



4-DAY

***UPPER-LOWER
WORKOUT PLAN***

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OVERVIEW

Welcome to your 4-day upper-lower workout plan!

This is a 4 day upper-lower workout split designed to have a good balance of gains and time invested. For the first 2 weeks of this program, take it easy and avoid pushing too close to failure during your sets. You don't want to get too sore during this period. After the first 2 weeks once your body starts adapting, you can start pushing your sets harder and increasing the weight. Eventually, you should experience no/minimal soreness going into each of your workouts.

This plan will consist of 4 workouts per week and will look something like this:

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------|--------------|-----------|--------------|--------------|----------|--------|
| Upper Body 1 | Lower Body 1 | Rest | Upper Body 2 | Lower Body 2 | Rest | Rest |

The exact days that you work out on don't matter. The key is that you are getting at least 3 rest days per week so that you are not doing more than 2 workout days in a row. Your rest days should ideally be set up like the example above, after every "lower body" workout. As for the workouts themselves, you will be doing 2 upper body and 2 lower body workouts per week. Though they are labeled as "upper" and "lower", each workout contains slightly different exercises to challenge your muscles in a different way.

Lastly, each exercise listed in this workout routine has an exercise alternative at the end of this PDF that you can use as a swap. Whether it's because of limited equipment availability, because of a past injury or limitation, or wanting to switch your routine up later down the road, you can use this list to help find an exercise more suitable for you.

After a while using this plan, we recommend joining one of our [Built With Science programs](#) for more science-based workouts to continue challenging you and getting you results.



UPPER ***BODY***

1

UPPER BODY 1 WORKOUT

| EXERCISE | SETS | REPS | REST (MIN) | NOTES |
|--|------|-----------------------------------|------------|---|
| <u>Low Incline Dumbbell Press</u> | 3 | 8-10 | 2-3 min | Set bench 1-2 notches up from bottom, keep chest up, avoid flaring elbows out. |
| <u>Pull-Ups</u> | 3 | 6-12 | 2-3 min | Grip outside shoulder-width, pull until chin over bar, use alternative if unable to do 6 reps in a row. |
| <u>Dumbbell Lateral Raises</u> | 3 | 15-20 | 1.5-2 min | Lean torso forward slightly, raise arms in scapular plane, avoid using momentum. |
| <u>Dumbbell Chest Supported Row (mid/upper back focused)</u> | 3 | 10-12 | 1.5-2 min | Set bench 2 notches up from bottom, angle elbows out, squeeze shoulder blades together. |
| <u>Banded Push-Ups</u> | 3 | 10+ (take last set to failure) | 1.5-2 min | Wrap band around back, perform close-grip push-ups if band not available. |

LOW INCLINE DUMBBELL PRESS

STEP 1: SETUP

Set up an incline bench to about 15 to 30 degrees, typically the first to second notch up from the bottom. Grab a pair of dumbbells and sit on the bench. Kick up the dumbbells one at a time to get them into position with your arms straight over your body. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground.

STEP 2

Brace your core and then control the weight down by dropping your elbows to about a 45 to 60 degree angle from your torso. Allow your hands to naturally turn in slightly. Continue lowering until the weights reach around the level of your chest, or as low as is comfortable for you.

STEP 3

Use your chest to push the weight back up until your arms are fully locked out and directly over your shoulders. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.

STEP 1



STEP 1



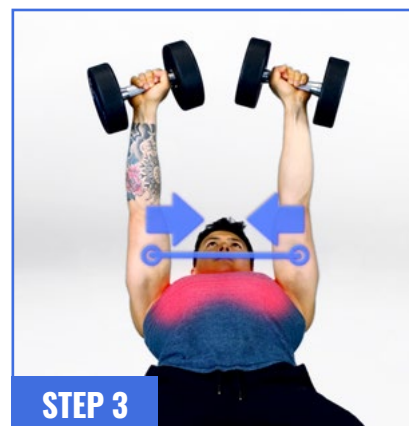
STEP 1



STEP 2



STEP 3



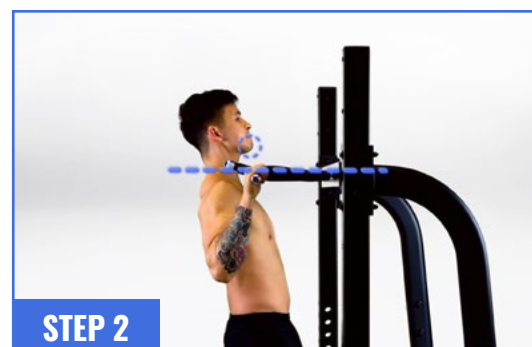
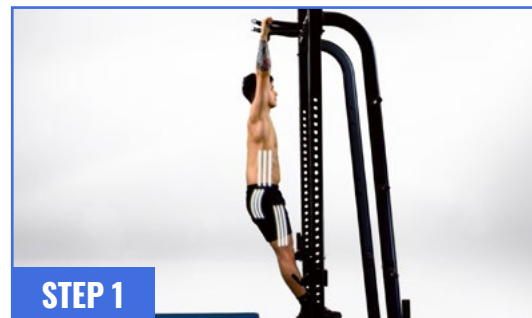
PULL-UPS

STEP 1: SETUP

Grip the bar using an overhand grip slightly wider than shoulder-width apart. From here, let your body hang and then begin stabilizing your body by bringing your feet together, flexing your quads and glutes and contracting your abs. You want to maintain this position as you pull.

STEP 2

Initiate the pull by first bringing your shoulders down and away from your ears. Then, pull your elbows down and back into your sides as if you were trying to pull them into your back pockets. As you do this, think about trying to bring your chest up towards the bar. Continue pulling-up until your chin is above the bar. From here, control yourself by letting your elbows move up and out until your arms are almost fully straightened, and then continue into your next rep.



DUMBBELL LATERAL RAISES

STEP 1: SETUP

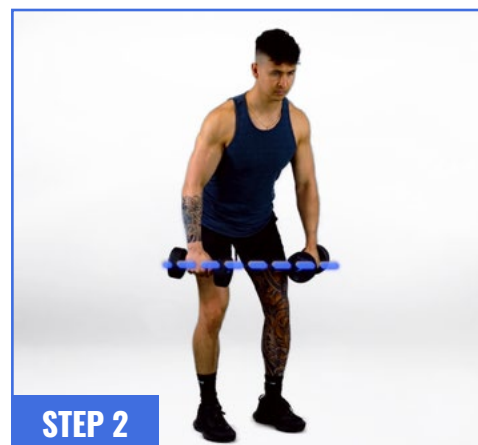
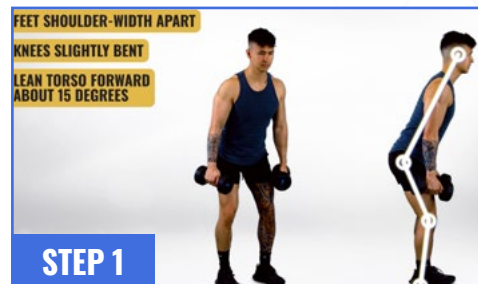
Grab a pair of dumbbells and stand with your feet about shoulder width apart and knees slightly bent. Lean your torso forward about 15 degrees.

STEP 2

Brace your core. While keeping your arms just slightly bent, raise your hands out in front of you. As you do so, raise your arms in a Y position in front of you. This is about 15 to 30 degrees in front of your body. Raise the weight until your arms reach shoulder-height, control them back down until your hands are down in front of your thighs, and then repeat for more reps.

ADDITIONAL TIPS

To better help with muscle activation, you can try using a thumbless grip and rather than thinking about raising the weight up, think about raising the weight out as if you were pushing your hands out towards the walls.



DUMBBELL CHEST SUPPORTED ROW (MID/UPPER BACK FOCUSED)

STEP 1: SETUP

Set up an incline bench to an angle of about 30 degrees, typically the second notch up from the bottom. Grab a pair of dumbbells using a thumbless grip and lay your chest on the bench with your arms hanging down by your sides and palms facing each other. Plant the balls of your feet firmly into the ground with your legs fully straightened or slightly bent.

STEP 2

To stabilize your body, bring your shoulders down and away from your ears, squeeze your glutes and flex your abs. Then, pull your elbows back behind your body at about a 45 to 60 degree angle away from your torso. Squeeze your shoulder blades together at the top position.

STEP 3

Control the weight back down to the starting position instead of letting it just drop. Let your shoulder blades open up, reset, and then go into your next rep.

ADDITIONAL TIPS

Think about pulling with your elbows each rep in order to better activate your back.



(BANDED) PUSH-UPS

STEP 1: SETUP

Cross the band over once and loop your arm into each hole as if you were putting on a backpack. When done properly, it should make an X shape on your back. Hook each band with your thumbs. From here, get down on your knees and set your hands by placing them just slightly wider than shoulder-width apart. Next, with your arms fully extended, extend your legs one at a time straight behind you with your toes together.

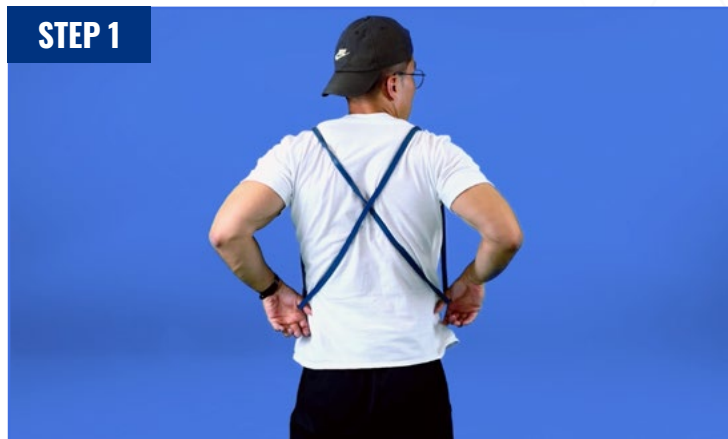
STEP 2

Bring your shoulders down and away from your ears, brace your core, flex your thighs and glutes, and tuck your chin. Maintain this position as you slowly lower your body down by bending your elbows to about a 45 to 60 degree angle away from your torso. Continue until your chest almost touches the ground.

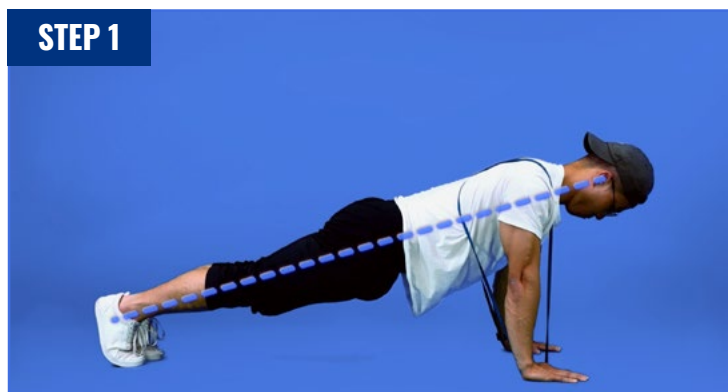
STEP 3

From here, push up and back until your arms fully straighten. Let your shoulder-blades open up at the top before proceeding to the next rep.

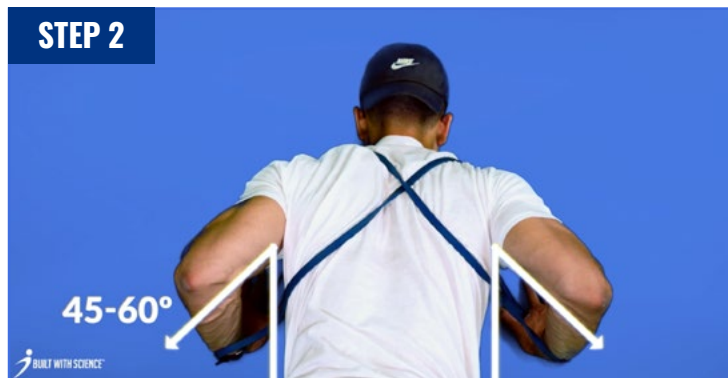
STEP 1



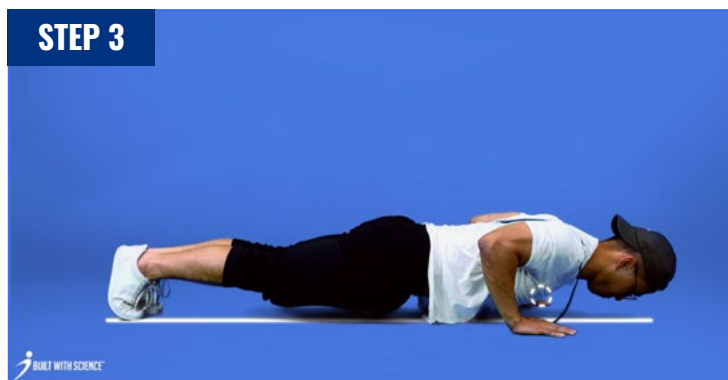
STEP 1



STEP 2



STEP 3



SHORTCUT YOUR TRANSFORMATION

Want a proven, step by step plan to build a body you're proud of?

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LOWER

BODY

1

LOWER BODY 1 WORKOUT

| EXERCISE | SETS | REPS | REST (MIN) | NOTES |
|---|------|------------|------------|---|
| <u><i>Barbell Back Squat</i></u> | 3 | 8-10 | 2-3 min | Experiment with foot stance, squat down to at least parallel, elevate heels onto weight plates if needed. |
| <u><i>Dumbbell Romanian Deadlift</i></u> | 3 | 10-12 | 2 min | Push hips back, slight bend in knees, lower until hands reach level of shins. |
| <u><i>Seated Leg Extensions</i></u> | 3 | 10-15 | 1.5-2 min | Pull down on handles, pause at top position, control weight down. |
| <u><i>Standing Weighted Calf Raises (barbell or dumbbell)</i></u> | 3 | 10-15 | 1.5 min | Feet hip width apart, elevate toes on weight plate, press up on big toes. |
| <u><i>Palloff Press</i></u> | 2 | 5 per side | 1 min | Use cables or band, press arms straight out and back in. |

BARBELL BACK SQUAT (BEGINNER VERSION)

ATTENTION: For the barbell back squat, since the exercise is quite technical, it is recommended that you [watch the full exercise tutorial video](#). If needed, perform the exercise regression included in the video first before performing the full barbell back squat.

STEP 1: SETUP

Set a barbell in a rack at about the height of your mid-chest. Face the bar and grip it with your hands slightly wider than shoulder-width apart. Duck under the bar and place it over the back of your shoulders, letting it rest on your upper traps. Lift it out of the rack by extending your legs. Take one step back with one foot, one step back with the other one, and then use a third step to correct your stance into an even position. The optimal foot stance will vary, but first experiment with a stance that is just outside shoulder-width with your toes pointed outwards at about 15 degree angle.

STEP 2

Plant your feet firmly into the ground, pull the bar down into your upper back, and engage your core. Take a deep breath in through your nose, and then squat straight down by bending at your hips and knees. As you do so, the bar should remain over the level of your midfoot and the weight should be evenly distributed between your big toe, your little toe, and your heels. Your knees should also be bending slightly outwards in the same direction of your toes. Continue squatting down until your thighs reach at least parallel or slightly below. From here, while keeping your core engaged, exhale and reverse the movement by extending your legs, thinking about bringing the bar up towards the ceiling and exhaling as you do so.

When done correctly, the bar should make an almost perfectly vertical path down and up each rep. Depending on your anatomy, your torso may end up more vertical or more bent over than others, which is normal as long as you're following the tips and avoiding the common mistakes.

ADDITIONAL TIPS: If you find it difficult to reach full depth, you can try elevating your heels onto weight plates to help with ankle mobility.



DUMBBELL ROMANIAN DEADLIFT

STEP 1: SETUP

Grab a pair of dumbbells, hold them by your sides, and take a shoulder-width stance with your feet pointed slightly outwards at about a 15 degree angle.

STEP 2

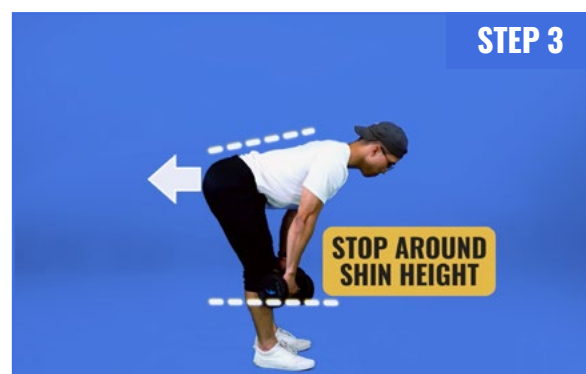
Contract your abs, take a deep breath in through your nose, then descend by pushing your hips straight back. Keep just a very slight bend at your knees and keep the bar as close to your body as possible, ideally right above the middle of your feet. As you descend, your hands should move from a neutral position at your sides to your palms facing towards you with the dumbbells held horizontally in front of your legs. Lower the dumbbells only until the point where you can't push your hips back without your lower back starting to round, usually at knee level or mid-shin level.

STEP 3

Keep your core braced and then exhale as you reverse the motion by pushing your hips forward and then rotating the dumbbells back into the starting position by your sides. Once your legs are fully straight, repeat for another rep. Spend about 2-3 seconds on slowly controlling the weight down, and then about 1 second to bring the weight back up.

ADDITIONAL TIPS

To better engage the hamstrings, you can think about pulling the floor back with your heels as you come up.



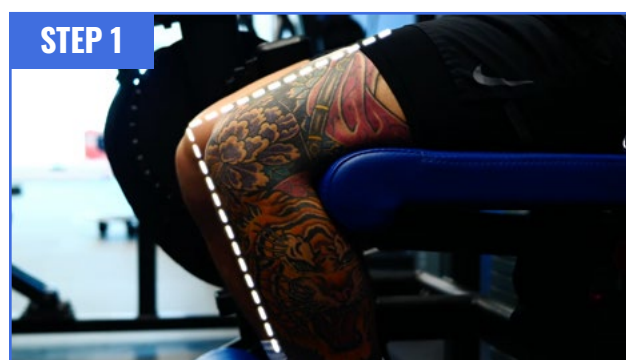
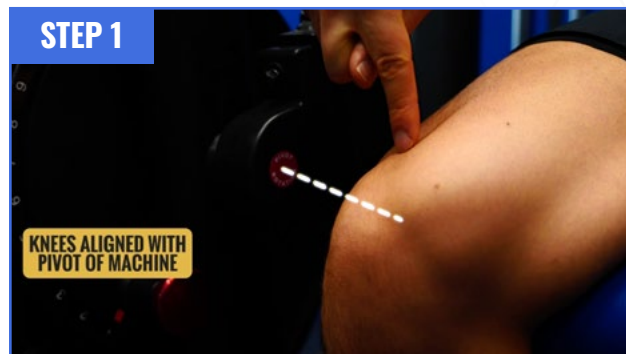
SEATED LEG EXTENSIONS

STEP 1: SETUP

Set up your back rest so that when you sit down, your knees are aligned directly beside the pivot point of the machine. For most people, your knees should end up just past the edge of the seat. Next, adjust the height of your foot pad so that when you're seated, your legs are at a roughly 90 degree angle with the pad resting just above your ankle.

STEP 2

Grab the handles on the side of the machine and pull up on them by engaging your lats. Brace your core, and then while keeping your toes pointed straight up, use your quads to extend your legs straight forward. As you do so, keep your knees facing forward rather than rotating them in or outwards. Extend as far up as you can, pause briefly at the top, and then control the weight all the way back down to the starting position and repeat.



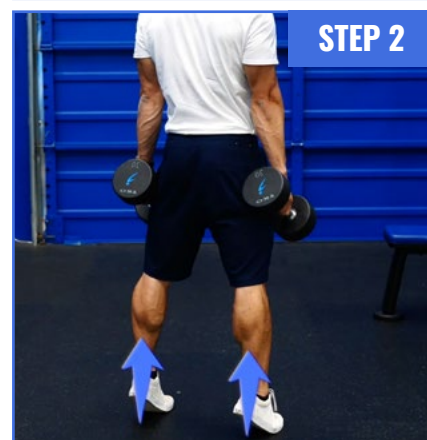
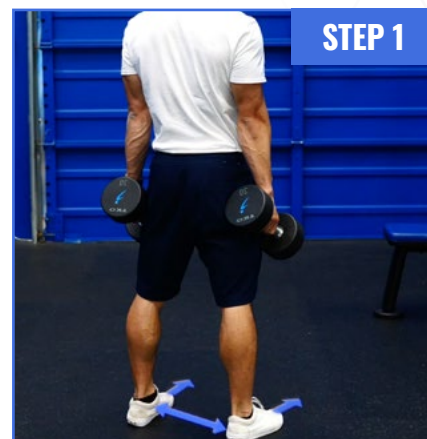
STANDING WEIGHTED CALF RAISES (BARBELL OR DUMBBELL)

STEP 1: SETUP

You can perform this movement either using a weighted barbell or with a pair of dumbbells in each hand. Grab a pair of dumbbells and place your feet about hip width apart facing forwards.

STEP 2

Brace your core and then push straight up onto your toes as far as you can, keeping most of the pressure on your big toes. Then, control your heel slowly back down until they touch the ground, and repeat. Once you get good at this, you can progress it by adding a small 5 or 10 lb weight plate under each of your toes and perform it on there. Once you get good at that, you can use a larger weight plate or an elevated platform for a greater range of motion. It can be hard to balance so just be cautious when performing this so you don't fall over. The same also applies if you were using barbells.



PALLOFF PRESS

STEP 1: SETUP

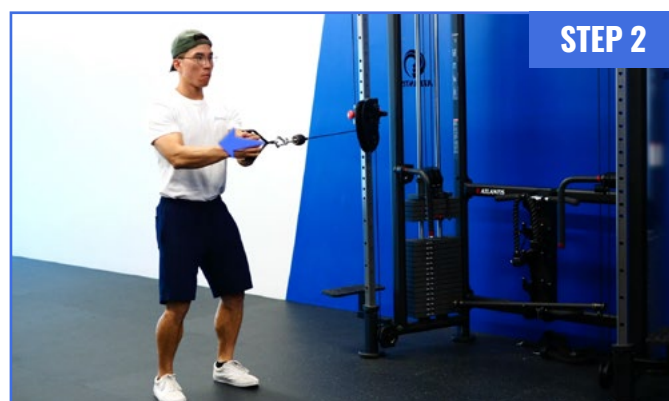
Set the cable machine with a handle attachment to around the level of your chest. Position yourself sideways from the cable, grab the handle by interlocking both hands around it, and then take a few steps laterally away from it while keeping the handle at your chest. Maintain just a slight bend in your knees.

STEP 2

Brace your core, and then while keeping your body straight and hips facing forward, slowly extend your arms outward in front of you at the height of your chest. Continue until they're completely straight and then slowly bring your arms back to the starting position before continuing for another rep. Continue your reps on one side before facing the other way to work the other side.

ADDITIONAL TIPS

If you're using a band instead of a cable machine, you'll simply loop it around a stable fixture at this height. Once this becomes easy, you can choose to either increase the weight, step further away from the cable or band, and/or introduce a squat to the movement by bending your knees a little bit more as you perform it, and gradually getting to the point where you're able to do this in a full squat position.





UPPER ***BODY***

2

UPPER BODY 2 WORKOUT

| EXERCISE | SETS | REPS | REST (MIN) | NOTES |
|---|------|-------|------------|---|
| <u><i>Barbell Bench Press</i></u> | 3 | 8-10 | 2-3 min | Grip slightly outside shoulder-width, keep chest up, lower bar to level of nipples, avoid flaring elbows out. |
| <u><i>Seated Cable Row (mid/upper back focused)</i></u> | 3 | 8-10 | 1.5-2 min | Use wide grip handle if possible, angle elbows out, squeeze shoulder-blades together. |
| <u><i>Standing Barbell Overhead Press</i></u> | 3 | 6-8 | 2-3 min | Press in straight line up, keep core and glutes engaged, avoid arching back. |
| <u><i>Standing Mid-Chest Cable Fly</i></u> | 3 | 10-15 | 1.5-2 min | Set cables to chest height, squeeze arms together, pause at end position. |
| <u><i>Behind Body Cable Curls</i></u> | 3 | 10-12 | 1.5-2 min | Take small step forward from cable, let arm hang behind you, curl cable up. |
| <u><i>Standing Face Pulls</i></u> | 3 | 10 | 1 min | Use double rope attachment if possible, use light weight, perform without Y-raise to make it easier. |

BARBELL BENCH PRESS

STEP 1 SETUP

Lie down on the bench and position yourself such that your eyes are directly below the racked bar. Use a medium grip on the bar that's slightly wider than shoulder-width apart. Pull your shoulder blades down away from your ears and pinch them together to create a small space between your lower back and the bench. Firmly plant your feet on the ground. Unrack the bar and bring it over the level of your shoulders

STEP 2

Control the weight down while dropping your elbows down at about a 45 to 60 degree angle from your torso. The bar should travel down and slightly forward and touch your chest at the level of your sternum.

After the bar touches your chest, push the bar up and back to the starting position with your arms fully locked out. The bar should travel up and slightly back as you do this. Think about pulling your arms together as if you were trying to touch your biceps together to move the weight up.

ADDITIONAL TIPS

Avoid bouncing the bar against your chest at the bottom position and use control to simply touch your chest. Whenever possible use a spotter, especially with heavier loads.



SEATED CABLE ROW (MID/UPPER BACK FOCUSED)

STEP 1: SETUP

Once you've found the attachment, get into the starting position with your knees slightly bent on the pad and back straight.

STEP 2

Brace your core and bring your shoulders down and away from your ears. Pull your elbows back behind your body at about a 45 to 60 degree angle away while squeezing your shoulder blades together.

STEP 3

Control the weight back down to the starting position, letting your shoulder blades open up, and then go into your next rep. You can let your upper body round forward to fully open up your back, as long as your core remains tight and your lower back doesn't round excessively.

ADDITIONAL TIPS

You can use the V-bar attachment, but a better option would be a wider handle setup so that your elbows can flare outwards as you pull. If you don't have access to any of that, you can try putting two handles over a lat pulldown attachment and twist them to lock them in place.

STEP 1



STEP 2



STEP 2



STEP 3



STANDING BARBELL OVERHEAD PRESS

STEP 1: SETUP

Set up the bar in a rack such that it's at the level of your armpits. Get under the bar and grab it with a grip just outside shoulder-width apart. Tuck your elbows so that they align directly under the bar with your forearms vertical. Lift the bar up off the rack, take 3 steps back, and plant your feet about shoulder width apart with your toes slightly pointed outwards.

STEP 2

Squeeze your glutes, flex your quads, and brace your core. Take a deep breath in through your nose and then exhale as you press the bar straight up. As you do so, slightly tilt your chin back to avoid hitting it. Once the bar passes your head, you can tilt your head back forward back into its neutral position. Press until your arms are straight.

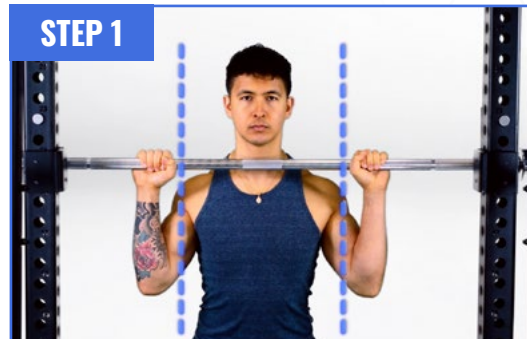
STEP 3

Inhale as you lower the bar by dropping your elbows into a roughly 45 degree angle in front of your body until the bar reaches the level of your upper chest. Pause here briefly, re-stabilize your glutes and core if needed, and then continue for your next rep.

ADDITIONAL TIPS

Avoid bending your knees and using leg drive to move the weight up. This is a different exercise. Instead, keep this a strict press by only using your upper body to press the weight up.

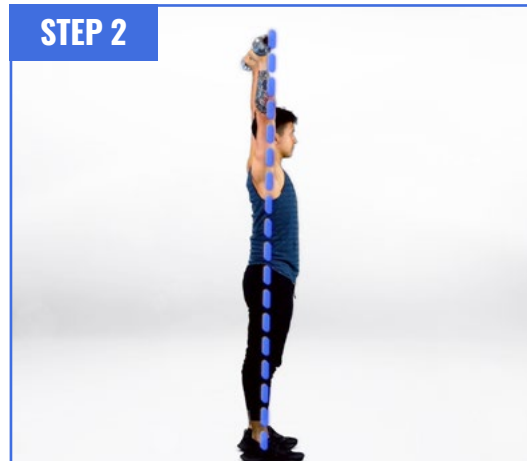
STEP 1



STEP 1



STEP 2



STEP 3



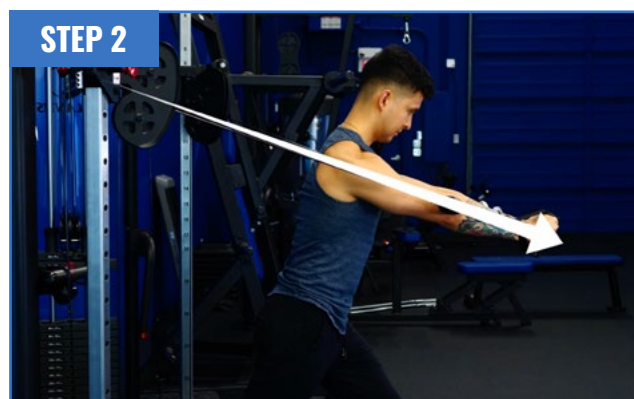
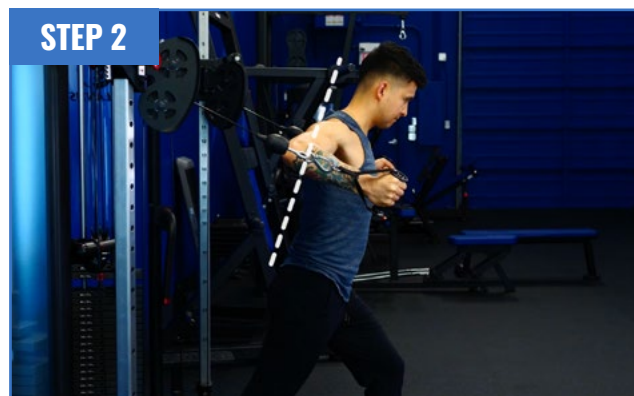
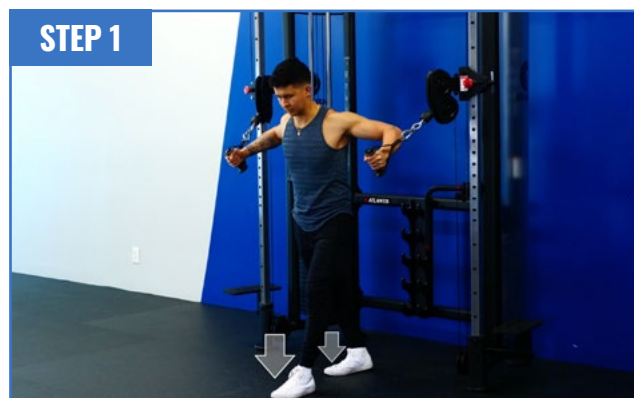
STANDING MID-CHEST CABLE FLY

STEP 1: SETUP

Stand between a cable setup with the pulleys to just above shoulder height. Grab each handle, take a couple steps away from the cable, get into a staggered stance position for support, bend over at your torso just slightly, and then bring your arms down straight in front of your body with your palms facing each other. You want to set up such that at this bottom position, the line of the cable is in line with your forearms.

STEP 2

Brace your core. Control the weight back while bending your arms until your elbows reach the level of your torso. Then, using your chest muscles, bring your arms in together until they fully straighten. Think about squeezing your biceps in as if you were trying to bring them together to better engage your chest.



BEHIND BODY CABLE CURLS

STEP 1: SETUP

Attach a handle to each cable and move it to the lowest position. Face away from the cable and grab the handle in each arm. Take a couple small steps forward and let your arms hang straight slightly behind your body and towards the direction of the cable.

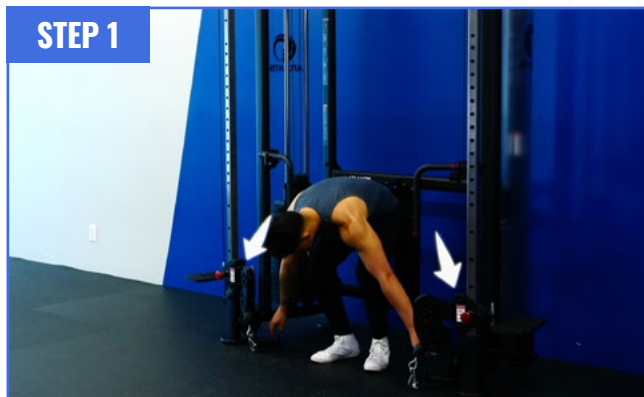
STEP 2

Brace your core, pull your shoulders down and away from your ears, and then while keeping your elbows locked in position, curl your hands up towards your shoulders. As you do so, you should be curling up but also slightly inward to match the direction of the cable. Once your arms reach roughly the level of your chest, control the weight back down until your arms fully straighten, and then repeat for another rep.

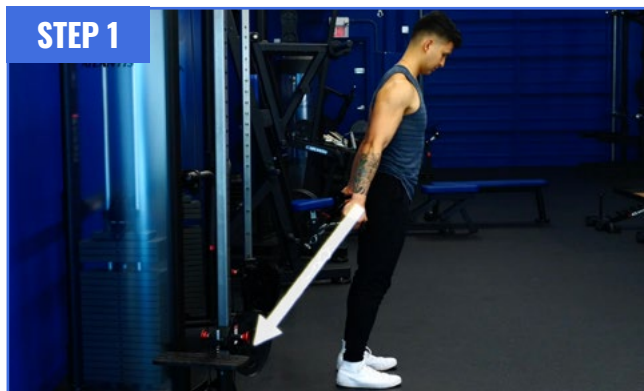
ADDITIONAL TIPS

To perform this exercise one arm at a time, if you were curling your right arm for example, you'd stand in front and slightly to the left of the cable so that you can curl your arm straight up with the cable pulling your arm directly back at a straight angle.

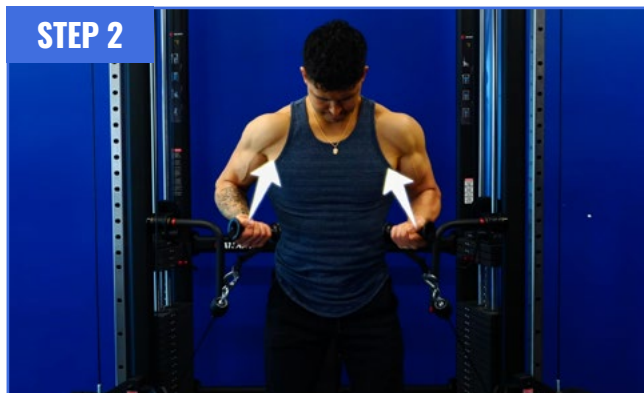
STEP 1



STEP 1



STEP 2



STEP 2



STANDING FACE PULLS

STEP 1: SETUP

Move a cable to the top position. Using a double rope attachment, grab the rope in each hand with a neutral grip. Next, set the weight light and take a few steps back away from the pulley. From here, raise your arms so that they are straight and directly facing the pulley.

STEP 2

Brace your core and squeeze your glutes. Pull your hands towards your face, trying to get the cable to the level of your forehead. As you do so, pull back with both your elbows and hands, such that at the end position your arms are positioned in a “biceps flexing” pose at a 90 degree angle with your hands directly over your elbows. From here, slowly raise your arms up into a Y position and then back down. Then, straighten your arms back to the starting position.

ADDITIONAL TIPS

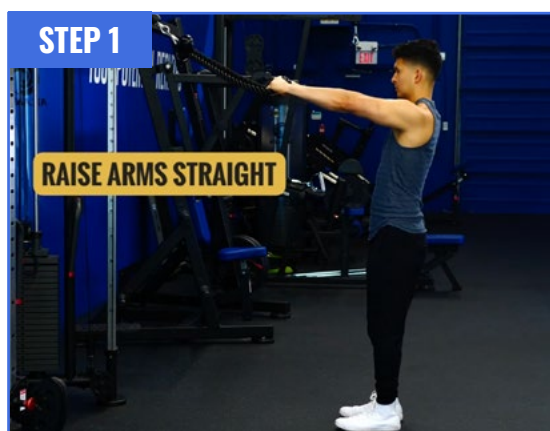
If using a band, you would execute this the exact same way, and simply use a wide overhand grip on the band. The band will be quite challenging from even just a few steps away, so position yourself relatively closer to the band where there isn't as much tension.

STEP 1



STEP 1

RAISE ARMS STRAIGHT



STEP 2



STEP 2





LOWER

BODY

2

LOWER BODY 2 WORKOUT

| EXERCISE | SETS | REPS | REST (MIN) | NOTES |
|---|------|--------------|------------|---|
| <u>Barbell Deadlift</u> | 3 | 6-8 | 2-3 min | Hip-width stance, grip outside knees, keep head/back/hips in straight line. |
| <u>Front Foot Elevated Reverse Lunges</u> | 3 | 8-10 per leg | 2 min | Stand on weight plate, take long step backward, lean torso forward slightly, alternate legs each rep. |
| <u>Seated Leg Curls</u> | 3 | 10-15 | 1.5-2 min | Keep toes pointed straight up, control the weight, avoid arching lower back. |
| <u>Seated Weighted Calf Raise</u> | 3 | 10-15 | 1.5 min | Point toes forward, lower heels as far as possible, push up on big toes. |
| <u>Bird Dog</u> | 2 | 5 per side | 1 min | Straighten opposite arm/leg, avoid arching low back. |

BARBELL DEADLIFT (HOW TO HINGE)

For the barbell deadlift, since the exercise is quite technical, it is recommended that you [watch the exercise tutorial video](#). If needed, perform the exercise regression included in the video first.

HOW TO HINGE

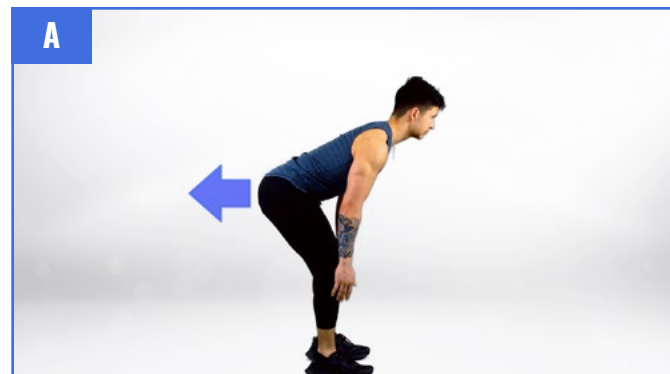
For those less familiar with deadlifts, you'll first start with mastering how to hinge.

The deadlift is a hinge based movement, which means bending at the hip. To learn this, stand straight with your hands by your side and feet shoulder-width apart. Brace your core, and push your hips back towards the wall behind you while you hinge forward at the hips. Think about it as if you had a rope wrapped around your hips and it was pulling you from the back. Continue pushing your butt back until your torso lowers to about midway between vertical and parallel to the floor. You can slightly bend your knees as you do so. Pause once you get here, and then reverse the motion by contracting your glutes and pushing your hips forward.

Continue practicing this, trying to keep your back in a neutral position throughout the movement rather than excessively arching it or rounding forward. You can imagine as if you had a straight pole connecting the back of your head to your upper back to your lower back.

If you're having trouble with this, you can use a wall as a guide. Stand with your back facing the wall about three inches away from it. Start hinging at the hips by sticking your butt out until it makes contact with the wall. Make sure to keep a neutral spine and a nice flat back. Once you can do this several times, try stepping out another inch or two and doing it again. Stick with this pattern until you are completely away from the wall and able to do a full hip hinge.

Once you've nailed down your hinge, you can progress the exercise with weight by using a dumbbell or a kettlebell.



BARBELL DEADLIFT

STEP 1: SETUP

We're going to cover the conventional deadlift, which involves a fairly narrow stance.

Start with a barbell on the ground. If you have access to big bumper plates, load the bar with those. If you aren't going to be using any weight or only have access to smaller weight plates, either elevate the bar onto a rack, weight stack, or any elevated platform so that the bar starts at about the level of your shins.

Stand under the bar with your feet about hip-width apart and toes pointed outwards slightly. When you look down at the bar, it should be directly over your midfoot. Get down to grip the bar by pushing your hips back with a slight bend in your knees. Keep your back straight as you do so, and continue lowering until you're able to reach the bar. With your arms straight, grip the bar with an overhand grip that's about shoulder-width apart, which should be just outside of your knees. Bring the bar as close to your shins as possible and tuck your chin down to align your neck with your spine by gazing at the floor just a few feet in front of you.

STEP 2

Stabilize your body by thinking about bending the bar in half towards you by engaging your lat muscles, and then pull your chest up and hips down to wedge yourself into the bar. From here, brace your core and pull the slack out of the bar by lightly pulling up against it and pushing your feet away from the floor.

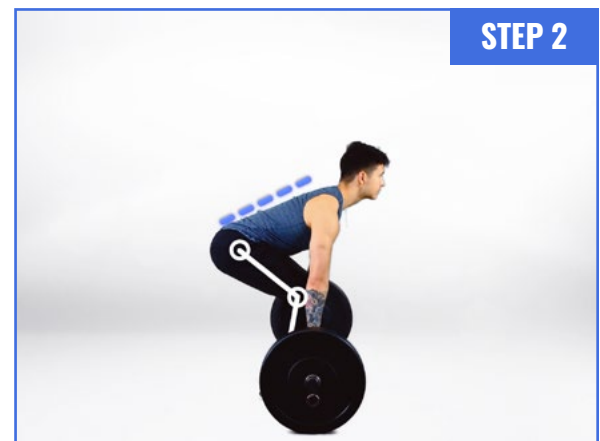
From here, while maintaining a straight back and keeping your chest up, pull up on the bar while pushing your feet down against the floor. As you do so, the bar should travel in a perfectly straight line up over your midfoot and should be kept as close to your body as possible. Once the weight passes your knees, drive your hips forward and squeeze your glutes to finish the lift. From here, control the weight back down by first pushing your hips back and then once the weight passes your knees, bending your knees until the weights touch the ground. Again, keep the bar as close to your thighs and knees as possible as you do so. You can choose to either perform touch and go reps, just lightly tapping the ground with the weights each rep, or you can choose to let the weights fully settle on the ground and reset your form before going into the next rep.

ADDITIONAL TIPS

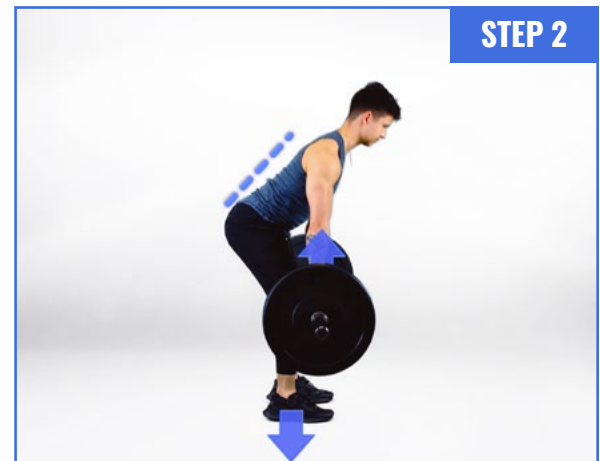
If you still have trouble with rounding your back as you pull, try lightening the weight and also consider elevating the starting position onto weight plates to shorten the range of motion. This is especially helpful for taller individuals or those with certain hip structures that make getting into the deadlift position difficult. You don't need to lift from the floor unless you're planning to compete as a powerlifter.



STEP 1



STEP 2



STEP 2



STEP 2

FRONT FOOT ELEVATED REVERSE LUNGES

STEP 1: SETUP

Grab a pair of dumbbells and stand with your feet together on a small elevated platform like a weight plate. Brace your core.

STEP 2

While keeping your front leg planted on the platform, take a long step backwards with your other leg and sink down into a lunge position by driving the knee of your back leg towards the ground. Keep your back neutral and lean your torso forward slightly by about 20 degrees to better engage the glutes. Continue descending until your back knee almost touches the ground. Pause briefly in this position, and then push through the heel of your front leg to drive your hips forward, raising your body up back into the starting position with your feet together. Take your next step back with the other leg and continue alternating until you finish the desired number of reps on each leg.

ADDITIONAL TIPS

Avoid relying too much on your back leg to push your body up. Instead, after taking your step back, think of your back leg as a kickstand for balance and don't rely on it too much to kick yourself back up.

STEP 1



STEP 2



STEP 2



STEP 2



SEATED LEG CURLS

STEP 1: SETUP

Set up your back rest so that when you sit down, your knees are aligned directly beside the pivot point of the machine. For most people, your knees should end up just past the edge of the seat. Next, adjust the height of your foot pad so that when you're seated, your legs are in just a slightly bent position. The pad should also be resting just above the back of your heels.

STEP 2

Grab the handles on the side of the machine and pull up on them by engaging your lats. Brace your core, and then while keeping your toes pointed straight up, pull the weight as far down as you can using your hamstrings. Slowly control the weight back close to the starting position with your legs almost fully extended, and then repeat for another rep.

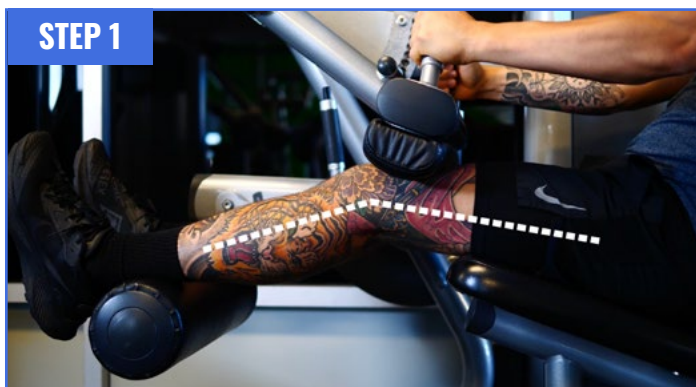
ADDITIONAL TIP

Avoid fully extending your legs at the top position. The first 15 degrees or so of the movement actually involves more of the calves, so cut the range of motion short slightly by stopping each rep a little before your legs are completely straightened at the top position.

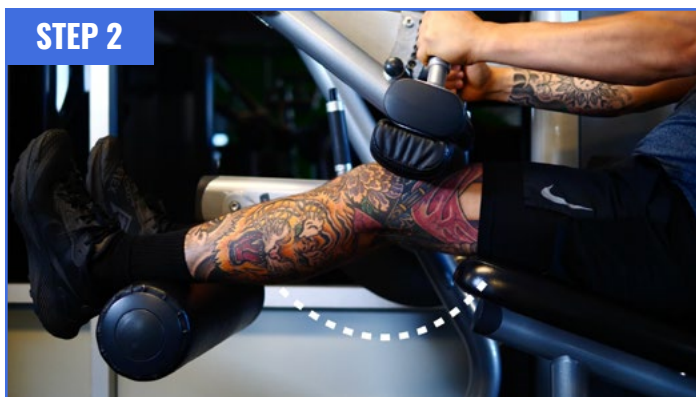
STEP 1



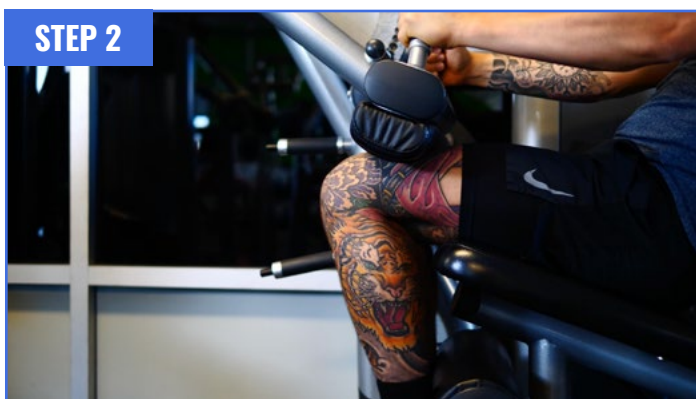
STEP 1



STEP 2



STEP 2



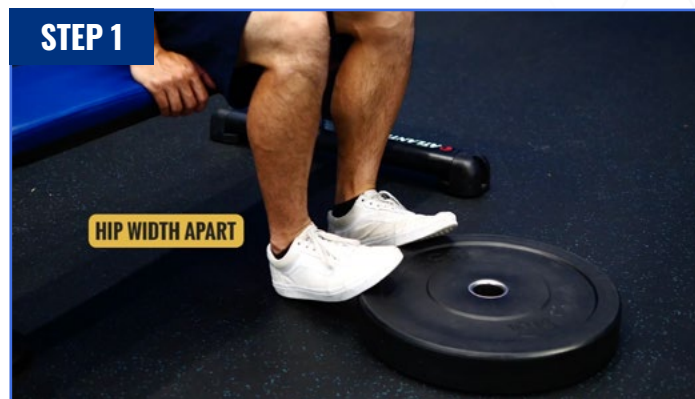
SEATED WEIGHTED CALF RAISES

STEP 1: SETUP

Sit on a flat bench and elevate your toes onto a pair of weight plates in front of you set at about hip width apart. You ideally want about a 3-6 inch elevation. Grab a pair of dumbbells and hold them on your thighs. At this point your knees should be bent to 90 degrees with your toes on the edge of the platform and heels resting on the ground.

STEP 2

While keeping your toes on the platform, push straight up onto your toes as far as you can, keeping most of the pressure on your big toe. Control your heel slowly back down to the bottom position and then repeat.



BIRD DOG

STEP 1: SETUP

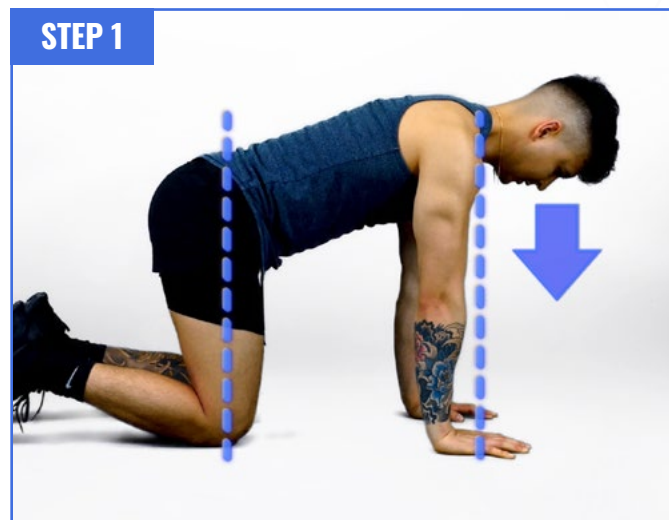
Get onto all fours with your hands under your shoulders, knees under your hips, and head facing down at the ground in front of you. Your spine should be in a neutral position, with just a very slight arch.

STEP 2

Brace your core, and then without allowing any movement to occur at the low back, kick one of your legs backwards while simultaneously punching the opposite arm forward until they are both fully straightened. Hold this end position for a second or two, come back down to the starting position on all fours, and then repeat with the other arm and leg. Continue alternating until you finish the desired number of reps for each side. Take it slow and control every single rep.

ADDITIONAL TIPS

To better engage the core muscles, think about kicking the heel of your foot straight back and make a fist with your arm while contracting your arm muscles. If you are unable to perform the arm and leg movement together, try the modified version with only your legs and then over time try to introduce the arms. Once this becomes easier, you can hold the end position for longer, even up to 10 seconds.





EXERCISE ***ALTERNATIVES***

UPPER BODY 1: EXERCISE ALTERNATIVES

| EXERCISE | EXERCISE ALTERNATIVES | WATCH ON YOUTUBE |
|---|---|---|
| Low Incline Dumbbell Press | Incline Machine Chest Press | https://youtu.be/abc1fisYB3w |
| | Low Incline Smith Machine Press | https://youtu.be/R53nThQcdZo |
| | Low Incline Barbell Press | https://youtu.be/jW4j7Foqudl |
| | Low Incline Cable Press | https://youtu.be/6qV1WZ_z0u0 |
| | (Banded) Decline Push-Ups | https://youtu.be/LdahU9kB-u0 |
| Pull-Ups | (Weighted) Chin-Ups | https://youtu.be/-TZRdvUS7Qo |
| | Banded Pull-Ups | https://youtu.be/VGm-f5-T5no |
| | Inverted Row | https://youtu.be/SyMSay4zrsA |
| | Pull-Up Negatives | https://youtu.be/SyMSay4zrsA |
| | Kneeling Lat Pulldowns | https://youtu.be/4LxKeTqlpZA |
| | Lat Pulldowns | https://youtu.be/AvYZZhEI7Xk |
| Dumbbell Lateral Raises | Cable Lateral Raise | https://youtu.be/1muit9qEctY |
| | Lying Incline Lateral Raise | https://youtu.be/upEgel0F73M |
| | Lean In Lateral Raise | https://youtu.be/2q4kjTDg-vs |
| | Wide Grip Barbell Upright Row (last resort) | https://youtu.be/6BTMVh9AnCw |
| Dumbbell Chest Supported Row (mid/upper back focused) | Barbell Row (mid/upper back focused) | https://youtu.be/FTCmwlfZ29A |
| | Seated Cable Row (mid/upper back focused) | https://youtu.be/Q-5V5T55giY |
| | Chest Supported Machine Row | https://youtu.be/iDiVxqvHGwY |
| Banded Push-Ups | Close-Grip Barbell Bench Press | https://youtu.be/JzCGNgXuATs |
| | Close-Grip Push-Ups | https://youtu.be/ZtAz8gupAss |
| | Close-Grip Dumbbell Press | https://youtu.be/wHx9-aLjDOM |
| | Close-Grip Smith Machine Press | https://youtu.be/GluRW-MDhK8 |

LOWER BODY 1: EXERCISE ALTERNATIVES

| EXERCISE | EXERCISE ALTERNATIVES | WATCH ON YOUTUBE |
|---|--|---|
| Barbell Back Squat | Quad-Focused Leg Press | https://youtu.be/0nrW-q7-WRQ |
| | Smith Machine Squat | https://youtu.be/zSVi51Jp3el |
| | Barbell Back Box Squat (*knee friendly) | https://youtu.be/QryQO4VuPK8 |
| | Weighted Step-Ups (*knee friendly) | https://youtu.be/Cjc3AgmdtIA |
| | Dumbbell Goblet Squat (*lower back friendly) | https://youtu.be/nYDEYFXN2Rs |
| | Bulgarian Split Squat (quad-focused) | https://youtu.be/r9XtxWSTlcg |
| Dumbbell Romanian Deadlift | Barbell Romanian Deadlift | https://youtu.be/Q-2telZDPRw |
| | Hyperextensions (back/hamstring focused) | https://youtu.be/RU5d2H_OmSc |
| Seated Leg Extensions | Sissy Squat | https://youtu.be/3SeCC8ABZ_Q |
| | Heel Elevated Goblet Squat | https://youtu.be/l9crMLuT4II |
| | Reverse Lunges (*knee friendly) | https://youtu.be/AUEGDvCrQJA |
| Standing Weighted Calf Raises (barbell or dumbbell) | Toes-Elevated Smith Machine Calf Raises | https://youtu.be/_ChZv2iluM8 |
| | Single Leg Weighted Calf Raise | https://youtu.be/cRKA_Qdut7I |
| | Leg Press Calf Raises | https://youtu.be/s8yUXsZrgE0 |
| Palloff Press | RKC Plank | https://youtu.be/IOgA1UfFbWY |
| | Bird Dog | https://youtu.be/4qE_9h_6Hes |
| | Side Plank | https://youtu.be/o4LGPTKjbhU |
| | Dead Bug | https://youtu.be/UJ7b8gYa2Es |

UPPER BODY 2: EXERCISE ALTERNATIVES

| EXERCISE | EXERCISE ALTERNATIVES | WATCH ON YOUTUBE |
|---|--|---|
| Barbell Bench Press | Flat Dumbbell Press | https://youtu.be/g14dhC5KYBM |
| | Flat Machine Chest Press | https://youtu.be/sO8lFa9CidE |
| | Flat Smith Machine Chest Press | https://youtu.be/3Z3C44SXSQE |
| | Seated Flat Cable Press | https://youtu.be/hPpNTAEDnxM |
| | Neutral Grip Dumbbell Press (*shoulder friendly) | https://youtu.be/N-kUwH1uf9c |
| Seated Cable Row (mid/upper back focused) | Barbell Row (mid/upper back focused) | https://youtu.be/FTCmwlfZ29A |
| | Dumbbell Chest Supported Row (mid/upper back focused) | https://youtu.be/kNvy2_9Ji2w |
| | Chest Supported Machine Row | https://youtu.be/iDiVxqvHGwy |
| Standing Barbell Overhead Press | Standing Dumbbell Shoulder Press | https://youtu.be/jWriqmLrQqs |
| | Seated Dumbbell Shoulder Press | https://youtu.be/DPXG3Bjvl8A |
| | Seated Neutral-Grip Dumbbell Shoulder Press (*shoulder friendly) | https://youtu.be/W35eREjZnhI |
| | Half Kneeling Landmine Press (*shoulder friendly) | https://youtu.be/JOOS3MPCT8s |
| Standing Mid-Chest Cable Fly | Seated Mid-Chest Cable Fly | https://youtu.be/Y8E3dHNsSTU |
| | Pec-Deck Machine Fly | https://youtu.be/rnV3y1P7894 |
| | Dumbbell Fly | https://youtu.be/WRn2hgy0gXU |
| | Banded Push-Ups | https://youtu.be/dl7LVElfMOg |
| Behind Body Cable Curls | Incline Dumbbell Curls | https://youtu.be/3D56VDVkJnM |
| | Barbell Curl | https://youtu.be/-ClfZ00zo8c |
| Standing Face Pulls | Bent Over Dumbbell Face Pulls | https://youtu.be/kA415Unr-_E |
| | (Weighted) Prone Arm Circles | https://youtu.be/6D-4V_M8RJA |
| | Wall Slides | https://youtu.be/x4zjfuLXHvk |

LOWER BODY 2: EXERCISE ALTERNATIVES

| EXERCISE | EXERCISE ALTERNATIVES | WATCH ON YOUTUBE |
|------------------------------------|--|---|
| Barbell Deadlift | Sumo Deadlift (*lower back friendly) | https://youtu.be/9rXKd-DaRs |
| | Trap Bar Deadlift (*lower back friendly) | https://youtu.be/5mnJtf-7WM |
| | Dumbbell Romanian Deadlift | https://youtu.be/Xu4DxwKWzI4 |
| | Hyperextensions (back/hamstring focused) | https://youtu.be/RU5d2H_OmSc |
| | Glute Focused Leg Press | https://youtu.be/p13BNdwR93A |
| Front Foot Elevated Reverse Lunges | Reverse Lunges (*knee friendly) | https://youtu.be/AUEGDvCrQJA |
| | Weighted Step Ups (*knee friendly) | https://youtu.be/Cjc3AgmdtIA |
| | Single-Leg Leg Press | https://youtu.be/hdioTTf8qdw |
| | Bulgarian Split Squat (glute focused) | https://youtu.be/sqadB2rroz0 |
| Seated Leg Curls | Lying Leg Curls | https://youtu.be/aYy3alWRDmk |
| | Swiss Ball Leg Curls | https://youtu.be/uRBpd65dbYs |
| | Dumbbell Lying Leg Curls | https://youtu.be/Ot1MZipNLOQ |
| Seated Weighted Calf Raise | Seated Bodyweight Calf Raises | https://youtu.be/jW-cNnwRJ7E |
| Bird Dog | RKC Plank | https://youtu.be/IOgA1UfFbWY |
| | Side Plank | https://youtu.be/o4LGPtKjbhU |
| | Palloff Press | https://youtu.be/WhCH2CwVo4I |
| | Dead Bug | https://youtu.be/UJ7b8gYa2Es |

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