

MY

8 WEEK
BULK

UNIVERSAL
MASSES

THE LAWS OF THE BULK

VOLUME AND INTENSITY DRIVE GROWTH.

The universe is unfathomably expansive. From our small rock in our remote solar system, we can travel in countless directions. The same atoms that exist in you have been rearranged into the sun, the clouds, and your muscle. The shape this universe takes depends on its surroundings.

We must approach exercise with the correct impetus. We cannot subscribe to the muscular creation myth, that muscle growth can only be achieved with heavy weight and low reps. To grow you need two things: volume and intensity. Volume, defined as sets times weights times reps, must be increased progressively to stimulate appropriate growth. You can do so through very high intensity lifts at high weights and low reps, or moderate weights at higher reps.



UNIVERSAL
MASS

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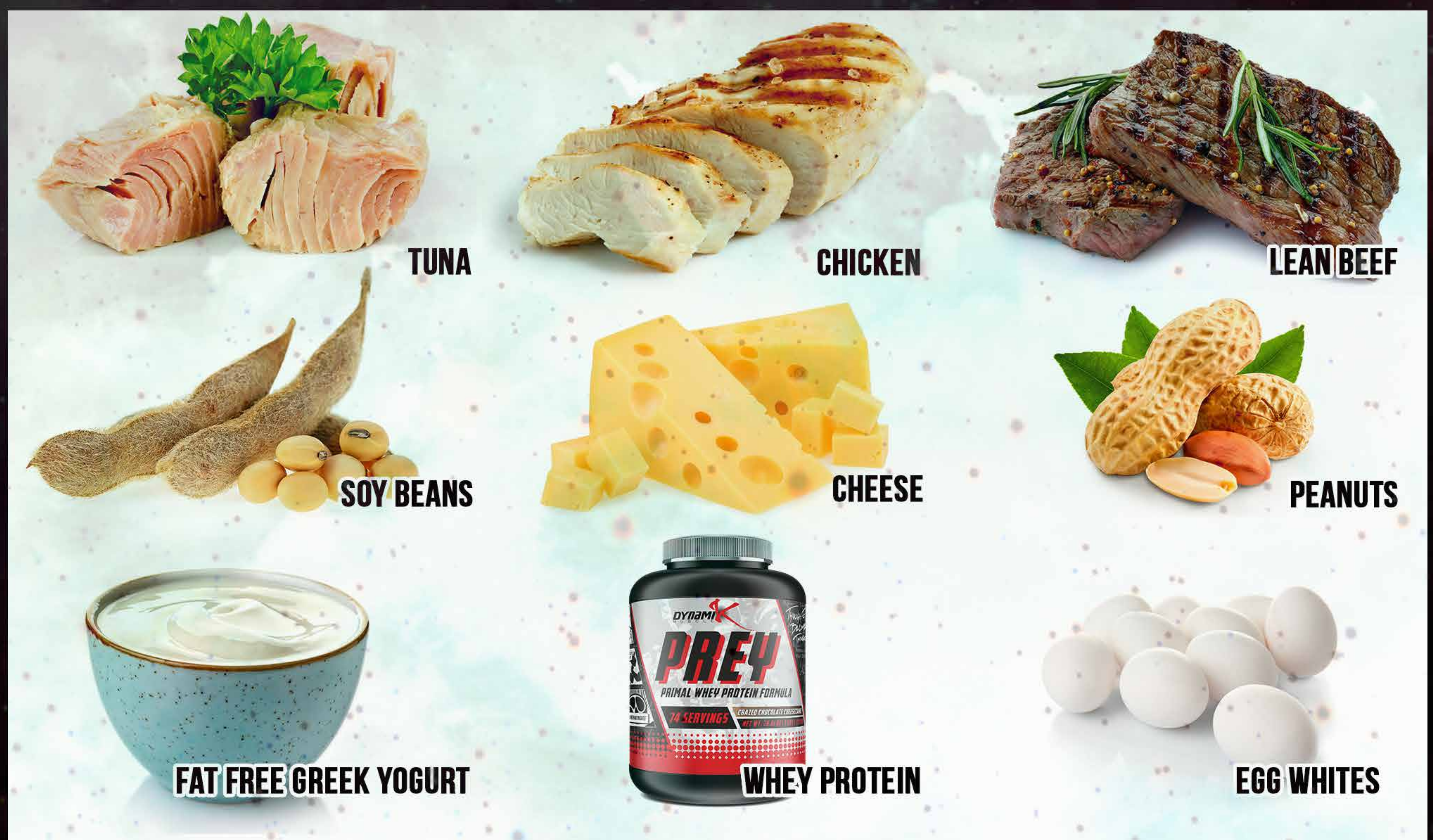
NUTRITION MATTERS

PROTEIN- 4 CALORIES PER GRAM

Protein is the Higgs Boson, the god particle, of our mass gaining system. Our muscles are forged from the protein we consume. Each gram of protein has roughly 4 calories that can be used to build powerful muscle tissue.

The universe was created through abundance of matter and time, so you too must give protein time to fuel your muscle growth. You can only spike muscle protein synthesis so much during one meal. Thus, you should space your protein meals out about 3 hours apart throughout the day to ensure a maximal muscular response.

Not all protein sources are created equal. You must choose protein sources high in the amino acid leucine to stimulate appropriate growth. Some great choices for protein are listed below.



NUTRITION MATTERS

CARBOHYDRATES- 4 CALORIES PER GRAM

Carbohydrates are the fuel for our cosmic growth furnace. We are all subsets of the universe, and all carbs are made up of glucose subsets. Carbs are the macronutrients formed from either simple sugars or complex carbohydrates, each packing 4 calories per gram. Carbohydrates are stored as long chains of glucose in our muscles or liver called glycogen. You can store over 400 g of carbs in your muscles and 40 g of carbs in your liver. Your liver glycogen helps keep your blood sugar stable while your muscle glycogen is used to power muscular contractions. Ingestion of carbs stimulates the pancreas, helping to further build your muscle tissue.

Carbs are partially time sensitive. You should consume ample carbohydrates before your workout to provide adequate fuel for exercise and post workout to help facilitate recovery and glycogen replenishment. Unless you are performing another workout that day, you do not need to worry about consuming a vast amount of simple sugars post workout.

Choose complex carbs for most of your meals to ingest adequate fiber and micronutrients.

FOODS >

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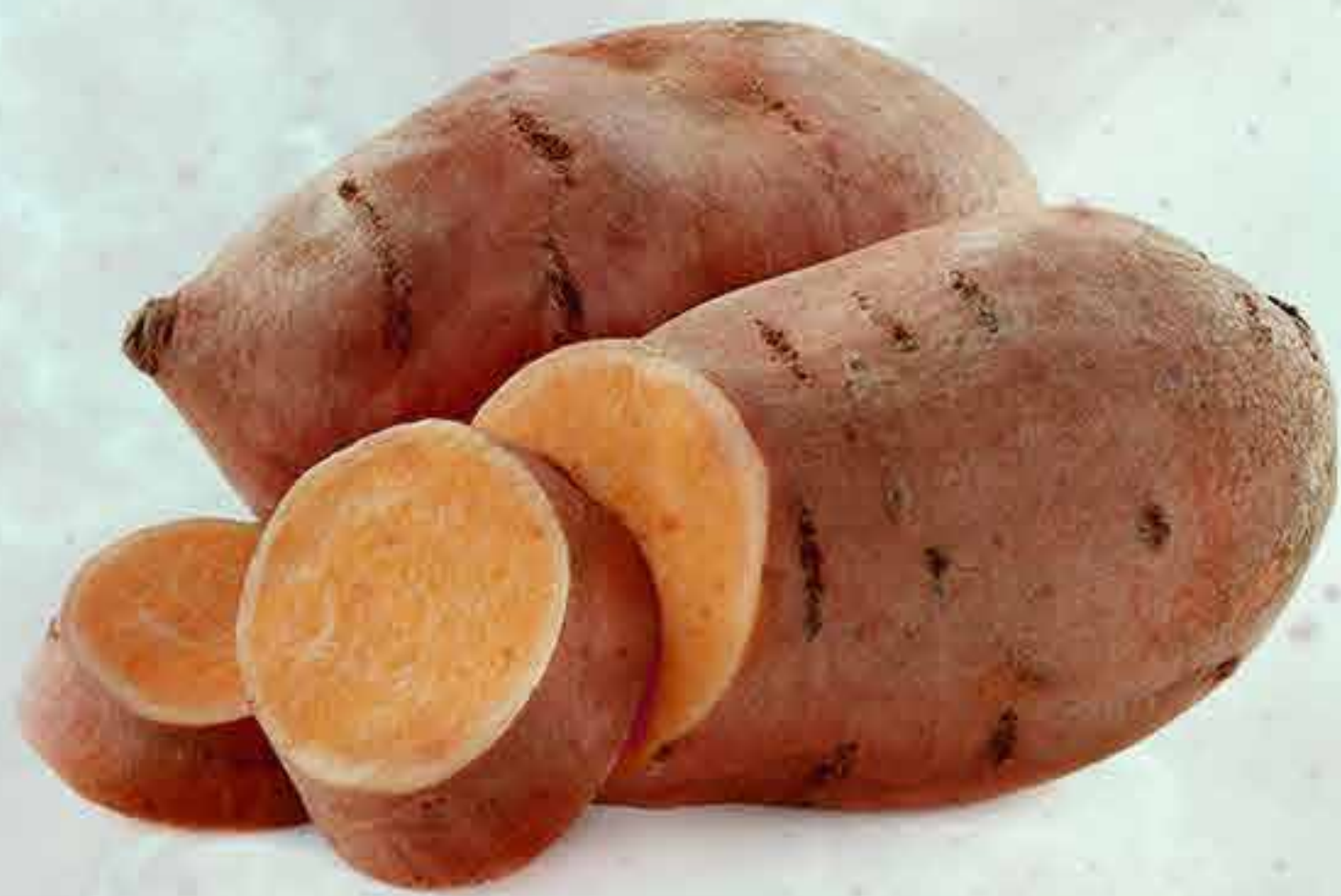
NUTRITION MATTERS



FRUITS



VEGETABLES



SWEET POTATO



BARLEY



BROWN RICE



WHOLE WHEAT PASTA



OATMEAL



ALL BRAN CEREAL



BLACK BEANS



WHOLE WHEAT BREAD



WHITE POTATOES

NUTRITION MATTERS

FATS

The concept of the big bang defies logic. The basis of our laws of thermodynamics state that matter cannot be created, yet our universe was born of a single, microscopic ball of matter. There must be a spark to ignite all of creation. Fat will be the spark for your explosive growth.

Fat has more than double the calories per gram than proteins or carbs, with each gram containing 9 calories. This is a simple way to reach your muscle building caloric intake without consuming excessive amounts of food.

You must be careful with your fat choices. At high intakes, your decisions can create a cascade of effects on your body. We must consume the essential fatty acids, omega 3s and omega 6s, to function optimally. Your health depends on the ratio of omega 3s to omega 6s. Ideally, one would consume them in a ratio of 1:1. However, the modern western diet is rich in omega 6s, while deficient in omega 3s. This skews the average ratio towards 1:16. High Omega 6 diets can lead to excessive inflammation, something highly damaging to a finely tuned body undergoing extensive mass building.

Actively choose foods high in omega 3s to help fuel a balanced physique.

FOODS >

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NUTRITION MATTERS



WHOLE EGGS



WINTER SQUASH



CRAB



SALMON



EDAMAME



ALMONDS



CHIA SEEDS



PECANS



WALNUTS



WALNUT OIL



FLAXSEED OIL



CANOLA OIL

YOUR RAW MATTER

Transubstantiation from food to muscle requires precise amounts of protein, carbs, and fats. Follow the below path to transform the cosmic currency into skin tearing muscle.

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

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

STEP 2: Use one of the below equations to find your current TDEE

BMR X 1.2= Sedentary Lifestyle (no workout)

BMR X 1.4= Workout 1-2 Times Per Week

BMR X 1.5= Workout 2-3 Times Per Week

BMR X 1.6= Workout 4-5 Times Per Week

BMR X 1.7= Workout 6-7 Times Per Week

BMR X 1.8= Workout 2 x per day

STEP 3: CREATE YOUR DIET: WEEKS 1 AND 2:

Multiply Your TDEE by 1.1 to get your Week 1 and 2 calorie intake

Determine Your Macronutrients

Protein in grams= (Bodyweight x 1)

Fats in grams= (Calorie intake x 0.30)/ 9

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

STEP 5: WEEKS 5 AND 6

Multiply your Week 3 and 4 diets by 1.05

YOUR RAW MATTER

EXAMPLE

A 5'8"-foot-tall, 21-year-old man looking to increase his muscle mass weighs 160 lbs. He works out 5 times per week and his body fat is 10%.

Below would be his calculations.

HINT: To convert lbs. to kg, divide lbs. by 2.2. To convert in to cm, multiply by 2.54.

KATCH MCARDLE:

Lean Body Mass = Weight in kg x ((100 - Body Fat %)/100)

BMR = 370 + (21.6 x Lean Body Mass(kg))

Lean Body Mass = (160/2.2) x ((100 - 10)/100)

Lean Body Mass = 65.45 kg

BMR = 370 + (21.6 x 65.45)

BMR = 1783 calories

1783 calories x 1.6 = TDEE of 2853 calories

WEEK 1 AND 2 DIET

TDEE x 1.1 = 3138 calories

160 x 1 = 160 g protein

3138 x 0.3 = 941/9 = 105 g fat

3138 calories - (160 x 4) + (105 x 9) = 1553/4 = 388 g carbs

WEEK 3 AND 4 DIET

3138 x 1.05 = 3295 calories

160 g protein

110 g fat

416 g carbs

WEEK 5 AND 6 DIET

3295 x 1.1 = 3460 calories

160 g protein

115 g fat

446 g carbs

THE MATTER RECOMBINATOR

WORKOUT WEEK 1 TO 3

If an exercise has a 0 second rest, it is supersettted with the next exercise. Remember to warm up appropriately so that you can maximize your results.

Day 1

Exercises	Sets	Reps	Rest
Squat	4	12	0 seconds
Leg Extensions	3	12	60 seconds
Jefferson Squats	3	12	0 seconds
Leg Curls	3	12	60 seconds
Deadlifts	4	12	45 seconds
Seated Calf Raises	3	20	45 seconds
Standing Calf Raises	3	20	45 seconds

SQUAT



THE MATTER RECOMBINATOR

WORKOUT WEEK 1 TO 3

Remember to warm up appropriately so that you can maximize your results.

Day 2

Exercises	Sets	Reps	Rest
Bench Press	4	12	45seconds
Chest Dips	3	12	45 seconds
Incline Dumbbell Press	3	12	45 seconds
Pull Ups	3	20	45 seconds
Dumbbell Pullover	3	12	45 seconds
T Bar Row	3	12	45 seconds
Seated Cable row	3	12	45 seconds

BENCH PRESS



THE MATTER RECOMBINATOR

WORKOUT WEEK 1 TO 3

If an exercise has a 0 second rest, it is superseded with the next exercise. Remember to warm up appropriately so that you can maximize your results.

Day 3

Exercises	Sets	Reps	Rest
Military Press	4	12	45 seconds
Concentration Curls	3	12	45 seconds
Dumbbell Kickbacks	3	12	45 seconds
Arnold Press	3	12	45 seconds
Reverse Curls	3	12	45 seconds
Tricep Cable Press down	3	12	45 seconds
Cable Rear Delt Flyes	3	20	45 seconds

Day 4

Exercises	Sets	Reps	Rest
Front Squat	4	12	0 seconds
Leg Extensions	3	12	60 seconds
Hack Squats	3	12	0 seconds
Lying Leg Curls	3	12	60 seconds
Romanian Deadlifts	4	12	45 seconds
Seated Calf Raises	3	20	45 seconds
Standing Calf Raises	3	20	45 seconds

THE MATTER RECOMBINATOR

WORKOUT WEEK 1 TO 3

Remember to warm up appropriately so that you can maximize your results.

Day 5

Exercises	Sets	Reps	Rest
Incline Press	4	12	45seconds
Chest Dips	3	12	45 seconds
Incline Dumbbell Flyes	3	12	45 seconds
Single Arm Dumbbell Rows	3	12	45 seconds
Flat Dumbbell Press	3	12	45 seconds
Lat Pulldown	3	12	45 seconds
Seated Cable row	3	12	45 seconds

LAT PULLDOWN



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WORKOUT WEEK 1 TO 3

Remember to warm up appropriately so that you can maximize your results.

Day 6

Exercises	Sets	Reps	Rest
Standing Dumbbell Shoulder Press	4	12	45 seconds
Preacher Curls	3	12	45 seconds
Skullcrushers	3	12	45 seconds
Upright Rows	3	12	45 seconds
Standing Dumbbell Bicep Curls	3	12	45 seconds
Overhead Dumbbell Tricep Extension	3	12	45 seconds
Dumbbell Rear Delt Flyes	3	20	45 seconds

BICEP CURL



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WORKOUT WEEK 1 TO 3

REST: On day 7 it is important to recover your muscles after a long week of training.



THE MATTER RECOMBINATOR

WORKOUT WEEK 3 TO 6

If an exercise has a 0 second rest, it is supersettted with the next exercise. Remember to warm up appropriately so that you can maximize your results.

Day 1

Exercises	Sets	Reps	Rest
Squat	6	10	0 seconds
Leg Extensions	4	10	60 seconds
Jefferson Squats	4	10	0 seconds
Leg Curls	4	12	60 seconds
Deadlifts	5	10	0 seconds
Leg Press	4	12	60 seconds
Standing Calf Raises	4	20	45 seconds

SQUAT



THE MATTER RECOMBINATOR

WORKOUT WEEK 3 TO 6

If an exercise has a 0 second rest, it is supersettted with the next exercise. Remember to warm up appropriately so that you can maximize your results.

Day 2

Exercises	Sets	Reps	Rest
Bench Press	6	10	0 seconds
Chest Dips	4	12	60 seconds
Incline Dumbbell Press	4	12	0 seconds
Pull Ups	4	20	60 seconds
Dumbbell Pullover	4	12	45 seconds
T Bar Row	4	12	45 seconds
Seated Cable row	4	12	45 seconds

CHEST DIPS



THE MATTER RECOMBINATOR

WORKOUT WEEK 3 TO 6

If an exercise has a 0 second rest, it is superseded with the next exercise. Remember to warm up appropriately so that you can maximize your results.

Day 3

Exercises	Sets	Reps	Rest
Military Press	6	10	45 seconds
Concentration Curls	4	12	45 seconds
Dumbbell Kickbacks	4	12	45 seconds
Arnold Press	4	12	45 seconds
Reverse Curls	4	12	45 seconds
Tricep Cable Press down	4	12	45 seconds
Cable Rear Delt Flyes	4	20	45 seconds

Day 4

Exercises	Sets	Reps	Rest
Front Squat	6	10	0 seconds
Leg Extensions	4	12	60 seconds
Hack Squats	4	12	0 seconds
Lying Leg Curls	4	12	60 seconds
Romanian Deadlifts	6	10	0 seconds
Leg Press	4	20	60 seconds
Standing Calf Raises	4	20	45 seconds

THE MATTER RECOMBINATOR

WORKOUT WEEK 3 TO 6

Remember to warm up appropriately so that you can maximize your results.

Day 5

Exercises	Sets	Reps	Rest
Incline Press	6	10	45seconds
Chest Dips	4	12	45 seconds
Incline Dumbbell Flyes	4	12	45 seconds
Single Arm Dumbbell Rows	4	12	45 seconds
Flat Dumbbell Press	4	12	45 seconds
Lat Pulldown	4	12	45 seconds
Seated Cable row	4	12	45 seconds

SEATED CABLE ROW



THE MATTER RECOMBINATOR

WORKOUT WEEK 3 TO 6

Remember to warm up appropriately so that you can maximize your results.

Day 6

Exercises	Sets	Reps	Rest
Standing Dumbbell Shoulder Press	6	10	45 seconds
Preacher Curls	4	12	45 seconds
Skullcrushers	6	10	45 seconds
Upright Rows	4	12	45 seconds
Standing Dumbbell Bicep Curls	6	10	45 seconds
Overhead Dumbbell Tricep Extension	4	12	45 seconds
Dumbbell Rear Delt Flyes	4	20	45 seconds

PREACHER CURLS



THE MATTER RECOMBINATOR

WORKOUT WEEK 3 TO 6

REST: On day 7 it is important to recover your muscles after a long week of training.





***"MIND IS EVERYTHING!
IF YOU DON'T BELIEVE
YOU CAN DO SOME-
THING THEN YOU
CAN'T!"***

Kai Greene

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MASS

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