

# THE ELITE SHOULDER BLUEPRINT

Build Massive, 3D Shoulders (The Right Way)

-by Greg O’Gallagher | [Kinobody](#)



Most guys train shoulders wrong, and it shows.

Here's the truth: when you know what you're doing, you can build broad, powerful shoulders naturally with just 2 high-efficiency sessions per week. But if you train like the average gym-goer, you'll never get there.

Let's break down why most people fail, then I'll give you the exact workouts that will finally get your shoulders to pop.

## **Why Most Guys Never Build Great Shoulders**

### **They do too many sets and reps with short rest periods.**

Most guys chase a temporary pump, not real growth. They burn themselves out with junk volume, short rest times, and mediocre intensity. If you want to build big shoulders, you need to train with less volume, more effort, and longer rest intervals. Focus on progressive overload, not just burning out for a pump.

### **They train shoulders when they're already fatigued.**

This happens in two ways.

- They hit chest hard on Monday, and then try to train shoulders Wednesday while their pressing muscles are still recovering.
- Or they combine chest and shoulders on the same day, crushing their chest first and hitting shoulders while exhausted.

In both cases, you can't lift heavy enough to stimulate real growth. That's why I train upper body twice per week with full recovery between sessions.

### **They don't prioritize shoulders in their program.**

If you want your shoulders to stand out, you need to prioritize them with a bit more volume than other muscle groups. When training low volume with strategic intensity, simply adding a few more sets for shoulders sends the signal to your body to partition more growth to the shoulders.

Instead of 3–4 hard sets like you might do for other muscles, give shoulders 6 direct hard sets per week. That's all you need.

## **They're not getting stronger on key movements.**

This is the big one. Muscle growth is a byproduct of strength progression. If your weights on shoulder press, Cuban press, or rear delt flys aren't improving, your physique isn't either.

If you're stuck pressing 55 lb dumbbells for 6–8 reps year-round, your shoulders are never going to look amazing.

## **They bulk and hide all their gains under fat.**

Shoulders look their best when you're lean. The 3D look comes from a combination of size and definition. When you're carrying extra fat, you lose all that separation. Focus on staying lean and driving strength up at maintenance or a slight surplus.

## **The Real Key to Building Incredible Shoulders**

To really blow up your shoulders naturally, the formula is simple.

- Get stronger on your seated DB shoulder presses and incline DB presses (front delts are heavily involved).
- Add in strength-focused work on lateral raises (Cuban press is elite here) to build roundness.
- Build up your rear delts with heavy, controlled rear delt flys.

If you improve your strength across these movements, your shoulders will grow like crazy.

The Cuban press is one of my favorite lifts. Most people feel it immediately in the middle delts and stabilizers. The first part is like an upright row (basically a lateral raise with a bent elbow), then you externally rotate to hit the rotator cuff. It builds mass, mobility, and keeps your shoulders bulletproof.

## **The 2-Day Elite Shoulder-Focused Routine**

Train upper body twice per week (e.g., Monday and Friday), or every 4 days for next-level recovery. Add leg work or sprints as needed.

## **Workout A: Shoulder Dominant Day**

- 1. Seated DB Shoulder Press (RPT)**  
3 sets: 6–8, 8–10, 8–10 (optional bonus set)
- 2. Lat Pulldown or Weighted Chin-Ups (RPT)**  
3 sets: 6–8, 8–10, 10–12
- 3. Machine Chest Fly (RPT)**  
2 sets: 8–10, 10–12
- 4. Reverse EZ curl (RPT)**  
2 sets: 8-10, 10-12
- 5. Cuban Press (RPT or Rest-Pause)**  
2 sets: 8–12, 12–15

## **Workout B: Chest, Biceps & Rear Delts**

- 1. Incline DB Press (RPT)**  
3 sets: 6–8, 8–10, 10–12
- 2. Triceps Pushdowns (RPT)**  
2 sets: 8–10, 10–12
- 3. Incline DB Curls (RPT)**  
3 sets: 4–6, 6–8, 8–10
- 4. Cable Row (RPT)**  
2 sets: 8–10, 10–12
- 5. Rear Delt DB Flys – Chest Supported (RPT or Rest-Pause)**  
2 sets: 8–12, 12–15

## How RPT & Rest-Pause Training Work

### Reverse Pyramid Training (RPT)

- Do 1–2 warm-up sets
- Hit your heaviest set first (e.g., 6–8 reps)
- Rest 3 minutes
- Drop the weight 10–15% and do more reps (e.g., 8–10)
- Optional third set with another slight drop (8–10)

### Rest-Pause Training (Optional)

- Best used for higher-rep movements like Cuban presses or rear delt flys
- Perform 1 set to failure (10–15 reps)
- Rest 15 seconds
- Go again for 4–6 reps
- Rest 15 seconds
- One more set for 4–6 reps

This method ramps up muscle fiber recruitment, especially when you want to push growth on isolation movements. But remember: RPT is the foundation. Get strong first. Once you've built strength, cycle in rest-pause phases to milk out more gains.

## Strength Standards to Aim For

### Seated DB Shoulder Press (at 165–195 lbs bodyweight):

- 70s for 8 = Good
- 85s for 8 = Great
- 100s for 8 = Godlike

### Cuban Press:

- 30s for 10 = Good
- 35s for 10 = Great
- 40s for 10 = Godlike

Adjust accordingly based on your body weight.

## Elite Supplement Guide: Unlocking Next-Level Gains

Now that your training is dialed in with the Elite Shoulder Blueprint, it's time to take things to the next level. If you want to maximize your muscle growth, recovery, and physique while staying lean and powerful, this is where The Hero Stack becomes a total game-changer.

### Why Supplements Matter

Training alone will get you results. But if your hormones are low, your recovery is sluggish, and your muscle cells aren't fully supported, you're leaving massive gains on the table.



The Hero Stack is strategically designed to:

- Boost free testosterone
- Enhance muscle cell hydration and protein synthesis

- Improve blood flow, recovery, and androgen receptor sensitivity
- Deliver peak focus and performance

Let's break it down.

### 1. **KINO MOJO: The Natural Free T Booster**

Over the last 40 years, men's testosterone levels have dropped by over 40%. Lower testosterone makes it harder to build muscle, burn fat, and recover from intense training. Even worse, your shoulders are packed with androgen receptors and need high T to fully develop.

Mojo contains clinically backed ingredients:

- Zinc, Magnesium, Boron – foundational minerals shown to support T
- Vitamin D3 + K2 – critical for hormonal health and T production
- Tongkat Ali – has been shown to boost free T by up to 37% in some studies
- Forskolin – promotes T production and fat loss via cAMP activation

One 2021 study found that Tongkat Ali supplementation led to significant increases in both total and free testosterone, improved muscle strength, and reduced cortisol in healthy men [1].

With Mojo, you're naturally elevating your hormonal foundation, giving you the ability to build more muscle and recover faster with less effort.

### 2. **KINO GAINS: The Anabolic Creatine Stack**

This is your lean muscle fuel. We use Creatine HCL for fast absorption with no bloat, and Betaine Anhydrous (trimethylglycine) to increase protein synthesis and cellular hydration.

- Creatine HCL – increases lean mass, improves high-intensity strength, with minimal water retention
- Betaine – shown to boost power output, muscle thickness, and reduce fat mass

A 2013 study found Betaine supplementation improved body composition, arm size, and bench press power in resistance-trained men [2].

This combo gives you that dense, dry muscle look. The “shrink-wrap effect.”

### **3. KINO NITRO: Elite Blood Flow + Androgen Optimization**

Kino Nitro is more than a pump product. It’s a vascularity-enhancing, T-utilization amplifier.

- Black Ginger Extract – boosts nitric oxide and androgen receptor sensitivity
- Pine Bark Extract – enhances endothelial function and blood flow
- Arugula Extract (high in nitrates) – naturally supports nitric oxide production

Methylated B-Vitamins – for energy metabolism, dopamine, and mood

One study found Black Ginger significantly improved physical performance and vasodilation in men within 8 weeks [3].

Nitro gives you insane pumps, bedroom performance, and helps your body utilize testosterone more effectively.

### **4. KINO OCTANE: Clean Pre-Workout for Focus + Performance**

No crash. No jitters. Just smooth, locked-in performance.

- Caffeine + L-Theanine – for clean energy and razor focus
- L-Citrulline – boosts nitric oxide for blood flow and endurance
- Ginseng + B12 – mood, recovery, and cognitive clarity

L-Citrulline has been shown to significantly improve anaerobic performance and reduce fatigue [4].

With Octane, you’re training harder, with more intensity, and better recovery.

## **Unlock the TROI Protocol (FREE with Hero Stack)**

You’ve just unlocked the blueprint to wider, stronger, more powerful shoulders. But this is just one piece of the full transformation.

If your goal is to build the lean, muscular, aesthetic physique that turns heads effortlessly, then you need the full system.

You need the TROI Protocol.



*\*Yes, it's spelled "TROI" on purpose (revealed in the course).*

## **The Inspiration**

When Brad Pitt transformed to play Achilles in Troy, he only gained 10 pounds of muscle.

That's it.

But it was 10 pounds in the right places. The shoulders, upper chest, back, and arms.

He didn't bulk. He didn't chase size.

He got dense, hard, proportioned, and that's why the world couldn't look away.

That transformation became the gold standard for how to look strong, powerful, and unforgettable... without ever looking overdone.

## **The Formula for the Greek God Body**

The TROI Protocol is built on the same philosophy:

- Build lean mass in the right places
- Keep your waist tight and sharp
- Train with precision and recovery
- Stay lean while gaining strength every week

You won't be training 5-6 days a week.

You'll be training every other day, using an elite 8-day training split designed to hit your body when it's fully recovered and primed to grow.

**We call it Peak Response Training.**

Every session is a focused attack on strength and proportion.

## **What's Inside the TROI Protocol**

- The 4-month training system to pack on 8–10 pounds of muscle while staying lean
- The exact physique and strength standards to target, so you know what you're building toward
- A clear rotation of the most effective lifts for your chest, shoulders, arms, back, and legs
- The 8-day training rhythm that lets you gain muscle faster by training at your peak
- The Greek God Nutrition Framework with satisfying meals, strategic fasting, and effortless leanness
- A detailed breakdown of what makes a visually elite body proportions, symmetry, and strength-to-weight ratios
- No fluff. No guesswork. Just the most efficient system to look like you were built for the movie screen

## **The Key Lifts You'll Master**

- Incline Dumbbell Press
- Weighted Chin-Ups
- Seated Shoulder Press
- Incline Dumbbell Curls

- Bulgarian Split Squats
- Romanian Deadlifts

Each one has clear strength standards, based on your bodyweight, so you know exactly what to aim for.

This is a system of precision, not volume.

Every set is deliberate. Every phase is structured.

Every workout moves you closer to elite form.

## **Grab the Hero Stack & Get the Full TROI Protocol FREE**

When you grab the [Hero Stack](#), you'll get full access to the TROI Protocol.

This is the exact training system I personally use, and it's based on the same one that's helped thousands of men achieve their ultimate, lifelong physique.

No fat gain.

No wasted effort.

Just lean mass, strength, and proportion in 4 months flat.

This is the final system you'll ever need.

[Grab Hero Stack \(Get Full TROI Protocol for Free\)](#)