

BULKING CHART

CURRENT AS OF:

PROJECTED TARGET GUIDE (ACCORDING TO 1RM CALCULATIONS)

WEIGHTxREPS

For 4 Sets **65%, 75%, 85%, 95%**

For 3 Sets **75%, 85%, 95%**

BODY PART	DAY	EXERCISE NAME	SET 1	SET 2	SET 3	SET 4
DELTS	1					
DELTS	1					
DELTS	1					
TRICEPS	1					
TRICEPS	1					
TRICEPS	1					
BACK	2					
BACK	2					
BACK	2					
BACK	2					
TRAPS	2					
TRAPS	2					
LEGS	4					
LEGS	4					
LEGS	4					
LEGS	4					
FOREARMS	4					
FOREARMS	4					
FOREARMS	4					
CHEST	5					
CHEST	5					
CHEST	5					
BICEPS	5					
BICEPS	5					