THE FITNESS ATHLETE'S GUIDE TO BULKING FOR STRENGTH

A 6-Week Program to Add Strength and Mass for Functional Fitness Athletes

By Andre Crews
1. Introduction: The Program

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This program is modeled after one I wrote for myself and my training partners in 2015. I’ve done it twice (once in 2015 and again this past summer). And trust me. It works!

**A Note on Conditioning**

Keep in mind that your aerobic capacity may suffer a bit during the 6 weeks. But trust the process! Getting strong takes time. And take solace in the fact that your fitness won’t completely die. According to a study from UC Berkeley, “well-trained runners, cyclists, or swimmers [who] abstain from all exercise, lose on average only a little more than half of their gains in aerobic conditioning in about three months.”

I’m only asking for 6 weeks! They also note that “two or three short sessions a week of high-intensity interval training...can be a good way to maintain aerobic fitness.” So fear not, my friends! Between the rower, assault bike, and weightlifting EMOMs sprinkled throughout this program, you'll maintain your aerobic capacity with minimal drop off!

**Deloading and Testing**

If you're interested in testing your 1RM after the 6 weeks, take a week to chill. Work out, move around, but keep the volume low and load moderate. This will give your body a chance to rest, recover, and get ready to lift heavy again.

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2. The Templates: Here's What To Do

Monday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Load</th>
<th>Rounds</th>
<th>Repetitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back Squat</td>
<td>75% of 1RM</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Strict Press</td>
<td>75% of 1RM</td>
<td>10</td>
<td>2</td>
</tr>
</tbody>
</table>

On above, rest 90 seconds between rounds

<table>
<thead>
<tr>
<th>Rowing Machine</th>
<th>Rounds</th>
<th>Repetitions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8</td>
<td>20 seconds max effort, 20 seconds rest</td>
</tr>
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Tuesday

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<thead>
<tr>
<th>Exercise</th>
<th>Load</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Front Squat</td>
<td>60% of 1RM</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Dumbbell OH Press</td>
<td>AHAF A</td>
<td>5</td>
<td>10</td>
</tr>
</tbody>
</table>

On above, rest 90 seconds between rounds

<table>
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<tr>
<th>Exercise</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Airdyne or Bike</td>
<td></td>
<td>8</td>
<td>10 seconds max effort, 20 seconds rest</td>
</tr>
</tbody>
</table>
**Wednesday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Load</th>
<th>Rounds</th>
<th>Repetitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squat Clean and Jerk</td>
<td>70% of 1RM</td>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td><strong>On above, perform 1 rep Every Minute on the Minute (EMOM) for 30 Minutes</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weighted Pull-ups</td>
<td>AHAFPA</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Weighted Dips</td>
<td>AHAFPA</td>
<td>8</td>
<td>5</td>
</tr>
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</table>

*Rest 90-120 seconds between rounds*
Thursday

Rest or 20 minutes Airdyne at steady pace
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8

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<th>Rounds</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Deadlift</td>
<td>75% of 1RM</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Rowing Machine</td>
<td></td>
<td>5</td>
<td>250 meters</td>
</tr>
<tr>
<td><strong>On above, perform 5 deadlifts</strong> and 250 meter row as fast as possible. Rest exactly 2 minutes between rounds.**</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bench Press</td>
<td>75% of 1RM</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Bent Over Single Arm DB Row</td>
<td>AHAFA</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Forarm Plank</td>
<td></td>
<td>5</td>
<td>30-60 seconds</td>
</tr>
<tr>
<td><strong>On above, rest 2 minutes between rounds. After 5 rounds of rows and planks finish the remaining 5 rounds of bench press.</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Saturday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Load</th>
<th>Rounds</th>
<th>Repetitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Bicep Curls</td>
<td>AHAFA</td>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td>Single Leg Weighted Step Ups</td>
<td>AHAFA</td>
<td>5</td>
<td>10 (5 per leg)</td>
</tr>
<tr>
<td>Tricep Skull Crushers</td>
<td>AHAFA</td>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td>Bulgarian Split Squats holding Dumbbells</td>
<td>AHAFA</td>
<td>4</td>
<td>10 (5 per leg)</td>
</tr>
<tr>
<td>Hollow Rocks</td>
<td></td>
<td>4</td>
<td>20</td>
</tr>
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Perform these exercises back to back in a circuit. 
This isn't for time but minimize rest.
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Sunday

Full rest day. Meal prep, relax, Netflix and chill.
2. Sources

Sources

https://www.britannica.com/biography/Milo-of-Croton

http://www.healthguidance.org/entry/17490/1/Powerbuilding-and-the-Two-Types-of-Hypertrophy.html