

A photograph of a very muscular man with short, light brown hair and a light beard, wearing a grey tank top. He is shown from the chest up, looking down and to the left, holding a black hexagonal dumbbell with his right hand. The dumbbell has the word 'TORQUE' embossed on it. The background is dark and out of focus.

RYAN TERRY

**MASS
BUILDING**

**TRAINING
& NUTRITION
GUIDE**



CONTENTS

- 03** INTRODUCTION
- 04** A WORD FROM RYAN
- 05** WHAT IS BULKING AND WHO IS IT FOR?
- 07** MY PERSONAL BULKING EXPERIENCES
- 11** THE SCIENCE BEHIND BULKING - HOW TO WORK OUT YOUR MACRO NUTRIENTS
- 15** BULKING DIET PLAN
- 19** SUPPLEMENTATION WHILST BULKING
- 22** DAY BY DAY TRAINING GUIDE FOR YOUR BULK
- 42** HOW TO PREVENT INJURY
- 46** FAQ'S
- 48** THANK YOU

INTRODUCTION

THIS EBOOK IS BROUGHT TO YOU BY IFBB PROFESSIONAL ATHLETE RYAN TERRY.

Ryan is an internationally recognised Men's Physique competitor who's achievements include; Mr Great Britain (2010), Mr International (2010), UK National Champion (2013), British Champion (2013), European Arnold Classic Champion (2013), Overall European Arnold Classic Champion (2013), IFBB Pittsburgh Pro Champion (2015), IFBB Atlanta Pro Seaboard Champion (2015), 4th Place Men's Physique Mr Olympia (2015), 2nd Place Men's Physique Mr Olympia (2016), IFBB Pro Asia Grand Prix Champion (2016), Arnold Classic Pro Champion (2017), IFBB Pro Asia Grand Prix Champion (2017). He also holds over 40 international fitness magazine covers and was crowned the first ever IFBB Men's Physique Pro from the UK.

RYAN IS A USN AND GYMSHARK SPONSORED ATHLETE WHO IS ALSO A FEATURED WRITER FOR MUSCLE AND FITNESS MAGAZINE AND WHO'S FOLLOWING IS IN EXCESS OF OVER 1 MILLION LIKE-MINDED FITNESS FANS.

Ryan started his working career as a plumber and gas engineer from Worksop, Nottinghamshire. Ryan had always had a keen interest in bodybuilding and dedicated every spare minute he had to training before and after his working day. In 2010 Ryan was entered in to Mr Great Britain, where he took first place and soon found sponsorship with supplement company USN. This is where things really started to change for Ryan. He soon made the brave decision to make that change in career, devoting his work to USN and promotions in fitness this enabled him to fully focus all of his energy into his true love-bodybuilding. Ryan quietly decided to compete in his first Men's Physique show in 2013, where he took first place and his journey in competing was then born!



A WORD FROM RYAN

WELCOME TO MY EBOOK IN WHICH I WILL REVEAL MY GUIDE, TIPS AND ADVICE ON A SUCCESSFUL AND PRODUCTIVE 'BULK'.

I will go in to detail using the science of bulking but also explain its benefits from experiences that I have personally encountered when bulking myself. I'm going to be completely honest throughout this ebook- I will talk through my personal decisions when deciding to bulk but above anything I want to educate you all to best of my knowledge before you embark on a successful bulking season for yourselves. At the end of this ebook I will expect you to understand:

- What is bulking and who is it for?
- The science behind bulking
- Knowledge and understanding of what a bulking diet consists of
- Training plans and tips to follow throughout your bulking season
- FAQ's

WHAT IS BULKING AND WHO IS IT FOR?

THERE ARE THREE MAIN FACTORS TO CONSIDER WHEN BULKING; DIET, WORKOUTS AND SUPPLEMENTS. IN THIS SECTION WE WILL MAINLY DISCUSS THE DIET SIDE OF A BULK.

The main objective when bulking is to GROW, which in Leyman's terms means you are aiming to gain muscle. For a short stage, through the bulking period, it is guaranteed that you will increase your body fat percentage but the aim is not to 'get fat', the aim is to grow your muscle by supplying your body with more calories than it needs. Taking in these extra calories is known as a calorific surplus and this is put to good use in building more muscle mass. It is also of great benefit when pushing through hard, heavy workouts as the extra energy through the added calories will help you to power through the sessions!

Bulking can be done in one of two ways; a 'dirty bulk', which involves an intake of any or all foods and typically stuff that you would not go near during prep (burgers, cakes etc.) OR a 'clean bulk' which involves consuming more of the food you would usually eat throughout a prep. I personally believe that a 'clean bulk' is definitely the easier route to go down and that long-term, is a much more healthy and sustainable way of living as an athlete. Because of this, my ebook will be focused around a healthy and clean bulk.



Many people can get very confused when starting their bulk and some see it as an excuse to eat whatever they feel like and as much of it as they fancy. Unfortunately this is not the way a bulk works! Although it does mean an increase in calories, a bulk done properly will generally mean increasing the calories through your usual 'clean' meals. It is essential to ensure that you work out exactly how many calories you should be having throughout your bulking weeks- eating on whim, without any regards for this, will either result in not consuming enough food OR consuming TOO much of it. I will later go in to detail on how you calculate these calories in 'The science behind bulking' section!

SOME SEE IT AS AN EXCUSE TO EAT WHATEVER THEY FEEL LIKE AND AS MUCH OF IT AS THEY FANCY. UNFORTUNATELY THIS IS NOT THE WAY A BULK WORKS!

So who is bulking for? I think the general stigma around bulking is that people think it is mainly aimed at powerlifters, bodybuilders or competitors but the truth is, bulking can be used by ANYONE, male or female! It can be used by a person who wishes to gain a little more muscle with an end goal of shaping their body a little further. As many of you know, I compete in Men's Physique, so the bulk that I will be focussing on throughout this ebook is specific to myself and how I plan on personally bulking before my next show, HOWEVER after explaining to you how you can calculate your own calorie intake when bulking, I will expect you to be able to adapt a diet plan according to YOUR specific calorie intake.

MY PERSONAL BULKING EXPERIENCES

I'M GOING TO BE REALLY HONEST FROM THE START HERE. I WOULD LOVE TO PREACH ABOUT HAVING BULKED THROUGH THE MOST OF MY COMPETITIVE CAREER BUT THE TRUTH IS, MY FIRST EVER BULK WAS NOT UNTIL THE YEAR OF 2015.

I like to think that I am honest and open with the fact that I have always been very conscious of the way that I eat and what food I will put in to my body. For most of my life, I have had a bit of a complex with the way that I have looked, which ultimately resulted in religious training and a VERY strict diet. In my earlier years, I would have been horrified at the thought of bulking and consuming more calories than my body actually expends. My coach would continuously suggest bulking during 'off season' but I would honestly turn a deaf ear to that idea as the thought of being slightly 'fluffy' was not even an option for me. In my head, I HAD to be shredded 24/7.

Was this healthy? Absolutely not. To be 'competition state' shredded all year round is point blank NOT healthy. I knew that ultimately I wanted to be 'bigger'. I still wanted that same condition that I brought to the stage every competition but I wanted more muscle along with that and it took flying over to Las Vegas, to watch Mr Olympia in the year of 2014 to realise what I needed to do.



All of the guys on that stage were phenomenal. They were uber shredded but had so much more 'size' than what I had been used to seeing over in the UK. The Olympia stage was my ultimate dream and these guys were the ones I needed to measure up to in order to get myself up there with them. I made a promise to myself and to you guys (on camera) that I would be back there next year, only on that stage and competing for the title of Men's Physique Mr Olympia 2015. I knew what I had to do at this point, in order to be the best version of myself and in order to keep that promise by earning my place on that stage, I needed to gain more muscle - I needed to BULK.

On my return back to the UK, I jumped straight in to my new plan and was so excited to see what sort of changes I would gain from my first ever bulk. My team and I quickly put a diet plan together for me and we got straight to work! To my delight, I was surprised to learn that in order to get these extra calories in, I didn't need to start stuffing my face with pizza and ice-cream. It just meant an increase of food in all the meals I was already consuming on a daily basis. I was actually very excited at the thought of increasing my beloved oats first thing in the morning and getting to add more of my favourite sticky rice to my steak at the end of a massive workout! Why I had not done this before suddenly seemed beyond me.

Not only was I now enjoying more of the food I loved but I quickly started to see a real improvement in the way that I was training. I had so much more energy and I was also starting to touch the same weights that my (heavyweight bodybuilder) training partner was using!

I kept my promise and a year later in September of 2015 I stepped on the stage of my dreams at Mr Olympia. My bulk had definitely paid off. I had many comments on how much 'bigger' and 'fuller' I looked. I felt great and could also see the gains that had been made within my first bulk. Before my bulking season had started I weighed in at 85kg/187lb and at the end of my bulking 'off season' I weighed in at 90kg/198lb. After then depleting for stage, I stepped on at 87kg/192lb. This meant I had put on a total of 2kg/5lb of muscle during my first regimented bulk over the 2015 year.



I was so pleased with not only my placing in this show but also with the way that I looked on stage. I knew that I had brought the best that I could that but also knew that I would still need to increase in size if I wanted to take that first place trophy. The bulk had gone well for me and that's what I now needed to continue with in order to keep progressing forward.

In the year of 2015/2016, I jumped straight in to my next 12 week bulk in preparation for the Arnold Classic in March 2016. I weighed myself at 87kg/192lb right before the bulk started and then weighed in at 94kg/207lb at the end of the usual 12 week cycle. I then stepped on stage at 88kg/194lb, meaning I had increased my muscle mass once more by 1kg/2.2lb since my last show. I continued with both my bulking and shredding routines in order to take part at the Olympia in September of 2016 and here I competed at 89kg/196lb an added 1kg/2.2lb of muscle. (INSERT PICTURES FROM ARNOLD 2016 AND OLYMPIA 2016)

In March 2017, I stepped on stage at 89kg/196lb for the Arnold Classic and in September 2017 I stepped on the Mr Olympia stage at 90kg/198lb. My Third bulk had seen a pure muscle gain of 1kg/2lb. (INSERT PICTURES FROM ARNOLD 2017 AND OLYMPIA 2017)



I have therefore bulked every year since 2014/2015 and have seen a significant difference in muscle growth over the last three years. I will continue to use this method throughout the rest of my career, before going in to any prep and if done properly, I would recommend to anyone who is looking to shape and tone their body to a larger size. The bulk that I am going to use in this ebook will demonstrate the exact diet, training programme and supplements that I will be following myself over the next twelve weeks.

THE SCIENCE BEHIND BULKING - HOW TO WORK OUT YOUR MACRO NUTRIENTS

In this section of the ebook I intend on helping you to work out your own specific macro nutrients in order to follow throughout your bulking programme. I will also include my own measurements and calculations so that we can compare weight / 'gains' made at the end of the programme.

To complete this part of the programme you are going to need:

- A set of scales
- A calculator
- A notepad and pen

STEP 1 - Using the scale, jot down your weight in to your notepad. As an example for this explanation we will use 200lbs in weight OR 90kg for everyone that is working in kg.

STEP 2 - You can now work out the amount of calories that you need to be consuming per day by multiplying your body weight by 17.5.

So using our example weight of **200lbs**, you would determine a calorie intake of **3500 per day**. **200lbs x 17.5 = 3500 calories**

IF YOU ARE WORKING IN KG- calculate as usual but then multiply your total by 2.2

OR 90kg x 17.5 = 1,590 x 2.2 = 3465 calories

STEP 3 - In order to next workout your daily protein intake you simply need to allow 1 gram of protein for each pound of your body weight.

This would mean that a person of 200lbs should look to consume **200 grams of protein in a day**. **200lbs / 1 = 200 grams of protein**

OR 90kg/ 1= 90 x 2.2 = 198 grams of protein

Step 4 - Now calculate your daily fat intake by allowing 0.5 grams of fat for every pound of your body weight.

This would total 100 grams of fat for a person of **200lbs in body weight. $200\text{lbs} / 0.5 = 100$ grams of fat**

OR $90\text{kg} / 0.5 = 45 \times 2.2 = 99$ grams of fat

Step 5 - Our next step is to convert our calculated intake protein and fat from grams to calories.

For the protein, we do this by multiplying its grams by four. So our earlier calculated value of **200 grams of protein would work out at 800 calories. 200 grams of protein $\times 4 = 800$ calories**

OR 198 grams of protein $\times 4 = 792$ calories

For the fat, we multiply our earlier calculation of **100 grams by nine. This would equal a total of 900 calories. 100 grams of fat $\times 9 = 900$ calories**

OR 99 grams of fat $\times 9 = 891$ calories

Step 6 - We now move on to calculating what your daily intake of carbohydrates should be. We will do this by subtracting the amount of protein and fat calories from your TOTAL daily calorie intake.

Using our previous example of a caloric intake of **3500 calories, we would subtract a total of 1700 calories (800 calories of protein and 900 calories of fat) equalling a left over amount of 1800 calories that we can now gain from our carbs. 3500 calories $- 1700$ calories of protein & fat $= 1800$ calories of carbs**

OR 3465 calories $- 1683$ calories of protein & fat $= 1782$ calories of carbs

Step 7 - In order to work out what your gram equivalent of carbohydrates is, simply divide the calories by four.

1800 calories of carbs would therefore give us a total of 450 grams. 1800 calories of carbs $/ 4 = 450$ grams of carbs

OR 1782 calories of carbs $/ 4 = 446$ grams of carbs

Step 8 - When working out what to eat with regards to each meal, all you need to is divide your daily protein, fat and carbohydrate count by the amount of meals that you intend on eating throughout each day.

As most athletes will tend to eat around 5 meals per day this would give us a total of around 40 grams of protein per meal, 20 grams of fat per meal and 90 grams of carbohydrates per meal. Be sure to adjust the amount of meals to your specific requirements.

200 grams of protein / 5 meals = 40 grams of protein per meal

100 grams of fat / 5 meals = 20 grams of fat per meal

450 grams of carbohydrates / 5 meals = 90 grams of carbohydrates per meal

OR

198 grams of protein / 5 meals = 40 grams of protein per meal (rounded up)

99 grams of fat / 5 meals = 20 grams of fat per meal (rounded up)

446 grams of carbs / 5 meals = 90 grams of carbs per meal (rounded up)

A WORD OF ADVICE...

The figures above are merely guidelines and after starting your bulk, should you feel that you are not increasing in body fat as much as you would like, then try adding an extra 300-500 calories. Likewise, should you feel that your body fat is increasing too much then try subtracting 300-500 calories per day. Nobody knows your body as well as you do so should you feel that you need to adjust the figures accordingly then be sure to do so. The main thing to remember is that the diet side your bulking programme is just ONE of the factors that needs to be followed properly- you must ALWAYS be sure to address a well put together exercise and training regime at the same time. The two work hand in hand and need to be done TOGETHER in order to get the most out of your bulk.

MY PERSONAL MICRO NUTRIENT PLAN

For the purpose of this ebook and my own personal bulk, I will now work out my micro nutrient numbers in order to give me a plan of what my diet will consist of over the next 12 weeks.

- My current weight: 210 lbs
- Amount of meals per day: 7 (when bulking I spread my food over a larger amount of meals)
- My daily caloric intake: 3,675 calories
- Total grams of protein per day: 210 grams
- Total grams of fat per day: 105 grams
- Total grams of carbohydrates per day: 473 grams (rounded up to the nearest gram)
- Calorie equivalent of protein per day: 840 calories
- Calorie equivalent of fat per day: 945 calories
- Calorie equivalent of carbohydrates per day: 1,890 calories
- Grams of protein per meal: 30 grams
- Grams of fat per meal: 15 grams
- Grams of carbohydrates per meal: 68 grams

BULKING DIET PLAN

IN THIS SECTION, WE WILL LOOK AT AN ADVISABLE DIET FOR THE NEXT 12 WEEKS OF MY BULKING PROGRAMME. THE DIET WILL BE SPECIFIC TO MY CALORIC NEEDS BUT AFTER HAVING EXPLAINED HOW TO WORK OUT YOUR OWN MACRO NUTRIENTS IN THE PREVIOUS SECTION, I EXPECT YOU TO BE ABLE TO ADAPT THE FOLLOWING DIET TO YOUR OWN REQUIREMENTS.

I have devised my food plan for the next 12 weeks so that the calories remain the same throughout the whole of that period (unless I feel I need to increase or decrease the calories accordingly as previously explained). I have created 3 different food plans so that you can switch up the types of foods consumed from week to week when and where you feel you need to. As I said, the calories will remain the same in all 3 plans but if you feel you need to vary your foods, then there is the option to change from plan to plan.

At the end of each plan I will list my macros, the total amount of carbs, protein and fats consumed that day. As mentioned earlier, my macros should fit the amounts listed:

Total CARBS- 473g Total PROTEIN- 210g Total FATS- 105g

...however you will note that these may not be matched to the exact gram and may differ ever so slightly in each plan. Here we are being realistic. It would be extremely difficult to create 3 different diet plans that matched the exact macro-nutrients needed for each meal. So as long as the weights are at around about figure of what you have calculated, do not panic too much. There are people that can get very obsessed with macro nutrient measurements but after years of experience, I can promise you that the odd gram out every now and again will not affect your overall goal.

LAST TIP - One of the best pieces of advice that I can give to you when bulking is to set your alarm! It sounds like something very simple but to remember to eat seven meals a day, is sometimes a harder job than you think! I set my alarm on my phone as follows:

- Meal 1 - 7:30am
- Meal 2 - 10am
- Meal 3 - 12:30pm
- Meal 4 - 3pm
- Meal 5 - 5:30pm
- Meal 6 - 7pm
- Meal 7 - 9:30pm

12 WEEK BULKING DIET

PLAN 1

MEALS	WEIGHED FOODS	CALORIC VALUES
MEAL 1	100g oats, 30g blueberries, 30g whey protein, 20g flaked almonds	65g carbs, 30g protein, 11g fat
MEAL 2	4 whole eggs, 150g brown rice	82g carbs, 24g protein, 20g fat
MEAL 3	150g chicken breast, 300g white potato, mixed greens, 1 tbsp MCT oil	65g carbs, 39g protein, 15g fat
MEAL 4	100g tuna, 3 slices brown bread	46g carbs, 28g protein
MEAL 5	100g turkey fillet, 200g brown penne pasta, ½ smashed avocado	61g carbs, 35g protein, 12g fat
MEAL 6	150g grilled steak, 90g white rice, asparagus	70g carbs, 30g protein, 22g fat
MEAL 7	140g salmon fillet, 300g sweet potato	84g carbs, 28g protein, 18g fat
ADDITIONAL SNACK	This can be consumed once anytime throughout the day but would be better at night before bed:	1 tbsp of natural peanut butter (7g fat)
DRINKS TO BE CONSUMED AROUND TRAINING	PRE WORKOUT	10g BCAA
	INTRA WORKOUT	10g BCAA
DAILY TOTAL	Total CARBS	473g
	Total PROTEIN	214g
	Total FATS	105g

12 WEEK BULKING DIET

PLAN 2

MEALS	WEIGHED FOODS	CALORIC VALUES
MEAL 1	3 whole eggs, 2 slices granary bread	30g carbs, 18g protein, 15g fat
MEAL 2	100g tuna, 100g brown pasta, 2 tbsp flaxseed oil	30g carbs, 27g protein, 5g fat
MEAL 3	200g tofu, 100g quinoa, ½ avocado	70g carbs, 14g protein, 8g fat
MEAL 4	100g turkey fillet, 100g brown basmati rice, mixed vegetables	70g carbs, 35g protein
MEAL 5	125g lean mince meat, 100g spaghetti, 20g crushed walnuts	30g carbs, 30g protein, 20g fat
MEAL 6	100g chicken breast, 200g white potato, ½ avocado	40g carbs, 26g protein, 8g fat
MEAL 7	140g salmon fillet, 150g couscous, mixed vegetables	32g carbs, 28g protein, 18g fat
ADDITIONAL SNACK	This can be consumed once anytime throughout the day but would be better at night before bed:	2 tbsp of natural peanut butter and 2 rice cakes (22g carbs, 14g fat)
DRINKS TO BE CONSUMED AROUND TRAINING	PRE WORKOUT	10g BCAA & 50g tri carb mixed
	INTRA WORKOUT	10g BCAA & 50g tri carb mixed
	POST WORKOUT SHAKE	32g whey protein & 50g tri carb mixed
DAILY TOTAL	Total CARBS	474g
	Total PROTEIN	210g
	Total FATS	104g

12 WEEK BULKING DIET

PLAN 3

MEALS	WEIGHED FOODS	CALORIC VALUES
MEAL 1	150g grilled steak, 2 whole eggs, asparagus	42g protein, 32g fat
MEAL 2	100g oats, 30g blueberries, 24g whey protein, 20g flaked almonds	65g carbs, 24g protein, 11g fat
MEAL 3	150g chicken breast, 300g white potato, mixed vegetables or salad, 15g crushed walnuts	65g carbs, 39g protein, 10g fat
MEAL 4	260g baked beans, 2 slices granary bread	85g carbs, 12g protein
MEAL 5	100g Turkey fillet, 100g brown pasta, 1 whole corn on the cob	51g carbs, 35g protein
MEAL 6	200g tofu, 100g quinoa, mixed vegetables, 2 tbsp flaxseed oil	70g carbs, 14g protein, 19g fat
MEAL 7	140g salmon fillet, 100g brown basmati rice, salad or mixed vegetables	70g carbs, 28g protein, 18g fat
ADDITIONAL SNACK	This can be consumed once anytime throughout the day but would be better at night before bed:	2 tbsp of natural peanut butter and 2 rice cakes (22g carbs, 14g fat)
DRINKS TO BE CONSUMED AROUND TRAINING	PRE WORKOUT	10g BCAA
	INTRA WORKOUT	10g BCAA
	POST WORKOUT SHAKE	24g whey protein & 50g tri carb mixed
DAILY TOTAL	Total CARBS	479g
	Total PROTEIN	218g
	Total FATS	104g



SUPPLEMENTATION WHILST BULKING

IN THIS SECTION I'M GOING TO COVER SUPPLEMENTATION AND HOW I LIKE TO CONSUME THEM ALONGSIDE A BALANCED HEALTHY DIET.

The supplement industry is getting so advanced in performance enhancing/aiding formulas to help you achieve your goals whatever they are such as muscle building, fat loss or endurance gains and to push the human body to its full potential. Although I am a big fan of supplements and do think they have a place in a healthy balanced diet I would always promote solid food first and to really nail and get your head around that before turning to supplements.

WHEY ISOLATE

I like to use supplements to top up nutrients that I am struggling to get through solid food or for the absorption rate compared to solid food. What I mean by that is I tend to have a fast absorbing (whey isolate) and fast absorbing carbohydrate Fructose or Maltodextrin post workout to start the recovery process as soon as possible and to replenish my glycogen levels. If I was to eat a solid meal it would take the body a lot longer to digest and absorb compared to that of a protein shake, also immediately after say a big Legs workout, I don't think I could stomach a 200g turkey breast, 400g white potato and mixed vegetables either whereas a protein shake goes down a treat.

Whey isolate is one of the most complete forms of protein available and fastest absorbing. A single serving of whey isolate may provide your body with all of the amino acids it needs to improve your workout or day to day activities. Further to that, it contains a high level of leucine, cysteine and amino acids.

I tend to have 6 size controlled solid meals a day, 8 when bulking, with one post workout shake so I get a good amount of nutrients through those meals.

BCAA'S

In addition to my post workout shake I also have BCAA (Branch Chain Amino Acids) before and during training through liquid form instead of capsules, this is purely for a fast absorption rate and I prefer to drink them instead of tablet form. If you are not familiar with BCAA's then below are some bullet points highlighting the facts, functions and benefits of them.

- People who consume a threshold dose of essential amino acids that contain BCAAs with every meal have less visceral belly fat and more muscle mass.
- BCAAs trigger protein synthesis and inhibit the breakdown of muscle cells.
- BCAAs play an important role in muscle and energy production during exercise, which is the reason that they are often used during workouts.
- They have been found to reduce muscle soreness from intense muscle-damaging exercise.
- They improve training motivation, especially when fatigued.

THE BASICS OF BCAAS

The BCAAs are made up of three essential amino, leucine, isoleucine, and valine. They are essential because the body is unable to make them out of other amino acids, meaning they must be ingested through food or supplements. The BCAAs make up 40 percent of the daily requirement of all nine essential amino acids, indicating their importance.

The BCAAs are found in foods containing protein, with the highest concentrations in chicken, beef, salmon, eggs, and whey protein. They can also be supplemented, which can be useful for athletes because free form BCAAs bypass the liver and gut tissue and go directly to the blood stream.

The more BCAAs that are present in the muscles, the more they will be used for energy, slowing the breakdown of muscles cells and preventing muscle loss hence why I take them during and pre workout.

To simplify the above and the main reason why I supplement BCAA's into my balanced diet, is that they help to protect muscle tissue whilst training and can assist in having less stored fats when ran alongside a controlled healthy diet.

CREATINE

The third and final supplement I take is creatine, I only take this if I am in an offseason (bulking) and trying to make some significant muscle gain. Consuming creatine whilst you are bulking, allows your muscles to exert more force meaning that you are able to lift heavier and for longer during your workouts. This will eventually result in more 'gains' over your bulking phase. Supplementing with creatine will ultimately mean that your body is able to perform at a higher level. I feel I have made great strength and muscle gains this past two years through introducing a creatine cycle into my supplement stack.

There are so many supplements out there you can take but I feel you could easily get carried away and spend a lot of money. My advice is to stick to the basics to start and let solid food do the rest, when you are at a stage you feel you have progressed as far as you can then look to add or swap supplements around to push through those plateaus.

DAY BY DAY TRAINING GUIDE FOR YOUR BULK

RIGHT GUYS, SO HERE COMES THE FUN PART...OUR 12 WEEK TRAINING GUIDE! YOU WILL NOTE THAT THERE IS A TOTAL OF 3 WEEKS WORTH OF TRAINING BUT WHAT I WOULD LIKE YOU TO DO IS TO ROTATE THIS CYCLE FROM WEEK 1- WEEK 3 FOUR TIMES OVER (TOTTALLING 12 WEEKS) AND HERE'S WHY...

The main aim with this plan is that I want you to be able to see that over your bulk period, you will progressively get stronger. How will we actually know this? By keeping record of our lifts each week. So, when you refer to the training plans you will notice that in the 'Additional Notes' section and in the first 'Load' exercise, you will be asked to lift your 'maximal weight without compromising your form'. The weight that you lift during this exercise is what I would like you to keep record of every week. Once you have finished your first 3 weeks and you come back to training at Week 1 you should, in theory, be beating your maximal weight lift, compared to the last time you performed this exercise-3 weeks before hand. The only day I do not require you to record any weight lifts is on a Thursday, this is Abs day. I have included Abs because I still want you to keep your core tight but also because training this area will help strengthen your core and help improve stability on compound exercises such as squats and deadlifts. We do not want to go too heavy on Abs as normally people do not wish to over train them and result in 'blocky' Abs or a wide waist.

Below are a few explanations to help you understand the way that you will train throughout the next 12 weeks but will also explain why this will help achieve muscle growth during that period.



HIGH FREQUENCY

The structure of the programme allows you to hit target muscle groups twice per week, whilst keeping overall volume relatively similar to a conventional split. Hitting a target muscle more often offers more opportunities to stimulate muscle growth. Muscle groups will be hit once with loading sets (providing a mechanical stress) and once with a metabolic stress (pump work) approach. The loading reps change on a 3 week rotation, where ALL of the metabolic stress work is to be completed every week.

PROGRESSIVE OVERLOAD

The whole philosophy of the programme is a progressive one. Obsessively aim to beat the working weight on equivalent weeks on the loading section. The low volume of these requires maximal effort, all-out sets, to make them effective. Progress can be made with added load or added reps in the metabolic stress part of the structure. Obviously be mindful of your limitations (any niggles etc...), but where possible, be competitive with yourself and aim to beat your log book. Continually progressing your lifts WILL force muscular adaptation.

VERY IMPORTANT NOTE

I can't stress enough how vital the following section of this ebook is- How to help prevent injury. Please be sure to read through this and apply my suggestions throughout your training period.

DAY BY DAY TRAINING GUIDE

WEEK 1

MONDAY

PART 1 - LEG LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
HACK SQUAT	2 x 20 reps	Warm up sets
	1 x 8 reps	Maximal weight without compromising form
45 DEGREE LEG PRESS	1 x 12 reps, 1 x 12 reps	60 sec rest between sets

PART 2 - SHOULDER METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
FACE PULL (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
DUMBBELL LATERAL RAISE (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
WIDE GRIP UPRIGHT ROW (TRIPLE DROPS SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
EZ BAR TRICEP CABLE EXTENSION (FASCIA STRETCH TRAINING)	1 x 10 reps, 1 x 10 reps	Squeeze and tense tricep muscle between each set

DAY BY DAY TRAINING GUIDE

WEEK 1

TUESDAY

PART 1 - CHEST LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
INCLINE BARBELL PRESS	2 x 20 reps	Warm up sets
	1 x 8 reps	Maximal weight without compromising form
FLAT DUMBBELL PRESS OR MACHINE PRESS	1 x 12 reps, 1 x 12 reps	60 sec rest between sets

PART 2 - BACK METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
STANDING V BAR ROW (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
CLOSED GRIP V BAR PULLDOWN (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
SEATED ROW (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
TRICEP ROPE EXTENSIONS (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.

DAY BY DAY TRAINING GUIDE

WEEK 1

WEDNESDAY

PART 1 - ARM & CALF LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
SEATED CALF RAISE	2 x 20 reps	Warm up sets
	1 x 9 reps, 1 x 9 reps, 1 x 9 reps	60 sec rest between sets
STANDING BARBELL CURL	1 x 10 reps, 1 x 10 reps	60 sec rest between sets
CLOSED GRIP BENCH PRESS	1 x 10 reps, 1 x 10 reps	60 sec rest between sets

PART 2 - ARM METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
STANDING DUMBBELL CURL (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
MACHINE CURL (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
SEATED OVERHEAD EZ BAR EXTENSION (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
TRICEP ROPE EXTENSIONS (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.

DAY BY DAY TRAINING GUIDE

WEEK 1

THURSDAY

ABS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
HANGING LEG RAISE	3 x working sets to failure	Keep core tight at all times, try not to swing and keep legs straight throughout the reps
WEIGHTED ABDOMINAL CRUNCH	2x 20 reps 2x 15 reps 1x20 > 1x 15 >1x 10 reps	Increase weight each set, not compromising form and finish with a triple drop set for volume
CABLE OBLIQUE WOODCHOPS	4 x 20 reps (10 on each oblique)	10 reps on EACH oblique. Keep hips forward and twist torso, ensuring that breathing in correct at all times.
LYING KNEE RAISES	4 x 20 reps	Focus on the contraction with each rep.
PLANK	4 x 1 minute	To make this exercise harder, you can add weight or increase time held.

DAY BY DAY TRAINING GUIDE

WEEK 1

FRIDAY

PART 1 - BACK LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
TRAP BAR DEADLIFTS	2 x 20 reps	Warm up sets
	1 x 8 reps	Maximal weight without compromising form
CHIN UPS	1 x 12 reps, 1 x 12 reps	60 sec rest between sets

PART 2 - LEG METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
PRONE HAMSTRING CURL (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
V SQUATS (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
SPLIT STANCE LEG PRESS (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
SEATED CALF RAISE (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.

DAY BY DAY TRAINING GUIDE

WEEK 1

SATURDAY

PART 1 - SHOULDER LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
STANDING BARBELL OVERHEAD PRESS OR MACHINE SHOULDER PRESS	2 x 20 reps	Warm up sets
	1 x 8 reps	Maximal weight without compromising form
SEATED DUMBBELL SHOULDER PRESS	1 x 12 reps, 1 x 12 reps	60 sec rest between sets

PART 2 - CHEST METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
MACHINE PRESS (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
DIPS (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
CABLE CROSSOVER (TRIPLE DROP SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Decrease weight by 10% each set.
BICEPS CABLE CURL (FASCIA STRETCH TRAINING)	1 x 10 reps, 1 x 10 reps	Squeeze and tense bicep muscle between each set

SUNDAY - REST DAY

DAY BY DAY TRAINING GUIDE

WEEK 2

MONDAY

PART 1 - ARM & CALF LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
HACK SQUAT	2 x 20 reps	Warm up sets
	1 x 6 reps	Maximal weight not compromising form
45 DEGREE LEG PRESS	1 x 9 reps, 1 x 9 reps	60 sec rest between sets

PART 2 - SHOULDERS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
FACE PULL (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set. Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
DUMBBELL LATERAL RAISE (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
WIDE GRIP UPRIGHT ROW (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
EZ BAR TRICEP CABLE EXTENSION (FASCIA STRETCH TRAINING)	1 x 10 reps, 1 x 10 reps	Squeeze and tense tricep muscle between each set

DAY BY DAY TRAINING GUIDE

WEEK 2

TUESDAY
PART 1 - CHEST

EXERCISE	SETS & REPS	ADDITIONAL NOTES
INCLINE BARBELL PRESS	2 x 20 reps	Warm up sets
	1 x 6 reps	Maximal weight without compromising form
FLAT DUMBBELL PRESS OR MACHINE PRESS	1 x 9 reps, 1 x 9 reps	60 sec rest between sets

PART 2 - BACK

EXERCISE	SETS & REPS	ADDITIONAL NOTES
STANDING V BAR ROW (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
CLOSED GRIP V BAR PULLDOWN (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
SEATED ROW (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
TRICEP ROPE EXTENSIONS (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.

DAY BY DAY TRAINING GUIDE

WEEK 2

WEDNESDAY

PART 1 - ARM & CALF LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
SEATED CALF RAISE	2 x 20 reps 1 x 9 reps, 1 x 9 reps	Warm up sets 60 sec rest between sets
STANDING BARBELL CURL	1 x 9 reps, 1 x 9 reps, 1 x 9 reps	60 sec rest between sets
CLOSED GRIP BENCH PRESS	1 x 9 reps, 1 x 9 reps, 1 x 9 reps	60 sec rest between sets

PART 2 - ARM METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
STANDING DUMBBELL CURL (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
MACHINE CURL (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
SEATED OVERHEAD EZ BAR EXTENSION (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
TRICEP ROPE EXTENSIONS (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.

DAY BY DAY TRAINING GUIDE

WEEK 2

THURSDAY
ABS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
HANGING LEG RAISE	3 x working sets to failure	Keep core tight at all times, try not to swing and keep legs straight throughout the reps
WEIGHTED ABDOMINAL CRUNCH	2x 20 reps 2x 15 reps 1x20 > 1x 15 >1x 10 reps	Increase weight each set, not compromising form and finish with a triple drop set for volume
CABLE OBLIQUE WOODCHOPS	4 x 20 reps (10 on each oblique)	10 reps on EACH oblique. Keep hips forward and twist torso, ensuring that breathing in correct at all times.
LYING KNEE RAISES	4 x 20 reps	Focus on the contraction with each rep.
PLANK	4 x 1 minute	To make this exercise harder, you can add weight or increase time held.

DAY BY DAY TRAINING GUIDE

WEEK 2

FRIDAY

PART 1 - BACK LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
TRAP BAR DEADLIFTS	2 x 20 reps	Warm up sets
	1 x 6 reps	Maximal weight without compromising form
CHIN UPS	1 x 9 reps, 1 x 9 reps	60 sec rest between sets

PART 2 - LEG METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
PRONE HAMSTRING CURLS (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
V SQUATS (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
SPLIT STANCE LEG PRESS (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
SEATED CALF RAISE (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.

DAY BY DAY TRAINING GUIDE

WEEK 2

SATURDAY

PART 1 - SHOULDER LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
STANDING BARBELL OVERHEAD PRESS OR MACHINE SHOULDER PRESS	2 x 20 reps	Warm up sets
	1 x 6 reps	Maximal weight not compromising form
SEATED DUMBBELL SHOULDER PRESS	1 x 9 reps, 1 x 9 reps	60 sec rest between sets

PART 2 - CHEST METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
MACHINE PRESS (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set. Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
DIPS (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
CABLE CROSSOVER (REST PAUSE SETS)	1 x 12 reps, 1 x 12 reps, 1 x 12 reps	Keep your selected weight the same for each set Aim for a set of 12 reps, take 10-12 deep breaths, aim for maximum reps again, take a further 10-12 deep breaths and aim for maximum reps a final time.
BICEPS CABLE CURL (FASCIA STRETCH TRAINING)	1 x 10 reps, 1 x 10 reps, 1 x 10 reps, 1 x 10 reps, 1 x 10 reps	Squeeze and tense bicep muscle between each set

SUNDAY - REST DAY

DAY BY DAY TRAINING GUIDE

WEEK 3

MONDAY
PART 1 - LEGS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
SEATED CALF RAISE	2 x 20 reps	Warm up sets
	1 x 9 reps, 1 x 9 reps, 1 x 9 reps	60 sec rest between sets
STANDING BARBELL CURL	1 x 9 reps, 1 x 9 reps, 1 x 9 reps	60 sec rest between sets
CLOSED GRIP BENCH PRESS	1 x 9 reps, 1 x 9 reps, 1 x 9 reps	60 sec rest between sets

PART 2 - SHOULDERS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
FACE PULL (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
DUMBBELL LATERAL RAISE (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
WIDE GRIP UPRIGHT ROW (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
EZ BAR TRICEP CABLE EXTENSION (FASCIA STRETCH TRAINING)	1 x 10 reps, 1 x 10 reps, 1 x 10 reps, 1 x 10 reps, 1 x 10 reps	Squeeze and tense tricep muscle between each set.

DAY BY DAY TRAINING GUIDE

WEEK 3

TUESDAY

PART 1 - CHEST

EXERCISE	SETS & REPS	ADDITIONAL NOTES
INCLINE BARBELL PRESS	2 x 20 reps	Warm up sets
	1 x 4 reps	Maximal weight not compromising form
FLAT DUMBBELL PRESS OR MACHINE PRESS	1 x 6 reps, 1 x 6 reps	60 sec rest between sets

PART 2 - BACK

EXERCISE	SETS & REPS	ADDITIONAL NOTES
STANDING V BAR ROW (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
CLOSED GRIP V BAR PULLDOWN (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
SEATED ROW (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.

DAY BY DAY TRAINING GUIDE

WEEK 3

WEDNESDAY

PART 1 - ARM & CALF LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
SEATED CALF RAISE	2 x 20 reps	Warm up sets
	1 x 6 reps, 1 x 6 reps, 1 x 6 reps	60 sec rest between sets
STANDING BARBELL CURL	1 x 6 reps, 1 x 6 reps, 1 x 6 reps	60 sec rest between sets
CLOSED GRIP BENCH PRESS	1 x 6 reps, 1 x 6 reps, 1 x 6 reps	60 sec rest between sets

PART 2 - ARM METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
STANDING DUMBBELL CURL (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
MACHINE CURL (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
SEATED OVERHEAD EZ BAR EXTENSION (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
TRICEP ROPE EXTENSIONS (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.

DAY BY DAY TRAINING GUIDE

WEEK 3

THURSDAY

ABS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
HANGING LEG RAISE	3 x working sets to failure	Keep core tight at all times, try not to swing and keep legs straight throughout the reps
WEIGHTED ABDOMINAL CRUNCH	2x 20 reps 2x 15 reps 1x20 > 1x 15 >1x 10 reps	Increase weight each set, not compromising form and finish with a triple drop set for volume
CABLE OBLIQUE WOODCHOPS	4 x 20 reps (10 on each oblique)	10 reps on EACH oblique. Keep hips forward and twist torso, ensuring that breathing in correct at all times.
LYING KNEE RAISES	4 x 20 reps	Focus on the contraction with each rep.
PLANK	4 x 1 minute	To make this exercise harder, you can add weight or increase time held.

DAY BY DAY TRAINING GUIDE

WEEK 3

FRIDAY

PART 1 - BACK LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
SEATED CALF RAISE	2 x 20 reps	Warm up sets
	1 x 4 reps	Maximal weight not compromising form
CHIN UPS	1 x 6 reps, 1 x 6 reps	60 sec rest between sets

PART 2 - LEG METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
PRONE HAMSTRING CURL (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
V SQUATS (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
SPLIT STANCE LEG PRESS (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
SEATED CALF RAISE (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.

DAY BY DAY TRAINING GUIDE

WEEK 3

SATURDAY

PART 1 - SHOULDER LOAD

EXERCISE	SETS & REPS	ADDITIONAL NOTES
STANDING BARBELL OVERHEAD PRESS OR MACHINE SHOULDER PRESS	2 x 20 reps	Warm up sets
	1 x 4 reps	Maximal weight not compromising form
SEATED DUMBBELL SHOULDER PRESS	1 x 6 reps, 1 x 6 reps	60 sec rest between sets

PART 2 - CHEST METABOLIC STRESS

EXERCISE	SETS & REPS	ADDITIONAL NOTES
MACHINE PRESS (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
DIPS (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
CABLE CROSSOVER (MUSCLE ROUND SETS)	1 x 4 reps, 1 x 4 reps	Select a weight with which you can perform ~15 reps, then cluster the set into 6 efforts at 4 reps, with 10 sec rest between each set.
BICEPS CABLE CURL (FASCIA STRETCH TRAINING)	1 x 10 reps, 1 x 10 reps	Squeeze and tense bicep muscle between each set.

SUNDAY - REST DAY



HOW TO PREVENT INJURY

Obviously, no one wants to get injured in any given sport and I'm sure most of you train safely; however, injuries are inevitable when you strain your muscles week in and week out. I will be the first to admit that I have hurt myself through simply not listening to my body and taking things a bit too far. But I have found that it's these injuries that have forced me to take a step back and figure out better ways of training and looking after myself. They have also reminded me that I am not invincible!

1. WARM UP

UPPER BODY

I have found that very few gym goers warm up properly before an exercise, if they warm up at all. This is more common in the old school bodybuilding gyms where they used to stress jumping straight in to the workout and getting it done. Most well educated gym goers nowadays realise that this is an almost sure-fire road to injury. My advice is to incorporate pre- and post-workout stretches into your routine from the offset.

With weight training in particular, it's important for a thorough warm up. This is not just about jumping on the treadmill for 5 minutes to get your heart rate up (though a bit of cardio is helpful). To prepare my muscles for an intense workout, I always warm up with 1 to 2 light sets of 18 to 20 reps that are 50 percent of my 10-rep max. This helps loosen up the surrounding tendons and ligaments as well as push plenty of blood through my muscles to prep them for the working sets to follow. It stretches out the muscle fascia, thereby reducing the risk of injury from a heavier load. It's also a great way to get that mind-to-muscle connection and really focus on what it is you are trying to achieve in your working sets. Stretch bands are excellent for creating a controlled tension and maximising flexibility and range of motion in the specific area you're working on.

I spend more time warming up my shoulders since they are a very common injury area for bodybuilders, particularly the rotator cuff. I will grab some very light dumbbells and go through a few small rotational movements to warm up this area, then perform a few very low-weight sets of pressing movements. I do some stretch band, PVC pipe work, and foam rolling post workout.

Here are a few examples of pre- and post-workout stretches. If you're unsure of these stretches, they are easily found and demonstrated on the internet.

PRE WORKOUT

- With PVC pipe front pass over, side pass over each way, reverse opener and tricep opener.
- With stretch bands front opener, rear opener, lat opener, and band tricep overhead.

POST WORKOUT

- Foam roller lats for a minimum of 2 minutes.
- Use a kettle bell to roll out delts and chest whilst laying on a workout bench with arm hanging off side (very effective for stretching pectoral major and minor).
- Use a lacrosse ball for more specific pressure pointing around the delts, infraspinatus and upper ribs, chest area and lower back.

LOWER BODY

It is also important to budget a good warm up for the legs since they are the biggest muscle group in the body and will; therefore, take more time loosen up. I like to use box and band mobility drills to warm up the joints in the legs.

PRE WORKOUT

- Lunges straight with one leg up on the box, then alternate.
- Lunge on the box with knee forced out under a controlled force with foot and ankle facing forward, then alternate legs.
- Finish with a box pigeon position to open up the hips and allow more movement and flexibility in the legs.
- Band mobility stretches also open up the hip.
- Lying hamstring stretch under tension, couch stretch, and weighted ankle/squat mobility.

When I move on to my leg training session, I start with 2 to 3 sets of light leg extensions, aiming for 18 to 20 reps. This gets plenty of blood flowing and warms up the tendons around my knee joints. I follow this with 15 to 20 deep squats with just the bar to get my body used to the movement.

POST WORKOUT

- With foam roller, roll each quad out for a minimum of 3 minutes.
- Use the bar in the rack to barbell floss your hamstring (because the barbell is smaller than the foam roller, you will be able to apply more pressure and be more specific in pressure point releasing).
- Use the foam roller for your calves and shins.



2. VARY YOUR TRAINING

We can now look at how best to train to prevent injuries as well as training around existing ones. I am on a typical 5 to 6 day a week bodybuilding split, but my training varies depending on if I'm prepping for a show, in an offseason, or if I'm doing heavy weight for a low amount of reps or a lighter weight for higher reps to increase my calorie expenditure, etc. Over years of training, I have found that constantly hammering my body with heavy and sometimes even silly amounts of weight ("ego lifting") as well as just a simple lack of knowledge has led to some serious niggles.

The key to sculpting and maximizing growth is to vary the tempo, volume, weight, and variations of your workouts (examples include supersets, drop sets, and time under tension training). I've learned to listen to my body. I visit my physio once a week for a full body deep tissue massage. It frees any tension in my muscles and sets me up nicely for the next week of training. We also work out a program to improve or eradicate injuries and strengthen my weak points whilst continuing to train. This includes controlled resistance stretch band moves to increase the strength and mobility of my joints.

I vary my workouts from week to week—particularly when it comes to rep ranges. One week I will do 6 to 8 reps at my maximum weight keeping form with long rest periods. The next week will involve more high intensity volume with a rep range of about 12 to 15 with minimal rest in between sets. I have found that incorporating higher reps into my routine allows my tendons and ligaments to recover from heavy loads. I always make sure to incorporate at least 1 rest day a week. However; again, depending on where I'm at in my training cycle, I may incorporate up to 2 rest days a week if I am looking to recover and put on more size (this will apply when bulking!) But, most importantly, rest days are one more way to give your muscles the break they need and, hopefully, as appreciation, they will remain injury free!

FAQ'S

Q What is your opinion on the 'Classic Physique' division and would you ever consider moving up to that class?

A Personally I think that adding the classic physique category was a great idea and something I will consider in the future. This class allows the bigger physique competitors to move up in to a separate division which they are more suited to, instead of being told to lose size and being marked down for it. I also think that smaller guys who are still very aesthetically pleasing, with great condition will be able to place higher as they won't be overlooked for a more muscular physique.

I have always been a fan of the golden era of bodybuilding and the classic posing, which gives competitors the ability to put together a posing routine to highlight all areas of their physique. Also, it's great to be able to show off your legs, as a lot of physique competitors have great legs but were never able to show them off to show a full aesthetic physique.

However for me, I believe I need to grow in to the class. I feel I am not ready at this moment in time to step up in to that class. My height to weight ratio is slightly light and I think that could show on stage against some of the larger, more muscular IFBB pros. It will take me time to grow and I am willing to continue the process slowly in order to keep an aesthetic pleasing shape.... Here's to hoping that this bulk will help me on my way!

Q What is the best way to bulk - 'dirty bulk' or 'clean bulk'?

A Many people that I have spoken with seem to commonly think that 'bulking' means to eat whatever you want, whenever you want and in mass load. To be honest, some people do bulk using burgers and cake until its coming out of their ears and that may work for them...great if it does! However, I tend to enjoy bulking through adding clean calories- in other words I prefer to eat more of what I would usually eat, even when I'm dieting! I think, because I have eaten this type of food for so long, my body has got used to it and craves all of its vitamins and nutrients. I am not saying that I am against a good pizza, I actually think it's really important to make sure that you indulge in the good stuff every once in a while, but for me too much of this type of food makes me really lethargic, which no-one wants when they are attempting to train to their maximum ability! The primary focus of bulking is to build muscle mass and a huge part of that comes down to how you train.

There is also the risk of adding more body fat than is needed through dirty bulking and this can actually prove harder to get rid of when the time comes. Again, the situation is different for everyone but I personally find that if I eat too much of this type of food, it then becomes a lot harder to wean myself off of it when I need to start prepping for a show.

So for me, its clean bulking all the way. Your body will always require and feel better for the nutrients that it receives through clean food and I cannot stress enough how important it is to feel healthy and energised through whatever stage of life you're in whilst you are training. That quote 'your body is a temple' is so true.... look after it!



THANK YOU

I wanted to start by very gratefully thanking one of my USN teammates and good friend Rich Ellis. Rich is a highly thought of, very successful Power Lifter who holds the British Bench Press Record and is a consultant who lectures on strength and conditioning at Loughborough University, the UK's leading Performance Sport's Facility. He has specialised in this field for over 10 years, supporting and coaching a number of elite athletes. Rich is extremely knowledgeable in his field and has taught me the art of bulking. After long meetings with Rich, he explained the science behind bulking, his lifting techniques and he then helped me to devise a plan that we could apply to this ebook. Rich's guidance has given me a much more in depth look at a serious and very well planned out bulk. Please check out his Instagram guys...he is a master in his field and an extremely talented athlete!

Rich Ellis - Instagram: bigbenchre

Lastly but MOST importantly, I want to say a HUGE thank you to you guys for continually supporting me and for purchasing this ebook. I hope that it works as well for you as it has done for me! Please let me know your thoughts and opinions on my socials and I will take on board everything that you have to say or would like to see next. You can find me at...

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If you are interested in working with me one on one then email me at coaching@ryanterryfit.com for all the details'