

**Del Campo Weight Training  
Bulgarian Workouts**

NAME: \_\_\_\_\_

Back Squat Bulgarian		
MAX -		
SET	REPS	MAX + -
1	3	-50
2	2	-40
3	1	-30
4	3	-30
5	2	-20
6	1	-10
7	2	-15
8	1	-5
9	1	-10
10	1	MAX
11	1	MAX +5
12	3	-50
13	2	-40
14	1	-30
15	2	-20
16	1	-10
17	2	-15
18	1	-5
19	1	-10
20	1	MAX
21	1	MAX +5

Front Squat Bulgarian		
MAX-		
SET	REPS	MAX + -
1	3	-50
2	2	-40
3	1	-30
4	3	-30
5	2	-20
6	1	-10
7	2	-15
8	1	-5
9	1	-10
10	1	MAX
11	1	MAX +5
12	3	-50
13	2	-40
14	1	-30
15	2	-20
16	1	-10
17	2	-15
18	1	-5
19	1	-10
20	1	MAX
21	1	MAX +5

Clean Bulgarian		
MAX-		
SET	REPS	MAX + -
1	3	-35
2	2	-30
3	1	-25
4	3	-25
5	2	-20
6	1	-10
7	2	-15
8	1	-5
9	1	-10
10	1	MAX
11	1	MAX +5
12	3	-35
13	2	-30
14	1	-25
15	2	-20
16	1	-10
17	2	-15
18	1	-5
19	1	-10
20	1	MAX
21	1	MAX +5

Deadlift Bulgarian		
MAX-		
SET	REPS	MAX + -
1	3	-20
2	2	-10
3	1	-5
4	3	-20
5	2	-15
6	1	-5
7	2	-10
8	1	MAX
9	1	MAX +5
10	1	-5
11	1	-5
12	3	-25
13	2	-10
14	1	-5
15	2	-25
16	1	-10
17	2	-20
18	1	-5
19	1	-10
20	1	MAX
21	1	MAX +5

Push Press Bulgarian		
MAX-		
SET	REPS	MAX + -
1	3	-35
2	2	-30
3	1	-25
4	3	-25
5	2	-20
6	1	-10
7	2	-15
8	1	-5
9	1	-10
10	1	MAX
11	1	MAX +5
12	3	-35
13	2	-30
14	1	-25
15	2	-20
16	1	-10
17	2	-15
18	1	-5
19	1	-10
20	1	MAX
21	1	MAX +5

Bench Bulgarian		
MAX-		
SET	REPS	MAX + -
1	3	-40
2	2	-30
3	1	-10
4	3	-20
5	2	-10
6	1	-5
7	2	-15
8	1	MAX
9	1	MAX +5
10	1	-5
11	1	-10
12	3	-40
13	2	-30
14	1	-10
15	2	-15
16	1	-5
17	2	-20
18	1	-5
19	1	-10
20	1	MAX
21	1	MAX +5

