

The Path TO YOUR GOAL PHYSIQUE



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The Purpose of This Guide

This short guide contains a roadmap for changing your physique into the one YOU want. It will help you identify the type of physique you're after and then **give you a practical strategy to achieve it.**

By the end of this report, you should have a solid grasp on what it will take (and look like) to achieve the physique you desire...

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Defining the Ideal Male Body

What makes one physique look better than another?

This is a question artists have been asking for thousands of years. If you were a painter or sculptor and you could create the ideal man, how would you make him look like?

Recently I've read a book called "The Adonis Index" and the author has come up with an interesting answer. He spent several years researching what type of male body is considered most attractive and what he discovered made a lot of sense: the proportions of the body were much more important than the size or height.

As a guy, think of why you find a woman attractive. It's certainly not because of her height as there are short and tall girls who all look very attractive. It's not because of her weight either as you'll see very beautiful skinny girls and curvy girls.

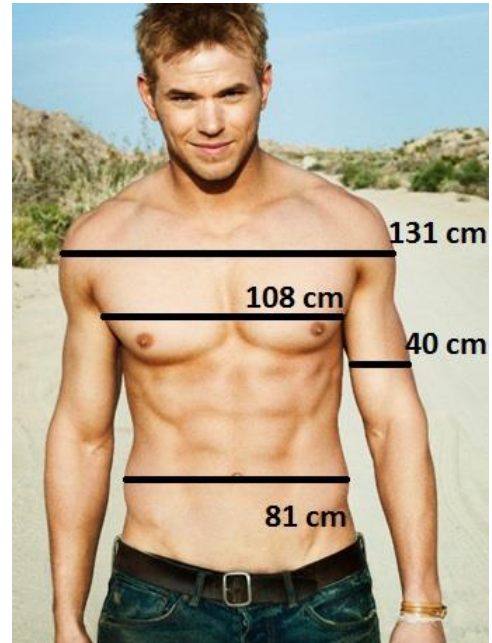
The proportions are what make the difference! Here's what the author found:

For women the most important proportion for attractiveness seems to be the one between the waist and hips. This gives them the famous hourglass figure men love.

For guys, the most important proportion is that between the shoulders and waist. A near-universal sexually attractive feature of a man is a V-shaped torso: a relatively narrow waist offset with broad shoulders.

In several studies on physical attractiveness, women reported that the most attractive male physique was one with a slim waist, broad shoulders and muscular chest. What the researchers found was that the absolute size of the shoulders, chest or waist did not matter as long as certain ratios were there. The ratios that got the highest score for physical attractiveness were:

- **Waist – 43-47% of height**
- **Shoulders – waist x 1.6**
- **Arms – identical size of neck circumference**
- **Chest – 10-12" (25-30cm) greater than waist**



For example a 6'1 man would ideally have a 32 inch waist, 51 inch shoulders, 42.5 inch chest, and 15.5 inch arms. *For metric system: 185cm height, 81cm waist, 129cm shoulders, 107cm chest, 39.4cm arms.*

According to the theory, the closer a man comes to these proportions, the more attractive he becomes.

For this ratio or one close to it to be possible, a man has to be at a low body fat percentage (so his waist would be slim) and have great muscle development (so his shoulders and back would be wide). Here are a few examples:



So two ingredients are necessary to get a body like the ones above:

Ingredient #1 – Slim Waist

The waist circumference of the guys above is probably 43-45% of their height.

Ingredient #2 – Solid Muscle Development

To get broad shoulders and a wide back a man has to gain a good amount of muscle mass.

Putting them together

By combining these two features, you get a very good looking physique.

Three Stages of Muscle Development

So now we've established that a great looking male body has a slim waist, thick shoulders and upper back muscles, masculine square chest, well developed arms and athletic legs.

What you'll notice however, is that even this detailed description allows room for different builds. This has encouraged us to come up with three physique classes, **the difference between them being the level of muscle development attained.** With proper, tailored nutrition intake and a well-designed strength training program, you can achieve any of these physiques. **Developing these physiques is not about getting huge; it's about staying lean and developing proportion.**

Let's take a look at each class individually so you can identify exactly what physique you want to build:

Level 1: The "Warrior" Physique



- **Exceptionally lean, toned and wiry**
- **Shredded abs**
- **Appears slim in clothes**
- **6-8% body fat**

Ex: Henry Cavill in Immortals; Cam Gigandet in Never Back Down; Brad Pitt in Fight Club

The Warrior physique requires a solid base level of muscle development combined with a very low body fat. You may appear slim in clothes but when you take your shirt off jaws will drop.

The Warrior physique is also a great starting point for developing the Greek God Physique.

Level 2: The “Greek God” Physique



- **Muscular with great definition and proportion**
- **Stands out in clothes**
- **8-10% body fat**

Ex: Daniel Craig in Casino Royale; Dustin Clare (Gannicus) in Spartacus; Stephen Amell in Arrow.

The Greek God physique is a perfect balance of size and definition and definitely attracts more female attention, provided you wear well-fitted clothing.

This bigger and more muscular build makes you appear more dominant and imposing. Girls will ask to feel your muscles and they may even nonchalantly bump into you quite often.

Also, this type of physique comes with some serious strength and power and is also the starting point for the Superhero physique.

Level 3: The “Superhero” Physique



- **Incredible Muscle Development**
- **Looks like a real life superhero**
- **Rock hard muscles and chiseled abs (8-9% body fat)**

Ex: Chris Evans in Captain America; Chris Hemsworth in Thor; Henry Cavill in Man of Steel.

The Superhero physique is very similar to the Greek God physique, only with an extra 5-8 lbs (2.2-3.6kg) of ‘pretty muscle’. This additional growth makes a very big visual difference and is attained by adding high volume pump training into your lifting regime.

This type of training should be reserved for those who have surpassed the intermediate stages of strength.

The superhero look is truly an astonishing one. Adding in the high volume lifting will buff up your body fast and give you the shrink-wrap effect making your muscles look absolutely incredible.

How can YOU get there?

Have you decided which type of physique you want? If you did, now let's see how you can get there!

The first step to reaching your goal physique depends on your current condition. Obviously a skinny guy will not follow the same nutrition and training plan as someone weighing 230 lbs (104kg). Even though their long-term goal may be the same, in the short-term one must start by gaining weight and the other one by losing weight.

There are 5 different situations from which a person can start their Kinobody journey:

- 1. Fat with very little muscle mass**
- 2. Fat with decent or good muscle development**
- 3. Average** (13-17% body fat and little muscle mass)
- 4. Skinny-Fat**
- 5. Skinny** (very little muscle mass and little or very little body fat)

We'll address each category one by one and you'll learn what would be the best first step in each situation. I recommend you read them all but if you don't have the time you can just read the recommendations for the category you fit in.

I made sure to include a detailed description for each category, even if some of the information repeats itself.

Let's get started !

Fat with very little muscle mass



Starting from this point, the first step for achieving either the Warrior or the Greek God physique is to start a cutting program until you lose all your belly fat. At the end of the cut your waist would ideally get down to 45-47% of your height (this usually means 10-13% body fat).

Depending on how much fat you have to lose, the cutting period may take a long time but your transformation will be staggering! When your waist becomes smaller, the proportion with your shoulders automatically improves and your chest, back and arms will actually look bigger.

The best news is that starting from this category allows you to build muscle while losing fat for at least the first 3-6 months.

“In over-fat beginners we have a situation where fat cells are very insulin resistant and essentially try to push calories away. When we throw training on that, we’re not only sending a muscle building stimulus via training but increasing nutrient uptake into skeletal muscle through effects on skeletal muscle nutrient uptake/insulin sensitivity.”

Under these circumstances the body appears to take calories out of fat cells and use them to build muscle.” Lyle McDonald

What you need to do

Nutrition:

The first priority is setting your diet correctly. In order to lose body fat you must eat fewer calories than your body requires over the course of the day, consistently, while being able to enjoy yourself so you actually stick to the program.

Also, in order to support muscle growth, hormonal balance, and gym performance you must take in the right amounts of macronutrients (protein, fat and carbs). Please read the Master of Macros PDF to learn how to set up your cutting plan or check out [Greg’s Aggressive Fat Loss course](#) for an exact nutrition protocol.

With a caloric deficit of about 20-25% most people in this category will be able to lose 2 or 3 pounds (0.9-1.4kg) of fat per week at the beginning of the dieting phase and then about 1-1.5 lbs (0.4-0.7kg) per week. Provided you make strength gains in the gym, muscle growth will occur during this time but your weight will still go down fast.

Training:

Gaining muscle while losing fat comes down to making strength gains on a few key movements. What’s great about the beginner stage is that strength will go up smoothly even while cutting.

For complete beginners I recommend following a higher frequency routine focused on progressive overload in a just a handful of compound movements. A full body workout three times a week or an A/B split three times a week allow beginners to practice form a lot and get through the initial neural adaptations quicker. In the beginning the vast majority of the initial gains one makes in strength are neurological in nature so it makes sense to want to get passed this stage as quickly as possible and get to the point where muscle fibers have to increase in size to contribute to strength.

„Once you've made your neurological strength gains, your bone density has increased, collagen has aligned itself towards the forces you are putting on your body, ligament and tendon strength has improved and your form is efficient, the ONLY way for you to get stronger is by increasing the size of your muscle fibers. That's it. So if you are getting stronger, and you're not a beginner anymore...you are by default getting bigger. You have to be.” – Eric Helms

So here's how your first workout routine might look like:

Workout A

- Incline Bench Press – 5 x 5
- Barbell Row – 5 x 5 (You do these until you can do body weight chin-ups)
- Dips – 3 x 8
- Biceps Curls – 3 x 10-12

Workout B

- Squat / Sumo Deadlift – 5 x 5
- Reverse Dumbbell Lunges: 3 x 6-8 reps per leg
- Standing One Leg DB Calf Raises: 3 x 10-15 reps
- Abs Wheel Roll Outs: 3 sets x 10 reps

Notes:

Training is done three days per week, on non-consecutive days, alternating between Workout A and Workout B, like this: Monday: Workout A, Wednesday: Workout B, Friday: Workout A, Monday: Workout B, Wednesday: Workout A, and so on.

Rest three minutes between sets for the compound movements. Rest 60-90 seconds for the assistance exercises.

When you hit the required reps for all sets, increase the weight on all sets the following workout. This will probably cause you to lose 1 or 2 reps in the last 2 sets. That's normal and the goal for the following workout is to add back the reps in those last sets so you can increase the weight again.

After 3-6 months on this routine you can probably upgrade to a more advanced level. Your form should be good enough to start Reverse Pyramid Training and you'll probably be close to reaching *the Base Level*.

Reaching the Base Level

Once you reach 10-12% body fat (your waist is 45-47% of your height) and you can do 8 body weight chin-ups and incline bench press 90% of your body weight for 5 reps, you have reached what we call the Kinobody Base Level.

The Base Level is where you're reasonably lean with decent strength. From this point you can choose whether you want to be leaner and get the Warrior physique (8-9% body fat) or you want to gain some size and muscle and head towards the Greek God Physique.

(The time it will take a person to reach the Base Level depends mainly on how much fat they have to lose.)

Heading towards your Goal Physique

The Warrior Physique

If you want to build the Warrior physique then continue to lean down to about 8-9% body fat while increasing strength.

However, if you'll feel too skinny when you go below 10% and would like a bit more size then I recommend you shift focus on gaining muscle.

For this you will start eating a slight surplus of calories and continue to make progress in strength. As you're gaining weight you'll probably gain some fat as well but that's alright because once you get up to 12-13% you can cut back to 8-9% and this way never lose definition for more than 2 or 3 months.

Your workouts will still be focused on gaining strength; the intensity used will be high while the volume will be relatively low. You'd also want to include some more isolation work by this point so you can add some size to your shoulders and arms.

After 6-12 months of doing this you'll get a more muscular Warrior physique.

The Greek God & Superhero Physique

If you want to build the Greek God or the Superhero Physique then you'll want to shift your focus on gaining muscle once you get to the Base Level.

The reason we're addressing the Greek God and Superhero classes together is because in order to build the Superhero physique you must first get the Greek God physique. So how do you do that?

To maximize muscle growth, you'll eat a slight calorie surplus (5-10% above maintenance) for long periods of time. As you'll gain strength on the key movements you'll also build muscle and size.

Ideally, as you're gaining size you'll never go above 15% body fat again. Your cut and bulk cycles will be kept in the range of 8-15% body fat.

In this range you can gain muscle easily without gaining too much fat (because of improved insulin sensitivity and good hormonal balance) and you'll also look good year round.

You'll inevitably gain some fat as you're bulking so once you're up to 15% body fat it's time to cut back to the 8-12% range. You'll repeat this process until you reach the Greek God Physique.

Then if you want to take it even further, you'll start using periodization and include more volume in your workouts and head towards the Superhero status.

*Any questions about this section? Email me at support@thinkeatlift.com and I'll help you out.

Fat with decent or good muscle development



This category is very similar to the one above, the only difference being that these people have more muscle mass and they are likely stronger. Most people in this category have probably been working out for some time or they gained muscle playing sports or doing manual labor.

If this is the case for you too, the best strategy now is to cut.

Your first priority should be to get your waist down to 44-47% of your height as this will hugely improve your proportions. Thanks to the amount of muscle mass you have, shrinking your waist will make your chest, back and arms look much bigger than before. You will also get a 6 pack (which is always nice to have).

Depending on your training experience, you may still be able to gain muscle and strength for the first 2 to 4 months of being in a deficit. This is because a higher body-fat percentage ensures higher energy availability and some of the negative effects of eating less are diminished.

The best news is that you can probably reach the Warrior physique only by leaning down. You already have a muscular base; it's only a matter of revealing it.

The biggest obstacle is in your mind

Do you want to know the reason why most people in this category fail to achieve a great physique?

They do not allow themselves to reach the necessary level of leanness. In their mind it is unacceptable to go below a certain weight or size.

Some people I've worked with wanted 6 pack abs their entire life but when I told them they needed to drop down from 195 lbs (88kg) to about 170 lbs (77kg) they said they cannot do that. They wanted to be lean but only if they could remain 195 and keep their overall size.

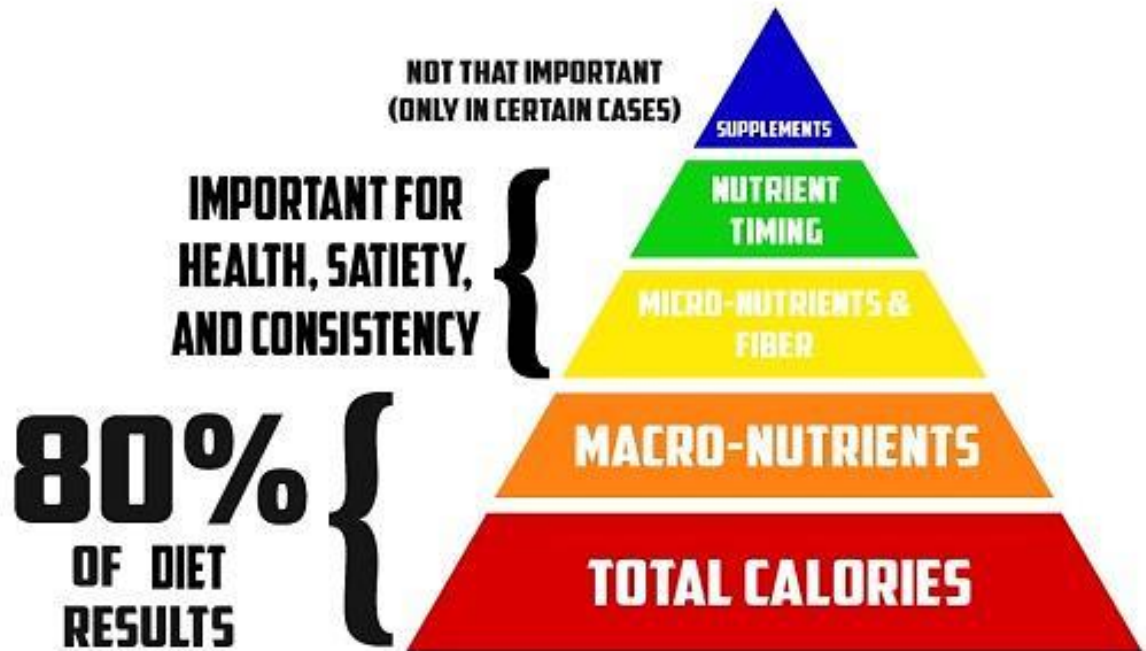
Well... I'm sorry, it's not gonna happen man.

For someone of average height to be 195 lbs and ripped they'd have to be very, very close to their genetic muscular potential. On top of that, it's almost impossible to drop 25 lbs (11kg) of fat and gain 25 lbs of muscle without changing your weight.

So my advice for you is this: **If you want to be lean, allow yourself to lose size.** I promise your arms will look better even if they'll be 1 inch smaller and I promise you'll look great in a medium T-shirt as well. You don't have to be the biggest guy anywhere you go.

Besides, who cares how much you weight when you look amazing?

What you need to do get lean



* Credit for this pyramid goes to Eric Helms
** That percentage is my own opinion.

Nutrition:

Your first priority should be setting your calorie and macronutrient intake correctly. This will ensure steady fat loss without compromising recovery, workout performance, or hormonal balance.

Food choices and nutrient timing don't really matter for body composition but they are very important for health, satiety and consistency.

Please read the Master of Macros PDF to learn how to set up your cutting plan.
Or follow the nutrition plan from [Greg's Aggressive Fat Loss course](#).

A caloric deficit of about 25% would be the maximum recommended for most people in this category. If you try to cut calories more than this, strength and muscle loss will likely occur. See the table below for the maximum recommended fat loss per week depending on body fat percentage:

Body fat %	Maximum recommended fat loss per week
20-30%	~2 lbs / 0.9kg
15-20%	1-1.5 lbs / 0.45-0.7kg
10-15%	1-1.2 lbs / 0.45-0.6kg

Provided you make strength gains in the gym, muscle growth can still occur during this time but your weight will decrease substantially.

Training:

Relative strength is the best indicator of muscle retention or muscle gain on a diet. **While in a caloric deficit the main goal of an advanced or intermediate lifter is to maintain strength on the main compound lifts** (beginners can make gains of course). If relative strength is going down while cutting, chances are they're losing a bit of muscle.

According to Lyle McDonald, when the goal is muscle retention the total workout volume can be reduced by 2/3rds as long as the intensity stays the same. Put another way, you could maintain volume and frequency at the same level but if you cut intensity, you will lose the adaptation.

Now that doesn't mean we *should* reduce volume by 2/3rds, it's just good to know that we *can*. An energy deficit is also a recovery deficit so if we're losing strength on a cut, changing to a lower volume routine may be beneficial.

So here's a low-volume routine you could do while leaning down:

Monday - Back and Shoulders

- Weighted Chin ups: 4-6, 5-7, 6-8 reps (Reverse Pyramid)
- Standing Barbell Press: 6, 8, 10 reps (Reverse Pyramid)
- Wide Grip Cable Rows: 10, 12 reps (Reverse Pyramid)
- Dumbbell Lateral Raises: 3 sets of 10-12 (Straight Sets)

Wednesday – Legs and Biceps

- Weighted Box Jumps: 2 sets of 4 reps
- One Legged Squats (Pistols): 2 set of 6 reps per leg
- Standing Barbell Curls: 6, 8, 10 reps (Reverse Pyramid)
- Standing Hammer Curls: 3 sets of 6-10 (Straight Sets)
- Standing One Leg Calf Raises: 3 sets x failure

Friday – Chest & Triceps

- Incline Barbell Bench Press: 6, 8, 10 reps (Reverse Pyramid)
- Flat Barbell Bench Press: 6, 8 reps (Reverse Pyramid)
- Rope Extensions: 3 sets of 6-10 (Straight Sets)
- Rear Delt Flye: 3 sets of 10-12 (Straight Sets)

Notes:

With reverse pyramid training you're going to perform your heaviest set first when you're completely fresh and then pyramid down to a lighter weight usually with more reps, for the latter sets. What makes RPT particularly suitable for a cut is the very low volume needed to produce results. [Click here](#) to learn how to implement it.

For Straight Sets when you hit the required reps for all sets, increase the weight on all sets the following workout. This will probably cause you to lose 1 or 2 reps in the last 2 sets. That's normal and the goal for the following workout is to add back the reps in those last sets so you can increase the weight again.

Rest a full three minutes in between sets for the compound movements. Rest 60-90 seconds for the assistance exercises.

Stop one rep before failure. Failure in this context is when you cannot lift the weight for one more rep without help and without severely compromising form.

Reaching the Base Level

Once you reach 10-12% body fat (your waist is 45-47% of your height) it's time to choose which type of physique you're going after.

(The time it will take a person to reach the Base Level depends mainly on how much fat they have to lose.)

Heading towards your Goal Physique

The Warrior Physique

If you want to get the Warrior physique then all you need to do is keep leaning down until you hit 7-9% body fat. Chances are you'll have enough muscle mass to have crazy definition even though you'll appear slim in clothes.

Your workouts will still be focused on gaining strength; the intensity used will be high while the volume will be relatively low.

The Greek God & Superhero Physique

If you want to build the Greek God or the Superhero Physique then you'll probably want to shift your focus on gaining more muscle once you get to the 10-12% body fat range.

Very few people in this category have enough muscle mass to reach the Greek God physique only by leaning down.

So you'll shift focus on maximizing muscle growth by clean bulking. To do this you'll eat a slight calorie surplus (5-10% above maintenance) for long periods of time. As you'll gain strength on the key movements you'll also build muscle and size.

Ideally, as you're gaining size you'll never go above 15% body fat again. Your cut and bulk cycles will be kept in the range of 8-15% body fat.

In this range you can gain muscle easily without gaining too much fat (because of improved insulin sensitivity and good hormonal balance) and you'll also look good year round.

You'll inevitably gain some fat as you're bulking so once you're up to 15% body fat it's time to cut back to the 10-12% range. You'll repeat this process until you reach the Greek God Physique.

Then if you want to take it even further, you'll start using periodization and include more volume in your workouts and head towards the Superhero status.

*Any questions about this section? Email me at support@thinkeatlift.com and I'll help you out.

Average (13-17% body fat and little muscle mass)



Most people start their fitness journey from this point. This is where I started out also (you can see me in the left picture. I was 16 in that picture, about 2 years before I ever stepped foot inside a gym).

If you're in this category chances are you're unhappy with both your size and your definition and would like to improve both at the same time. Am I right?

If so, know you're not alone. I believe the famous question "*Should I cut or bulk?*" is asked mostly by people who start out from this point.

So, what's the first step to reaching a muscular and lean physique?

I believe in most situations the best first step is to start with a quick cut. Some people will say this is crazy as they'll look much too small if they lose weight.

They're right, they probably will look too small but the benefits of starting with a cutting phase strongly outweigh the temporary loss in size. Here's why:

- 1. As a beginner (or beginner-intermediate) you can gain muscle at a decent rate while in a caloric deficit.**

The only time you have the chance to make great strength and muscle gains while losing fat is when you're a beginner. So why not take the first 6-8 weeks to drop your body fat percentage down to 9-12%? You're going to gain some muscle anyway so it's a great advantage to lose some fat at the same time too.

On the other hand if you were to start with a lean bulking phase, sure you might gain 1 or 2 more pounds of muscle in those first weeks but your body fat wouldn't go down. In fact, body fat might even go up a little making you have to start a cutting phase in a few months. Which brings us to our next point:

2. By getting lean first you set yourself up for a very long bulking phase

If you take the first weeks to drop your body fat to 9-10% then you'll be able to eat at a surplus for at least the next 6 or 7 months without going over 14-15% bf and losing definition.

When you gain weight, a small to moderate amount of fat is almost always gained as well.

This means that if you start clean bulking when you're 14% bf or more you will only be able to stay in a surplus for 2-3 months before you become too fat to look good.

Remember that if you start with a cutting phase you'll gain some muscle anyway and then when you reach 9-10% you'll be able to switch to a clean bulking phase and gain at least 15-17 lbs until you hit 14-15%. The majority of that weight will be muscle mass. Doesn't that sound good?

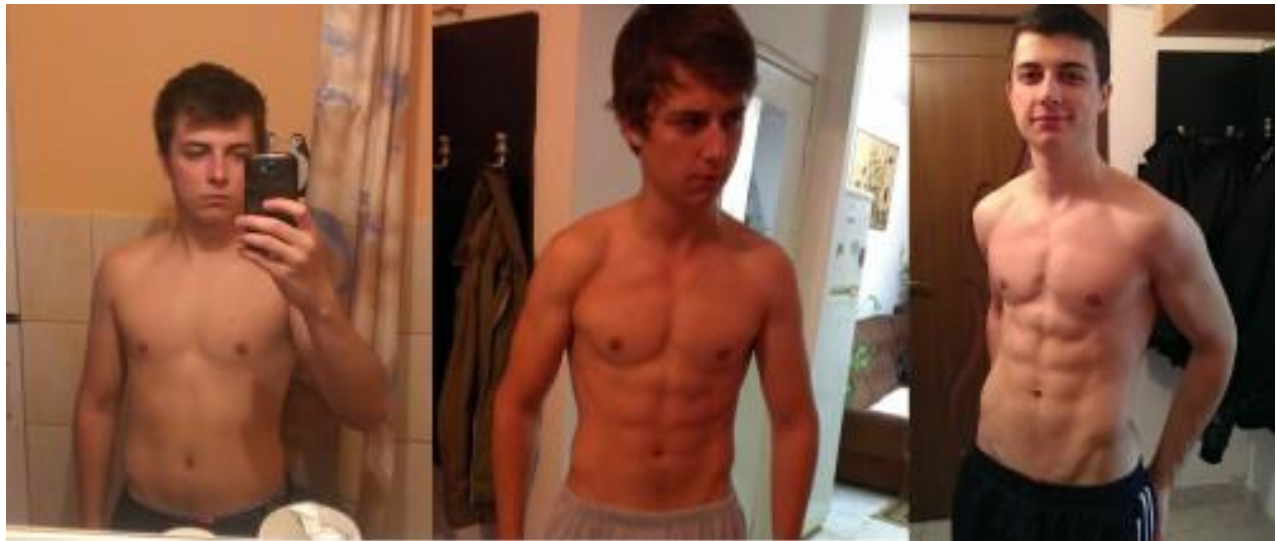
3. It's easier to gain lean muscle mass when you're in the 8-15% range

According to research and observations, when you're under 15% bf, a larger proportion of the weight gained in a caloric surplus will be muscle mass compared to the same surplus when you're over 15% bf. The reason for this is because when you're leaner you're more insulin sensitive (you can better make use of carbohydrates) and you have a better hormonal balance (testosterone levels are slightly higher).

If you want to learn more about why this happens read this article: [General Philosophies of Muscle Mass Gain](#)

4. Losing fat is the fastest way to improve your aesthetics

Even if you'll be lighter and smaller overall, when you get lean you will look a lot better because of the increased definition.



Look at the pictures above. In the first picture my brother Andrei was 6 kg (13.5 lbs) heavier than in the second picture! Doesn't he look better when he's leaner? The third picture was taken 4 months after he started a lean bulking phase. As you can see he gained almost no body fat so leaning down first was the right choice for him.

These are the 4 main reasons I believe starting with a cutting phase is the better choice. If for a while I had to choose between being too fat or too small but lean, I'd choose being lean. That's my advice for you as well.

Avoid the Purgatory

Before moving on to the practical part, I believe it's important to add one more thing to this section. It's about the importance of avoiding what many fitness people call The Purgatory.

The Purgatory is the point where a person is equally unhappy with their muscle development and level of definition and cannot decide which goal to

pursue. They are afraid of eating too much because that can lead to fat gain and are also afraid of losing weight because that will make them look too small. Therefore they end up eating around maintenance in an effort to achieve simultaneous muscle growth and fat loss but actually make very little progress or none at all for months on end.

Their biggest mistake is changing their workout routine and calorie intake very often. Even if some of the workouts and nutrition plans they follow are productive, they do not stick to them long enough to see results.

You cannot achieve your goal physique doing this.

If you now realize that you're in this purgatory situation, I strongly suggest you get out of it. You must make a definite decision: lose fat *or* gain more size. It doesn't matter what you choose, the important thing is to make a decision and stick with it for at least 2 or 3 months.

If you're somewhere between 13 and 17% body fat I suggest you choose fat loss first.

What you need to do get lean

Nutrition:

The first and most important step is setting the diet correctly. In order to lose body fat you must eat fewer calories than your body burns. This is the only cause of fat loss.

Also, in order to support muscle growth, hormonal balance, and gym performance you must take in the right amounts of macronutrients (protein, fat and carbs). Please read the Master of Macros PDF to learn how to set up your cutting plan. Or follow the nutrition plan from [Greg's Warrior Shredding course](#).

With a caloric deficit of about 20-25% most people will be able to lose 1-1.5 lbs of fat per week. Provided you make strength gains in the gym, muscle growth will occur during this time but your weight will still go down.

Training:

Gaining muscle while losing fat comes down to making strength gains on a few key movements. What's great about the beginner stage is that strength will go up smoothly even while cutting.

For complete beginners I recommend following a higher frequency routine focused on progressive overload in a just a handful of compound movements. A full body workout three times a week or an A/B split three times a week allow beginners to practice form a lot and get through the initial neural adaptations quicker. In the beginning the vast majority of the initial gains one makes in strength are neurological in nature so it makes sense to want to get passed this stage as quickly as possible and get to the point where muscle fibers have to increase in size to contribute to strength.

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So here's how your first workout routine might look like:

Workout A

- Incline Bench Press – 5 x 5
- Weighted Chin-ups – 5 x 5 (start with body weight chin-ups and add weight when needed)
- Dips – 3 x 8
- Biceps Curls – 3 x 10-12

Workout B

- Sumo Deadlift – 5 x 5
- Leg Press – 3 x 8
- Reverse Dumbbell Lunges: 3 x 6-8 reps per leg
- Standing One Leg DB Calf Raises: 3 x 10-15 reps
- Abs Wheel Roll Outs: 3 sets x 10 reps

Notes:

Training is done three days per week, on non-consecutive days, alternating between Workout A and Workout B, like this: Monday: Workout A, Wednesday: Workout B, Friday: Workout A, Monday: Workout B, Wednesday: Workout A, and so on.

Rest a full three minutes in between sets for the compound movements. Rest 60-90 seconds for the assistance exercises.

When you hit the required reps for all sets, increase the weight on all sets the following workout. This will probably cause you to lose 1 or 2 reps in the last 2 sets. That's normal and the goal for the following workout is to add back the reps in those last sets so you can increase the weight again.

After 3-6 months on this routine you can probably upgrade to a more advanced level. Your form should be good enough to start Reverse Pyramid Training.

Reaching the Base Level

Once you reach 10-12% body fat (your waist is 45-47% of your height) and you can do 8 body weight chin-ups and incline bench press 90% of your body weight for 5 reps, you have reached what we call the Kinobody Base Level.

The Base Level is where you're reasonably lean with decent strength. From this point you can choose whether you want to be leaner and get the Warrior physique (8-9% body fat) or you want to gain some size and muscle and head towards the Greek God Physique.

(The time it will take a person to reach this point depends mainly on how much fat they have to lose. Considering most people lose about 2-3% body fat per month, it shouldn't take more than 7-9 weeks.)

Heading towards your Goal Physique

The Warrior Physique

If you want to build the Warrior physique then continue to lean down to about 8-9% body fat while increasing strength. It's possible for you to have enough muscle mass to have great definition at that point.

However, if you'll feel too skinny when you go below 10% and would like a bit more size then I recommend you shift focus on gaining muscle for a while.

For this you will start eating a slight surplus of calories and continue to make progress in strength. As you're gaining weight you'll probably gain some fat as well but that's alright because once you get up to 12-13% you can cut back to 8-9% and this way never lose definition for more than 2 or 3 months.

Your workouts will still be focused on gaining strength; the intensity used will be high while the volume will be relatively low. You'd also want to include some more isolation work by this point so you can add some size to your shoulders and arms.

After 6-12 months of doing this you'll get a more muscular Warrior physique.

The Greek God & Superhero Physique

If you want to build the Greek God or the Superhero Physique then you'll probably want to shift your focus on gaining muscle once you get to the Base Level.

You'll shift focus on maximizing muscle growth by clean bulking. To do this you'll eat a slight calorie surplus (5-10% above maintenance) for long periods of time. As you'll gain strength on the key movements you'll also build muscle and size.

Ideally, as you're gaining size you'll never go above 15% body fat again. Your cut and bulk cycles will be kept in the range of 8-15% body fat.

In this range you can gain muscle easily without gaining too much fat (because of improved insulin sensitivity and good hormonal balance) and you'll also look good year round.

You'll inevitably gain some fat as you're bulking so once you're up to 15% body fat it's time to cut back to the 10-12% range. You'll repeat this process until you reach the Greek God Physique.

Then if you want to take it even further, you'll start using periodization and include more volume in your workouts and head towards the Superhero status.

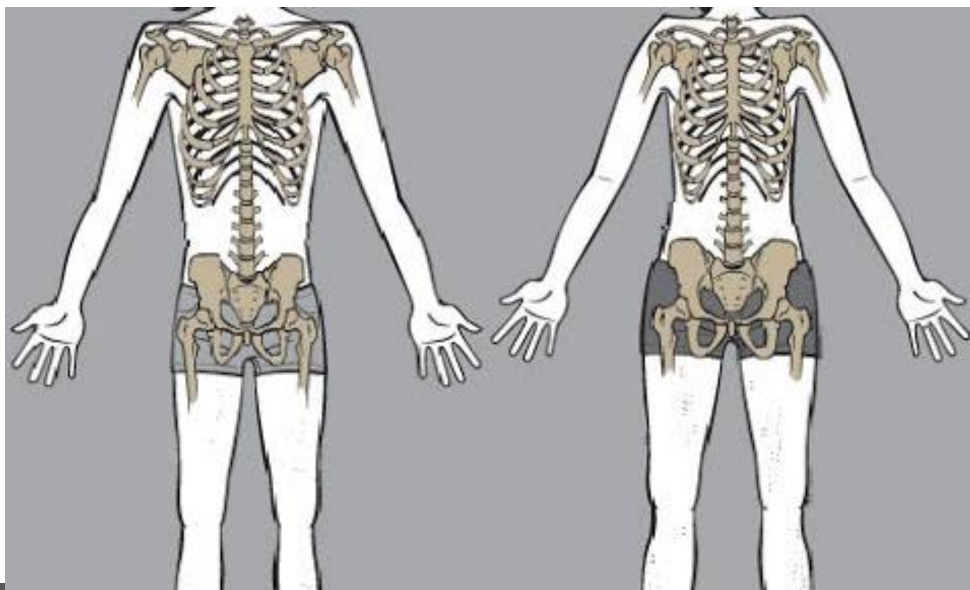
***Any questions about this section?** Email me at support@thinkeatlift.com and I'll help you out.

Skinny-Fat



A skinny-fay person usually has a low-to-moderate body fat percentage but still looks soft because they have very little muscle mass. They tend to accumulate fat easily around the waist area but very little on their legs and arms.

This is *mostly* caused by genetics. Their skeleton is usually wide in the mid-section but thin everywhere else.



Because of thinner bones, their bodies naturally carry less muscle mass in those areas.

Does this mean there's nothing they can do to look great? Not at all! They can still get a head-turning physique even though they may not have the greatest proportions. Look at Ryan Gosling for instance:



You'll notice he naturally has a wide waist and he may have even looked skinny-fat growing up. But that did not stop him from becoming a sex symbol and appear shitless on the big screen.

The Dilemma

Now, the biggest dilemma when starting out is what do you do first? Do you start losing fat and get even smaller or do you start gaining muscle and size but still look relatively fat?

The best way to go about it depends on how much fat you currently have:

#1 Skinnier that Fat



If you're very skinny but still soft then you should definitely start gaining weight and muscle.

Don't worry about getting a 6 pack right now. Your overall muscle mass is not developed enough to show even through a small layer of body fat.

In order to gain muscle you must eat a slight surplus of calories and get stronger in the gym. Your weight and strength level must go up every month.

Please read the [Master of Macros PDF](#) to learn how to set up your calorie and macronutrient intake for bulking. Or follow the lean gaining nutrition strategies from [Greg's Greek God Program](#).

#2 Equally Skinny and Fat



I think the best choice in this situation is to simultaneously gain muscle and lose fat over a longer period of time.

To do this you must eat around maintenance or 100-150kcal above it and cycle calories and macros throughout the week. On training days you'll have a surplus of calories and on rest days you'll have a deficit.

This set-up will produce results faster than usual because you're a beginner.

You must follow a strength based training routine and lift heavier weights over time on the big compound movements. This will stimulate muscle growth better than anything else.

Please read the Master of Macros PDF to learn how to set up your calorie and macronutrient intake. Or follow the body recomposition nutrition strategies from **Greg's Greek God Program**.



#3 Fatter than Skinny

In this situation it would be best to lose some fat first and only then focus on building muscle and gaining size.

By losing fat first you'll improve your body's insulin sensitivity which will probably improve nutrient partitioning and help you gain muscle with a less fat gain.

I recommend setting a 20% calorie deficit and cycle calories throughout the week.

On training days I recommend you eat 150-200kcal more than on rest days (keeping the weekly average calorie intake 20% below maintenance).

Please read the Master of Macros PDF to learn how to set up your calorie and macronutrient intake for cutting. Or follow the nutrition protocol from **Greg's Warrior Shredding Program**.

A Sample Workout Program

The recommended workout program is the same as for any beginner. Gaining muscle while losing fat comes down to making strength gains on a few key movements so that's what we'll focus on.

I recommend following a higher frequency routine focused on progressive overload in a just a handful of compound movements. A full body workout three times a week or an A/B split three times a week allow beginners to practice form a lot and get through the initial neural adaptations quicker. Also having more frequent training sessions gives you the advantage of setting personal records more frequent as well.

So here's how your first workout routine might look like:

Workout A

- Incline Bench Press – 5 x 5
- Weighted Chin-ups – 5 x 5 (start with body weight chin-ups and add weight when needed)
- Dips – 3 x 8
- Biceps Curls – 3 x 10-12

Workout B

- Sumo Deadlift – 5 x 5
- Leg Press – 3 x 8
- Reverse Dumbbell Lunges: 3 x 6-8 reps per leg
- Standing One Leg DB Calf Raises: 3 x 10-15 reps
- Abs Wheel Roll Outs: 3 sets x 10 reps

Notes:

Training is done three days per week, on non-consecutive days, alternating between Workout A and Workout B, like this: Monday - Workout A, Wednesday - Workout B, Friday - Workout A, Monday - Workout B, Wednesday - Workout A, and so on.

Rest a full three minutes in between sets for the compound movements. Rest 60-90 seconds for the assistance exercises.

When you hit the required reps for all sets, increase the weight on all sets the following workout. This will probably cause you to lose 1 or 2 reps in the last 2 sets. That's normal and the goal for the following workout is to add back the reps in those last sets so you can increase the weight again.

After 3-6 months on this routine you can probably upgrade to a more advanced level. Your form should be good enough to start Reverse Pyramid Training.

Reaching the Base Level

Once you reach 10-12% body fat (your waist is 46-47% of your height) and you can do 8 body weight chin-ups and incline bench press 90% of your body weight for 5 reps, you have reached what we call the Kinobody Base Level.

The Base Level is where you're reasonably lean with decent strength.

The time it will take to reach this point depends mainly on how much fat you have to lose or how much muscle you have to gain. Those starting out **fatter than skinny** can probably get here in 7-9 weeks. **Skinnier than fat** folks may take a little longer because they need to gain some muscle too. The guys starting out **equally fat and skinny** should get to this point in about 3 months.

When you reach the base level, you can choose whether you want to get the Warrior physique (8-9% body fat with pretty good muscle development) or you want to gain more size and muscle and head towards the Greek God Physique.

Heading towards your Goal Physique

The Warrior Physique

If you want the Warrior physique in addition to leaning down you'll also have to gain some more muscle.

It's very unlikely that you'll have enough muscle mass to look shredded when you go below 10% therefore I recommend you shift focus on gaining muscle for a while.

For this you will start eating a slight surplus of calories and continue to make progress in strength. As you're gaining weight you'll probably gain some fat as well but that's alright because once you get up to 12-13% you can cut back to 9-10% and this way remain very lean all the time.

Your workouts will still be focused on gaining strength; the intensity used will be high while the volume will be relatively low. You'd also want to include some more isolation work by this point so you can add some size to your shoulders and arms.

After 6-12 months of cycling a few months of bulking with a few weeks of cutting you'll get a more muscular Warrior physique.

The Greek God & Superhero Physique

If you want to build the Greek God or the Superhero Physique you'll want to shift your focus on gaining muscle once you get to the Base Level.

To do this you'll eat a slight calorie surplus (5-10% above maintenance) for long periods of time. As you'll gain strength on the key movements you'll also build muscle and size.

Ideally, as you're gaining size you'll never go above 15% body fat again. Your cut and bulk cycles will be kept in the range of 8-15% body fat.

In this range you can gain muscle easily without gaining too much fat (because of improved insulin sensitivity and good hormonal balance) and you'll also look good year round.

You'll inevitably gain some fat as you're bulking so once you're up to 15% body fat it's time to cut back to the 10-12% range. You'll repeat this process until you reach the Greek God Physique.

Then if you want to take it even further, you'll start using periodization and include more volume in your workouts and head towards the Superhero status.

***Any questions about this section?** Email me at support@thinkeatlift.com and I'll help you out.

Skinny (very little muscle mass and little or very little body fat)



Most people in this category are naturally skinny – meaning they have been thin ever since they were little and never got fat no matter how much they ate.

If you are like this too, in order to reach the Warrior or Greek God physique you're going to have to gain weight and muscle.

The great news for you is that your body is less likely to store excess calories as fat and you'll find it much easier to gain muscle with minimum fat gain. According to Lyle McDonald, in the first weeks of eating a moderate caloric surplus, naturally skinny guys can sometimes store 60-70% of those calories as lean mass even without training! Awesome right?

How you must eat to gain muscle

Your main concern regarding nutrition should be eating enough. In order to gain weight and muscle you must eat slightly more calories than your body burns.

Also, in order to support muscle growth and gym performance you must also take in the right amounts of macronutrients (protein, fat and carbs). Please read the Master of Macros PDF to learn how to set up your cutting plan. Or you can follow the nutrition strategies from [Greg's Greek God Program](#).

With a caloric surplus of about 10-15% most people in this category will be able to gain 2 or 3 pounds of lean mass per month at the beginning of the bulking phase and then about 1.5-2 lbs per month for the rest of the first year. Provided you make strength gains in the gym and eat enough, you WILL gain muscle.

How fast can you gain muscle?

Training Status	Experience Level	Lean muscle growth per month (% of BW)
Beginner	One year or less of proper training	1 – 1.5%
Intermediate	2-4 years of proper training	0.5 – 1%
Advanced	More than 4 years or proper training	0.25 – 0.5%

* For women, the rate of muscle growth is halved

** This information comes from Alan Aragon one of the most knowledgeable fitness authors in the industry.

Why some people can't gain weight no matter what

Some naturally skinny people claim they cannot gain weight no matter how much they eat.

That is not true. The reasons why they can't gain weight are actually very simple:

1. They don't eat as much as they think

They may eat a lot of food in one meal but they get so full that they don't eat almost anything for the rest of the day or sometimes even the next day. As a result, the daily or weekly average caloric intake is actually pretty close to maintenance.

2. They eat large quantities of low calorie foods

Eating a lot doesn't necessarily mean eating a lot of calories.

A friend of mine was having trouble gaining weight despite eating as much as he could. I took a look at his nutrition plan and saw that he was eating mainly chicken breast, potatoes, pasta and a lot of veggies. Those foods did not allow him to eat a large enough quantity to reach his calorie needs for bulking.

The solution for him was adding one bag of peanuts/almonds on top of his usual daily intake. This way with only 100g of food he added almost 600kcal to his intake and started gaining weight just fine.

3. They are high NEAT responders and burn off the excess energy

NEAT (Non-Exercise Activity Thermogenesis) refers to the energy expended through all the spontaneous and subconscious movements we make (fidgeting, bumping a foot on the floor, playing with objects, etc.). Studies show that the energy expended through these movements varies drastically between people.

Research also showed that in some people NEAT tends to go up a lot when they overeat in order to burn the excess energy and defend against weight gain. In one study the highest NEAT responder burned 692kcal per day more than usual when he was fed 1000kcal over maintenance. So for this guy a 1000kcal surplus actually meant a 308 kcal surplus. He still stored the remaining calories though.

Nobody has a fast enough metabolism to completely defend against weight gain. If they eat enough calories above maintenance they will eventually start gaining weight.

A correctly set calorie surplus provides just enough energy to support muscle recovery and growth but doesn't exceed that limit. You'll need to eat as much as it takes to gain 2.5-3 lbs of body weight per month but not more.

Training for muscle growth

For naturals, the main driver of muscle growth is progressive overload (that is lifting heavier and heavier weights over time). After the first weeks of lifting, when you'll get stronger you will by default get bigger muscles.

For this reason, the main focus of your workout routine should be gaining strength in a medium rep range (5-8 per set).

For complete beginners I recommend following a higher frequency routine build around just a handful of compound movements. A full body workout three times a week or an A/B split three times a week allow beginners to practice form a lot and set PRs more frequently.

So here's how your first workout routine might look like:

Workout A

- Incline Bench Press – 5 x 5
- Weighted Chin-ups – 5 x 5 (add weight when body weight chin-ups are too easy)
- Dips – 3 x 8
- Biceps Curls – 3 x 10-12

Workout B

- Squat / Sumo Deadlift – 5 x 5
- Reverse Dumbbell Lunges: 3 x 6-8 reps per leg
- Standing One Leg DB Calf Raises: 3 x 10-15 reps
- Abs Wheel Roll Outs: 3 sets x 10 reps

Notes:

Training is done three days per week, on non-consecutive days, alternating between Workout A and Workout B, like this: Monday - Workout A,

Wednesday - Workout B, Friday - Workout A, Monday - Workout B, Wednesday - Workout A, and so on.

Rest a full three minutes in between sets for the compound movements. Rest 60-90 seconds for the assistance exercises.

When you hit the required reps for all sets, increase the weight on all sets the following workout. This will probably cause you to lose 1 or 2 reps in the last 2 sets. That's normal and the goal for the following workout is to add back the reps in those last sets so you can increase the weight again.

After 3-6 months on this routine (or something similar) you can probably upgrade to a more advanced level. Your form should be good enough to start Reverse Pyramid Training and you'll probably be close to reaching *the Base Level*.

Reaching the Base Level

When you can do 8 body weight chin-ups and incline bench press 90% of your body weight for 5 reps, you have reached what we call the Kinobody Base Level. If you haven't eaten too much, you should still be in the 10-12% body fat range at this point.

The Base Level is where you're reasonably lean with decent strength. From this point you can choose whether you want the leaner Warrior physique (8-9% body fat) or you want to gain some more size and muscle and head towards the Greek God Physique.

Heading towards your Goal Physique

The Warrior Physique

If you want the Warrior physique you'll probably still have to gain some more muscle before leaning down under 10% body fat.

For this you will continue eating a slight surplus of calories and continue to make progress in strength. As you're gaining weight you'll probably gain some

fat as well but that's alright because once you get up to 13-14% you can cut back to 9-10% and this way remain very lean all the time.

Your workouts will still be focused on gaining strength; the intensity used will be high while the volume will be relatively low. You'd also want to include some more isolation work by this point so you can add some size to your shoulders and arms.

After 6-12 months you'll get to a point where you have enough muscle size to look awesome when you get below 10% body fat.

The Greek God & Superhero Physique

If you want to build the Greek God or the Superhero Physique you'll want to continue gaining muscle once you get to the Base Level.

To do this you'll continue eating a slight surplus of calories (5-10% above maintenance or as much as it's needed to gain 2-3 lbs a month) for long periods of time. As you'll gain strength on the key movements you'll also build muscle and size.

Ideally, as you're gaining size you'll never go above 15% body fat. Your cut and bulk cycles will be kept in the range of 8-15% body fat.

In this range you can gain muscle easily without gaining too much fat (because of improved insulin sensitivity and good hormonal balance) and you'll also look good year round.

You'll inevitably gain some fat as you're bulking but you have the advantage of being naturally lean so it will come off very easily once you begin a cutting program. When and if you get to 15% body fat, cut back down to 10% and start the cycle again. You'll repeat this process until you reach the Greek God Physique.

Then if you want to take it even further, you'll start using periodization and include more volume in your workouts and head towards the Superhero status.

***Any questions about this section?** Email me at support@thinkeatlift.com and I'll help you out.

The Key to Building your Goal Physique

By now you should have a detailed picture of what needs to be done to take your body from its current condition to your goal. There is just one more thing you need to understand.

You will now learn exactly what goals to set along the way in order to succeed. Achieving these goals is synonymous to reaching your dream body.

Relative Strength is the key to aesthetics !

The best indicator of the quality of your physique is relative strength. Relative strength means your absolute strength compared to your body weight.

The stronger you are compared to your body weight, the better you will look!

Let me give you an example:

Who do you think will look better, a 170 lbs guy benching 235 for 5 or a 210 lbs guy benching 250 lbs for 5?

The first one will undoubtedly look much better than the second one even if he has less muscle mass overall. The reason for this is because the first guy has a much better muscle to fat ratio.

So in essence, the better your relative strength is, the better you're going to look. Anytime you improve your relative strength, you will look better.

There are two ways to increase relative strength:

1. **Get stronger on your lifts**

or

2. Lose body weight without losing strength

Or a combination of both.

If you're gaining body weight, make sure that your lifts are going up at a much faster rate. Each pound you gain should result in a 3-4 lbs increase on your bench press and weighted chin ups, 1-1.5 lbs on shoulder press and 5-6 lbs on Sumo Deadlifts/Squats. This will ensure that the weight you gained was predominately lean mass.

And if you're losing weight past the beginner stage, you want to maintain your lifts. With each pound you lose, you're improving your relative strength - maintaining muscle mass while stripping away the fat.

If you'll check on YouTube, all the really great looking guys are very strong for their body weight. That is the secret to their incredible definition and proportions.

So the advice here is: **Don't just track your body weight; track your relative strength on a few key movements.** When you reach a certain relative strength standard you will automatically reach a certain kind of physique.

Here are those standards:

The Warrior Physique

- **Incline Bench Press**
5 reps – 1.1 x body weight
- **Weighted Chins-ups**
5 reps – 30% of your body weight attached
- **Standing Shoulder Press**
5 reps – 0.7 x BW
- **Biceps Curls**
5 reps – 0.55 x BW
- **Waist**
43-44% of height

- **Chest**
1.3 x waist
- **Arms**
0.46 x waist

When you hit these standards you can expect to look something like this:



The Greek God Physique

- **Incline Bench Press**
5 reps – 1.25 x body weight
- **Weighted Chins-ups**
5 reps – 50% of your body weight attached
- **Standing Shoulder Press**
5 reps – 0.85 x BW
- **Biceps Curls**
5 reps – 0.65 x BW
- **Waist**
45-46% of height

- **Chest**
1.35 x waist
- **Arms**
0.48 x waist

When you hit these standards you can expect to look something like this:



The Superhero Physique

- **Incline Bench Press**
5 reps – 1.4 x body weight
- **Weighted Chins-ups**
5 reps – 70% of your body weight attached
- **Standing Shoulder Press**
5 reps with BW
- **Biceps Curls**
5 reps – 0.75 x BW
- **Waist**
45-46% of height

- **Chest**
1.4 x waist
- **Arms**
0.50 x waist

When you hit these standards you can expect to look something like this:



***Kellan Lutz**

***Greg O'Gallagher**

***Mike Matthews**

Your next Step

First of all, thank you for reading until the end! I appreciate the time and attention you've put into reading this guide. My hope is that you now better understand what needs to be done to reach your goal physique.

Now to go beyond the first step with your transformation I strongly suggest you start reading some articles from my site www.thinkeatlift.com and Greg's site www.kinobody.com

If you're willing to spend a few days researching and putting the information together, you can create a great nutrition and training plan for yourself.

Transformation Fast Track

For the people who want all the information structured in stages and an exact training and nutrition plan to follow to achieve their goal, I highly recommend Greg's fitness programs:



The WARRIOR Shredding Program has produced more Success Stories than any other product in the Kinobody lineup (so far!).

This is the definitive program for dropping fat while building hard, dense muscles, aimed at achieving the lean and ripped "Hollywood" actor physique. The program includes a full workout protocol, nutrition component, complete training videos, and an FAQ guide to get the most out of the program.

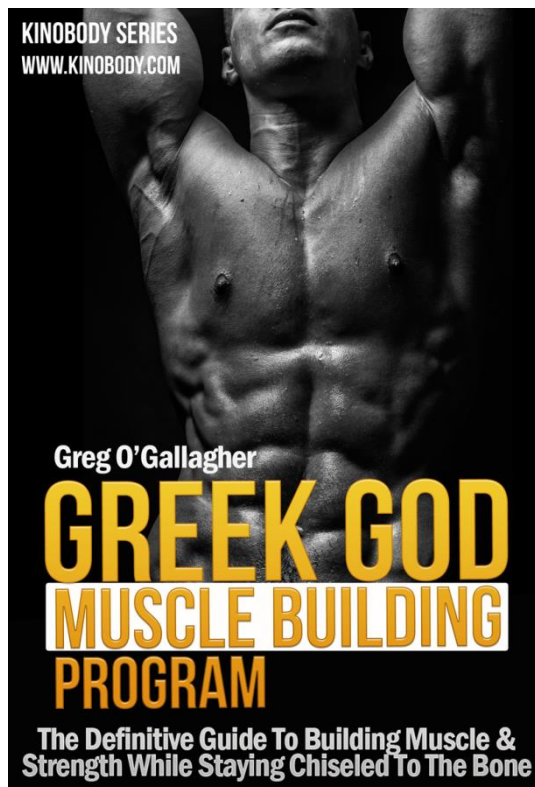
[Click Here to Check it Out](#)



The **AGGRESSIVE FAT LOSS Program** is a nutrition strategy designed to drop body fat as fast as possible without leaving you feeling miserable or starving yourself in the meantime.

Several case study clients have experienced up to 2 pounds of body fat loss per week. Included is the main manual, audio component on MP3 and supplemental guides and resources.

[Click Here to Check it Out](#)

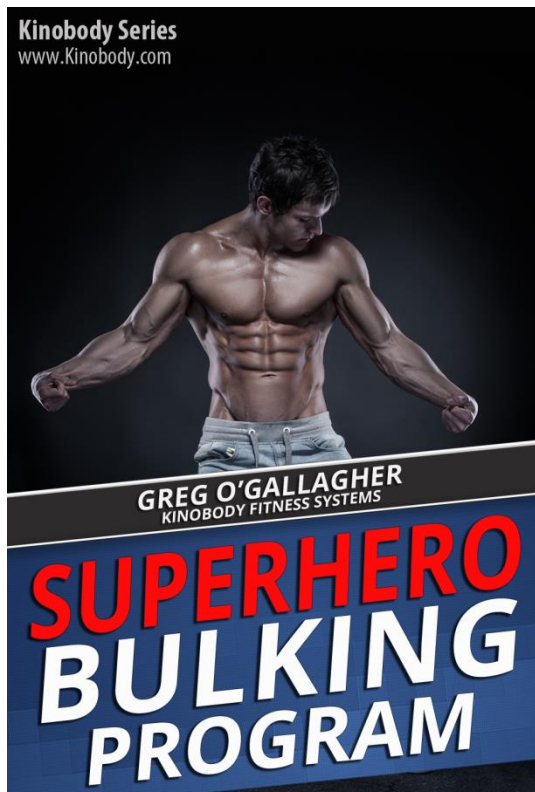


The **GREEK GOD Muscle Building Program** is a workout and nutrition plan geared towards building muscle strategically while staying lean for the aesthetic look of a Greek God.

Tons of testimonials and case studies prove the effectiveness of this program.

This is actually the first Kinobody product to be translated in a foreign language and sold internationally. It was an instant hit for my Romanian followers.

[Click Here to Check it Out](#)



The SUPERHERO Bulking Program is the definitive guide to maximizing proportionate muscle growth by combining strategic lifting protocols with nutrition tactics that support that growth.

This program includes the main guide with supplemental guides and resources, and even bonus podcasts and interviews on sex, dating, style, and living the "Superhero" lifestyle.

[Click Here to Check it Out](#)

Thank you!

For any questions, comments, suggestions, complaints, compliments, grammar or spelling corrections or any other form of feedback, you can find me at:

email: support@thinkeatlift.com

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I wish you great success !

Radu Antoniu

