

ALPHAADVICE



***FULL BODY
GREEK GOD
PROGRAM***

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INTRODUCTION:

The following workouts, exercises, sets and reps are all geared towards bringing your body closer to the Greek God physique

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

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 6-10 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 minimise fat and promote muscle you will be left with a chiselled GREEK GOD- like physique.

FULL BODY - MONDAY

Exercise	Rest	Sets	Reps	Muscle(s) Trained
Incline Bench Press	2 mins	3	8	Upper Chest, Triceps, Front Delts
Barbell Squat	2 mins	3	8	Quads, Glutes
Bent-Over Row	90 secs	3	8	Mid Back, Rear Delts, Lats, Biceps
Dumbbell Side Raises	60 secs	3	10	Side Delts
Reverse Pec Deck	60 secs	3	10	Rear Delts
Barbell Bicep Curls	60 secs	3	10	Biceps
Tricep Double Rope Pulldown	60 secs	3	10	Triceps

REST DAY

FULL BODY 2 - WEDNESDAY

Exercise	Rest	Sets	Reps	Muscle(s) Trained
Incline Dumbbell Press	90 secs	3	8	Upper Chest, Triceps, Front Delts
Romanian Deadlift	90 secs	3	8	Glutes, Hamstrings
Lat Pulldown	90 secs	3	10	Lats, Mid Back, Biceps
Seated Dumbbell Shoulder Press	90 secs	3	8	Front Delts, Upper Chest, Triceps
Incline Dumbbell Curl	60 secs	3	10	Biceps
Seated Tricep Overhead Extension	60 secs	3	10	Triceps
Dumbbell Shrugs	60 secs	3	10	Traps

REST DAY

FULL BODY 3 - FRIDAY

Exercise	Rest	Sets	Reps	Muscle(s) Trained
Pec Deck	90 secs	3	10	Chest
Leg Press	2 mins	3	8	Quads, Glutes, Hamstrings
Seated Cable Row	90 secs	3	10	Lats, Mid Back, Biceps
Standing Overhead Press	90 secs	3	8	Front Delts, Upper Chest, Triceps, Core
Dumbbell Hammer Curl	60 secs	3	10	Biceps, Brachialis
Lying Down Skull Crushers	60 secs	3	10	Triceps
Dumbbell Side Raises	60 secs	3	10	Side delts

REST DAY

This is the routine you will be running.

It is split into Monday / Wednesday / Friday

But, the specific days of the week do not matter as long as you give yourself a 1 day rest in between workouts and complete all 3 within a 7 day period.

Add 3 sets x 12 of calf raises at the end of each workout if you want.

MAIN EXERCISES EXPLAINED

1. Incline Bench Press

There is nothing wrong with the regular flat 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 chest 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 / Seated 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. Barbell Curls

The barbell curl is the best exercise for developing the biceps. With this movement you can make gradual progress in resistance used. You can eventually build up to barbell curls with 135 lbs / 60kg for your reps.

4. 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.

5. Lateral Raises

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

For this reason the lateral head can slightly lag behind in overall growth. Therefore lateral raises should be incorporated to ensure even muscle growth. By adequately building the lateral head of the shoulder, you will contribute to the V-shaped frame that is so desired.

6. Bent Over Flyes

Strong rear delts will help keep your shoulders balanced & 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 & dominance.

HOW INTENSELY SHOULD YOU TRAIN?

This section is going to explain how hard you need to be training in order to actually make muscle gains.

If you look at the routine, you'll notice each set has a specific number of reps. Let's use 10 for this example. If a set has 10 reps total, **you should not be completing the 10 reps easily.**

If you are able to do 10 reps with ease and little difficulty, you need to increase the weight you are using or slow down your reps to make it harder.

You should be able to do 6-8 reps with moderate difficulty, and by the 10th rep you should either **be at failure or 1-2 reps away from failure.** Failure means you physically cannot do any more reps in that set. This is how you must be training in order to push your muscle to new heights and allow for muscle growth.

Eventually, you may get to a point where a weight that used to be difficult is now easy and you are hitting the 8-10 reps with no problem. When that happens (usually after a few weeks of training), you need to increase the weight you are using in order to continuously push the body.

The weight increase should not be a huge jump. Depending on the exercise the increase in weight is usually between 2.5 pounds to 10 pounds. You want to increase it just enough to where you are barely reaching the required number of reps or even falling short by 1 rep (which is okay because eventually your body will grow and you will be able to reach the required rep range). This is progressive overloading.

You don't need to worry about 1 rep maxes or anything like that. Focus on increasing the weight you can do for 8-10 reps and that will ensure you make insane muscle gains.

NUTRITION:

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 to 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.

The 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 days 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, the protocol above won't 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

DETERMINING PROTEIN INTAKE

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 1.7 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 your 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 then aim for 160 grams of protein

MEAL FREQUENCY & DISTRIBUTION

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

In fact, whether you eat two meals a day or six meals a day 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 maximises 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, 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.

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 muscle’s insulin sensitivity. This leads to greater nutrition partitioning into your muscle’s stores.

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

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 downloading 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 rationalising 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 maximise your results on this program it is essential that you track your strength 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.

Every workout you should be recording and your main lifts. Your main core lifts are flat bench press, barbell squat, seated / standing overhead press.

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 workout.

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

If you're only capable of doing squats for 5 reps with 135 lbs then you could get up to 195-225 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 of following this plan, your physique will be extremely muscular.

Combine that with a low body fat and you will be dropping jaws. I'd like to conclude this guide 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.

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

GOOD LUCK – I'd greatly appreciate it if you could leave a 5 star rating for this guide on Gumroad.

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