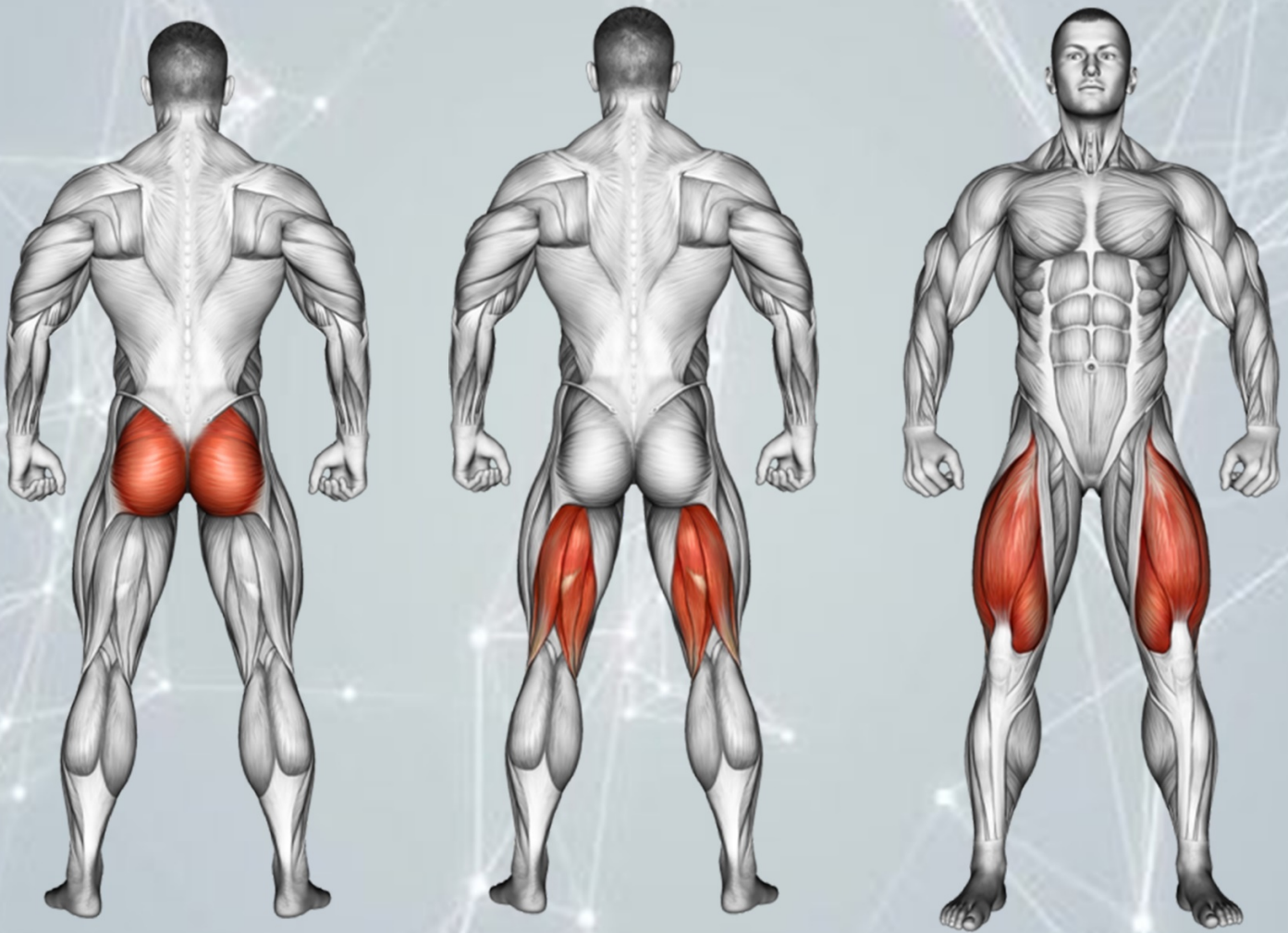


# JEREMY ETHIER'S

## *LEGS SPECIALIZATION PHASE*



@JEREMYETHIER



BUILT WITH  
SCIENCE

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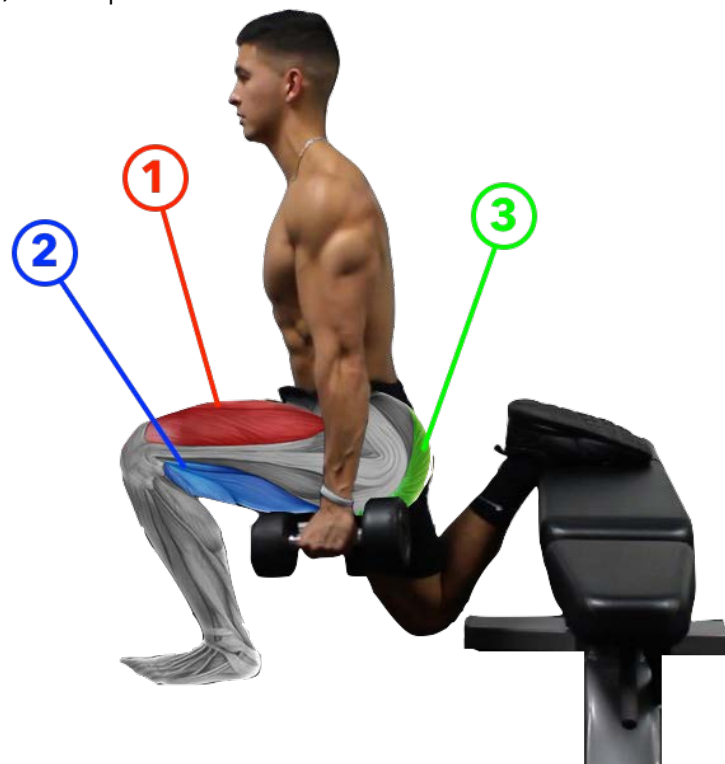
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# THE GOAL OF THE LEGS SPECIALIZATION PHASE

*\*This 8-week phase is designed for those who are struggling with their legs development. But first, it's vital that you implement the tips mentioned in the exercise tutorial videos. You need to address any other potential issues with your legs growth by first correcting any potential errors in your form. It could very well be your form on certain exercises that is hindering your growth. IF you have already done so yet are still struggling, then you're ready for the legs specialization phase.*

The legs specialization phase is designed to add more overall mass to the legs in order to create “fuller” and more balanced legs that compliment your upper body. The main muscles that will be targeted are the **quadriceps, glutes, and hamstrings**. We will be gradually increasing the weekly volume dedicated to your legs, as well as incorporating additional exercises for them. The changes being made every week will be highlighted, and the tutorials for the new exercises are at the end of the PDF. And instead of training legs 2x/week, we will increase this to **3x/week** by slightly adjusting your workout split. We will also be decreasing the volume of your upper body (placing them on “maintenance”) to compensate.

However, as in the original workout program provided, you still need to focus on progressing each exercise every week by using the double progression scheme and other methods outlined in the progression chapter. This is what will really make the difference in terms of your legs development over the 8 weeks. And keep in mind that the recommendations made on a proper warm up/cool down, training to failure, how heavy you should train, and so on all still apply here as well!





# YOUR REVISED WORKOUT SCHEDULE

Your “upper body” (upper/push/pull) workouts will remain the same throughout the weeks (with adjusted volume on certain lifts to balance things out) - still focus on progressing those workouts, but ***place your priority*** on progressing your leg movements.

The modified 5-day workout split we’ll be using throughout this 8-week period is as follows:

**Monday – Upper Body 1**

**Tuesday – Lower Body 1 (Glutes Focused)**

**Wednesday – Rest**

**Thursday – Lower Body 2 (Hamstrings Focused)**

**Friday – Upper Body 2**

**Saturday – Lower Body 3 (Quadriceps Focused)**

**Sunday – Rest**

The exact days don’t matter, but the order of the workouts and rest days should be kept how it is. By changing to the above routine, we’re able to fit in additional lower body volume while still providing your body with adequate rest. But in the event that your leg soreness is carrying over into your next leg workouts, then feel free to add an extra rest day in between them OR reduce the intensity of your leg workouts to prevent this.

# WEEKS 1 - 2

Quadriceps-focused sets: 11 sets

Hamstrings-focused sets: 12 sets

Glutes-focused sets: 11 sets



## UPPER BODY 1

Exercise	Sets	Reps	Rest (min)	Notes
Bench Press	4	4-6	3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Chest-Supported Row	3	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Lat Pulldown	3	10-12	2	Use mid-width grip (slightly wider than shoulder-width), maintain a slight lean back, don't use momentum.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.
Lying Face Pulls	2	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.

## LOWER BODY 1 (GLUTES FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Back Squat	3	6-8	2.5-3	Use a wider-than-normal stance, point toes outward, and keep pressure in heels of feet.
Barbell Hip Thrust	3	10-15	2	Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position.
Cable Pullthrough	2	15-20	1.5-2	Pull rope through legs, keep back straight, squeeze glutes.
Ankle-Banded Side Walks	3	15 reps each direction	1	Band around ankles, take small and controlled lateral steps, you should feel tension in the side of your hips.
Smith Machine Calf Raises	3	10-15	1-1.5	Place toes on a weight or any elevated platform, pause at bottom of each rep, use full ROM.
Seated Weighted Calf Raise	3	10-15	1-1.5	Pause at bottom of each rep, use full ROM.

# REST

## LOWER BODY 2 (HAMSTRINGS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Romanian Deadlift	3	8-10	2.5-3	Keep legs just slightly bent, lower weight to shin-level, keep chest up and back straight.
Glute Ham Raise	3	10-15	2	Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.
Lying Leg Curls	3	10-15	2	Avoid arching lower back as you curl your legs, control the weight.

## UPPER BODY 2

Exercise	Sets	Reps	Rest (min)	Notes
Incline Dumbbell Press	4	6-8	2.5-3	Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows.
Lean-Away Cable Lateral Raises	3	8-12	45-60 seconds b/w arms	Lean sideways towards direction of the raise, pull cable from in between your legs.
Seated Row	3	8-10	2	"V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up.
Kneeling Face Pulls	3	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
Incline Dumbbell Curls	3	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Overhead Rope Extensions	3	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
Scapular Pull-Ups	2	5-10+	1	Hang with straight arms, pull body up slightly without allowing elbows.

# DAY 6

## LOWER BODY 3 (QUADRICEPS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Front Squat	3	8-12	2-3	Rest barbell on front delts, keep elbows high.
Leg Press	3	10-15	2-3	Feet shoulder-width apart, keep knees in line with toes, avoid fully locking out knees.
Bulgarian Split Squat	2	8-10	~45-60s rest between each leg	Place foot far from bench to target glutes, place foot closer to emphasize quads. Use dumbbells or barbell.
Smith Machine Calf Raises	4	10-15	1-1.5	Place toes on a weight or any elevated platform, pause at bottom of each rep, use full ROM.
Single Leg Weighted Calf Raise	4	6-8	1-1.5	Pause at bottom of each rep, use full range of motion.

# REST

# DAY 7



# WEEKS 3 - 4

Quadriceps-focused sets: 13 sets

Hamstrings-focused sets: 14 sets

Glutes-focused sets: 13 sets

## UPPER BODY 1

Exercise	Sets	Reps	Rest (min)	Notes
Bench Press	4	4-6	3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Chest-Supported Row	3	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Lat Pulldown	3	10-12	2	Use mid-width grip (slightly wider than shoulder-width), maintain a slight lean back, don't use momentum.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.
Lying Face Pulls	2	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.

## LOWER BODY 1 (GLUTES FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Back Squat	3	6-8	2.5-3	Use a wider-than-normal stance, point toes outward, and keep pressure in heels of feet.
Barbell Hip Thrust	3	10-15	2	Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position.
Cable Pullthrough	3	15-20	1.5-2	Pull rope through legs, keep back straight, squeeze glutes.
Ankle-Banded Side Walks	3	15 reps each direction	1	Band around ankles, take small and controlled lateral steps, you should feel tension in the side of your hips.
Smith Machine Calf Raises	3	10-15	1-1.5	Place toes on a weight or any elevated platform, pause at bottom of each rep, use full ROM.
Seated Weighted Calf Raise	3	10-15	1-1.5	Pause at bottom of each rep, use full ROM.

# REST

## LOWER BODY 2 (HAMSTRINGS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Romanian Deadlift	3	8-10	2.5-3	Keep legs just slightly bent, lower weight to shin-level, keep chest up and back straight.
Glute Ham Raise	3	10-15	2	Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.
Lying Leg Curls	4	10-15	2	Avoid arching lower back as you curl your legs, control the weight.

## UPPER BODY 2

Exercise	Sets	Reps	Rest (min)	Notes
Incline Dumbbell Press	4	6-8	2.5-3	Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows.
Lean-Away Cable Lateral Raises	3	8-12	45-60 seconds b/w arms	Lean sideways towards direction of the raise, pull cable from in between your legs.
Seated Row	3	8-10	2	"V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up.
Kneeling Face Pulls	3	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
Incline Dumbbell Curls	3	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Overhead Rope Extensions	3	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
Scapular Pull-Ups	2	5-10+	1	Hang with straight arms, pull body up slightly without allowing elbows.

# DAY 6

## LOWER BODY 3 (QUADRICEPS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Front Squat	3	8-12	2-3	Rest barbell on front delts, keep elbows high.
Leg Press	3	10-15	2-3	Feet shoulder-width apart, keep knees in line with toes, avoid fully locking out knees.
Bulgarian Split Squat	3	8-10	~45-60s rest between each leg	Place foot far from bench to target glutes, place foot closer to emphasize quads. Use dumbbells or barbell.
Smith Machine Calf Raises	4	10-15	1-1.5	Place toes on a weight or any elevated platform, pause at bottom of each rep, use full ROM.
Single Leg Weighted Calf Raise	4	6-8	1-1.5	Pause at bottom of each rep, use full range of motion.

# REST

# DAY 7

# WEEKS 5 - 6

Quadriceps-focused sets: 14 sets

Hamstrings-focused sets: 15 sets

Glutes-focused sets: 14 sets

## UPPER BODY 1

Exercise	Sets	Reps	Rest (min)	Notes
Bench Press	4	4-6	3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Chest-Supported Row	3	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Lat Pulldown	3	10-12	2	Use mid-width grip (slightly wider than shoulder-width), maintain a slight lean back, don't use momentum.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.
Lying Face Pulls	2	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.

## LOWER BODY 1 (GLUTES FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Back Squat	4	6-8	2.5-3	Use a wider-than-normal stance, point toes outward, and keep pressure in heels of feet.
Barbell Hip Thrust	3	10-15	2	Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position.
Cable Pullthrough	3	15-20	1.5-2	Pull rope through legs, keep back straight, squeeze glutes.
Ankle-Banded Side Walks	3	15 reps each direction	1	Band around ankles, take small and controlled lateral steps, you should feel tension in the side of your hips.
Smith Machine Calf Raises	3	10-15	1-1.5	Place toes on a weight or any elevated platform, pause at bottom of each rep, use full ROM.
Seated Weighted Calf Raise	3	10-15	1-1.5	Pause at bottom of each rep, use full ROM.



# REST

## LOWER BODY 2 (HAMSTRINGS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Romanian Deadlift	3	8-10	2.5-3	Keep legs just slightly bent, lower weight to shin-level, keep chest up and back straight.
Glute Ham Raise	4	10-15	2	Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.
Lying Leg Curls	4	10-15	2	Avoid arching lower back as you curl your legs, control the weight.

## UPPER BODY 2

Exercise	Sets	Reps	Rest (min)	Notes
Incline Dumbbell Press	4	6-8	2.5-3	Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows.
Lean-Away Cable Lateral Raises	3	8-12	45-60 seconds b/w arms	Lean sideways towards direction of the raise, pull cable from in between your legs.
Seated Row	3	8-10	2	"V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up.
Kneeling Face Pulls	3	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
Incline Dumbbell Curls	3	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Overhead Rope Extensions	3	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
Scapular Pull-Ups	2	5-10+	1	Hang with straight arms, pull body up slightly without allowing elbows.

# DAY 6

## LOWER BODY 3 (QUADRICEPS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Front Squat	3	8-12	2-3	Rest barbell on front delts, keep elbows high.
Leg Press	4	10-15	2-3	Feet shoulder-width apart, keep knees in line with toes, avoid fully locking out knees.
Bulgarian Split Squat	3	8-10	~45-60s rest between each leg	Place foot far from bench to target glutes, place foot closer to emphasize quads. Use dumbbells or barbell.
Smith Machine Calf Raises	4	10-15	1-1.5	Place toes on a weight or any elevated platform, pause at bottom of each rep, use full ROM.
Single Leg Weighted Calf Raise	4	6-8	1-1.5	Pause at bottom of each rep, use full range of motion.

# DAY 7

# REST

# WEEKS 7 - 8

Quadriceps-focused sets: 15 sets

Hamstrings-focused sets: 16 sets

Glutes-focused sets: 15 sets

# DAY 1

## UPPER BODY 1

Exercise	Sets	Reps	Rest (min)	Notes
Bench Press	4	4-6	3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Chest-Supported Row	3	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Lat Pulldown	3	10-12	2	Use mid-width grip (slightly wider than shoulder-width), maintain a slight lean back, don't use momentum.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.
Lying Face Pulls	2	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.

# DAY 2

## LOWER BODY 1 (GLUTES FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Back Squat	4	6-8	2.5-3	Use a wider-than-normal stance, point toes outward, and keep pressure in heels of feet.
Barbell Hip Thrust	4	10-15	2	Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position.
Cable Pullthrough	3	15-20	1.5-2	Pull rope through legs, keep back straight, squeeze glutes.
Ankle-Banded Side Walks	3	15 reps each direction	1	Band around ankles, take small and controlled lateral steps, you should feel tension in the side of your hips.
Smith Machine Calf Raises	3	10-15	1-1.5	Place toes on a weight or any elevated platform, pause at bottom of each rep, use full ROM.
Seated Weighted Calf Raise	3	10-15	1-1.5	Pause at bottom of each rep, use full ROM.

# REST

## LOWER BODY 2 (HAMSTRINGS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Romanian Deadlift	4	8-10	2.5-3	Keep legs just slightly bent, lower weight to shin-level, keep chest up and back straight.
Glute Ham Raise	4	10-15	2	Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.
Lying Leg Curls	4	10-15	2	Avoid arching lower back as you curl your legs, control the weight.

## UPPER BODY 2

Exercise	Sets	Reps	Rest (min)	Notes
Incline Dumbbell Press	4	6-8	2.5-3	Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows.
Lean-Away Cable Lateral Raises	3	8-12	45-60 seconds b/w arms	Lean sideways towards direction of the raise, pull cable from in between your legs.
Seated Row	3	8-10	2	"V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up.
Kneeling Face Pulls	3	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
Incline Dumbbell Curls	3	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Overhead Rope Extensions	3	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
Scapular Pull-Ups	2	5-10+	1	Hang with straight arms, pull body up slightly without allowing elbows.

# DAY 6

## LOWER BODY 3 (QUADRICEPS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Front Squat	4	8-12	2-3	For 4 <sup>th</sup> set, perform it with lighter weight and with a slow eccentric-focused descent (e.g. 4 second descent each rep). Rest barbell on front delts, keep elbows high.
Leg Press	4	10-15	2-3	Feet shoulder-width apart, keep knees in line with toes, avoid fully locking out knees.
Bulgarian Split Squat	3	8-10	~45-60s rest between each leg	Place foot far from bench to target glutes, place foot closer to emphasize quads. Use dumbbells or barbell.
Smith Machine Calf Raises	4	10-15	1-1.5	Place toes on a weight or any elevated platform, pause at bottom of each rep, use full ROM.
Single Leg Weighted Calf Raise	4	6-8	1-1.5	Pause at bottom of each rep, use full range of motion.

# REST

# DAY 7



**LEGS SPECIALIZATION**

# PHASE

**WEEK**

**9**

**Quadriceps-focused sets: 8 sets**

**Hamstrings-focused sets: 9 sets**

**Glutes-focused sets: 8 sets**

# WEEK 9

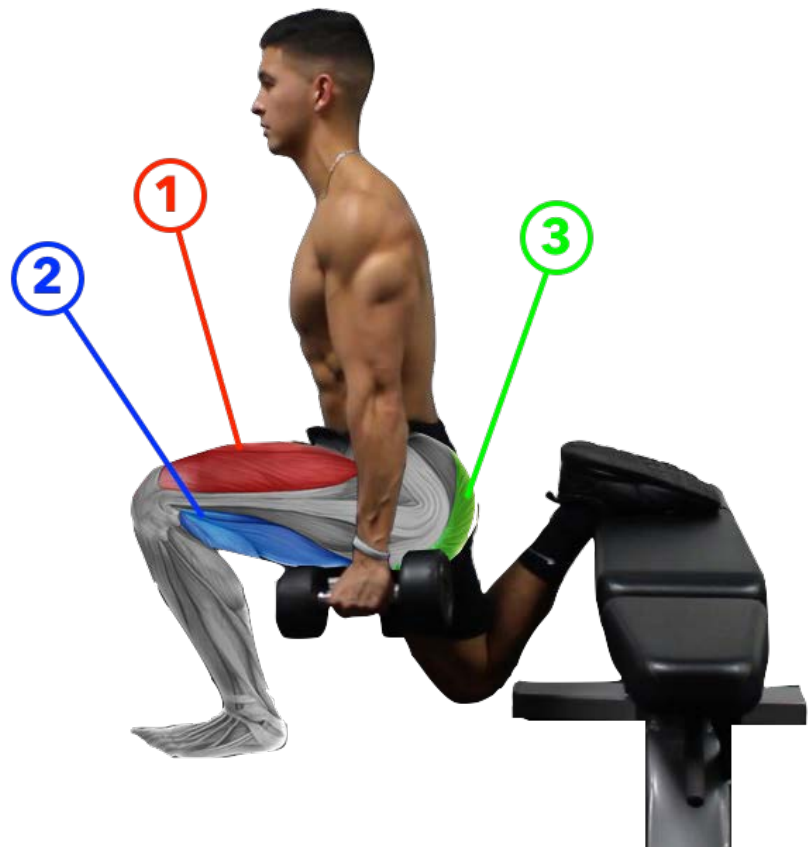
**Quadriceps-focused sets: 8 sets**

**Hamstrings-focused sets: 9 sets**

**Glutes-focused sets: 8 sets**

# WEEK 9 (DELOAD)

*\*For this week, we will use the protocol outline in the deload chapter of the program by lowering the volume (# of sets) and intensity (how heavy you lift) of your workouts. For ALL the exercises you perform this week, **use a weight that is roughly 10% lighter than what you'd normal do and stay far away from failure.** Upon completion of your deload week, you can return to your normal program OR run another specialization phase for the same muscle group or another muscle group.*



## UPPER BODY 1

Exercise	Sets	Reps	Rest (min)	Notes
Bench Press	3	4-6	3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Chest-Supported Row	2	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Standing Overhead Press	2	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Lat Pulldown	2	10-12	2	Use mid-width grip (slightly wider than shoulder-width), maintain a slight lean back, don't use momentum.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.
Lying Face Pulls	2	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.

## LOWER BODY 1 (GLUTES FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Back Squat	2	6-8	2.5-3	Use a wider-than-normal stance, point toes outward, and keep pressure in heels of feet.
Barbell Hip Thrust	2	10-15	2	Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position.
Cable Pullthrough	2	15-20	1.5-2	Pull rope through legs, keep back straight, squeeze glutes.
Ankle-Banded Side Walks	1	15 reps each direction	1	Band around ankles, take small and controlled lateral steps, you should feel tension in the side of your hips.
Seated Weighted Calf Raise	2	10-15	1-1.5	Pause at bottom of each rep, use full ROM.

# REST

## LOWER BODY 2 (HAMSTRINGS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Romanian Deadlift	2	8-10	2.5-3	Keep legs just slightly bent, lower weight to shin-level, keep chest up and back straight.
Glute Ham Raise	2	10-15	2	Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.
Lying Leg Curls	2	10-15	2	Avoid arching lower back as you curl your legs, control the weight.

## UPPER BODY 2

Exercise	Sets	Reps	Rest (min)	Notes
Incline Dumbbell Press	3	6-8	2.5-3	Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows.
Lean-Away Cable Lateral Raises	2	8-12	45-60 seconds b/w arms	Lean sideways towards direction of the raise, pull cable from in between your legs.
Seated Row	2	8-10	2	"V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up.
Kneeling Face Pulls	2	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
Incline Dumbbell Curls	2	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Overhead Rope Extensions	2	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
Scapular Pull-Ups	2	5-10+	1	Hang with straight arms, pull body up slightly without allowing elbows.

# DAY 6

## LOWER BODY 3 (QUADRICEPS FOCUSED)

Exercise	Sets	Reps	Rest (min)	Notes
Front Squat	2	8-12	2-3	For 4 <sup>th</sup> set, perform it with lighter weight and with a slow eccentric-focused descent (e.g. 4 second descent each rep). Rest barbell on front delts, keep elbows high.
Leg Press	2	10-15	2-3	Feet shoulder-width apart, keep knees in line with toes, avoid fully locking out knees.
Bulgarian Split Squat	2	8-10	~45-60s rest between each leg	Place foot far from bench to target glutes, place foot closer to emphasize quads. Use dumbbells or barbell.
Single Leg Weighted Calf Raise	2	6-8	1-1.5	Pause at bottom of each rep, use full range of motion.

# DAY 7

# REST

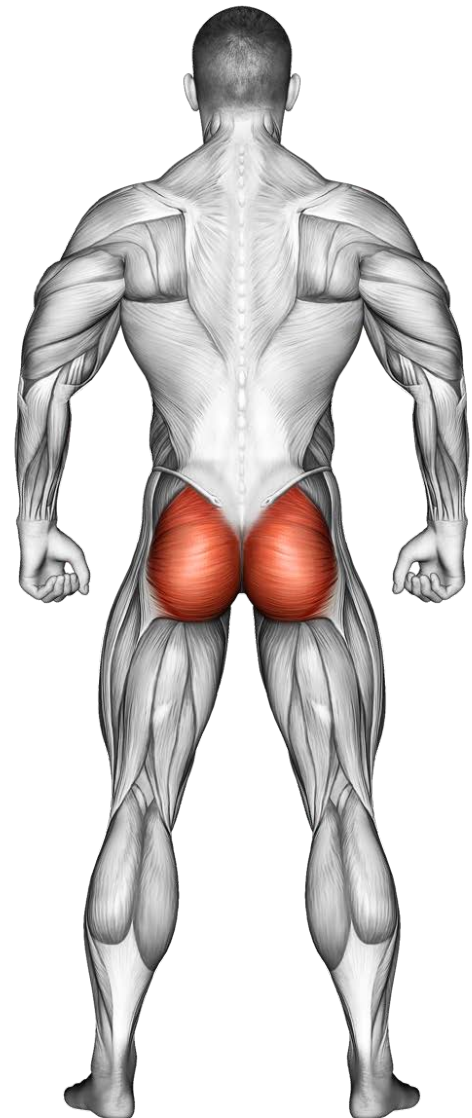


# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

## 1) Cable Pullthrough

**Target Muscle: Glutes (gluteus maximus)**

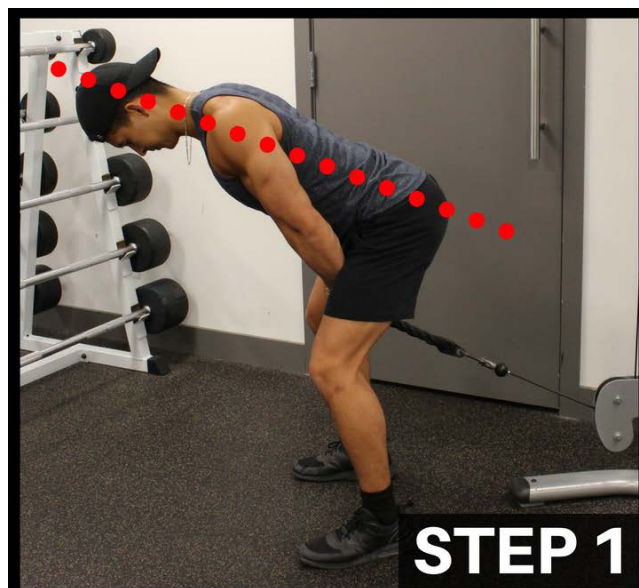
*Exercise Alternatives: Lying glute bridges, glute kickbacks (on cables/machine or with bodyweight)*



# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

**Step 1:** Set the rope attachment to the bottom notch of a pulley. Grab the rope with an overhand grip from between your legs and take a few steps away from the pulley. Get into the starting position by bending over at the hips until your upper back is almost parallel with the floor. Your knees should be only very slightly bent and your feet about shoulder-width apart and slightly pointed outwards.

**Step 2:** By using your glutes, push your hips forward and straighten your legs until your body is vertical. Hold this position for a second while squeezing your glutes, then return back to the starting position by bending at the hips (keep the knees just slightly bent) and then repeat for more reps. Your back should remain neutral (straight) or just slightly rounded throughout each rep.



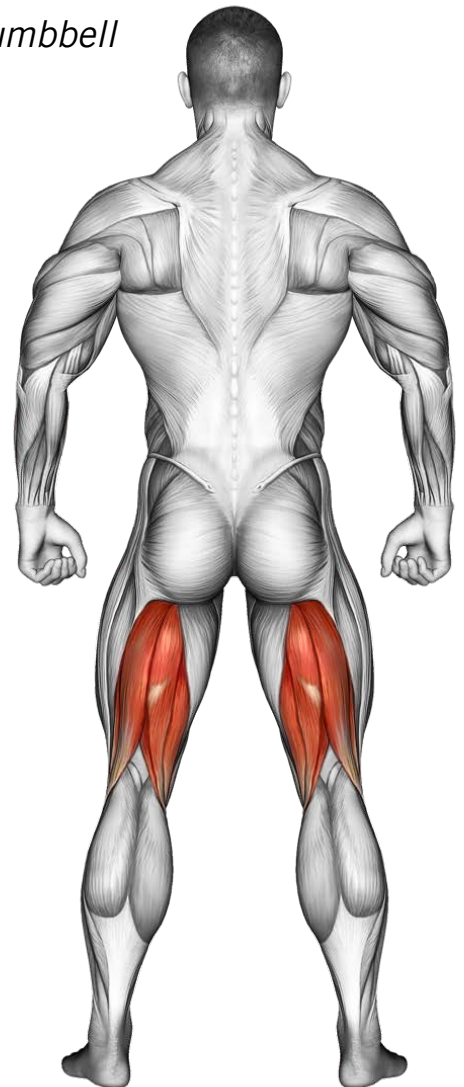
# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

## 2) Romanian Deadlift

**Target Muscle: Hamstrings**

*Exercise Alternatives: Conventional or sumo deadlift, dumbbell*

*Romanian deadlift.*

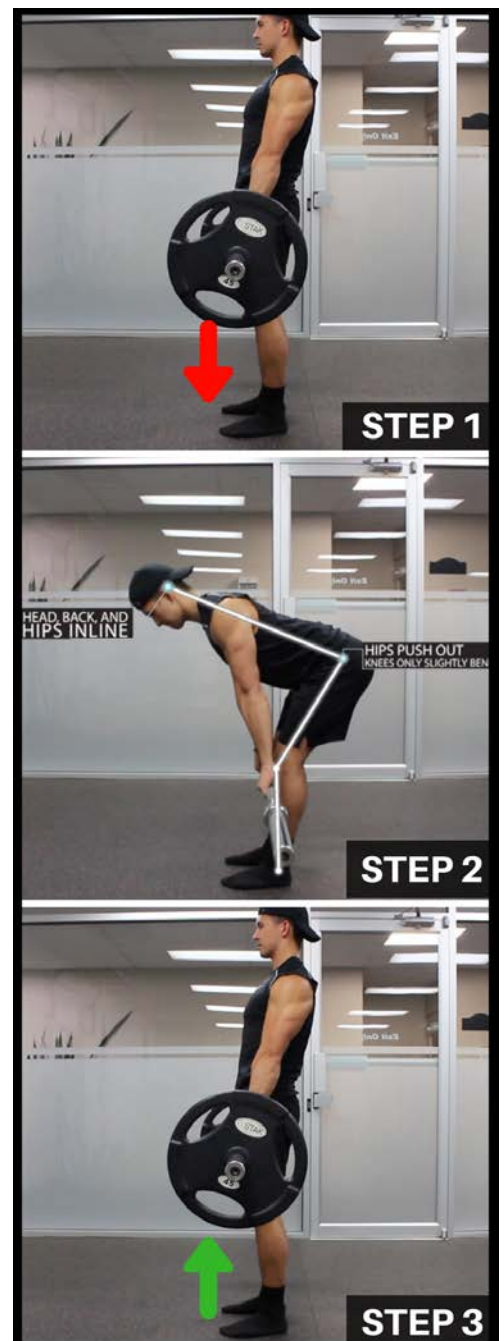


# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

**Step 1:** Start with a conventional deadlift setup, but with your feet a little closer than normal (around hip-width) and toes pointed straight. I'd suggest picking up the bar from a power rack such that you're already standing in the starting position.

**Step 2:** Slowly bend over at your hips by pushing your butt back while only *slightly* bending at the knees until the bar reaches mid-shin height. Your back should be straight and inline with your head. Ensure that your heels remain planted on the ground.

**Step 3:** While keeping your chest up, squeeze your glutes and hamstrings to push your hips forward in order to lift the weight up back to the starting position then repeat for another rep. The bar should travel in a vertical path as close as possible to your body.





# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

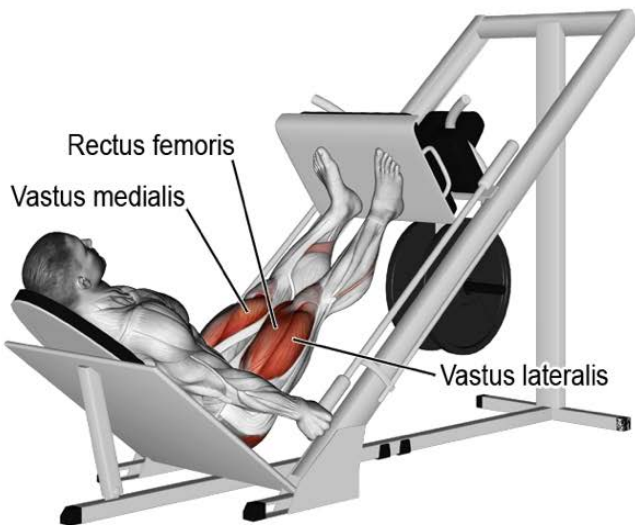
## 3) Leg Press

Target Muscle: Quadriceps



# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

*\*I would advise using the “decline” leg press machine as shown below if you have access to it at your gym, since it provides a more effective range of motion and better weight loading. Although I’ll be using a standard leg press machine in the below pictures, the same steps/tips apply to any leg press variation/machine.*



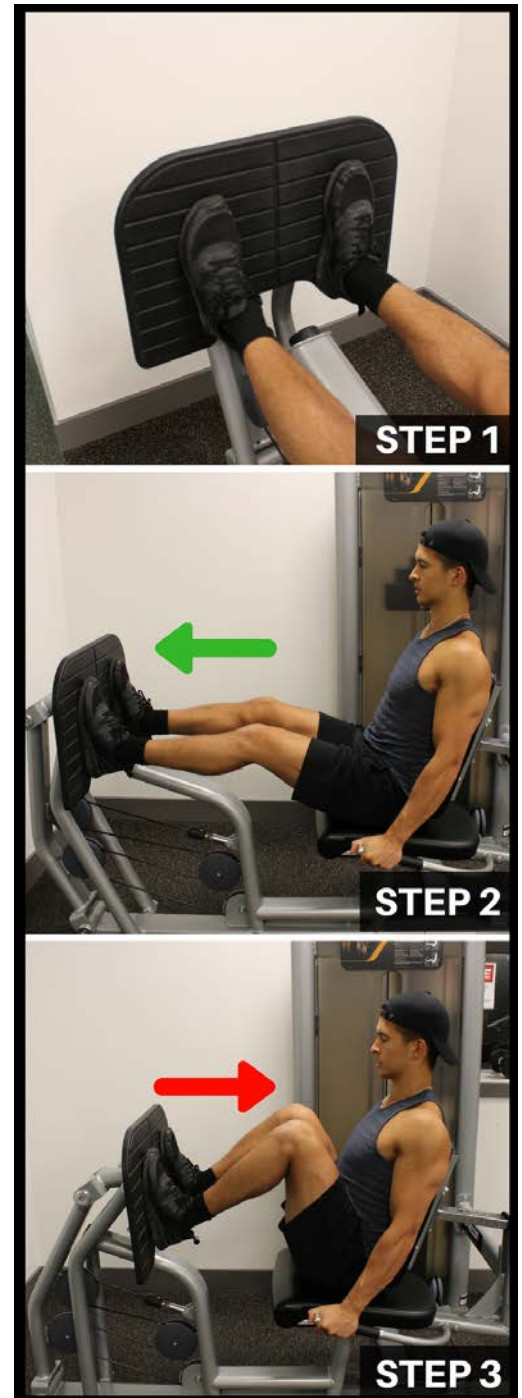


# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

**Step 1:** Place your feet shoulder-width apart with your toes pointed either straight or slightly pointed outwards. Your feet should be positioned in the middle of the foot plate.

**Step 2:** By pushing mainly with the heels of your feet and using your quadriceps, push the weight until your legs are almost fully extended – but DO NOT lock out your knees. They should be slightly bent at the end position. If using the decline leg press, this step will instead require you to unhook the safety bars and then lower the weight into the bottom position before pressing with the above tips.

**Step 3:** Slowly lower the weight back to the starting position. But at the bottom position, ensure that your lower back is not rising off the back rest. You want to descend until you reach just before the point that your lower back starts to come off the back rest – as this indicates your end range of motion.



# 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.

And as mentioned in your program, after completion of this specialization program, you can either go back to your original program (which has balanced volume for all muscle groups) OR run another specialization phase for the same muscle or another muscle. Regardless of what you choose, you need to prioritize getting stronger on your lifts and progressively overloading every single week. So push yourself!

Enjoy!



# DISCLAIMER

The information provided in this book is for educational purposes only. Jeremy Ethier is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice and should be performed solely at your own risk. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health and/or engagement in physical activity. No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author (Jeremy Ethier). All copyrights are reserved.

The background of the entire slide is a light blue-grey color with a white network pattern. This pattern consists of numerous small dots (nodes) connected by thin, white, slightly curved lines, creating a complex web-like structure that resembles a molecular or neural network.

# **JEREMY ETHIER'S**

## ***LEGS SPECIALIZATION PHASE***

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