



The REAL
THOR
WORKOUT

How to Gain Ripped,
Powerful Muscle FAST...
The Manly Way.

The *Real* Thor Workout

By Chad Howse

When I first started training I had my fair share of struggles. No matter why I tried I couldn't put on an ounce of lean muscle mass. So needless to say it was pretty damn frustrating.

That being said, when I eventually stumbled across [the system](#) that helped me gain 32 pounds of lean muscle in 32 weeks, it became very clear that it's a lot easier than I thought to undergo such a transformation. I wish I knew then what I know now. I would've spent less time in the gym, ate more foods that I liked, and enjoyed life a hell of a lot more.

Instead of spending hours in the gym *burning* muscle, I could have been spending more *quality* hours training, and *building* muscle.

Building ripped, powerful muscle isn't about deprivation like most 'fitness guru's' would have you think. That's what this workout is going to show you.

In the following pages I'll give you a free 3-week workout, with rep variations built in so you're going to be attacking your muscles in new ways on a weekly basis.

So, let's get started. Good luck!

Eating Like a Man

You don't have to eat like your wife or girlfriend when you're trying to change your physique.

Here's a quick rule of thumb for both fat loss and lean mass gains:

1. Fat and Protein aren't the enemy.
2. Foods that are high on the Glycemic Index *are* the enemy, and are only welcome when centered around a workout.

You can still have your eggs, your bacon (in moderation), steak, and so forth, and gain lean muscle. You can still enjoy a few pints here and there as well. It's actually *not* the end of the world if you have a bit of alcohol, or if you eat red meat.

Moderation is key. It's when bacon becomes your meal choice 4 times a day that we run into problems. Or instead of having a couple beers you have 7.

Alcohol increases estrogen levels. When consumed in moderation it's so small that it's not even worth mentioning. It's when you get into that 8,9, 10-drink range that alcohol actually has a negative effect hormonally, but also with dehydration.

Glycemic Index

The glycemic index ranks foods that contain carbohydrates from 0-100 on how they affect blood sugar. Visit glycemicindex.com for more info.

The notion that consuming fats will increase your body fat and risk of heart disease has been ‘common knowledge’ for years now. And yet we’re still fat. New research is coming out that shows that simple sugars and carbohydrates actually have more of an impact on our waistline and our hearts than saturated and monounsaturated fats do.

This is the theory that I have followed with this brief meal guide. I’ll give you an example of a each meal, and snack you can be eating on a daily basis.

Notice that I actually *do* add in simple sugars during and after a workout. This spikes our insulin levels (an absorption hormone), sending the protein and carbs to the right places when our blood flow is extra concentrated due to having just trained. In essence, it gives our bodies something to burn besides muscle during a workout, and gives our bodies the nutrients it needs *after* a workout to start the recovery process.

Other than the meals surrounding our workouts, I keep the foods low on the glycemic index.

In short, fat loss isn’t about counting calories – *necessarily* – but rather about counting the *kind* of calories. If you’re building lean muscle mass, just eat a crap load of the foods on this list. Don’t worry about over-eating or calorie counting. Your waistline will be fine (the workout’s are TOUGH).

Meal Guide for the REAL Thor Workout

Breakfast

4-6 eggs + steel cut oatmeal and whole milk.

A big, nutritious breakfast fit for a king. Remember, you want calories if you're going to put on lean muscle mass. Choose slow carbs like oatmeal over bread. Use the *whole* egg – none of this eggs whites nonsense – the yolk is where *all* of the nutrients are. Organic whole milk if you can.

Snack 1

Handful of almonds, cottage cheese.

Monounsaturated fats boost our metabolism. They actually help us burn fat, while protein – found in both cottage cheese and almonds – help repair the muscle tissue that we break down during exercise.

Don't be afraid of fats when gaining lean muscle mass. Also, ensure that you're consuming ample amounts of protein.

Lunch

2 Chicken Breasts (of just have a chicken), with a crap load of vegetables and your choice of brown rice or whole wheat pasta.

We *need* nutrients and vitamins if we're going to recover fully and correctly, but also if we're going to live long and stay healthy – so eat your veggies!

Snack 2

Handful of almonds, some fruit.

I like blueberries. They're *very* high in antioxidants.

Dinner

**Steak + yams + an abundance of vegetables + a couple pints (pints only a few times a week) = a happy camper.*

Yams are low on the glycemic index. Meaning they aren't high in sugars and starches that are going to contribute to the ol' waistline. Again with veggies, and since we're men here, a couple pints a few times a week aren't going to kill you.

Life should be enjoyable. And beer is enjoyable. I like a good Kilkenny, or India Pale Ale.

Since this is the *REAL* Thor workout, and he was a Viking-like character. Let's mix up the kinds of steaks we're having. Try the moose steaks, buffalo steaks, salmon steaks, beef steaks, caribou steaks or whatever meat or fowl you'd like to grill on the barbeque.

Snack 3

A shake - or - Greek yogurt + 3 brazil nuts.

I get hungry before bed. If you don't, then don't eat. If you do, have something that's high in fats and protein. Fats before bed raise testosterone levels. Protein is the toughest of the fuel sources to break down, thus boosting your metabolism. So you're not going to have a lot of excess calories stored around the waistline.

Workout Meals

During/After

Protein Powder + Gatorade or Carb Mix.

1-2 Hours After Workout

French Toast: 3 Slices whole wheat bread + 12 egg whites + cinnamon + all natural maple syrup.

With our insulin levels spiked, we want to pump our bodies full of *lean* protein and quality carbs. And French toast tastes awesome.

The workout

We want improved strength, speed and athleticism, and being a warrior, so does Thor. We want abs, broad shoulders and an awesome-looking physique, and really, what guy doesn't?

Our training will be about building an awesome body in every sense of the word. Here are a few things to keep in mind:

1. Focus on compound exercises first, isolation exercises second.

Especially when you're first training, you want to focus on the exercises that will ignite the most muscle fibers. Compound exercises – exercises that work more than one muscle group at a time – do just that.

Instead of using the pec-deck, use the bench press. Instead of doing curls, do chin-ups, and so forth.

2. Add weight each week.

For one, you're trying to get stronger. In order to do that you have to progressively overload. You can't just lift the same weight week after week and expect to a. build muscle and b. get stronger.

Add weight each week, no matter how small that weight might be.

3. Train 4-days a week (1 optional isolation/abs day).

You *need* to recover as much as you need to train. Without proper recovery, you're not going to see the gains you want. Without the proper training, you won't see the gains you want either.

4. Work HARD!

Do whatever you have to do to get a kick-ass workout in. I like listening to music that pumps me up on the way to the gym and during my workout. If coffee gets you going then have a cup before you train – it actually promotes fat loss.

Whatever you do, treat each rep like it's an individual. Make it the best rep possible, then move onto the next one.

Training

We're starting with a heavy exercise that will focus on power, we're then moving on to challenge workouts. These aren't your normal challenge workouts though. We're not focusing on time, rather, we're focusing on failure with minimal rest periods.

Go through the list of exercises and choose your weight wisely. You want to be failing *at least* 3x within each set. Take 15-20 seconds rest, then continue. You want to be keeping this pump and burning in your muscles throughout the workout.

We'll be doing an upper/lower split that will alternate between pushing and pulling exercises in an effort to let the fatigued muscle-group recover slightly.

Goal reps

Choose a weight that will get you to fail at least 3x within each set. A lot of the time you'll hit 15 reps, rest, then hit 10, then barely hit 5. You want to be lifting to FAILURE within good form for each exercise as well.

Monday - Upper Body

Power Exercise: Yates Row 5x5 repetitions (120 sec rest)

Challenge Workout

30 repetitions each exercise (minimal rest periods)

1. Declined Bench Press
2. Chin-ups (or lat pulldown)
3. Inclined Bench Press
4. Upright Row
5. Military Press
6. Bent-over Lateral Raise
7. Barbell Curls
8. Dips

Abs: 4 sets of 10-15 reps each exercise

1. Cable Crunch
2. Decline Weighted Sit-up

Tuesday - Lower Body

Power Exercise: Deadlift 5x5 reps (120 rest)

Challenge Workout

(30 reps each exercise)

1. 1 Legged Leg Press
2. Hamstring Curls
3. Bulgarian Split Squat
4. Seated Calf Raise
5. Weighted Calf Raise
6. Box Jumps
7. Frog Jumps

Abs: 4 sets of 10-15 reps each exercise

1. Hanging Leg Raise
2. Abs Roll-outs

Wednesday – Recovery Day

Thursday - Upper Body

Power Exercise: Bench Press 5x5 repetitions (120 sec rest)

Challenge Workout

30 repetitions each exercise (minimal rest periods)

1. Seated Cable Row
2. Inclined Dumbbell Bench Press
3. Close Grip Lat Pulldown
4. Lateral Raises
5. Bent-Over Lateral Raise
6. Hammer Curls
7. Skull Crushers

Abs: 4 sets of 10-15 reps each exercise

1. Cable Crunch
2. Decline Weighted Sit-up

Friday – Recovery Day

Saturday - Lower Body

Power Exercise: Squat 5x5 reps (120 rest)

Challenge Workout - (30 reps each exercise)

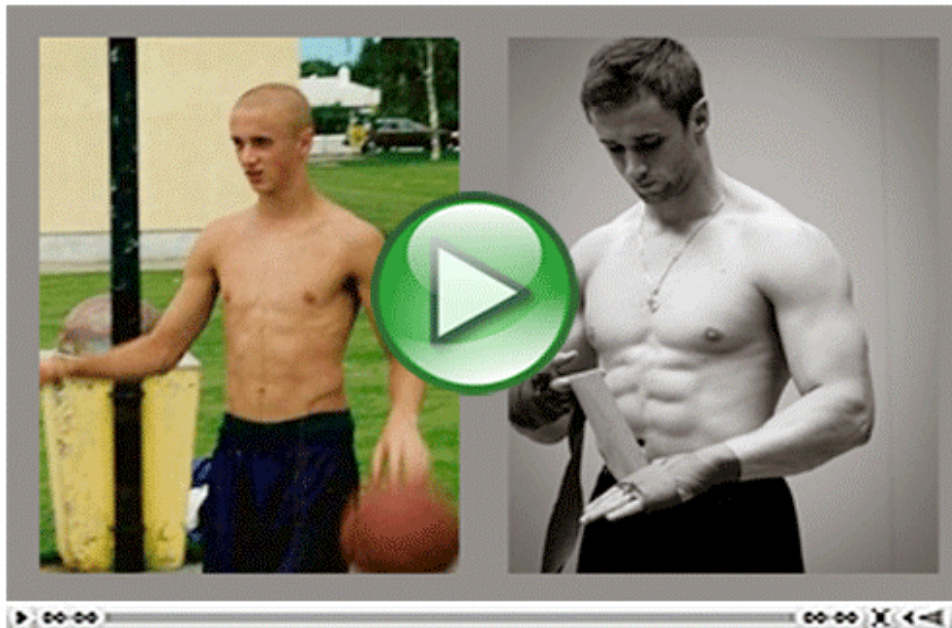
1. Straight-Leg Deadlift
2. Hamstring Curls
3. Front Squat
4. Seated Calf Raise
5. Weighted Calf Raise
6. Box Jumps
7. Frog Jumps

Abs: 4 sets of 10-15 reps each exercise

1. Hanging Leg Raise
2. Abs Roll-outs

Sunday - Recovery Day

Here's a FREE video presentation on how I was able to develop **32 Pounds of Lean Athletic Muscle in Only 32 Weeks. You can do it too!**



[**CLICK TO PLAY**](#)