

Bulking and Power

by

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It's been a long hot summer and some have already begun the process of planning workouts for fall and winter. Traditionally fall, winter, and early spring are opportunities to bulk up, adding more size and strength to the frame. Early planning is a great idea even for those who are instinctive trainees as I am.

The first thing to do is make an accurate and honest assessment of where you are today. What body parts need extra work? Remember always, a well shaped, defined arm of 17" looks more impressive than a flabby 19" arm any day. I'm using the arm as an example because I don't know a single bodybuilder who does not strive for more arm size than over all other body parts but, every body part is important. Overdevelopment in any one area will make your physique look unnatural. Aesthetics should be a major consideration of any bodybuilder.

Remember this is a power bodybuilding routine, not an Olympic or weight-lifting routine – there is a difference. Your goal is to increase the load resistance placed on your muscles for added strength and size. In doing so, you will definitely incorporate various systems into your training such as: The cheating principle, rest pause, drop sets, negative reps, and other such methods to lift heavier than normal poundage. Caution and exercise execution must be first and foremost in your mind as you attempt lifting heavier weights. You must keep good form as sloppy form will result in less than desired gains and injury will be just around the corner.

There are tons of long complicated routines for such a program but I have always streamlined what I do, this routine is no exception. The older I get the more I appreciate the "kiss" spin on things: "Keep It Simple Stupid." I'm going to outline

one of the many “power” routines I’ve used successfully over the years. It’s not complicated and it has produced results. Followed when I was younger, much younger, I still find this routine produces results even if I modify it just a little or can no longer use the amount of weight I did at one time.

As with all routines there are a couple of key points to remember. I would always employ various principles, especially those I just mentioned. Each workout would find me doing something a little different. If a spotter is around I would do negatives. If not I would do rest pause reps. It really didn’t matter as my focus was in lifting heavier weights in all movements, B – U – T primary attention must be given to the basics, chest, back, leg, and shoulder work.

1. Extend your normal rest between sets to three – five minutes. Sometimes even longer might be necessary.
2. Slow your workout down. More intensity must come from the poundage you are using rather than from the extra sets, reps, and abbreviated rest intervals.
3. Protect joints and muscles by thoroughly warming up before each session.
4. Limit the amount of activity unrelated to your workouts.
5. Consume high protein foods, and complex carbohydrates.
6. Drink at least a half gallon of water per day.
7. As you will be lifting heavy weight, make certain you add weight each workout, even if it might only be a couple of ounces.

I love super-sets and giant-sets and feel they have a definite place in everyone’s workout. I do not however, feel those principles best serve a program designed for power, and bulk. Heavier weight in all movements is required and this often means longer than usual rest times between sets and exercises. Save the super-sets, giant-sets and the like for other times.

Week 1 & 3

Monday:

Bench Press: 1x12, 1x 8, 1x5, 1x 3, 1x3, 1x2,

Dips: 1 x max no weight, 1 x max 10 pounds, 1 x max 20 pounds, 1 x max all the weight you can handle.

Bent Arm Barbell Pullover: 4x12

Tuesday:

Hanging Power Cleans: 1x8, 1x8, 1x6, 1x5, 1x3, 1x2

Bent Over Barbell Row: 1x10, 1x8, 1x 5, 1x3, 1x3

Deadlift:: 3 x 8

Wednesday:

Full Back Squat: 1x10, 1x8, 1x6, 1x 5, 1x 3, 1x3

Half Squat: 1x8, 1 x 5, 1x3, 1x3

Lying Leg Curl: 1x10, 1x 6, 1x 3

Thursday:

Bench Press: 4x12

Standing Military Press: 1x10, 1x8, 1x6, 1x4, 1x3, 1x3

Calf Raises: 1x15, 1x12, 1x10, 1x8, 1x6, 1x 4, 1x2

Friday:

Lat Pull Down to Front: 4x10

Cheat Barbell Curl: 1x10, 1x8, 1x6, 1x4, 1x2

Close Grip Bench Press: 1x10. 1x10, 1x8, 1x6, 1x4, 1x2

Saturday:

Hack Squat: 4 x 12

Sunday:

Rest

Week 2 & 4

Monday:

Bench Press: 1x10, 1x8, 1x6, 1x10

Incline Bench Press: 1x8, 1x8, 1x8

Tuesday:

Lat Pulldown to Front: 1x10, 1x10, 1x8, 1x8

Power Cleans from Floor: 1x8, 1x8, 1x6, 1x6

Wednesday:

Rest

Thursday:

Full Back Squat: 4x6

Hack Squat: 1x10, 1x8, 1x6

Friday:

Barbell Curl: 4x10

Lying Triceps Extensions: 4x12

Saturday / Sunday:

Rest

After your fourth week go back and start the entire program over again. Follow this routine for two to three months. REMEMBER, each workout you must increase the poundage you use on each set. You have to FORCE your muscles to grow.

Some will see various inconsistencies in this program and perhaps questions as to the layout of exercises sets and reps. The only thing I can tell you is I have followed it with success. I constantly modified it to provide me with the best results in the shortest time. I would follow this program for short periods of time, one to three months. I had good results each time I incorporated it into my training program.

For the length of time you follow this routine you are to push to failure on each set. It's difficult and can be hard on the joints. Training to failure each and every workout is definitely not a wise thing to do but for the time you are on this program it is the approach to be taken. After following this program you should cycle out to a more traditional bodybuilding program.

When I have followed this program I gained in size and strength but, I have also gained size and strength while following other routines as well. One of the main reasons I like this routine is that it produced results for me while consuming very little time. My attention span works extremely well if I only have to focus for a short period of time and this routine does just that.

As for diet, I've outlined some of what I followed years ago while packing on the pounds. Today I no longer seek to gain... it just comes with age, requires no extra work. Diets vary for everyone, if interested other articles I've penned contain what I followed. It wasn't healthy but we didn't know better at the time. Today you can find all types of bulking diets everywhere you look.

Rest and reduction of outside activities are as vital as anything else. Cut things to the bare bones. Your body will need the rest if you push it to the limits during each session. Never - never take the mental aspect for granted... "you are what you see yourself to be and what you believe you can do you will achieve." Write that phrase out and hang it up so you have to see it every workout. Concentrate on it, understand it, and believe it!

Worth repeating again is the fact this routine does not require a lot of time. It's a quick in and quick out. Many will feel the pull toward wanting to add more exercises or sets. Some may even want to include a little something different here or there. I strongly suggest not doing so, at least not for the first month. Give it a chance, you may be surprised. After a month review and make adjustments based on what you feel is needed to make the system productive for you.

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