

The John Grimek Squat & Bulk Routine

 gym-talk.com/john-grimek-squat-bulk-routine/

Exercise	Sets	Reps
Squat	1	20-25
Chest Exercise	1	8-10
Squat	1	12-15
Chest Exercise	1	8-10
Squat	1	10-12
Chest Exercise	1	8-10
Squat	1	8-10
Chest Exercise	1	8-10
Squat	1	5-6
Chest Exercise	1	8-10
Squat	1	3-5
Chest Exercise	1	8-10
Squat	1	1-3
Chest Exercise	1	8-10