

HOW TO BULK UP FAST

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SCROLLING IG FOR 12 MIN
BETWEEN SETS.



"ARM DAY" FOR DAYS

SKIP LEG DAY

FEEL THE PUMP!

MASS GAINER 9001
W/GLUTAMINE

"NO COMPOUNDS FOR
THIS BRAH!"

"WHAT'S A SURPLUS OF
MAINTENANCE CALORIES?"

"SIPPING ALL DAY ON
THESE BCAA'S. WHAT ARE
EAA'S?"

MORE VIRAL SELFIES THAN
KIM K.

EAT REAL WHOLE FOODS

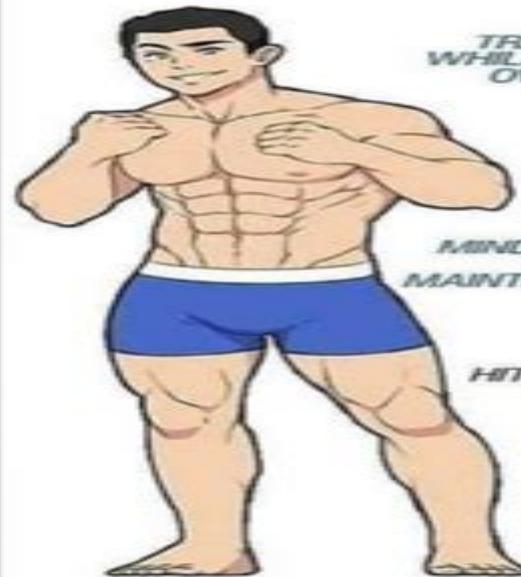
TRACKING LIFTS
WHILE PROGRESSIVE
OVERLOADING

COMMIT TO A
PROPER BULK

MINDFUL OF A SLIGHT
SURPLUS OF
MAINTENANCE CALORIES.

HITTING THE MUSCLE
GROUP 2X-3X
A WEEK.

TRAIN WITH
INTENSITY



How To Bulk Up Fast Reddit

Liyong Dong



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