

Jeremy Scott's 8-WEEK BULK UP TRAINING PROGRAM

DAY 1: LEGS

mobility prep - 10 minutes

bulgarian split squats - 4 x 8-12 reps per leg
barbell back squats - 4 x 6-8 reps
DB deadlifts - 4 x 8-12 reps
DB walking lunges - 4 x 8-12 reps per leg
slow bodyweight step-ups - 5 minutes per leg

DAY 2: CHEST & TRICEPS

mobility prep - 10 minutes

DB bench press - 4 x 8-12 reps
DB incline bench press - 4 x 8-12 reps
cable flys - 4 x 15 reps
chest dips - 4 x as many reps as possible, bodyweight
DB floor presses - 3 x 8-12 reps
pushups - 5 minutes, resting as needed

DAY 3: METABOLIC CONDITIONING

DB farmer's walk - 5 x 1 minute walk, 2 minutes rest
sled pushes - 5 x 20 second push, 1 minute rest
DB thrusters - 5 x 10 reps EMOM (every minute on the minute)
burpees - 90 seconds, resting as needed

DAY 4: BACK & ABS

mobility prep - 10 minutes

DB deadlifts - 4 x 6-8 reps
pullups - 4 x as many reps as possible, bodyweight
one-arm DB rows - 4 x 8-12 reps per arm
TRX or rope face-pulls - 4 x 8-12 reps
overhand lat pulldowns - 2 x 8-12 reps
underhand lat pulldowns - 2 x 8-12 reps
AB wheel rollouts - 4 x 10-15 reps
toes to bar - 4 x as many reps as possible, bodyweight

DAY 5: MOBILITY & FOAM ROLLING

mobility prep - 10 minutes

perform the following foam rolling/self-massage routine, and take time to focus on areas that are especially tight and sore:

pectorial massage (*tennis or lacrosse ball) - R/L sides
quads rollout (*foam roller or massage stick) - R/L sides
glutes rollout (*foam roller) - R/L sides
inner quad/adductor rollout (*foam roller or massage stick) - R/L sides
IT band rollout (*foam roller) - R/L sides
hamstrings rollout (*foam roller or massage stick) - R/L sides
calves rollout (*foam roller or massage stick) - R/L sides
mid/upper back rollout (*foam roller) - R/L sides

DAY 6: SHOULDERS, BICEPS & CALVES

mobility prep - 10 minutes

barbell overhead press - 4 x 6-8 reps
standing Arnold press - 4 x 8-12 reps
DB lateral raises - 3 x 10-15 reps (lighter load)
DB rear flys - 3 x 8-12 reps
barbell curls - 4 x 8-12 reps
DB preacher curls - 4 x 8-12 reps
DB curl and press - 3 x 10-15 reps
seated calf raise - 4 x 15-20 reps
standing calf raise - 4 x 15-20 reps

DAY 7: MOBILITY & FOAM ROLLING

*same as DAY 5