

Greek God

Muscle Building Program

Frequently Asked Questions Guide

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KINOBODY
FITNESS SYSTEMS

Contents

Can I swap exercises in the workouts?	3
Can I vary the rep range?	4
Can I lift weights 4 or 5 times per week?	6
Why is there very little leg training?	7
Which program should I follow first, the Kinobody Workout for Strength and Density or the MEGA Program?.....	8
What about cardio and abs training?	9
What supplements do you recommend?	11

Can I swap exercises in the workouts?

I recommend sticking to the compound, RPT exercises included in the workouts. Think of these movements as your key lifts that you will use to track progress with.

I selected these exercises because I feel they contribute strongly to the desired look and they are very responsive to progressive overload.

If you want more variety in exercises then you can mix it up on the isolation exercises every few weeks.

Feel free to use your favorite isolation exercises.

Can I vary the rep range?

With the standard RPT program you will be doing 5, 6 and 8 reps.

The 5-8 rep range is where you will build the most muscle and strength over the long term. This is where muscle fiber recruitment is at its highest while allowing for sufficient volume. Going under 5 reps doesn't lead to greater muscle fiber recruitment only increased CNS stress.

However if you stick to the same reps each week eventually you will plateau in adding weight. For that reason I recommend using a broad rep range of 3-8 reps on your first set.

After several weeks of loading your RPT movements eventually you will fall a repetition short. So instead of getting 5 reps you may only get 4 reps on your first set. You can then continue with 4 reps on your first set until you fail and only get 3 reps.

Once you're down to 3 reps you can lower the weight and start back up at 6-8 reps for your first set.

This is a very effective method for progression. Remember on the second and third set for RPT you will lower the weight by 10% each time and add 1-2 reps.

For standard pyramid training you will be performing 12 reps on your first set and 3-5 additional sets dropping the reps each time with minimal rest.

I don't recommend going higher than 12 reps on your first set as this will reduce the hypertrophy signal considerably. For maximum muscle growth your first set should fall somewhere between 8-12 reps. If you are doing 8 reps for your first set then you will need to

take longer rest so that you don't drop below 6 reps on any subsequent sets.

Example:

12, 10, 8, 8, 6, 6 reps

or

10, 10, 8, 8, 6, 6 reps

or

8, 8, 7, 7, 6, 6 reps

Can I lift weights 4 or 5 times per week?

This program is designed for three workouts sessions per week. Not only is 3 workout sessions more manageable for most people but it is also more effective.

Strength gains are much more consistent with every other day training.

Taking 48 hours of rest between intense workouts allows your central nervous system to recover.

Training every day, even different body parts, still puts a strain on your CNS, which is why it can be difficult to push the bar weights up training every day or even every 2 days.

Why is there very little leg training?

I don't recommend a large volume of lower body training. This is because I want to avoid over developing the legs. The legs, I feel, should be kept lean, strong and muscular and in balance with the rest of the body. It doesn't take much volume to reach this level. In fact, most guys following conventional strength training programs need to lose a bit of lower body size to let their upper bodies catch up.

A huge focus of squats and deadlifts inevitably leads to over bulked thighs and glutes. This leads to chaffing thighs and a limited wardrobe. As well, the sweep associated with big legs is a feminine looking trait. Men should desire the legs of a gymnast or martial artist who needs to be fast, powerful but still light and nimble.

This is why I included a limited amount of leg training. If you tend to very easily over develop your legs then I recommend sticking exclusively to hang cleans and calf raises or bodyweight pistol squats and calf raises. Calf training should be included for most guys as this is a very stubborn muscle group that never becomes too big.

A major benefit of using a low volume of lower body training is this will lead to much better upper body gains. The lower body lifts are very demanding movements that will drain your CNS and recovery abilities. By minimizing leg training you will be able to train the upper body harder and more often and thus experience greater gains in strength and size.

Which program should I follow first, the Kinobody Workout for Strength and Density or the MEGA Program?

The strength and density routine should be your bread and butter. This is where you will experience the greatest and most consistent gains in strength. As well this program can be followed whether you are on a cut, recomp or bulking diet. You should spend 6-9 months out of the year with this lower volume routine. Doing so will set the stage for massive muscle growth once you switch to the MEGA program.

The MEGA program is something I recommend following for 3-6 months out of the year. If you are going to embark on this routine you need to be very diligent with your diet, stress levels and recovery. Alcohol should be limited to once per week while following this routine. Twice per week is tolerable if you limit alcohol intake to 3-4 drinks per night. Calorie intake should be set to maintenance or higher with a surplus on training days and a small deficit on rest days. Lastly you should be getting 8-9 hours of sleep per night in a perfect world.

For this reason I recommend starting with 2-3 months of the kinobody strength and density routine. This will build up your strength base and allow for greater future muscle gains. During this period you should realize a 30-45 lbs increase on your weighted chin-ups and incline bench press. After finishing 2-3 months of the strength and density routine then you can follow the MEGA program for 6-12 weeks. You can alternate between the two programs for 6-12 weeks of each one at a time.

What about cardio and abs training?

I encourage you to perform cardio and abs on your non-lifting days 2-3x per week.

Now I am very relaxed with my cardio prescriptions. I'm not trying to get you ready for a mixed martial artist bout, the cross fit games or the Tough Mudder. I simply want to get you as lean, strong and muscular as you so desire.

Too intense or too much cardio training will detract from recovery capabilities, increase appetite and negatively influence strength, power and muscle mass.

Complete inactivity on non lifting days will lead to a low energy expenditure and will make it harder to stay lean on a muscle building program. Therefore I recommend getting 40-60 minutes of physical activity on non-lifting days. This can be going for a long walk, playing sports, practicing a skill (boxing, martial arts), or doing cardio at the gym at a moderate intensity.

If you want a calorie target to shoot for then aim to burn roughly 400 calories total.

If you walk 3+ miles per day or have a very physically demanding job then you won't need to engage in any additional exercise on non-lifting days. You'll be much better off resting and recuperating then putting additional physical stress on your body.

Abs training can be performed 2-3x per week. I recommend performing challenging movements like hanging leg raises, L sits, side to side knee raises, abs wheel roll outs and planks. These movements build super strong, deep, dense abdominals.

Here are two of my favorite abs routines

Workout #1:

- Hanging Leg Raises: 4 sets x 8-12 reps
- Side to Side Bent Knee ups: 2 sets x 20-30 reps (10-15 per side)
- Abs Wheel Roll outs: 2 sets x 10 reps
- Back or Hip Bridge: 2 sets x 30 seconds

Workout #2:

- Leg Raises on Dip Bar: 4 sets x 8-12 reps
- Side to Side Bent Knee ups: 2 sets x 20-30 reps
- Plank (Feet on bench, hands on stability ball): 2 sets x 1-2 minute hold
- Back or Hip Bridge: 2 sets x 30 seconds

What supplements do you recommend?

I don't see the need for very many supplements to be honest. Most supplements are completely overrated and overhyped. That being said there are a few key supplements that you may find useful. Here you go:

Branched Chain Amino Acids

If you're going to be training in the fasted state I strongly recommend taking 10 grams of BCAA about 10 minutes before your workout. This will increase protein synthesis and reduce muscle catabolism. BCAA are only necessary when training on an empty stomach.

Fish Oils

If you don't have fatty fish at-least 1-2x per week then you are probably low in EPA and DHA. Increasing levels of EPA and DHA may improve fat loss, muscle growth, cognitive function and health. Take 2 grams of EPA and 1.5 grams of DHA from fish oils per day.

Calcium

If you don't consume dairy on a daily basis then you will benefit from calcium supplementation. Calcium is important because it has been shown to speed up fat loss and improve testosterone. Not to mention calcium is important for bone density. Take 1000mg of calcium citrate per day if you don't consume dairy on a daily basis.

Vitamin D

If you don't get access to sunlight then you will benefit from Vitamin D supplementation. Vitamin D supplementation has been shown to

increase athletic performance in deficient athletes. Taking 2000 IU's per day.

Caffeine

Caffeine or coffee is very effective to take 30 minutes before training. Pre workout caffeine/coffee improves strength and performance. Have 1-2 cups of coffee or 100-200mg of caffeine 30 minutes before training. The effects of caffeine last several hours so as long as you have caffeine within 4-6 hours of training you will still have some benefit. In addition caffeine or coffee is very effective at blunting appetite. If you are going to do intermittent fasting and skip breakfast then coffee helps tremendously.

Creatine

Hands down the most effective supplement on strength, power and muscle mass is creatine. Creatine is the only supplement with numerous scientific studies proving its effectiveness for building strength and muscle mass. If you wish to take it then take 5-10 grams of it per day.