

The key to building muscle like a Spartan Warrior is to get extremely strong on the right movements, which we'll get into below. Accomplish this while shedding off any extra layers of fat and you will look downright spectacular.

When you build strength on these key movements, you trigger myofibrillar hypertrophy. This is the muscle growth associated with bigger and thicker muscle fibers. Contrary, if you pump light weights all day like a lot of bodybuilders and fitness models, you trigger sarcoplasmic hypertrophy. This muscle growth has little influence on strength and power and is just more fluid in the muscle.

Without further ado, here are the 5 key lifts for the Warrior Physique.

Note: These are going to be the exercises that you absolutely want to get measurably stronger on, as they're the exercises that most contribute to the physique we're trying to build.

1.) Incline Bench

This exercise is absolutely critical for the warrior physique. The incline bench effectively targets the chest, front delts and triceps. By performing the bench on an incline, you hit the upper chest harder than flat benching. This exercise develops a beautifully sculpted chest like a plate of armour.

A lot of people focus way too much on flat benching, they end up over developing their lower pecs. This gives their chest a boob look. If you want to have a masculine chest you want to focus more on the incline bench.

Standards for Incline Bench are as Follows

Decent - 1x bodyweight for 5 reps

Good - 1.1x bodyweight for 5 reps

Great - 1.2x body weight for 5 reps

Warrior - 1.3x bodyweight for 5 reps

2.) Standing Press

This exercise is incredible at developing your shoulders, triceps and even core strength. It's also one of the toughest exercises known to man. The standing press used to be considered the king of upper body strength. It turned boys into men. As you get stronger on this exercise your shoulders, upper chest and arms will thicken. As well, you will develop a rock solid and stable core and lower body.

Standards for Standing Press

Decent - 0.6x bodyweight for 5 reps

Good - 0.7x bodyweight for 5 reps

Great - 0.8x bodyweight for 5 reps

Warrior - 0.9x bodyweight for 5 reps

3.) Weighted Chin-Ups

The weighted chin up is a fantastic movement for building your upper back, lats and biceps. It is one of the most effective movements known to man. The weighted chin up is almost so effective I had to stop doing them as my back was becoming too wide.

It beats the shit out of any other pulling exercise. If you can't do chin ups yet, then start with the lat pulldown machine with hands facing you. As you build strength and lean down, you will eventually be able to do a few bodyweight chin ups. You can gradually build up to 8 reps before thinking about adding weight.

Weighted Chin-Up Strength Standards

Decent - 0.2x bodyweight for 5 reps
Good - 0.3x bodyweight for 5 reps
Great - 0.4x bodyweight for 5 reps
Warrior - 0.5x bodyweight for 5 reps
4.) Front Squats or Bulgarian Split Squats

Of course, leg training is critical for a well developed and balanced physique. Two of my favorite movements are front squats and bulgarian split squats. Both movements do an amazing job at building great thighs. Moreover, they both hit the VMO nicely. This gives your legs more thickness near the knee. Delivering much more aesthetic muscle proportion.

If you prefer traditional back squats, you can opt for those instead.

Front Squat Standards

Decent - 1.1x bodyweight for 5 reps
Good - 1.2x bodyweight for 5 reps
Great - 1.3x bodyweight for 5 reps
Warrior - 1.4x bodyweight for 5 reps
Bulgarian Split Squats (weight for both dumbbells)

Decent - 0.6x bodyweight for 6 reps
Good - 0.7x bodyweight for 6 reps
Great - 0.8x bodyweight for 6 reps
Warrior - 0.9x bodyweight for 6 reps
5.) Romanian Deadlifts

This deadlift variation is my preferred version. It is safer on the lower back and does an amazing job developing the hamstrings, glutes and low back. In fact, if you want to build a great butt, which women love, then this exercise should definitely be included in your routine.

Romanian Deadlift Strength Standards

Decent - 1.2x bodyweight for 5 reps
Good - 1.35x bodyweight for 8 reps
Great - 1.5x bodyweight for 8 reps
Warrior - 1.65x bodyweight for 8 reps

Now that you know which movements to progress on for building the body you want, as well as the ideal lifting schedule per week (three times per week)...

We can dig into HOW to actually train for building lean muscle in an aesthetic way.

See, when you combine these strategies - lifting 3x per week, focusing on the key movements, and then incorporate the strategies I'll talk about in the next lesson - your body will build jaw-dropping musculature while slicing off body fat to achieve the chiseled Warrior Physique.

Head to the next lesson to learn about the two most powerful methods of building muscle now...