

The new Warrior Shredding Workout is crafted to really develop your upper chest and shoulders, as well as to support more muscle *fullness*.

I created this new workout simply because I wanted you to have more variety in your routine. The original routine is extremely effective, and I have testimonials come in on a daily basis. People everywhere share their stories of fat loss and muscle gains.

That said, I want you to be able to follow this program for as long as desired. Even with exercise rotation, eventually you'll want to try something slightly different.

### **That's where this alternative program comes in!**

The volume is slightly higher, and we'll be using some fatigue training (rest-pause and standard pyramid); this adds variety to the course and keeps your new routine engaging.

The Warrior Shredding Program is optimized for fast strength gains. So if your calories are higher, then you'll put on muscle at a very fast rate. But if you're in a moderate caloric deficit, you'll still see nice gains while leaning out!

## **These Are the Strength Strategies That Will Help You Succeed**

### **1. Reverse Pyramid Training (RPT)**

This is where you'll be reducing the weight by 10 percent with each set. On these lighter sets, the goal is to aim for 1-2 additional reps. Rest should be between 2-4 minutes between sets of RPT

For exercises labelled as "5, 6, 8 reps," we'll increase the first set by 5 pounds or the second and third set by 5 pounds every workout.

This is a strategy I created called **independent set loading**. It's incredibly effective at building strength. You see, it's hard to increase all of your sets by 5 pounds at a single given time. But increasing half of the sets by 5 pounds is much more realistic and doable.

I recommend increasing your second and third set first, and then increasing the weight of the first set in subsequent training sessions. Repeat this process so that every other week, all of your sets increase by 5 pounds.

If this technique becomes too challenging, you can increase the weight one set at a time. Starting with the third set, then second set, and finally the first set. Thus, you're taking a full three weeks to increase your heavy set by 5 pounds.

For exercises labelled as "4-6, 6-8, 8-10 reps," you'll be working at hitting the top end of the rep range for all three sets. Once you hit the top end of the rep range, you can increase the weight by 5 pounds on all three sets in the next workout. Then build back up to the top range of the reps before increasing the weight again.

## **2. Standard Pyramid Training**

This is where you'll pick a light weight you can perform for 12 reps. You'll rest only 30-60 seconds and complete 10 reps with the same weight. Then you rest again for 30-60 seconds, then 8 reps with the same weight. One more time: 30-60 seconds rest, followed by six reps. This "12,10,8,6" rep scheme with short rest periods completes that exercise.

Every week, you want to focus on reducing the rest periods until you can complete all four sets with just 30 seconds of rest between them. Then you can increase the weight and go back to 60 seconds of rest between.

This is a great training style for inducing muscle growth via sarcoplasmic hypertrophy. You won't gain much strength here, but the fatigue work will help with filling out your muscles.

I love this style of training on shoulders specifically; it's also great for calves.

## **3. Rest-Pause Training**

Rest-pause training involves selecting a weight you can perform for 12-20 reps. After finishing the high rep “activation” set, you take a short 10-20 second rest before going for 4-8 reps (1/3-1/2 the reps of your activation set). This is called a “mini set.” You then repeat this process for a total of one activation set plus three mini sets.

This style of training is great for hypertrophy and muscle growth. By resting only 10-20 seconds, you force your body to use maximal muscle fiber recruitment with a light weight.

Make sure to use the same weight for all sets. We’re only resting 10-20 seconds; that’s why the reps drop off.

Here’s how this technique would look:

15 pound dumbbells x 15 reps +5,5,5 (10-20 seconds rest between each set)

With all that in mind, enjoy the new workout!

## **The New Warrior Shredding Program Workout**

This workout is *not* meant to replace the original workout program. It’s simply a new routine you can do for a few months while making great gains. In fact, I’d actually recommend alternating between the two workouts: 8 weeks doing the original workout, followed by 8 weeks on this new workout.

You can also use the exercise substitution protocol for this program. This is where you substitute the exercise variation if you hit a plateau. For example, if you stall on incline dumbbell bench press, you would switch to incline barbell bench press. If you stall on weighted pullups, you'd do weighted chinups instead. If you hit a wall with seated dumbbell shoulder presses, you would do standing barbell press as an alternative.

Anyways, here is the workout program!

## **Workout A - Monday**

- Incline Bench Press: 5, 6, 8 (Reverse Pyramid)
- Low Incline Dumbbell Flyes: 12 10, 8, 6 (Standard Pyramid)
- Rope Pushdowns: 6-8, 8-10, 10-12 (Reverse Pyramid)
- Wide Grip Upright Rows: 10-20 +6-8,6-8,6-8 (Rest-Pause)

## **Workout B - Wednesday**

- Weighted Pullups: 5, 6, 8 (Reverse Pyramid)
- Incline Dumbbell Curls: 4-6, 6-8, 6-8 (Reverse Pyramid)
- Hammer Rope Cable Curls: 12, 10, 8, 6 (Standard Pyramid)
- Bent-Over DB Flyes: 12, 10, 8, 6 (Standard Pyramid)

## **Workout C - Friday**

- Seated Dumbbell Shoulder Press: 4-6, 6-8, 8-10 (Reverse Pyramid)
- Dumbbell Lateral Raises: 12-20 +4-8,4-8,4-8 (Rest-Pause)
- Bulgarian Split Squats: 6-8, 8-10, 10-12 (Reverse Pyramid)
- Seated Calf Raises: 12, 10, 8, 6 (Standard Pyramid)