



The Four Day Bulk Building Program

This body type has a lean thin build and problems keeping weight on. The metabolism burns calories at a rapid rate. The Ectomorph can eat nearly anything & get away with it. Most people wish they had this problem. In order for the ectomorph to gain weight, the muscles cells must be stimulated through weight training. There must also be additional calories added to ensure maximum growth. 250 to 500 calories more per day is a good place to start. Keep a check on the weight scale and measuring tape for reference. Also be sure to increase caloric intake to accommodate activity level (see caloric burning tips).

I've created the perfect program for people who have fast metabolisms and need to add weight to their body frame. The "FOUR DAY" program trains both the upper and lower body two times a week each, but allows recuperation for each part as the days are alternated between the two body parts, I.e., Monday & Thursday - Upper body, Tuesday & Friday - Arms & Lower body, and Wednesday, Saturday & Sunday are the rest days.

DAY	BODY PART	MUSCLE GROUP	EXERCISE	SETS	REPS	
Day 1-MONDAY	CHEST	Pectoralis	Bench Press	2-4	6-8	
			Incline Press	2-4	6-8	
	BACK	Latissimus Dorsi	Pull Downs	2-4	10	
			One Arm Row	2-4	8	
	SHOULDERS	Deltoids	Military Press	2-4	8	
			Lateral Raise	2-4	8-10	
			Trapezius	Upright Rows	2-4	8
	CALVES	Gastrocnemius	Standing Toe Raises	5	15-20	
	STOMACH	Abdominals	Incline Sit Ups	3-4	15-20	
			Seated Leg Raise/ Knee Bent	3	15	
Day 2-Tuesday	ARMS	Biceps	Curls	2-4	8-10	
			Preacher Curls	2-4	8-10	
		Triceps	Press Down	2-4	8-10	
			Lying French Press	2-4	6-8	
	LEGS	Quadriceps Frontal thigh	Extensions	2-4	12	
			Leg Press	2-4	10	
			Quadriceps & Gluteus Maximus	Squats**	2-4	8-10
		Ham Strings	Leg Curls	2-4	8-10	
	CALVES	Gastrocnemius	SAME AS DAY ONE			
	STOMACH	Abdominals	Crunches/Knee Bent	3-4	15-20	
Incline Sit Ups			3-4	15-20		
Day 3-Wednesday	OFF DAY					
Day 4-Thursday	REPEAT OF DAY ONE					
Day 5-Friday	REPEAT OF DAY TWO					
Day 6&7-Saturday & Sunday	OFF DAYS					