



***INTERMEDIATE***

***5-DAY SPLIT***

***VERSION 3***

## TABLE OF CONTENTS

<b>INTRODUCTION</b>	3	<b>LEAN IN LATERAL RAISE</b>	39
<b>WARM-UP ROUTINE</b>	4	<b>INCLINE DUMBBELL OVERHEAD EXTENSIONS</b>	40
<b>WARM-UP EXERCISE TUTORIALS</b>	6	<b>SEATED MID-CHEST CABLE FLYES</b>	41
<b>UPPER BODY</b>	16	<b>CABLE PUSHDOWNS (ELBOW FRIENDLY)</b>	42
<b>UPPER BODY WORKOUT</b>	17	<b>PUSH WORKOUT: EXERCISE ALTERNATIVES</b>	43
<b>A1. LOW INCLINE DUMBBELL PRESS</b>	18	<b>PULL</b>	44
<b>A2. DUMBBELL CHEST SUPPORTED ROW (MID/UPPER BACK FOCUSED)</b>	19	<b>PULL WORKOUT</b>	45
<b>STANDING DUMBBELL SHOULDER PRESS</b>	20	<b>(WEIGHTED) CHIN-UPS</b>	46
<b>LAT PULLDOWNS</b>	21	<b>CHEST SUPPORTED DUMBBELL ROW (LAT-FOCUSED)</b>	47
<b>DECLINE DUMBBELL PRESS</b>	22	<b>CHEST SUPPORTED DUMBBELL REAR DELT ROW</b>	48
<b>DUMBBELL LATERAL RAISES</b>	23	<b>BEHIND BODY CABLE CURLS</b>	49
<b>STANDING FACE PULLS</b>	24	<b>ROPE CABLE CURLS (NEUTRAL GRIP)</b>	50
<b>UPPER BODY: EXERCISE ALTERNATIVES</b>	25	<b>STANDING FACE PULLS</b>	51
<b>LOWER BODY 1</b>	26	<b>PULL WORKOUT: EXERCISE ALTERNATIVES</b>	52
<b>LOWER BODY 1 (QUAD-FOCUSED)</b>	27	<b>LOWER BODY 2</b>	53
<b>LEG PRESS (QUAD-FOCUSED)</b>	28	<b>LOWER BODY 2 (GLUTE FOCUSED)</b>	54
<b>HEEL ELEVATED SPLIT SQUAT</b>	29	<b>DUMBBELL ROMANIAN DEADLIFT</b>	55
<b>A1. SEATED LEG CURLS</b>	30	<b>FRONT FOOT ELEVATED REVERSE LUNGES</b>	56
<b>A2. SEATED LEG EXTENSIONS</b>	31	<b>HYPEREXTENSIONS (GLUTE FOCUSED)</b>	57
<b>STANDING WEIGHTED CALF RAISES (BARBELL OR DUMBBELL)</b>	32	<b>LYING LEG CURLS</b>	58
<b>RKC PLANK</b>	33	<b>A1. SEATED WEIGHTED CALF RAISES</b>	59
<b>LOWER BODY 1: EXERCISE ALTERNATIVES</b>	34	<b>A2. BIRD DOG</b>	60
<b>PUSH</b>	35	<b>LOWER BODY 2: EXERCISE ALTERNATIVES</b>	61
<b>PUSH WORKOUT</b>	36	<b>ADDITIONAL COMMENTS</b>	62
<b>LOW INCLINE DUMBBELL PRESS</b>	37	<b>DISCLAIMER</b>	63
<b>FLAT DUMBBELL PRESS</b>	38		

# INTRODUCTION

This PDF is designed to act as a supplemental resource for you to refer to while you're at the gym. **This is NOT a “summary” of the program.** There is a ton of invaluable and essential information within the CORE Training section that you need to go through. Please ensure that you go through every single chapter within that section and fully understand the concepts within it (progressive overload, mind-muscle connection, how heavy to lift, etc.) in order to maximize the effectiveness of this workout routine. Otherwise, these workouts will be pretty much useless for you!

With that being said, and as explained in the course, your workout routine will consist of 5 workouts per week and will look something like this:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upper Body 1	Lower Body 1	Rest	Push	Pull	Lower Body 2	Rest

You will want to note that some of these workouts in this PDF will contain supersets. For each superset, there are 2 exercises. You will perform the first exercise, rest 1 minute, perform the second exercise, rest 1 minute, and then go back to the first exercise. Repeat this for a total of 3 times so that you do 3 sets in total of each exercise.

The exact days that you work out on don't matter. The key is that you are getting at least 2 rest days per week so that you are not doing more than 3 workout days in a row. Your rest days should ideally be set up like the example above, after every “lower body” workout. As for the workouts themselves, you will be doing 1 upper body, 2 lower body, 1 push, and 1 pull workout per week. Each workout contains slightly different exercises to challenge your muscles in a different way.

This workout routine doesn't contain squat, bench, or deadlift exercises, so if you are an individual who doesn't have access to a barbell or has had issues with your lower back, these exercise alternatives will be a viable option for you.

Lastly, each exercise listed in this workout routine has an exercise alternative at the end of this PDF that you can use as a swap. Whether it's because of limited equipment availability, because of a past injury or limitation, or wanting to switch your routine up later down the road, you can use this list to help find an exercise more suitable for you.

## WARM-UP ROUTINE

### PART 1: LOW INTENSITY CARDIO (optional, ~5 minutes)

- This can be light cycling, walking, the elliptical, etc.
- This is recommended if you have been sitting at work all day and/or live in a cold environment

### PART 2: DYNAMIC STRETCHING (~5 minutes)

For any workouts where you only train the upper body (e.g. “upper”, “push”, or “pull” workouts), you only need to perform the upper body stretches. For lower body or “leg” workouts, you only need to perform the lower body stretches. See the next pages for the picture tutorials.

#### UPPER BODY

EXERCISE	REPS	NOTES
Arm Circles	5 each direction	Swing your arms in one direction for 5 reps and then do 5 reps in the reverse direction.
Band Over-and-Backs	5	Use a wide overhand grip and bring the band over and behind your body.
Band Pull-Aparts	10	Use an overhand grip shoulder width apart, and use your mid back muscles to pull the band apart.
Band External Rotations	10 per side	Face sideways to band, lock elbow by side, rotate hand outwards then back in. Can be done with cables instead.
Weighted External Rotations	10 per side	Use light weight, keep elbow locked, rotate hand up towards ceiling then back down.

#### LOWER BODY

EXERCISE	REPS	NOTES
Forward Leg Swings	5 per side	Hold onto a fixture by your side for support, swing your leg front and back as far as your leg will go.
Side Leg Swings	5 per side	Hold onto a fixture in front of you for support, swing your leg side to side as far as your leg will go
Deep Squat	1 (hold it for 30 seconds)	Hold a weight plate in front of your chest in a deep squat, rock side to side over each ankle.
Dead Bug	5 per side	Keep core engaged, extend opposite arm and leg.

**PART 3: WARM-UP SETS (~5 minutes)**

SET	WEIGHT	REPS	REST
1	50% working weight	8	1 minute
2	70% working weight	3-4	1 minute
3	90% working weight	1-2	2 minutes

**BEGIN WORKING SETS**

3 warm-up sets are needed only for your first upper body and lower body exercise. After that, you don't need to do warm-up sets for the rest of your exercises. However it can still be a good idea to do 1 quick warm-up set to practice the technique.

# WARM-UP EXERCISE TUTORIALS

LOW INTENSITY CARDIO

Optional, ~5 minutes



## WHY

For a soft, general warm up of all muscles.

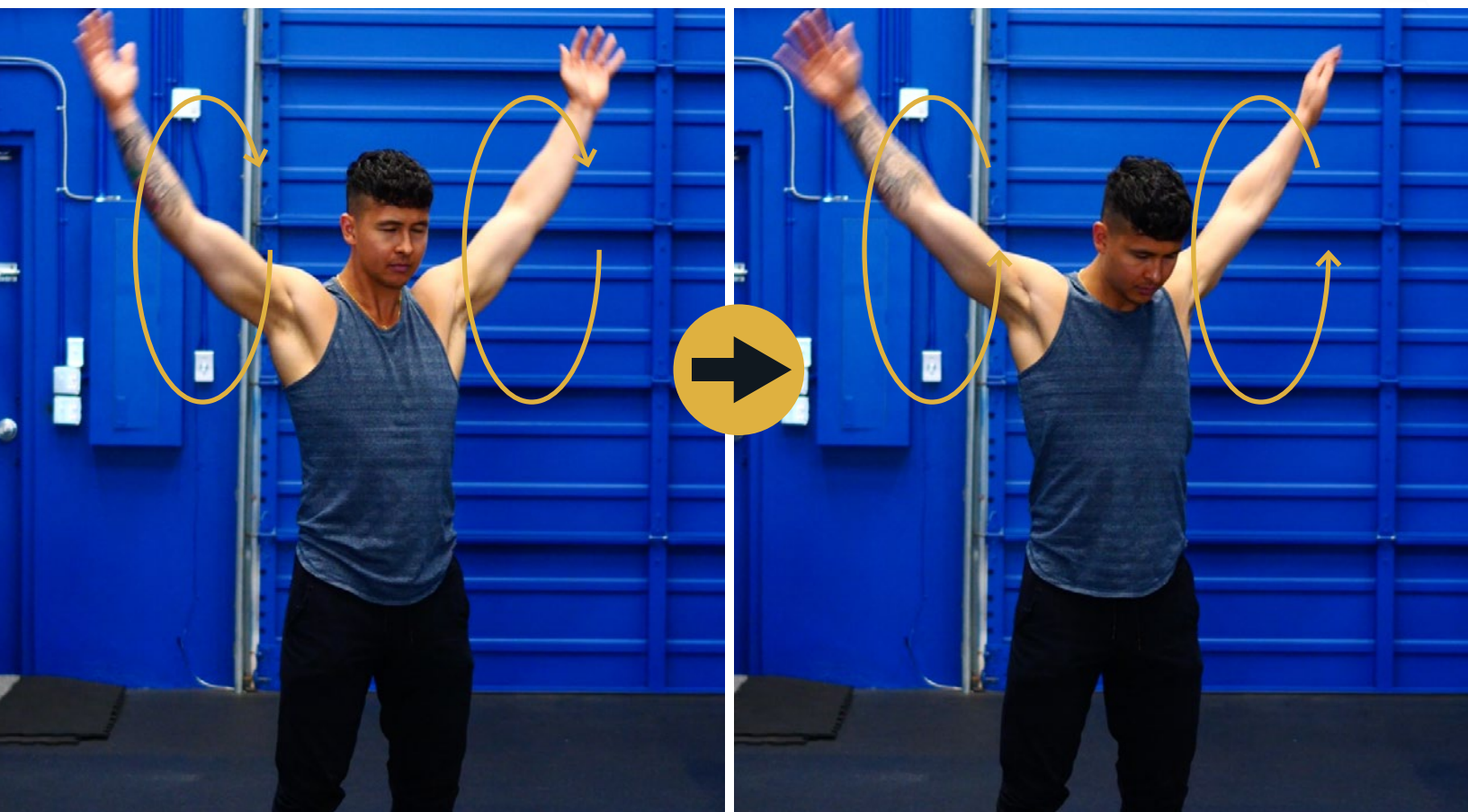
## HOW

Perform at a comfortable pace any of the following: light cycling, walking, elliptical, etc.

# WARM-UP EXERCISE TUTORIALS

## ARM CIRCLES

5 reps each direction



### WHY

To warm up and mobilize the shoulder joint.

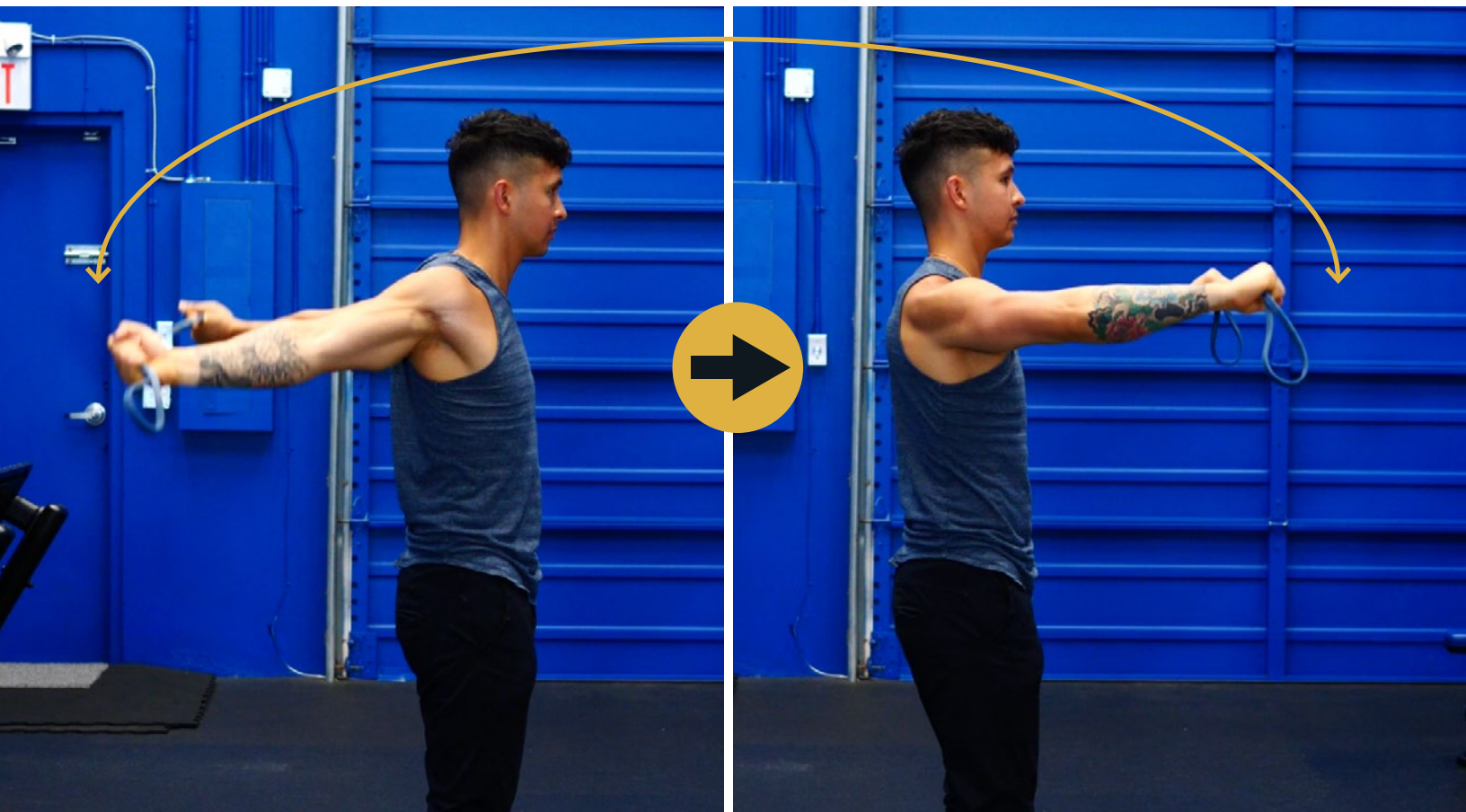
### HOW

Swing your arms forward in a circular motion for 5 reps and then repeat in the reverse direction.

# WARM-UP EXERCISE TUTORIALS

## BAND OVER-AND-BACKS

5 reps each direction



### WHY

To mobilize the chest/shoulder area and help with shoulder/scapular stability.

### HOW

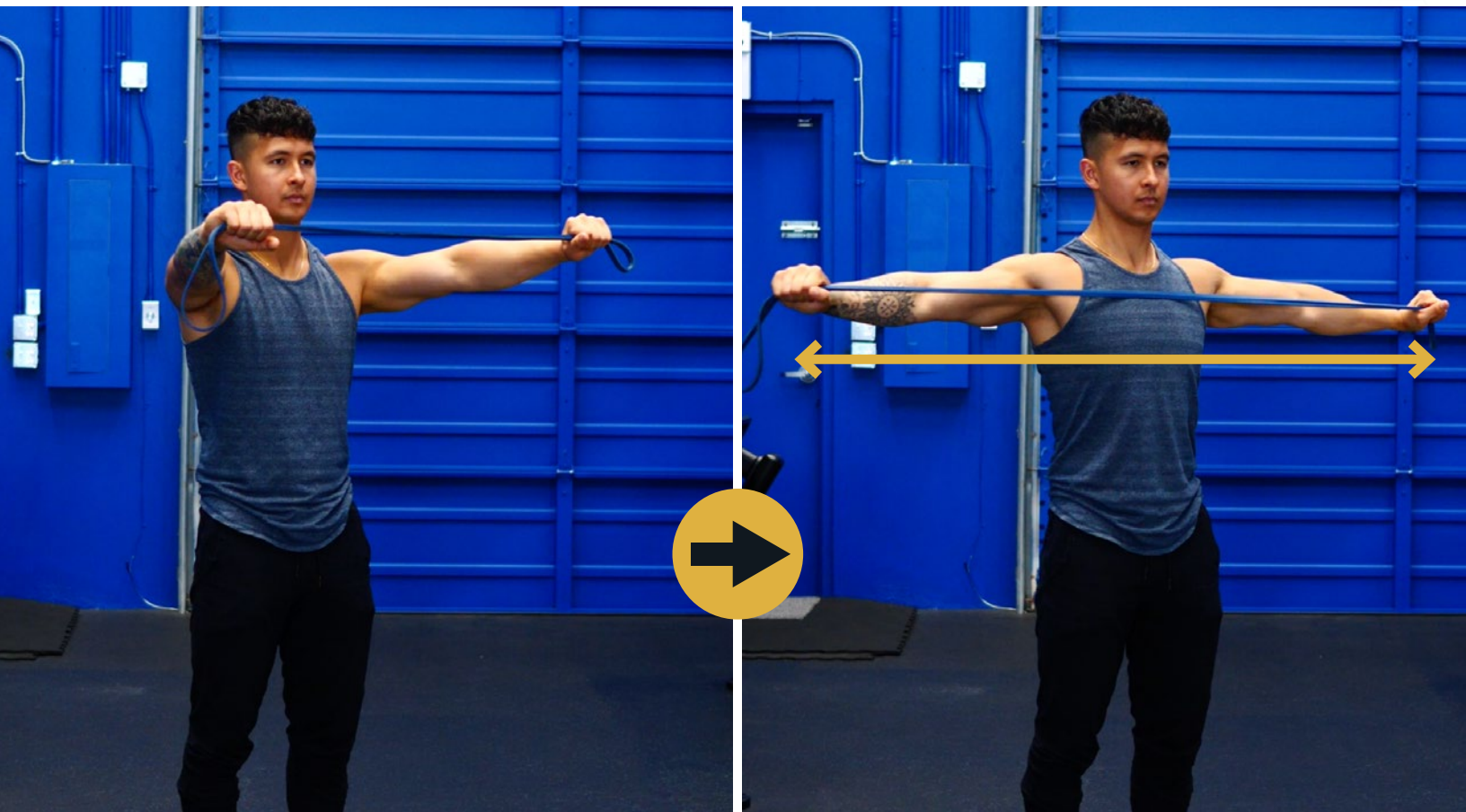
Hold your band at a little wider than shoulder-width apart. Bring the band over your head and back behind your body while keeping your arms straight. Keep the tension even as you move the band behind you (don't "release the slack" by relaxing or resting your hands on your back/butt), and then bring it back over your head into the starting position. If this is too difficult, widen your hand position. When it gets too easy, narrow your hand position. Avoid arching your back as you perform the movement by slightly contracting your core.



## WARM-UP EXERCISE TUTORIALS

## BAND PULL-APARTS

10 reps

**WHY**

To warm up the mid-back and rotator cuff musculature to help with your pressing.

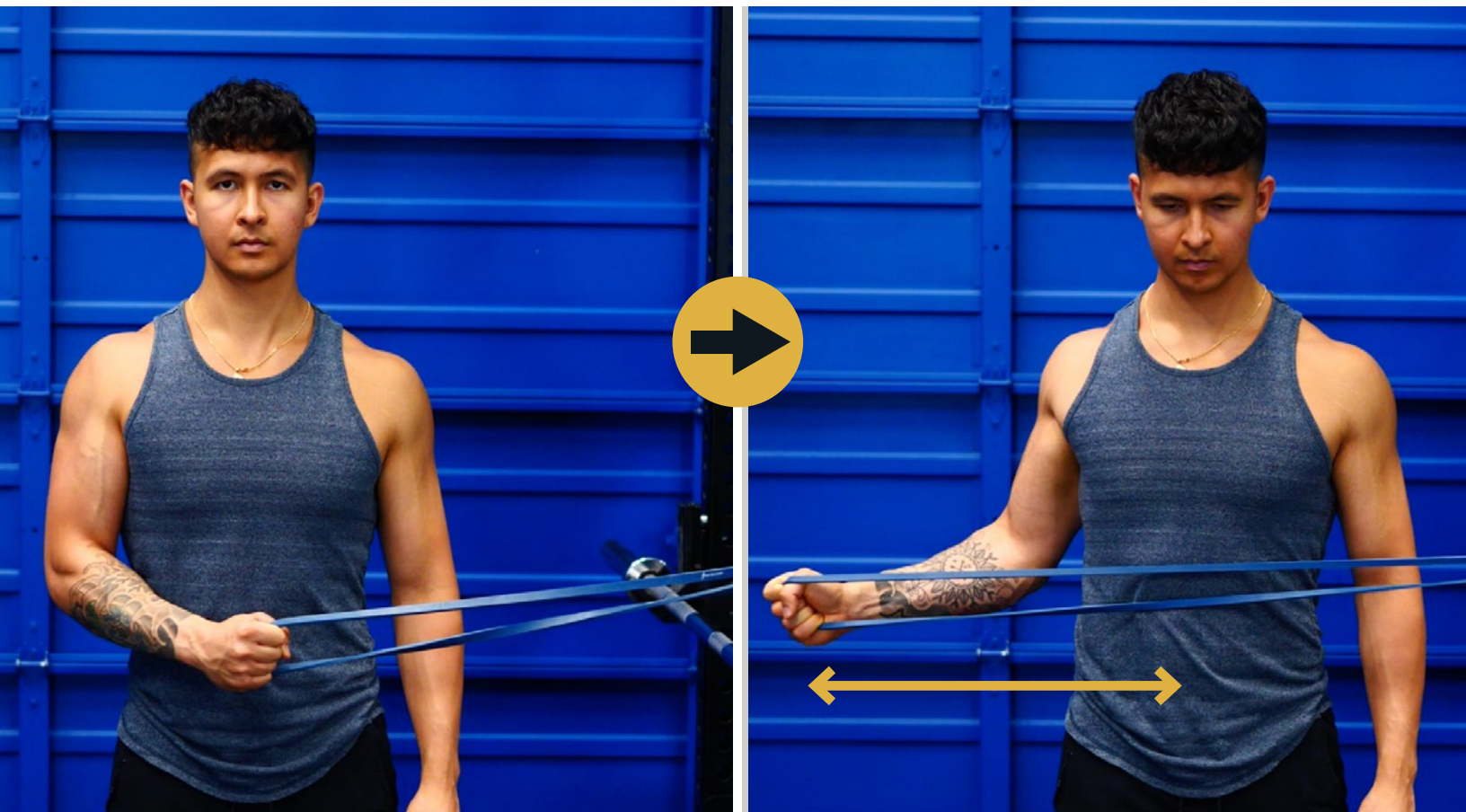
**HOW**

Hold your band at around shoulder-width apart with an overhand grip. Pull the band apart by squeezing your shoulder blades together. Keep your upper traps relaxed as you do so and focus on feeling your mid-back muscles working. Control back to the starting position and repeat. You can use just one strand of the band OR a wider grip to make it easier, then narrow your grip overtime.

WARM-UP EXERCISE TUTORIALS

BAND EXTERNAL ROTATIONS

10 reps per side



WHY

To warm up the rotator cuff muscles.

HOW

Use either a band attached to a pole or a pulley system with the handle set up at elbow height. Stand beside the cable pulley or band and externally rotate the shoulder while keeping your elbow at 90 degrees and pinned to the side of your body. Control back to the starting position and repeat.

# WARM-UP EXERCISE TUTORIALS

## WEIGHTED EXTERNAL ROTATIONS

10 reps per side



### WHY

To warm up the rotator cuff muscles.

### HOW

Use either a band attached to a pole or a pulley system with the handle set up at elbow height. Stand beside the cable pulley or band and externally rotate the shoulder while keeping your elbow at 90 degrees and pinned to the side of your body. Control back to the starting position and repeat.

# WARM-UP EXERCISE TUTORIALS

## FORWARD LEG SWINGS

5 reps per side



### WHY

To mobilize and warm up the hips and leg muscles for your leg movements.

### HOW

Keep your core tight and hold onto something beside you. Swing your leg front and back as far as your leg will go.

# WARM-UP EXERCISE TUTORIALS

## SIDE LEG SWINGS

5 reps per side



### WHY

To mobilize and warm up the hips and leg muscles for your leg movements.

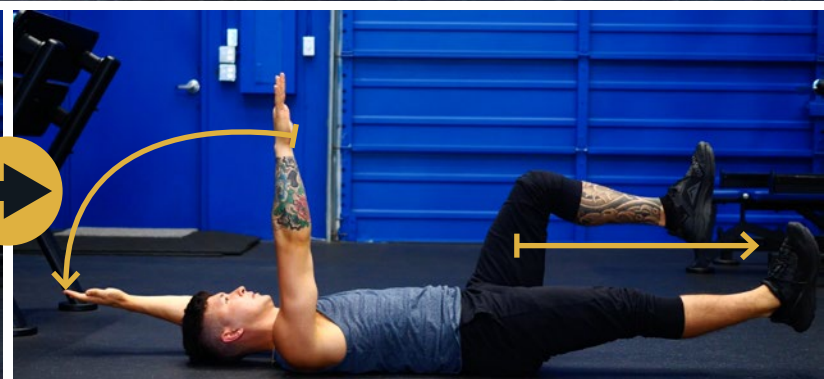
### HOW

Keep your core tight and hold onto something beside you. Swing your leg left and right as far as your leg will go.

# WARM-UP EXERCISE TUTORIALS

## DEAD BUG

5 per side



### WHY

To mobilize and warm up the core, shoulders and legs.

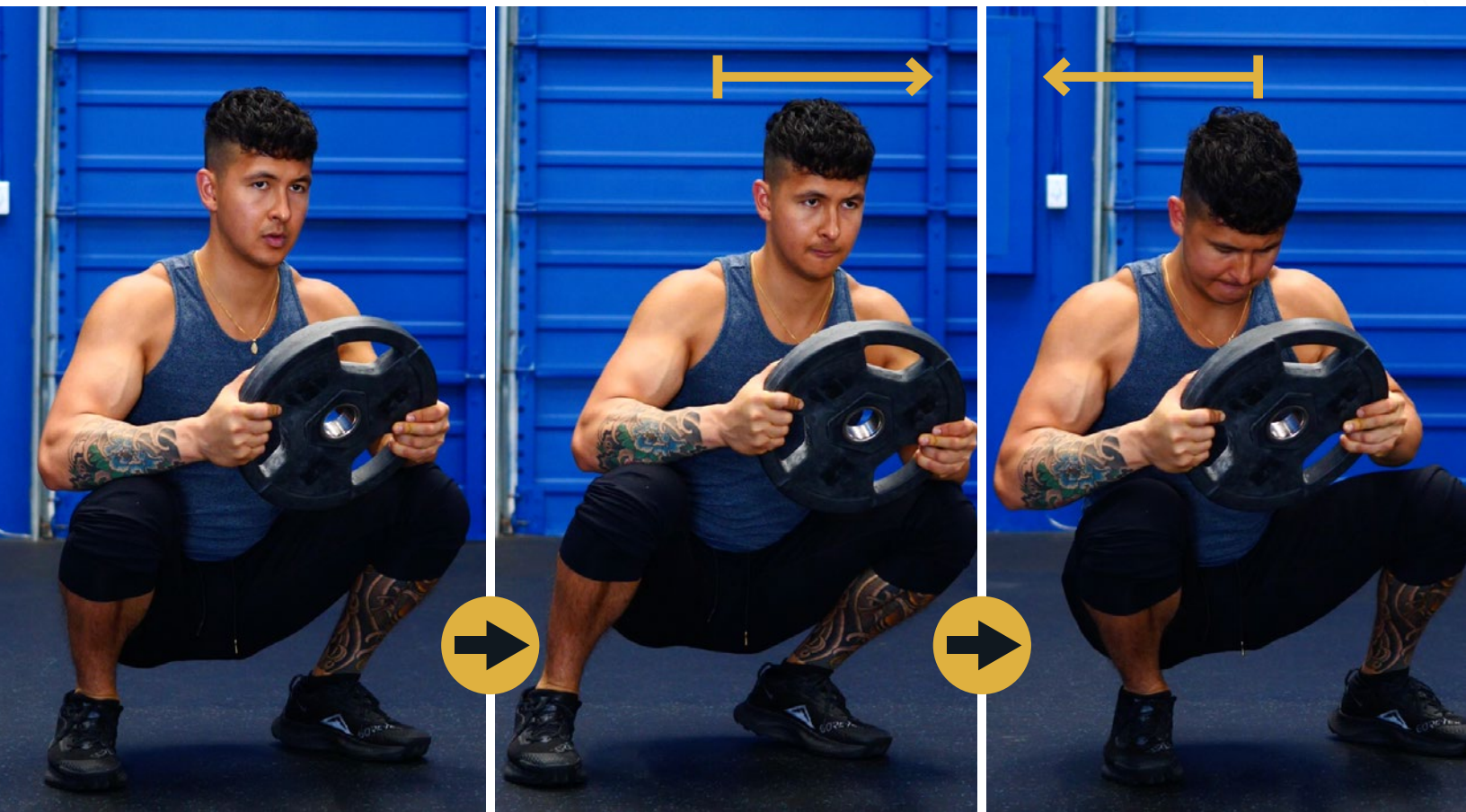
### HOW

Keep core engaged, extend opposite arm and leg, hold the position a moment, go back to the starting position and repeat changing sides.

# WARM-UP EXERCISE TUTORIALS

## DEEP SQUAT

1 reps per 30 seconds



### WHY

To mobilize and warm up the hips and leg muscles for your leg movements, focusing on your hips and ankles.

### HOW

Hold a weight plate in front of your chest in a deep squat, rocking side to side over each ankle in a soft and constant motion for 30 seconds.



*UPPER* *BODY*  
*WORKOUT*



# UPPER BODY WORKOUT

WORKOUT	EXERCISE	SETS	REPS	REST (MIN)	NOTES
Superset	<b><u>A1. Low Incline Dumbbell Press</u></b>	3	8-10	2-3 min	Perform low incline dumbbell press, rest 1 minute, perform dumbbell chest supported row, rest 1 minute, then repeat for a total of 3 times.
	<b><u>A2. Dumbbell Chest Supported Row (mid/upper back focused)</u></b>	3	10-12	2 min	
	<b><u>Standing Dumbbell Shoulder Press</u></b>	3	10-15	2 min	Use lighter weight, keep core braced, squeeze glutes, avoid arching back.
	<b><u>Lat Pulldown</u></b>	3	10-12	2 min	Grip outside shoulder width, lean back slightly, pull bar to just under chin.
	<b><u>Decline Dumbbell Press</u></b>	3	8-10	1.5-2 min	Add weight plate underneath bottom of bench, keep chest up, avoid flaring elbows out.
	<b><u>Dumbbell Lateral Raise</u></b>	3	15-20	1.5-2 min	Lean torso forward slightly, raise arms in scapular plane, avoid using momentum.
	<b><u>Standing Face Pulls</u></b>	2	10	1 min	Use double rope attachment if possible, use light weight, perform without Y-raise to make it easier.

## A1. LOW INCLINE DUMBBELL PRESS

### STEP 1: SETUP

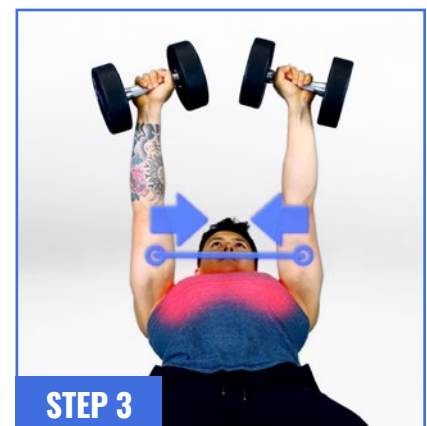
Set up an incline bench to about 15 to 30 degrees, typically the first to second notch up from the bottom. Grab a pair of dumbbells and sit on the bench. Kick up the dumbbells one at a time to get them into position with your arms straight over your body. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground.

### STEP 2

Brace your core and then control the weight down by dropping your elbows to about a 45 to 60 degree angle from your torso. Allow your hands to naturally turn in slightly. Continue lowering until the weights reach around the level of your chest, or as low as is comfortable for you.

### STEP 3

Use your chest to push the weight back up until your arms are fully locked out and directly over your shoulders. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.



## A2. DUMBBELL CHEST SUPPORTED ROW (MID/UPPER BACK FOCUSED)

### STEP 1: SETUP

Set up an incline bench to an angle of about 30 degrees, typically the second notch up from the bottom. Grab a pair of dumbbells using a thumbless grip and lay your chest on the bench with your arms hanging down by your sides and palms facing each other. Plant the balls of your feet firmly into the ground with your legs fully straightened or slightly bent.

### STEP 2

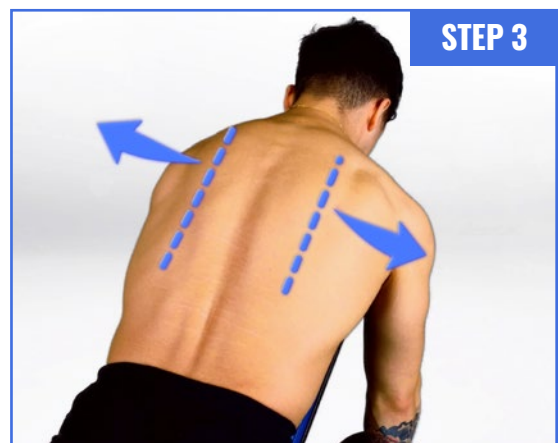
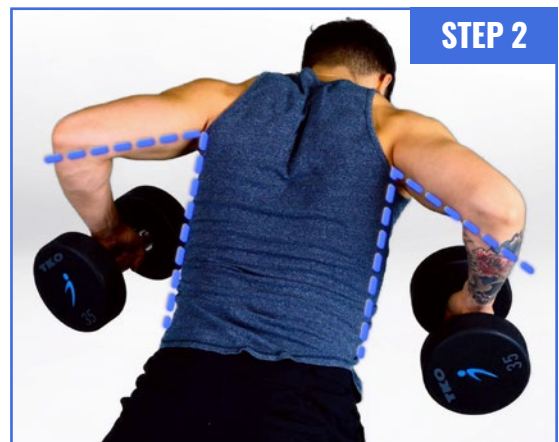
To stabilize your body, bring your shoulders down and away from your ears, squeeze your glutes and flex your abs. Then, pull your elbows back behind your body at about a 45 to 60 degree angle away from your torso. Squeeze your shoulder blades together at the top position.

### STEP 3

Control the weight back down to the starting position instead of letting it just drop. Let your shoulder blades open up, reset, and then go into your next rep.

#### ADDITIONAL TIPS

Think about pulling with your elbows each rep in order to better activate your back.



# STANDING DUMBBELL SHOULDER PRESS

## STEP 1: SETUP

Grab a pair of dumbbells and bring them up just over your shoulders. Set your feet by moving them shoulder width apart and bring your elbows forward slightly at about a 45 degree angle in front of your body.

## STEP 2

Squeeze your glutes, flex your quads, and brace your core. Take a deep breath in through your nose and then exhale as you press the dumbbells straight up. Press until your arms are straight and positioned directly over your shoulders.

## STEP 3

Inhale as you lower the dumbbells by dropping your elbows into a roughly 45 degree angle in front of your body until the dumbbells reach the level of your chin. Pause here briefly, re-stabilize your glutes and core if needed, and then continue for your next rep.

### ADDITIONAL TIPS

Avoid bending your knees and using leg drive to move the weight up. This is a different exercise. Instead, keep this a strict press by only using your upper body to press the weight up.

BRING DUMBBELLS UP  
JUST OVER YOUR SHOULDERS

STEP 1

FEET SHOULDER-WIDTH APART

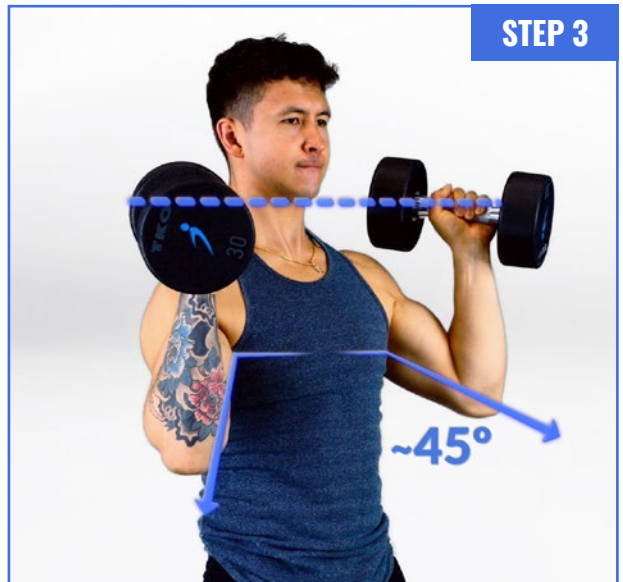
ELBOWS AT ABOUT 45 DEGREE  
ANGLE INFRONT OF YOUR BODY



STEP 2



STEP 3



# LAT PULLDOWNS

## STEP 1: SETUP

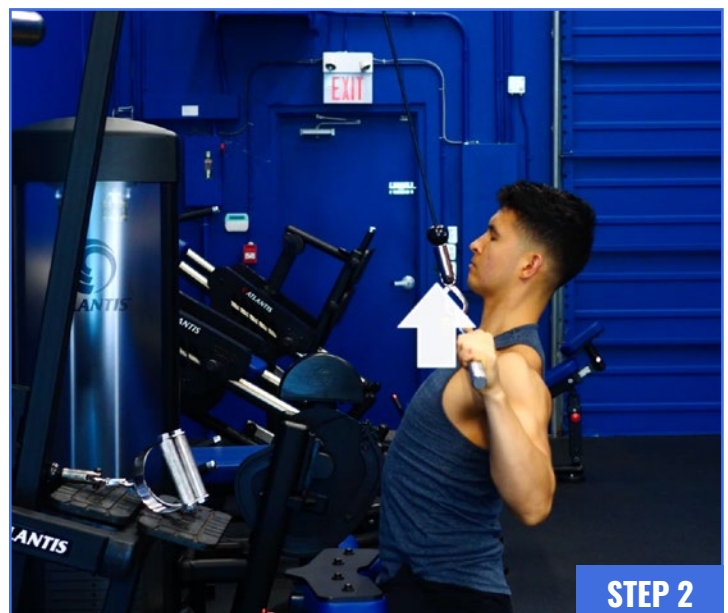
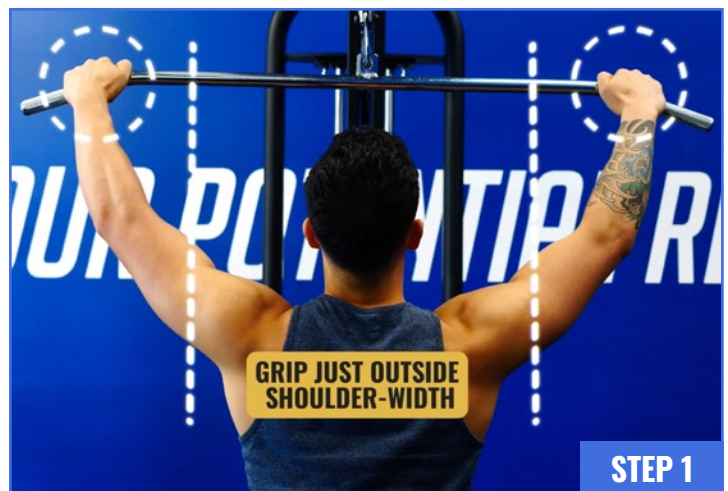
Adjust the height of the seat or knee pads so that your thighs are securely locked underneath, with your feet flat on the floor. Set your weight then stand up and grab the bar with an overhand grip just outside shoulder-width apart. Sit back down with your thighs under the pads. Tilt your upper back just slightly backwards.

## STEP 2

Pull your elbows down until the bar reaches the level of your chin. Control the weight back up until your arms are almost fully straight, and then repeat for another rep.

### ADDITIONAL TIPS

To better engage the back muscles, you can try using a thumbless grip and think about pulling with the elbows rather than with your hands.



## DECLINE DUMBBELL PRESS

### STEP 1: SETUP

If your flat bench isn't screwed into the ground, you can place a 25 lb plate under the front of it to create just a slight decline to perform your press on. If you don't have this setup available, choose one of the exercise alternatives.

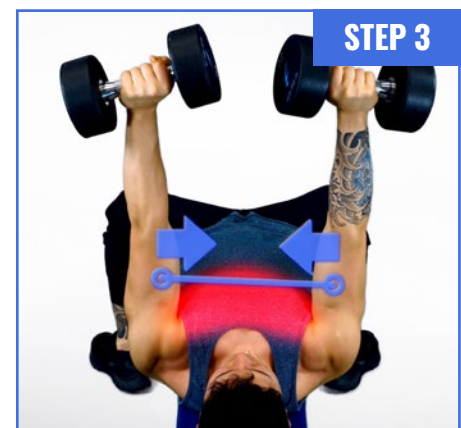
Grab a pair of dumbbells and sit flat on the bench. Kick up the dumbbells one at a time to get them into position with your arms straight over your body. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground.

### STEP 2

Brace your core and then control the weight down by dropping your elbows to about a 60 degree angle from your torso. Allow your hands to naturally turn in slightly. Continue lowering until the weights reach around the level of your torso, or as low as is comfortable for you.

### STEP 3

Use your chest to push the weight back up until your arms are fully locked out and directly over your shoulders. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.



## DUMBBELL LATERAL RAISES

### STEP 1: SETUP

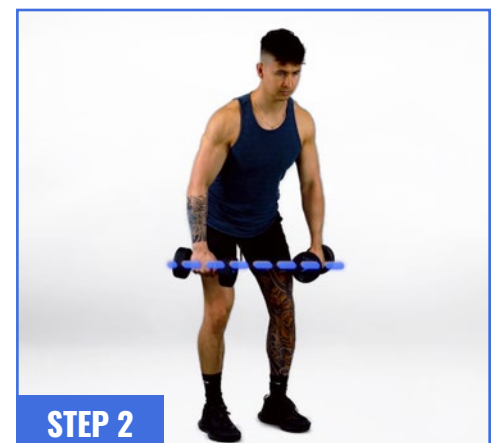
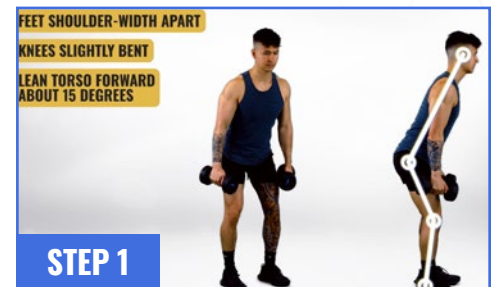
Grab a pair of dumbbells and stand with your feet about shoulder width apart and knees slightly bent. Lean your torso forward about 15 degrees.

### STEP 2

Brace your core. While keeping your arms just slightly bent, raise your hands out in front of you. As you do so, raise your arms in a Y position in front of you. This is about 15 to 30 degrees in front of your body. Raise the weight until your arms reach shoulder-height, control them back down until your hands are down in front of your thighs, and then repeat for more reps.

#### ADDITIONAL TIPS

To better help with muscle activation, you can try using a thumbless grip and rather than thinking about raising the weight up, think about raising the weight out as if you were pushing your hands out towards the walls.



# STANDING FACE PULLS

## STEP 1: SETUP

Move a cable to the top position. Using a double rope attachment, grab the rope in each hand with a neutral grip. Next, set the weight light and take a few steps back away from the pulley. From here, raise your arms so that they are straight and directly facing the pulley.

## STEP 2

Brace your core and squeeze your glutes. Pull your hands towards your face, trying to get the cable to the level of your forehead. As you do so, pull back with both your elbows and hands, such that at the end position your arms are positioned in a “biceps flexing” pose at a 90 degree angle with your hands directly over your elbows. From here, slowly raise your arms up into a Y position and then back down. Then, straighten your arms back to the starting position.

### ADDITIONAL TIPS

If using a band, you would execute this the exact same way, and simply use a wide overhand grip on the band. The band will be quite challenging from even just a few steps away, so position yourself relatively closer to the band where there isn't as much tension.

STEP 1



STEP 1

RAISE ARMS STRAIGHT



STEP 2



STEP 2





# UPPER BODY: EXERCISE ALTERNATIVES

EXERCISE	EXERCISE ALTERNATIVES	WATCH ON YOUTUBE
Low Incline Dumbbell Press	Incline Machine Chest Press	<a href="https://youtu.be/abc1fisYB3w">https://youtu.be/abc1fisYB3w</a>
	Low Incline Smith Machine Press	<a href="https://youtu.be/R53nThQcdZo">https://youtu.be/R53nThQcdZo</a>
	Low Incline Barbell Press	<a href="https://youtu.be/jW4j7Foqudl">https://youtu.be/jW4j7Foqudl</a>
	Low Incline Cable Press	<a href="https://youtu.be/6qV1WZ_z0u0">https://youtu.be/6qV1WZ_z0u0</a>
	(Banded) Decline Push-Ups	<a href="https://youtu.be/LdahU9kB-u0">https://youtu.be/LdahU9kB-u0</a>
Dumbbell Chest Supported Row (mid/upper back focused)	Barbell Row (mid/upper back focused)	<a href="https://youtu.be/FTCmwlFZ29A">https://youtu.be/FTCmwlFZ29A</a>
	Seated Cable Row (mid/upper back focused)	<a href="https://youtu.be/Q-5V5T55giY">https://youtu.be/Q-5V5T55giY</a>
	Chest Supported Machine Row	<a href="https://youtu.be/iDiVxqvHGwY">https://youtu.be/iDiVxqvHGwY</a>
Standing Dumbbell Shoulder Press	Seated Dumbbell Shoulder Press	<a href="https://youtu.be/DPXG3BJvl8A">https://youtu.be/DPXG3BJvl8A</a>
	Standing Barbell Overhead Press	<a href="https://youtu.be/S3kYKH32VqI">https://youtu.be/S3kYKH32VqI</a>
	Seated Neutral-Grip Dumbbell Shoulder Press (*shoulder friendly)	<a href="https://youtu.be/W35eREjZnhI">https://youtu.be/W35eREjZnhI</a>
	Half Kneeling Landmine Press (*shoulder friendly)	<a href="https://youtu.be/JOOS3MPCT8s">https://youtu.be/JOOS3MPCT8s</a>
Lat Pulldown	(Weighted) Pull-Ups	<a href="https://youtu.be/w_yuTRQd6HA">https://youtu.be/w_yuTRQd6HA</a>
	Kneeling One Arm Lat Pulldown	<a href="https://youtu.be/PkA-D-Ld4tE">https://youtu.be/PkA-D-Ld4tE</a>
	3 Point Dumbbell Row	<a href="https://youtu.be/hrBLmuQ_vq8">https://youtu.be/hrBLmuQ_vq8</a>
	Barbell Row (lat focused)	<a href="https://youtu.be/tS5IKXxtNvE">https://youtu.be/tS5IKXxtNvE</a>
Decline Dumbbell Press	Standing High To Low Cable Flyes	<a href="https://youtu.be/JfZjng7jAKs">https://youtu.be/JfZjng7jAKs</a>
	Decline Machine Chest Press	<a href="https://youtu.be/H4R-LiTJeH8">https://youtu.be/H4R-LiTJeH8</a>
	(Banded) Incline Push-Ups	<a href="https://youtu.be/67V0-5gjEeA">https://youtu.be/67V0-5gjEeA</a>
Dumbbell Lateral Raise	Cable Lateral Raise	<a href="https://youtu.be/1muit9qEctY">https://youtu.be/1muit9qEctY</a>
	Lying Incline Lateral Raise	<a href="https://youtu.be/upEqeI0F73M">https://youtu.be/upEqeI0F73M</a>
	Lean In Lateral Raise	<a href="https://youtu.be/2q4kjTDg-vs">https://youtu.be/2q4kjTDg-vs</a>
	Wide Grip Barbell Upright Row (last resort)	<a href="https://youtu.be/6BTMvh9AnCw">https://youtu.be/6BTMvh9AnCw</a>
Standing Face Pulls	Bent Over Dumbbell Face Pulls	<a href="https://youtu.be/kA415Unr_-E">https://youtu.be/kA415Unr_-E</a>
	(Weighted) Prone Arm Circles	<a href="https://youtu.be/6D-4V_M8RJA">https://youtu.be/6D-4V_M8RJA</a>
	Wall Slides	<a href="https://youtu.be/x4zjfuLXHvk">https://youtu.be/x4zjfuLXHvk</a>



***LOWER***

***BODY***

**1**

# LOWER BODY 1 (QUAD-FOCUSED)

WORKOUT	EXERCISE	SETS	REPS	REST (MIN)	NOTES
	<a href="#"><u>Quad-Focused Leg Press</u></a>	3	8-10	2-3 min	Use low foot stance, let knees drive forward over toes, avoid raising heels up.
	<a href="#"><u>Heel Elevated Split Squat</u></a>	3	8-10 per leg	1 min per leg	Elevate heel of front foot on a weight plate, do a set on one leg then rest 1 min then do the other leg.
Superset	A1. <a href="#"><u>Seated Leg Curls</u></a>	3	10-15	-	Perform seated leg curls, rest 1 minute, perform leg extensions, rest 1 minute, then repeat for a total of 3 times.
	A2. <a href="#"><u>Seated Leg Extensions</u></a>	3	10-15	-	
	<a href="#"><u>Standing Weighted Calf Raises (barbell or dumbbell)</u></a>	3	10-15	1.5 min	Feet hip width apart, elevate toes on weight plate, press up on big toes.
	<a href="#"><u>RKC Plank</u></a>	2	5/side	1.5-2 min	Squeeze glutes, pull elbows down and pull toes up against floor, move elbows higher to progress.

## LEG PRESS (QUAD-FOCUSED)

### STEP 1: SETUP

Move the backrest to the lowest setting or just 1 to 2 notches up from the bottom. Adjust the foot plate starting position so that you only need to extend your legs slightly to be able to release the weights. Lastly, if your leg press has safety pins, adjust them so that they will be able to catch the weight at the bottom position if you are unable to lift it.

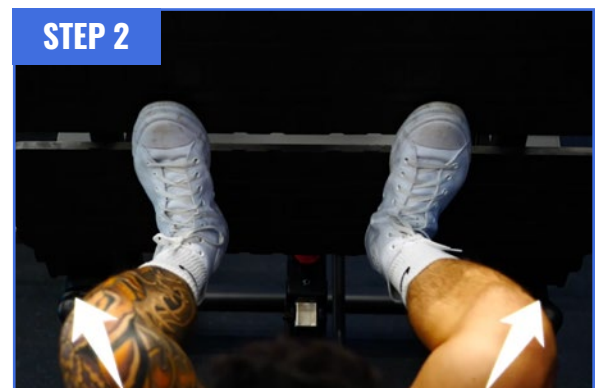
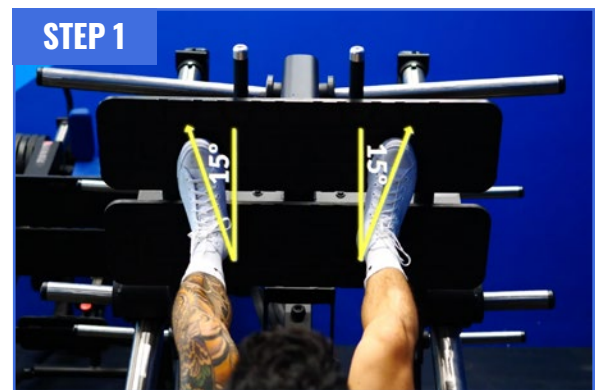
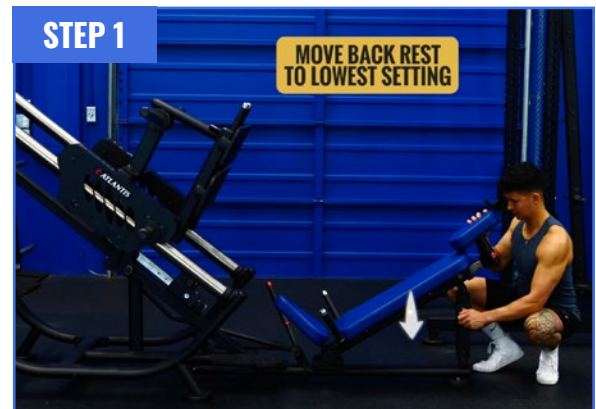
It's time to set your feet. Generally you want a foot stance that is about shoulder-width apart or just wider than that, with your toes pointed out about 15 degrees. You also want to place your feet relatively lower on the footplate to better activate your quads. Do a few reps with some light weight to see how it feels and adjust your setup as needed. You should be able to reach the bottom position without your heels rising up.

### STEP 2

Unlock the safety pins and extend your legs to release the weights. Brace your core and take a deep breath in through your nose. Lower the weight by bending your legs and letting your knees bend slightly outwards over your toes. Go as deep as possible. Once you've reached the bottom position, keep your core braced and exhale as you push the weight back up until your legs are almost fully straight, and then descend into your next rep.

#### ADDITIONAL TIPS

This tutorial focuses on the plate loaded 45 degree leg press. If you don't have access to this machine and only have the horizontal leg press available, pick an exercise alternative.



# HEEL ELEVATED SPLIT SQUAT

## STEP 1: SETUP

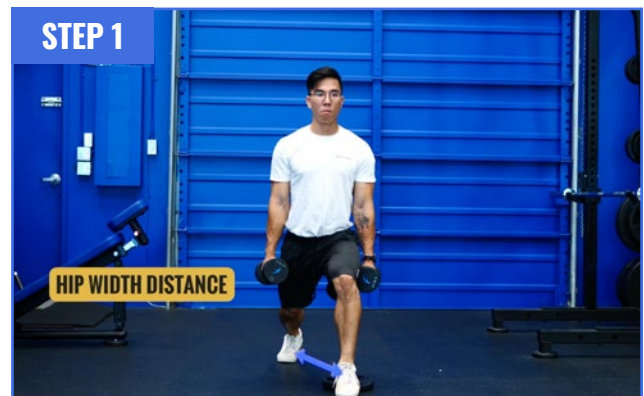
Grab a 5 or 10 lb weight plate and place it on the floor. While holding a pair of dumbbells by your sides, put the heel of your working leg on top of the weight plate, and assume a split stance with your other leg positioned a step behind you. This back foot should be about hip width distance apart from the front leg rather than directly behind it.

## STEP 2

With the dumbbells straight by your sides, brace your core. Then, while keeping most of the weight in your front leg, squat down while pushing your knee forward towards your toes. You should travel down and slightly forwards. Continue descending until the knee of your back leg just about touches the floor. From here, pause briefly, and then extend your front leg to push your body straight up. Continue until you finish your reps on one leg, then rest 1 minute, and then repeat on the other leg.

### ADDITIONAL TIPS

Avoid relying too much on your back leg to push the weight up. Instead, think of your back leg as a kickstand for balance. Keep 80-90% of the weight in your front leg, and just 10-20% of the weight in your back leg.



## A1. SEATED LEG CURLS

### STEP 1: SETUP

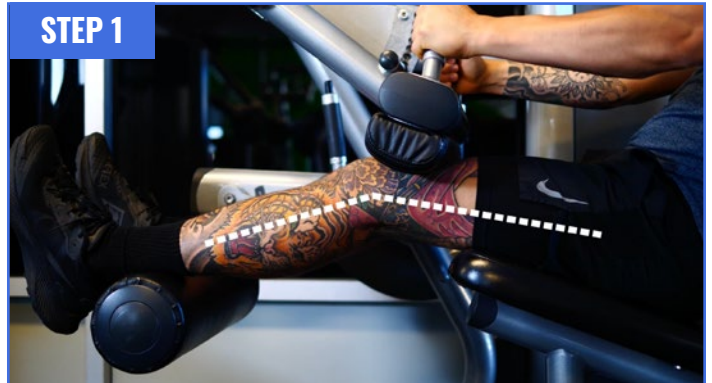
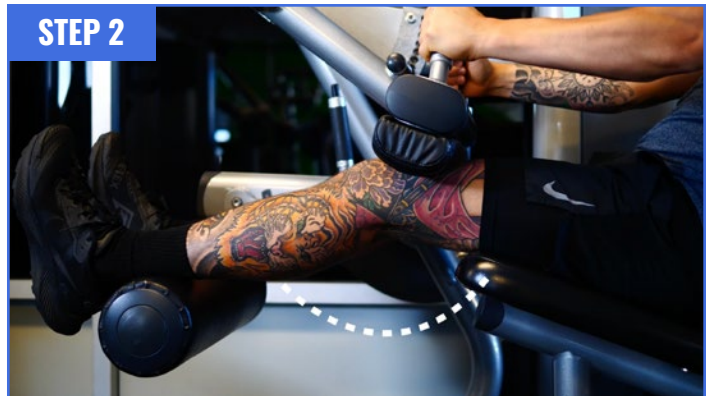
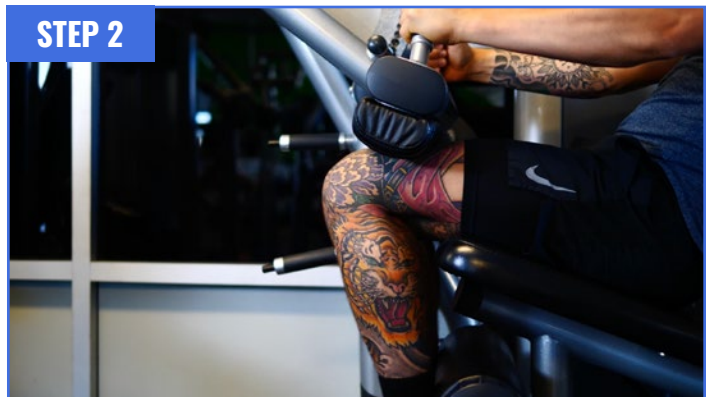
Set up your back rest so that when you sit down, your knees are aligned directly beside the pivot point of the machine. For most people, your knees should end up just past the edge of the seat. Next, adjust the height of your foot pad so that when you're seated, your legs are in just a slightly bent position. The pad should also be resting just above the back of your heels.

### STEP 2

Grab the handles on the side of the machine and pull up on them by engaging your lats. Brace your core, and then while keeping your toes pointed straight up, pull the weight as far down as you can using your hamstrings. Slowly control the weight back close to the starting position with your legs almost fully extended, and then repeat for another rep.

#### ADDITIONAL TIP

Avoid fully extending your legs at the top position. The first 15 degrees or so of the movement actually involves more of the calves, so cut the range of motion short slightly by stopping each rep a little before your legs are completely straightened at the top position.

**STEP 1****STEP 1****STEP 2****STEP 2**

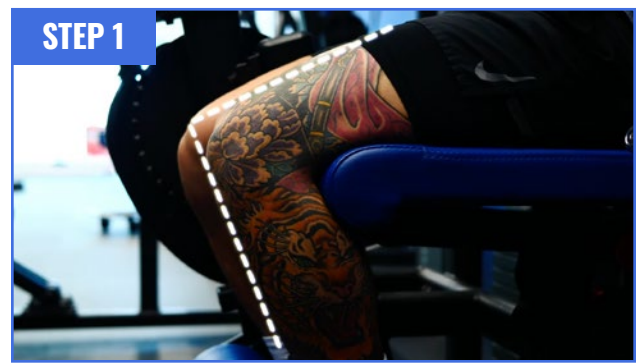
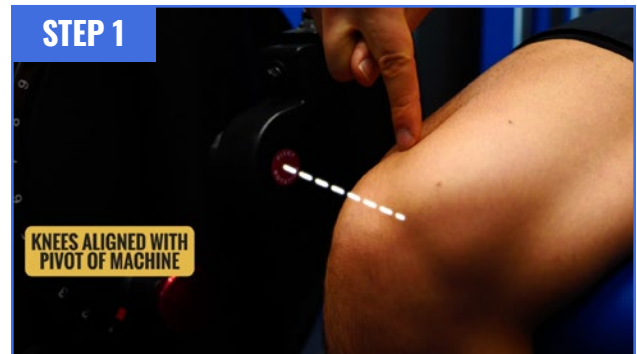
## A2. SEATED LEG EXTENSIONS

### STEP 1: SETUP

Set up your back rest so that when you sit down, your knees are aligned directly beside the pivot point of the machine. For most people, your knees should end up just past the edge of the seat. Next, adjust the height of your foot pad so that when you're seated, your legs are at a roughly 90 degree angle with the pad resting just above your ankle.

### STEP 2

Grab the handles on the side of the machine and pull up on them by engaging your lats. Brace your core, and then while keeping your toes pointed straight up, use your quads to extend your legs straight forward. As you do so, keep your knees facing forward rather than rotating them in or outwards. Extend as far up as you can, pause briefly at the top, and then control the weight all the way back down to the starting position and repeat.



# STANDING WEIGHTED CALF RAISES

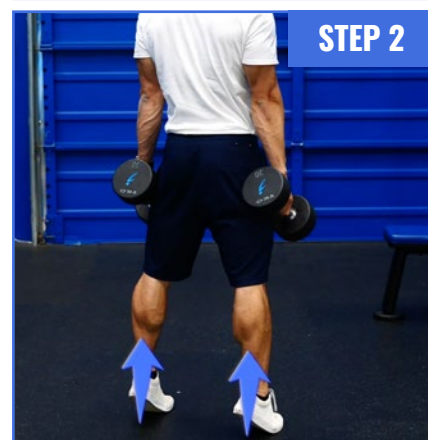
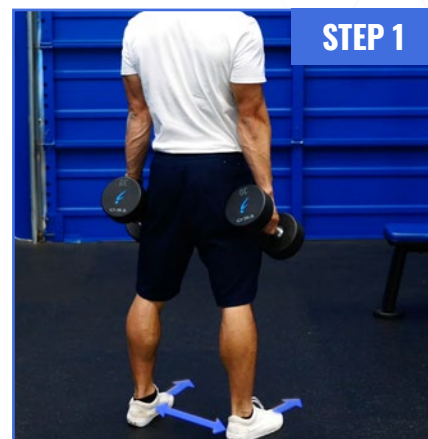
(BARBELL OR DUMBBELL)

## STEP 1: SETUP

You can perform this movement either using a weighted barbell or with a pair of dumbbells in each hand. Grab a pair of dumbbells and place your feet about hip width apart facing forwards.

## STEP 2

Brace your core and then push straight up onto your toes as far as you can, keeping most of the pressure on your big toes. Then, control your heel slowly back down until they touch the ground, and repeat. Once you get good at this, you can progress it by adding a small 5 or 10 lb weight plate under each of your toes and perform it on there. Once you get good at that, you can use a larger weight plate or an elevated platform for a greater range of motion. It can be hard to balance so just be cautious when performing this so you don't fall over. The same also applies if you were using barbells.





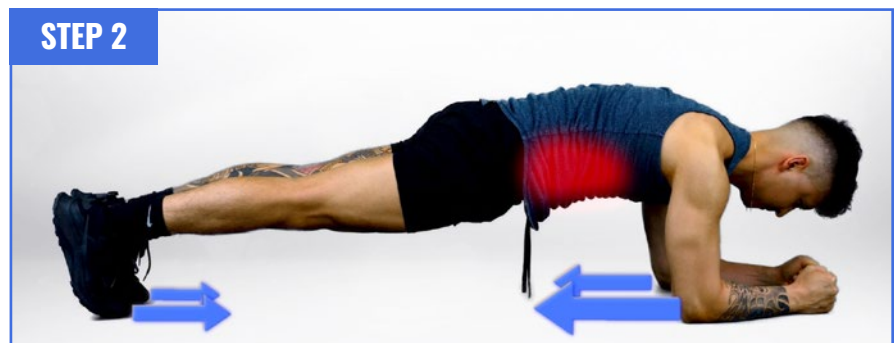
## RKC PLANK

### STEP 1: SETUP

Get into a plank position with your elbows under your shoulders, legs straight, feet together, and head facing down. Your body should make a straight line.

### STEP 2

While maintaining a plank position, contract your abs and squeeze your glutes hard. Then pull your elbows down against the floor while pulling your toes up towards your head. Your elbows and toes won't move, but pull them against the floor as if you were trying to slide them together. Continue holding this position for the designated amount of time.



### ADDITIONAL TIPS

To increase the difficulty, in the starting position, move your elbows up towards the level of your head and repeat the same sequence we just went through.

# LOWER BODY 1: EXERCISE ALTERNATIVES

EXERCISE	EXERCISE ALTERNATIVES	WATCH ON YOUTUBE
Quad-Focused Leg Press	Barbell Back Squat	<a href="https://youtu.be/Hj0dNZ9_LAE">https://youtu.be/Hj0dNZ9_LAE</a>
	Smith Machine Squat	<a href="https://youtu.be/zSVi51Jp3eI">https://youtu.be/zSVi51Jp3eI</a>
	Barbell Back Box Squat (*knee friendly)	<a href="https://youtu.be/QryQO4VuPK8">https://youtu.be/QryQO4VuPK8</a>
	Weighted Step-Ups (*knee friendly)	<a href="https://youtu.be/Cjc3AgmdtIA">https://youtu.be/Cjc3AgmdtIA</a>
	Goblet Squat (*lower back friendly)	<a href="https://youtu.be/nYDEYFXN2Rs">https://youtu.be/nYDEYFXN2Rs</a>
	Bulgarian Split Squat (quad-focused)	<a href="https://youtu.be/r9XtxWSTlcg">https://youtu.be/r9XtxWSTlcg</a>
Heel Elevated Split Squat	Walking Lunges (quad-focused)	<a href="https://youtu.be/JB20RuTOaFc">https://youtu.be/JB20RuTOaFc</a>
	Bulgarian Split Squat (quad focused)	<a href="https://youtu.be/r9XtxWSTlcg">https://youtu.be/r9XtxWSTlcg</a>
	Reverse Lunges (*knee friendly)	<a href="https://youtu.be/AUEGDvCrQJA">https://youtu.be/AUEGDvCrQJA</a>
	Weighted Step Ups (*knee friendly)	<a href="https://youtu.be/Cjc3AgmdtIA">https://youtu.be/Cjc3AgmdtIA</a>
Seated Leg Curls	Lying Leg Curls	<a href="https://youtu.be/aYy3alWRDmk">https://youtu.be/aYy3alWRDmk</a>
	Swiss Ball Leg Curls	<a href="https://youtu.be/uRBpd65dbYs">https://youtu.be/uRBpd65dbYs</a>
	Dumbbell Lying Leg Curls	<a href="https://youtu.be/Ot1MZipNLOQ">https://youtu.be/Ot1MZipNLOQ</a>
Seated Leg Extensions	Sissy Squat	<a href="https://youtu.be/3SeCC8ABZ_Q">https://youtu.be/3SeCC8ABZ_Q</a>
	Heel Elevated Goblet Squat	<a href="https://youtu.be/I9crMLuT4II">https://youtu.be/I9crMLuT4II</a>
	Reverse Lunges (*knee friendly)	<a href="https://youtu.be/AUEGDvCrQJA">https://youtu.be/AUEGDvCrQJA</a>
Standing Weighted Calf Raises (barbell or dumbbell)	Toes-Elevated Smith Machine Calf Raises	<a href="https://youtu.be/_ChZv2iluM8">https://youtu.be/_ChZv2iluM8</a>
	Single Leg Weighted Calf Raise	<a href="https://youtu.be/cRKA_Qdut7I">https://youtu.be/cRKA_Qdut7I</a>
	Leg Press Calf Raises	<a href="https://youtu.be/s8yUXsZrgE0">https://youtu.be/s8yUXsZrgE0</a>
RKC Plank	Side Plank	<a href="https://youtu.be/o4LGPtKjhbU">https://youtu.be/o4LGPtKjhbU</a>
	Bird Dog	<a href="https://youtu.be/4qE_9h_6Hes">https://youtu.be/4qE_9h_6Hes</a>
	Palloff Press	<a href="https://youtu.be/WhCH2CwVo4I">https://youtu.be/WhCH2CwVo4I</a>
	Dead Bug	<a href="https://youtu.be/UJ7b8gYa2Es">https://youtu.be/UJ7b8gYa2Es</a>



***PUSH***

***WORKOUT***

# PUSH WORKOUT

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<a href="#"><u>Low Incline Dumbbell Press</u></a>	3	RPT: 6-8, 8-10, 10-12	2-3 min	Lighten weight by 10% each set, set bench 1-2 notches up from bottom, avoid flaring elbows out.
<a href="#"><u>Flat Dumbbell Press</u></a>	3	8-10	2 min	Keep chest up, avoid flaring elbows out, control the weight up and down.
<a href="#"><u>Lean In Lateral Raise</u></a>	3	15-20	30s per arm	Lean body in against fixture with one arm, perform lateral raise with other arm, take 30s rest between arms.
<a href="#"><u>Incline Dumbbell Overhead Extensions</u></a>	3	10-15	1.5-2 min	Set bench to 45 degrees, move arms parallel to torso, keep elbow locked.
<a href="#"><u>Seated Mid-Chest Cable Fly</u></a>	3	10-12	1.5-2 min	Set cables to chest height, squeeze arms together, pause for 1 second at end position.
<a href="#"><u>Cable Pushdowns (*elbow friendly)</u></a>	3	8-10	1.5-2 min	Use two rope attachments if possible, keep elbow locked, push down and out.

# LOW INCLINE DUMBBELL PRESS

## STEP 1: SETUP

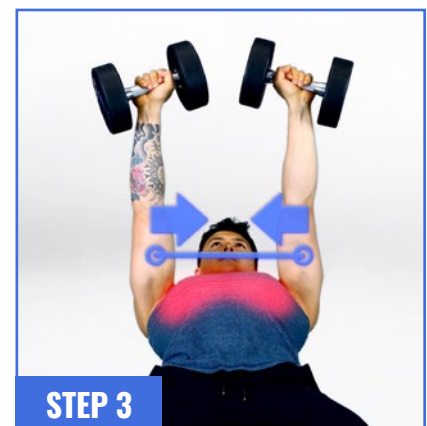
Set up an incline bench to about 15 to 30 degrees, typically the first to second notch up from the bottom. Grab a pair of dumbbells and sit on the bench. Kick up the dumbbells one at a time to get them into position with your arms straight over your body. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground.

## STEP 2

Brace your core and then control the weight down by dropping your elbows to about a 45 to 60 degree angle from your torso. Allow your hands to naturally turn in slightly. Continue lowering until the weights reach around the level of your chest, or as low as is comfortable for you.

## STEP 3

Use your chest to push the weight back up until your arms are fully locked out and directly over your shoulders. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.



# FLAT DUMBBELL PRESS

## STEP 1 SETUP

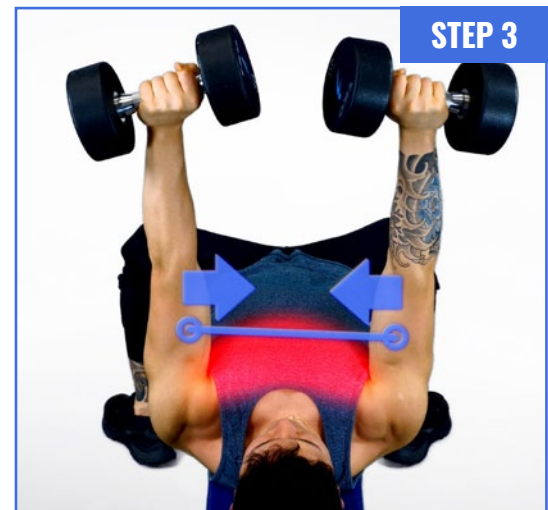
Grab a pair of dumbbells and sit on the edge of a flat bench. Kick up the dumbbells one at a time as you lay back on the bench to get them into position with your arms straight over your shoulders. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground.

## STEP 2

Brace your core and then control the weight down by dropping your elbows to about a 45 to 60 degree angle from your torso. Allow your hands to naturally turn in slightly. Continue lowering until the weights reach around the level of your torso, or as low as is comfortable for you.

## STEP 3

Use your chest to push the weight back up until your arms are fully locked out and directly over your shoulders. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.



## LEAN IN LATERAL RAISE

### STEP 1: SETUP

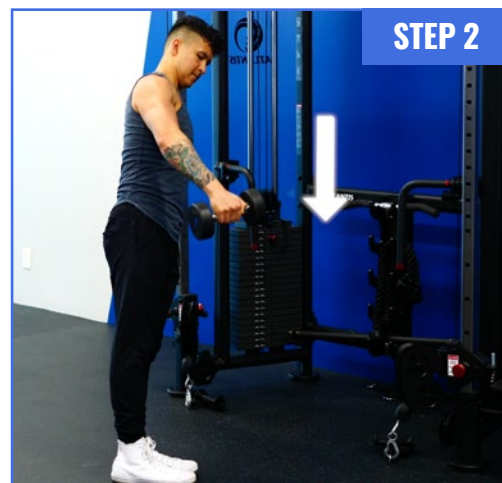
Grab a light dumbbell with one hand. Find a pole, wall, or any fixture to lean on, and lean your torso at about a 30 degree angle with your feet together and weighted arm in front of your torso. Another option is to set up sideways on an inclined bench.

### STEP 2

While maintaining this position, raise your arm at a slight diagonal in front of you until your arm is fully straight on top of you. Keep your arm just slightly bent as you do so. Lower the weight back down until your hand reaches in front of your torso, then repeat for more reps. Finish one side and then switch to the other side.

#### ADDITIONAL TIPS

Note that this exercise does not require a lot of weight, so if you don't have light enough dumbbells, you can try holding onto a 2.5 or 5 lb weight plate instead.



# INCLINE DUMBBELL OVERHEAD EXTENSIONS

## STEP 1: SETUP

Set up an adjustable bench to an incline of about 45 degrees, which is typically 2-3 notches up from the bottom position. Grab a pair of dumbbells and lay your back onto the bench with your arms straight over your shoulders and palms facing in towards each other. Brace your core, flatten your lower back against the bench, and then while keeping your arms straight, move them back until they are parallel with your torso and lock them in this position.

## STEP 2: EXECUTION

Keep your elbows locked and then bend your forearms back behind your head as far as you can. Extend your forearms straight without moving your elbows to get back into the starting position and then repeat for more reps.

### STEP 1

2-3 NOTCHES UP FROM THE BOTTOM POSITION



### STEP 1



### STEP 2

BEND FOREARMS BEHIND HEAD



### STEP 2

EXTEND FOREARM BACK TO START





# SEATED MID-CHEST CABLE FLYES

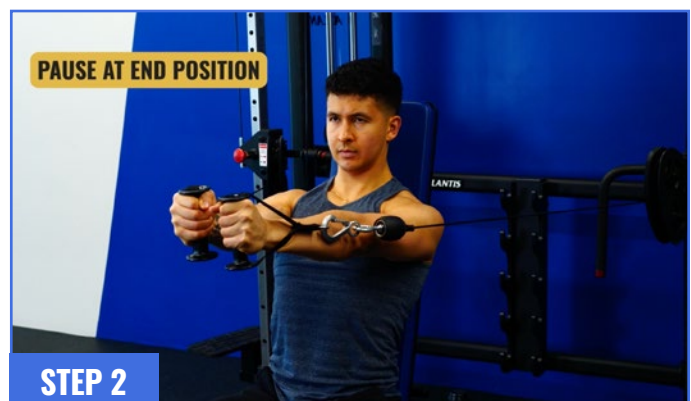
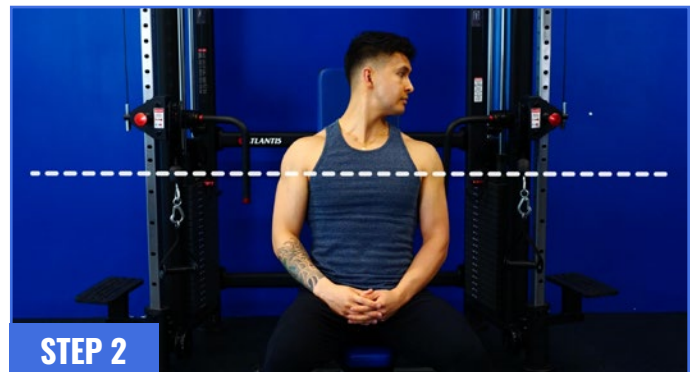
## STEP 1: SETUP

Move an adjustable bench over to the middle of a cable machine, positioned a couple of feet in front of it. Set the incline to one notch down from the highest position to about a 75 degree angle. Adjust the height of the cables around the level of your mid-chest. Grab each handle, sit on the bench, and get your arms into the starting position with your arms out to your sides and elbows bent. At this point your forearms should be lined up directly with the cable.

Pull your shoulder blades down and back together. Plant your feet firmly on the ground.

## STEP 2

Use your chest to bring your arms together with your arms straight in front of you. Think about squeezing your biceps in as if you were trying to bring them together to better engage your chest. Pause at the end position briefly, slowly control the weight back while bending your arms until your elbows reach the level of your torso, and then repeat for another rep.



# CABLE PUSHDOWNS

(ELBOW FRIENDLY)

## STEP 1: SETUP

Set a pulley to the highest height. Use two rope attachments and pull them through so that the rope extends longer. Grab one rope in each hand and take two to three steps back from the pulley. From here, with a slight bend at your knees, bend your torso forward about 30 degrees. Bring your elbows down to your sides angled out just slightly and lock them there. Your hands should be around the level of your chest.

## STEP 2

Brace your core, and then while keeping your elbows locked in place, use your triceps to extend your arms. You should feel as if you're pulling the ropes down and out apart. Keep your elbows locked as you control your hands back up to about the height of your chest, and then go down for another rep.



# PUSH WORKOUT: EXERCISE ALTERNATIVES

EXERCISE	EXERCISE ALTERNATIVES	WATCH ON YOUTUBE
Low Incline Dumbbell Press	Incline Machine Chest Press	<a href="https://youtu.be/abc1fisYB3w">https://youtu.be/abc1fisYB3w</a>
	Low Incline Smith Machine Press	<a href="https://youtu.be/R53nThQcdZo">https://youtu.be/R53nThQcdZo</a>
	Low Incline Barbell Press	<a href="https://youtu.be/jW4j7Foqudl">https://youtu.be/jW4j7Foqudl</a>
	Low Incline Cable Press	<a href="https://youtu.be/6qV1WZ_z0u0">https://youtu.be/6qV1WZ_z0u0</a>
	(Banded) Decline Push-Ups	<a href="https://youtu.be/LdahU9kB-u0">https://youtu.be/LdahU9kB-u0</a>
Flat Dumbbell Press	Barbell Bench Press	<a href="https://youtu.be/pCGVSBk0bIQ">https://youtu.be/pCGVSBk0bIQ</a>
	Flat Machine Chest Press	<a href="https://youtu.be/sO8IFa9CidE">https://youtu.be/sO8IFa9CidE</a>
	Flat Smith Machine Chest Press	<a href="https://youtu.be/3Z3C44SXSQE">https://youtu.be/3Z3C44SXSQE</a>
	Seated Flat Cable Press	<a href="https://youtu.be/hPpNTAEDnxM">https://youtu.be/hPpNTAEDnxM</a>
	Neutral Grip Dumbbell Press (*shoulder friendly)	<a href="https://youtu.be/N-kUwH1uf9c">https://youtu.be/N-kUwH1uf9c</a>
Lean In Lateral Raise	Dumbbell Lateral Raise	<a href="https://youtu.be/zcO3sgAeLA0">https://youtu.be/zcO3sgAeLA0</a>
	Cable Lateral Raise	<a href="https://youtu.be/1muit9qEctY">https://youtu.be/1muit9qEctY</a>
	Lying Incline Lateral Raise	<a href="https://youtu.be/upEgeI0F73M">https://youtu.be/upEgeI0F73M</a>
	Wide Grip Barbell Upright Row (last resort)	<a href="https://youtu.be/6BTMVh9AnCw">https://youtu.be/6BTMVh9AnCw</a>
Incline Dumbbell Overhead Extensions	Overhead Rope Extensions	<a href="https://youtu.be/7yoTbIFCUQM">https://youtu.be/7yoTbIFCUQM</a>
	Cable Pushdowns (*elbow friendly)	<a href="https://youtu.be/MlfCS_7ZLXA">https://youtu.be/MlfCS_7ZLXA</a>
	Incline Barbell Skullcrushers	<a href="https://youtu.be/XgwPiPY4vCI">https://youtu.be/XgwPiPY4vCI</a>
	Cross Cable Tricep Extensions	<a href="https://youtu.be/Fua2QIXnn6Y">https://youtu.be/Fua2QIXnn6Y</a>
Seated Mid-Chest Cable Fly	Standing Mid-Chest Cable Fly	<a href="https://youtu.be/fyFVaCP9J-8">https://youtu.be/fyFVaCP9J-8</a>
	Pec-Deck Machine Fly	<a href="https://youtu.be/rnV3y1P7894">https://youtu.be/rnV3y1P7894</a>
	Dumbbell Fly	<a href="https://youtu.be/WRn2hgy0gXU">https://youtu.be/WRn2hgy0gXU</a>
	Banded Push-Ups	<a href="https://youtu.be/dl7LVEIfMOg">https://youtu.be/dl7LVEIfMOg</a>
Cable Pushdowns (*elbow friendly)	Overhead Rope Extensions	<a href="https://youtu.be/7yoTbIFCUQM">https://youtu.be/7yoTbIFCUQM</a>
	Incline Dumbbell Overhead Extensions	<a href="https://youtu.be/3d86xMhHROA">https://youtu.be/3d86xMhHROA</a>
	Incline Barbell Skullcrushers	<a href="https://youtu.be/XgwPiPY4vCI">https://youtu.be/XgwPiPY4vCI</a>
	Cross Cable Tricep Extensions	<a href="https://youtu.be/Fua2QIXnn6Y">https://youtu.be/Fua2QIXnn6Y</a>



**PULL**  
**WORKOUT**

# PULL WORKOUT

EXERCISE	SETS	REPS	REST (MIN)	NOTES
<a href="#"><u>(Weighted) Chin-Ups</u></a>	3	8-10	2-3 min	Use underhand shoulder-width grip, pull until chin over bar, add weight if possible.
<a href="#"><u>Chest Supported Dumbbell Row (Lat-Focused)</u></a>	3	10-12	2 min	Set bench 2 notches up from bottom, pull elbows towards back pockets.
<a href="#"><u>Chest Supported Dumbbell Rear Delt Row</u></a>	3	10-15	1.5-2 min	Set bench 2 notches up from bottom, pull with elbows at 45 degree angle.
<a href="#"><u>Behind Body Cable Curls</u></a>	3	10-12	1.5-2 min	Take small step forward from cable, let arm hang behind you, curl cable up.
<a href="#"><u>Rope Cable Curls (neutral grip)</u></a>	3	10-12	1.5-2 min	Use rope attachment, keep elbow locked, curl hands up and across chest.
<a href="#"><u>Standing Face Pulls</u></a>	2	10	1 min	Use double rope attachment if possible, use light weight, perform without Y-raise to make it easier.

## (WEIGHTED) CHIN-UPS

### STEP 1: SETUP

Grip the bar using an under hand grip roughly shoulder-width apart. From here, let your body hang and then begin stabilizing your body by bringing your feet together, flexing your quads and glutes and contracting your abs. You want to maintain this position as you pull.

### STEP 2

Initiate the pull by first bringing your shoulders down and away from your ears. Then, pull your elbows down and back into your sides as if you were trying to pull them into your back pockets. As you do this, think about trying to bring your chest up towards the bar. Continue pulling-up until your chin is above the bar. From here, control yourself down until your arms are almost fully straightened, and then continue into your next rep.

#### ADDITIONAL TIPS

Once you can do 10 chin-ups in a row, you can start to add weight to the movement by using either a weight belt or by holding a light dumbbell between your feet.

STEP 1



STEP 2



STEP 2



STEP 2



# CHEST SUPPORTED DUMBBELL ROW

(LAT-FOCUSED)

## STEP 1: SETUP

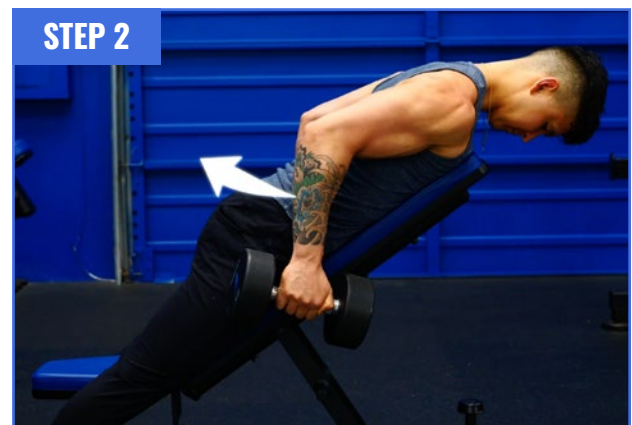
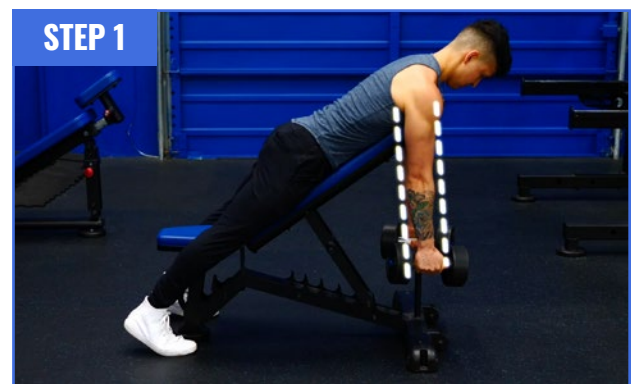
Set up an incline bench to an angle of about 30 degrees, typically the second notch up from the bottom. Grab a pair of dumbbells and lay your chest on the bench so that your head extends off the end of the bench with your arms hanging down by your sides. Plant the balls of your feet firmly into the ground with your legs fully straightened or slightly bent.

## STEP 2

Bring your shoulders down and away from your ears, squeeze your glutes, and flex your abs. From here, pull the weight towards your hips. Keep your elbows tucked close to your sides as you do this to better engage the lats. Continue pulling until your upper arm is parallel with your torso. Control the weight back down to the starting position, and then go into your next rep.

### ADDITIONAL TIPS

To best engage your lats, try using a thumbless grip and think about pulling with your elbows rather than with your hands.



# CHEST SUPPORTED DUMBBELL REAR DELT ROW

## STEP 1: SETUP

Set up an incline bench to an angle of about 30 degrees, typically the second notch up from the bottom. Grab a pair of dumbbells and lay your chest on the bench so that your head extends off the end of the bench with your arms hanging down by your sides. Plant the balls of your feet firmly into the ground with your legs fully straightened or slightly bent.

## STEP 2

Bring your shoulders down and away from your ears, squeeze your glutes, and flex your abs. From here, pull your elbows back behind your body at about a 45 degree angle away from your torso. Continue pulling as far back as you can. Pause briefly at the end position, control the weight back down to the starting position with your arms straight, and then go into your next rep.

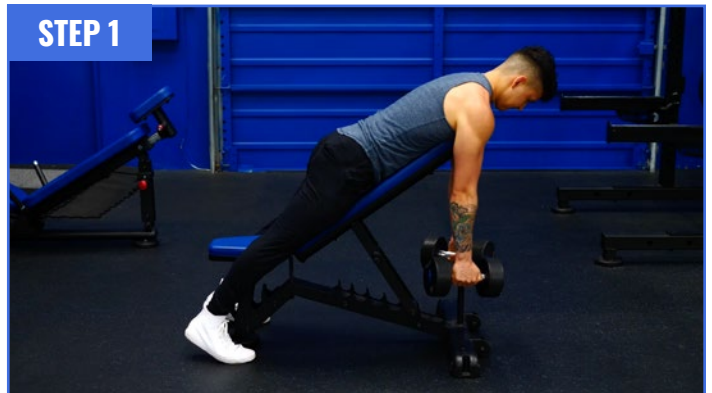
### ADDITIONAL TIPS

To best engage your rear delts, try using a thumbless grip and think about pulling with your elbows rather than with your hands. Keep your elbows angled out at about 45 degrees for best rear delt activation.

### STEP 1



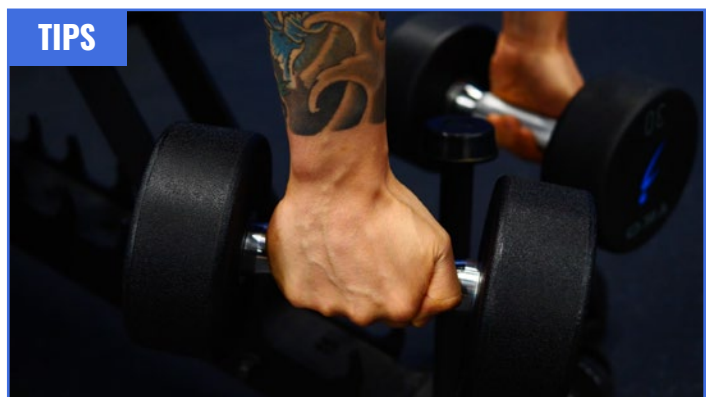
### STEP 1



### STEP 2



### TIPS





## BEHIND BODY CABLE CURLS

### STEP 1: SETUP

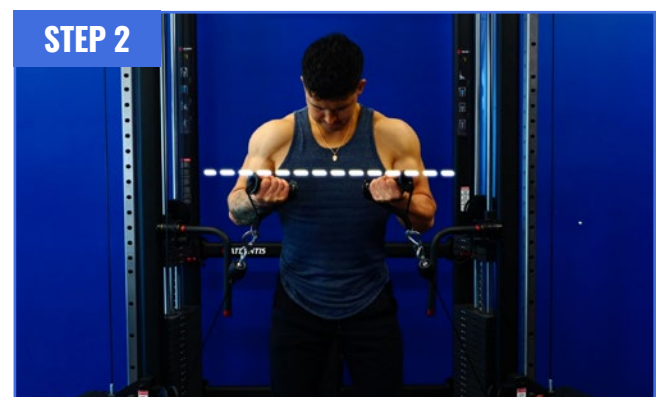
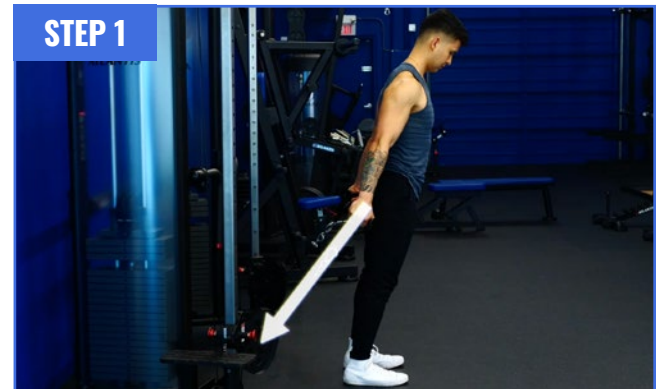
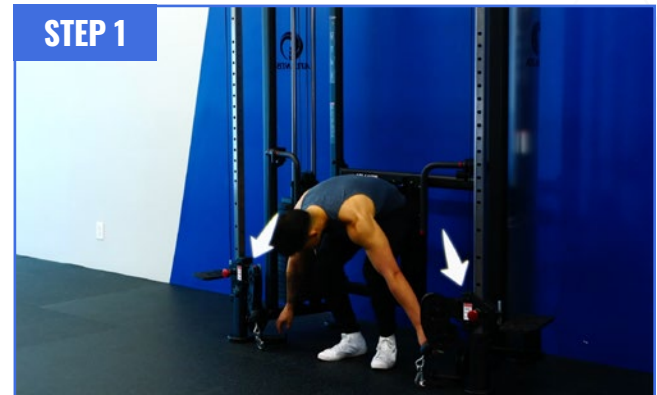
Attach a handle to each cable and move it to the lowest position. Face away from the cable and grab the handle in each arm. Take a couple small steps forward and let your arms hang straight slightly behind your body and towards the direction of the cable.

### STEP 2

Brace your core, pull your shoulders down and away from your ears, and then while keeping your elbows locked in position, curl your hands up towards your shoulders. As you do so, you should be curling up but also slightly inward to match the direction of the cable. Once your arms reach roughly the level of your chest, control the weight back down until your arms fully straighten, and then repeat for another rep.

#### ADDITIONAL TIPS

To perform this exercise one arm at a time, if you were curling your right arm for example, you'd stand in front and slightly to the left of the cable so that you can curl your arm straight up with the cable pulling your arm directly back at a straight angle.



## ROPE CABLE CURLS (NEUTRAL GRIP)

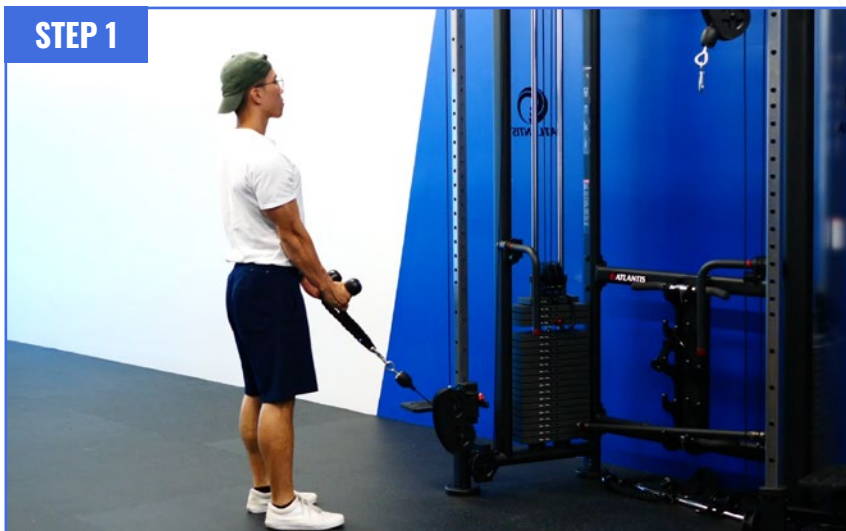
### STEP 1: SETUP

Attach a rope attachment to the pulley and move it to the lowest position. Grab the end of the rope in each hand with a neutral grip and stand tall. Your arms should be straight in front of your thighs with your palms facing each other.

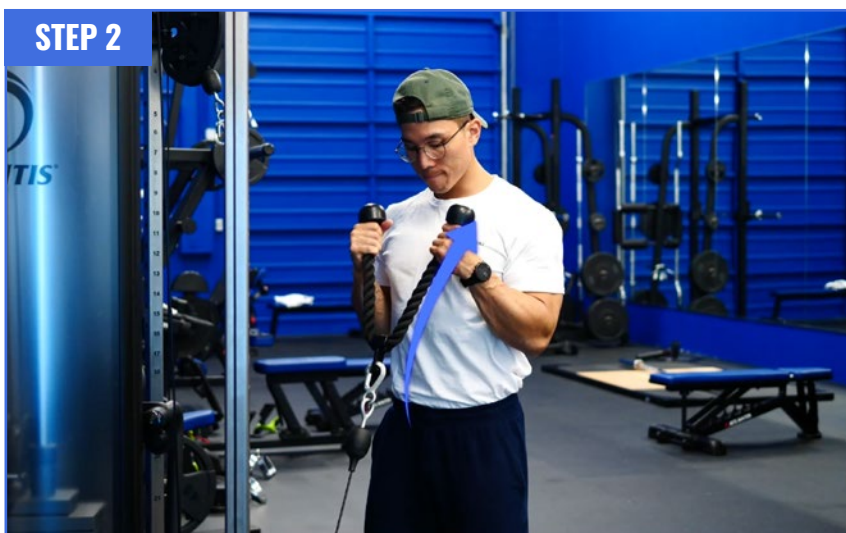
### STEP 2

Flare your elbows out to your sides slightly, lock them there, brace your core, and then curl the rope up in towards your chest. Control the weight back down and repeat for another rep.

STEP 1



STEP 2



STEP 2



# STANDING FACE PULLS

## STEP 1: SETUP

Move a cable to the top position. Using a double rope attachment, grab the rope in each hand with a neutral grip. Next, set the weight light and take a few steps back away from the pulley. From here, raise your arms so that they are straight and directly facing the pulley.

## STEP 2

Brace your core and squeeze your glutes. Pull your hands towards your face, trying to get the cable to the level of your forehead. As you do so, pull back with both your elbows and hands, such that at the end position your arms are positioned in a “biceps flexing” pose at a 90 degree angle with your hands directly over your elbows. From here, slowly raise your arms up into a Y position and then back down. Then, straighten your arms back to the starting position.

### ADDITIONAL TIPS

If using a band, you would execute this the exact same way, and simply use a wide overhand grip on the band. The band will be quite challenging from even just a few steps away, so position yourself relatively closer to the band where there isn't as much tension.

**STEP 1****STEP 1****RAISE ARMS STRAIGHT****STEP 2****STEP 2**

# PULL WORKOUT: EXERCISE ALTERNATIVES

EXERCISE	EXERCISE ALTERNATIVES	WATCH ON YOUTUBE
(Weighted) Chin-Ups	(Weighted) Pull-Ups	<a href="https://youtu.be/w_yuTRQd6HA">https://youtu.be/w_yuTRQd6HA</a>
	Banded Pull-Ups	<a href="https://youtu.be/VGm-f5-T5no">https://youtu.be/VGm-f5-T5no</a>
	Inverted Row	<a href="https://youtu.be/SyMSay4zrsA">https://youtu.be/SyMSay4zrsA</a>
	Pull-Up Negatives	<a href="https://youtu.be/SyMSay4zrsA">https://youtu.be/SyMSay4zrsA</a>
	Kneeling Lat Pulldowns	<a href="https://youtu.be/4LxKeTqlpZA">https://youtu.be/4LxKeTqlpZA</a>
	Lat Pulldowns	<a href="https://youtu.be/AvYZZhEI7Xk">https://youtu.be/AvYZZhEI7Xk</a>
Chest Supported Dumbbell Row (Lat-Focused)	Lat Focused Cable Row	<a href="https://youtu.be/ZaEnZ47cDTk">https://youtu.be/ZaEnZ47cDTk</a>
	Barbell Row (lat focused)	<a href="https://youtu.be/tS5IKXxtNvE">https://youtu.be/tS5IKXxtNvE</a>
	Half-Kneeling Cable Row	<a href="https://youtu.be/tTev-zsqR4A">https://youtu.be/tTev-zsqR4A</a>
Chest Supported Dumbbell Rear Delt Row	Rear Delt Cable Row	<a href="https://youtu.be/k9G7BykDD4o">https://youtu.be/k9G7BykDD4o</a>
	Rear Delt Cable Fly	<a href="https://youtu.be/2Xepcd9FYvE">https://youtu.be/2Xepcd9FYvE</a>
	Barbell Row (mid/upper back focused)	<a href="https://youtu.be/FTCmwlfZ29A">https://youtu.be/FTCmwlfZ29A</a>
Behind Body Cable Curls	Incline Dumbbell Curls	<a href="https://youtu.be/3D56VDVkJqM">https://youtu.be/3D56VDVkJqM</a>
	Barbell Curl	<a href="https://youtu.be/-ClfZ00zo8c">https://youtu.be/-ClfZ00zo8c</a>
Rope Cable Curls (neutral grip)	Hammer Curls	<a href="https://youtu.be/OrGL-ymYREg">https://youtu.be/OrGL-ymYREg</a>
Standing Face Pulls	Bent Over Dumbbell Face Pulls	<a href="https://youtu.be/kA415Unr-E">https://youtu.be/kA415Unr-E</a>
	(Weighted) Prone Arm Circles	<a href="https://youtu.be/6D-4V_M8RJA">https://youtu.be/6D-4V_M8RJA</a>
	Wall Slides	<a href="https://youtu.be/x4zjfuLXHvk">https://youtu.be/x4zjfuLXHvk</a>



***LOWER***

***BODY***

**2**

# LOWER BODY 2 (GLUTE FOCUSED)

WORKOUT	EXERCISE	SETS	REPS	REST (MIN)	NOTES
	<u><a href="#">Dumbbell Romanian Deadlift</a></u>	3	8-10	2-3 min	Push hips back, slight bend in knees, lower until hands reach level of shins.
	<u><a href="#">Front Foot Elevated Reverse Lunges</a></u>	3	8-10 per leg	2 min	Stand on weight plate, take long step backward, lean torso forward slightly, alternate legs each rep.
	<u><a href="#">Hyperextensions (back/hamstring focused)</a></u>	3	10-15	1.5-2 min	Keep back straight and core engaged, can add weight with dumbbells or barbell.
	<u><a href="#">Lying Leg Curls</a></u>	3	10-15	1.5-2 min	Pull down on handles, avoid over-arching lower back, control the weight up and down.
Superset	A1. <u><a href="#">Seated Weighted Calf Raise</a></u>	3	12	-	Perform seated weighted calf raise, rest 1 minute, perform bird dog, rest 1 minute, then repeat for a total of 3 times.
	A2. <u><a href="#">Bird Dog</a></u>	3	5 per side	-	

## DUMBBELL ROMANIAN DEADLIFT

### STEP 1: SETUP

Grab a pair of dumbbells, hold them by your sides, and take a shoulder-width stance with your feet pointed slightly outwards at about a 15 degree angle.

### STEP 2

Contract your abs, take a deep breath in through your nose, then descend by pushing your hips straight back. Keep just a very slight bend at your knees and keep the bar as close to your body as possible, ideally right above the middle of your feet. As you descend, your hands should move from a neutral position at your sides to your palms facing towards you with the dumbbells held horizontally in front of your legs. Lower the dumbbells only until the point where you can't push your hips back without your lower back starting to round, usually at knee level or mid-shin level.

### STEP 3

Keep your core braced and then exhale as you reverse the motion by pushing your hips forward and then rotating the dumbbells back into the starting position by your sides. Once your legs are fully straight, repeat for another rep. Spend about 2-3 seconds on slowly controlling the weight down, and then about 1 second to bring the weight back up.

#### ADDITIONAL TIPS

To better engage the hamstrings, you can think about pulling the floor back with your heels as you come up.



## FRONT FOOT ELEVATED REVERSE LUNGES

### STEP 1: SETUP

Grab a pair of dumbbells and stand with your feet together on a small elevated platform like a weight plate. Brace your core.

### STEP 2

While keeping your front leg planted on the platform, take a long step backwards with your other leg and sink down into a lunge position by driving the knee of your back leg towards the ground. Keep your back neutral and lean your torso forward slightly by about 20 degrees to better engage the glutes. Continue descending until your back knee almost touches the ground. Pause briefly in this position, and then push through the heel of your front leg to drive your hips forward, raising your body up back into the starting position with your feet together. Take your next step back with the other leg and continue alternating until you finish the desired number of reps on each leg.

#### ADDITIONAL TIPS

Avoid relying too much on your back leg to push your body up. Instead, after taking your step back, think of your back leg as a kickstand for balance and don't rely on it too much to kick yourself back up.

#### STEP 1



#### STEP 2



#### STEP 2



#### STEP 2





# HYPEREXTENSIONS

(GLUTE FOCUSED)

## STEP 1: SETUP

Using a back extension machine, adjust the thigh pads so that when you lay on it, the top of the pads are just below the crease of your hips. Position your heels firmly against the foot pad and keep them planted as you perform the movement with your toes pointed out just slightly. Cross your hands over your chest and move your torso to the starting position slightly below parallel to the ground with your back straight or just slightly rounded over.

## STEP 2: EXECUTION

Tuck your chin and brace your core. Squeeze your glutes together and think about driving your hips forward into the pad to lift your body up. Continue until your torso is in line with your lower body. Pause here for a second, and then reverse the motion by controlling your body back down to the starting position and repeat.

Once you master that without weight, you can load the exercise with using a barbell, dumbbell, or with weighted plates.

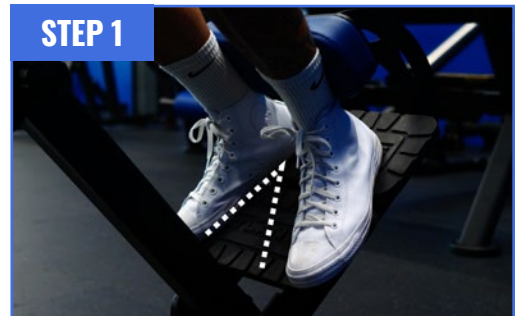
### ADDITIONAL TIPS

To better engage the glutes, you can imagine there's two dots at the top and bottom of your butt. As you perform the movement, you want to bring those two dots together by squeezing your glutes in order to lift your body up.

STEP 1



STEP 1



STEP 1



STEP 2



STEP 2



## LYING LEG CURLS

### STEP 1: SETUP

Set up your foot pad and seat so that:

Your foot pad is resting slightly above the back of your heel.

Your knee is positioned directly beside the pivot point of the machine. For most people your knees will end up just slightly off the very end of the pad or just at the end of it.

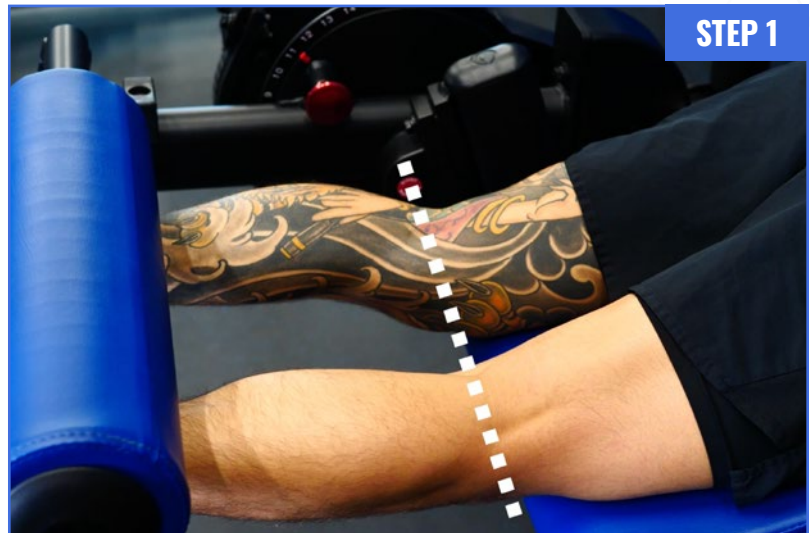
In the starting position when your feet are in contact with the foot pad, your knees should be slightly bent rather than fully extended.

### STEP 2

Once you get the set up down, contract your abs, and pull down on the two handles beside the machine by using your lat muscles. From here, while keeping your toes pointed down, curl the weight up towards your butt as far as you can. Once you reach the top, control the weight back down until your legs almost fully straighten, and then go back into your next rep.

#### ADDITIONAL TIPS

Avoid fully extending your legs at the bottom position. The first 15 degrees or so of the movement actually involves more of the calves, so cut the range of motion short slightly by stopping each rep a little before your legs are completely straightened at the top position.



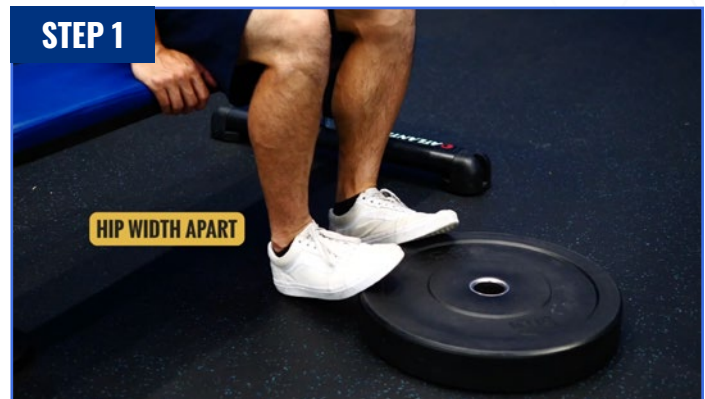
## A1. SEATED WEIGHTED CALF RAISES

### STEP 1: SETUP

Sit on a flat bench and elevate your toes onto a pair of weight plates in front of you set at about hip width apart. You ideally want about a 3-6 inch elevation. Grab a pair of dumbbells and hold them on your thighs. At this point your knees should be bent to 90 degrees with your toes on the edge of the platform and heels resting on the ground.

### STEP 2

While keeping your toes on the platform, push straight up onto your toes as far as you can, keeping most of the pressure on your big toe. Control your heel slowly back down to the bottom position and then repeat.



## A2. BIRD DOG

### STEP 1: SETUP

Get onto all fours with your hands under your shoulders, knees under your hips, and head facing down at the ground in front of you. Your spine should be in a neutral position, with just a very slight arch.

### STEP 2

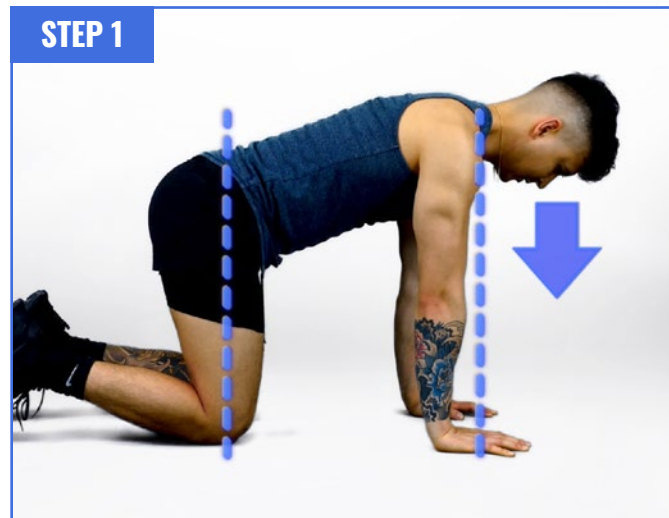
Brace your core, and then without allowing any movement to occur at the low back, kick one of your legs backwards while simultaneously punching the opposite arm forward until they are both fully straightened. Hold this end position for a second or two, come back down to the starting position on all fours, and then repeat with the other arm and leg. Continue alternating until you finish the desired number of reps for each side. Take it slow and control every single rep.

#### ADDITIONAL TIPS

To better engage the core muscles, think about kicking the heel of your foot straight back and make a fist with your arm while contracting your arm muscles.

If you are unable to perform the arm and leg movement together, try the modified version with only your legs and then over time try to introduce the arms.

Once this becomes easier, you can hold the end position for longer, even up to 10 seconds.



# LOWER BODY 2: EXERCISE ALTERNATIVES

EXERCISE	EXERCISE ALTERNATIVES	WATCH ON YOUTUBE
Dumbbell Romanian Deadlift	Barbell Romanian Deadlift	<a href="https://youtu.be/Q-2telZDPRw">https://youtu.be/Q-2telZDPRw</a>
	Hyperextensions (back/hamstring focused)	<a href="https://youtu.be/RU5d2H_OmSc">https://youtu.be/RU5d2H_OmSc</a>
Front Foot Elevated Reverse Lunges	Reverse Lunges (*knee friendly)	<a href="https://youtu.be/AUEGDvCrQJA">https://youtu.be/AUEGDvCrQJA</a>
	Weighted Step Ups (*knee friendly)	<a href="https://youtu.be/Cjc3AgmdtIA">https://youtu.be/Cjc3AgmdtIA</a>
	Single-Leg Leg Press	<a href="https://youtu.be/hdioTTf8qdw">https://youtu.be/hdioTTf8qdw</a>
	Bulgarian Split Squat (glute focused)	<a href="https://youtu.be/sqadB2rroz0">https://youtu.be/sqadB2rroz0</a>
Hyperextensions (back/hamstring focused)	Glute Focused Leg Press	<a href="https://youtu.be/p13BNdwR93A">https://youtu.be/p13BNdwR93A</a>
	Barbell Deadlift	<a href="https://youtu.be/ZxwBq-vhzwU">https://youtu.be/ZxwBq-vhzwU</a>
	Sumo Deadlift (*lower back friendly)	<a href="https://youtu.be/9rXKd-DaRs">https://youtu.be/9rXKd-DaRs</a>
	Trap Bar Deadlift (*lower back friendly)	<a href="https://youtu.be/5mnJtf-7WM">https://youtu.be/5mnJtf-7WM</a>
Lying Leg Curls	Dumbbell Romanian Deadlift	<a href="https://youtu.be/Xu4DxwKWzI4">https://youtu.be/Xu4DxwKWzI4</a>
	Seated Leg Curls	<a href="https://youtu.be/81umRgyxIAU">https://youtu.be/81umRgyxIAU</a>
	Swiss Ball Leg Curls	<a href="https://youtu.be/uRBpd65dbYs">https://youtu.be/uRBpd65dbYs</a>
Seated Weighted Calf Raise	Dumbbell Lying Leg Curls	<a href="https://youtu.be/Ot1MZipNLOQ">https://youtu.be/Ot1MZipNLOQ</a>
	Seated Bodyweight Calf Raises	<a href="https://youtu.be/jW-cNnwRJ7E">https://youtu.be/jW-cNnwRJ7E</a>
Bird Dog	RKC Plank	<a href="https://youtu.be/IOgA1UfFbWY">https://youtu.be/IOgA1UfFbWY</a>
	Side Plank	<a href="https://youtu.be/o4LGPtKjbhU">https://youtu.be/o4LGPtKjbhU</a>
	Palloff Press	<a href="https://youtu.be/WhCH2CwVo4I">https://youtu.be/WhCH2CwVo4I</a>
	Dead Bug	<a href="https://youtu.be/UJ7b8gYa2Es">https://youtu.be/UJ7b8gYa2Es</a>

## ADDITIONAL COMMENTS

For inquiries or customer support, email [contact@builtwithscience.com](mailto:contact@builtwithscience.com)

For exercise tutorials of the other exercises in this program, please visit the exercise tutorial section of your program where in-depth videos are provided for each.

After completion of this program (which has balanced volume for all muscle groups) you could run a specialization phase to enhance even more a particular area. Regardless of what you choose, you need to prioritize getting stronger on your lifts and progressively overloading every single week. So push yourself!

Enjoy!



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- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used **solely at your own risk**; and
- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed **solely at your own risk**.

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**INTERMEDIATE / 5-DAY V3**