



# ***TERRY BULK***

## ***Back***

I always start my back workouts with wide and closed grip pull ups, own body weight keeping lats spread and you have full control over the movement.

### **Wide grip pull up**

1 x working set 12 reps

1 x working set 12 reps

1 x working set 12 reps

### **Wide grip pull down**

1 x warm up set 15 reps

1 x warm up set 15 reps

1 x working set 12 reps increase weight before the next set

1 x working set 8 reps

1 x triple drop set hitting 8 reps, then drop weight 10 reps, drop again and squeeze 10 more reps out.

### **Seated cable row**

1x warm up set 15 reps

1x warm up set 15 reps

1x working set 12 reps then increase weight to your maximum for the next set

1x working set 8 reps



# **TERRY BULK**

## **Back**

### **Bent over row with over hand grip alternated with Bent over row with under hand grip**

With each set increase the weight

1x working set- Over hand grip 20 reps

1x working set- Under hand grip 20 reps

1x working set- Over hand grip 12reps

1x working set- Under hand grip 12 reps

1x working set- Over hand grip 10 reps

1x working set- Under hand grip 10 reps

### **Single arm Dumbbell row**

1x working set 18 reps on each arm

1x working set 15 reps on each arm

1x working set 12 reps on each arm

### **Notes from Ryan**

This concludes the Back workout, The Terry Bulk workouts will vary in exercises through the weeks but the rep ranges, the volume of the workouts, the heavy sets and the longer rest periods will stay relatively the same as the aim is to build muscle mass quickly.



# **TERRY BULK**

## **Chest**

### **Incline Chest Press**

We will be introducing Time under Tension training to a few of the exercises to vary the workout up and help you improve and push through plateaus

2 x warm up set with very light weight to force blood in to the muscle and to warm the surrounding joints up.

6 fast reps to start which recruits the fast twitch fibres then switch in to slow controlled reps with a tempo of 4 seconds on the eccentric part of the movement, 2 seconds up on the concentric part and a 1 second squeeze and hold. Aim for 10 reps of this on the 2 warm up sets.

1 x working set 6 fast reps then 10 controlled slow reps

1 x working set 6 fast reps then 8 controlled slow reps

1 x drop set 6 fast reps then 6 controlled slow reps, decrease the weight making sure you hit 10 reps

### **Incline Chest Dumbbell Fly's**

1 x working set 10 reps still with the 4 second eccentric, 2 second concentric and a 1 second hold and squeeze

Increase the weight for the next set

1 x working set 10 reps

1 x working set 10 reps

1 x drop set 10 reps then decrease the dumbbell weight hitting 8 reps again

### **Flat Smith Machine Press**

1 x working set six fast reps then 10 reps still with the 4 second eccentric, 2 second concentric and a 1 second hold and squeeze  
1 x working set 6 fast reps then 8 reps controlled slow reps

Increase the weight for the next set

1 x working set 6 fast reps then 8 reps controlled slow reps

1 x lighter weight 6 fast reps then 8 reps controlled slow reps



# ***TERRY BULK***

## ***Chest***

### **Decline Barbell press**

These will be straight sets so no time under tension technique on this

1 x working set 15 reps

Increase the weight for the next set

1 x working set 10 reps

1 x drop set 10 reps then decrease the weight hitting 6-8 reps

### **Standing Cable fly's**

1 x working set 18 reps focusing on the contraction and squeeze as you have already hit the heavy weighted exercise.

Increase the weight for the next set

1 x working set 18 reps

1 x triple drop set 8 reps, drop the weight hitting 10 reps then drop again hitting 10 reps.

### **Dumbbell pullovers**

1x working set 15 reps

Increase the weight for the next set

1x working set 12 reps

1x working set 12 reps

### **Notes from Ryan**

This concludes the Chest workout, The Terry Bulk workouts will vary in exercises through the weeks but the rep ranges, the volume of the workouts, the heavy sets and the longer rest periods will stay relatively the same as the aim is to build muscle mass quickly.



# **TERRY BULK**

## **Quads**

Before going in to my first exercise which was squats I like to warm the knee joints up and get blood in to the quad to reduce the risk of injury and stiffness.

### **Leg extension to warm up**

2 x set 20-25 reps

### **Squats**

1 x warm up set 15 reps

1 x working set 12 reps pyramiding up in weight with every set

1 x working set 10 reps

1 x working set 8 reps

1 x triple drop set 6 reps, reduce weight repeat for 6 reps, final drop hitting 6 reps to finish the back squats

### **Front smith machine squat**

1 x lightweight 12 reps

1 x working set increase weight and lower the reps aiming for 10 reps

1 x working set increase weight again for 6 reps

1 x triple dropset 6 reps then drop the weight, match reps and then drop again trying to hit 6 reps again.

### **Leg press single Leg**

1 x lightweight 15 reps on each leg

Increase the weight up each time to show progression and to over load the quads

1 x working set 12 reps

1 x working set 10 reps

1 x back to light weight, high reps for 15 on each leg

Good way to keep volume in the training and to build up your endurance and stamina in training.



# **TERRY BULK**

## **Quads**

### **Leg extension**

1 x lightweight for 20 reps with complete control (no swinging) then straight in to 5 partials

1 x working set 12 reps 5 partials to finish

1 x working set 12 reps 5 partials

1 x triple drop set 10 reps, drop weight hit 10 reps, drop weight again 10 reps

I have gone for slightly more reps and a lot of volume in the leg extensions as I have done the basic weighted heavy exercises.

### **Hacksquat**

1 x lightweight 15 reps

Pyramid up in weight with every set and really push and give everything you can as it's the last exercise for the Quad workout

1 x working set 10 reps

1 x working set 8 reps

1 x working set 8 reps

### **Notes from Ryan**

This concludes the Quad workout, The Terry Bulk workouts will vary in exercises through the weeks but the rep ranges, the volume of the workouts, the heavy sets and the longer rest periods will stay relatively the same as the aim is to build muscle mass quickly.



# **TERRY BULK**

## **Biceps**

Warming up joints and muscles before going in to the weighted session

### **Single arm dumbbell curl**

- 1 x warmup set 10 reps on each arm light weight then straight into 15 double dumbbell set to force the blood into the muscle
- 1 x working set 10 reps on each arm
- Increase the weight for the next set
- 1 x working set 10 reps on each arm
- 1 x Triple drop set 12 reps, drop weight and repeat for 12 reps and then again hitting 12 reps.

### **Straight Bar Curl**

- 1 x working set hitting 12 reps
- Increase the weight for the next set
- 1 x working set hitting 10 reps
- 1 x working drop set 8 reps then drop again hitting 8 reps again

### **Hammer Curl with dumbbell**

- 1 x working set 10 reps on each arm straight in to 5 double
- 1 x working set 8 reps on each arm straight into 5 double
- 1 x triple drop set 8 reps on each arm straight into 5 double, then drop the weight and repeat double arm curl for 8 reps, then reduce for the final time and hit 10 reps or more



# **TERRY BULK**

## **Biceps**

### **Cable V bar**

1 x working set 20 reps so light weight

Increase the weight for the next set

1 x working set 12 reps

1 x double drop set hitting 10 reps then matching the reps on the drop

### **Cable Rope**

1 x working set 15 reps

Increase the weight every time to ensure you are really pushing yourself and those biceps to their absolute limit

1 x working set 15 reps

1 x working drop set 12 reps drop the weight and hit 20 reps

### **Notes from Ryan**

This concludes the Biceps workout, The Terry Bulk workouts will vary in exercises through the weeks but the rep ranges, the volume of the workouts, the heavy sets and the longer rest periods will stay relatively the same as the aim is to build muscle mass quickly.





# **TERRY BULK**

## **Triceps**

Warm up the triceps by forcing blood in to the muscle, I like to use the cables with rope and high rep around the 20 mark, repeat this 2x to ensure the triceps are fully warmed up and the joints surrounding are loose and ready for the workout.

### **Tricep dips**

**1 x** Warm up set on own bodyweight for about 20 reps ensuring feet are forward to really isolate the triceps and to keep it off the chest as much as possible.

**1 x** working set 10-12 reps adding weight to the exercise to show progression and overloading the triceps which will in turn force it to grow

**2 x** working set adding even more weight hitting the 6 reps maximum out, then drop the weight to own bodyweight and try to match the amount of reps or more. (Try to have a 90 second rest before going again as you want to be fully recovered ready to hit the second set).

**1 x** working set to finish, own bodyweight repping to failure. It's not about how many you can get out on this set its more the controlled squeezing feel.

### **Single arm tricep cable pulls**

**4 x** straight working sets aiming for 10-12 reps on each tricep. If possible try to increase the weight each time as long as you are getting between 8-10 reps

### **Kickbacks with Dumbbell**

**3 x** working sets 12-15 reps making sure there is no swing and you have control of the dumbbell at all times. You have done the heavy weights on the previous exercises so this is more about the control and isolation of the triceps.

**1 x** drop set aiming for 10 reps, then drop weight to half and rep out until failure



# **TERRY BULK**

## **Triceps**

### **Tricep dips on machine**

**2 x** working set hitting the 15 reps under control

**1 x** working set hitting 10 reps (no more so if you still have energy left in the tank then increase the weight on the next set)

As you can see I have turned around to face the machine to get a different angle and stimulating different part to the triceps.

**1 x** working set hitting 10 reps lean in to the seat so that it takes the option of swinging and engaging the delts.

**1 x** drop set to failure

### **Rope cable push down superseded with ez bar cable push down**

20 reps                      superseded with                      16 reps

**3 x** working superset with a 60 second rest period in between. Quick tip try to keep shoulder blades back and not leaning over the rope or ez bar. This will really isolate the tricep and stop you from creating momentum within the exercises.

### **Closed grip tricep press**

**1 x** lightweight high rep working set for 25 reps

**1 x** working set heavier weight hitting 18 reps

**1 x** working set increasing weight again hitting 12 reps

**1 x** drop set increasing weight for 12 reps, half the weight and try to match the reps

### **Notes from Ryan**

As I have already performed heavy weighted exercises on my triceps I like to finish on an exercise with high repetition keeping volume there.

This concludes the Triceps workout, The Terry Bulk workouts will vary in exercises through the weeks but the rep ranges, the volume of the workouts, the heavy sets and the longer rest periods will stay relatively the same as the aim is to build muscle mass quickly.



# **TERRY BULK**

## **Shoulders**

Always warm up the shoulder joint with light weights before a workout to reduce the risk of injury.

### **Seated dumbbell shoulder press**

**1 x** warm up set 12- 15 reps making sure blood is flowing into the delts before increasing the weight for the workings sets.

**2x** straight working set 8-10 reps increasing weight each set

**1x** triple drop set 8-10 reps matching reps with the drop sets

### **Single arm lateral raise**

**3x** working sets 8-10 reps increasing weight with every set

**1x** drop set 8-10 reps matching reps with the drop sets

### **Bent over rear delt with dumbbell**

**3x** working sets 8-10 rep range- increase weight but make sure form is kept and you are not engaging your traps, try to squeeze and feel the contraction through the rear delt.

**1x** drop set 8-10 reps matching reps with the drop

### **Dumbbell front raise**

**3x** working set 10 reps single arm straight into 5 double arm as shown

**1x** drop set matching reps with the drop set

### **Side lateral raises with dumbbell**

**2x** working set 10-12 rep range (working at maximum weight)

**2x** triple drop set 10 on each drop



# **TERRY BULK**

## **Shoulders**

### **Cable rear delt rope**

**3x** working set 15 rep range with a 1 second squeeze

**1x** triple drop set hitting 15 rep range with every drop keeping the one second squeeze on each rep.

### **Smith machine shrugs**

**3x** working sets increasing the weight each time- try ensure you don't bounce the bar through your knees making the exercise slightly easier. This exercise focuses more on the higher part of the trap

**1x** dropset matching the reps or even more if you can

### **Rear smith machine shrugs**

**3x** working set- keeping the weight relatively light and focusing more on the movement and contraction. This primarily hits the lower part of the trap

### **Notes from Ryan**

This type of workout I would implement throughout my bulk phase as its quite basic 8-10 rep ranges increasing the weight forcing the muscle to grow. I would have a surplus of calories in my diet to fuel these types of workouts. Although the rep ranges would stay the same throughout my bulk phase I would vary up the exercises and the order in which I perform them to keep the body guessing.

This concludes the Shoulder workout, The Terry Bulk workouts will vary in exercises through the weeks but the rep ranges, the volume of the workouts, the heavy sets and the longer rest periods will stay relatively the same as the aim is to build muscle mass quickly.