



1. Increase Your Calorie Intake
  2. Eat Clean - Mostly
  3. Supplement Wisely
  4. Get More Rest and Sleep
  5. Get Strong!
  6. Don't Bulk for Too Long
- Bulking Workout Plan Weekly schedule Weeks 1-4 Weeks 5-8 Bulking Plan - Wrapping Up



⚡ ⚡ ⚡ VISIT OUR ONLINE STORE ⚡ ⚡ ⚡

**Cardio or weights first? A kinesiologist explains how to optimize the .**



200 to 500 extra calories per day above your maintenance. . 8 to 1. 2 grams of protein per pound of body weight. . 3 to . 5 grams of dietary fat per pound of body weight. Fill in the remainder of your .

## **Bulking: What Is It and How to Do It - Verywell Fit**



The answer to this question is Yes. Some people think cardio is the enemy of muscle gains, but that's not the case. In fact, adding cardio into your bulking routine can bring some serious benefits and actually improve you bulk. Benefits of Cardio During a Bulking Phase Cardio won't automatically kill your muscle gains.

# Exercise Scientist Reveals the Best Diet Tips to Follow During a . - MSN



What should cardiovascular exercise be like when bulking? Show off your knowledge to the world! The Winner 1st Place BurningHeart 1st Place BurningHeart Introduction For some it may be good news, for some it may be bad. Winter is approaching, and it's time to switch to a bulking phase.

## Can You Do Cardio While Bulking? The Truth May Surprise You. - VBA Fitness



Aerobic exercise can improve cardiorespiratory function - over time, your heart and lungs get better at delivering oxygen to your muscles to make energy for continued muscle contractions .

### How to Bulk: Your Complete Guide - Shape



4. Do Some Cardio While Bulking I recommend doing 2-3, 20-30 minute sessions of cardio each week while bulking (ideally on a non-weight training day) to maintain cardiovascular health and keep you fit. Cardiovascular training improves the heart's ability to pump blood and increases oxygen uptake into cells.

## Cardio While Bulking: Benefits and Guide | GFitness Online



Resistance exercise improves muscular strength, endurance and the power and the size of muscles - what exercise physiologists call muscle hypertrophy. Studies show resistance training has health .

### Ask The Muscle Prof: What's The Best Cardio For Preserving Mass?



Burning calories and fat Increasing your endurance and stamina Boosting your metabolism and immune system Cardio is especially important for people who are bulking, because it can help them prevent or minimize some of the negative effects of eating a surplus of calories. For example, cardio can help you:

Should you start with cardio or lift weights first? The best way to .

# CARDIO @PETER SOON FIT BEFORE OR AFTER WEIGHTS?



**DO CARDIO FIRST**

**If Your Goals is to Increase:**

Cardiovascular fitness

Endurance



**DO CARDIO LAST**

**If Your Goals is to Increase:**

Strength

Muscle Mass



The bulking phase can last just 6-12 weeks (usually for beginners) but for many competitive bodybuilders, it will last for about 4-6 months. Cutting is a phase where the goal is to maintain muscle mass while losing fat. During this phase, you cut calories carefully to reach your goals, but continue to consume enough protein to preserve bulk.

## The Only Bulking Workout Plan You Need to Build Muscle ASAP

# HOW TO TRAIN

@CoreBodyFitness

TO BE  
**STRONG**



Trains 1-5 Reps  
Compound Lifts  
Full Body  
Little to No Conditioning  
Sleeps 7-9 hours  
High Carbs and Protein

TO BE  
**BIG**



Trains 6-12 Reps  
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TO BE  
**LEAN & FIT**



Trains 1-20+ Reps  
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Metabolic Conditioning  
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**\* Can Get Strong, Big, Lean and Fit training in all rep ranges \***

Q. I hear people talking about high-intensity cardio constantly these days, but I still know a lot of guys who slog away for hours doing low-intensity work. I just want whichever one that won't cut into my gains! What should I do? One of the undeniable hallmarks of bodybuilding is extreme muscularity. The other is razor-sharp conditioning.

## How Much Cardio Should I Do When Bulking? | livestrong



1. Cardio is good for your heart, lungs, and longevity Lifting heavy weights is an awesome way to strengthen your muscles, but it doesn't do quite as much for your heart and lungs. Aerobic-style training really challenges your lungs to provide enough oxygen, and your heart to pump enough blood through your body.

## HOW TO PERFORM CARDIO WHILE BULKING & BUILDING MUSCLE - Seannal



Below are three great cardio options to do while bulking. It is important to note that doing cardio is NOT essential to the bulking process, so be sure to review the pros and cons of adding cardio while bulking.



Related Article: Bulking After A Long Cut: 8 Tips For A Successful Bulk 1. MINIMAL CARDIO, IF ANY

## Cardio While Bulking | Maxinutrition®



Elliptical Trainers Can Help With Your Cardio. Elliptical trainers can be a great way to get the cardio that you want and need while you are bulking up. These machines offer a lower impact than many other methods and they can be used in any weather conditions. Elliptical trainers workout all of the muscle groups and tissues, helping you burn .

## What Are the Best Foods for Bulking?. Nike



What type of cardio is best for your experience level? Find out how to best incorporate cardio while building muscle. There is much debate and controversy on the subject of doing cardio while building muscle. Once and for all I am going to set the record straight.

## How To Approach Cardio While Building Muscle



When bulking using resistance training, aim for three to six sets of six to 12 repetitions with a moderate intensity of 60% to 80% of your one rep max. Resting should be short, at about 60 seconds. Training volume should then increase to 12 to 28 sets per muscle, per week. Benefits of High-Intensity Interval Training.

## Should You Avoid Cardio While Bulking? - Fitplan Blog



1. It Helps Prevent Fat Gain When Bulking Here's the thing: Cardio doesn't burn fat in and of itself, in order to burn fat you must be in a caloric deficit. And when you're bulking, you're likely in a surplus of calories. So the way cardio helps prevent fat gain is by burning some more calories.

## The Ultimate Bulking Workout Plan for Maximizing Muscle Growth

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Some Best Options For Doing Cardio While Bulking. Keep Your Cardio Minimum: In the bulking process, your goal is to intake more calories so that you can tutor hard. If you take in more calories you will be able to build more muscle mass and you can recover easily. However, if you do cardio along with it you will automatically require more calories.

## Cardio in Bulking: How to Balance Your Training and Nutrition

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The Best Amount of Cardio for Bulking. Adding in too much cardio, especially if it's high-intensity cardio, can cause you to burn too many calories and wreck your gains. While they have many benefits for your cardiovascular health, the elliptical and the swimming pool are overkill for your bulk period. You should low-intensity cardio like .

## The Best Bulking Workout Plans From Basic to Advanced - Bodybuilding

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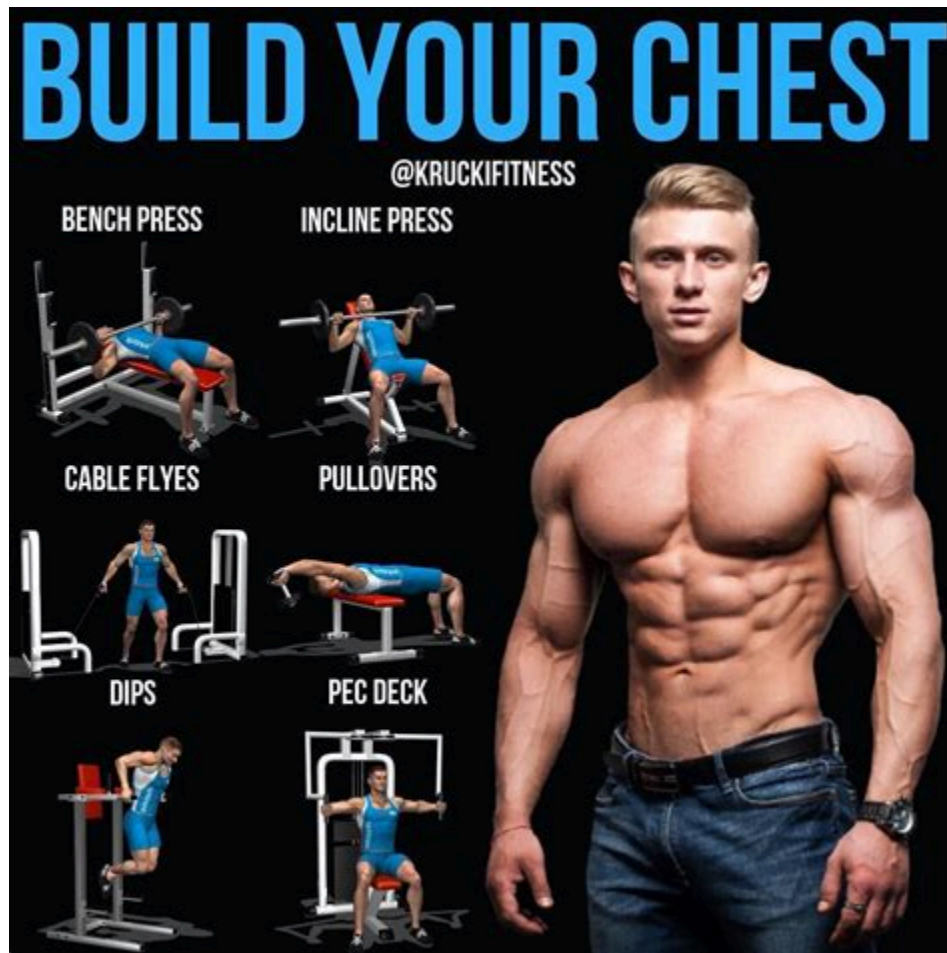


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This is untrue. Proper cardio while bulking provides lots of benefits. Here are a few: Cardio reduces body fat. By eating at a calorie surplus, you'll be building mass. However, not all of it will be the ideal form of mass (muscle). Cardiovascular workouts are good at burning carbohydrates and fat stores.

## Best Cardio for Bulking Up | Muscle Prodigy Fitness



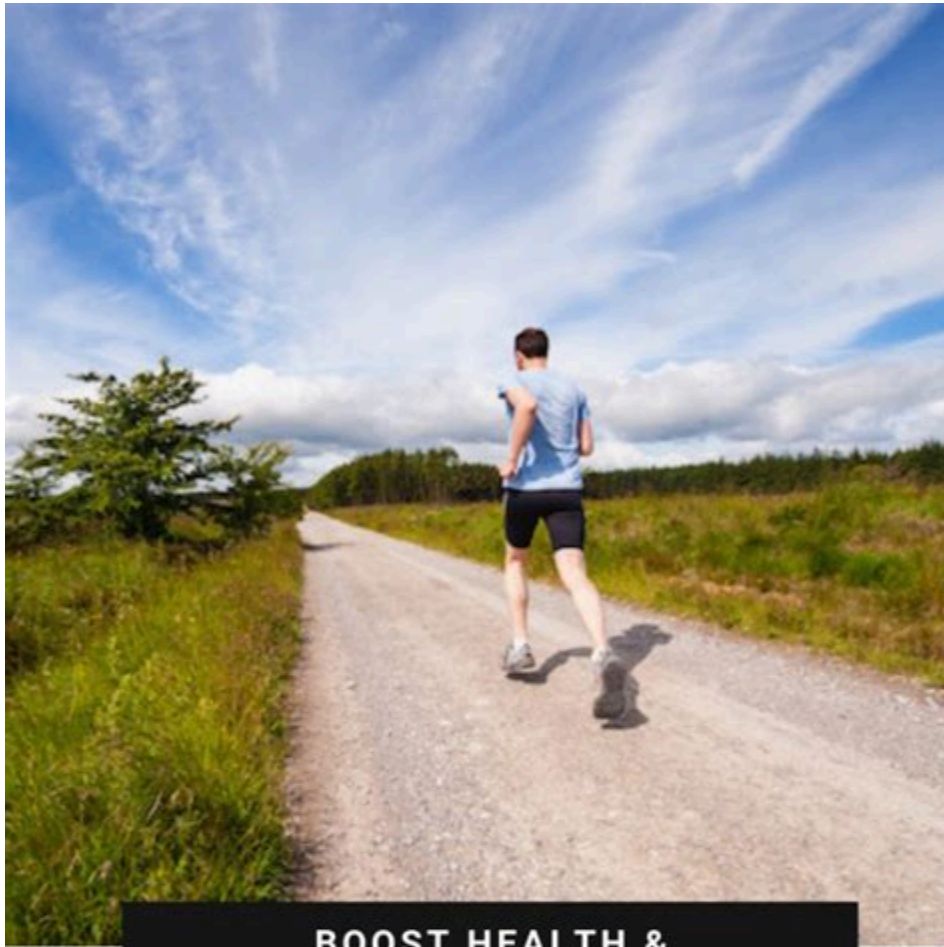
#1 - Metabolic Conditioning Aside from your aesthetic desire for a big chest and lean abs, let's not forget about the basic benefits of simply maintaining sound overall cardiovascular conditioning.

## Should You Do Cardio When Bulking? - Iron Built Fitness



Build Muscle | Workout Cardio While Bulking: Benefits and Guide By Germans Frolovs Updated on January 4, 2023 Cardio workouts are usually associated with weight loss. This makes people think they can't perform cardio while bulking.

## 7 Reasons To Do Cardio While Bulking (And how to do it)



**BOOST HEALTH &  
PERFORMANCE**

# 7 REASONS TO DO CARDIO WHILE BULKING

[www.trustyspotter.com](http://www.trustyspotter.com)

Heather Hitchcock Updated Sep 2, 2019 Reviewed by Aubrey Bailey, PT, DPT, CF-L1 Doing too much high-intensity cardio while bulking can interfere with your goals. Image Credit: lzf/iStock/GettyImages To increase muscle mass in the bulking phase, you have to increase your caloric intake to supply your body with the raw materials for muscle growth.



## Should You Do Cardio While Bulking? Yes, Sort Of - Bony to Beastly



Blog Should I Do Cardio While Bulking? Yes! (6 Reasons Why) Tracy Anderson December 31, 2022 7 min read Bulking is the opposite of calorie deficit. It is a muscle-building phase. It means you are getting more calories intentionally via eating than your body needs. Now your question may be, should I do cardio while bulking?

### How Much Cardio Should I Do While Bulking - Helpful Guide



Is it true? On the other hand, if cardio makes you fitter, maybe you'll be able to handle tougher hypertrophy training workouts. If it improves blood flow to your muscles, maybe you'll have improved performance and better recovery. There could be advantages to doing cardio. Things get even more

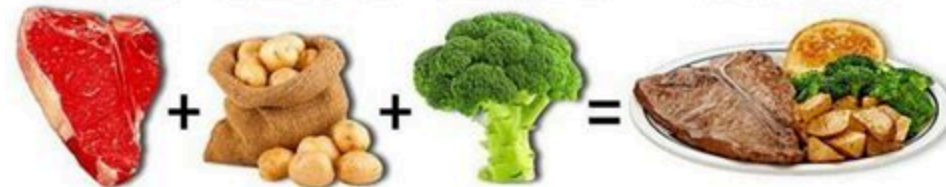
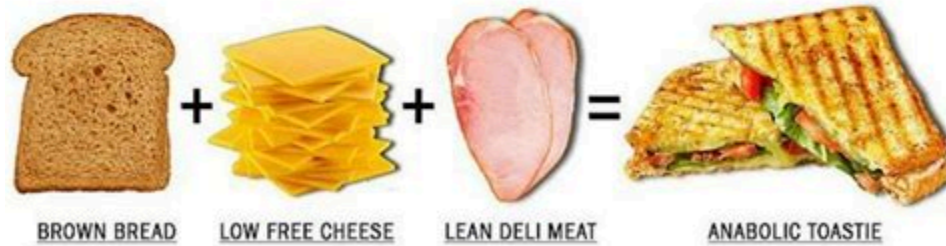
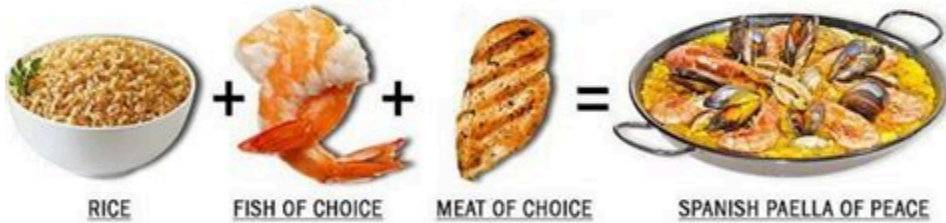
confusing if you're a naturally thin "ectomorph."

## Lean Bulking: Add Clean Muscle Without The Fat - Bodybuilding



# LEAN BULK

GymGuider.com



Following these simple formulas can help you learn your nutritional needs while bulking, provided by Sklaver (or you can use an online calculator such as this one or this one ): Calories: Bodyweight in lbs x 14 or 15. Protein (g): Bodyweight in lbs x 1. Carbohydrates (g): Bodyweight in lbs x 1. 5-2. 0.

### **Should I Do Cardio When Bulking? - Iron and Grit Fitness**



Exercise scientist and bodybuilding coach Dr. Mike Israetel gave some diet tips to bodybuilders on bulk. While many people bulk up to gain as much muscle as possible, they often gain unwanted fat.

### **Should I Do Cardio While Bulking? Yes! (6 Reasons Why) - Ellipticalmag**



The 4 Best Cardio Options While Bulking Walking Zone 2 Cardio HIIT Cardio Physical Hobbies Avoid This Form Of Cardio During Bulking Should I Do Cardio While Bulking Recap The Benefits Of Cardio When Bulking

- <https://colab.research.google.com/drive/1jgHtHnJxZVv8hcxAGtYX1fmZrHk66RoB>

- <https://publiclab.org/notes/print/42178>
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