

# JEREMY ETHIER'S

## FULL BODY "WORKOUT B" PDF



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# THE FULL BODY WORKOUT ROUTINE



This full body workout routine consists of 3 training days per week. You will alternate between “workout A” (covered in the previous PDF) and “workout B” (covered in this PDF). Your schedule will look like the following:

## **Monday – Workout A**

Tuesday – Rest

## **Wednesday – Workout B**

Thursday – Rest

## **Friday – Workout A**

Saturday/Sunday – Rest

## **Monday – Workout B**

Tuesday – Rest

## **Wednesday - Workout A**

Thursday - Rest

## **Friday – Workout B**

The exact days don’t matter for your workouts, but the key is to get at least one rest day in between each workout, getting 3 workouts in per week, and ensuring that you’re rotating between Workouts A and B. Abs and calves exercises can be thrown into the main workouts as well, or performed on rest days.



# WORKOUT B (BEGINNER VERSION)

This version is designed for beginner lifters (those relatively new to the gym). The main difference between this workout and the intermediate workout is less total sets, an adjustment to the rep ranges, and less accessory movements.

Exercise	Sets	Reps	Rest (min)
Barbell Deadlift	3	8-10	2-3
Incline Dumbbell Press	3	8-12	2-3
Bulgarian Split Squat	3	8-10 (each side)	1 min rest between legs
Chest Supported Row OR Inverted Row	3	8-12	2-3
Dumbbell Lateral Raises	3	8-12	1.5-2

# WORKOUT B (INTERMEDIATE/ADVANCED VERSION)

This version is designed for more experienced lifters who already have a solid foundation of muscle and strength, and are proficient in performing the movements prescribed. The main difference between this workout and the beginner workout is an increase in the number of sets, an adjustment to the rep ranges, and more accessory movements.

Exercise	Sets	Reps	Rest (min)
Barbell Deadlift	4	6-8	2-3
Incline Dumbbell Press	4	6-10	2-3
Bulgarian Split Squat	4	6-10 (each side)	1 min rest between legs
Chest Supported Row OR Inverted Row	4	8-12	2-3
Dumbbell Lateral Raises	3	8-12	1.5-2
Incline Dumbbell Kickbacks	3	10-15	1.5-2
High to Low Chest Cable Flies	3	10-15	1.5-2

# EXERCISE TUTORIALS

## EXERCISE 1: DEADLIFT (CONVENTIONAL)

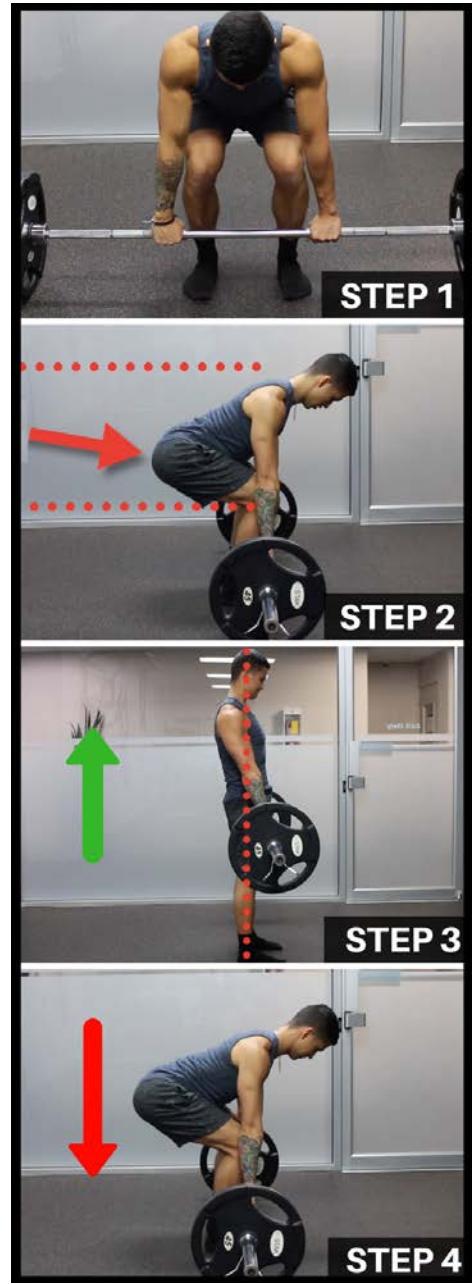
**Target Muscles:** Whole Posterior Chain

**Step 1 (Setup):** Stand with your mid-foot under the bar when looking down. Your feet should be about hip-width apart (or slightly wider) and toes can be slightly pointed out. The stance is a little narrower than that of the squat. Bend over at the hips and grab the bar with an overhand grip that is about shoulder-width apart or just outside of your shins. Your arms should be straight.

**Step 2 (Starting Position):** Drop into the starting position by bending your knees and lifting your chest until your back is straight. This is your starting position. Also note that your butt should be between your knees and head, rather than too low or too high.

**Step 3 (Pull):** Brace your core by thinking about contracting your abs how you would if someone were to punch your stomach. Pull slightly until you feel tension with the bar, then pull the weight off the floor by straightening your legs and pushing your hips forward simultaneously. Keep the bar as close as possible to your legs as you pull up – the bar should travel in a vertical path. Don't round your back as you pull. Breathe out at the top.

**Step 4 (Descent):** Return the weight to the floor by first bending at the hips and then by bending the knees. Again, the bar should be as close to the legs as possible. I'd suggest letting the weight come to a dead stop on the floor and then readjusting your form before your next rep.



# EXERCISE TUTORIALS

## EXERCISE 2: INCLINE DUMBBELL PRESS

**Target Muscle: Upper Chest**

**Step 1 (Bench Angle):** Set up an incline bench so that it's at roughly a 30-degree angle which seems to be optimal based on the literature (Lauver et al. [2015](#)). But I would suggest trying out various angles to see which best activates your upper chest (15-45 degrees). For shoulder-dominant pressers, you might even find that a very low incline of 15 or 20 degree angle activates your chest better.

**Step 2 (Setup):** Using your thighs to push the dumbbells up, kick up one dumbbell at a time so that you can get them into the starting position. As with the bench press, stick your chest up towards the ceiling and pinch your shoulder blades together while depressing your upper traps by bringing your shoulders down and away from your ears. There should be a slight arch between your lower back and the bench. You need to maintain this position throughout the lift.

**Step 3 (Press):** Press up by thinking about "squeezing your biceps together" to better activate your chest. Ensure your shoulder-blades remain retracted and tight. Keep your elbows slightly tucked as you press, and press up until the dumbbells almost touch.

**Step 4 (Descent):** Slowly lower the weight until the end of the dumbbells just about touch your chest. Make sure your shoulder blades are retracted and tight before performing another rep.



# EXERCISE TUTORIALS

## EXERCISE 3: BULGARIAN SPLIT SQUAT

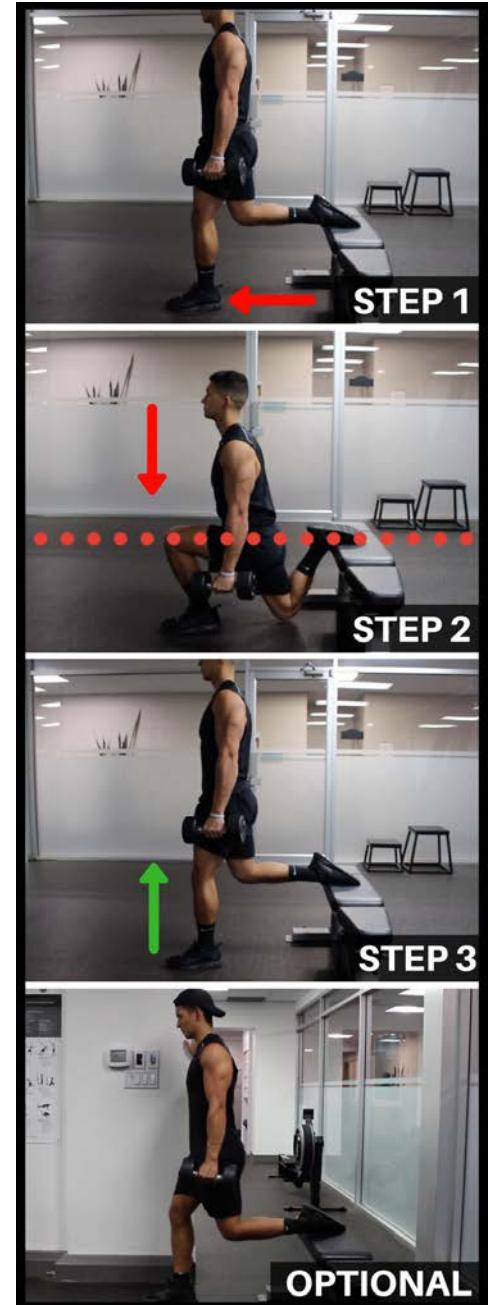
**Target Muscles:** Quads, Glutes, Hamstrings

**Step 1 (Set Up):** Grab a dumbbell in each hand and place your back foot on the top of a bench or any elevated platform. Your front foot can then be positioned based on what you want to target. Take a shorter step forward if you want to target the quads more, or a longer step forward if you want to target the glutes more.

**Step 2 (Descent):** After you get your set up right, bend your front knee until your thigh is at least parallel with the ground.

**Step 3 (Ascent):** Push back up through your front foot. Your heel shouldn't raise off the floor and you want to keep your head, back, and hips aligned throughout each rep. Your upper body can lean forward slightly. Repeat for more reps.

**Optional:** For those struggling with balance, simply get rid of the dumbbell in one hand and use that free hand to hold onto something for balance.



# EXERCISE TUTORIALS

## EXERCISE 4 (OPTION 1): CHEST SUPPORTED ROW

**Target Muscles: Lats, Mid-traps, Rhomboids**

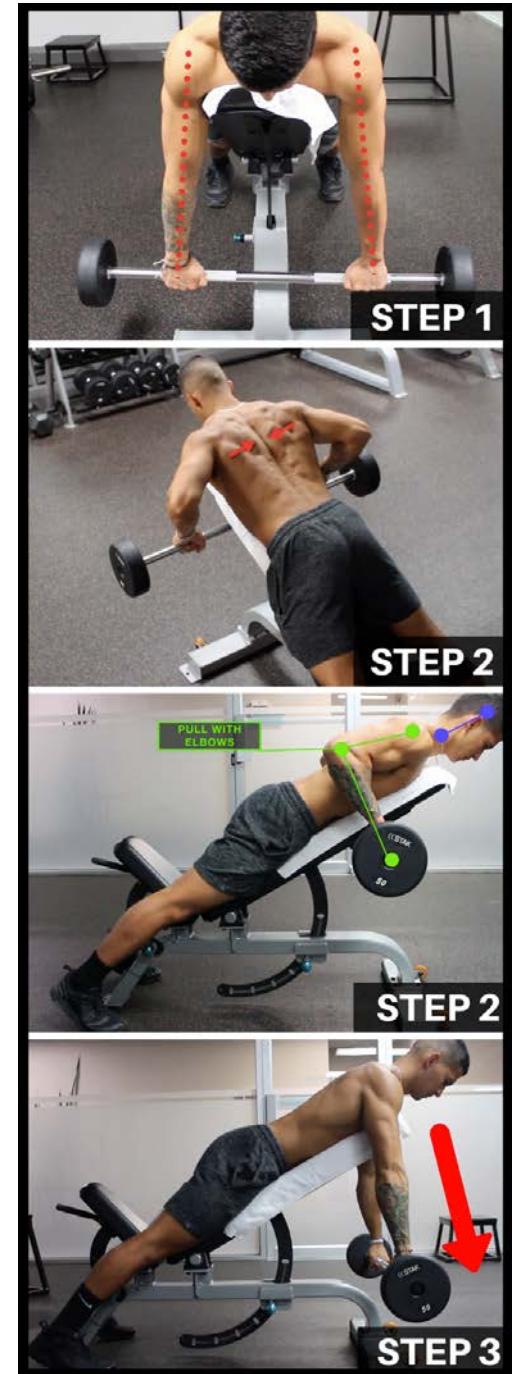
\*this can also be done on any chest-supported machine instead

**Step 1 (Set Up):** Lie flat on an incline bench with your weighted bar on the ground. Grab the bar with an overhand thumbless grip a little wider than shoulder-width apart.

**Step 2 (Pull):** Pull the bar up towards your “upper abdominal area” as far as the bench will allow you to go. Focus on squeezing your shoulder-blades together in order to pull the weight and try to relax your upper traps as best as possible.

**Step 2 (Additional Tips):** Your head should remain in a neutral position relative to your spine, rather than sticking out forward. Your elbows should make a 90-degree angle when at the top position to minimize wrist/elbow stress and really think about pulling with your elbows each rep in order to better activate your back. They should also remain tucked as opposed to flared out during each rep.

**Step 3 (Descent):** Control the weight down as opposed to letting it simply drop. Flex the triceps at the bottom position and then repeat for more reps.



# EXERCISE TUTORIALS

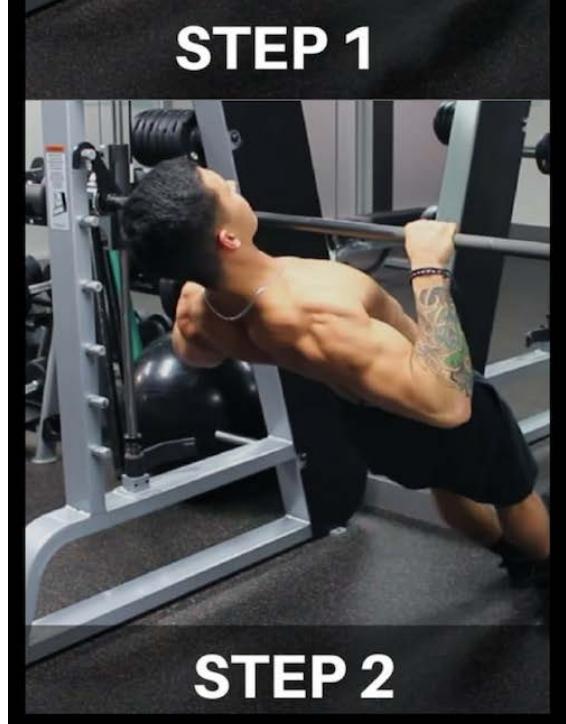
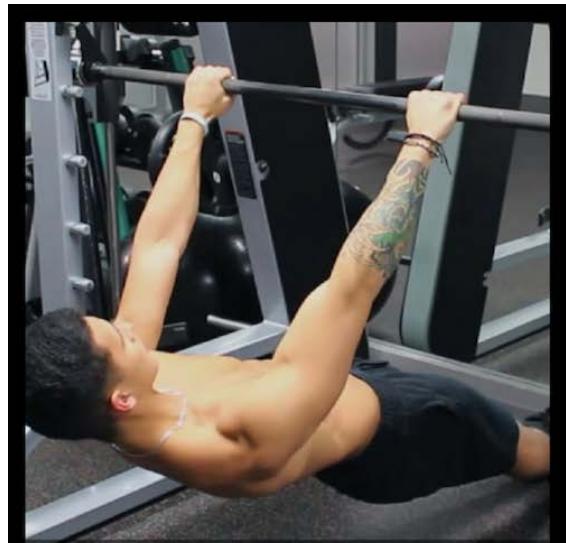


## EXERCISE 4 (OPTION 2): INVERTED ROW

**Target Muscles:** Lats, Mid-traps, Rhomboids

**Step 1 (Set Up):** Use a bar in a power rack OR the bar from a smith machine and row using your bodyweight by hanging underneath the bar with your legs fully extended. Use an overhand grip that's slightly wider than shoulder width. Row up such that your chest almost touches the bar by squeezing your shoulder blades.

**Step 2 (Pull):** Think about “pulling with your elbows” as you do so. Control your body on the way down until your elbows are straight and then repeat. To progress this movement, you can lower the height of the bar and/or elevate your feet onto a platform.



# EXERCISE TUTORIALS

## EXERCISE 5: DUMBBELL LATERAL RAISES

### **Target Muscle: Lateral Deltoid**

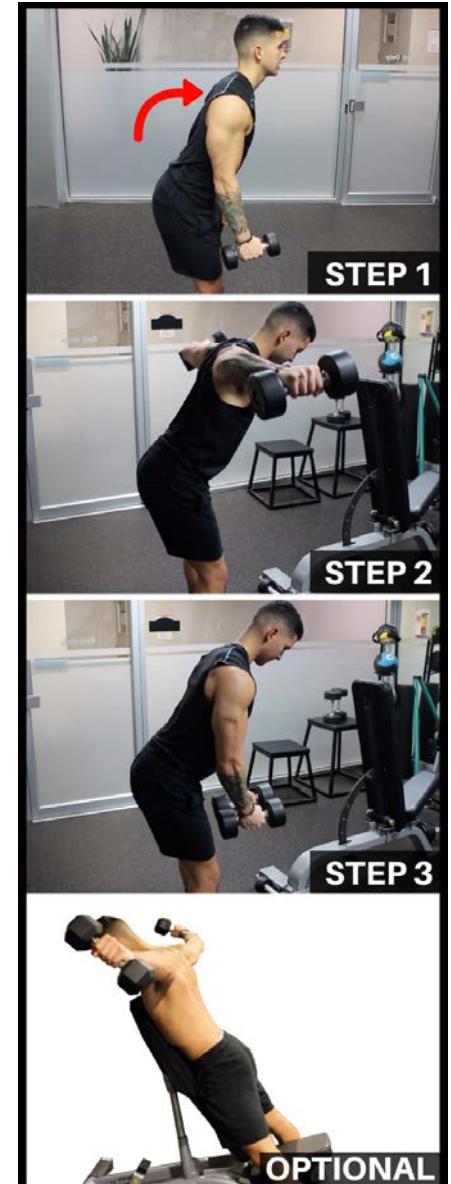
\*As shown in my [shoulder workout video](#), these can be done either standing or on an incline bench. The instructions below are for the standing version but the same tips will apply if you wish to do them on the bench.

**Step 1 (Set Up):** Grab a dumbbell in each hand with an overhand thumbless grip, then slightly lean forward by slightly bending your knees and bringing your hips back. Depress your upper traps by bringing your shoulders down and away from your ears. Retract your shoulder-blades by pinching them together. You want to maintain this position throughout each rep.

**Step 2 (Raise):** Raise both dumbbells out to the side until they reach about shoulder-height. But raise the dumbbells such that your shoulders are slightly externally rotated (such that your thumbs are pointed slightly towards the ceiling). Think about raising the weight “out” towards your sides as much as possible opposed to “up”. Don’t use any momentum to swing the weight up.

**Step 3 (Descend):** Control the weight down to the starting position and repeat.

**Optional:** You can perform these while lying on an incline bench instead – but use the same pointers previously described.



# EXERCISE TUTORIALS

## EXERCISE 6: INCLINE TRICEP KICKBACKS

**Target Muscle:** Triceps (Long Head)

**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.



# EXERCISE TUTORIALS

## EXERCISE 7: HIGH TO LOW CABLE FLIES

**Target Muscle: Lower Chest**

**Step 1 (Setup):** Set the cables up so that they're above shoulder-height. I'd suggest setting them so that they're as high as possible. Grab both handles with an overhand grip and take a step forward to split your stance. Stick your chest out and relax your traps by bringing your shoulders down and away from your ears.



STEP 1

**Step 2 (Press):** While maintaining a slight bend in the elbows, press the handles forward and down by squeezing your chest together – think about trying to touch your biceps together as opposed to pressing the weight. At the bottom position, cross your hands over each other to get a better contraction. At this point the handles should be around the height of your belly-button and slightly in front of your body.



STEP 2

**Step 3 (Eccentric):** Control the weight back to the starting position and then repeat the movement. If during the previous rep your right hand crossed over your left, do the opposite for the next rep and keep alternating. Your elbows should stay in the same locked position throughout the movement, all the movement should come from the shoulder joint and NOT from your elbows.



STEP 3

# ADDITIONAL COMMENTS

I hope this PDF is useful for you! I put in a lot of effort into my Full Body Workout video and this accompanying PDF. All I ask in return is that you show your support on the video and connecting with me on my social media platforms:



INSTAGRAM: [@JEREMYETHIER](https://www.instagram.com/@jeremyethier)

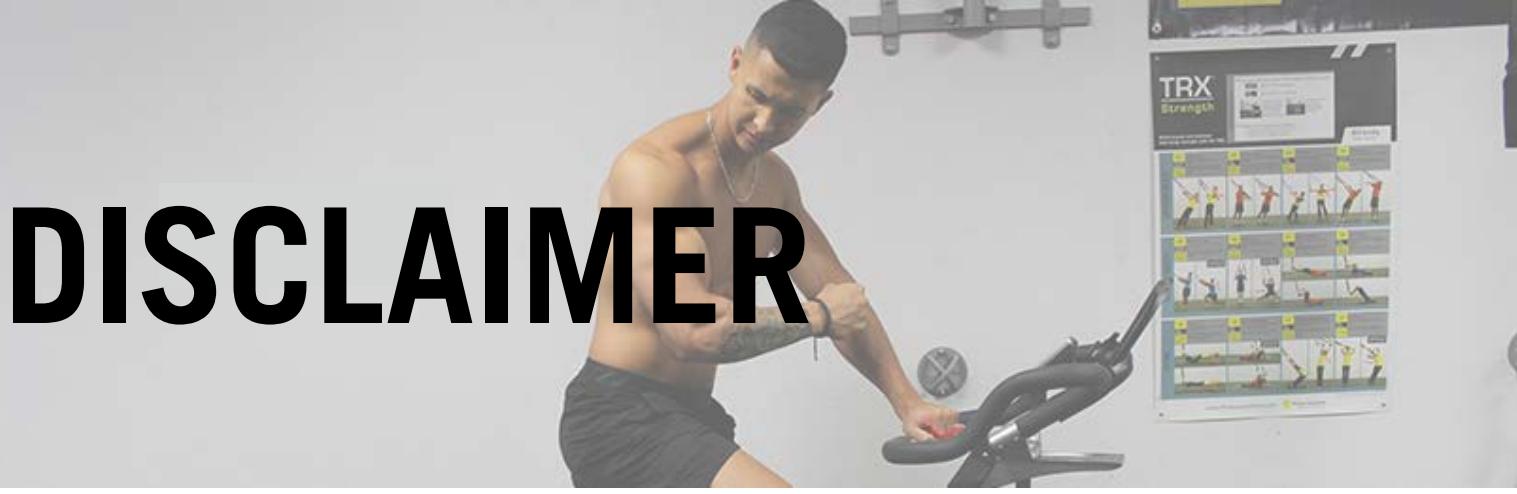


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