



KINOBODY SERIES  
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Greg O'Gallagher

# GREEK GOD

## MUSCLE BUILDING PROGRAM

The Definitive Guide To Building Muscle &  
Strength While Staying Chiseled To The Bone

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# Chapter 1

## Gregory to The Rescue

My name is Greg O’Gallagher and in this manual I am going to teach you my methods to building a beautifully proportioned, strong and muscular physique.

**This program is going to be much different than any other strength or muscle building course you have ever read.**

The workouts, exercises, sets and reps are all geared towards bringing your body closer to what I call the “Kinobody” physique.

This is categorized by a strong V-shaped torso, sculpted shoulders, prominent square pecs, rock hard arms, a taut waist (with the “v-cut” women love) and lean and fit looking legs.

This is the exact physique that I have coined as the ‘Kinobody’. The word ‘kino’ is used in the seduction community to describe physical touch between a guy and girl. This is one of the most important aspects of seduction to ensure you stay out of the dreadful Friend Zone.

In fact, “kino” is used to get the girl to think of you in more of a sexual way. By building a Kinobody physique, you will look great and radiate so much confidence that women won’t be able to keep their hands off you!

Hence “kino-body”, or Kinobody.

**Think of me as Michelangelo and by following my workout and nutrition protocols I will sculpt you into a piece of art.**

At first you might be surprised by the simplicity of the workouts. This is because you won't be training 5-6x per week, you won't be doing 5 exercises per muscle group and you won't be using all kinds of fancy bodybuilding techniques.

Those methods are great if all you care about is getting insane pumps and crazy muscle soreness. However, if you're more concerned with building real strength and muscle and actually *making consistent progress* then you need to abide by a whole new set of rules and training principles.

**When it comes to building the lean and muscular physique, focus on increasing strength in the 4-8 rep range.**

This will deliver 75% of your results.

If you focus on gaining strength with the right movements you will gain the perfect amount of muscle for your physique. More importantly, it will be highly useful, dense and powerful muscle.

In conjunction with a specific diet protocol to minimize fat and promote muscle you will be left with a chiseled GREEK GOD-like physique.

**Who Is This Program For?**

This program is for determined men who want to build the ideal lean and muscular physique of Hollywood's fittest. I'm

talking about guys like Brad Pitt in Troy, Daniel Craig in Casino Royale, Christian Bale in American Psycho, Ryan Reynolds in Blade Trinity, Chris Evans in Captain America.... These guys all have a nice looking amount of muscle combined with minimal fat.

This program is for determined men who want to be much stronger and more powerful than they look. “Looking good” just doesn’t cut it.

This program is for men who want to be a godlike in strength and aesthetics. Some people believe you can’t be lean and strong. Well that’s hogwash.

If that was the case I wouldn’t be able to bench press 315 lbs, but guess what? I can.

In fact, for the type of strength we are after you have to be very lean. We are after RELATIVE STRENGTH, which is strength relative to your bodyweight.

This program is for men who like to enjoy life. What’s the point in looking good if your life revolves around your training and diet?

...There IS no point. It’s a complete waste. In fact for most people reading this program they are going to need to spend less time in the gym and more time enjoying life.

This program is for men with patience. You will NOT be able to gain 5-10 lbs of muscle per month! This rate of muscle growth just isn’t in the cards.

The only way for this to be possible is if you are regaining muscle that was previously lost or if you are using large amounts of anabolic steroids. Those that try to pack on muscle very quickly end up gaining a whole bunch of fat and ruin their physiques.

**Beginner and intermediate lifters can gain a maximum of 2-3 lbs of muscle per month.**

While this might sound slow, it's really not.

Most people need to gain 15-20 lbs maximum of muscle to achieve the muscularity of the Kinobody physique. This takes 6 months to a year to achieve.

Working out is something that I want you to continue for life. If you could build a jacked physique in two to three months then there would be a lot more muscular guys walking around.

With that said, most guys actually think they need to gain 30-40 lbs of muscle to look impressive. This is most definitely not the case.

You see, most guys trying to build muscle tend to overeat as well as do lots of squats and deadlifts. This leads to excess fat gain and excess lowerbody mass.

If these people were only to gain 15-20 lbs of muscle, their physiques wouldn't change a whole lot. However when you focus on gaining pure muscle and adding that muscle to the right places in the right amounts, then 15-20 lbs looks incredible! The difference is absolutely night and day.



# Chapter 2

## The Ultimate Kinobody Physique

Over my years of working out and transforming my body, people have always asked me why I workout.

I tell them, “I workout because as far as I’m concerned, I only have one body and I want it to be as damn healthy, fit and powerful as possible. So tell me, why *don’t* you workout? What’s stopping you from making the small investment that is working out and taking care of yourself that will pay off BIG TIME?”

**As a child I always found it incredible that YOU determine how your body looks, feels and functions.**

Working out a few times per week and taking care of yourself is a small price to pay for a physique that FEELS, LOOKS and PERFORMS AMAZING. Don’t you think?

### **Relative Strength: The Key to the Ultimate Lean & Muscular Physique**

Let me ask you a question:

*What is more impressive, a 220 lbs dude that benches 315 lbs or a 175 lbs dude that benches 315?*

The 175 lbs guy is much more impressive, of course. This is because the 175 lbs guy is much lighter, but has the same strength as the bigger guy. Therefore, the lighter guy must have a higher percentage of lean body mass (very low body fat)

and the muscle he does have is going to be much more dense and powerful (useful muscle).

### **Relative Strength is the key to building the perfect physique.**

Get as strong as possible relative to your bodyweight. This will ensure you have a good amount of muscle and very little body fat.

When your strength to weight ratio increases you will have a good indicator that you gained muscle, lost fat or gained muscle and lost fat.

### **Every workout should be constructed in such a way to maximize strength gains.**

This will build muscle more effectively in the long term.

From my experience, people get way too caught up in hitting their muscles from different angles, feeling the burn, and using high fatigue methods such as drop sets and super sets.

These methods have their place but should never replace heavy lifting. One thing remains true: to build muscle you need to lift heavier and heavier weights overtime.

### **Want to build muscle? *Build strength!***

Want a big chest? Work your way up to incline barbell bench press with 225 lbs for 5 reps.

Want a big back? Work up to chin-ups with 90 lbs attached for 5 reps.

You will never see someone lacking in the muscle department that can do both those tasks. That I can guarantee.

What you WILL see is someone complaining about his flat chest whose workout routine consists of many different chest exercises all performed to failure with super sets and drop sets mixed in.

Their bench press probably hasn't improved since the first time they benched 185 lbs. Instead they should focus on improving strength instead of causing fatigue. Muscle follows strength.

**Want to improve muscular endurance? *Build Strength!***

I can't stress how important gaining strength is for improving performance. Building strength is an effective way to improve muscular endurance.

For example, who do you think can do more reps with 150 lbs on the bench press a 200 lbs bencher or a 300 lbs bencher?

*(Definitely the 300 lbs bencher.)*

**Want to increase power? *Build Strength!***

Who do you think can launch their body up over a wall with more power, a guy who can do pull ups with 100 lbs attached or a guy who can only do pull ups with 20 lbs attached?

*(Obviously the guy with 100 lbs can.)*

## **Want to look awesome? *Build Relative Strength!***

Building strength relative to your bodyweight is the key to the ultimate physique that is lean, powerful and functional.

The key to gaining relative strength is to focus on building as much strength as possible while keeping body fat to an absolute minimum. Training is designed to generate increases in strength and diet is designed to keep fat to a minimum and support muscle growth.

The combination of the two results in incredible relative strength.

## **How to Build Super Strength & Dense Hard Muscle**

First things first: there are two different forms of muscle growth. You have myofibrillar hypertrophy and sarcoplasmic hypertrophy.

Myofibrillar hypertrophy is the growth of your muscle fibers and is triggered by lifting heavy weights for low reps (3-8) with long rest periods. Training for myofibrillar hypertrophy builds hard, dense looking muscle that will be highly useful since it is accompanied by large increases in strength.

**This type of muscle growth is our predominant focus.**

Sarcoplasmic hypertrophy is the growth of the fluid within your muscle cells and is triggered by high volume lifting with sub maximal weights and short rest periods.

Sarcoplasmic hypertrophy only accounts for about 25% of muscle growth.

Think of it as the icing on the cake. It doesn't take much to trigger this additional muscle growth but it will allow you to walk around with 5 to 8 more pounds of muscle.

This type of training is fun to do because it delivers a great muscle pump. Unfortunately, most people get distracted by this type of training and neglect what really matters – building strength.

Therefore this type of lifting will only be a small component of the workout program.

# Chapter 3

## Revamping Your Training

With this strength-training program we are going to be diligently tracking four different exercises which I feel most strongly contribute to the aesthetic physique we're after.

These will be our 'indicator exercises' and will ensure we are making progress on a regular basis.

As you become stronger on these movements your body will change for the better. Your chest, shoulders, arms and back will begin to fill out perfectly as you drop fat from the diet. You will move closer towards a very strong V-shaped torso, masculine square chest and rock hard shoulders and arms.

**By tracking your four indicator exercises you will have visual proof of the effectiveness of your workout routine.**

Most people judge their routine based on how tough it is and how sore it makes them. Unfortunately, that means very little if progress isn't made consistently.

The effectiveness of your training is directly related to the progress on these four exercises. By accepting that, your training program will become 10x more effective. You will direct your efforts on that which will make you stronger and more muscular and divert your attention away from everything that is a distraction.

Every exercise, every set and every rep has a purpose.

# **Kinobody Indicator Exercises**

## **1.) Incline Barbell Bench Press**

There is nothing wrong with the regular (flat bench) barbell bench press. It is a terrific exercise at building the whole pectoral region *if done properly*.

With that said, I feel that most people would benefit more from the incline version, which develops the upper pecs better. In addition, in most athletic pressing movements the arms push forward at a slightly upward angle as opposed to directly straight out. An example of this would be pushing a car or throwing a punch.

For this reason the incline press may be more relevant from a functional standpoint.

## **2.) Standing Shoulder Press**

This is my go-to exercise for shoulder development and true strength. This exercise also seems to contribute to the 'square chest look' by filling in the top area of the chest just under the collarbone.

In addition, standing presses will work the triceps very hard. I recommend avoiding seated shoulder presses with the elbows flared out to the side. This is a very unnatural position for the shoulders and overtime may cause pain and injury.

## **3.) Weighted Chin ups**

Chin-ups have developed my back so well that I've actually avoided doing any additional work for my lats. In addition,

chin-ups hit the biceps very hard. Lat pull downs and rows don't even come close to the effectiveness of weighted chin-ups.

With chin-ups you can't cheat and use momentum or a swing like you can with rows and pull downs. In addition, chin-ups are a closed chain exercise whereas lat pull down and rows are open chain exercises. What this means is that with chin-ups your hands are fixed to the bar while your body is moving through space.

Closed chain movements have greater overall muscle recruitment and lead to better muscle and strength gains from my experience.

#### **4.) Power Cleans from Hang (or Sumo Deadlifts)**

This is a very athletic movement that builds great power through the legs, hips, back and traps. I avoid direct leg training because it tends to over develop my legs and contributes to the 'sweep' that I consider feminine.

I have found that hang cleans bring about explosive power but without the leg mass that squats build.

I have also found hang cleans to be the most effective exercise at developing my trap muscles. Shrugs don't do anything for my traps but hang cleans get them every time. Lastly since dedicating my time to hang cleans I have noticed a big increase in my jumping abilities. With that being said, hang cleans are a very technical movement and can be difficult to learn. You can perform sumo deadlifts instead if hang cleans aren't practical for you.



## **Kinobody Assistance Movements**

I always include additional exercises into the workout routines I create. You could exclusively train with the four indicator exercises and you could build a great physique. However, it is likely that you will develop lagging muscle groups and hit strength plateaus.

To ensure complete physique development and optimal muscle gains I include assistance movements. These are my favorites:

### **Weighted Dips**

Weighted dips are a fantastic exercise for adding massive amounts of pressing strength and gaining muscle to the triceps and pectoral region.

Some exercises are very stubborn when it comes to progressing in weight. Weighted dips are not one of those exercises. They tend to go up very smoothly and if you train this exercise properly you should be able to add 45 lbs to this exercise in 3 months time.

That is a huge gain and would result in bigger triceps, fuller chest and a stronger bench.

### **Close Grip Bench Press**

The close grip bench is a phenomenal pressing movement that builds a powerful chest and triceps. By using a close grip with the elbows tucked into your sides you increase muscle recruitment in the triceps and upper chest.

## **Barbell Curls**

The barbell curl is the best exercise for developing the biceps. With this movement you can make gradual progress in resistance used.

In most biceps exercises, very little strength increase is actually seen. For this reason I use barbell curls as my main biceps exercise.

You can eventually build up to barbell curls with 135 lbs for your reps.

## **Incline Dumbbell Curls**

Incline dumbbell curls are very effective because your arms are locked to the sides and your back is flat against the bench. It is in this position that you are unable to use any back swing, the biceps are forced to work in isolation.

I like to alternate between barbell curls and incline dumbbell for three to four weeks at a time.

## **Skull Crushers**

Skull crushers hit the triceps very hard and allow for regular loading in weight. For this reason skull crushers should be your main triceps movement.

As with barbell curls, you can build up to 135+ lbs for reps. This is a killer exercise and will translate to better pushing strength, most specifically in the lock out.

## **Rope Extensions**

Rope triceps push downs (rope extensions) are another great triceps exercise. This movement is better suited for higher reps, less weight and short rest periods. For that reason I like to use them for pump training.

## **Lateral Raises**

To ensure perfect shoulder development I always include lateral raises into my workout programs. The medial head of the deltoid never gets fully worked with shoulder pressing. Most of the stress for shoulder pressing is placed on the anterior head.

For this reason the medial head can slightly lag behind in overall growth. Therefore lateral raises should be incorporated to ensure even muscle growth.

In addition, by adequately building the medial head of the shoulder you will contribute to the V-shaped frame that is so desired.

## **Bent Over Flyes**

Strong rear delts will help keep your shoulders balanced and healthy. This will ensure you stay injury free from heavy pressing movements. Well-developed rear delts will complete the shoulders giving them a full, rounded appearance.

Fully developed shoulders are a true sign of masculinity and dominance.

## **One Legged Squats (aka Pistols)**

Pistol squats are an unbelievable exercise that I regularly incorporate into my routine.

The benefits of mastering the pistol squat are enormous. The pistol requires great balance, leg strength, flexibility and coordination. For most people building up to six to ten reps per leg, slow and controlled is enough for adequate leg strength and development.

You can perform this exercise holding a weight in your hands to increase the difficulty. Another option is to perform jumping pistol squats where you explode up from the bottom position into a single leg jump.

## **Single Leg Calf Raises on a Step**

For most people I feel it is important to do some direct lower leg training. Small calves create the illusion of chicken legs that most girls hate. By training your calves and keeping them around the same size of your upper arm you will have a balanced, proportionate look.

Besides, well-developed calves are very impressive. On the other hand huge, bulky thighs are undesirable and look sloppy and detract from your upper body development.

## Chapter 4

# Reverse Pyramid Training: Maximizing Muscle and Strength Gains

Reverse pyramid training is by far the most effective training style I have ever used in regards to muscle and strength gains.

Unfortunately very few people employ this very simple technique. In fact, most people train in the exact opposite way.

Most people will grab a weight and pump out 12-15 reps. After a brief rest they will add weight and pump out another 10-12 reps. They will repeat this process until they hit a weight that causes them to hit failure in the 5-8 rep range.

The problem with this is that they become semi fatigued for their heaviest set. As a result they end up using a weight that is lighter than their true 5-8 rep max. Because they are lifting below their true potential they never promote optimal strength and muscle gains.

**I recommend flipping the script and performing your heaviest set first while you are completely fresh.**

Your heavy set is really your money set and has the greatest capacity at triggering maximum strength and muscle gains. However, in order to get the maximum training effect it is essential that you perform the heavy set while you are completely fresh to maximize performance output.

After performing your heavy set and scoring a nice personal record you can follow this up with a few more sets with gradually reduced loads.

**The subsequent sets will be less demanding on your neural system since you will be lifting lighter loads.**

This is important because we don't want to overtax our nervous system. The purpose of these extra sets is to simply provide more volume to the working muscles. This will encourage optimal muscle gains.

Now here is where the magic of reverse pyramid training comes in...

You will notice that your heavy set will make your subsequent sets feel very light. The heavy set induces a high degree of central nervous system stimulation, resulting in greater motor unit recruitment and force, which can last for several minutes.

**As a result you get better muscle fiber recruitment than normal with lighter weights if you do them after your heavy set.**

Since you will get more muscle fiber activation in your lighter sets you will stimulate hypertrophy much more effectively.

This is because with loads below 80-85% of your One Rep Max (1RM) many of your muscle fibers don't get activated until the last few reps.

With reverse pyramid training you can get those muscle fibers to come into play from the very first rep. This is a huge deal when it comes to maximizing muscle growth.

## Warming Up For Your Heavy Set

We can't jump right into our heavy set or injury will be inevitable. For that reason I recommend a very specific warm up.

The best way to prepare for your heavy set while avoiding fatigue is to perform 2-3 gradually heavier build up sets for only 1-5 reps.

I usually recommend using a weight that is 60% of your work set weight for 5 reps then 75% of your work set weight for 3 reps and then 90% of your work set weight for 1 rep.

You should rest around 2 minutes between these 'build up sets' and a full 3 minutes before doing your first work set.

The warm up sets are only necessary for the first exercise of a given workout. After that you should be ready to jump right into your work set for all remainder exercises.

That being said, you should judge how you feel. If you think you need a couple build up sets, then by all means take them. (Better that than risk injury.)

Example for 225 lbs bench press for 5 reps:

- 135 lbs x 5 (60%)
- 170 lbs x 3 (75%)
- 200 lbs x 1 (90%)

## Reverse Pyramid Training Specifics

Generally, your heavy set should be performed with a weight that allows you to perform between 4-8 reps with maximum effort (stop one rep shy of failure).

After performing your first set you should reduce the weight by approximately 10% and then perform your second set striving for 1-2 more reps.

If you are doing 3 sets then you will reduce the weight by another 10% and shoot for an additional 1-2 reps.

### Example:

- 225 lbs x 5 (heavy set – max effort)
- 205 lbs x 6
- 185 lbs x 8

You should take at-least 3 minutes rest between these sets for maximum recovery and lifting performance. Rushing through these sets will drastically reduce your strength capabilities.



# Chapter 5

## The Art of Strength Progressions

Probably the most underrated aspect of most peoples' workout programs is the strength progression system. Without a proper progression model in place gains will be marginal at best.

Unfortunately, most progression models are highly flawed.

You see, after an intense and productive strength training session your body will recover and improve ever so slightly. An increase of 1 to 2.5% is usually the upper limit of what can be seen from workout to workout. Beginners may be able to increase by 2.5% every workout and more advanced lifters may only be able to increase by 1% per workout.

The typical training method is to stick with a given weight until you hit the upper threshold of the rep range you are working in.

The problem with this is that adding a single rep to an exercise increases the predicted one rep max by 3% or more. 3% is a very lofty increase and it is near impossible to maintain that rate of increase on a regular basis.

**This is one of the reasons that many people hit plateaus in the gym: they are using a flawed training system.**

Now if you were to stick with the same rep range and just add 5 lbs to the bar that could be an increase of 2.5% to 5% assuming you are lifting somewhere between 100 and 200 lbs.

This is really pushing the limit especially if you are lifting closer to 100 lbs.

## **Micro Loading: The Fix to the Flawed Model**

For this reason I generally recommend “micro loading” on indicator exercises: adding 1.5-2.5 lbs total to the bar every workout.

With that said you would need to get your hands on fractional plates because most gyms don't carry weights under 2.5 lbs. Ideally, you would get a set of  $\frac{1}{4}$ ,  $\frac{1}{2}$  and 1 lbs plates. This would give you the luxury to increase the total weight by 0.5 lbs to 3.5 lbs and everywhere in between by the half pound.

*If you workout at a fitness club you can easily bring these weights with you to the gym since they are only a few pounds.*

The other option would be to alternate adding 5 lbs to your first set or your subsequent sets.

So at first you would add 5 lbs to your second and third set. The next workout you would add 5 lbs to your first set. Then you would load up your second and third set by 5 lbs.

This method has you increasing all sets by 5 lbs every second workout. If you are an advanced lifter you may need to treat each set independently and add 5 lbs to only one of your three sets each workout.

This method would have you adding 5 lbs every third workout.

### Example:

- Workout 1: 200 lb x 5; 180 lbs x 6; 160 lbs x 8
- Workout 2: 200 lbs x 5; 185 lbs x 6; 165 lbs x 8
- Workout 3: 205 lbs x 5; 185 lbs x 6; 165 lbs x 8

### Or:

- Workout 1: 200 lb x 5, 180 lbs x 6, 160 lbs x 8
- Workout 2: 200 lbs x 5, 180 lbs x 6, 165lbs x 8
- Workout 3: 200 lbs x 5, 185 lbs x 6, 165 lbs x 8
- Workout 4: 205 lbs x 5, 185 lbs x 6, 165 lbs x 8

## **Assistance Exercise Progression**

For assistance exercises there is no need to try and add weight every workout. I recommend sticking with the same weight until you can perform all sets for the maximum number of reps.

After you have accomplished this you can increase the weight by 5 lbs and you can build back up again. So if an exercise calls for 3 sets of 6-10 reps then you will stick with the same weight until you can perform all 3 sets for 10 reps.

Try and add one rep every workout to anyone of the 3 sets.

### Example for Dumbbell Curls (3 sets of 6-10 reps):

- Workout 1 – 35 lbs x 7, 6, 6
- Workout 2 – 35 lbs x 7, 7, 6
- Workout 3 – 35 lbs x 7, 7, 7
- Workout 4 – 35 lbs x 8, 7, 7
- Workout 5 – 35 lbs x 8, 8, 7

- Workout 6 – 35 lbs x 8, 8, 8
- Workout 7 – 35 lbs x 9, 8, 8
- Workout 8 – 35 lbs x 9, 9, 8
- Workout 9 – 35 lbs x 9, 9, 9
- Workout 10 – 35 lbs x 10, 9, 9
- Workout 11 – 35 lbs x 10, 10, 9
- Workout 12 – 35 lbs x 10, 10, 10

Once you build up to 3 sets of 10 reps you will then progress to the next weight. In this case you will go for 40 lbs dumbbells for your next workout.

**If this rate of progress seems slow to you that's because it is.**

Slow and steady wins the race in the game of strength and muscle. Those that try to rush it and think only with their ego will turn to sloppy form and injury.

With that said, you might be able to progress at a faster rate. If that's the case then you can treat your second and third set the same.

For this you would either be increasing your first set by one rep or your second and third set by 1 rep. In this scenario your first set will increase by 1 every other week instead of every third week.

Example (faster progression):

- Workout 1 – 35 lbs x 7, 6, 6
- Workout 2 – 35 lbs x 7, 7, 7
- Workout 3 – 35 lbs x 8, 7, 7
- Workout 4- 35 lbs x 8, 8, 8

# Chapter 6

## Optimal Training Frequency

This is a topic of huge debate in any of the forums and communities out there. In fact, everywhere you go you'll likely find a different answer.

Time to put it all to rest right here:

### **Lifting Days per week**

Three strength training sessions per week is the optimal training frequency for strength and muscle gains.

Taking a day off from lifting between strength training sessions allows your body to recover. As well this day of rest gives your central nervous system a chance to recharge.

By lifting only three times per week on non-consecutive days you can hit the gym with maximum effort and productivity. You will always be lifting near your true potential and strength and muscle gains will be maximized.

**You will be able to make the maximum rate of gains by only lifting three times per week.**

There is no additional benefit from training 4, 5 or even 6 times per week. In fact, it becomes very counter productive because recovery capabilities are reduced.

## Muscle/Movement Frequency

After an intense lifting session your muscles actually recover quite quickly. There is tons of research on muscular recovery indicating that a muscle can be loaded as often as every 48 hours.

But... muscle recovery is only one side of the story.

When lifting heavy you create lots of neural fatigue. You drain your central nervous system and your local nerves that fire a particular muscle group. When these nerves are fatigued, a given muscle group will be short of strength until it's given enough time to recover.

The CNS takes around 48 hours to recover much like your muscles. However the local nerves may take three to four days before they are fully recharged after a heavy lifting session.

For this reason your best bet is to lift every other day or 3x per week on non-consecutive days. This gives your central nervous system a chance to fully recharge before your next strength workout.

**In addition you should only hit each muscle group every four to five days to give the local nerves a chance to fully recover.**

The best way to do this is to split your body into two workouts.

Here's an example split: Chest, Shoulders, Triceps (Workout A) and Back, Biceps, Legs (Workout B).

Then simply alternate between these workouts 3x per week. This is what it would look like:

Week 1:

- Monday - Workout A
- Wednesday - Workout B
- Friday - Workout A

Week 2:

- Monday - Workout B
- Wednesday - Workout A
- Friday - Workout B

Resting a full week before hitting the same muscle group is generally too much time for maximizing growth and strength gains.

Protein synthesis returns to normal in a muscle group after a few days and your muscles strength abilities peak 4 to 5 days after being trained.

When you wait a full week many of your muscles positive adaptations start to return to normal during those last 2-3 days of rest.

# Chapter 7

## The Kinobody Workout Program for Strength and Density

Below is one of my favorite workout routines to follow. This program will allow you to gradually build your physique up to perfect proportions. It is designed specifically for the “Greek God” Kinobody physique.

The total volume on each muscle group may seem on the low end. With that said, as long as you are making strength gains you will see very solid muscle gains.

After following this routine for 3 months you should see an increase of 30-45 lbs on your incline bench press and weighted chin ups. This big strength increase will lead to a much more muscular physique.

### **Workout A: Chest, Shoulders, Triceps**

- Incline Bench Press: 3 sets (RPT - 5, 6, 8)
- Standing Press: 3 sets (RPT - 5, 6, 8)
- Lateral Raises: 3 sets x 8-12 reps
- Skull Crushers: 3 sets x 6-10 reps

### **Workout B: Back, Biceps, Traps, Legs**

- Weighted Chin ups: 3 sets (RPT - 5, 6, 8)
- Hang Cleans or Sumo Deads: 3 sets (RPT - 5, 6, 8)
- Bent Over Flyes: 3 sets x 8-12 reps
- Barbell Curls: 3 sets x 6-10 reps



## Notes on the Workout

The first two exercises of every workout are your key movements. These exercises are the ones you want to strive to improve on.

On Workout A you will be doing incline bench press and standing press. On Workout B you will be performing weighted chin-ups and hang cleans. The goal will be to add 2.5 lbs each workout and perform the same number of reps (5, 6 and 8 reps). Conversely you can alternate adding 5 lbs to your second and third set and 5 lbs to your first set.

Your first work set will be for 5 repetitions. You will then reduce the weight by 10%, rest 3 minutes and perform your second set for 6 reps. You will then reduce the weight by 10% again, rest 3 minutes and perform your final set for 8 reps. For chin ups use your total weight (bodyweight + additional weight) when determining 10%.

For your third and fourth exercises you will be sticking to the same weight for each set. In addition you will only be resting 2 minutes between sets. Stick with the same weight until you reach the upper threshold of the repetition range.

Example: for barbell curls you will stick with the same weight every workout until you can perform 10 reps for all 3 sets. The next workout you will increase the weight by 5 lbs.

**You will alternate between Workout A and Workout B three times per week on non-consecutive days.** Therefore you will perform each workout 6 times over the course of 4 weeks.

# Workout Modifications

## Workout A: Chest, Shoulders, Triceps

- Incline Bench Press: 3 sets (RPT - 5, 6, 8)
- Weighted Dips or Close Grip Bench: 3 sets (RPT - 6, 8, 10)
- Lateral Raises: 3 sets x 8-12 reps
- Rope Push Downs: 3 sets x 8-12 reps

## Workout B: Back, Biceps, Traps, Legs

- Weighted Pull ups: 3 sets (RPT - 5, 6, 8)
- Bent Over Flyes: 3 sets x 8-12 reps
- Incline Dumbbell Curls: 3 sets x 6-10 reps
- Pistols + Calf Raises: 3 sets x 4-6 reps + 10-12

## Notes on the Workout

For this workout program you will be swapping standing press for weighted dips or close grip bench. This will give your chest more work and will help to build more prominent pecs. The shoulders will still get plenty of indirect work from incline bench and dips plus specific work from lateral raises.

You will also be swapping chin ups for pull ups (hands facing away). This will give your lats a little bit more work. You will also be swapping hang cleans for pistol squats superset with calf raises. You will perform 4-6 reps of the pistol squat followed by 10-12 reps of the single leg calf raise. This will give your legs a little bit more work.

Lastly you will be switching up your biceps and triceps exercises to keep progress coming along.

# Chapter 8

## Specialization Routines

For rapid muscle growth I recommend using specialization routines. This is the only way to force muscle growth at a quicker rate.

You simply can't increase volume on all of your muscle groups. Doing so would invite overtraining and strength regression.

Therefore the solution is to pick one muscle group on each workout day and add more volume to it.

*Stick with the same specialization workouts for 6 weeks before changing.*

### Chest Specialization

#### Workout A: Chest, Shoulders, Triceps

- Incline Bench Press: 5 sets (RPT - 5, 6, 8, 8, 8)
- Flat Bench Press: 3 sets (RPT - 6, 8, 10)
- Lateral Raises: 3 sets x 8-12 reps
- Skull Crushers: 3 sets x 6-10 reps

#### Notes on the Workout

For this workout you will be adding 2 additional sets to incline bench press. This extra volume will speed up muscle growth. Use the same weight for the last 3 sets. If you are unable to get the full 8 reps that's fine; do what you can.

In addition you will be performing flat bench press for your second exercise. This is a great overall mass builder to the chest. In conjunction with incline bench it will build the chest exceptionally well.

## Shoulder Specialization

### Workout A: Chest, Shoulders, Triceps

- Standing Press: 5 sets (RPT - 5, 6, 8, 8, 8)
- Weighted Dips or Close Grip Bench: 3 sets (RPT - 5, 6, 8)
- Lateral Raises: 3 sets x 8-12 reps
- Skull Crushers: 3 sets x 8-12 reps

### Notes on the Workout

For this workout you will be adding 2 additional sets to standing press. For standing press use the same weight for the last 3 sets.

## Triceps Specialization

### Workout A: Chest, Shoulders, Triceps

- Incline Bench Press: 3 sets (RPT - 5, 6, 8)
- Weighted Dips or Close Grip Bench: 3 sets (RPT - 6, 8, 10)
- Lateral Raises: 3 sets x 8-12 reps
- Skull Crushers: 3 sets x 6-10 reps
- Rope Extensions: 2 sets x 10-12

## Notes on the Workout

For this workout you will add an extra triceps exercise to the end of the workout. Keep the rest between 60-90 seconds on rope extensions.

## Back Specialization

### Workout B: Back, Biceps, Traps, Legs

- Weighted Pull ups: 5 sets (RPT - 5, 6, 8, 8, 8)
- Hang Cleans or Sumo Deads: 3 sets (RPT - 5, 6, 8)
- Bent Over Flyes: 3 sets x 8-12 reps
- Barbell Curls: 3 sets x 6-10 reps

## Notes on the Workout

For this workout you will perform pull-ups instead of chin-ups.

In addition you will be performing 5 sets total. If you are unable to perform at-least 5 reps on the last 3 sets you can switch over to lat pull down for the last 2-3 sets.

## Biceps Specialization

### Workout B: Back, Biceps, Traps, Legs

- Weighted Close Grip Chin ups: 3 sets (RPT - 5, 6, 8)
- Barbell Curls: 3 sets x 6- 10 reps
- Incline Dumbbell Curls: 2 sets x 8-12 reps
- Bent Over Flyes: 3 sets x 8-12 reps
- Pistols + Calf Raises: 3 sets x 3-5 reps + 10-12

## Notes on the Workout

For this workout you will add an extra biceps exercise to the end of the workout. Keep the rest between 60-90 seconds on incline dumbbell curls

## Legs Specialization

### Workout B: Back, Biceps, Traps, Legs

- Squat: 3 sets (RPT - 5, 6, 8)
- Calf Raises: 3 sets x 8-12 reps
- Weighted Chin ups: 3 sets (RPT - 5, 6, 8)
- Bent Over Flyes: 3 sets x 8-12 reps
- Barbell Curls: 3 sets x 6-10 reps

## Notes on the Workout

For this workout you will be performing the squat. The squat is so powerful at building leg mass that most people don't need to use this exercise for very long.

If you have slim legs this is a good routine to use. If you don't want to get your legs bigger then I would recommend avoiding this routine.

You should be adding 5 lbs to the bar every squat workout. This is because squats progress at a faster rate than upper body movements.

If you do not wish to perform the barbell back squat you can perform the pistol squat instead. Perform 3 sets of the pistol

squat slow and controlled. If possible, use weight on your first one to two sets.

Example:

- Set 1 – 40 lbs x 5 (or Set 1 – 20 lbs x 5)
- Set 2 – 20 lbs x 6 (or Set 2 – bw\* x 6)
- Set 3 – bw x 8 (or Set 3 – bw x 6)

\*bw = bodyweight

# Chapter 9

## Minimum Effort Growth Acceleration (MEGA Training)

If you want maximum muscle gains while maintaining a low body fat then you will need to exploit an additional training technique.

The training technique is known to bodybuilders as pump training or “fatigue training”.

With pump training you will be able to add an additional 5-8 lbs of ‘pretty muscle’ from increased glycogen storage and sarcoplasm in the muscles. The good news is that this type of growth comes quite quickly and it doesn’t take much to trigger it.

Unfortunately this type of muscle gain can be considered temporary.

As long as you maintain your training volume you will have this additional size. Consequently if you were to take 2 or more weeks off lifting you would gradually start to notice your muscles flattening out and losing this additional size.

**Furthermore this muscle gain is very sensitive to dieting and carbohydrates.** If you were to go on a low calorie/carb diet you would definitely notice some initial muscle loss.

This is why I absolutely love heavy lifting!



The muscle you gain from heavy lifting is there to last. You can maintain it indefinitely with a very low training volume. You can go on a long term dieting stint and not lose an ounce of muscle. As well you can embark on a 3+ week vacation and look just as muscular when you come home as when you left.

Not to mention the muscle you gain with heavy lifting will have a profound effect on strength and power.

## **More on Pump Training**

Think of the muscle growth you get from pump training as the cherry on top of your overall routine.

If you want to have exceptional muscle development then you will need to incorporate pump training in your program.

**However you should never let pump training take priority over heavy lifting.** Heavy lifting in the 4-8-rep range is what is going to deliver the biggest bang for your buck. If you get strong in the 4-8 rep range you will be building a whole lot of muscle.

For this reason I like to set up the MEGA workout into two sections.

**The first section is dedicated to heavy lifting, reverse pyramid style.** This is where you will be taking plenty of rest and your goal will be to move the heaviest weight possible in the 4-8 rep range.

**The second section of the workout will be dedicated towards pump training, standard pyramid style.**

This is where you will be focused on burning out and depleting your muscle. Lighter weights will be used with higher reps and shorter rest periods.

The combination of heavy lifting and pump training will deliver the greatest muscle growth. However this type of training is very demanding on the body.

If you don't supply the proper amount of nutrients then you will not grow or even get stronger.

Therefore the MEGA workout is only appropriate while following a well-planned recomp or lean bulk diet.

*If you're on a cutting program or slacking off on your nutrition then you should not follow the MEGA Training Program.*

# Chapter 10

## Standard Pyramid Training: Ultimate Pump Lifting

For pump lifting I like to use standard pyramid training. This will deliver one heck of a muscle pump and will create a super glycogen compensation effect. You will be depleting a fair amount of muscle glycogen with this type of training. As a result your body will adapt by storing more glycogen in the muscles to better handle future training. This extra glycogen will make your muscles bigger and fuller.

**As well, this type of lifting triggers sarcoplasmic hypertrophy.** This is a type of muscle growth, which leads to increased fluid in the muscles.

With standard pyramid training the goal is to really fatigue your muscles and maximize volume. For that reason rest between sets should be short, 30-60 seconds top.

You should also be performing several sets, 4-6 would be ideal.

You want to be using the same weight for all sets with Standard Pyramid Training. Your first set should be around 12 reps. As fatigue sets in on your subsequent sets you will be performing less and less reps. For that reason I recommend doing 12, 10, 8, and 6 reps. To maximize total depletion and glycogen super compensation you can add two more sets of 6 reps (ex: 12, 10, 8, 6, 6, 6).

## Setting Up Standard Pyramid Training

To really amplify the glycogen super compensation effect you can reduce the weight by 10-15% and perform 2-3 additional sets.

Example:

- 30 lbs – 12, 10, 8, 6, 6, 6
- Followed by 25 lbs – 10, 8, 6

### Best Exercises for Standard Pyramid Training

The best exercises for this type of training tend to be isolation movements.

Compound movements are too demanding on the body to be performed with such a high volume. I like to strictly use compound, free weight movements for heavy lifting and isolation movements for high volume pump training.

- Chest: Incline DB Flyes or Machine Flyes
- Shoulders: Dumbbell Lateral Raises
- Back: Cable Rows superset with Bent Over Flyes
- Triceps: Rope Extensions
- Biceps: Cable Curls
- Legs: Calf Raises

### Progressing on Standard Pyramid Training

The goal of standard pyramid training is to perform a set amount of work (weight x sets x reps) as fast as possible.

Therefore the most natural way to improve is to reduce the rest between sets so you are performing the same amount of work in less time.

You might start with 60 seconds rest between sets and gradually work your way to shorter and shorter rest periods. Eventually you may find that you require only 20-30 seconds rest between sets. It is at this point that you want to add weight and start back at 60 seconds of rest between sets.

**Each workout try to knock off 5 seconds of rest between sets.**

# Chapter 11

## MEGA Workouts

### MEGA Workout: Level 1

#### Workout A

- Incline Barbell Bench Press: 3 sets – 5, 6, 8 reps RPT
- Standing Shoulder Press: 3 sets – 6, 8, 10 reps RPT
- Close Grip Bench Press: 3 sets – 6, 8, 10 reps RPT
  
- Incline DB Flyes or Machine Flyes: 4 sets – 12, 10, 8, 6,
- Lateral Raises: 4 sets – 12, 10, 8, 6
- Rope Extensions: 4 sets – 12, 10, 8, 6

#### Workout B

- Weighted Chins: 3 sets – 5, 6, 8 RPT
- Incline DB Curls: 3 sets – 6, 8, 10 RPT
- Deadlifts/Squats/Hang Cleans: 3 sets – 6, 8, 10 RPT
  
- Cable rows superset Bent Over Flyes: 4 sets - 12, 10, 8, 6
- Cable Rope Curls: 4 sets – 12, 10, 8, 6
- Calf Raises: 4 sets – 12, 10, 8, 6

#### Workouts Per Week

Alternate between Workout A and Workout B for a total of three workouts per week on non-consecutive days. This

method will have you performing each workout once every four to five days.

## **Notes on the Workout**

For these workouts you will perform one RPT movement for each muscle group and one SPT movement for each muscle group.

For the RPT movements you will be taking plenty of rest, 3-4 minutes between sets. Your goal will be to add 5 lbs to anyone of your 3 sets. Remember load your third set first, the next workout load your second set and your third workout load your first set.

Repeat this process continually so that every third workout you will have increased all 3 sets by 5 lbs.

Alternatively you can load your second and third set together so that every second workout you will increase all 3 sets by 5 lbs. This is more suited for beginner and intermediate lifters. *Advanced lifters require a slower progression model.*

For the SPT movements you will be switching to isolation exercises and going for higher reps and shorter rest periods. The goal here is muscle depletion to trigger increased glycogen storage and sarcoplasm in the muscles. Pick a weight that you can do 12 reps with. Limit rest to 30-60 seconds and perform 12, 10, 8 and 6 reps with the same weight.

In each workout, aim to reduce the rest between sets by 5-10 seconds. Once you are down to only 30 seconds rest between sets increase the weight and start back at 60 seconds between

sets. For 'Workout B' you will perform barbell squats, deadlifts or hang cleans.

Pick the variation of your choice. If you want to avoid building your legs then go with hang cleans or single leg pistol squats.

As well you will superset cable rows with bent over flyes.

## **MEGA Workout: Level 2**

### **Workout A**

- Incline Barbell Bench Press: 3 sets – 5, 6, 8 reps RPT
- Standing Shoulder Press: 3 sets – 6, 8, 10 reps RPT
- Close Grip Bench Press: 3 sets – 6, 8, 10 reps RPT
  
- Incline DB Flyes or Machine Flyes: 6 sets – 12, 10, 8, 6, 6, 6
- Lateral Raises: 6 sets – 12, 10, 8, 6, 6, 6
- Rope Extensions: 6 sets – 12, 10, 8, 6, 6, 6

### **Workout B**

- Weighted Chins: 3 sets – 5, 6, 8 RPT
- Incline DB Curls: 3 sets – 6, 8, 10 RPT
- Deadlifts/Squats: 3 sets – 6, 8, 10 RPT
  
- Cable rows superset Bent Over Flyes: 6 sets – 12, 10, 8, 6, 6, 6
- Cable Rope Curls: 6 sets – 12, 10, 8, 6, 6, 6
- Calf Raises: 6 sets – 12, 10, 8, 6, 6, 6



## Notes on the Workout

Everything is the same for the level 2 MEGA Workout. The only difference is that you will be performing an additional two sets on the SPT exercises.

Use the same weight for all 6 sets of SPT. The extra 2 sets will further deplete muscle glycogen and lead to greater muscle growth.

## MEGA Workout: Level 3

### Workout A

- Incline Barbell Bench Press: 3 sets – 5, 6, 8 reps RPT
- Standing Shoulder Press: 3 sets – 6, 8, 10 reps RPT
- Close Grip Bench Press: 3 sets – 6, 8, 10 reps RPT
  
- Incline DB Flyes or Machine Flyes: 6 sets – 12, 10, 8, 6, 6, 6 \*\*
- Lateral Raises: 6 sets – 12, 10, 8, 6, 6, 6 \*\*
- Rope Extensions: 6 sets – 12, 10, 8, 6, 6, 6 \*\*

### Workout B

- Weighted Chins: 3 sets – 5, 6, 8 RPT
- Incline DB Curls: 3 sets – 6, 8, 10 RPT
- Deadlifts/Squats: 3 sets – 6, 8, 10 RPT
  
- Cable rows superset Bent Over Flyes: 6 sets - 12, 10, 8, 6, 6, 6 \*\*
- Cable Rope Curls: 6 sets – 12, 10, 8, 6, 6, 6\*\*
- Calf Raises: 6 sets – 12, 10, 8, 6, 6, 6\*\*

## **Notes on the Workout**

On exercises with \*\* you will drop the weight by 10-15% after completing 6 sets. You will then perform two additional sets for 6-10 reps. Rest 30-60 seconds between these two sets.

# Chapter 12

## Nutrition Strategies for Building Muscle & Avoiding Fat Gain

Nutrition for building muscle is actually very simple: eat plenty of food and include lots of protein and carbs.

If you follow this protocol and workout you will definitely build muscle. However, when the goal is to build muscle and keep fat gain to an absolute minimum, things become much more complicated.

**Your body can only use so many surplus calories for muscle growth and storage.** Eventually any additional calories will be stored as fat.

In order to ensure you build muscle without gaining fat you need to be diligent in tracking your food intake.

Eat too few calories and muscle growth will not occur at any meaningful rate. Eat too many calories and unpleasant fat gain will occur.

For that reason we need to find the amount of weekly surplus calories you can handle before fat gain occurs. For most people this is around 2000 surplus calories per week or slightly less. This works out to be an extra 285 calories per day.

Most guys trying to build muscle try and eat 500 calories over maintenance per day. Those extra 215 calories tend to get stored as fat.

Instead of eating 285 extra calories each and every day it's better to place more calories on lifting days and less calories on rest days.

This will lead to slightly better muscle gains since you will be providing the most calories on days where your body is primed for muscle growth.

## **Lean Bulk Protocol**

- Rest Days (4x per week) +100 calories over maintenance
- Lifting Days (3x per week) +500 calories over maintenance

Weekly Calorie Surplus = 1900 calories

### **Modification #1**

If you tend to gain fat easily then you can reduce calories slightly on rest days.

Instead of eating +100 calories on rest days you could eat -100 calories on rest days.

- Rest Days (4x per week) -100 calories under maintenance
- Lifting Days (3x per week) +500 calories over maintenance

Weekly Calorie Surplus = 1100 calories

## Recomp Protocol

If you want to focus on building muscle and losing fat at a slow rate then it's better to use a recomp protocol.

This is where you will eat at a calorie surplus on training days to encourage muscle growth and a calorie deficit on rest days to encourage fat loss.

At the end of the week you will have eaten very close to maintenance but it is likely you will have improved your body composition (more muscle and less fat).

- Rest Days (4x per week) -300 calories under maintenance
- Lifting Days (3x per week) +400 calories over maintenance

Weekly Calorie Surplus = 0

It's best to use a modest calorie surplus/deficit on lifting/rest days.

Having to go too low in calories on rest days and muscle recovery and growth will be compromised. As well going too high in calories on training days will inevitably lead to fat spill over. So instead of building a little muscle on training days and losing a little fat on rest day you will be gaining muscle and fat on training days and losing muscle and fat on rest days.

Obviously big calorie swings between lifting/rest days aren't optimal. Therefore using a 300-400 calorie surplus/deficit is your best option.

## Determining Maintenance Level Calories

Without knowing your maintenance intake of calories, none of the protocols will be very helpful.

Fortunately determining your maintenance calorie intake is rather simple. Assuming 60 minutes of physical activity per day, most people burn 15 calories per pound of bodyweight.

Now obviously this is just an estimate. It is very unlikely that these numbers will be exact. However there is a very strong chance that you will be within shooting distance of the numbers calculated.

If you are gaining weight too quickly then you can lower your maintenance level calories by 10%. If you are not gaining weight or gaining weight too slowly then you can increase your maintenance level calories by 10%.

Eventually you will be able to zone in on your approximate maintenance level calorie intake.

Example for 160 lbs guy:

- Maintenance level calories:  $160 \times 15 = 2400$  calories

### **Lean Bulk Protocol Using This Example:**

- Rest Days (4x per week) = 2500 calories (+100)
- Lifting Days (3x per week) = 2900 calories (+500)

Weekly Calorie Surplus = 1900

## Recomp Protocol Using This Example:

- Rest Days (4x per week) = 2100 calories (-300)
- Lifting Days (3x per week) = 2800 calories (+400)

Weekly Calorie Surplus = 0

## Determining Protein, Fat & Carb Intake

Of secondary importance to calorie intake is the make up of those calories.

The first thing that you must do is to ensure you are consuming adequate dietary protein.

Since protein is essential for muscle growth this is the number one priority in regards to macronutrient intake. Before even worrying about how much fat and carbs to eat you need to first determine your protein needs.

**Most research indicates that the maximum amount of protein needed to support muscle growth is 1.8 grams per kg (or 0.8 grams per pound) of bodyweight, but I feel consuming slightly more protein than this is beneficial.**

Since we need to be careful not to overeat and cause fat gain it makes sense to eat lots of protein to stay full and satisfied.

For this reason I recommend eating one gram of protein per pound of goal bodyweight. As long as you include high protein foods in your meals it will be relatively easy to reach this amount. If you have trouble eating this much protein you are welcome to include protein shakes into your diet.

So if you are 160 lbs and your goal is to be 175 lbs then aim for 175 grams of protein per day. Don't set your protein intake more than 15 over your current weight in pounds. So if you're 160 lbs and your goal weight is 180 lbs then set your protein intake at a maximum of 175 grams per day.

When you are within 15 lbs of your goal weight then you can adjust your protein intake up to 180 grams.

**The next macronutrient to set is fat intake. Fat should make up 20-30% of total calories.**

Going too low in fat will leave you hungry between meals and will make your meals blander. As well low fat diets may negatively impact testosterone levels. Use 25% of total calories as the default for fat intake.

If you prefer to include more fat in exchange for carbs you can adjust this number up to 30%. If you prefer less fat and more carbs you can adjust this number down to 20%.

A fat intake of between 20-30% of total calories will leave the largest percentage of your calories to come from carbohydrates.

This is an ideal scenario for building muscle. A high intake of carbohydrates will ensure that you maintain full glycogen stores in your muscles. Your body is more efficient at building muscle and being in an anabolic state when your glycogen stores are full or near full.

In addition, carbs are the most efficient energy source and sufficient carbs will ensure optimal training performance.



The better and more intense your workouts are the more muscle growth you will promote.

- **To calculate fat intake** you must multiply calories per day by 0.25 (25%) and then divide that number by 9 to get grams of fat per day.
- **To calculate carb intake** you will need to add together fat calories and protein calories. Subtract this number from total calories per day. This will provide you with the number of calories to consume from carbs per day. Divide this number by 4 to get carbs per day in grams.

## Meal Frequency & Distribution

Assuming you are hitting the appropriate amount of calories and macronutrients, then meal frequency isn't awfully important.

In fact, whether you eat two meals or six meals won't make an ounce of a difference. For that reason I recommend sticking to the meal pattern that you enjoy the most.

For most people, having to eat 5+ meals per day is a pain in the ass. Most people I find do best on 2-4 meals per day. The biggest meals should come in the evening and after training.

This I find maximizes fat burning during the day and amplifies glycogen storage in the muscles from training. As well, big meals early in the day tend to cause tiredness.

Lastly this eating pattern tends to be the most enjoyable and satisfying.

My recommended plan is to skip breakfast, eat a moderate sized lunch, train in the afternoon, have a big dinner with plenty of carbs post workout and then another big meal 1-2 hours before going to bed.

If you train in the evening then it would be better to eat a moderate sized lunch, another moderate sized meal 2-3 hours before training and a big dinner post workout.

If you train earlier in the day then it's best to take 10 grams of BCAA before training, have a normal sized lunch, a big dinner and another meal 3-4 hours later (2 hours before going to bed).

### **Example Meal Schedule**

Wake up – 8am

Meal 1 – 2pm (protein salad or 2% Greek Yogurt and almonds)

Workout – 5:00pm

Meal 2 – 6:30pm (animal protein and rice, potatoes or yams)

Meal 3 – 10pm (animal protein and rice, potatoes or yams)

### **Sample Meal Plan #1:**

#### Meal 1:

- Plain greek yogurt or cottage cheese
- handful of almonds
- serving of fruit

#### Meal 2 & 3:

- Chicken breast
- brown rice cooked in 1-2tbs of coconut oil
- veggies and spinach salad

## Sample Meal Plan #2:

### Meal 1:

- Salad loaded with grilled chicken breast (sliced) tomatoes, cucumbers, shredded cheese and avocado
- serving of fruit

### Meal 2 & 3:

- Beef (flank steak, 90% lean ground beef, roast beef)
- potatoes or sweet potatoes  
butter (for taste)
- veggies and spinach salad

## What About Breakfast?

I recommend skipping breakfast.

I can already hear the comments... “Skip breakfast? Are you crazy?”

There is really no good reason to eat breakfast. By pushing your first meal later into the day you force your body to burn fat for fuel, you elevate growth hormone and you increase insulin sensitivity in the muscles. This creates the perfect storm for building muscle and burning fat.

**As long as you limit the daily fast to 16-18 hours there will be no muscle catabolism during the fast.**

When you do eat, after an extended fast, the anabolic effects of that meal will be much greater. This is due to improvements in your muscles insulin sensitivity. This leads to greater nutrition partitioning into your muscles stores.

**I have found that by skipping breakfast I have had a much easier time building muscle while maintaining leanness.**

That said it is essential that you provide your body with the right amount of nutrition during the feasting window. *If you are incapable getting in the appropriate amount of calories in 2-3 large meals then fasting is probably not for you.*

**If you wish to perform the strength training before your first meal then I strongly recommend taking 10 grams of BCAA before training.**

Pre workout protein is highly beneficial at increasing protein synthesis and preventing protein breakdown. Therefore it makes sense to provide your body with 10g of BCAA before training.

# Chapter 13

## Tracking Progress

One of the main reasons why people fail to follow through on their workout program and nutrition plan is because of a lack of accountability.

They make it extremely easy for themselves to miss workouts, half ass it in the gym and not follow their diet regime.

This is simply unacceptable!

By purchasing this program you made the decision right then and there that you no longer wanted to settle for a mediocre body.

You wanted to rise above and beyond and achieve an awe-inspiring condition. I'm talking about the level of physical development which brings with it enormous amounts of self-respect and confidence.

**I want you to commit to following this workout program with absolute consistency and dedication.**

That you will do whatever it takes to hit the gym three times per week with extraordinary effort and drive.

No matter what, you will not sabotage your efforts by rationalizing skipping the gym or screwing up your diet.

The reason most people have so much difficulty following through on a workout plan is because they make up excuses for

why they can't hit the gym. They lie to themselves that it will just be this one time and that the following weeks will be perfect.

**The truth is that if you are going to skip a workout now then you will do so again in the future.**

You need to hold yourself accountable and do whatever it takes to drag yourself to the gym.

I have never met anyone in my life that couldn't find one hour to workout three times per week. If something comes up then shift things around and make it work.

There is simply no excuse for not being able to workout three times per week. End of story.

## **Making This Plan Work**

To really maximize your results on this program it is essential that you track your strength and physique progress. By doing so you will improve your results dramatically.

When you are tracking your progress then missing a workout or just going through the motions in the gym has real, substantial consequences.

Tracking progress is the most effective way to keep yourself disciplined and accountable for your actions.

## **Progress Tracking #1: Lifts**

Every workout you should be recording and tracking your main lifts. Your main core lifts are incline bench press and weighted chin ups.

If you follow the progression scheme correctly you will be adding 10-15 lbs per month to each of these lifts.

If you're a beginner you will be adding 15 lbs per month and if you're advanced you will be adding 10 lbs per month. Beginners will alternate adding 5 lbs to their second and third set or their first set each workout. Advanced lifters will add 5 lbs to only one of their three sets per workouts.

**Stick with this workout plan for 6 months and you will become an absolute beast!**

If you're only capable of doing chin ups for 5 reps with 15 lbs then you could get up to 75-105 lbs for 5 reps in 6 months. If you are incline bench pressing 135 lbs for 5 reps then in 6 months you could get up to 195-225 lbs.

If you are consistent and you put in a maximum effort when you are at the gym then you will experience these incredible results.

Trust me that when you are capable doing weighted chins with 90 lbs strapped to you and incline benching 225 your physique will be extremely muscular.

Combine that with a low body fat and you will be dropping jaws.

## **Progress Tracking #2: Weight and Waist Measurement**

Each week you should be weighing yourself and measuring your waist circumference around bellybutton with normal relaxed posture (no sucking in or flexing). If you are slowly gaining weight, about half a pound per week, and your waist is staying the same then you know you are building pure muscle. This is very good. If you are recomping and staying around the same weight but your waist is becoming smaller then you know you are gaining muscle and losing fat.

Now on the other hand if your waist measurement is going up then you know you are overdoing it with your calorie intake. Therefore you would want to cut the calories back to eliminate fat gain.

Make sure to weigh yourself the same day each week. Weigh yourself and measure your waist first thing in the morning after using the bathroom if required. This will provide the greatest accuracy.

## **Progress Tracking #3: Muscle Measurements**

Each month I recommend taking a few additional measurements to get the full picture. This will give you an idea of how exactly your body is changing.

I recommend measuring the chest with relaxed posture at mid chest level, no flexing in or sticking out the chest.

I also recommend measuring your arms. The best way to measure the arms is by flexing them and measuring around the widest point, usually right in the middle of the biceps.



Take this measurement first thing in the morning. If you measure after a workout you will notice a slightly bigger reading. This is only temporary so it doesn't count.

### **Progress Tracking #4: Photos**

A picture says a thousand words! A picture can say so much more than a number.

For that reason it is wise to take regular, monthly pictures to track progress.

I recommend taking pictures in the morning and in the same lighting conditions each time.

### **Here are the pictures I recommend taking:**

1. Front pose relaxed, flexed abs and double biceps pose
2. Back pose relaxed and double biceps pose
3. Side pose flexed triceps and side pose flexed biceps

# Chapter 14

## Kinobody Fitness Standards

I was always very motivated when I had certain targets to reach, whether it was 20 consecutive chin ups, 8% body fat or a 300+ lbs bench.

I just always loved fitness books that provided elite standards to strive for.

I am now going to provide you with my Kinobody Fitness Standards for achieving the strong and sexy Greek God Physique.

**I am using three different levels of development: good, great and godlike.**

- **“Good”** is someone who is in above average shape.
- **“Great”** is someone who is in top shape.
- **“Godlike”** is someone who is befitting of a god, someone in such spectacular shape that you can’t possibly fathom that they are in fact merely human.

## **Strength Standards**

### **Incline Bench Press**

Good – 1x bodyweight for 5 reps

Great – 1.2x bodyweight for 5 reps

Godlike – 1.4x bodyweight for 5 reps

### **Weighted Chin ups**

Good – 30% bodyweight attached for 5 reps

Great – 50% bodyweight attached for 5 reps

Godlike – 70% bodyweight attached for 5 reps

### **Standing Barbell Press**

Good – 0.7x bodyweight for 5 reps

Great – 0.85x bodyweight for 5 reps

Godlike – 1x bodyweight for 5 reps

### **Barbell Curl**

Good – 0.55x bodyweight for 5 reps

Great – 0.65x bodyweight for 5 reps

Godlike – 0.75x bodyweight for 5 reps

# Body Measurements Standards

Here are the measurements for being considered godlike:

## Waist

Good – 47% of height

Great – 46% of height

Godlike – 45% of height

## Chest

Good – 1.3x waist

Great – 1.35x waist

Godlike – 1.4x waist

## Arms

Good – 46% of waist

Great – 48% of waist

Godlike – 50% of waist

# Conclusion

## The Beginning

As with all my programs, I like to conclude all my guides with one last thing...

I can give you all the tools you need to succeed, but in the end, your success comes down to one thing:

**...ACTION.**

I can give you the blueprint, but I can't do the work for you. You have to. If you follow this program and the methods I outline, you WILL see results.

You may have to cast your belief aside. You may have to decide to tune out the mainstream media, stop reading Men's Health or following the programs out there by the "Gurus".

That's what it will take: dedication, focus and commitment.

**Now, sometimes people want more.** Sometimes, having a program like this isn't enough.

If that's YOU, then I'd invite you to join my [Kinobody Coaching Program](#).

This is a 3-month program where I create a customized meal plan and workout protocol FOR you, then support you in your success every single week. You can email me personally as

often as you like, and I'll keep track of your progress and make tweaks to the program as you go to ensure your success.

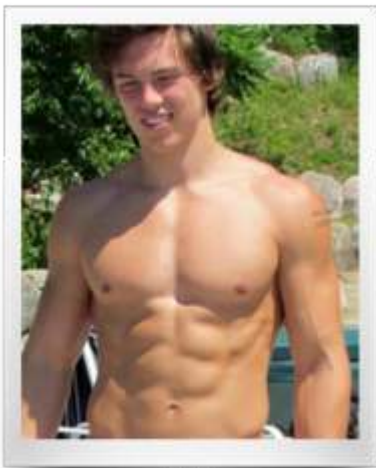
**To join this program though, there are 4 prerequisites:**

1. You must be able to access a gym 3x per week
2. You must count macros
3. You must track your progress
4. You must be willing to commit!

If you can do these 4 things and you want my personal help taking your body to the muscular Greek God Physique, then go here now:

[www.Kinobody.com/Coaching](http://www.Kinobody.com/Coaching)

I sincerely appreciate you investing in this program and am looking forward to seeing your transformation!



**Greg O'Gallagher**  
[Kinobody.com](http://Kinobody.com)

Transform Your Physique  
&  
Live the Life of Your Dreams