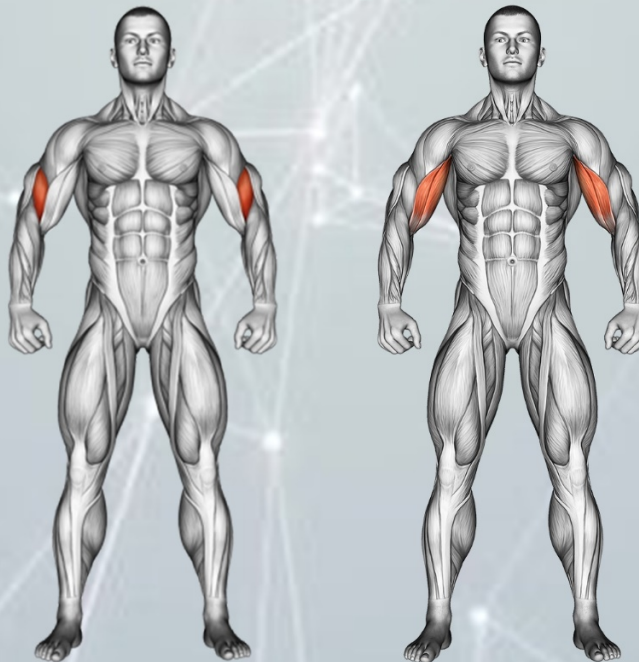
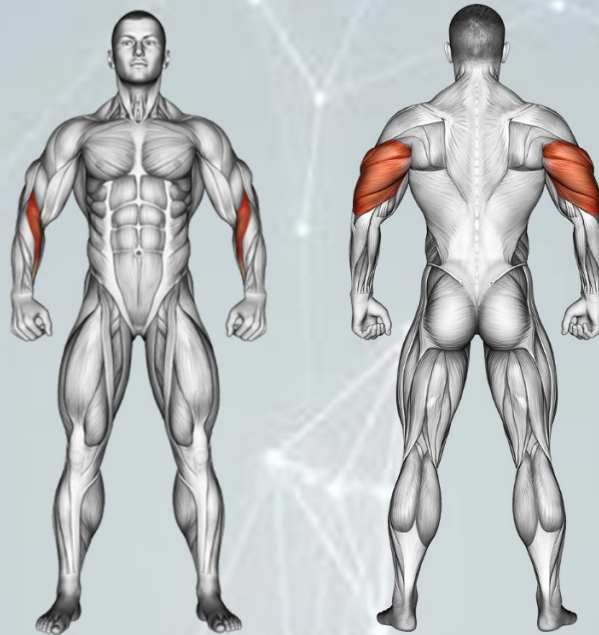


JEREMY ETHIER'S

ARMS SPECIALIZATION PHASE



@JEREMYETHIER



BUILT WITH
SCIENCE

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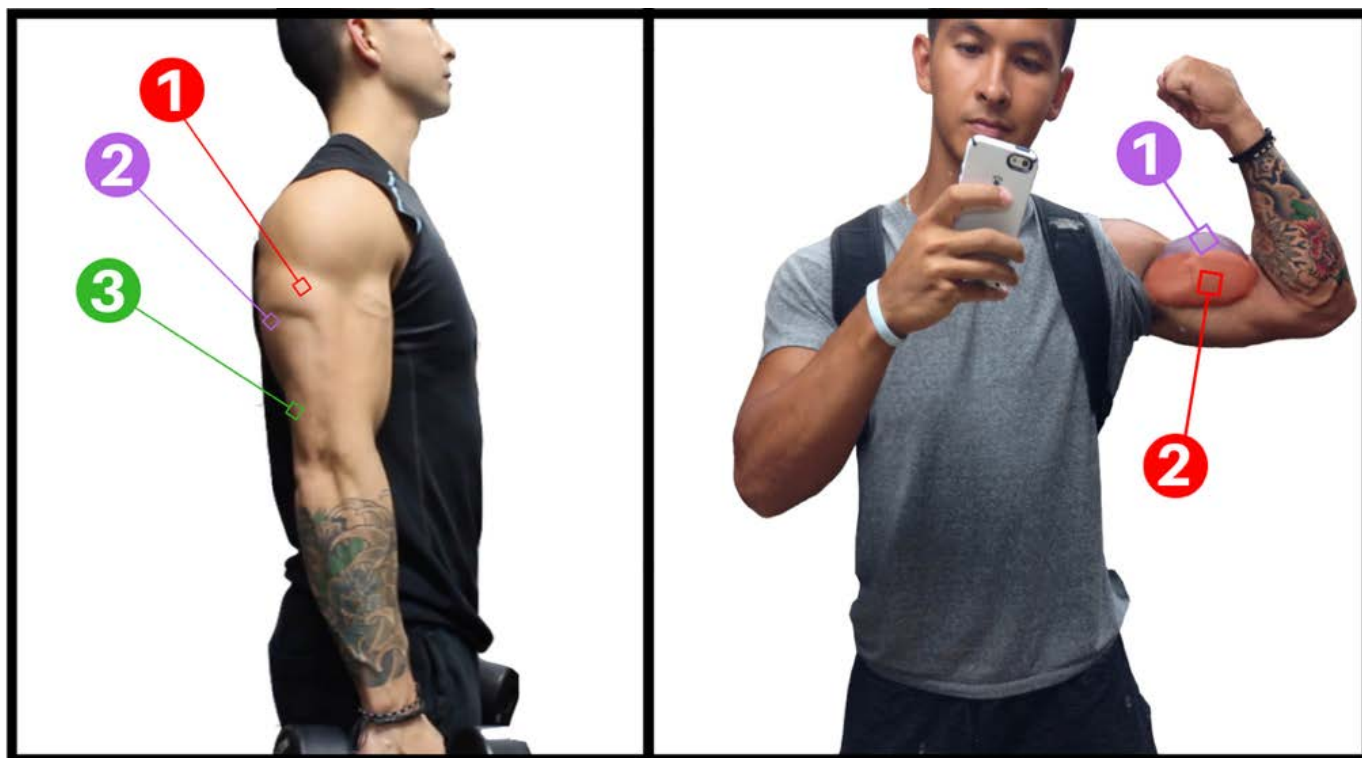
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THE GOAL OF THE ARMS SPECIALIZATION PHASE

**This 8-week phase is designed for those who are struggling with their arms development. But first, it's vital that you implement the tips mentioned in the mind-muscle connection and exercise tutorial chapters. If you're struggling to feel your arms working during arm exercises or aren't properly performing the exercises, then that's an issue that the specialization phase will not fix. You need to address that 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 arms specialization phase.*

The arms specialization phase is designed to add more mass to the **biceps**, **triceps**, **brachioradialis**, and the **brachialis** in order to create “fuller” and more well developed looking arms.

Each head of the biceps/triceps will be appropriately targeted:





THE GOAL OF THE ARMS SPECIALIZATION PHASE

We will be gradually increasing the weekly volume dedicated to your arms, as well as incorporating additional exercises for them. The changes being made every week will be highlighted within the tables, and the tutorials for the new exercises are at the end of the PDF. And to compensate, 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 arms 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 arms movements.

WEEKS 1 - 2

Total Direct Weekly Biceps Sets: 14

Total Direct Weekly Triceps Sets: 14

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
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.
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.
SUPERSET: Straight-Bar Triceps Pushdown Bar Drag Curls	3 3	10-12 10-12	-	Perform the triceps exercise first, rest for ~30 seconds, then perform the biceps exercise, then rest for another ~30 seconds, then start again with the triceps exercise and repeat for 3 total sets each.
SUPERSET: Incline Tricep Kickbacks Half ROM Straight Bar Curl	2 2	10-15 10-15	-	Same instructions as previous superset.

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
Close Grip Bench Press	4	8-10	2-3	Use shoulder-width grip, keep elbows tucked, use less of an arch than regular bench press.
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.
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.
Incline Overhead Dumbbell Extensions	3	12-15	1.5-2	Set incline bench to ~30 degrees, move arms overhead, keep elbow locked as you press.
Triangle Push-ups	2	10+ (to failure)	1.5-2	Make a triangle on the floor with your hands (keep them close together) & perform a push-up.

PULL WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Weighted Chin-Ups (RPT)	3	RPT: 4-6, 6-8, 8-10	2-3	Use an underhand grip shoulder-width apart, 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	2	10-12	2	Experiment with grip (neutral or palms facing down), keep upper traps relaxed.
Incline Dumbbell Curls	3	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Reverse Grip Curl (Bar or DB's)	3	10-15	1.5-2	Grab bar with an overhand shoulder-width apart grip, keep elbow locked as your curl.
Kneeling Face Pulls	3	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
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 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

DAY 7

WEEKS 3 - 4

Total Direct Weekly Biceps Sets: 15

Total Direct Weekly Triceps Sets: 15

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
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.
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.
SUPERSET: Straight-Bar Triceps Pushdown Bar Drag Curls	3 3	10-12 10-12	-	Perform the triceps exercise first, rest for ~30 seconds, then perform the biceps exercise, then rest for another ~30 seconds, then start again with the triceps exercise and repeat for 3 total sets each.
SUPERSET: Incline Tricep Kickbacks Half ROM Straight Bar Curl	2 2	10-15 10-15	-	Same instructions as previous superset.

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
Close Grip Bench Press	4	8-10	2-3	Use shoulder-width grip, keep elbows tucked, use less of an arch than regular bench press.
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.
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.
Incline Overhead Dumbbell Extensions	4	12-15	1.5-2	Set incline bench to ~30 degrees, move arms overhead, keep elbow locked as you press.
Triangle Push-ups	2	10+ (to failure)	1.5-2	Make a triangle on the floor with your hands (keep them close together) & perform a push-up.

PULL WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Weighted Chin-Ups (RPT)	3	RPT: 4-6, 6-8, 8-10	2-3	Use an underhand grip shoulder-width apart, 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	2	10-12	2	Experiment with grip (neutral or palms facing down), keep upper traps relaxed.
Incline Dumbbell Curls	4	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Reverse Grip Curl (Bar or DB's)	3	10-15	1.5-2	Grab bar with an overhand shoulder-width apart grip, keep elbow locked as your curl.
Kneeling Face Pulls	3	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
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 Biceps Sets: 16

Total Direct Weekly Triceps Sets: 16

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
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.
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.
SUPERSET: Straight-Bar Triceps Pushdown Bar Drag Curls	4 4	10-12 10-12	-	Perform the triceps exercise first, rest for ~30 seconds, then perform the biceps exercise, then rest for another ~30 seconds, then start again with the triceps exercise and repeat for 3 total sets each.
SUPERSET: Incline Tricep Kickbacks Half ROM Straight Bar Curl	2 2	10-15 10-15	-	Same instructions as previous superset.

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
Close Grip Bench Press	4	8-10	2-3	Use shoulder-width grip, keep elbows tucked, use less of an arch than regular bench press.
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.
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.
Incline Overhead Dumbbell Extensions	4	12-15	1.5-2	Set incline bench to ~30 degrees, move arms overhead, keep elbow locked as you press.
Triangle Push-ups	2	10+ (to failure)	1.5-2	Make a triangle on the floor with your hands (keep them close together) & perform a push-up.

PULL WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Weighted Chin-Ups (RPT)	3	RPT: 4-6, 6-8, 8-10	2-3	Use an underhand grip shoulder-width apart, 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	2	10-12	2	Experiment with grip (neutral or palms facing down), keep upper traps relaxed.
Incline Dumbbell Curls	4	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Reverse Grip Curl (Bar or DB's)	3	10-15	1.5-2	Grab bar with an overhand shoulder-width apart grip, keep elbow locked as your curl.
Kneeling Face Pulls	3	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
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 Biceps Sets: 17

Total Direct Weekly Triceps Sets: 17

DAY 1

UPPER BODY WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
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.
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.
SUPERSET: Straight-Bar Triceps Pushdown Bar Drag Curls	4 4	10-12 10-12	-	Perform the triceps exercise first, rest for ~30 seconds, then perform the biceps exercise, then rest for another ~30 seconds, then start again with the triceps exercise and repeat for 3 total sets each.
SUPERSET: Incline Tricep Kickbacks Half ROM Straight Bar Curl	3 3	10-15 10-15	-	Same instructions as previous superset.

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
Close Grip Bench Press	4	8-10	2-3	Use shoulder-width grip, keep elbows tucked, use less of an arch than regular bench press.
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.
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.
Incline Overhead Dumbbell Extensions	4	12-15	1.5-2	Set incline bench to ~30 degrees, move arms overhead, keep elbow locked as you press.
Triangle Push-ups	2	10+ (to failure)	1.5-2	Make a triangle on the floor with your hands (keep them close together) & perform a push-up.

PULL WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Weighted Chin-Ups (RPT)	3	RPT: 4-6, 6-8, 8-10	2-3	Use an underhand grip shoulder-width apart, 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	2	10-12	2	Experiment with grip (neutral or palms facing down), keep upper traps relaxed.
Incline Dumbbell Curls	4	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Reverse Grip Curl (Bar or DB's)	3	10-15	1.5-2	Grab bar with an overhand shoulder-width apart grip, keep elbow locked as your curl.
Kneeling Face Pulls	3	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
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

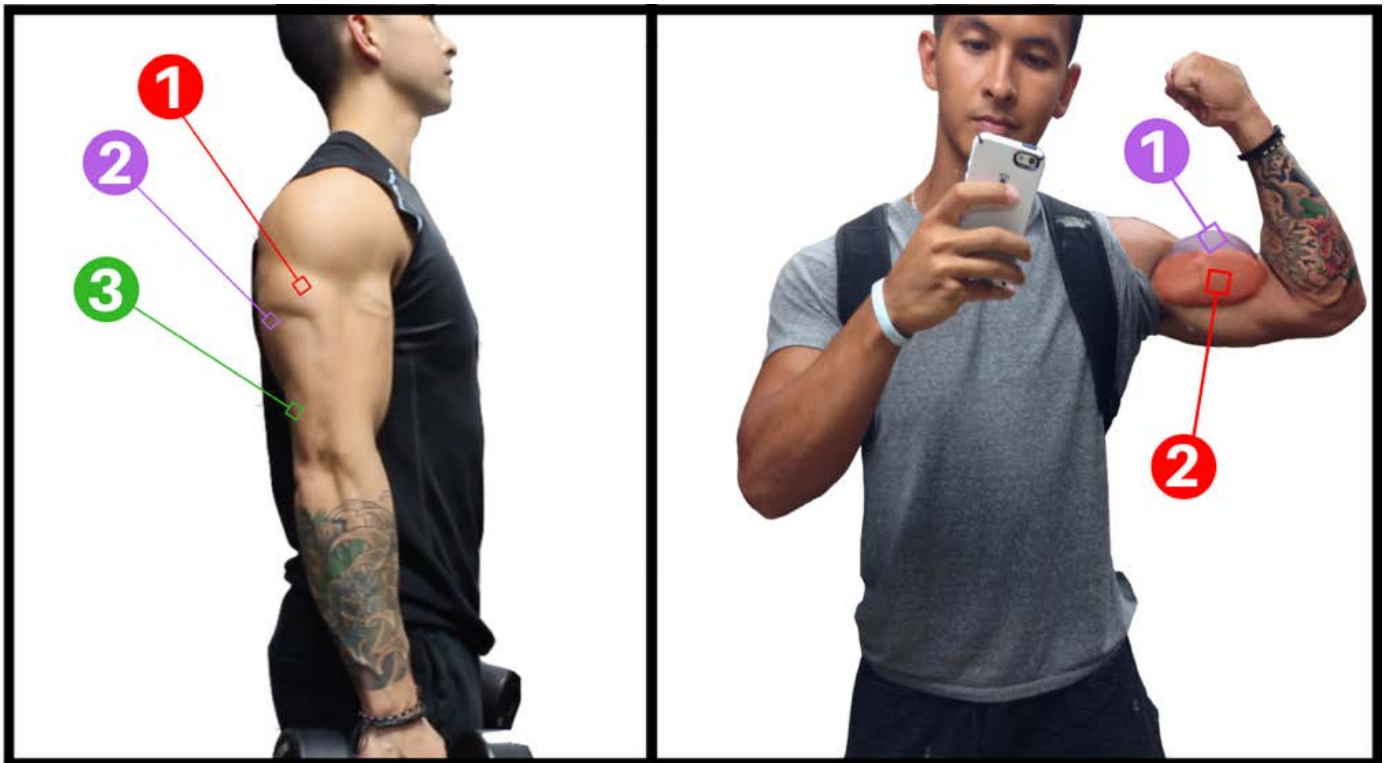
WEEK 9

Total Direct Weekly Biceps Sets: 8

Total Direct Weekly Triceps Sets: 8

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	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.
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.
SUPERSET: Straight-Bar Triceps Pushdown Bar Drag Curls	2 2	10-12 10-12	-	Perform the triceps exercise first, rest for ~30 seconds, then perform the biceps exercise, then rest for another ~30 seconds, then start again with the triceps exercise and repeat for 3 total sets each.

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
Close Grip Bench Press	3	8-10	2-3	Use shoulder-width grip, keep elbows tucked, use less of an arch than regular bench press.
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.
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.
Incline Overhead Dumbbell Extensions	2	12-15	1.5-2	Set incline bench to ~30 degrees, move arms overhead, keep elbow locked as you press.
Triangle Push-ups	2	6-10 (NOT to failure)	1.5-2	Make a triangle on the floor with your hands (keep them close together) & perform a push-up.

PULL WORKOUT

Exercise	Sets	Reps	Rest (min)	Notes
Weighted Chin-Ups (RPT)	2	RPT: 4-6, 6-8	2-3	Use an underhand grip shoulder-width apart, 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	2	10-12	2	Experiment with grip (neutral or palms facing down), keep upper traps relaxed.
Incline Dumbbell Curls	2	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.
Reverse Grip Curl (Bar or DB's)	2	10-15	1.5-2	Grab bar with an overhand shoulder-width apart grip, keep elbow locked as you curl.
Kneeling Face Pulls	2	10-15	1.5	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).
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) Drag curls

Exercise alternatives: Dumbbell drag curls, barbell curls (narrow grip), behind the back cable curls.

Target Muscle: Biceps (long head)

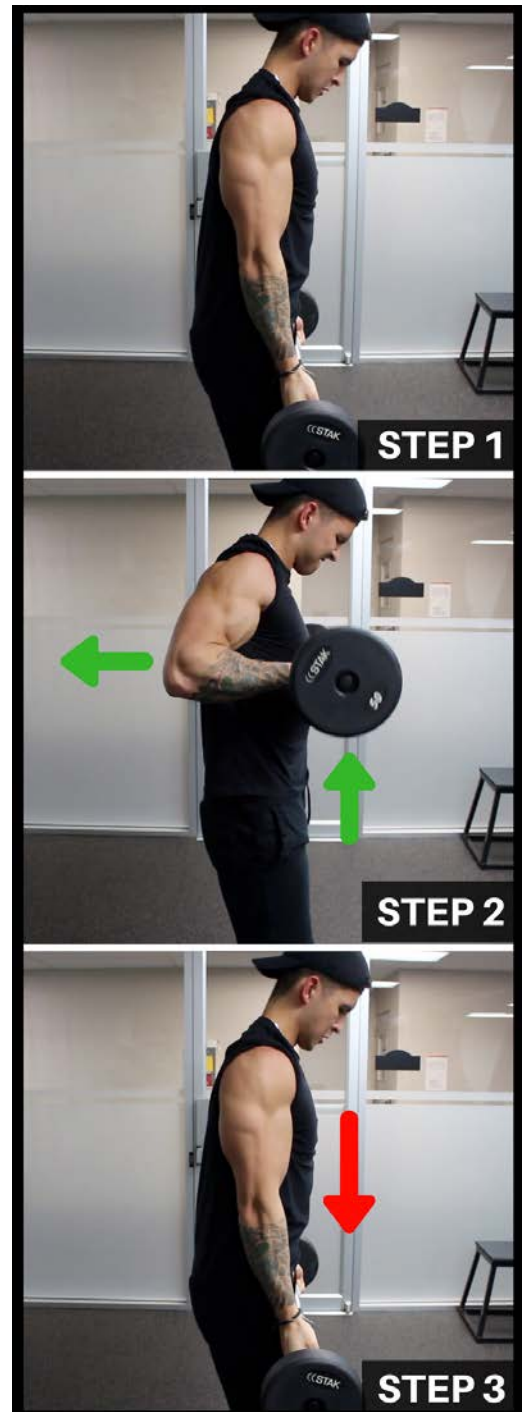


TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

Step 1: Grab a weighted bar with a shoulder-width grip and let it hang in front of your body.

Step 2: While keeping the bar *as close as possible* to the front of your body, drag the bar up alongside your body by contracting your biceps. Your elbows should naturally *move backwards behind* your body.

Step 3: Control the bar back to the starting position then repeat.



TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

2) Incline Tricep Kickbacks

Exercise alternatives: rope overhead press, incline tricep skullcrushers, rope pushdowns.

Target Muscle: Triceps (long head)



TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

Step 1: Lay with your stomach on an incline bench set to roughly 30-degrees, and a dumbbell in each hand. Then raise the dumbbells to your side until your upper arms are parallel with your body.

Step 2: While keeping your elbows locked, extend your arms straight back by contracting your triceps. Hold this position for half a second.

Step 3: Slowly descend back to the starting position while keeping your elbows locked and then repeat for more reps.

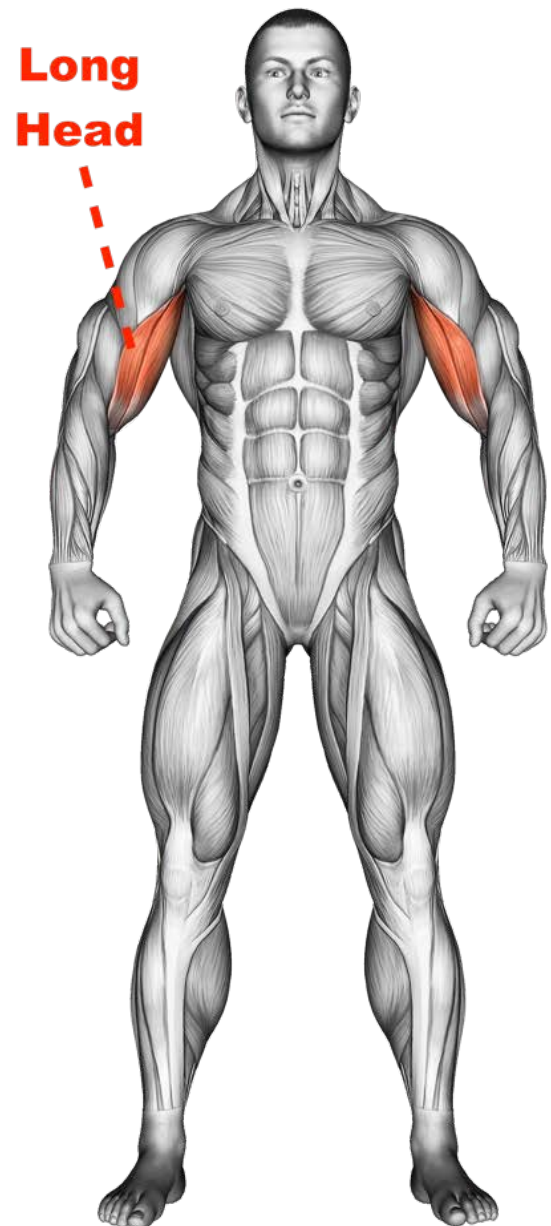


TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

3) Half ROM Straight Bar Curl

Exercise alternatives: narrow grip bar curls, behind the back cable curls.

Target Muscle: Biceps (long head).



TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

Step 1: Grab a straight weighted bar with an underhand shoulder-width grip.

Step 2: While keeping your elbows locked, curl the weight until your elbows are at about 90-degrees (“half rep”).

Step 3: Descend back down to the starting position while keeping your elbows locked, then repeat for more reps.

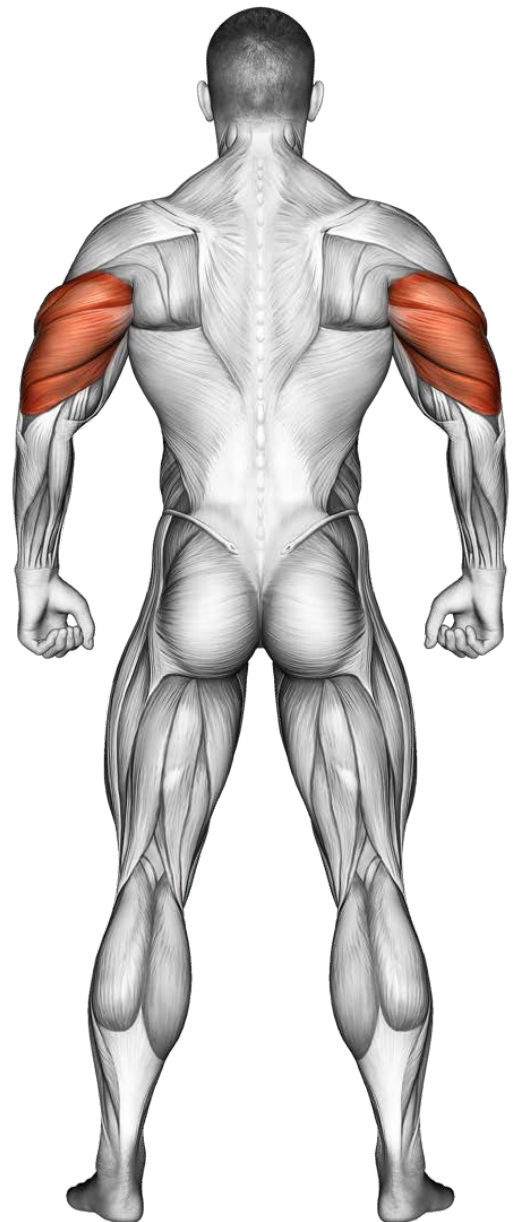


TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

4) Close-Grip Bench Press

Exercise alternatives: neutral-grip dumbbell press, tricep skullcrushers.

Target Muscle: Overall triceps.

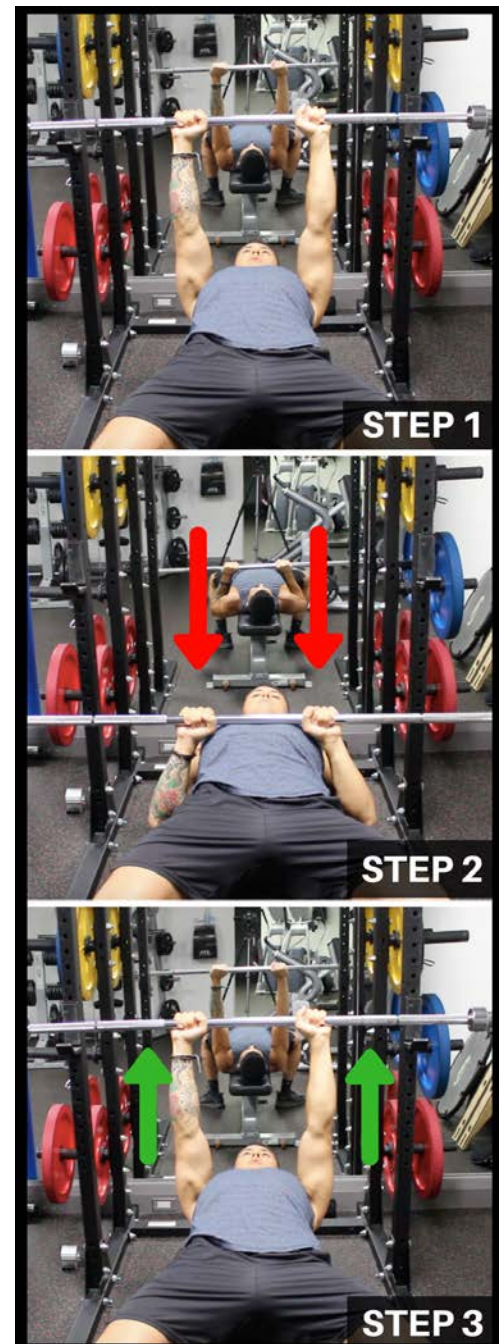


TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

Step 1: Grab the bar with an overhand shoulder-width grip, narrower than you would grip for a normal bench press. Set up to press by using a similar protocol as the bench press, but with less of an arch.

Step 2: Lower the bar until it touches your lower chest/sternum area. Your elbows should remain tucked.

Step 3: By focusing on using your triceps, press the weight back up to the starting position and then repeat for another rep.



TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

4) Incline Overhead Dumbbell Extensions

Exercise alternatives: overhead rope extensions, incline lying tricep skullcrushers.

Target Muscle: Triceps (long head)

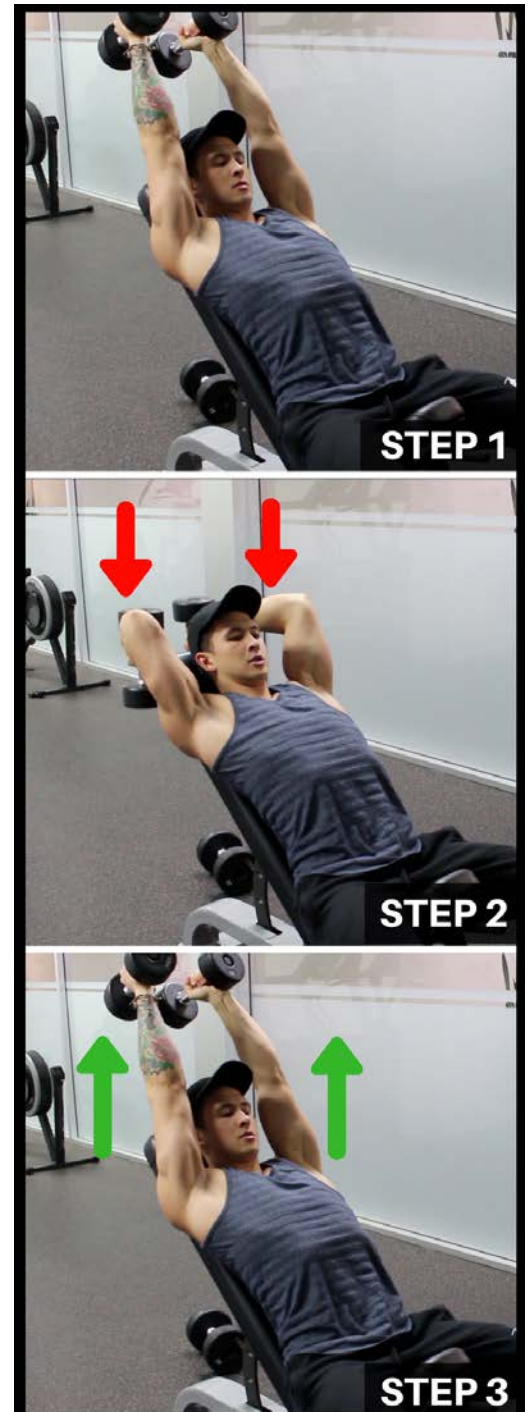


TUTORIALS & ALTERNATIVES FOR NEW EXERCISES

Step 1: Set up an incline bench to around 30 degrees. Lay your back on the bench with the dumbbells directly overhead.

Step 2: While keeping your elbows locked, lower the dumbbells back behind your body as far as it will go.

Step 3: Press the weight back up to the starting position by using your triceps while keeping your elbow locked in position. Repeat.





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 shown from the waist up, shirtless, performing a TRX exercise. He is holding the handles of a TRX suspension trainer and is in a plank-like position. In the background, a TRX Strength poster is visible on the wall, showing various exercise routines. The word "DISCLAIMER" is overlaid in large, bold, black letters on the left side of the image.

DISCLAIMER

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

JEREMY ETHIER'S

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