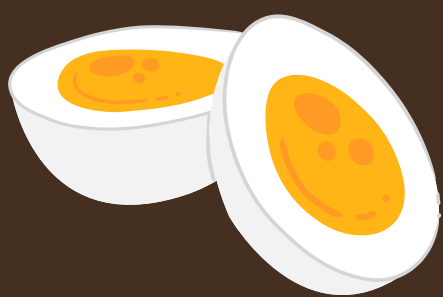
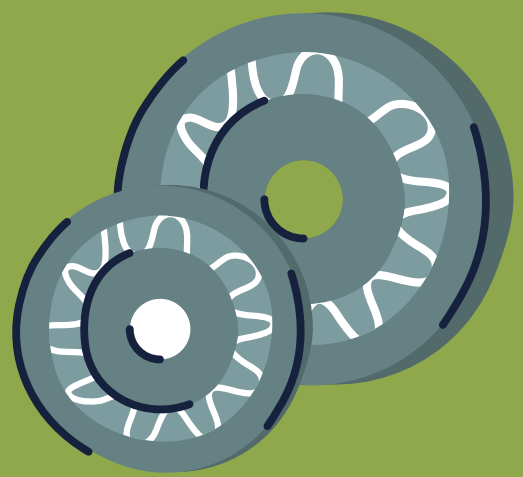


HOW TO PROPERLY BULK

Start with a small caloric surplus and adjust as needed.



Begin a structured strength training program.



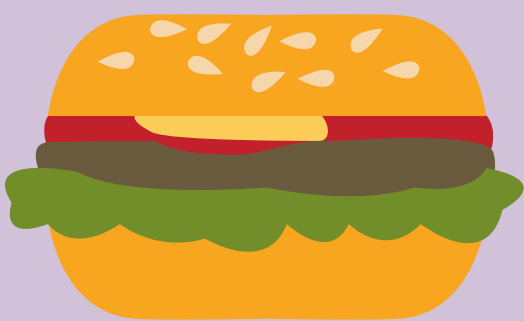
Track your calories, scale weight, and strength progression.



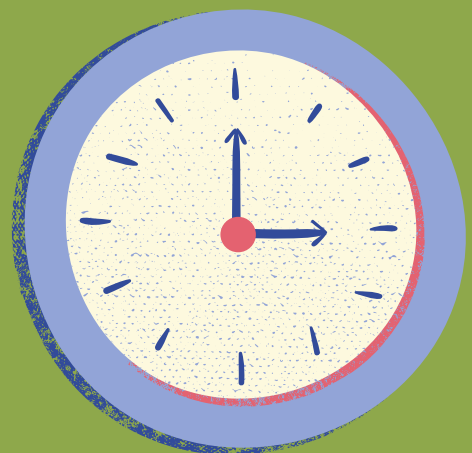
Do not completely eliminate cardio.



Avoid heavily processed foods.



Consistency is key.



The key to bulking properly starts with sending effective muscle building signals.



KIRA GAUTHIER