

Hopefully by now, I haven't bored you to death with the intricacies of the nutrition plan.

Without further ado, let's talk about the training plan to sculpt the body of a Spartan Warrior.

You see, the training program is designed to develop a specific physique ratio. It's not simply to build muscle everywhere at random - we are going for the Warrior Physique.

Think about the beautiful chiseled physique you see in the movies. You'll notice sculpted shoulders, a well developed square chest, defined abs, athletic legs, and muscular back. This is what the training plan is going to focus on.

The two most important muscle groups for great aesthetics are the upper chest and shoulders. This will give you a highly masculine-appearing physique. As well, to a certain point you want well-developed lats which will greatly contribute to the "V-Shape".

What's more, the goal is to really pack on hard dense muscle. This means we need to get you very strong...

And the best way I've found to do that - and years of experience and helping thousands of men and women through the process as well - is to train three days per week.

The Power Of Lifting Three Days Per Week

For the last six years I have been lifting only three days per week, typically Monday, Wednesday, and Friday.

I have been teaching this approach to all of my followers and Kino Warriors. It is the most effective way to gain strength and build muscle while staying lean.

By lifting just three days per week, you maximize recovery. Your entire nervous system is fully recharged for each session. This means you can better trigger strength and muscle gains on a three day per week routine. I've tested all kinds of different training splits and frequency and I've always come back to three intense lifts per week.

Now when I say to only lift three times per week, this does not mean that you can't do other activities on your rest days.

If you want to go for a brisk walk, play sports or do martial arts or some activity on your rest days - that is perfectly fine.

That said, heavy lifting very much taxes your central nervous system. Therefore, we want to limit this type of training to three times per week.

Here's What You'll Experience...

When you start lifting three times per week, you'll notice you enter the gym feeling super recovered and powerful. You also will notice that you are a heck of a lot stronger. The weights move with much more ease than ever before.

It kills me that so many natural lifters have fallen for the routines of enhanced lifters. Training as a natural is completely and utterly different than training as an enhanced lifter.

Natural lifters have much more modest recovery abilities. Therefore recovery and volume needs to be adjusted otherwise your strength and muscle gains will come to a screeching halt.

How Can It Be That Lifting Less Gets Better Results?

I know how crazy it can sound that spending less time in the gym will offer better results but it is the cold hard truth. If you're lifting more often than three days per week then a portion of your workouts, if not all of them, will be performed

under a taxed central nervous system.

This means your body will not be as effective at recruiting maximal muscle fibers. If you can't recruit maximum muscle fibers, then you will not produce strength and muscle growth as optimally.

The Goal of a Lifting Routine

The goal of a lifting routine is to get you strong on key lifts. That is essentially it. If I take your strength up on key movements, your body will morph into that of a chiseled warrior.

Muscle is a byproduct of strength. Heck, it doesn't matter if you're lifting just 1-2x per week, if you're getting stronger on the right movements, your muscles will grow.

Contrarily, if you are training for 1-2 hours every single day, but you're not getting stronger, then it's just a matter of time before your muscle growth comes to a abrupt halt.

The Benefit of This Philosophy

There are so many benefits to lifting just three times per week. Since you have less workouts, it requires that you push yourself a lot harder. This delivers better results. As well, since you have less training time, it gets you to focus on the exercises and lifting style that produces the best results (more on this later).

When you're in the gym all the time, people invariably spend tons of time doing useless exercises that offer little to no benefit.

By lifting these days per week, it becomes very easy and simple to track all your workouts. By tracking your workouts you can ensure that every week, you are stronger. Whether that's by adding 5 lbs or adding 1-2 more reps. It's these micro-gains that produce dense muscle growth.

The other beauty of training less is that your physique is built off of dense muscle. This means that your physique will always look hard and full. Even if you just woke up and you're fasted without a pump, your physique will look very solid.

Or if you take a week off lifting, you'll notice you maintain nearly all your size and fullness. Those lifters that spend hours in the gym, pumping light weights. Their size fades incredibly fast.

By now, you should understand at least where we're coming from in lifting less and focusing on building strength...

So the next question is: which movements most contribute to the Warrior Physique?

Let's get into that in the next lesson...