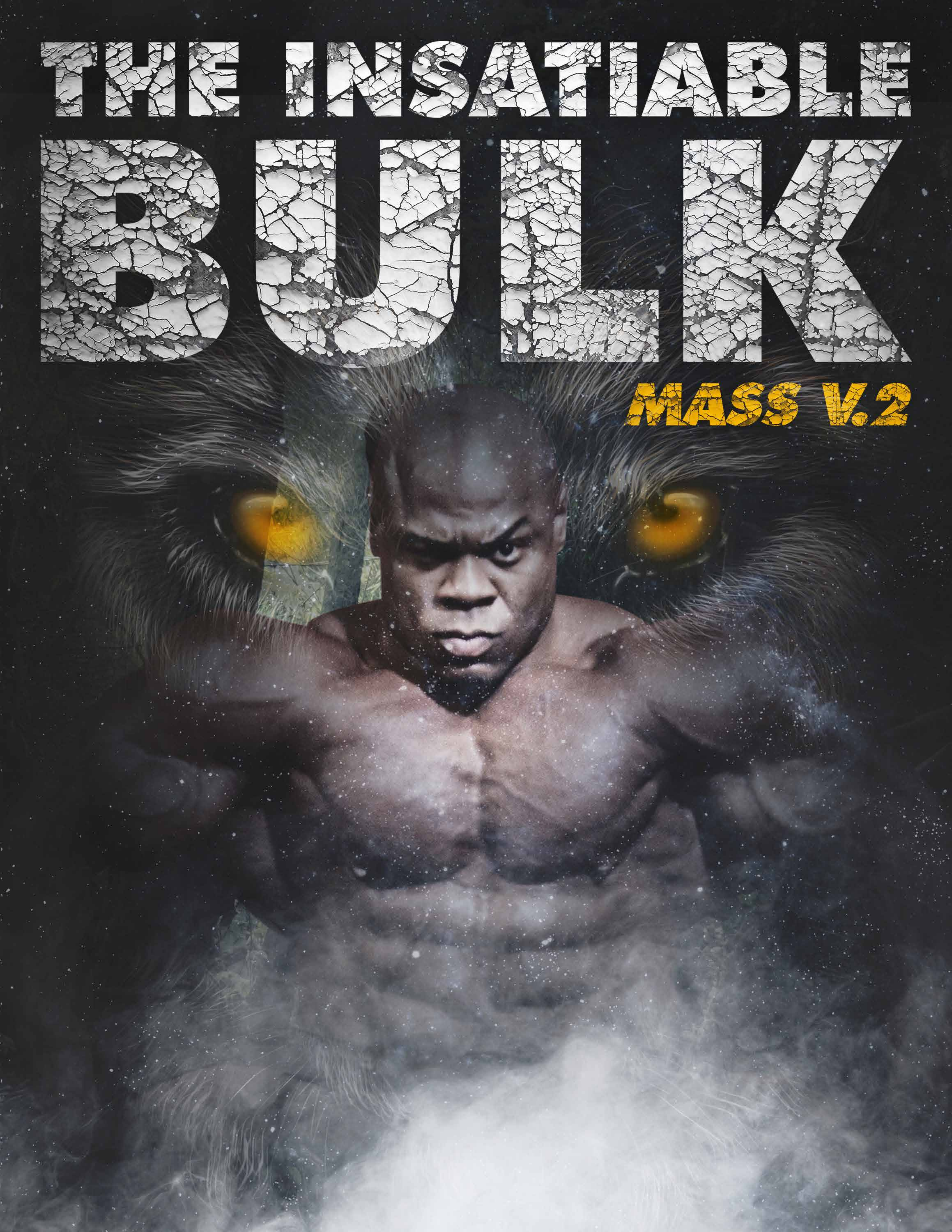


THE INSATIABLE

BULK

MASS V.2



THE BULK MUST FEED

A beast cares not for etiquette as it devours its prey. The most powerful predatory animals move slowly until their sinewy muscles allow them to ensnare their prey. Yet, we do not see the lions and crocodiles eating unabated. They consume only what they need to flourish and capture the next meal.

Your bulking diet needs to be just as precise as your cutting phase. Account for every calorie in the ideal macronutrient distribution. You will need to consume more calories than you burn in the workout to fuel muscle recovery, muscle building, and limit fat gain. If you eat without limit, you will put on a lot of fat and may not gain any more muscle.

The beast within you, the one you beckoned forth from the realm of gains. It is an apex predator that will devour nourishment and iron until its goal is reached. The beast from beyond needs more than simply calories, it requires quality calories. The beast must account for water, vitamins, and minerals. These small yet significant aspects of a diet can help energy, recovery, health, and stamina. The beast requires vegetables, fruits, and at least a gallon of water. Should you deny it these basic nutrients, you will be next on the hunt.

A bulking diet for bulking requires an energy surplus. The beast within may have the might of several men, insurmountable hunger, and a hulking frame, but it cannot break the laws of thermodynamics. You need to supply energy to build muscle. The surplus of calories must supply enough amino acids from proteins for your body to build muscle. This requires a range of 0.8 grams - 1.3 grams of protein per pound of lean body mass. It's ideal to work off your lean body mass, if unknown your general body weight is enough.

THE BULK MUST FEED

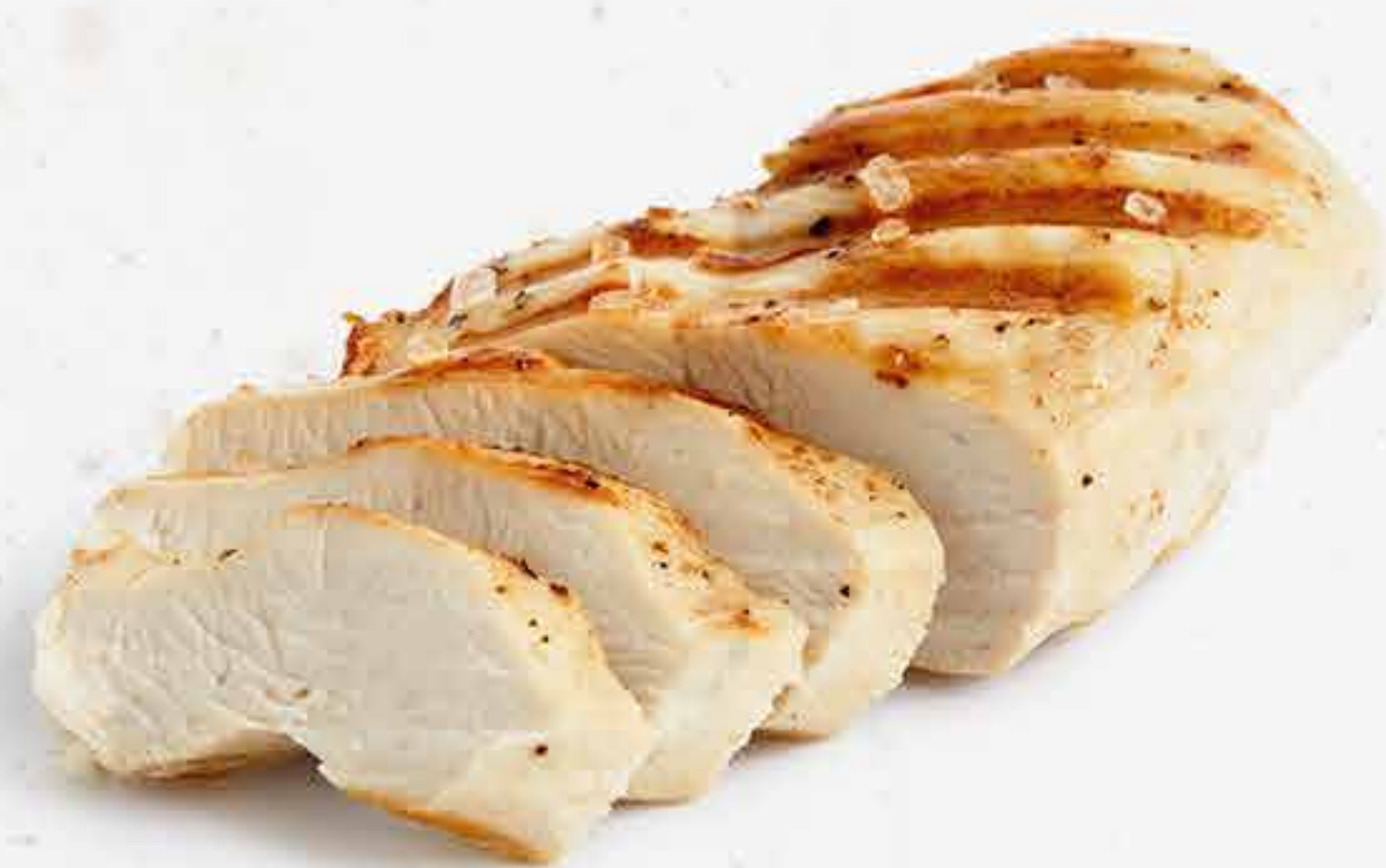
PROTEIN SOURCES

All meat should be the leanest option available. When ordering at a restaurant, request that they cook the meat without added butter or oil.

**LEAN STEAK- SIRLOIN OR TOP ROUND
(HORMONE FREE AND GRASS FED IF POSSIBLE)**



CHICKEN



LEAN GROUND TURKEY



WILD CAUGHT SALMON



WILD CAUGHT COD



DYNAMIK PREY WHEY PROTEIN



EGG WHITES



TILAPIA



THE BULK MUST FEED

FAT SOURCES

AVOCADO



OLIVE OIL



COCONUT OIL



ALMONDS



PEANUT BUTTER



ALMOND BUTTER



CASHEWS



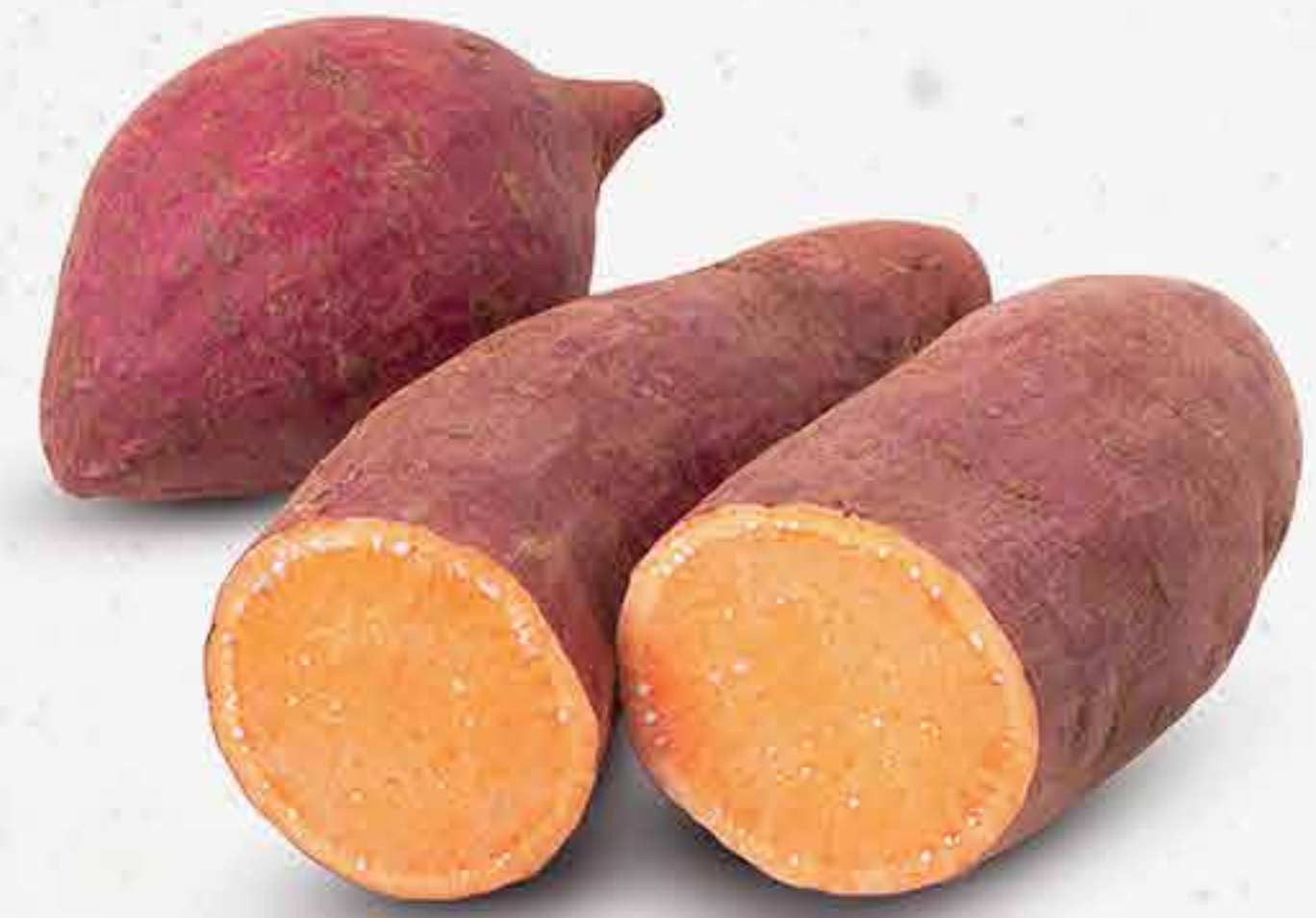
THE BULK MUST FEED

CARBOHYDRATES

WHITE RICE



SWEET POTATO



COCONUT OIL



ALMONDS



PLANTAIN



EZEKIEL BREAD



OATS



EZEKIEL BREAD



WHOLE WHEAT PASTA



THE BULK MUST FEED

VEGETABLES

SPINACH



BEETS



TOMATO



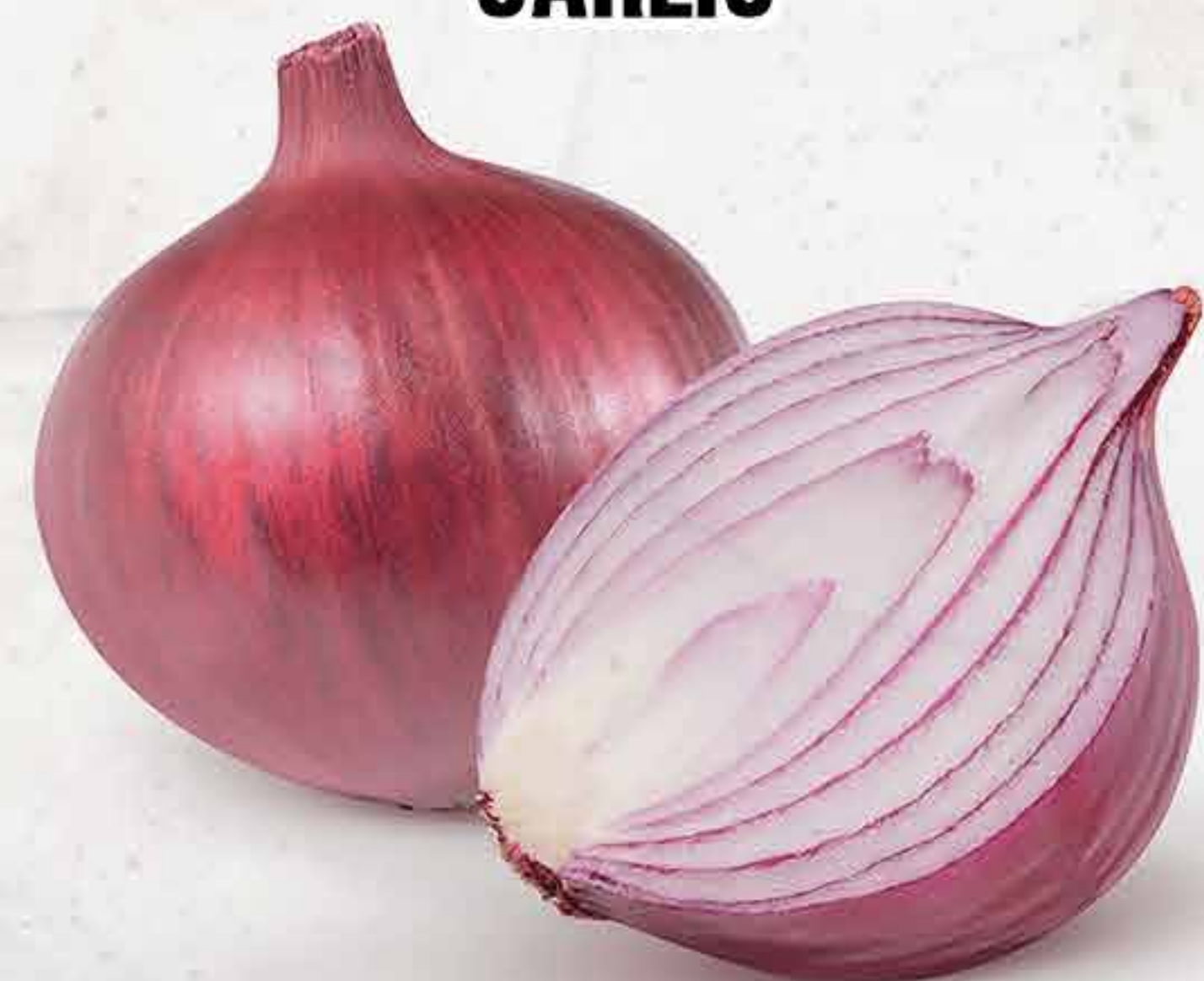
CARROT



ONIONS



GARLIC



SWISS CHARD



BROCCOLI



THE BULK WILL GROW

The relationship between your transformation and the weights are dynamic. Your body will transform in response to new stimuli. When the beast is appropriately stimulated, you will need to progress to a heavier weight. To grow your muscles, you need to create enough muscle damage to force an adaptation. The beast within is a capricious creature and will change to withstand greater stress for the next workout.



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THE BULK WILL GROW

You can create stress to grow your muscles via multiple methods. People commonly believe only heavy weight and fewer reps can build muscle, but this is akin to believing a beast can only have one large source of sustenance instead of three slightly smaller meals. You can use high reps with light weight, low reps with heavy weight, fast or slow reps, etc. Each has its own specific place in the path to muscle.



Volume is the product of the total amount of reps performed multiplied by the amount of weight lifted. Whether you choose high load or low reps, you should attempt to match the loads.

Although high and low loads create similar hypertrophy with equal reps, you still need a minimal amount of tension on the muscle. That tension is around 55-60% of the max weight you can lift. How lower weight and higher weight effects muscle growth boils down to stimulation. Utilizing high and low loads allow variation of intensity while keeping your muscle adapting and growing.

THE BULK IS INTENSE

Intensity is the root of adaptation. The growling behemoth in your belly makes no effort to hide this. By altering the intensity of your workout, your body is exposed to new stimulation which creates the growth we seek. There are several ways to vary the intensity of a workout: changing the reps per set, total number of sets, changing the amount of weight you lift, movement selection and the rest time between sets. Progression through these intensity factors can be changed at random when looking just for muscle growth or fat loss. However, to maximize each stimulus, even small changes can go a long way. Below is a recommended order of 6 progressions as a foundation of bodybuilding programming.



Progression 0: Original program.

Progression 1: Increase the total amount of sets performed by 1.

Progression 2: Return sets to the original set amount and increase the total amount of reps per set by 10-20% using original weight.

Progression 3: Increase the total sets performed using the new rep amount in progression 2 using original weight.

Progression 4: Return to original rep and set amount and decrease amount of rest between sets by 25-30% while using the original weight.

Progression 5: Increase the amount of weight by 10-15% and use the original rep, set, and rest scheme. You may also change your movement selections.

Progression 6: Increase the total amount of sets with a heavier weights and repeat progressions 2-5 with new movements.

IT DOES NOT MAKE MISTAKES

PRINCIPLES

1 - Trying to stay shredded

A powerful form needs calories. These calories will build muscle, but some will invariably be stored as fat. If you try to keep calories too low, you risk not gaining significant muscle and will lower your metabolic rate for your next cut.

2 - Only lifting heavy

Lifting with heavy weight is great. You get stronger, improve your hormonal profile, and stimulate deep muscle fibers. Unfortunately, it is difficult to get the total amount of reps needed for muscle growth. Your recovery times and set up can make the gym a 4 hour experience, which isn't feasible for most people. Although this will provide stimulation to grow, you are looking to achieve bulging muscles and not simply a powerlifting physique.

3 - Only lifting light

Similarly, lifting light weights (within an appropriate % of your 1 Rep Max) can cause enough stimulation for muscle growth. The issue is you only stimulate the more superior muscle fibers. These muscle fibers become detrained much faster than type 2 muscle fibers which are triggered with higher weights. As I mentioned before, lifting too light does not stimulate muscle fibers enough to cause muscle damage and create muscle growth. Aim for at least 55-60% of your 1 RM to establish appropriate muscle growth.

IT DOES NOT MAKE MISTAKES

PRINCIPLES

4 - Not pushing intensity

You are here to work and transform your corporeal form. There is a reason few survive the transformation into the Insatiable Bulk. It is not and should not be easy. You need to push the intensity of your workout each week. You don't need to stick to only my progressions. Increasing reps and decreasing rest times are great ways to increase intensity. "Thoughts becomes things" is never truer than when in the gym.

5 - Plateauing

Bottom line, you need to create an adaptation. Staying at one weight, number of reps, or sets for too long will create a period of stagnation. Comfort is the enemy of progress and the ally of mediocrity. Performing the same movements over years of training may also create stagnation of muscle development, or worse muscle imbalances. Keep changing your program to truly unleash the beast within.

IT DOES NOT MAKE MISTAKES

DAY 1 - VOLUME DAY

Barbell Pendlay Row 4 x 10

Chin Ups 4 x 16

Bench Press 4 x 10

Dips 4 x 16

Walking Lunges 4 x 10

Dumbbell Split Squat 4 x 16

Reverse Lunges 4 x 10

Dumbbell Straight Leg Deadlift 4 x 16

Dumbbell Arnold Press 4 x 10

Dumbbell Pull-over 4 x 16

Barbell Curls 4 x 10

E-Z Bar Skull Crushers 4 x 10



IT DOES NOT MAKE MISTAKES

DAY 2 - HEAVY DAY

Deadlifts - 5 x 5 at 85%

T-bar Row - 5 x 5 at 85%

Straight Leg Deadlifts- 5 x 5 at 85%

Wide Grip Cable Row - 5 x 5 at 85%

Single Leg Hamstring Curls - 5 x 5 at 85%

Barbell Curls - 5 x 5 at 85%

Dumbbell Hammer Curls - 5 x 5 at 85%



IT DOES NOT MAKE MISTAKES

DAY 3 - HEAVY DAY

Squats - 5 x 5 at 85%

Bench Press - 5 x 5 at 85%

Leg Press - 5 x 5 at 85%

Incline Dumbbell Press - 5 x 5 at 85%

Single Leg Extensions - 5 x 5 at 85%

Dumbbell Skull Crushers - 5 x 5 at 85%

Cable Tricep Extensions - 5 x 5 at 85%



IT DOES NOT MAKE MISTAKES

DAY 4 - REST



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IT DOES NOT MAKE MISTAKES

DAY 5 - HEAVY DAY

Sumo Deadlifts - 5 x 5 at 85%

Single Arm Dumbbell Rows - 5 x 5 at 85%

Hack Squats- 5 x 5 at 85%

Wide Grip Barbell Row - 5 x 5 at 85%

Barbell Hip Thrusts - 5 x 5 at 85%

French Curl Bar - 5 x 5 at 85%

Barbell Reverse Grip Curls - 5 x 5 at 85%



IT DOES NOT MAKE MISTAKES

DAY 6 - HEAVY DAY

Standing Calf Raises- 5 x 5 at 85%

Incline Bench Press - 5 x 5 at 85%

Barbell Front Squats - 5 x 5 at 85%

Incline Cable Flys - 5 x 5 at 85%

Split Leg Barbell Squats - 5 x 5 at 85%

Dumbbell Kickbacks - 5 x 5 at 85%

Overhead Dumbbell Tricep Extensions - 5 x 5 at 85%



IT DOES NOT MAKE MISTAKES

DAY 7 - REST



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