

# THOR WORKOUT PROGRAM

Build a Rock-Hard Physique with Powerful Shoulders and Traps

-by Greg O’Gallagher | [Kinobody](#)



This program is designed to develop an impressive, muscular physique with a focus on shoulder and trap growth. Through strategic volume and advanced training techniques, this routine will help you build a physique that stands out with strength and definition.

## **Weekly Split**

- Monday: Upper Body (Chest, Biceps, Shoulders Focus)
- Wednesday: Lower Body (Legs, Calves, Traps)
- Friday: Upper Body (Shoulders, Back, Triceps Focus)

## **Workout Details**

### **Monday: Upper Body (Chest, Biceps, Shoulders Focus)**

This workout prioritizes the chest and shoulders with Reverse Pyramid Training (RPT) and Rest-Pause sets to optimize hypertrophy and strength.

#### **1. Incline Dumbbell Bench Press (RPT)**

- Set 1: 4-6 reps
- Set 2: 6-8 reps
- Set 3: 8-10 reps

#### **2. Flat Machine Press (RPT)**

- Set 1: 4-6 reps
- Set 2: 6-8 reps
- Set 3: 8-10 reps

#### **3. Incline Dumbbell Bicep Curls (RPT)**

- Set 1: 4-6 reps
- Set 2: 6-8 reps
- Set 3: 8-10 reps

#### **4. Bent-Over Dumbbell Flies (Rest-Pause Style)**

- Activation Set: 12-15 reps
- Rest-Pause Sets: 3 sets of 4-6 reps

#### **5. Standing Dumbbell Lateral Raises (Rest-Pause Style)**

- Activation Set: 12-15 reps
- Rest-Pause Sets: 3 sets of 4-6 reps

Focus: This workout emphasizes chest, biceps, and shoulders, setting the foundation for overall upper body strength and volume.

### **Wednesday: Lower Body (Legs, Calves, Traps)**

#### **1. Machine Calf Raises**

- 4 sets of 10-12 reps - Technique: Deep stretch on each rep, with only a halfway rise for maximal contraction

#### **2. Bulgarian Split Squats**

- 3-4 sets of 8-10 reps per leg

#### **3. Leg Extensions**

- 3-4 sets of 10-12 reps

#### **4. Lying Leg Curls**

- 3 sets of 8-10 reps

#### **5. Cable Shrugs (Trap Focus)**

- 3 sets of 10-12 reps

Focus: A complete lower body workout that also hits the traps through direct shrugging for added trap volume.

## **Friday: Upper Body (Shoulders, Back, Triceps Focus)**

### **1. Dumbbell Shoulder Press (RPT)**

- Set 1: 6-8 reps
- Set 2: 8-10 reps
- Set 3: 10-12 reps

### **2. Lat Pulldowns (RPT)**

- Set 1: 6-8 reps
- Set 2: 8-10 reps
- Set 3: 10-12 reps

### **3. Incline Dumbbell Tricep Extensions**

- Set 1: 8-10 reps
- Set 2: 10-12 reps
- Set 3: 12-15 reps

### **4. Cable Rows**

- 2 sets of 10-12 reps

### **5. Incline Dumbbell Lateral Raises (RPT)**

- Set 1: 6-8 reps
- Set 2: 8-10 reps
- Set 3: 10-12 reps

Focus: This workout is shoulder-focused, with additional volume for back and triceps to create a balanced, powerful upper body.

# Training Techniques

## Reverse Pyramid Training (RPT)

- Overview: After warming up, begin with your heaviest set first while you're fresh.
- Sets and Reps: Perform your first set at the lowest rep range (e.g., 4-6 reps). Rest for 3 minutes, then drop the weight by 10-15% and increase the reps (e.g., 6-8 reps). Repeat this for one more set, dropping the weight again by 10-15% and aiming for the highest rep range (e.g., 8-10 reps).
- Benefits: RPT allows you to lift heavy weights in a fully rested state, maximizing strength and muscle growth.

## Rest-Pause Training

- Overview: Start with a high-rep "activation set" (12-15 reps). Rest for only 10-15 seconds, then perform 3 mini-sets of 4-6 reps with minimal rest between.
- Purpose: This technique focuses on muscle failure, with the last few reps being most effective for muscle growth.
- Benefits: Rest-pause training maximizes time under tension, allowing every rep to count toward growth and delivering high-intensity stimulus in a short time.

## Program Summary

- Monday: Building chest, biceps, and shoulders with incline and flat presses, curls, and lateral raises.
- Wednesday: Focusing on calves, legs, glutes, and traps for a strong, balanced lower body and upper trap growth.
- Friday: Heavy shoulder work, lat and back exercises, with targeted tricep training to complete upper body development.

By combining RPT, rest-pause training, and progressive overload, you'll experience significant gains in strength, size, and definition, creating a physique reminiscent of Thor.

## Key Supplements for Maximum Gains

To accelerate progress, these supplements are recommended:

### 1. [Kino Mojo](#)

**Benefit: Increases free testosterone to fuel strength and muscle gains.**

Key Ingredients:

- Tongkat Ali: Boosts testosterone by reducing SHBG, enhancing muscle growth and libido.
- Forskolin: Supports lean body mass and fat reduction, enhancing muscle definition.

### 2. [Kino Nitro](#)

**Benefit: Amplifies blood flow, creating intense muscle pumps and supporting androgen receptor sensitivity.**

Key Ingredients:

- Black Ginger Extract: Improves androgen receptor sensitivity and supports testosterone utilization.
- Grape Seed Extract: Enhances circulation and fat metabolism, supporting a lean, hard physique.

### 3. [Kino Gains](#)

**Benefit: Supports muscle recovery, strength, and lean mass without the water retention of traditional creatine.**

Key Ingredients:

- Creatine HCL: Boosts ATP production for greater strength and endurance.

- Betaine: Enhances protein synthesis and cellular hydration for fuller, defined muscles.

#### 4. [Kino Octane](#)

**Benefit:** Delivers clean, focused energy for your workouts and enhanced mental clarity without jitters or crashes.

Key Ingredients:

- L-Citrulline (6,000mg): Maximizes blood flow and muscle recovery between sets.
- L-Theanine: Creates a state of relaxed alertness and improved focus when combined with caffeine.

## How to Maximize Results

**Nutrition:** Ensure adequate calories, high-quality protein, and sufficient recovery to fuel muscle growth.

**Progressive Overload:** Aim to hit the top end of the rep range each week. Once you do, increase the weight and continue progressing.

**Rest and Recovery:** Rest is crucial to muscle growth. Aim for quality sleep and sufficient recovery time between sessions.

With consistent training, the right diet, and support from [Kino Mojo](#), [Kino Nitro](#), [Kino Gains](#), and [Kino Octane](#), you'll achieve incredible results.

Document your progress with a before photo, as this program combined with the supplement stack is proven to deliver rapid, visible changes in muscle mass and definition.

We are now offering all 4 supplements in a stack.



[The Hero Stack](#) contains all four of these powerful supplements: Mojo, Nitro, Gains, and Octane.

\*For a limited time - I've decided to give everyone who subscribes to this stack today or tomorrow – FREE access to the Mojo Dojo ([details here](#)).

This contains my two newest programs – ***“High T Fat Loss” & “High T Muscle Building.”***

The Dojo also has a community where you can ask questions that the coaches will answer, interact with other members, etc. It has my newest workout protocols, demonstration videos, etc.

[Subscribe today](#) - You will have everything you need to succeed.



# The Missing Link to Unlocking Incredible Strength and Muscle Gains

You've got your nutrition dialed in, your training optimized, and you're firing on all cylinders with your supplements. It feels like the perfect formula, but you're still missing one critical element...

**The art of knowing how hard to push yourself to truly unlock strength and muscle gains.** This nuance separates the high-achievers from those who never move beyond mediocre results.

Here's what you need to know.

## The Key to Stimulating Strength and Muscle Adaptation

Once you're past the beginner stage, strength, and muscle growth require a specific level of intensity. **If you're not pushing yourself close enough to muscle failure, you're missing out on the adaptation stimulus.**

For most people, this is where they fall short—they go into their sets without pushing to the level required to see meaningful results.

Imagine doing a set while casually chatting with a friend. This approach doesn't stimulate adaptation.

It's a waste of energy that won't lead to significant, long-term gains.

## The Science Behind Effective Reps

**Research shows that only the final five reps before muscle failure truly trigger strength and muscle growth.** If you aren't reaching this "effective rep" threshold, you're essentially coasting through your workout.

You could perform 30 sets, but if none of them get you close to muscle fatigue, you're spinning your wheels.

On the other hand, if you're hitting those last four or five effective reps, even 10 well-executed sets can lead to real gains.

## The Fine Line: Pushing to the Right Limit

When it comes to maximizing hypertrophy and strength gains, there's an art to pushing yourself just enough without going too far.

The most effective way to do this is to stop just before complete failure. That last rep, the one where you give it everything you have, actually has a low return on investment (ROI).

**Pushing to full failure creates a massive amount of neural fatigue, which weakens you for the rest of the workout and may even set you back.**

Instead, aim for four effective reps, leaving one rep in the tank.

**If you can complete 10 reps before total failure, stop at nine.** This approach keeps your muscles working hard without tipping over into excessive fatigue, allowing you to stay stronger for the rest of your workout and ultimately do more total work.

## Why Holding Back on the Final Rep Works

When you stop one rep short of failure, you're preserving energy, keeping neural fatigue in check, and setting yourself up to perform at a higher level across the entire workout.

This restraint doesn't mean you're "taking it easy."

It means you're optimizing effort for maximum results. By avoiding that all-out, grinding rep, you'll be able to maintain intensity in subsequent sets, leading to higher overall output and more progress.

## Common Pitfalls: Overpushing and Failing Reps

For many lifters, the mantra is to push as hard as possible—but this can backfire. If you push for that fifth and final rep or, even worse, attempt another rep and fail, you've crossed the line.

Failing a rep or needing assistance can leave you fatigued and weaker in the following sets, diminishing your overall performance and progress.

This approach drains your energy, increases recovery time, and lowers the effectiveness of your workout. A balanced approach is essential.

### **Practical Application: How to Implement This Technique**

1. **Know Your Limits:** Before starting a set, identify the number of reps where you'd reach true failure. Aim to stop one rep before this point.
2. **Save It on the First Set:** Many people make the mistake of pushing the first set to failure, only to struggle on subsequent sets. Start conservatively and leave a rep in the tank on that initial set so you're set up to keep intensity high throughout the workout.
3. **Maximize Effective Reps:** Focus on getting those last four reps, which are the most effective for muscle growth. Stopping just before failure allows you to hit this threshold consistently.
4. **Avoid Assisted Reps:** Forget about forced reps or having someone assist you on that last grind. This strategy only creates unnecessary fatigue and reduces the effectiveness of your training.

### **The Power of Controlled Intensity**

Unlocking strength and muscle growth isn't just about training hard; it's about training smart. By fine-tuning your intensity level and mastering the art of leaving one rep in the tank, you'll experience greater results with less fatigue.

This controlled approach keeps you fresh, strong, and progressing over time.

In summary, if you're dedicated to reaching your full potential in strength and muscle gains, remember this principle: **It's not about pushing to the max every set—it's about knowing how far to push to keep momentum on your side.**

This is the missing link, the art that will elevate your training results and set you apart from those who never break past average.