

JEREMY ETHIER'S

SHOULDER SPECIALIZATION PHASE



@JEREMYETHIER



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SCIENCE

TABLE OF CONTENTS

THE GOAL OF THE SHOULDER SPECIALIZATION PHASE	3
WEEKS 1-2	4
WEEKS 3-4	8
WEEKS 5-6	12
WEEKS 7-8	16
WEEK 9 (DELOAD WEEK)	20
TUTORIALS FOR NEW EXERCISES	25
ADDITIONAL COMMENTS	31
DISCLAIMER	32

THE GOAL OF THE SHOULDER SPECIALIZATION PHASE

**This 8-week phase is designed for those who are struggling with their shoulder 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 shoulder 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 shoulder specialization phase.*

The shoulder specialization phase is designed to add more mass to the shoulders in order to create “fuller” and more balanced shoulders that accentuate your V-taper shape. Each head of the shoulder will be appropriately targeted.

We will be gradually increasing the weekly volume dedicated to your shoulders, 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 shoulder 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 “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 shoulder movements



WEEKS 1 - 2

Total Direct Weekly Shoulder Sets:

Anterior/Lateral (front/mid delt): 13

Posterior (rear delt): 13

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Standing Overhead Press	4	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
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.
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.
Lying Face Pulls	3	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.
Chest-Supported Row	3	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Reverse Dumbbell Flies	3	10-15	1.5-2	Bend forward, keep back straight, raise dumbbells out and back.

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
Seated Dumbbell Overhead Press (RPT)	3	RPT: 6-8, 8-10, 10-12	2-3	Lighten weight by 10% each set, don't touch dumbbells at top, come down until elbows are at least at 90 degrees.
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	2	8-10	2	Keep shoulder blades retracted and chest sticking out, don't flare elbows.
Dumbbell Incline Lateral Raises	3	8-12	~45-60s rest between arms	Lay on incline bench, raise dumbbells out to the sides while slightly externally rotating shoulders.
Overhead Rope Extensions	4	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
High to Low Cable Flies	3	10-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

PULL WORKOUT

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

DAY 6

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.
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.

DAY 7

REST

WEEKS 3 - 4

Total Direct Weekly Shoulder Sets:

Anterior/Lateral (front/mid delt): 14

Posterior (rear delt): 14

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Standing Overhead Press	4	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
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.
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.
Lying Face Pulls	4	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.
Chest-Supported Row	3	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Reverse Dumbbell Flies	3	10-15	1.5-2	Bend forward, keep back straight, raise dumbbells out and back.

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
Seated Dumbbell Overhead Press (RPT)	4	RPT: 6-8, 8-10, 10-12, 12-15	2-3	Lighten weight by 10% each set, don't touch dumbbells at top, come down until elbows are at least at 90 degrees.
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	2	8-10	2	Keep shoulder blades retracted and chest sticking out, don't flare elbows.
Dumbbell Incline Lateral Raises	3	8-12	~45-60s rest between arms	Lay on incline bench, raise dumbbells out to the sides while slightly externally rotating shoulders.
Overhead Rope Extensions	4	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
High to Low Cable Flies	3	10-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

PULL WORKOUT

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

DAY 6

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.
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

DAY 7

WEEKS 5 - 6

Total Direct Weekly Shoulder Sets:

Anterior/Lateral (front/mid delt): 15

Posterior (rear delt): 15

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Standing Overhead Press	4	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
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.
Lean-Away Cable Lateral Raises	4	8-12	45-60 seconds b/w arms	Lean sideways towards direction of the raise, pull cable from in between your legs.
Lying Face Pulls	4	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.
Chest-Supported Row	3	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Reverse Dumbbell Flies	3	10-15	1.5-2	Bend forward, keep back straight, raise dumbbells out and back.

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
Seated Dumbbell Overhead Press (RPT)	4	RPT: 6-8, 8-10, 10-12, 12-15	2-3	Lighten weight by 10% each set, don't touch dumbbells at top, come down until elbows are at least at 90 degrees.
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	2	8-10	2	Keep shoulder blades retracted and chest sticking out, don't flare elbows.
Dumbbell Incline Lateral Raises	3	8-12	~45-60s rest between arms	Lay on incline bench, raise dumbbells out to the sides while slightly externally rotating shoulders.
Overhead Rope Extensions	4	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
High to Low Cable Flies	3	10-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

PULL WORKOUT

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

DAY 6

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.
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

DAY 7

WEEKS 7 - 8

Total Direct Weekly Shoulder Sets:

Anterior/Lateral (front/mid delt): 16

Posterior (rear delt): 16

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Standing Overhead Press	4	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
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.
Lean-Away Cable Lateral Raises	4	8-12	45-60 seconds b/w arms	Lean sideways towards direction of the raise, pull cable from in between your legs.
Lying Face Pulls	4	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.
Chest-Supported Row	3	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Reverse Dumbbell Flies	4	10-15	1.5-2	Bend forward, keep back straight, raise dumbbells out and back.

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
Seated Dumbbell Overhead Press (RPT)	4	RPT: 6-8, 8-10, 10-12, 12-15	2-3	Lighten weight by 10% each set, don't touch dumbbells at top, come down until elbows are at least at 90 degrees.
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	2	8-10	2	Keep shoulder blades retracted and chest sticking out, don't flare elbows.
Dumbbell Incline Lateral Raises	4	8-12	~45-60s rest between arms	Lay on incline bench, raise dumbbells out to the sides while slightly externally rotating shoulders.
Overhead Rope Extensions	4	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
High to Low Cable Flies	3	10-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

PULL WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Weighted Pull-Ups (RPT)	3	RPT: 4-6, 6-8, 8-10	2-3	Wider than shoulder-width thumbless grip, pull with elbows, use full ROM (eyes over bar).
Reverse Pec Deck	4	10-12	2	Experiment with grip (neutral or palms facing down), keep upper traps relaxed.
Seated Row	3	8-10	2	"V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up.
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.
Hammer Curls	2	8-10	1.5-2	Use neutral grip (as if holding a hammer), 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.
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 Shoulder Sets:

Anterior/Lateral (front/mid delt): 9

Posterior (rear delt): 9

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
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Bench Press	2	4-6	3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
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.
Lying Face Pulls	2	10-12	1.5-2	Overhand grip w/ rope, pull towards face, keep elbows high, pull with elbows.
Chest-Supported Row	2	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Reverse Dumbbell Flies	2	10-15	1.5-2	Bend forward, keep back straight, raise dumbbells out and back.

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
Seated Dumbbell Overhead Press (RPT)	2	RPT: 6-8, 8-10	2-3	Lighten weight by 10% each set, don't touch dumbbells at top, come down until elbows are at least at 90 degrees.
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	2	8-10	2	Keep shoulder blades retracted and chest sticking out, don't flare elbows.
Dumbbell Incline Lateral Raises	2	8-12	~45-60s rest between arms	Lay on incline bench, raise dumbbells out to the sides while slightly externally rotating shoulders.
Overhead Rope Extensions	2	12-15	1.5-2	Take one step away from pulley (split-stance), press rope overhead, keep elbows locked.
High to Low Cable Flies	2	10-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

PULL WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Weighted Pull-Ups (RPT)	2	RPT: 4-6, 6-8, 8-10	2-3	Wider than shoulder-width thumbless grip, pull with elbows, use full ROM (eyes over bar).
Reverse Pec Deck	2	10-12	2	Experiment with grip (neutral or palms facing down), keep upper traps relaxed.
Seated Row	2	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	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)

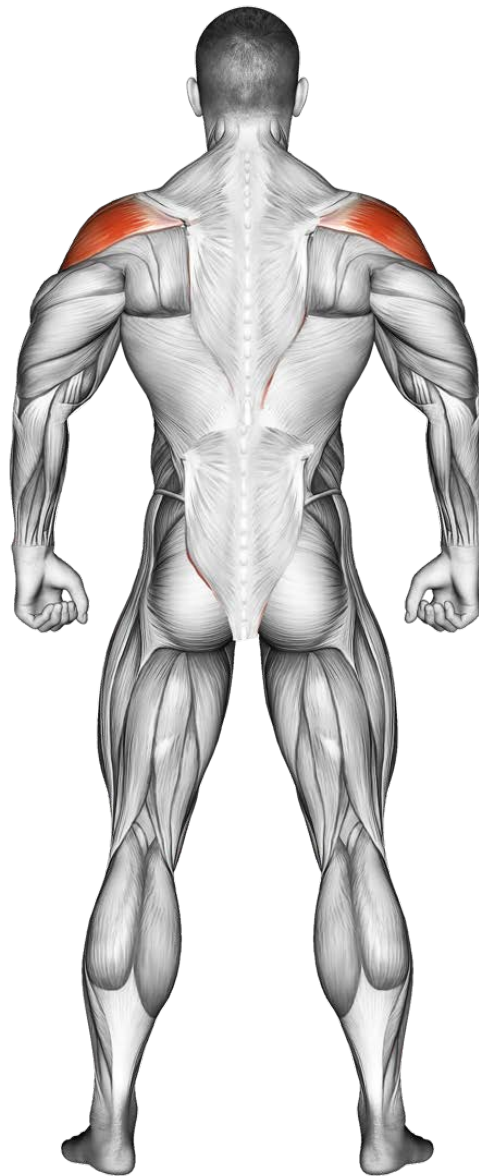
Exercise	Sets	Reps	Rest (min)	Notes
Back Squat	2	3 sets of 6-8, 1 set slow eccentric of 8-10	3	Experiment with foot stance, point toes slightly out, maintain a straight back, squat to at least parallel. For last set, perform each rep with a 4 second slow descent.
Bulgarian Split Squat	2	8-10	~45-60s 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 FOR NEW EXERCISES

1) Reverse Dumbbell Flies

Target Muscle: Posterior Deltoid

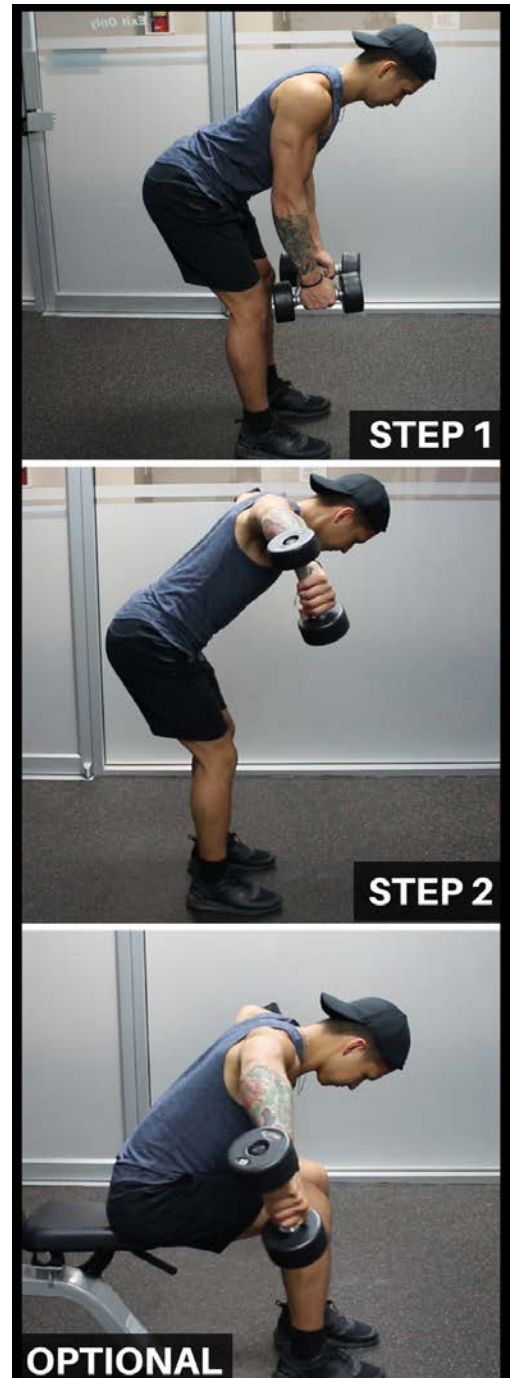


TUTORIALS FOR NEW EXERCISES

Step 1: Stand with a dumbbell in each hand, then while keeping your back straight and bending at the hips, lean your upper body forward until your body is almost parallel with the floor and the palms of your hands facing each other.

Step 2: While keeping your core tight and engaged, raise the dumbbells out and back by moving at the shoulder - your elbows should remain locked and just slightly bent. Your thumbs should be pointed slightly towards the floor as you raise. Slowly lower back to the starting position.

This can also be performed by bending over on a bench as well if more comfortable. In both cases, avoid excessively arching the lower back or using momentum.



TUTORIALS FOR NEW EXERCISES

2) Seated Dumbbell Overhead Press

Target Muscle: Anterior & Lateral Deltoid

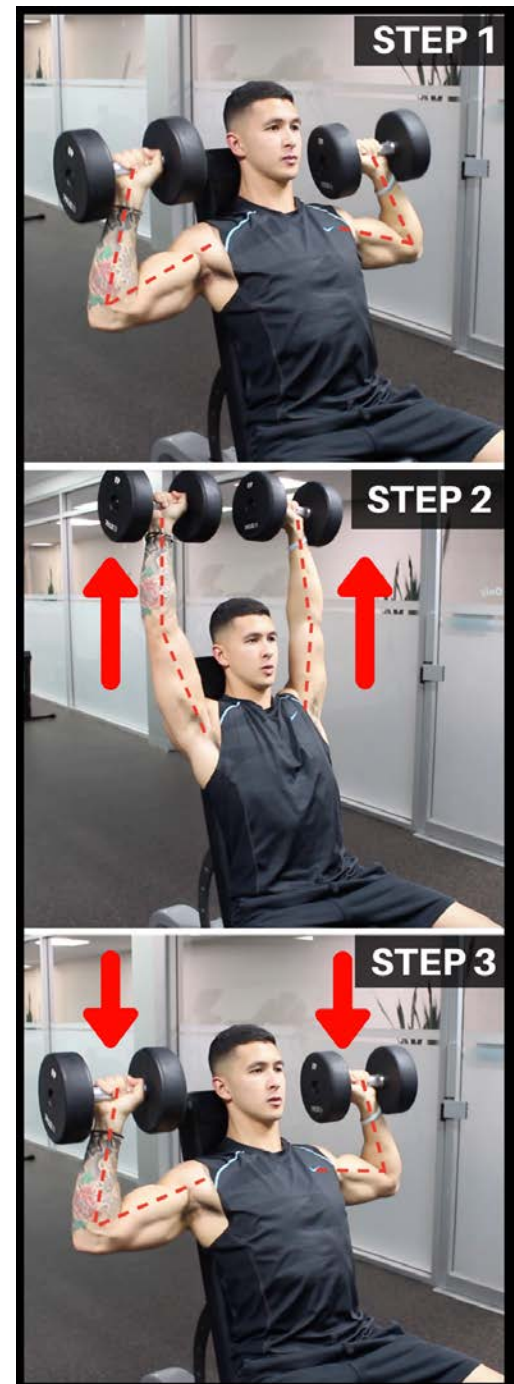


TUTORIALS FOR NEW EXERCISES

Step 1: While holding a dumbbell in each hand, sit on a bench that has back support and place the dumbbells upright on top of your thighs. Kick the dumbbells up one at a time by using your thighs to help thrust them into the starting position with your palms facing forward and elbows at around shoulder height.

Step 2: Exhale and push the upwards up until your arms are almost fully extended. Avoid excessively arching the lower back as you lift, and press up in a straight line upwards. Briefly pause at the top position then lower your weight back down to the starting position while inhaling.

Step 3: Lower down the weight until you reach at least shoulder-level (elbows at 90 degrees) or slightly below, then repeat for another rep.



TUTORIALS FOR NEW EXERCISES

3) Dumbbell Incline Lateral Raises

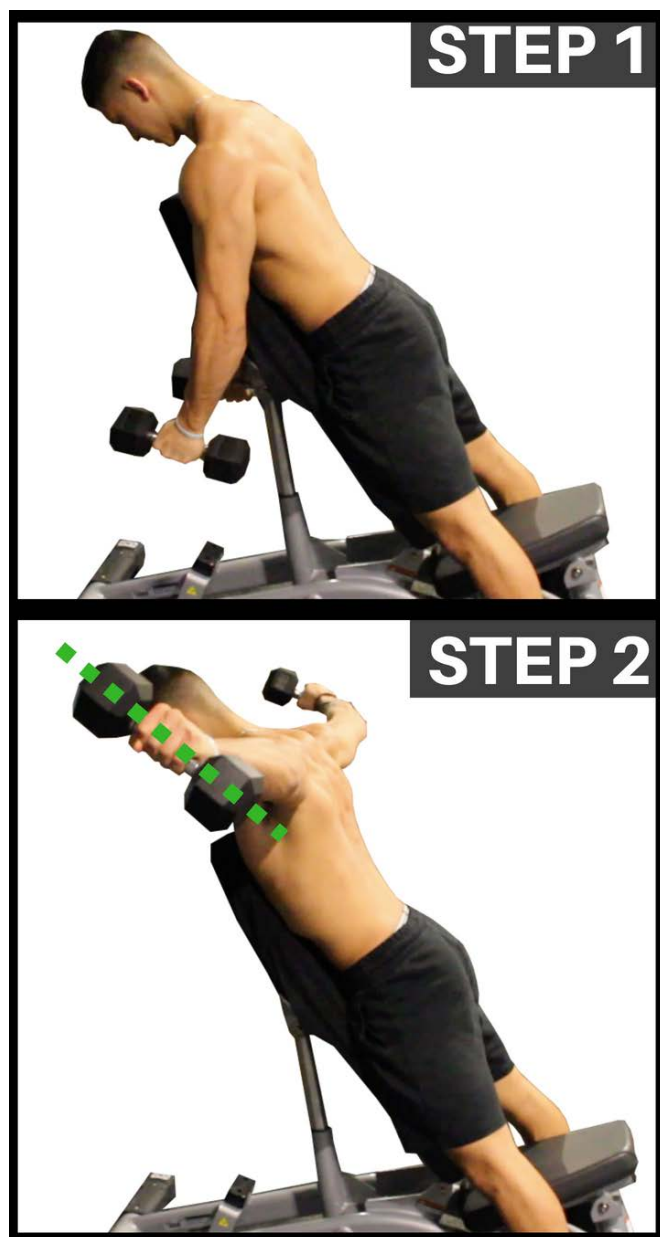
Target Muscle: Lateral Deltoid



TUTORIALS FOR NEW EXERCISES

Step 1: Lay on an incline bench (set at ~45 degrees) with a dumbbell in each hand.

Step 2: While keeping your core tight and engaged, raise the dumbbells out to your side while slightly externally rotating at the shoulder such that your hands are at a 45-degree angle (think about pointing your thumbs slightly towards the ceiling). Slowly lower the weight back to the starting position and repeat. Keep your elbows locked and just slightly bent throughout each rep. Avoid arching the lower back.





ADDITIONAL COMMENTS

For inquiries or customer support, email 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 working out on a TRX machine in a gym. He is shirtless, wearing black shorts, and is holding the handles of the machine. In the background, there is a poster on the wall titled "TRX Strength" which shows various exercises. The word "DISCLAIMER" is overlaid in large, bold, black letters on the left side of the image.

DISCLAIMER

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