

The program will be within the same parameters and guidelines of the Greek God Program. Three workouts per week and strategic lifting with an emphasis on reverse pyramid training and optimal progression guidelines.

That said, we will be doing a three day split (meaning three different workouts per week). As an advanced lifter it becomes hard to progress on a two day split (since you're adding weight so frequently).

Phase One: Weeks 1-8

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.