

Now for the part you've been waiting for: the actual Warrior Shredding Lifting Program.

I have tailored this lifting program to build muscle in a downright proportionate way. The goal is to build up your v-shape, the strongest sign of physical attraction in men.

This means we will be hitting your upper chest, shoulders and upper back/lats very hard.

As well, the program is designed to get you measurably stronger week after week. As you gain strength to the key lifts, your physique will become harder, denser and more muscular than ever before.

I recommend tracking your workouts in a notebook or in the notes section of your phone. Record the weight and reps for every set of each exercise. I have a note for Workout A, Workout B and Workout C. Then I will make sure to try and improve on every exercise each workout by adding a rep or adding 5 lbs.

You can also use a workout tracking app like Strong App, which is simple to use and allows you to enter custom workouts.

The first workout routine is designed for balanced chest and shoulder development. You will building strength throughout your entire body and your chest, shoulders and upper back will be hit the hardest. The goal is to build the chiseled "Hollywood physique".

In the second and third phase we will be doing some chest/shoulder specialization. This will really help accelerate muscle growth to the chest or shoulders, respectively speaking.

#### Workout A (Monday)

Incline Barbell Bench Press: 5-6, 6-7, 7-8 (reverse pyramid)

Flat Dumbbell Bench Press: 8-10, 10-12 (reverse pyramid)

Incline Dumbbell Curls: 6-8, 6-8, 6-8 (reverse pyramid)

Rope Hammer Curls: 8-10, 10-12 (reverse pyramid)

Bent Over Flyes: 12-15 + 4-6, 4-6, 4-6 (Rest Pause)

#### Notes

Perform 2-3 warm up sets for incline barbell bench press. A light set for 6 reps, a slightly heavier set for 4 reps and a slightly heavier set for 2 reps. The goal is to warm you up to your first work set without causing you fatigue.

Then you will perform 3 sets of Incline Bench. Rest 3 minutes between sets and drop the weight by 10% on each set. If you can do the top end of the rep range on all three sets then increase the weight by 5 lbs the following workout.

After incline bench, you want to rest a few minutes then go into flat dumbbell bench press. You are already warmed up so you can go straight into your set of 8-10 reps. Rest a few minutes, and drop the weight by roughly 10% then perform 10-12 reps. When you can do the top end of the rep range on both sets, then increase the weight by 5 lbs per dumbbell the next workout.

Next, you will be doing incline dumbbell curls. You can do one warm up set of 8 reps. Rest a couple minutes then perform a heavy weight for 6-8 reps. Rest a couple minutes then drop the weight by 5 lbs per dumbbell and perform another set of 6-8 reps. Rest and drop the weight and perform a final set of 6-8 reps. When you can do all three sets for 8 reps, increase the weight on all three sets the next workout.

For Standing Hammer Rope Curls perform a set for 8-10 reps. Rest a couple minutes and drop the weight by roughly 10% and perform 10-12 reps. When you can do the top end of the rep range for both sets, increase the weight the next workout.

Finish off with Bent Over Flyes. Perform a weight you can do for 12-15 reps. Rest 10 seconds and perform 4-6 reps. Rest 10 seconds and perform 4-6 reps. Rest 10 seconds and perform 4-6 reps. When you can do 15 reps + 6, 6, 6 -- increase the weight the next workout.

## Workout B (Wednesday)

Bulgarian Split Squats: 6-8, 6-8, 6-8 (reverse pyramid)  
Romanian Deadlifts: 6-8, 6-8, 6-8 (reverse pyramid)  
Leg Extensions: 10-12, 10-12, 10-12 (reverse pyramid)  
Hanging Weighted Knee Raises: 3 sets of 8-15 reps  
Notes

I recommend warming up with two sets of bulgarian split squats. Bodyweight for 8 reps per leg. And a light weight set for 6 reps per leg. Then you should pick a challenging weight for 6-8 reps. Drop the weight by 10 lbs per dumbbell and perform another set for 6-8 reps. Drop the weight by 10 lbs per dumbbell again and perform another set for 6-8 reps.

## Example

Warm up: bodyweight x 8 reps  
Warm up 2: 15 lbs per hand x 6 reps  
Set 1: 30 lbs per hand x 6 reps  
Set 2: 20 lbs per hand x 7 reps  
Set 3: 10 lbs per hand x 8 reps  
When you can perform 8 reps on all sets, increase the weight of each dumbbell by 5 lbs the following workout.

For Romanian Deadlifts you should perform 1-2 warm up sets of 6-8 reps. Then perform your heaviest set first for 6-8 reps. Drop the weight by 10% and perform another set for 6-8 reps. Drop the weight by 10% again and perform a final set for 6-8 reps. When you can do all three sets for 8 reps, increase the weight by 5 lbs the next workout.

For leg extensions you can go straight into your heaviest set for 10-12 reps. Drop the weight by 10% on each set. When you can do all three sets for 12 reps, increase the weight the next workout.

For hanging knee raises you want to perform 3 sets of 8-15 reps. I recommend lowering the your feet slightly in front of you to keep constant tension on your abs. As well, lift your knees up as high as you can to make your body into a ball. This will hit your abs extremely hard. When you can do 3 sets of 15 reps, add weight between your feet, starting with 5 lbs.

## Workout C (Friday)

Standing Barbell Press: 6-8, 6-8, 8-10 (reverse pyramid)  
Weighted Chin ups: 6, 6 reps (reverse pyramid)  
Seated Cable Rows: 8-12, 8-12 (reverse pyramid)  
Triceps Rope Pushdowns: 8-10, 10-12, 10-12 (reverse pyramid)  
Lateral Raises: 12-15 + 4-6, 4-6, 4-6 (Rest Pause)  
Notes

Perform 2 warm up sets for standing barbell press. A light set for 5 reps and a slightly heavier set for 3 reps. The goal is to warm you up to your first work set without causing you fatigue.

Then you will perform 3 sets of standing press. Rest 3 minutes between sets and drop the weight by 10% on each set. If you can do the top end of the rep range on all three sets then increase the weight by 5 lbs the following workout.

After the standing press, you want to rest a few minutes then go into weighted chin ups. Perform a warm up set with your bodyweight for 5 reps, followed by half of your work set weight for 3 reps.

Perform a weight you can do for 6 reps. Rest 3 minutes then drop the weight by 20 lbs and perform another set for 6 reps. Every workout add 2.5 lbs to both sets.

Example:

Warm up: bodyweight x 6 reps

Warm up 2: 20 lbs x 3 reps

Set 1: 40 lbs x 6 reps

Set 2: 20 lbs x 6 reps

For cable rows you are already warmed up so you can go straight into your set of 8-12 reps. Rest a few minutes, and drop the weight by roughly 10% then perform 8-12 reps. When you can do the top end of the rep range on both sets, then increase the weight the next workout.

Next you will be performing three sets of triceps cable rope pushdowns. You are warmed up so you can go straight into your heavy set. Perform your first set for 8-10 reps. Rest two minutes and drop the weight by roughly 10%. Perform another set for 10-12 reps. Rest 2 minutes and drop the weight by roughly 10% and perform a final set for 10-12 reps. When you can do the top end of the rep range on all three sets, increase the weight on all sets the next workout.

Finish off with Lateral Raises. Perform a weight you can do for 12-15 reps. Rest 10 seconds and perform 4-6 reps. Rest 10 seconds and perform 4-6 reps. Rest 10 seconds and perform 4-6 reps. Done. When you can do 15 reps + 6, 6, 6 - then increase the weight the next workout.

Exercise Rotations

If you hit a plateau on one of the exercises, I recommend changing the movement. Here are some of the best exercises to use in the rotations:

Incline Barbell Press - Incline Dumbbell Press

Flat Dumbbell Press - Close Grip Bench Press

Incline DB Curls - Cable Curls

Rope Hammer Curls - Incline Hammer Curls

Bent Over Flyes - Face Pulls

Bulgarian Split Squats - Front Squats

Romanian Deadlifts - Rack Pulls or Power Hang Cleans

Leg Extensions - Reverse Lunges

Hanging Leg Raise - Side to Side Knee Ups

Standing Barbell Press - Seated DB Shoulder Press

Weighted Chin ups - Weighted Pull ups

Seated Cable Row - Machine Row or One Arm Dumbbell Row

Triceps Pushdowns - One arm Overhead Tricep Extensions

Lateral Raise - Dumbbell Upright Rows