

# ADVANCED GREEK GOD PROGRAM



***PHASE TWO: WEEKS 9-12***  
***DOUBLE-UP METHOD***

**GREG O'GALLAGHER**

**PHASE TWO: WEEKS 9-12****Monday**

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

Bradford Barbell Press: 2 x 6-8 reps

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

Standing Cable Curls: 2 sets x 10-15 reps

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

Cable Rope Pushdowns: 2 sets x 10-15 reps

Dumbbell Lateral Raises: 15-20 + 4-6, 4-6, 4-6

**Notes:**

The Workout is identical to the first phase. The only difference is we are increasing the training volume to elicit further muscle gains.

On each main exercise, you will be adding another exercise to work the same muscle group. For the bonus exercises, don't kill yourself. They shouldn't feel like

torture, but your working muscle should feel crazy activated.

So after you complete your shoulder presses, you will perform a bradford press. Use a weight you can do comfortably for 6-8 reps. A full rep is when you lift the barbell from the top of your chest to the back of your neck and back to your chest/collar bone. The same applies for standing cable curls and cable rope push downs.

## Wednesday

Bulgarian Split Squats: 5-7, 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: 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:

Identical to first phase.

## Friday

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

Flat DB Bench Press: 2 x 8-12 reps

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

Cable Rows: 2 x 10-15 reps

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

Cable Rope Hammer Curls: 2 sets x 10-15 reps

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

### Notes:

The Workout is identical to the first phase. The only difference is we are increasing the training volume to elicit further muscle gains. On each main exercise, you will be adding another exercise to work the same muscle group. For the bonus exercises, don't kill yourself. They shouldn't feel like torture, but your working muscle should feel crazy activated.

So after you complete your incline press, you will perform flat dumbbell bench presses. Use a weight you can do comfortably for 8-12 reps. When you can do two sets for 12 reps, increase the weight the next workout.

For cable rows, perform the exercise with a weight you can do for 10-15 reps. When you can do two sets for 15 reps, increase the weight the next workout.

After incline curls, you will perform two sets of cable rope hammer curls. Pick a weight you can do for 10-15 reps. When you can do both sets for 15 reps, increase the weight the next workout.