Warrior Shredding Program
The NEW Warrior Shredding Program
Workout For Strength & Fullness

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KINOBODY
The NEW Workout
The new warrior shredding workout program is crafted to really develop your upper chest and shoulders and support more muscle fullness…

In fact, you’ll see some pretty incredible gains, especially on your chest and shoulders.

I created this new workout, simply because I wanted you to have more variety in your routine. The original routine is extremely effective, and I have testimonials come in, near daily, of people dropping fat and gaining considerable strength and muscle!

That said, I want you guys to be able to follow this program for as long as desired. Even with exercise rotation, eventually you’ll want to try something slightly different.

Well that’s where this program comes in!

The volume is slightly higher and we’ll be using some fatigue training (rest pause and standard pyramid), this is for fun!

As well, this is to encourage more muscle growth! You can perform this routine following the warrior shred cut, or while doing a recomp or lean bulk.

The volume is dialled in nicely, so if your calories are higher, you’ll put on muscle at a very fast rate. But if you’re in a moderate deficit, you’ll still see nice gains!
I recommend using both the original and new warrior shredding workout program in your arsenal. Alternate between the two, with at-least 8 weeks on each one before switching…

We’ll be using a few different strategies in this program:

1.) **Reverse Pyramid Training**

This is where you’ll be reducing the weight by roughly 10% with each additional set. On these lighter sets the goal is to aim for 1-2 additional reps. Rest should be 3 minutes between sets of RPT…

For exercises labelled as “5, 6, 8 reps”:

We’ll be increase the first set by 5 lbs or the second and third set by 5 lbs.

This is a strategy I created called independent set loading. It’s incredibly effective at building strength. You see, it’s hard to increase all of your sets by 5 lbs. But increasing half of the sets by 5 lbs is much more realistic.

I recommend increasing your second and third set first, and the following workout increase your first set. Repeat this process so that every other week, all of your sets increase by 5 lbs…

If this becomes too challenging you can only increase one set at a time. Starting with set 3, then set 2, then set 1… So you’re taking a full three weeks to increase your heavy set by 5 lbs.

For exercises labelled as “4-6, 6-8, 8-10 reps”:

For these exercises, you’ll be working at hitting the top end of the rep range for all three sets. Once you hit the top end of the rep range, you can increase the weight by 5 lbs on all three sets, the next workout. Then build back up to the reps, before increasing the weight the following workout.
2.) Standard Pyramid Training

This is where you’ll pick a light weight you can perform for 12 reps. You’ll rest only 30-60 seconds and complete 10 reps with the same weight. 30-60 seconds rest and then 8 reps with the same weight. 30-50 seconds rest then 6 reps. Done...

Every week you want to focus on reducing the rest periods until you can complete all four sets with just 30 seconds of rest between sets. Then, you can increase the weight.

This is a great training style for inducing muscle growth via sarcoplasmic hyptero phy. You won’t gain much strength here, but the fatigue work will help with filling out your muscle groups.

I love this style of training on shoulders. It’s also great for calves.

3.) Rest Pause Training

Rest pause training involves selecting a weight you can perform for 12-20 reps. After finishing the high rep “activation” set, you take a short 10-20 second rest before going for 4-8 reps (1/3 - 1/2 the reps of your activation set). This is called a “mini set”. You then repeat this process for a total of one activation set plus three mini sets.

This style of training is great for hypertrophy and muscle growth. By resting only 10-20 seconds, you force your body to use maximal muscle fiber recruitment with a light weight. Make sure to use the same weight for all sets. We’re only resting 10-20 seconds (that’s why the reps drop off).

Here’s how it would look:
15 lbs x 15 reps + 5 reps, 5 reps, 5 reps (10-20 seconds rest between sets)

Okay, so with all that in mind, here’s the new workout!
The New Warrior Shredding Program Workout

This workout is not meant to replace the original workout program. It’s simply a new routine you can do for a few months while making great gains.

In fact, I’d actually recommend alternating between the two workouts: 8 weeks doing the original workout, followed by 8 weeks on the new workout.

You can also use the exercise substitution protocol for this program. This is where you substitute the exercise variation if you plateau.

For example, if you stall on incline dumbbell bench press, you would switch to incline barbell bench press.

If you stall on weighted pull ups, you’d do weighted chin ups.

If you stall on seated dumbbell shoulder presses, you would do standing barbell press.
Anyways, without further ado, here is the workout program!

**Workout A - Monday**

- Incline Bench Press: 5, 6, 8 (Reverse Pyramid)
- Low Incline DB Flyes: 12, 10, 8, 6 (Standard Pyramid)
- Rope Pushdowns: 6-8, 8-10, 10-12 (Reverse Pyramid)
- Wide Grip Upright Rows: 10-20 + 6-8, 6-8, 6-8 (rest pause)

**Workout B - Wednesday**

- Weighted Pull ups: 5, 6, 8 (Reverse Pyramid)
- Incline Dumbbell Curls: 4-6, 6-8, 6-8 (Reverse Pyramid)
- Hammer Rope Cable Curls: 12, 10, 8, 6 (Standard Pyramid)
- Bent Over DB Flyes: 12, 10, 8, 6 (Standard Pyramid)

**Workout C - Friday**

- Seated DB Shoulder Press: 4-6, 6-8, 8-10 (Reverse Pyramid)
- DB Lateral Raises: 12-20 + 4-8, 4-8, 4-8 (Rest Pause)
- Bulgarian Split Squats: 6-8, 8-10, 10-12 (Reverse Pyramid)
- Seated Calf Raises: 12, 10, 8, 6 (Standard Pyramid Training)
What About Abs?

Ideally on your non lifting days (2-3x per week), you would do the CAM – Cardio, Abs & Mobility workout.

This is focused on building up your abs through advanced abs exercises. Think gymnast style.

This style of abs training will support a well-developed midsection that allows your abs to pop out, even when you're not flexing.

As well, this includes some fat burning cardio work to support fat loss and a lean physique!

Finally, there’s mobility work to ensure that you’re limber and functional and you stay injury free. Here is the type of abs development this course will allow for, when you get to a low body fat (7-9% body fat).

Keep in mind, this style of training is perfectly suited for rest days, as it will result in little to no 'neural fatigue'.

Furthermore, you may notice enhanced recovery and the cardio training will have no effect on hunger. Some people have even reported it being hunger blunting.

So if you have the ability to dedicate time to training on your rest days, this is the best thing you can do! It's not about killing yourself – it's about supporting fat loss, building killer abs and a mobile, functional body.
Click here to check out the Cardio, Abs & Mobility Program

(…Or go to https://kinobodyelite.com/shop/special/cardio-abs-mobility-standalone/)

Ah and btw, since you’re a customer of my Warrior Shredding Program, I included a pretty sweet discount at that link, so check it out if you haven’t already.

Thanks and hope this guide helps!

Greg OGallagher