

1-Year Lean Bulk Program

This is more than a program—it's a year-long journey to unlock your ultimate potential. Meticulously crafted by the experts at **BulkRoutine.com**, this comprehensive 1-Year Lean Bulk Program is designed for those who are ready to commit. Over the next 12 months, you will systematically build formidable strength, master complex lifts with impeccable form, and forge an unbreakable discipline that transcends the gym.

We will guide you through progressive training phases and a strategic nutrition plan, all with one clear goal: to **maximize lean muscle gains while meticulously minimizing fat**. This is the intelligent path to a powerful, sculpted physique, built to last.

Are you ready to transform your body and discipline? For complete workout libraries, personalized coaching options, and the ultimate progress tracker to monitor your entire year's journey, your command center is **BulkRoutine.com**

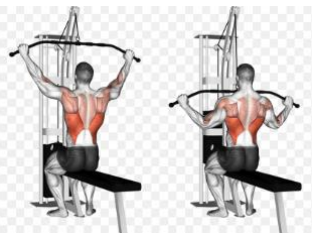
Yearly Structure (Phased Plan)				
Phase	Duration	Focus	Training Split	Cardio
1. Foundation	12 weeks	Build strength base + technique	PPL + Upper + Lower (5d)	2× LISS
2. Hypertrophy	16 weeks	Maximize muscle growth	PPL + Upper + Lower (5d)	2× LISS + 1× HIIT
3. Power-Hypertrophy	12 weeks	Strength + size blend	Strength-focused Upper/Lower + PPL	2× LISS
4. Specialization	8 weeks	Focus on weak points	Customized PPL + accessory days	2× light cardio
5. Recomp / Maintenance	4 weeks	Light deload, maintain muscle	3–4 light sessions	2× cardio
6. Restart Cycle	12 weeks	Resume Hypertrophy or Power	PPL + Upper + Lower	2–3× cardio
<i>LISS = Low Intensity Steady State (e.g., 30–40 min walking, cycling)</i> <i>HIIT = High Intensity Interval Training (e.g., 15–20 min sprints, intervals)</i>				

□ Weekly Training Split (5 Days)

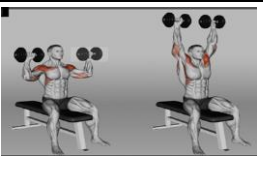
Day	Workout	Focus
Mon	Push	Chest, Shoulders, Triceps
Tue	Pull	Back, Biceps
Wed	Legs	Quads, Hamstrings, Glutes
Thu	Upper (Strength)	Compound lifts
Fri	Lower (Strength)	Squat/Deadlift focus
Sat	Cardio / Active Recovery	LISS or HIIT
Sun	Rest	Sleep, mobility, walk

□ Core Exercises by Day

Day	Exercise	Sets*Rep	Image
Push Day	Barbell Bench Press	4×(6–8)	
	Overhead Press	3×(8–10)	
	Incline Dumbbell Press	3×(8–10)	
	Dumbbell Lateral Raises	3×(12–15)	

	Triceps Pushdowns / Dips	3×(10–12)	 Or 
Pull Day	Deadlifts	4×5 (in strength phases) or 3×(8–10) (hypertrophy)	
	Pull-Ups / Lat Pulldowns	4×(8–10)	 Or 
	Barbell / Dumbbell Rows	3×(8–10)	 Or

Leg Day			
	Face Pulls	3×15	
	Bicep Curls	3×(10–12)	
	Squats	4×(6–8)	
	Romanian Deadlifts	3×(8–10)	
	Leg Press	3×(10–12)	
	Walking Lunges	3×12 each leg	

	Calf Raises	4×(12–15)	
Upper (Strength)	Bench Press	5×5	
	Weighted Pull-Ups or Rows	5×5	 Or 
	Overhead Press	4×6	
	Accessory arms/shoulders	2 movements	

Lower (Strength)	Squat	5×5	
	Deadlift	3×5	
	Bulgarian Split Squat / Leg Press	3×8	
	Core work	2–3 exercises	

□ Cardio Guidelines

⑩ LISS (2×/week):

- ⑩ 30–40 min brisk walking, cycling, or elliptical
- ⑩ Keep heart rate ~60–70% max

⑩ HIIT (1×/week during hypertrophy phases):

- ⑩ 15–20 min, e.g., 30 sec sprint + 90 sec walk × 6–8 rounds
- ⑩ Do on non-leg days (e.g., Saturday)

⑩ **Purpose:** Improve recovery, cardiovascular health, keep fat gain low without interfering with muscle growth

□ Nutrition – Clean Bulk Strategy

- ⑩ **Surplus:** +250–500 kcal above maintenance
- ⑩ **Protein:** 1.6–2.2 g/kg
- ⑩ **Carbs:** 45–55% of total calories
- ⑩ **Fats:** 20–25%
- ⑩ Eat 3–5 meals/day with balanced macros.

- ⑩ Focus on lean proteins (chicken, fish, eggs), complex carbs (rice, oats, potatoes), healthy fats (olive oil, nuts), fruits, and veggies.
- ⑩ Track weight weekly:
 - ⑩ Ideal gain = 0.25–0.5 kg/week
 - ⑩ Adjust calories up/down depending on rate.

□ Progression Plan

⑩ Progressive Overload:

- ⑩ Add weight or reps when you hit top of rep range.
- ⑩ Every 6–8 weeks, take a **deload week**: reduce volume by 30–50%.

⑩ Phase Transitions:

- ⑩ After each block, slightly change rep ranges or accessory exercises to keep progress.

⑩ Tracking:

- ⑩ Log lifts, bodyweight, and photos monthly.
- ⑩ Focus on steady strength and size growth, not sudden jumps.

□ Recovery

- ⑩ Sleep 7–9 hours per night
- ⑩ Stretch or do mobility work weekly
- ⑩ Take 1 full rest day/week minimum
- ⑩ Manage stress — recovery = growth