

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

J Spring



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