

In the Warrior Shredding Program, there are two primary lifting strategies we'll be using. Each has their place in this program for building lean, packed muscle in a way that's proportionate - like a Warrior.

These two strategies are Reverse Pyramid training and Rest Pause training.

Reverse Pyramid Training (For Dense Muscle and Strength Gains)

The primary training style we will be utilizing in this program is Reverse Pyramid Training. I believe this to be the most effective style of training for strength and muscle growth.

The premise of reverse pyramid training is that you will perform your heaviest set first (after a strategic warm up). You will perform one heavy all out set. Followed by 1-2 progressively lighter sets. Full rest periods of 2-4 minutes between sets is recommended.

This is the most logical way to train. It makes sense to do your heaviest set while you're fresh. By hitting your heaviest set fresh, you are best able to promote strength and muscle gains.

As well, it may be tempting to try and repeat that heavy set. But here's the thing, after an all out set, your strength will drop slightly.

As well, it makes sense to go a little lighter and pump out more reps and volume and give your central nervous system a little break from very heavy weights.

What I've found is that when you drop the weight, the weight feels lighter than normal. This is because the first heavy set triggers a state of heightened muscle activation. This means you get more muscle fibers firing for your lighter sets.

Essentially this training style is the best of both worlds packaged into one beautiful system. I utilize this system for almost all my training. And gawd damn, I've been utilizing it for the last 5 years and have seen pretty great results the entire time.

Here's how it looks (Incline bench for example):

Set 1 - 200 lbs for 4-6 reps

Set 2 - 180 lbs for 6-8 reps

Set 3 - 160 lbs for 8-10 reps

You would rest 3 minutes between sets. When you can do the top end of the rep range for a set, you will then increase the weight by 5 pounds the following workout.

Rest Pause Training (For Quick Muscle Growth)

Another training style I love is rest pause training. I pretty much only use this for my lateral raises and rear delts to achieve a rounded capped shoulder look. This is where you want to maximize muscle size.

Rest Pause Training is very effective at getting more muscle growth out of a lightweight. You see, when you're lifting a weight you can do for 10-20 reps, your body only taps into maximum muscle fibers for the last few really tough reps.

Now if you were to rest just 10-15 seconds, your body would still be in a state of maximum muscle fiber recruitment. So rest pause training is one all out set for 12-20 reps. Followed by a few more sets with just 10-15 seconds rest.

Because 10-15 seconds of rest is so short, you will likely only be doing 4-8 reps for your mini sets.

Here's how it looks (Lateral Raises for example):

20 lbs for 15 reps (10-15 second rest)

5 reps (10-15 second rest)

5 reps (10-15 second rest)

5 reps

As you can see, you're doing 4 sets total, waiting 10-15 seconds between each set. That's a total of 30 high-yielding reps - and boom, you're done