

The following Greek God variation is great if you want to hit you chest a little harder and get very strong on weighted dips.

I find weighted dips to be an absolutely awesome exercise. It is extremely responsive - meaning it's very easy to gain strength on this movement.

As well, it does an incredible job building the chest, front delts and triceps. It's not uncommon to be able to add 5 lbs per workout to this movement.

Without further ado, here is the workout program.

Monday

Incline Barbell Bench Press: 5, 5, 8 reps (RPT)

Weighted Dips: 6, 8 reps (RPT)

Standing Hammer Curls: 5-8, 5-8, 5-8, 5-8 (RPT)

Rope Pushdowns: 6-8, 8-10, 10-12 (RPT)

Notes

Incline Bench. Perform two warm up sets (60% for 5 reps and 80% for 3 reps). Drop the weight by roughly 10% on each set. Every workout aim to add 2.5 lbs total to the bar (this requires micro loading).

If this is not possible then add 5 lbs and go down to four reps on the first and second set and go down to 7 reps on the third set. The next workout perform the same weight and do 5, 5, 8.

For weighted dips warmup with just your body weight for 5-6 reps. Perform your heaviest set for 6 reps. Rest 3 minutes and drop the weight by 10% (total weight = bodyweight + additional weight). Perform 8 reps. The next workout aim to add 2.5 or 5 lbs on both sets.

For Standing 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 rope pushdowns drop the weight by about 10% on each set. When you can do the top end of the rep range on all sets, increase the weight.

Wednesday

Pistol Squats: 3 sets of 3-5 reps

Forward Lunges: 3 sets of 6-8 reps per leg

Romanian Deadlifts: 3 sets of 10-15 reps

Seated Calf Raises: 3 sets of 10-15 reps

Hanging Leg Raises: 3 sets x 6-15 reps

Abs Wheel Roll outs: 3 sets x 6-15 reps

On this workout, build up to the top end of the rep range before increasing the weight. All sets are to be performed with the same weight on each set. Rest 2-3 minutes between sets. For calf raises and abs rest 1.5 minutes.

Friday

Standing Press: 5, 5, 8 (RPT)

Weighted Pull ups: 5, 5, 8 (RPT)

Barbell Curls: 4-6, 4-6, 6-8 (RPT)

Cuban Presses: 12-15 + 4-6, 4-6, 4-6

Standing Press: Perform two warm up sets (60% for 5 reps and 80% for 3 reps). Drop the weight by roughly 10% on each set. Every workout aim to add 2.5 lbs total to the bar (this requires micro loading). If this is not possible then add 5 lbs and go down to four reps on the first and second set and go down to 7 reps on the third set. The next workout perform the same weight and do 5, 5, 8.

Weighted Pull ups: Perform 1-2 warm up sets. Bodyweight for 5 reps and half of your intended work set weight for 3 reps. Perform 5 reps on your first two sets and 8 reps on your third set. Rest 3 minutes between sets and drop the weight by 10% of total weight on each set. Every workout aim to add 2.5 lbs to the bar.

Barbell Curls: Drop the weight by roughly 10% on each set. Rest 2-3 minutes between sets. Once you can do the top end of the rep range on all sets. Increase the weight by 5 lbs.

For Cuban Presses: 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.