

# JEREMY ETHIER'S

## *CHEST SPECIALIZATION PHASE*



**@JEREMYETHIER** |



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**SCIENCE**



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# THE GOAL OF THE CHEST SPECIALIZATION PHASE

*\* This 8-week phase is designed for those who are struggling with their chest development. But first, it's vital that you implement the tips mentioned in the mind-muscle connection and exercise tutorial chapters. You need to address any other potential issues with your chest growth by reading those chapters and implementing the tips mentioned there. IF you have already done so yet are still struggling, then you're ready for the chest specialization phase.*

The chest specialization phase is designed to add more mass to the chest in order to create a “fuller” and more balanced chest that accentuate your upper body musculature. Each head of the chest will be appropriately targeted.

We will be gradually increasing the weekly volume dedicated to your chest, as well as incorporating additional exercises for them. The change being made each week will be highlighted in the tables, and the tutorials for the new exercises are at the end of this PDF. And to compensate for the increased volume, we will lower the volume of other muscle groups (they will be placed on “maintenance”). 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 chest 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 should you train, and so on all still apply here as well!

We will still use the same 5 day split as your normal program. Your “pull” and “lower body” 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 chest movements.



# WEEKS 1 - 2

Total Direct Weekly Chest Sets: 17

## UPPER BODY WORKOUT

| 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. |
| Standing Overhead Press                     | 3    | 8-10  | 2-3        | Press in a straight line up, keep core engaged, no momentum, don't arch lower back.  |
| Weighted Dips<br>(Parallel or Straight Bar) | 3    | 10-12 | 2          | Lean body forward, go to parallel, don't shrug traps up. Use only bodyweight if unable to add weight.                      |
| Chest-Supported Row                         | 3    | 6-8   | 2          | Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.  |
| Incline Cable Flies                         | 2    | 10-15 | 1.5-2      | Maintain lower back arch, stick chest out, keep arms slightly bent, think of "squeezing" biceps together.                  |
| Lying Face Pulls                            | 3    | 10-12 | 1.5-2      | Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.  |

## LOWER BODY WORKOUT 1

| Exercise                       | Sets | Reps  | Rest (min) | Notes  |
|--------------------------------|------|-------|------------|--|
| Front Squat                    | 3    | 10-12 | 2.5-3      | Rest barbell on front delts, keep elbows high.   |
| Deadlift                       | 3    | 6-8   | 3          | Maintain straight back, keep head/back/hips inline.  |
| Barbell Hip Thrust             | 3    | 8-12  | 2          | Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position. |
| Single Leg Weighted Calf Raise | 3    | 6-8   | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |
| Leg Press Calf Raise           | 3    | 8-12  | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |

## REST

## PUSH WORKOUT

| Exercise                       | Sets | Reps                           | Rest (min)                | Notes   |
|--------------------------------|------|--------------------------------|---------------------------|---|
| Incline Dumbbell Press         | 3    | 6-8                            | 2-3                       | Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows. |
| Flat Dumbbell Press (RPT)      | 3    | RPT:<br>6-8,<br>8-10,<br>10-12 | 2-3                       | Lighten weight by 10% each set, keep shoulder blades retracted and chest sticking out, don't flare elbows.              |
| Lean-Away Cable Lateral Raises | 3    | 8-12                           | 45-60 seconds<br>b/w arms | Lean sideways towards direction of the raise, pull cable from in between your legs.                                     |
| Banded Push-Ups                | 2    | 10+ (to failure)               | 1.5-2                     | Wrap band around back and in each hand, avoid flaring elbows out.   |
| Overhead Rope Extensions       | 3    | 12-15                          | 1.5-2                     | Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.                                 |

## PULL WORKOUT

| Exercise                | Sets | Reps                         | Rest (min) | Notes  |
|-------------------------|------|------------------------------|------------|--|
| Weighted Pull-Ups (RPT) | 3    | RPT:<br>4-6,<br>6-8,<br>8-10 | 2-3        | Wider than shoulder-width thumbless grip, pull with elbows, use full ROM (eyes over bar).                        |
| Seated Row              | 3    | 8-10                         | 2          | "V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up. |
| Reverse Pec Deck        | 3    | 10-12                        | 2          | Experiment with grip (neutral or palms facing down), keep upper traps relaxed.                                   |
| Kneeling Face Pulls     | 4    | 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.                                      |
| Scapular Pull-Ups       | 2    | 5-10+                        | 1          | Hang with straight arms, pull body up slightly without allowing elbows.  |



## LEGS WORKOUT (LOWER BODY 2)

| Exercise                   | Sets | Reps  | Rest (min)                    | Notes  |
|----------------------------|------|---|-------------------------------|--|
| Back Squat                 | 4    | 3 sets of 6-8, 1 set slow eccentric of 8-10 | 3                             | Experiment with foot stance, point toes slightly out, maintain a straight back, squat to at least parallel. For last set, perform each rep with a 4 second slow descent with lighter weight. |
| 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.  |
| Glute Ham Raise            | 4    | 10-12                                       | 2                             | Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.  |
| 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

# WEEKS 3 - 4

Total Direct Weekly Chest Sets: 18



## UPPER BODY WORKOUT

| 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. |
| Standing Overhead Press                  | 3    | 8-10  | 2-3        | Press in a straight line up, keep core engaged, no momentum, don't arch lower back.  |
| Weighted Dips (Parallel or Straight Bar) | 3    | 10-12 | 2          | Lean body forward, go to parallel, don't shrug traps up. Use only bodyweight if unable to add weight.                      |
| Chest-Supported Row                      | 3    | 6-8   | 2          | Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.  |
| Incline Cable Flies                      | 2    | 10-15 | 1.5-2      | Maintain lower back arch, stick chest out, keep arms slightly bent, think of "squeezing" biceps together.                  |
| Lying Face Pulls                         | 3    | 10-12 | 1.5-2      | Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.  |

## LOWER BODY WORKOUT 1

| Exercise                       | Sets | Reps  | Rest (min) | Notes  |
|--------------------------------|------|-------|------------|--|
| Front Squat                    | 3    | 10-12 | 2.5-3      | Rest barbell on front delts, keep elbows high.   |
| Deadlift                       | 3    | 6-8   | 3          | Maintain straight back, keep head/back/hips inline.  |
| Barbell Hip Thrust             | 3    | 8-12  | 2          | Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position. |
| Single Leg Weighted Calf Raise | 3    | 6-8   | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |
| Leg Press Calf Raise           | 3    | 8-12  | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |

## REST

## PUSH WORKOUT

| Exercise                       | Sets | Reps                           | Rest (min)             | Notes   |
|--------------------------------|------|--------------------------------|------------------------|---|
| Incline Dumbbell Press         | 4    | 6-8                            | 2-3                    | Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows. |
| Flat Dumbbell Press (RPT)      | 3    | RPT:<br>6-8,<br>8-10,<br>10-12 | 2-3                    | Lighten weight by 10% each set, keep shoulder blades retracted and 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.                                     |
| Banded Push-Ups                | 2    | 10+ (to failure)               | 1.5-2                  | Wrap band around back and in each hand, avoid flaring elbows out.   |
| Overhead Rope Extensions       | 3    | 12-15                          | 1.5-2                  | Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.                                 |

## PULL WORKOUT

| Exercise                | Sets | Reps                      | Rest (min) | Notes  |
|-------------------------|------|---------------------------|------------|--|
| Weighted Pull-Ups (RPT) | 3    | RPT:<br>4-6,<br>6-8, 8-10 | 2-3        | Wider than shoulder-width thumbless grip, pull with elbows, use full ROM (eyes over bar).                        |
| Seated Row              | 3    | 8-10                      | 2          | "V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up. |
| Reverse Pec Deck        | 3    | 10-12                     | 2          | Experiment with grip (neutral or palms facing down), keep upper traps relaxed.                                   |
| Kneeling Face Pulls     | 4    | 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.                                      |
| Scapular Pull-Ups       | 2    | 5-10+                     | 1          | Hang with straight arms, pull body up slightly without allowing elbows.  |

## LEGS WORKOUT (LOWER BODY 2)

| Exercise                   | Sets | Reps  | Rest (min)                    | Notes  |
|----------------------------|------|---|-------------------------------|--|
| Back Squat                 | 4    | 3 sets of 6-8, 1 set slow eccentric of 8-10 | 3                             | Experiment with foot stance, point toes slightly out, maintain a straight back, squat to at least parallel. For last set, perform each rep with a 4 second slow descent with lighter weight. |
| 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.  |
| Glute Ham Raise            | 4    | 10-12                                       | 2                             | Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.  |
| 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

# WEEKS 5 - 6

Total Direct Weekly Chest Sets: 20

# DAY 1

## UPPER BODY WORKOUT

| 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. |
| Standing Overhead Press                  | 3    | 8-10  | 2-3        | Press in a straight line up, keep core engaged, no momentum, don't arch lower back.  |
| Weighted Dips (Parallel or Straight Bar) | 3    | 10-12 | 2          | Lean body forward, go to parallel, don't shrug traps up. Use only bodyweight if unable to add weight.                      |
| Chest-Supported Row                      | 3    | 6-8   | 2          | Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.  |
| Incline Cable Flies                      | 3    | 10-15 | 1.5-2      | Maintain lower back arch, stick chest out, keep arms slightly bent, think of "squeezing" biceps together.                  |
| Lying Face Pulls                         | 3    | 10-12 | 1.5-2      | Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.  |

# DAY 2

## LOWER BODY WORKOUT 1

| Exercise                       | Sets | Reps  | Rest (min) | Notes  |
|--------------------------------|------|-------|------------|--|
| Front Squat                    | 3    | 10-12 | 2.5-3      | Rest barbell on front delts, keep elbows high.   |
| Deadlift                       | 3    | 6-8   | 3          | Maintain straight back, keep head/back/hips inline.  |
| Barbell Hip Thrust             | 3    | 8-12  | 2          | Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position. |
| Single Leg Weighted Calf Raise | 3    | 6-8   | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |
| Leg Press Calf Raise           | 3    | 8-12  | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |

## REST

## PUSH WORKOUT

| Exercise                       | Sets | Reps                                     | Rest (min)             | Notes   |
|--------------------------------|------|--|------------------------|---|
| Incline Dumbbell Press         | 4    | 6-8                                      | 2-3                    | Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows. |
| Flat Dumbbell Press (RPT)      | 4    | RPT:<br>6-8,<br>8-10,<br>10-12,<br>12-14 | 2-3                    | Lighten weight by 10% each set, keep shoulder blades retracted and 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.                                     |
| Banded Push-Ups                | 2    | 10+ (to failure)                         | 1.5-2                  | Wrap band around back and in each hand, avoid flaring elbows out.   |
| Overhead Rope Extensions       | 3    | 12-15                                    | 1.5-2                  | Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.                                 |

## PULL WORKOUT

| Exercise                | Sets | Reps                         | Rest (min) | Notes  |
|-------------------------|------|------------------------------|------------|--|
| Weighted Pull-Ups (RPT) | 3    | RPT:<br>4-6,<br>6-8,<br>8-10 | 2-3        | Wider than shoulder-width thumbless grip, pull with elbows, use full ROM (eyes over bar).                        |
| Seated Row              | 3    | 8-10                         | 2          | "V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up. |
| Reverse Pec Deck        | 3    | 10-12                        | 2          | Experiment with grip (neutral or palms facing down), keep upper traps relaxed.                                   |
| Kneeling Face Pulls     | 4    | 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.                                      |
| Scapular Pull-Ups       | 2    | 5-10+                        | 1          | Hang with straight arms, pull body up slightly without allowing elbows.  |

## LEGS WORKOUT (LOWER BODY 2)

| Exercise                          | Sets | Reps  | Rest (min)                    | Notes  |
|-----------------------------------|------|---|-------------------------------|--|
| <b>Back Squat</b>                 | 4    | 3 sets of 6-8, 1 set slow eccentric of 8-10 | 3                             | Experiment with foot stance, point toes slightly out, maintain a straight back, squat to at least parallel. For last set, perform each rep with a 4 second slow descent with lighter weight. |
| <b>Bulgarian Split Squat</b>      | 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.  |
| <b>Glute Ham Raise</b>            | 4    | 10-12                                       | 2                             | Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.  |
| <b>Smith Machine Calf Raises</b>  | 3    | 10-15                                       | 1-1.5                         | Place toes on a weight or any elevated platform, pause at bottom of each rep, use full ROM.  |
| <b>Seated Weighted Calf Raise</b> | 3    | 10-15                                       | 1-1.5                         | Pause at bottom of each rep, use full ROM.   |

REST



# WEEKS 7 - 8

Total Direct Weekly Chest Sets: 22

# DAY 1

## UPPER BODY WORKOUT

| 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.                                     |
| Standing Overhead Press                  | 3    | 8-10  | 2-3        | Press in a straight line up, keep core engaged, no momentum, don't arch lower back.  |
| Weighted Dips (Parallel or Straight Bar) | 4    | 10-12 | 2          | Lean body forward, go to parallel, don't shrug traps up. Use only bodyweight if unable to add weight. Dropset to failure with just bodyweight on the last set. |
| Chest-Supported Row                      | 3    | 6-8   | 2          | Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.  |
| Incline Cable Flies                      | 3    | 10-15 | 1.5-2      | Maintain lower back arch, stick chest out, keep arms slightly bent, think of "squeezing" biceps together.  |
| Lying Face Pulls                         | 3    | 10-12 | 1.5-2      | Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.  |

# DAY 2

## LOWER BODY WORKOUT 1

| Exercise                       | Sets | Reps  | Rest (min) | Notes  |
|--------------------------------|------|-------|------------|--|
| Front Squat                    | 3    | 10-12 | 2.5-3      | Rest barbell on front delts, keep elbows high.   |
| Deadlift                       | 3    | 6-8   | 3          | Maintain straight back, keep head/back/hips inline.  |
| Barbell Hip Thrust             | 3    | 8-12  | 2          | Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position. |
| Single Leg Weighted Calf Raise | 3    | 6-8   | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |
| Leg Press Calf Raise           | 3    | 8-12  | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |

## REST

## PUSH WORKOUT

| Exercise                       | Sets | Reps                                     | Rest (min)             | Notes   |
|--------------------------------|------|--|------------------------|---|
| Incline Dumbbell Press         | 4    | 6-8                                      | 2-3                    | Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows. |
| Flat Dumbbell Press (RPT)      | 4    | RPT:<br>6-8,<br>8-10,<br>10-12,<br>12-14 | 2-3                    | Lighten weight by 10% each set, keep shoulder blades retracted and 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.                                     |
| Banded Push-Ups                | 3    | 10+ (to failure)                         | 1.5-2                  | Wrap band around back and in each hand, avoid flaring elbows out.   |
| Overhead Rope Extensions       | 3    | 12-15                                    | 1.5-2                  | Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.                                 |

## PULL WORKOUT

| Exercise                | Sets | Reps                      | Rest (min) | Notes  |
|-------------------------|------|---------------------------|------------|--|
| Weighted Pull-Ups (RPT) | 3    | RPT:<br>4-6,<br>6-8, 8-10 | 2-3        | Wider than shoulder-width thumbless grip, pull with elbows, use full ROM (eyes over bar).                        |
| Seated Row              | 3    | 8-10                      | 2          | "V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up. |
| Reverse Pec Deck        | 3    | 10-12                     | 2          | Experiment with grip (neutral or palms facing down), keep upper traps relaxed.                                   |
| Kneeling Face Pulls     | 4    | 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.                                      |
| Scapular Pull-Ups       | 2    | 5-10+                     | 1          | Hang with straight arms, pull body up slightly without allowing elbows.  |

## LEGS WORKOUT (LOWER BODY 2)

| Exercise                   | Sets | Reps  | Rest (min)                    | Notes  |
|----------------------------|------|---|-------------------------------|--|
| Back Squat                 | 4    | 3 sets of 6-8, 1 set slow eccentric of 8-10 | 3                             | Experiment with foot stance, point toes slightly out, maintain a straight back, squat to at least parallel. For last set, perform each rep with a 4 second slow descent with lighter weight. |
| 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.  |
| Glute Ham Raise            | 4    | 10-12                                       | 2                             | Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.  |
| 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

# WEEK 9

**Total Direct Weekly Chest Sets: 11**

# 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.*



# DAY 1

## UPPER BODY WORKOUT

| 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. |
| Standing Overhead Press                  | 2    | 8-10  | 2-3        | Press in a straight line up, keep core engaged, no momentum, don't arch lower back.  |
| Weighted Dips (Parallel or Straight Bar) | 2    | 10-12 | 2          | Lean body forward, go to parallel, don't shrug traps up. Use only bodyweight if unable to add weight.                      |
| Chest-Supported Row                      | 2    | 6-8   | 2          | Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.  |
| Incline Cable Flies                      | 2    | 10-15 | 1.5-2      | Maintain lower back arch, stick chest out, keep arms slightly bent, think of "squeezing" biceps together.                  |
| 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 WORKOUT 1

| Exercise                       | Sets | Reps  | Rest (min) | Notes  |
|--------------------------------|------|-------|------------|--|
| Front Squat                    | 2    | 10-12 | 2.5-3      | Rest barbell on front delts, keep elbows high.   |
| Deadlift                       | 2    | 6-8   | 3          | Maintain straight back, keep head/back/hips inline.  |
| Barbell Hip Thrust             | 2    | 8-12  | 2          | Rest upper back on bench, place bar on hips, avoid arching back, feet placed so that shins are vertical at top position. |
| Single Leg Weighted Calf Raise | 2    | 6-8   | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |
| Leg Press Calf Raise           | 2    | 8-12  | 1-1.5      | Pause at bottom of each rep, use full range of motion.   |



# REST

## PUSH WORKOUT

| Exercise                       | Sets | Reps                                     | Rest (min)             | Notes   |
|--------------------------------|------|--|------------------------|---|
| Incline Dumbbell Press         | 2    | 6-8                                      | 2-3                    | Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows. |
| Flat Dumbbell Press (RPT)      | 2    | RPT:<br>6-8,<br>8-10,<br>10-12,<br>12-14 | 2-3                    | Lighten weight by 10% each set, keep shoulder blades retracted and 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.                                     |
| Overhead Rope Extensions       | 3    | 12-15                                    | 1.5-2                  | Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.                                 |

## PULL WORKOUT

| Exercise                | Sets | Reps                | Rest (min) | Notes  |
|-------------------------|------|---------------------|------------|--|
| Weighted Pull-Ups (RPT) | 2    | RPT:<br>4-6,<br>6-8 | 2-3        | Wider than shoulder-width thumbless grip, pull with elbows, use full ROM (eyes over bar).                        |
| Seated Row              | 2    | 8-10                | 2          | "V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up. |
| Reverse Pec Deck        | 3    | 10-12               | 2          | Experiment with grip (neutral or palms facing down), keep upper traps relaxed.                                   |
| 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  | 1    | 8-10                | 1.5-2      | Use 30-degree bench angle, let arms hang straight down, keep elbows locked.                                      |
| Scapular Pull-Ups       | 2    | 5-10+               | 1          | Hang with straight arms, pull body up slightly without allowing elbows.  |

## LEGS WORKOUT (LOWER BODY 2)

| Exercise                   | Sets | Reps  | Rest (min)                    | Notes  |
|----------------------------|------|---|-------------------------------|--|
| Back Squat                 | 2    | 3 sets of 6-8, 1 set slow eccentric of 8-10 | 3                             | Experiment with foot stance, point toes slightly out, maintain a straight back, squat to at least parallel. For last set, perform each rep with a 4 second slow descent with lighter weight. |
| 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.  |
| Glute Ham Raise            | 2    | 10-12                                       | 2                             | Maintain straight back, descend to at least parallel with ground, adjust foot plate for difficulty.  |
| 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.   |

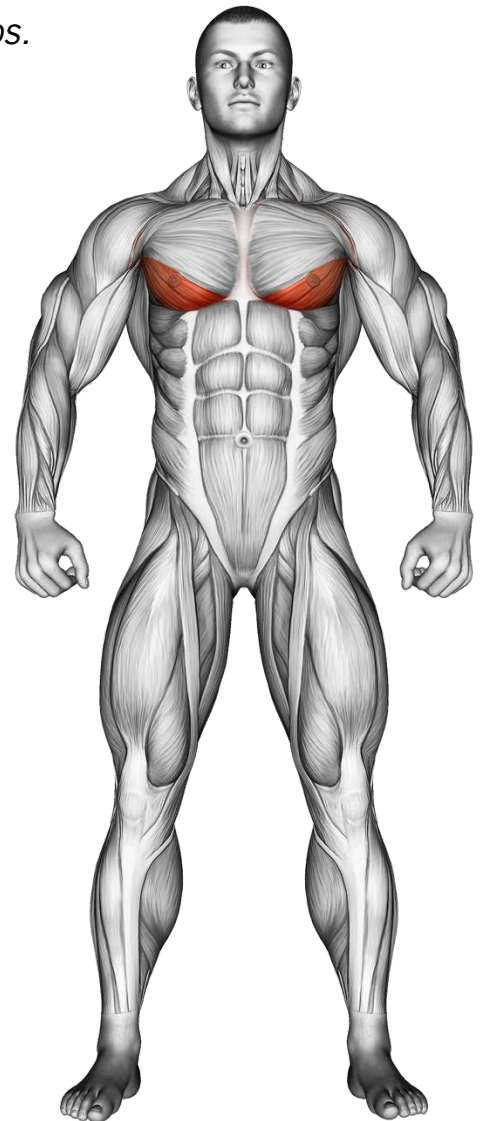
REST

# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

## 1) Weighted Dips

*Exercise alternatives: decline bench/dumbbell/machine press, standing high to low cable flies, decline pushups.*

*Target Muscle: Lower Chest*



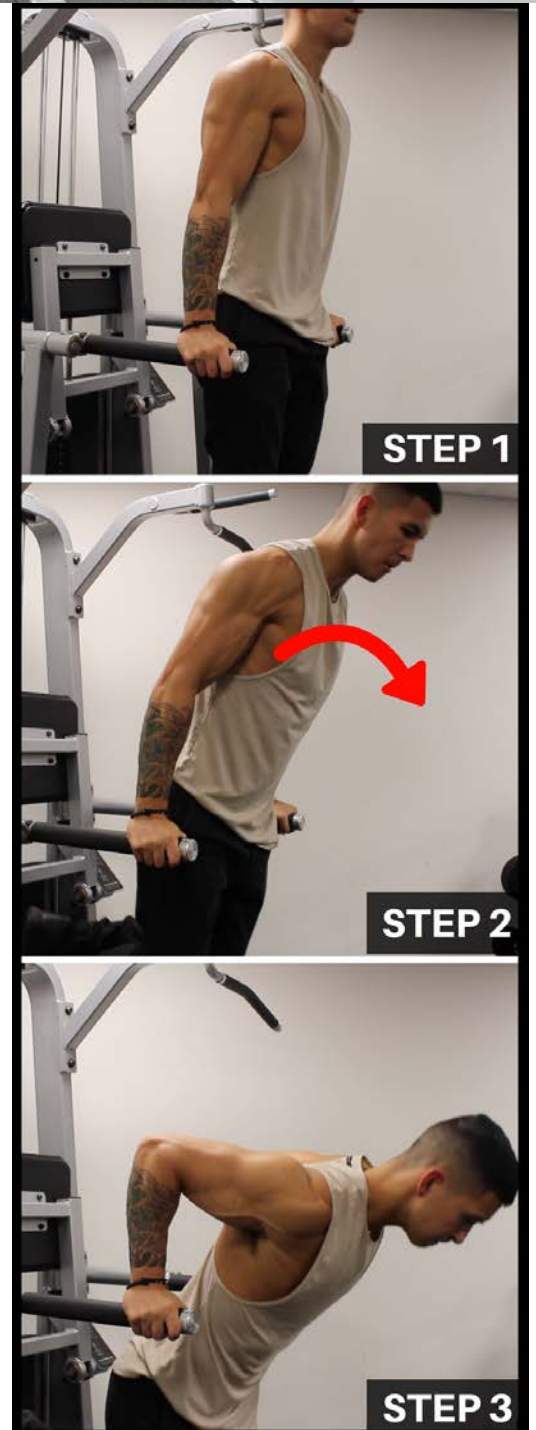
# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

## Version 1: Parallel Bar

**Step 1:** Get into the starting position above the bar with your arms locked and body straight up.

**Step 2:** Before descending, lean your torso forward slightly by letting your upper body fall forward such that your chest is pointed towards the ground in front of you. This will help you better target the chest.

**Step 3:** Lower your body until your upper arm is parallel or slightly below parallel with the ground – do whatever feels best and does not cause pain. Press up by focusing on squeezing your chest together. Keep your shoulders down and away from your ears and retracted back as you perform each rep. You can add weight by using a weight belt to overload the movement.





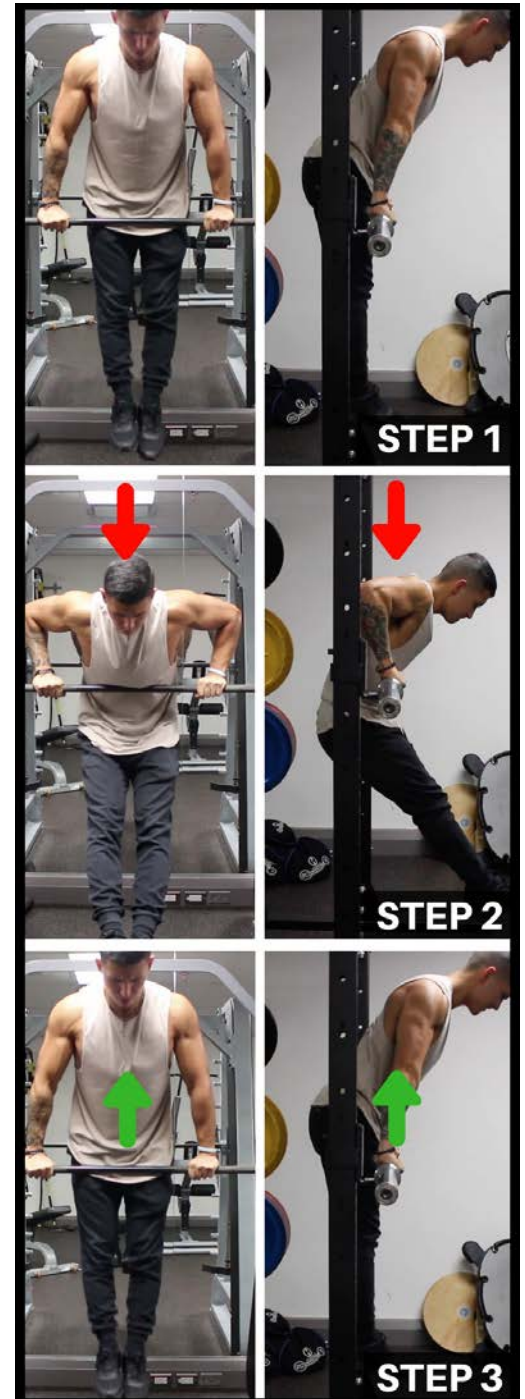
# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

## Version 2: Straight-Bar

**Step 1:** Get into the starting position above the bar with your arms locked – your upper body should be slightly leaned over the bar. Use an overhand grip slightly wider than shoulder-width. Contract your abs in preparation for step 2.

**Step 2:** Descend by bending at the elbows while keeping your upper body over the bar. Avoid flaring out the elbows too much. Simultaneously stick your legs through under the bar to help you balance.

**Step 3:** By using your chest, press up from the bottom position. Think about “squeezing your biceps together” as you press up to better activate the chest. Keep your core tight and avoid shrugging your shoulders up throughout the movement. Use a weight belt with weight attached to progress the movement.

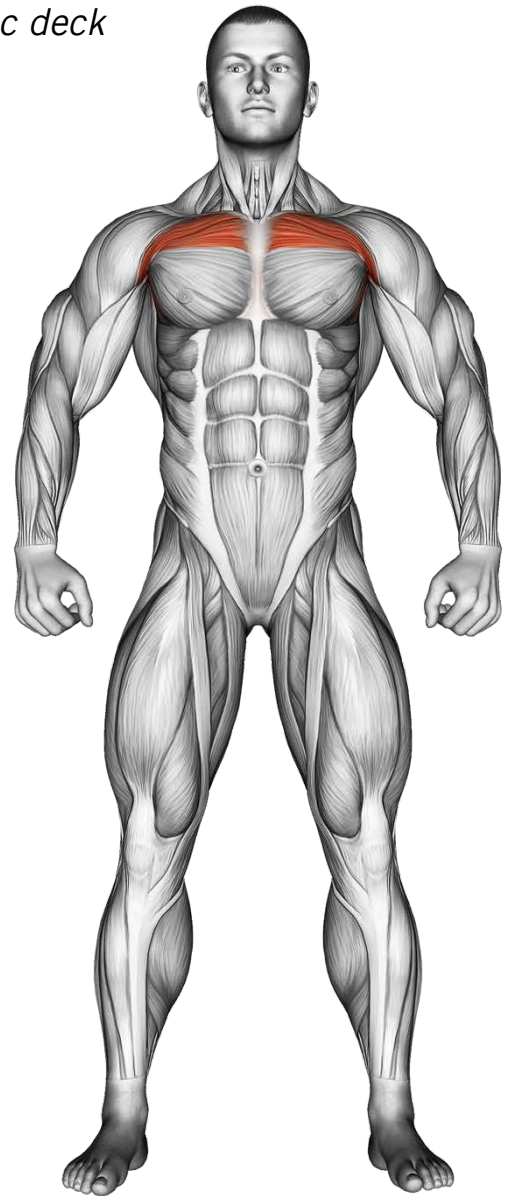


# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

## 2) Incline Cable Flies

*Exercise alternatives: standing low to high cable flies, pec deck machine flies, machine side-press.*

Target Muscle: Upper Chest





# TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

**Step 1:** Place an incline bench set at ~30-45 degrees between the pulleys and grab a pulley in each hand. Get into the starting position by retracting your shoulderblades back and sticking your chest up. There should be a slight arch in your lower back similar to how you would set up for a bench press.

**Step 2:** With a slight bend in your elbows, bring your hands together at arms length in front of your face. Cross the handles over for a better contraction. Focus on “*squeezing your biceps together*” as you perform the movement in order to best activate the chest. Pause at the top for a second, and then perform a slow and controlled descent back to the starting position then repeat.





# ADDITIONAL COMMENTS

A man with a tattoo on his left forearm is performing a resistance band exercise in a gym. He is in a low, wide stance, pulling the band from his feet towards his chest. The background shows gym equipment like treadmills and weights.

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!

A man is shown from the waist up, shirtless, wearing dark shorts, and is on a stationary bike. He is looking down at his hands, which are on the bike's handlebars. In the background, there is a poster on the wall titled "TRX Strength" which shows various exercise routines. The word "DISCLAIMER" is overlaid in large, bold, black letters on the left side of the image.

# 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.

A background pattern of white lines connecting dots, resembling a network or molecular structure, set against a light blue-grey gradient.

# **JEREMY ETHIER'S**

## ***CHEST SPECIALIZATION PHASE***

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