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The Kinobody Blueprint | Greg O’Gallagher 12 The Superhero physique is very similar to the Greek God physique, only with an extra lbs of ‘pretty muscle’. This additional growth . Greek God muscle building program pdf download. This file is a free preview for Kinobody site by Greg O’Gallagher. Popular Links: Bodies · Hoodies · Spanish · Kyosho · APPAREL · LOSI · Tamiya. This document provides a 3 day per week workout program called the Advanced Greek God Strength & Density Version Two. The program focuses on weighted dips, incline bench press, pull ups, and other compound exercises. This document summarizes a 3-day workout split program created by Greg O'Gallagher. It recommends starting with a 2-day split for 6 months to build strength, then graduating to a 3-day split to allow for greater volume and exercise selection. Greg O'Gallagher Transform Your Physique and Live the Life of Your Dreams Bonus Workout: The Shoulder-Focused Strength and Density Routine The structure of this routine is virtually the same as the original Greek God Program , with the addition of more exercise variation and more leg work on Workout B.