

JEREMY ETHIER'S

BACK & TRAPS SPECIALIZATION PHASE



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THE GOAL OF THE BACK & TRAPS SPECIALIZATION PHASE

** This 8-week phase is designed for those who are struggling with their overall back/traps 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 overall back 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 back/traps specialization phase.*

The back & traps specialization phase is to add more thickness and width to the overall back. More emphasis will be placed on the traps as well.

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 back 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 “push” 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 back movements.



WEEKS 1 - 2

Total Direct Weekly Back/Traps Sets
(Excluding Face Pulls): 19

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Chest-Supported Row	3	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Bench Press	3	4-6	2.5-3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Lat Pulldown	3	10-12	2	Use mid-width grip (slightly wider than shoulder-width), maintain a slight lean back, don't use momentum.
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Wide-Grip Barbell Shrugs	2	10-15	2	Grip barbell at 1.5x shoulder-width, lean slightly forward, shrug straight up and pause briefly at top.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

DAY 2

LOWER BODY WORKOUT 1

Exercise	Sets	Reps	Rest (min)	Notes
Deadlift	4	6-8	3	Maintain straight back, keep head/back/hips inline.
Front Squat	3	10-12	2.5-3	Rest barbell on front delts, keep elbows high.
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: 6-8, 8-10, 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
Above-the-Knee Rack Pulls (Heavy)	2	6-8	2-3	Set up barbell just above knee height, keep back straight and shoulders back, use lifting straps if needed.
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).
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	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	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 Back/Traps Sets
(Excluding Face Pulls): 21

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Chest-Supported Row	4	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Bench Press	3	4-6	2.5-3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Lat Pulldown	3	10-12	2	Use mid-width grip (slightly wider than shoulder-width), maintain a slight lean back, don't use momentum.
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Wide-Grip Barbell Shrugs	2	10-15	2	Grip barbell at 1.5x shoulder-width, lean slightly forward, shrug straight up and pause briefly at top.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

LOWER BODY WORKOUT 1

Exercise	Sets	Reps	Rest (min)	Notes
Deadlift	4	6-8	3	Maintain straight back, keep head/back/hips inline.
Front Squat	3	10-12	2.5-3	Rest barbell on front delts, keep elbows high.
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: 6-8, 8-10, 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
Above-the-Knee Rack Pulls (Heavy)	3	6-8	2-3	Set up barbell just above knee height, keep back straight and shoulders back, use lifting straps if needed.
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).
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	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	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 Back/Traps Sets
(Excluding Face Pulls): 23

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Chest-Supported Row	4	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Bench Press	3	4-6	2.5-3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Lat Pulldown	4	10-12	2	Use mid-width grip for 2 sets, and wider-width grip for 2 sets. Maintain a slight lean back, don't use momentum.
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Wide-Grip Barbell Shrugs	3	10-15	2	Grip barbell at 1.5x shoulder-width, lean slightly forward, shrug straight up and pause briefly at top.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

DAY 2

LOWER BODY WORKOUT 1

Exercise	Sets	Reps	Rest (min)	Notes
Deadlift	4	6-8	3	Maintain straight back, keep head/back/hips inline.
Front Squat	3	10-12	2.5-3	Rest barbell on front delts, keep elbows high.
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: 6-8, 8-10, 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
Above-the-Knee Rack Pulls (Heavy)	3	6-8	2-3	Set up barbell just above knee height, keep back straight and shoulders back, use lifting straps if needed.
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).
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	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	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 7 - 8

Total Direct Weekly Back/Traps Sets
(Excluding Face Pulls): 26

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Chest-Supported Row	4	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Bench Press	3	4-6	2.5-3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Lat Pulldown	4	10-12	2	Use mid-width grip for 2 sets, and wider-width grip for 2 sets. Maintain a slight lean back, don't use momentum.
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Wide-Grip Barbell Shrugs	4	10-15	2	Grip barbell at 1.5x shoulder-width, lean slightly forward, shrug straight up and pause briefly at top.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

DAY 2

LOWER BODY WORKOUT 1

Exercise	Sets	Reps	Rest (min)	Notes
Deadlift	4	6-8	3	Maintain straight back, keep head/back/hips inline.
Front Squat	3	10-12	2.5-3	Rest barbell on front delts, keep elbows high.
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: 6-8, 8-10, 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
Above-the-Knee Rack Pulls (Heavy)	3	6-8	2-3	Set up barbell just above knee height, keep back straight and shoulders back, use lifting straps if needed.
Weighted Pull-Ups (RPT)	4	RPT: 4-6, 6-8, 8-10, 10-12 (or to failure for 4 th set)	2-3	Wider than shoulder-width thumbless grip, pull with elbows, use full ROM (eyes over bar).
Seated Row	4	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	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 Back/Traps Sets
(Excluding Face Pulls): 14**

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 WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Chest-Supported Row	2	6-8	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Bench Press	2	4-6	2.5-3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Lat Pulldown	2	10-12	2	Use mid-width grip (slightly wider than shoulder-width apart). Maintain a slight lean back, don't use momentum.
Standing Overhead Press	2	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Wide-Grip Barbell Shrugs	2	10-15	2	Grip barbell at 1.5x shoulder-width, lean slightly forward, shrug straight up and pause briefly at top.
High to Low Cable Flies	2	12-15	1.5-2	Split stance, keep elbows slightly bent, crossover hands at bottom.

LOWER BODY WORKOUT 1

Exercise	Sets	Reps	Rest (min)	Notes
Deadlift	2	6-8	3	Maintain straight back, keep head/back/hips inline.
Front Squat	2	10-12	2.5-3	Rest barbell on front delts, keep elbows high.
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: 6-8, 8-10	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	1	6-10	1.5-2	Wrap band around back and in each hand, avoid flaring elbows out.
Overhead Rope Extensions	2	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
Above-the-Knee Rack Pulls	2	6-8	2-3	Set up barbell just above knee height, keep back straight and shoulders back, use lifting straps if needed.
Weighted Pull-Ups (RPT)	2	RPT: 4-6, 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	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.
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.

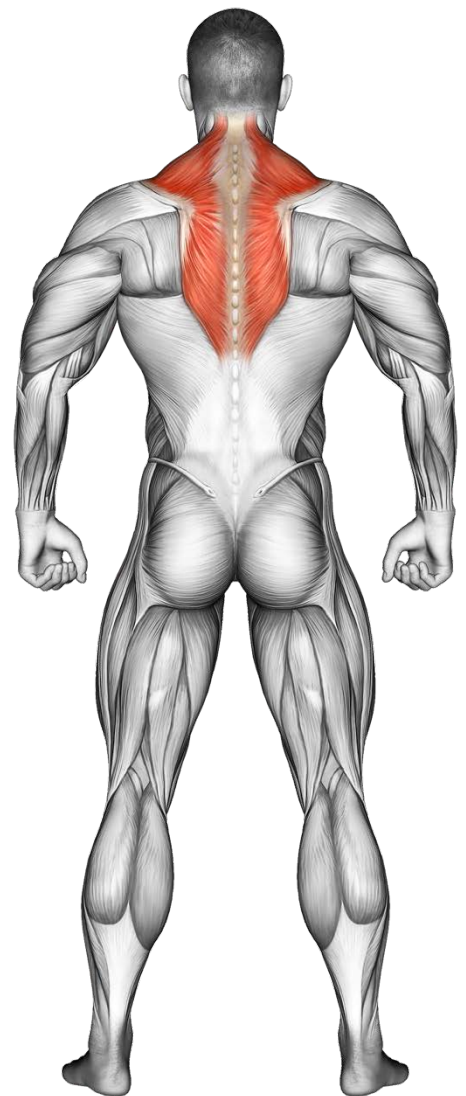
REST

TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

1) Wide-Grip Barbell shrugs

Exercise alternatives: standing or seated dumbbell shrugs, machine shrugs.

Target Muscle: Trapezius (mostly upper & middle region)



TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

Step 1: Set the height of your rack such that the bar is positioned at the knee or slightly above. Grasp the bar with an overhand grip about 1.5x shoulder-width apart. Lift the bar off the rack by straightening your legs. This is the starting position.

Step 2: Shrug the bar straight up by lifting your shoulders up towards your ears. Hold the top position for half a second before lowering the weight back down.

Step 3: Control the descent back down to the starting position and then repeat. Keep your shoulders back rather than rolled forward during each rep.

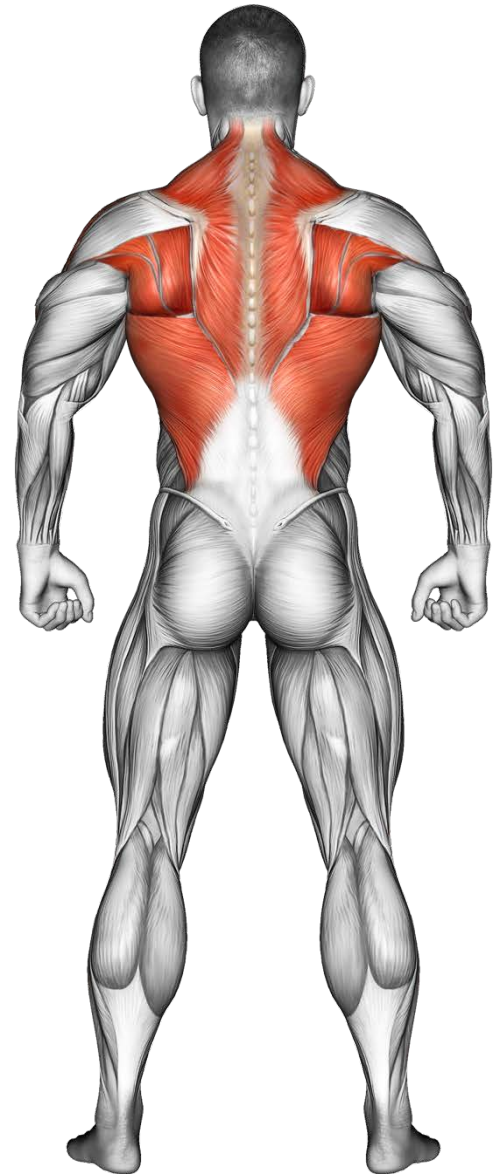


TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

2) Rack Pulls (above-the-knee)

Exercise alternatives: wide-grip seated row, barbell row, “reduced range of motion” deadlifts (e.g. elevated start position)

Target Muscle: Overall back (most emphasis on traps).



TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

This exercise can be simply thought of as the “top half of a deadlift”.

Step 1: Set the height of your rack such that the bar is positioned at the knee or slightly above.

Step 2: Grasp the bar with an overhand grip about shoulder-width apart. Stick your chest up, push your hips back, and pull your shoulders back as you would with the deadlift. Your back and head should be aligned and in a neutral (straight) position and your knees should be just slightly bent.

Step 3: Take a deep breath, hold it, then lift the weight by driving your hips forward and straightening your knees. Exhale at the top. Pull your shoulders back at the top of the movement - don't allow them to roll forward and avoid arching your lower back. Your body should be aligned straight at the top position. Reverse the movement to lower the bar back into the power rack before performing another rep. Keep your core tight throughout each rep.



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!



DISCLAIMER

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