

ADVANCED GREEK GOD PROGRAM



PHASE ONE: WEEKS 1-8

GREG O'GALLAGHER

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Monday

Dumbbell Shoulder Press: 4-6, 6-8, 6-8 (RPT)

One Arm Forward Lean Hammer Curl: 5-8, 6-8, 6-8, 6-8 (RPT)

One Arm Overhead DB Triceps Extension: 5-8, 6-8, 8-10 (RPT)

Dumbbell Upright Rows: 15-20, 4-6, 4-6, 4-6 (Rest Pause)

Notes:

Perform two warm up sets for shoulder press for 6 reps and 5 reps. Use 50 and 60% of the weight you are going to do for your first set.

For RPT, drop the weight 10 lbs per dumbbell per set on shoulder press. When you can do the top end of the rep range for all sets, increase the weight the by 5 lbs the next workout.

For Forward Lean Hammer Curls - Perform the same reps for each and every set. Drop the weight 5 lbs per set. For

your final set, perform the exercise with your hands supinated (regular curl grip). When you can do all 4 sets for 8 reps, increase the weight the next workout.

For Overhead DB Triceps Extensions - Drop the weight 5 lbs per set. When you can do the full rep range for all sets, increase the weight by 5 lbs the next workout.

For DB Upright Rows: Pick a weight you can do 15-20 times. Perform a full out set until muscular failure. Rest 10-15 seconds. Perform 4-6 reps with the same weight. Rest 10-15 seconds and finish a total of three of these mini sets. When you can do 20 reps + 3 sets of 6 reps, increase the weight for the next workout by 5 lbs.

Wednesday

Bulgarian Split Squats: 4-6, 6-8, 6-8 (RPT)

Leg Extensions: 10-12, 10-12, 10-12 (RPT)

Rack Pulls (below knee): 3 x 6 reps (first set is a light set. Second and Third set is heavy weight)

Standing Calf Raises in Machine: 10-12, 10-12, 10-12 (RPT)

ABS

Hanging Leg Raises: 2 sets of 5-15 reps

Hanging Side to Side Knee Ups: 1 set of max reps

Notes:

For bulgarian split squats, perform two warm up sets for 6 reps and 5 reps per leg. The first warm up should be with your bodyweight only. The following warm up set should be with a pair of light dumbbells (10's to 30's per hand). Rest a couple minutes after your warm up.

Your first set should be with a heavy weight that you can do for 4-6 reps. Drop the weight by 10 lbs per hand on each subsequent set. When you can do all three sets for

the max number of reps, increase the weight on all sets by 5 lbs per hand.

For leg extensions pick a weight you can do for 10-12 reps. Drop the weight 10% on each subsequent set. When you can do all three sets for 12 reps, increase the weight by 5 lbs the following workout.

For rack pulls, start with a weight that is about 75% of your heavy set. Perform 6 reps. I recommend doing your first light set with both hands pronated. For your second and third set, you want to use a mixed grip since this is stronger. Perform 6 reps on both sets. Aim to add 5 lbs per week on all sets for this exercise.

For standing calf raises in the machine, perform a weight you can do for 10-12 reps. Drop the weight by about 10% on each additional set. When you can do all three sets for the max reps, increase the weight the following workout.

For hanging leg raises, perform them slow and controlled with your legs as straight as possible. Aim to build up to 2 sets of 15 reps. When you can do this, work on bringing your legs all the way up into a V.

For hanging side to side knee ups, do as many reps as possible. If you can do more than 20 reps per side, add a 10-15 lbs dumbbell between your legs.

Friday

Incline Dumbbell Press (30 degree incline): 5-8, 6-8, 8-10 (RPT)

Sternum Pull ups: 6, 6, 6 (RPT)

Incline Dumbbell Curls: 5-8, 6-8, 6-8, 6-8 (RPT)

Machine Rear Delt Flyes: 15-20, 4-6, 4-6, 4-6 (Rest Pause)

For Incline Dumbbell Bench Press, perform two warm up sets with a light weight for 6 and 5 reps, respectively. Your first set should be about 50% of your heavy set. For your second set, do about 60% of your heavy set.

I recommend dropping the weight by 10 lbs per dumbbell on each set. When you can do all three sets for the top end of the rep range, increase the weight the next workout.

For sternum pull ups, you may need to start with just your bodyweight for sets of 6-8 reps. Eventually you want to perform these reverse pyramid style, dropping the weight about 10% on each set (bodyweight included). So if you're 180 lbs and your first set is 40 lbs.. That's a total weight of 220.

Therefore, you would drop the weight by about 20 lbs on each set. You don't have to get your chest all the way up to the bar on these. Just get as close as possible. Aim to keep your chest up and shoulders back. Think about pulling your elbows forward and down to the ground. Your back should feel incredibly activated.

If you're doing these weighted, I recommend doing one warm up set of about six reps.

For incline dumbbell curls, start with a heavy weight you can do for 5-8 reps. Drop the weight by 5 lbs per hand on each additional set. Keep all of the sets the same amount of reps. On your last and final set, you should perform them hammer style. When you can do all four sets for 8 reps, increase the weight the next workout by 5 lbs on each set.

For Machine Rear Delt Flyes: Pick a weight you can do 15-20 times. Perform a full out set until muscular failure. Rest 10-15 seconds.

Perform 4-6 reps with the same weight. Rest 10-15 seconds and finish a total of three of these mini sets. When you can do 20 reps + 3 sets of 6 reps, increase the weight for the next workout by 5 lbs.