

SAM SULEK BULKING UP WORKOUT ROUTINE

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Sam Sulek follows a simple and low-volume workout routine that involves training every day for about 45-75 minutes.

He trains his back and rear delts (sometimes also calves) on day one, arms on day two, legs on day three, and chest and lateral delts on day four, and then he repeats this split.

Sam doesn't take off days because he feels his muscles get enough time for recovery between workouts.

- **Day 1 – Back and Rear Delts**
- **Day 2 – Arms**
- **Day 3 – Hamstrings and Quads**
- **Day 4 – Chest and Side Delts**
- **Day 5 – Back, Rear Delts, and Calves**
- **Day 6 – Arms**
- **Day 7 – Hamstrings and Quads**
- **Day 8 – Chest and Side Delts**
- **Repeat**

He doesn't do plenty of reps and sets. Instead, he focuses on lifting moderate to heavy and performs about 10 to 12 working sets for a muscle group.

Sam mostly uses machine exercises along with some **free-weight movements** such as barbell back squats, dumbbell and barbell curls, incline bench presses, and overhead triceps extensions to train all his muscle groups.

Sam Sulek's Warm-up Before Working Sets: Sam uses light resistance training to activate the muscles he wants to train. For example, he performs a few sets of single-arm cable chest flies and incline bench presses before going heavy on chest day. So, you can also do a few warm-up sets for every muscle you want to hit prior to working sets to ensure you feel the proper contraction.

Sam Sulek Workout Routine for Bulking Up

Day 1 – Back and Rear Delts

Exercise	Sets	Reps
Shoulder-width Grip Front Pull-down	2-3	12-15
Wider Hammer Grip Pull-down	2-3	10-12
Machine Low Row	2-3	12-15
Machine Lat Pullover	2-3	12-15
Seated Low Cable Row	2-3	12-15
Lying Face Pull	2-3	10-12

Day 2 – Biceps and Triceps

Exercise	Sets	Reps
Cross Cable Tricep Extension	2-3	12-15
Machine Dips	2-3	10-12
Triceps Press Downs	2-3	12-15
Alternating Dumbbell Curls	2-3	8-10/arm
Seated Machine Biceps Curls	2-3	12-15
Standard Barbell Curl	2-3	10-12
Alternating DB Curls	2-3	8-10/arm

Day 3 – Hamstrings and Quads

Exercise	Sets	Reps
Lying Leg Curl	4	12-15
Unilateral Leg Extension	3	12-15

Bilateral Leg Extension	1	Failure
Heel Elevated Back Squat	4	10-12
Unilateral Leg Extension	1	Failure

Day 4 – Chest and Side Delts

Exercise	Sets	Reps
Incline Bench Press	4-5	10-12
Bent-Over Cable Chest Fly	2-3	10-12
Standing Cable Horizontal Fly	2-3	10-12
Machine Lateral Raises	2-3	10-12
DB Side Delt Raises	2-3	8-10

Day 5 – Back, Rear Delts, and Calves

Exercise	Sets	Reps
Seated Cable Rowing (Shoulder-width grip)	4	10-15
One-arm Side Straight arm Lat Pulldown	2	10/side
Wide Grip Seated Cable Row	3	10-12
Single-arm Lat Pulldown	1	10/side
Shoulder-width Grip Cable Rowing	1	Failure
Lying Face Pull	4	10-12
Seated Calf Raises	4	10-15

Day 6 – Triceps and Biceps

Exercise	Sets	Reps
Cross Body Cable Tricep Extension	3	12-15
Single-arm Overhead Triceps Extension	2	10/arm
Machine Dips	1	Failure
Triceps Bar Press Down	2	8-10/arm
Alternating DB Biceps Curls	2	12-15
Standard Barbell Curl	2	Failure
Single-arm Cable Curls	2	10-12/arm
Alternating DB Biceps Curls	2	8/arm

Day 7 – Hamstrings and Quads

Exercise	Sets	Reps
Seated Leg Curls	4	15-20
Bilateral Leg Extension	2	15-20
Single Leg Extension	2	15/leg
Heel Elevated Back Squat	2	8-10
Leg Extension	1	10-12
One-Legged Leg Extension	1	10-12

Day 8 – Chest and Lateral Delts

Exercise	Sets	Reps
Incline Bench Press	4	10-12
Bent-Over Cable Chest Fly	3	10-12
Standing Cable Horizontal Fly	2	10-12
Bent-Over Parallel Cable Fly	2	10-12
Machine Lateral Raises	2	10-12
DB Side Delt Raises	2	8-10

Download The Sam Sulek Workout Plan PDF

I also suggest exploring [Sam's YouTube channel](#) to better understand how he trains for size and muscle definition.

Frequently Asked Questions (FAQs)

Who Can Follow Sam's Training Program?

Anyone who is looking for a simple, low-volume, and effective [training split for muscle-building](#) can follow a Sam Sulek workout regime. But if you are a beginner, I suggest taking a day off after every two training sessions for the first two months to get your body familiar with resistance training.

Is Sam Sulek's Workout Plan Safe and Effective?

Yes, Sam's workout includes mostly resistance machine exercises and involves performing 10-15 sets per day with moderate to heavy weights, making it suitable for beginner to intermediate lifters.

Does Sam Do Cardio?

Yes, he usually does cardio in the morning to enhance his endurance and cardiovascular fitness. If you can manage it, I also recommend doing it for 20 minutes of steady cardio at least three times weekly.

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. *Make Progress*

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. *Make Adjustment*

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Amazon](#) (Supplement)
3. [Bulk Extreme](#) (Supplement)
4. [Mass Extreme](#) (Supplement)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

Related Workout Programs

- [12 Week Dorian Yates Workout Routine](#)

- [12-Week Arnold Schwarzenegger Workout Program](#)
- [12-Week Ronnie Coleman Training Schedule](#)
- [12-Week Phil Heath Training Program](#)
- [12-Week Lou Ferrigno Workout Routine](#)
- [The Ultimate 200 Rep Workout \(Ft. John Meadows\)](#)
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