

O.P.E.R.A.T.I.O.N BULK X

Costafitness Lean Muscle Builder Program

It's fall time! For me and tons of other lifters all over the place, this can mean something huge...**BULK SEASON**

So I want to help everyone out with a whole program that will get you some serious results. I will be offering you the O.P.E.R.A.T.I.O.N BULK X lifting program which will include an intense lifting program, nutrition sheet and mobility kit as well. This will serve as a blueprint to bulking!

Don't know what an exercise is or how to do it? I have this program setup in a way where you can simply click the exercise you are questioning and it will provide you with a video on how to do the exercise! If you have any questions however, simply throw me an email at costafitness1@gmail.com and I can help you out!!

In this program you will see a little bit of everything. I include all compound movements to create strength and build solid muscle. These will be done first then you will get into your supersets and isolation exercises.

A big key to success is always what you are consuming for fuel so I have you covered with a nutrition layout to keep you on track. This is a diet that can help you maintain a good health status and produce muscle mass all while you are setting PRs in your lifts.

I had a lot of fun testing this out with some friends and I! I am positive you will love it!! I would love to see the results you are rewarded with so make sure you tag #operationbulkX and #costafitness in your instagram post and we will try to repost some pictures of you guys.

Another thing I have decided to add in is a very brief writing log after each workout. It asks if the workout went well and what you could do to fix the problem if there is any.

To start off this program, we have chest and triceps. We will work on making your bench press big and pump the hell out of your upper body so you can fill out those shirts in the back of your closet.

MONDAY- Chest & Triceps											
<p><u>Bench press-</u> We will be basing this off of your max on bench to increase strength and muscle gain. I have you performing this first because you will exert most of today's energy into this heavy compound movement. <u>A SPOTTER IS HIGHLY RECOMMENDED</u> <i>If you get confused with this, send me an email, I'll help you out.</i></p>	<table border="1"> <tr> <td>75% of 1RM</td> <td>10</td> </tr> <tr> <td>80% of 1RM</td> <td>8</td> </tr> <tr> <td>85% of 1RM</td> <td>6</td> </tr> <tr> <td>90% of 1RM</td> <td>4</td> </tr> <tr> <td>75% of 1RM</td> <td>10</td> </tr> </table>	75% of 1RM	10	80% of 1RM	8	85% of 1RM	6	90% of 1RM	4	75% of 1RM	10
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<p>CHEST PUMP-triset</p> <ul style="list-style-type: none"> - Dips _____ 5-10 - DB Chest flys _____ 12 - Pushups- hands little outside of shoulders _____ 20 	5 sets										
<p>TAPPED OUT TRICEPS-triset</p> <ul style="list-style-type: none"> - Skull crushers _____ 12 - Overhead rope extensions _____ 12 - Close grip push ups _____ 15 	5 Sets										
<p>FINAL PUMP-</p> <ul style="list-style-type: none"> - Incline dumbbell bench press 	<p>REPEAT THIS 3 TIMES</p> <ul style="list-style-type: none"> - 20 with light weight - 5 reps with heavier weight 										
<p><u>Planks</u></p>	3 x 30 seconds each										

How was todays workout?	Good	Bad
If bad, what could you do to fix that?	<hr/> <hr/> <hr/> <hr/>	

So you're back for more? Let me get your deadlift up, start off with an intense deadlift session and get the curls started.

TUESDAY- Back & biceps											
<u>Deadlift</u>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">75% of 1RM</td> <td style="width: 30%;">8</td> </tr> <tr> <td>80% of 1RM</td> <td>6</td> </tr> <tr> <td>85% of 1RM</td> <td>4</td> </tr> <tr> <td>90% of 1RM</td> <td>2</td> </tr> <tr> <td>75% of 1RM</td> <td>8</td> </tr> </table>	75% of 1RM	8	80% of 1RM	6	85% of 1RM	4	90% of 1RM	2	75% of 1RM	8
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BACK PUMP -triset - Lat pull downs <u>12</u> - 1 Arm row <u>10</u> each side - Band face pulls <u>20</u>	5 sets										
BLOWN BICEPS -triset - Straight bar curls <u>12</u> - Hammer curl w/ rope <u>12</u> - Reverse curl with EZ bar <u>12</u>	5 Sets										
FINAL PUMP - - Seated rows	REPEAT THIS 3 TIMES - 20 with light weight - 5 reps with heavier weight										
<u>Planks</u>	4 x 30 seconds										

How was todays workout?	Good	Bad
If bad, what could you do to fix that?	<hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>	

Yes..there is a leg day in O.P.E.R.A.T.I.O.N BULK X and yes.. It will suck

WEDNESDAY- Legs	
Squat	75% of 1RM 8
	80% of 1RM 6
	85% of 1RM 4
	90% of 1RM 2
	75% of 1RM 8
Legs-Superset - Seated leg curl 12 - Leg extensions 12	5 sets
LEGZ LEGZ LEGZ -Superset - Sissy squats 15 - Stiff leg deadlift w/ dumbbells 10	4 Sets
CALF PUMP- - Seated calf raises 10 - Calf raises on leg press 10	4 sets
Walking lunges	5 minutes

How was todays workout?	Good	Bad
If bad, what could you do to fix that?	_____ _____ _____ _____	

Well you made it through some pretty aggressive workouts so far so here is my shoulder workout. I believe in hitting all angles of the deltoids so we will work on some isolation movements after our compound movement. Having strong, healthy shoulders is critical especially when you want to be stronger. After completing shoulders, expect a nasty arm pump to take home with you.

THURSDAY- SHOULDERS & ARMS	
Military press (Week 1 & 3 behind head) (Week 2 & 4 in front)	Warm up of 15 12,10,8,6
ALL AROUND DELTS- - Front raises _____ 15 - Side raises _____ 15 - Presses _____ 15	3 sets
PUMP + - Rear delt flys 12 - Shurgs 12	5 Sets
ARM PUMP OF A LIFETIME - Bent over concentration curls 8 - On ground, cable Skull crushers 8 - Preacher curls 12 - Dumbbell tricep kickbacks 12	4-6 sets
Hanging leg raises	4 x 15

How was todays workout?	Good	Bad
If bad, what could you do to fix that?	<hr/> <hr/> <hr/> <hr/>	

Today is our 2nd day for chest and back. One of the big reasons I have this added in like this is because I want our bench to be bigger and better than before. Plus these are two of our bigger muscles that can bring more strength in for other movements.

FRIDAY- Chest & back	
<u>Incline bench press</u>	4 x 8 Heavy sets of 8
1-800-PUMP- superset - <u>Seated row w wide grip</u> 8 - <u>Dumbbell bench press</u> 8	5 sets
Hang on i'm pumping -Triset - <u>Cable flys</u> 10 - <u>Pull ups</u> 5-10 - <u>Push ups</u> 20	5 Sets
Pump n go- <u>1 Arm rows</u>	10,8,6,4, DROPSET of 10
<u>Cable woodchoppers</u>	4 x 10 each way

How was todays workout?	Good	Bad
If bad, what could you do to fix that?	<hr/> <hr/> <hr/> <hr/>	

I'm sorry for this one...lol

SATURDAY- Leg day	
Front squat	6 x 8,8,6,6,4,4
Legs-Triset - Seated leg curl <u>12</u> - Leg extensions <u>12</u> - Walking lunges w/ Dumbbells	5 sets 20 20 50-100 feet (100 feet if you about the pain)
Bye bye calves - Seated calf raises - Calf raises on leg press	5 x 20 each 10 seconds rest in between each set! *do all sets on seated calf raises then go to the calf raises of leg press after.
Walking lunges	5 minutes

How was todays workout?	Good	Bad
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Nutrition breakdown

If you are trying to pack on mass and strength then you will have to EAT! Now I know a lot of big names out there without degrees or certifications just say eat anything and everything in sight but here's the thing.. I have done that and felt like absolute crap. I gained weight and some strength but was always tired and did not have a lot of energy through the days. I recommend that you fuel your body with nutrition dense foods. This means the foods will be rich in macronutrients and calories. I will provide a list for you to pick some and plug them in for a nutrition plan.

The other big thing I would like to mention is that you need to keep hydrated. Keep plenty of water coming into your body. Hydration plays a huge roll in health, weight management, strength and keeping your joints healthy.

Biggest things you need to try doing diet wise is consuming more calories. Find your maintenance calories, which is the amount of calories you need to consume in a day to remain the same weight. After you find this, simply add about 200-400 calories. So if you get 2000 calories each day, try 2200 for a couple weeks till you don't gain anymore then add another 200 calories. The food you take in needs to be caloric dense foods that are going to offer your body the right nutrients.

This is a nutrition guide so mess around with it and see what fits for you! Please watch for food allergies you may have as well!

Here's just some that you could pick from:

Proteins	Carbohydrates	Fats
<p><i>Beans</i> <i>Chicken breast (without skin)</i> <i>Crab</i> <i>Eggs</i> <i>Cheese</i> <i>Flounder</i> <i>Pork</i> <i>Ground turkey</i> <i>Shrimp</i> <i>Deli meats (low fat & low sodium)</i> <i>Steak</i> <i>Ground beef</i></p>	<p><i>Beans</i> <i>Brown rice</i> <i>Buckwheat</i> <i>Oatmeal</i> <i>Quinoa</i> <i>Sweet potatoes</i> <i>Whole grain barley</i> <i>Rice cakes</i> <i>Whole grain cornmeal</i> <i>Whole grain bread</i></p>	<p><i>Avocado</i> <i>Almonds</i> <i>Cashews</i> <i>Fish oil</i> <i>Flax oil</i> <i>Olives</i> <i>Olive oil</i> <i>Mixed nuts</i> <i>Soybean oil</i> <i>Sun ower- oil</i> <i>Walnut oil</i> <i>Peanut butter</i></p>

Mass Shake

I understand that a lot of you may not have a mass powder for your mass shake. I used the "Serious Mass" powder that Optimum Nutrition has but if you do not have any or do not feel like buying any then I am going to give you 2 of my favorite mass shake recipes that I would use all the time. I will tell you in advance that one of these is not the most healthy but it will pack on some weight for sure! Haha.

Recipe #1 (Healthier option)

1. Milk
2. Peanut butter
3. Whole oats
4. Banana
5. Protein powder (if available)

Recipe #2

1. Milk
2. Ice cream
3. Ice
4. Oreos
5. Chocolate syrup
6. Peanut butter (optional)

Here is a dieting guideline I followed for this program:

Time	Option breakdown	What I choose, example plan
Breakfast	Fat, carbs, fruit, protein	2-3 eggs, 2 pieces of toast, orange, sliced ham
Snack	Carbs, protein OR mass shake	Mass shake, or deli meat sandwich (ham, cheese, whole wheat bread)
Lunch	Protein, carbs, fat, veggies	8 oz Ground turkey, sweet potato, 1 cup of mixed veggies, avocado
Snack	Carbs, protein	Pretzels and peanut butter/or cheese
Dinner	Protein, carbs, fat, veggies	8 oz Ground turkey, 1 cup of quinoa ,1 cup of broccoli, avocado
Night time snack	Carbs & fat	Banana and peanut butter

Mobility kit

A lot of people neglect mobility and flexibility. I won't lie, even I did for the longest time. I would always run into hip problems, lower back pains and plenty of shoulder pains. I finally read into mobility for a while and studied so much of it to see what I could do to increase performance and my functional movements so I could live a pain free life. I studied so much content from chiropractors, fitness professionals and functional movement specialist like Dr. Kelly starrett, Joe Yoon, Cory Gregory, Dr. Jacob Harden and more.

I have learned some amazing things from these people such as smash methods, releases, stretches, self-myofascial release and more. I want to show you guys things you can do through this program that will have you moving better than ever and feeling your strongest yet!

Warm up:

Bike	3-5 minutes
Leg swings (side to side)	1-2 sets of 10 swings each leg
Leg swings (front to back)	1-2 sets of 10 swings each leg
Dynamic calves	1-2 sets of 10 reps
Shoulder swings	1-2 sets of 20 reps total (10 each way)
Foam roll: <ul style="list-style-type: none"> - Mid back - Hamstrings - Quadriceps - Calves 	Roll out a muscle until it feels "right". For me sometimes it may only take a good 10-20 rolls per body part I do. If it still feels tight then spend a couple minutes working it out.

Cool down:

Walking lunges	5 minutes
Static stretching or foam roll	5 minutes

Nightly mobility:

Foam roll	5-10 minutes
Lacrosse ball (release method)	5-10 minutes
Yoga	5-10 minutes

Liability, Terms and conditions

With proceeding into this program, you have agreed that you and only you are responsible for any injuries that may occur. Alex Costa and Costafitness.org will have no fault in anything that may occur on your own time and while training. Train safe!



ENJOY THIS PROGRAM?

Alex also does online fitness coaching as well as in person training where he can walk you through everything you need to reach your goal! All you have to do is send an email to costafitness1@gmail.com and ask about training.