

# How to Bulk Up Faster?

Scrolling IG for 12 mins between sets

"ARM DAY"  
for days

Skip LEG Day

Mass Gainer  
9001  
w/glutamate

No compounds  
for this Brah!

What's a surplus of  
maintenance calories?

Feel the Pump!

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

**Jo Ann Reddit**



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