

The Bill Pearl Bulk & Power Routine

 gym-talk.com/bill-pearl-bulk-power-routine/

Course 1

Exercise	Sets	Reps
Dumbbell Swing	1	10
Leg Raises on Floor or Bench	1	30
Bendovers	1	10
Breathing Squats	2	15
Bent Arm Laterals (Superset with Squats)	2	12
Calf Raises	3	20
Shoulder Shrugs	2	18
Bench Press	2	8
Rowing Motion	2	8
Press Behind Neck	2	8
Two Hand Barbell Curl	2	8
Bent Leg Deadlifts	3	5

Course 2

Exercise	Sets	Reps
Dumbbell Swing	1	10-15
Sit Ups	1	15-50
Side Bend Dumbbell	1	15-50
Alternate Leg Raises	1	10-30
Deep Knee Bend	3-5	6-8
Bent Arm Pullover	3-5	8-10

Calf Raises	3	15-20
Upright Rowing	2	8
Military Press	2	5-6
One Arm Rowing	3	8
Bent Leg Deadlift	2	8
Incline Dumbbell Press	2	6-8
Bent Arm Laterals	2	6-8
One Arm Dumbbell French Press	3	6-8
Standing Dumbbell Curl	3	6-8

Course 3

Exercise	Sets	Reps
Sit Ups	1	25
Leg Raises	1	25
Bench Press	5	5
Press Behind Neck	5	5
Barbell Row	5	6
Bent Arm Pullover	3	8
Barbell Curls	4	6
French Press	4	6
Box Squats	4	5