



LEAN BULK GUIDE

What Is a Lean Bulk?

A lean bulk is a muscle-gain phase where the goal is to build lean tissue while minimising fat accumulation. It contrasts with a "dirty bulk," where excessive calories lead to more body fat than necessary. With a lean bulk, we control surplus, prioritise quality food sources, and support the process with a structured training and supplementation strategy.

Who Is It For?

- People at or below 15% body fat (men) / 22% (women)
- Those who've just finished a fat-loss phase and want to start gaining size smartly
- Lifters who want to increase strength and muscle without constantly cutting afterward
- Anyone committed to tracking, eating clean, and training hard

Why Choose Lean Over Dirty?

- Better long-term physique retention
- Reduced time needed in cutting phases
- Less risk of health issues from excessive weight swings
- You can actually stay beach-ready year-round

NUTRITION STRATEGY: EATING TO GROW, NOT TO GET FAT

Step 1: Calculate Maintenance Calories

Use a calculator or method like this:

- Bodyweight (kg) × 30–33 = baseline maintenance
Example: 75kg × 32 = 2,400 kcal

Step 2: Add a Lean Surplus

+250–300 kcal above maintenance. More if you're new to lifting, less if you're experienced.

Macronutrient Setup

□ **Protein** – 2.0–2.2g/kg

Supports muscle recovery & growth.

□ **Fats** – 0.8–1g/kg

Regulates hormones & brain function.

□ **Carbs** – Remaining calories

Your main fuel source. Supports performance and recovery.

Example for 75kg Lifter (2700 kcal):

- Protein: 160g (640 kcal)
- Fat: 70g (630 kcal)
- Carbs: ~355g (1420 kcal)

Meal Timing Tips

- Pre-Workout: Carbs + moderate protein (e.g., oats + whey)
- Post-Workout: High-protein, fast-digesting carbs (e.g., rice + chicken)
- Before Bed: Slow-digesting protein (e.g., casein, cottage cheese)

Hydration

- Aim: 3–4L water/day
- Add electrolytes if sweating heavily

TRAINING STRATEGY: SMART, STRUCTURED, RELENTLESS

Principles to Follow:

1. **Progressive Overload** – You must either lift heavier, increase reps, or reduce rest over time.
2. **Compound Lifts First** – Prioritise squats, bench, deadlift, pull-ups, rows, overhead press.
3. **Volume Range** – 10–20 hard sets per muscle per week, split over sessions.
4. **Deload Every 6–8 Weeks** – Pull back intensity to recover and grow more.
5. **Log Everything** – Reps, weight, RIR (reps in reserve). The logbook is your roadmap.

Sample 5-Day Split (Upper/Lower Focus)

- **Day 1:** Upper Push (Chest, Shoulders, Triceps)
- **Day 2:** Lower (Quads, Glutes, Calves)
- **Day 3:** Rest
- **Day 4:** Upper Pull (Back, Biceps)
- **Day 5:** Lower + Arms/Delts
- **Day 6/7:** Rest or Optional Cardio/Mobility

Recovery Essentials

- **Sleep:** 7–9 hours minimum
- **Stress:** Keep cortisol in check (avoid chronic overtraining)
- **Mobility:** Stretch and foam roll 2–3x/week

SUPPLEMENT STACK: WHEN & WHY TO USE THEM

Supplements are not magic, but they are effective **when the foundation (diet + training) is in place.**

1. Whey Protein

- **Dose:** 20–30g per serving
 - **Timing:** Post-workout or between meals
 - **Why:** Convenient high-quality protein source with fast absorption
 - **Bonus Tip:** Blend with oats, banana, and peanut butter for a mass-gaining shake
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2. Creatine Monohydrate

- **Dose:** 5g daily
 - **Timing:** Anytime (ideally post-workout)
 - **Why:** Proven to increase muscle cell volume, strength, and performance
 - **Safety:** One of the most researched and safe sports supplements
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3. L-Carnitine (Stimulant-Free)

- **Dose:** 500–2,000mg
 - **Timing:** 30–60 min pre-workout, with carbs
 - **Why:** May aid energy metabolism and fatty acid transport — especially useful for recovery
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4. Livingood Daily Multivitamin (Our Pick)

- **Dose:** 1 capsule/day
- **Timing:** With a meal (breakfast or lunch)
- **Why:** Helps cover micronutrient gaps common in high-output individuals
- **Why We Like It:** Clean formulation, bioavailable nutrients, no junk fillers

TRACKING, TROUBLESHOOTING, FAQs

Track These Weekly:

- **Weight:** Aim for 0.25–0.5kg gain per week
- **Strength:** Log and increase lifts week to week
- **Measurements:** Chest, arms, waist, legs monthly
- **Photos:** Same lighting, same poses, every 2 weeks

When to Adjust Calories:

- **Stalled weight gain (2+ weeks):** +100–150 kcal
 - **Fat gain increasing too fast:** Drop 100 kcal and increase NEAT (daily movement)
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Common Mistakes to Avoid:

- Dirty bulking with excessive junk food
- Training without a logbook or structure
- Failing to recover properly (sleep, stress, deloads)
- Obsessing over the scale instead of actual muscle gain

FAQs

Q: Should I do cardio while lean bulking?

Yes — 1–2 light sessions per week can improve heart health and insulin sensitivity.

Q: How long should I lean bulk for?

Usually 8–16 weeks. Assess progress, then either continue or plan a mini cut.

Q: Do I need a creatine loading phase?

No. Just take 5g daily — your muscle stores will saturate over 2–3 weeks.

We're here to help every step of the way.
Check out our product stack recommendations and join the
transformation.

LeanBulkStack.com
Backed by Science. Built for Results.

