



BUILT WITH SCIENCE™

PHASE TWO BEGINNER

WORKOUTS GUIDE

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PHASE TWO WORKOUT ROUTINE

This PDF is designed to act as a supplemental resource for you to refer to while you're at the gym. **This is NOT a “summary” of the course** – meaning that there's tons of invaluable and essential information within the course chapters that you need to first go through (progressive overload, exercise tutorial videos, mind to muscle connection, how heavy to lift, etc.) before applying the workouts contained within this PDF - otherwise this will be pretty much useless for you to refer to!

With that being said, and as explained in the course, for “Phase 2” your weekly routine will look something like this:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upper 1	Lower 1	Rest	Upper2	Lower 2	Rest	Rest

The exact days don't matter for your workouts, but the key is to get at least one rest day in between every 2 consecutive days of working out. And additional rest days can be taken as needed, as long as you're still getting in 2 “upper workouts” and 2 “lower workouts” per week.

UPPER BODY WARM UP ROUTINE

UPPER BODY WARM-UP ROUTINE

WARM UP SETS (only for the first upper body exercise, ≈5 MINUTES):

EXERCISE	REPS	NOTES
Wrist Circles	10 each direction	Keep palms together, circle in both directions.
Arm Circles	10 each direction	Forward and reverse direction.
Band Over-and-Backs	5	Widen grip to make it easier, avoid arching the back.
Band Pull-Aparts	10	Overhand grip, squeeze shoulderblades together.
Band External Rotation	10-15 per side	Keep elbow against your side, rotate outward, use light weight.
DB Shoulder Extensions	10-15 per side	Keep elbow locked in place, rotate hand up, use light weight.

WARM UP SETS (only for the first upper body exercise):

SET	WEIGHT	REPS	REST
1	50% working weight	8	45-60 seconds
2	70% working weight	3-4	45-60 seconds
3	90% working weight	1	2 minutes
BEGIN WORKING SETS			

1. WRIST CIRCLES

X10 EACH DIRECTION



WHY

To warm up and mobilize the wrist muscles which will be heavily involved in many exercises.

HOW

Clasp your palms together and move your wrists in a circular motion for 10-15 reps in both directions.

2. ARM CIRCLES

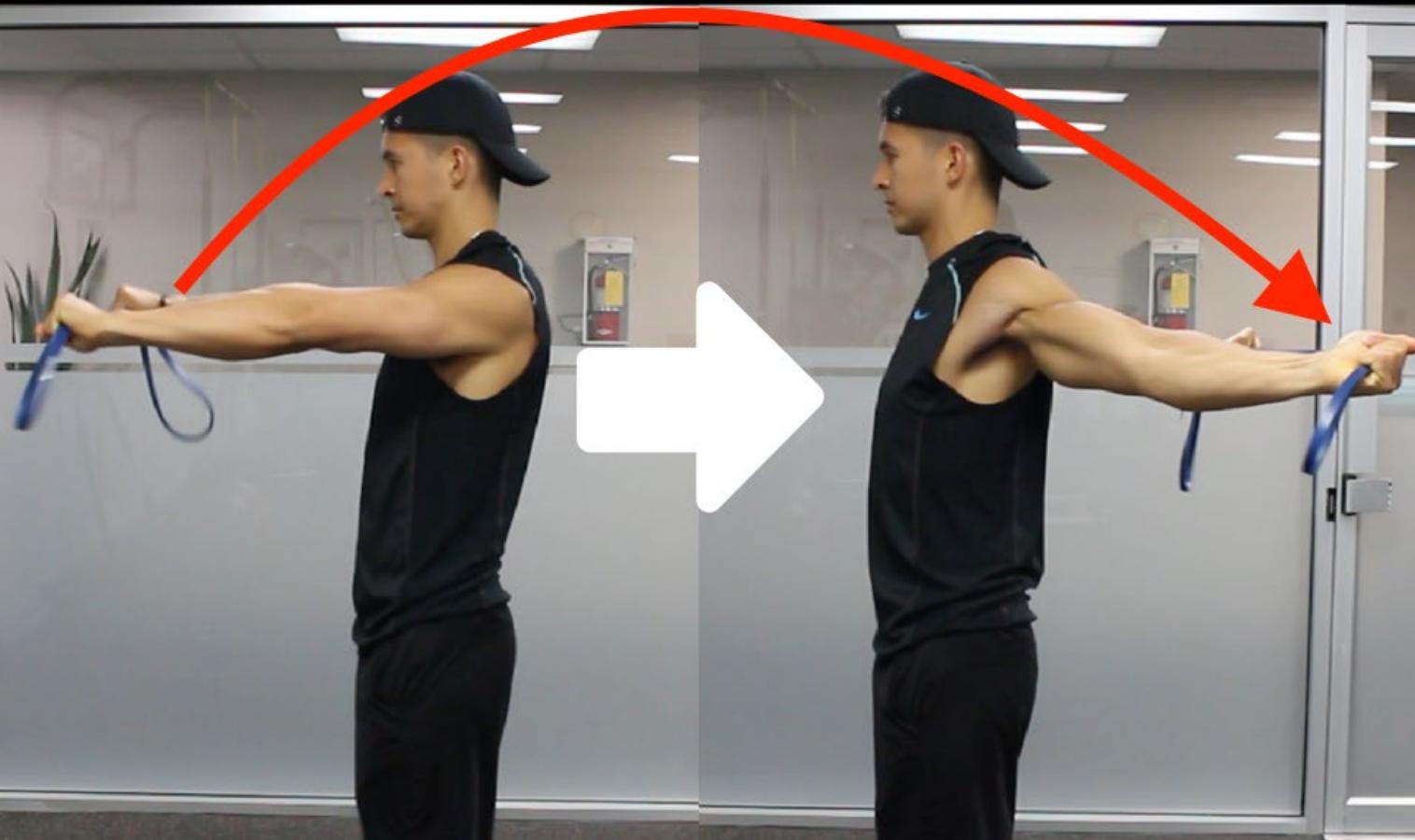
X10 FORWARD AND BACK



WHY	To warm up and mobilize the shoulder joint.
HOW	Swing your arms forward in a circular motion for 10-15 reps and then repeat in the reverse direction.

3. BAND OVER-AND-BACKS

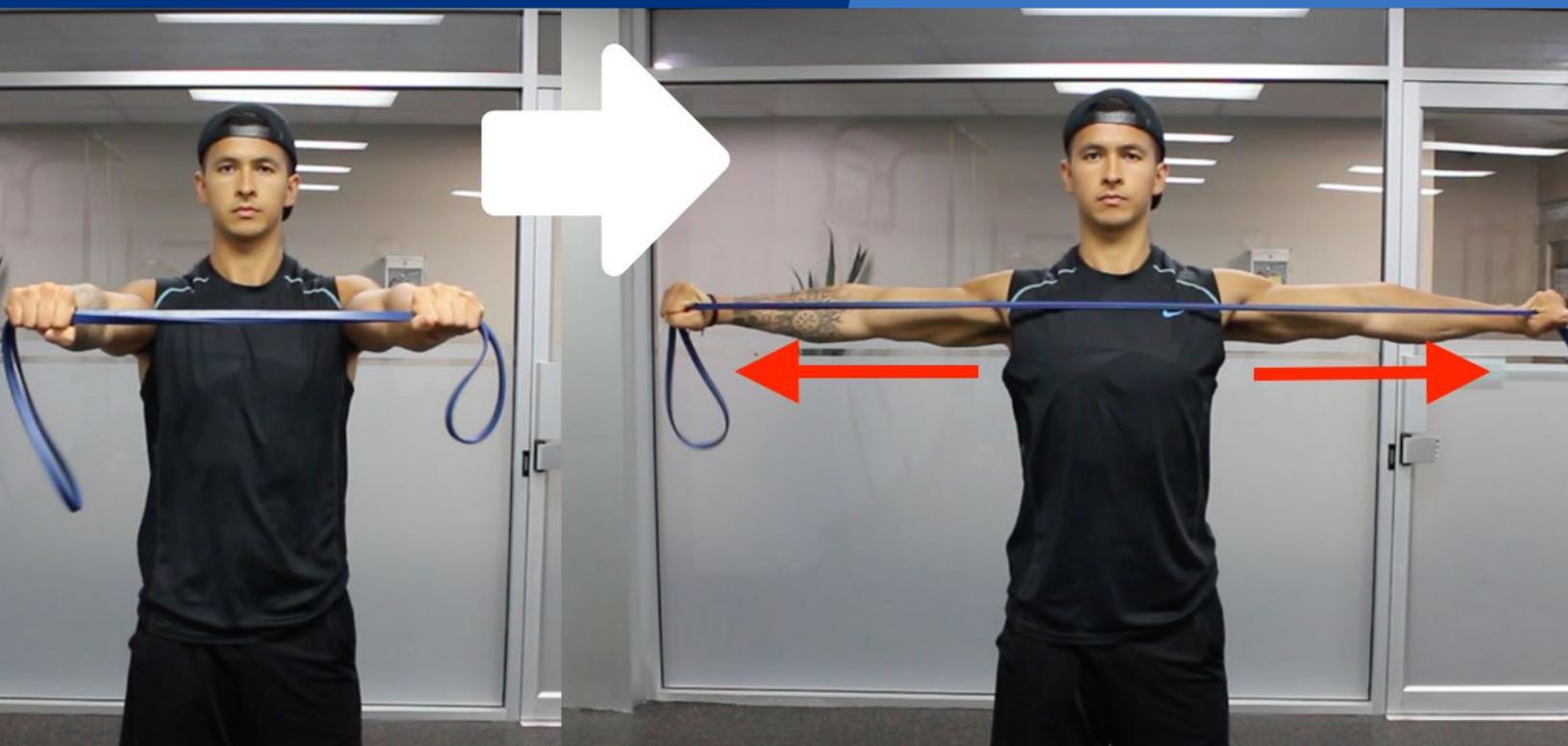
X5



WHY	To mobilize the chest/shoulder area and help with shoulder/scapular stability.
HOW	Hold your band at a little wider than shoulder-width apart. Bring the band over your head and back behind your body while keeping your arms straight. Keep the tension even as you move the band behind you (don't "release the slack" by relaxing or resting your hands on your back/butt), and then bring it back over your head into the starting position. If this is too difficult, widen your hand position. When it gets too easy, narrow your hand position. Avoid arching your back as you perform the movement by slightly contracting your core.

4. BAND PULL-APARTS

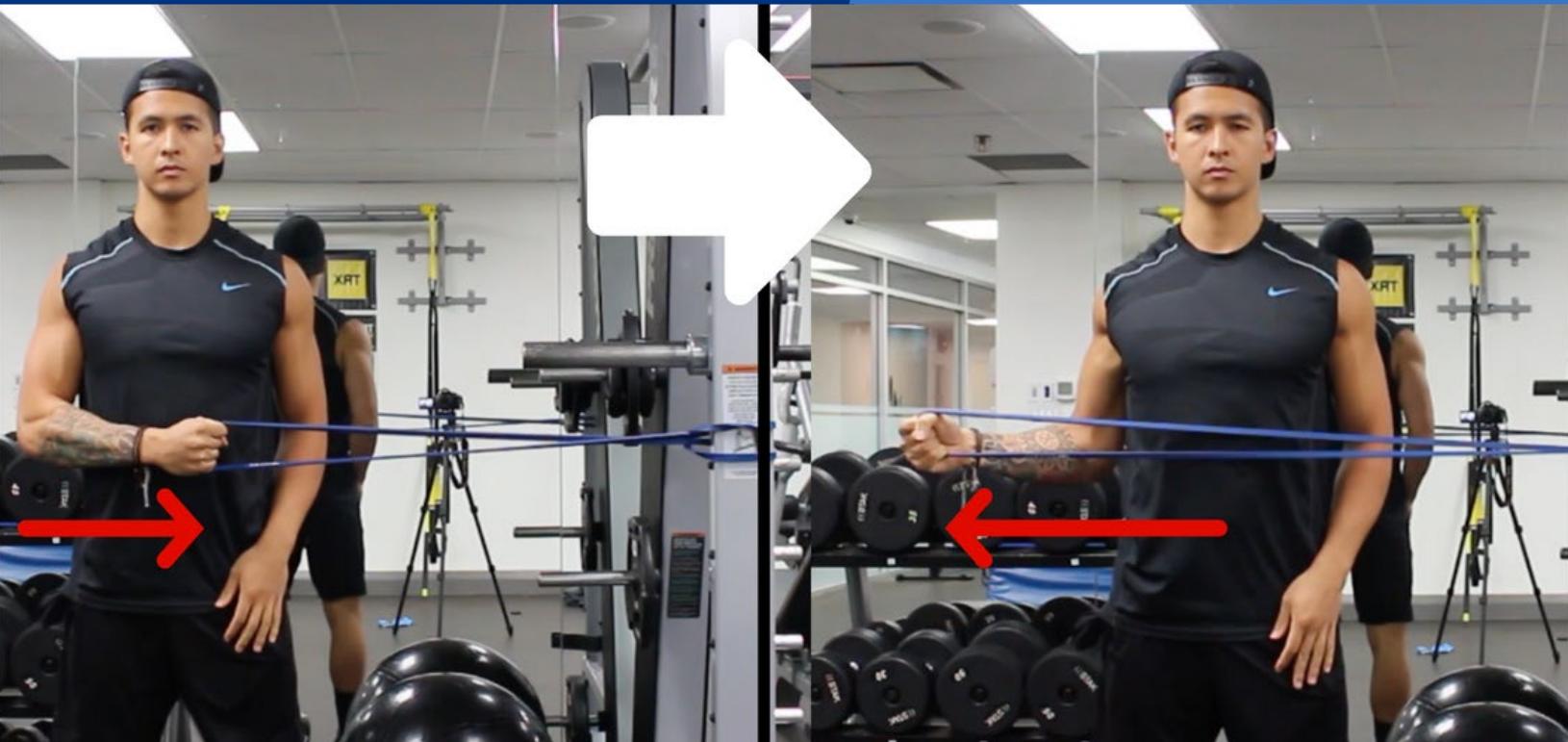
X10



WHY	To warm up the mid-back and rotator cuff musculature to help with your pressing.
HOW	Hold your band at around shoulder-width apart with an overhand grip. Pull the band apart by squeezing your shoulder blades together. Keep your upper traps relaxed as you do so and focus on feeling your mid-back muscles working. Control back to the starting position and repeat. You can use just one strand of the band OR a wider grip to make it easier, then narrow your grip overtime.

5. BAND EXTERNAL ROTATION

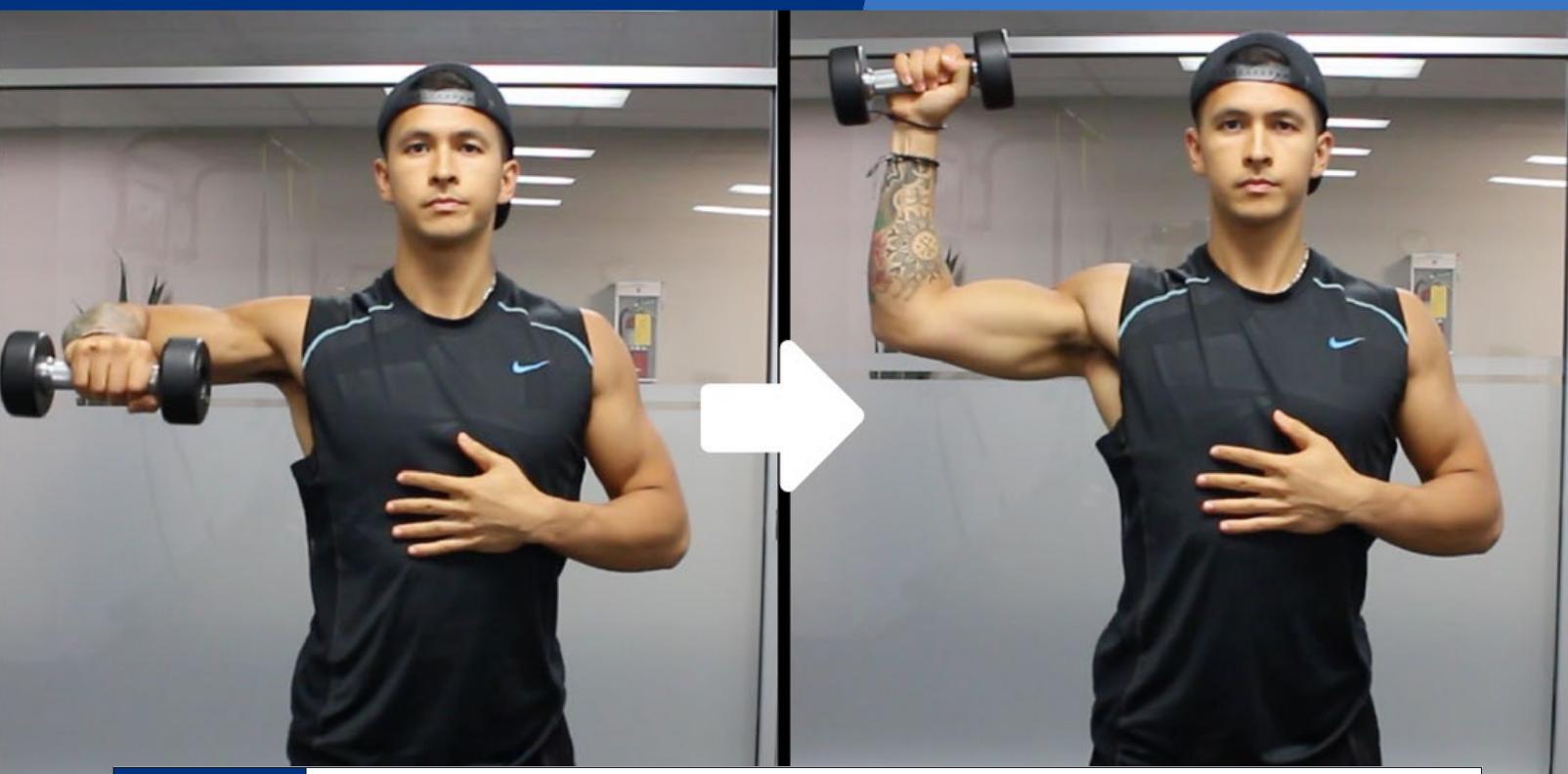
X10-15 PER SIDE



WHY	To warm up the rotator cuff muscles.
HOW	Use either a band attached to a pole or a pulley system with the handle set up at elbow height. Stand beside the cable pulley or band and externally rotate the shoulder while keeping your elbow at 90 degrees and pinned to the side of your body. Control back to the starting position and repeat.

6. DB SHOULDER EXTENSIONS

X10-15 PER SIDE



WHY

To further warm up the rotator cuff muscles.

HOW

Using a light dumbbell in one arm, bring your arm up to shoulder height and bend your elbow to 90 degrees. Externally rotate your shoulder such that the dumbbell is lifted towards the ceiling, but keep your elbow locked in its position.

LOWER BODY WARM UP ROUTINE

LOWER BODY WARM-UP ROUTINE

WARM UP SETS (only for the first lower body exercise, ≈5-8 MINUTES):

EXERCISE	REPS	NOTES
Light Cycling	3-5 minutes	Low intensity cycling.
Forward & Back Leg Swings	10-15 per side	Swing leg front and back, keep core tight.
Side-to-Side Leg Swings	10-15 per side	Swing leg side to side, keep core tight.
Spiderman Lunge w/ Thoracic Extension	5 per side	Start in plank position, foot placed outside hand, rotate arms up.
Wall Ankle Mobilization	5 per side w/ 2 second hold	Keep heel on the ground, lean forward, hold end stretch for 2 seconds.

WARM UP SETS (only for the first upper body exercise):

SET	WEIGHT	REPS	REST
1	50% working weight	8	45-60 seconds
2	70% working weight	3-4	45-60 seconds
3	90% working weight	1	2 minutes
BEGIN WORKING SETS			

1. LIGHT CYCLING

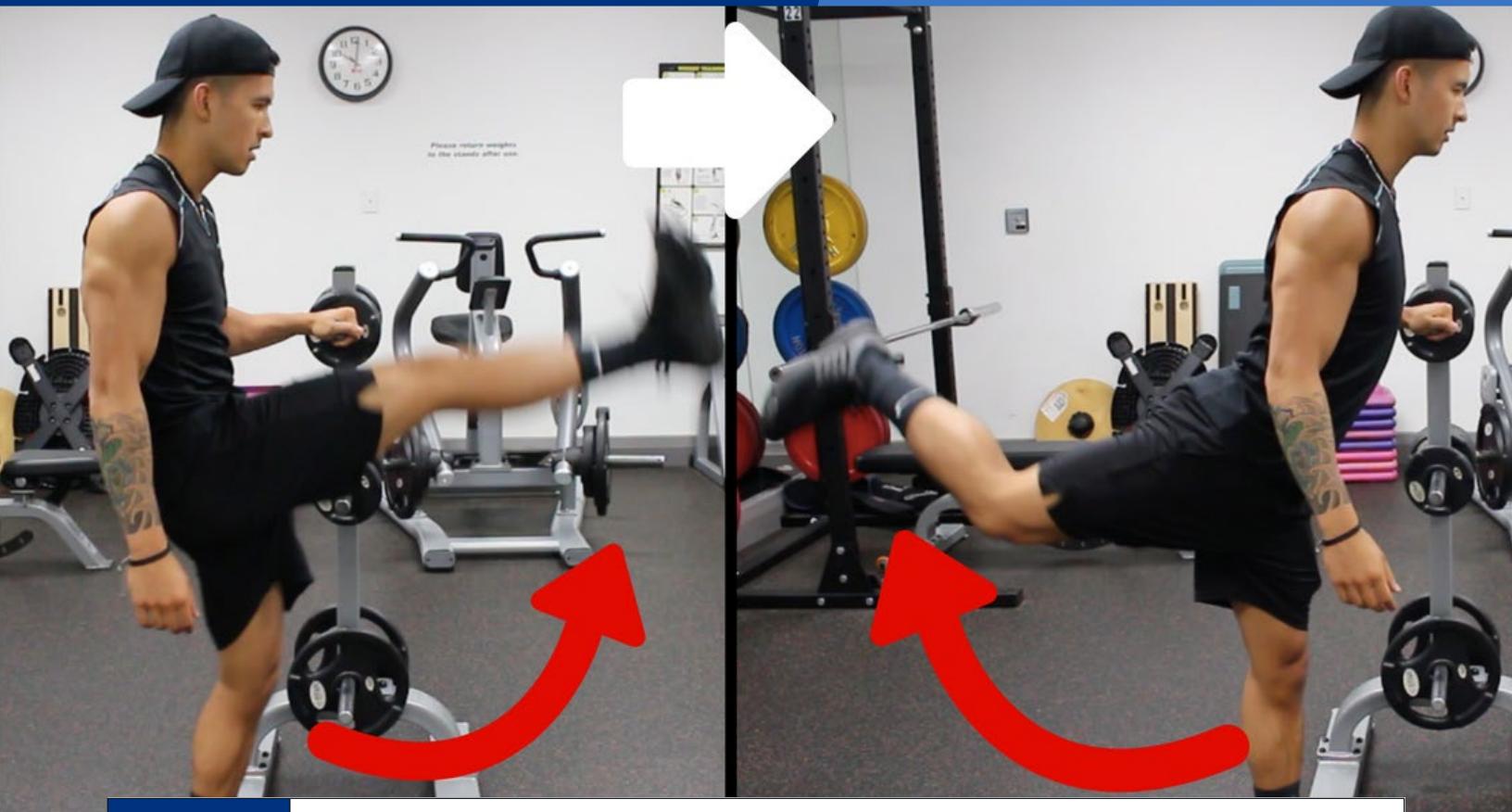
3-5 MINUTES



WHY	To start a general warm up of your legs in preparation for the rest of the routine.
HOW	Use a static bicycle and keep a comfortable, slow pace for a few minutes. Alternatively, you can use an elliptical trainer, a treadmill or just walk a little.

2. FORWARD & BACK LEG SWINGS

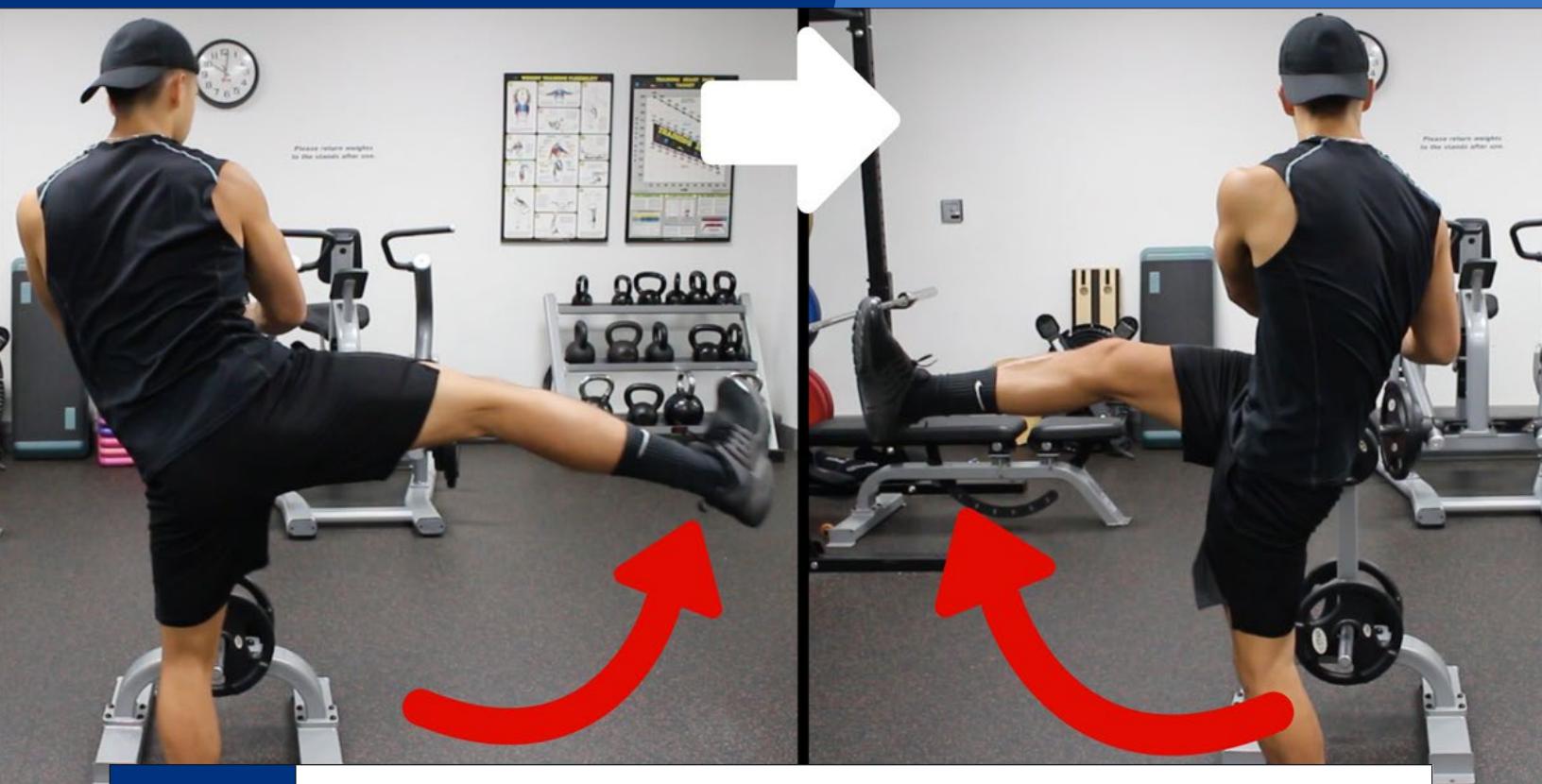
X10-15 PER SIDE



WHY	To mobilize and warm up the hips and leg muscles for your leg movements.
HOW	Keep your core tight and hold onto something beside you. Swing your leg front and back as far as your leg will go.

3. SIDE-TO-SIDE LEG SWINGS

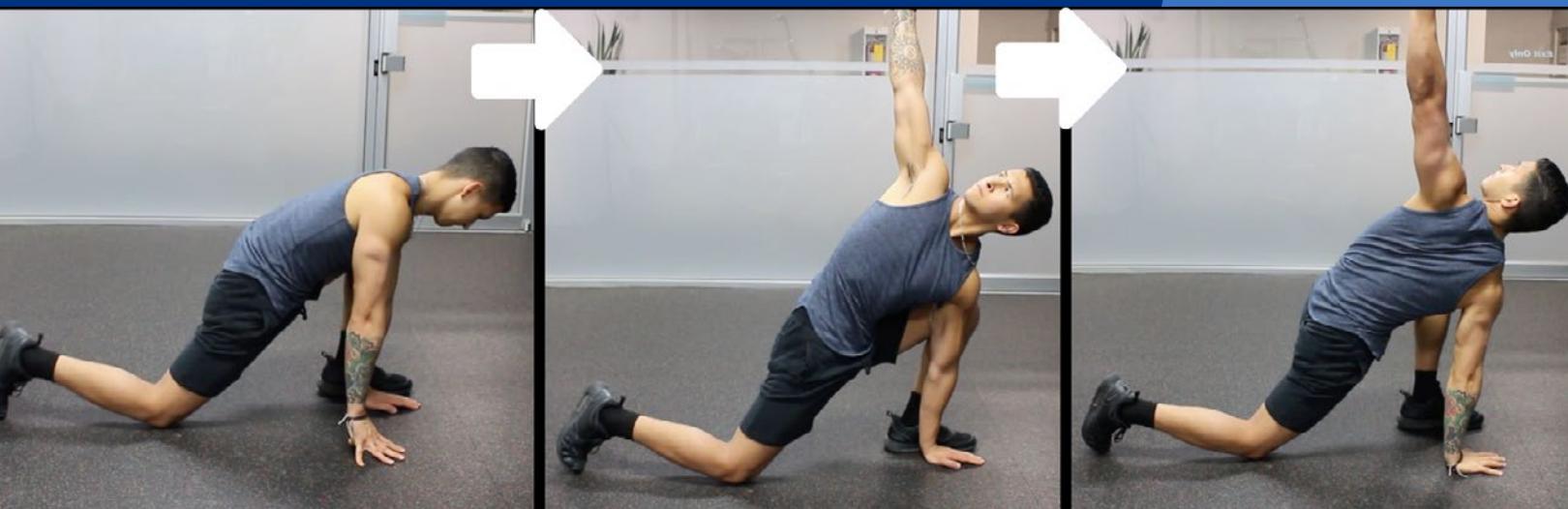
X10-15 PER SIDE



WHY	To mobilize and warm up the hips and leg muscles for your leg movements.
HOW	Keep your core tight and hold onto something beside you. Swing your leg front and back as far as your leg will go.

4. SPIDERMAN LUNGE W/ THORACIC EXTENSION

X5 EACH SIDE



WHY	To mobilize and warm up the thoracic spine and hips.
HOW	Start in a plank position with your palms on the ground and shoulder-width apart. Take a lunge forward with one leg such that your foot is placed on the outside of the corresponding hand. The back leg can be bent with your knee on the ground. Next, stay in this position and then rotate your torso and lift one arm towards the sky to try to create a straight line between your arms. Do this for both arms (rotate both ways) and then come back to the starting position and repeat with the other leg – this count as 1 rep.

5. WALL ANKLE MOBILIZATION

X5 EACH SIDE W/ 2 SECOND HOLD



WHY	To mobilize the ankles which tends to limit squat depth/mobility in most people.
HOW	Position yourself in front of a wall with one foot ahead and one foot behind. Lean your body forward such that your front knee moves towards the wall (it can touch the wall at the end position). Hold the stretch for 2 seconds, then move back to the starting position. Ensure the heel of your front foot remains on the ground throughout each rep. Repeat with both sides.



PHASE TWO

BEGINNER

WORKOUTS

GUIDE

UPPER BODY 1 WORKOUT

EXERCISE	SETS	REPS	REST (MIN)	NOTES
Incline Dumbbell Press	4	8-10	2-3	Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows.
Chest-Supported Row	3	8-10	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Lean-Away Cable Lateral Raises	3	10-12	45-60 seconds b/w arms	Lean sideways towards direction of the raise, pull cable from in between your legs.
Pull-Ups*	3	6-8	2-3	Wider than shoulder-width thumbless grip, pull with elbows, use full ROM (eyes over bar), add weight if possible.
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.

*If unable to perform bodyweight pull-ups, use the protocol outlined in the workout chapter. Otherwise, add weight if possible.

UPPER BODY 1

E1: INCLINE DUMBBELL PRESS

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. 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 bring 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.



UPPER BODY 1

E2: CHEST SUPPORTED ROW

This can be done on a T-bar supported row machine or any other chest-supported variation

STEP 1 (SETUP)

Lie flat on an incline bench with your weighted bar on the ground. Grab the bar with an overhand thumb-less 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.

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.



UPPER BODY 1

E3: LEAN-AWAY CABLE LATERAL RAISES

STEP 1 (SETUP)

Set the pulley to the lowest position with a handle attachment. Stand sideways next to the pulley, and then bring your right foot slightly forward and your left foot back. Grab the pole with your left hand and grab the handle with an overhand grip from in between your legs. Lean towards you right until your left arm is straight, then maintain this slight lean sideways.

STEP 2 (RAISE)

Raise your right arm out to the side until they reach about shoulder-height. 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, and try not to tense your upper traps too much as you raise.

STEP 3 (DESCENT)

Control the weight on the way down of each rep. Switch sides and repeat the same protocol.



UPPER BODY 1

E4: PULL-UPS

STEP 1 (SET UP)

Grab the pull-up bar with an overhand grip slightly wider than shoulder-width – I'd suggest using a "thumb-less grip" as it usually helps better activate the back. Next, depress your upper traps and keep them this way as you pull.

STEP 2 (PULL)

Pull yourself up by pulling your elbows down to the floor, you want to think about pulling with your elbows as opposed to pulling with your hands. It's preferred to keep your feet straight down throughout the pull-up, but if your pull-up bar doesn't allow this then it's perfectly fine to cross your feet over and bend your knees.

STEP 3 (TOP POSITION)

You want to pull such that at least your eyes reach over the bar – and at this point, you want to ensure that your shoulders are not rounding forward (internally rotating) and are instead retracted back.

STEP 4 (DESCENT)

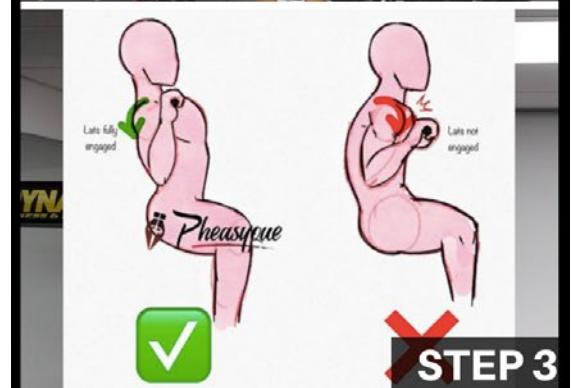
Lower your body in a controlled manner until your arms are straight, and then repeat for another rep. As soon as you're able to perform 8 or more bodyweight pull-ups in one set, I'd suggest adding a little bit of weight by either using a weight belt or holding a dumbbell between your feet then continue adding more weight overtime.



STEP 1



STEP 2



STEP 3



STEP 4

UPPER BODY 1

E5: INCLINE OVERHEAD DUMBBELL EXTENSIONS

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.



STEP 1



STEP 2



STEP 3

LOWER BODY 1 WORKOUT

EXERCISE	SETS	REPS	REST (MIN)	NOTES
Back Squat	4	6-8	3	Experiment with foot stance, point toes slightly out, maintain a straight back, squat to at least parallel.
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.
Swiss Ball Leg Curls	4	8-12	1.5-2	Place heels on ball, keep body straight, curl ball towards you.
Single Leg Weighted Calf Raise	4	6-10	1-1.5	Pause at bottom of each rep, use full range of motion.

LOWER BODY 1

E1: BACK SQUAT

STEP 1 (PLACEMENT)

Grab the bar with an overhand grip slightly wider than shoulder-width. Place the bar on your upper-back (traps) by dipping under the bar. Raise your chest up and retract your shoulder blades.



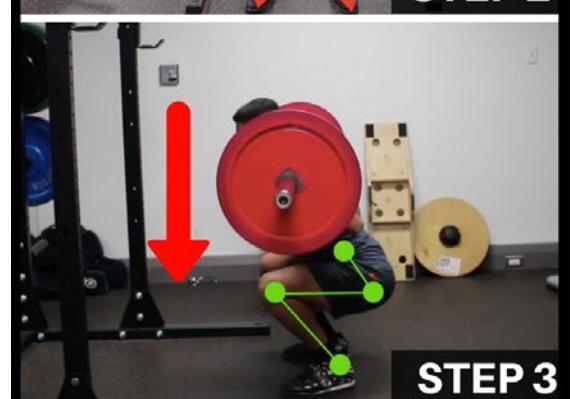
STEP 2 (UNRACK)

Unrack the bar, take 3 steps back, then adjust your footing. Your feet should be shoulder-width apart or a little wider. You can point your toes out slightly if this is more comfortable. But play around with foot positioning to find what's comfortable for you.



STEP 3 (DESCENT)

Take a deep breath in and hold it. You want to use this breath to brace your core (think about contracting your abs how you would if someone were to punch your stomach). Move your hips back while bending your knees to squat down. Squat down until your thighs are at least parallel to the ground. If you have the mobility to do so, then you can go further below parallel.



STEP 4 (ASCENT)

Squat back up by pushing through your heels. Keep your knees in line with your toes by thinking about "spreading the floor apart" with your feet. Avoid creeping up on your toes or collapsing your knees inward. Keep your lower back neutral and your chest up. You can exhale as you press up, or keep your breath held and then exhale at the top position. Then repeat for more reps.



LOWER BODY 1

E2: BULGARIAN SPLIT SQUAT

STEP 1 (SETUP)

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.

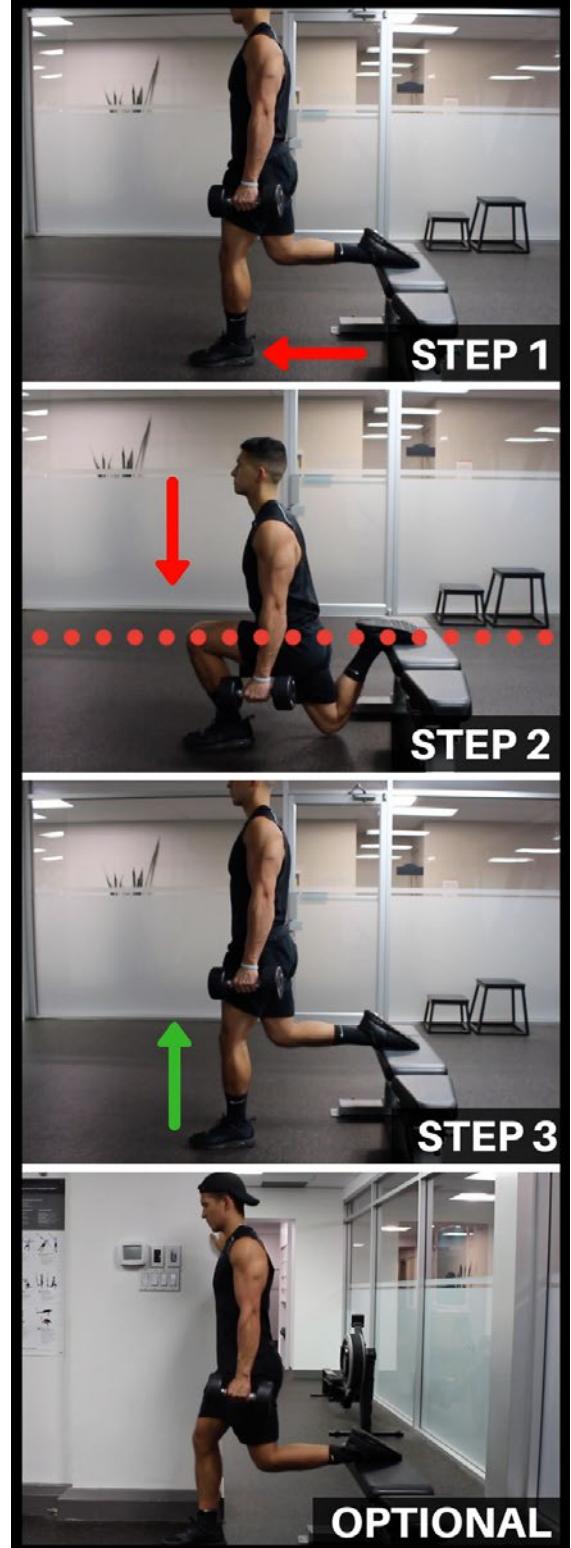
STEP 2 (DESCENT)

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.



LOWER BODY 1

E3: SWISS BALL LEG CURLS

STEP 1 (SETUP)

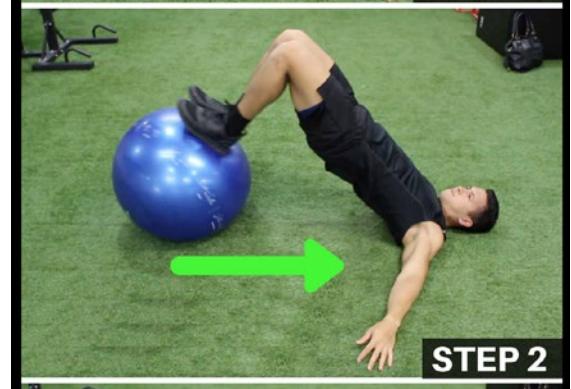
Lay with your back on the ground with your heels hip-width apart on a stability ball and your hands placed out to your sides. Lift your body into the air until your body is straight and elevated in the air.

STEP 2 (CURL)

While keeping your core tight and body straight, curl the ball towards your body by bending your knees and lifting your hips into the air by contracting your hamstrings. Ensure you aren't arching your back to compensate, it should instead remain in a neutral (straight) position.

STEP 3 (RETURN)

Straighten your legs to return the stability ball back to the starting position then repeat for another rep. Perform all reps in a slow and controlled manner and keep your core and hamstrings engaged throughout each rep.



LOWER BODY 1

E4: SINGLE LEG WEIGHTED CALF RAISE

STEP 1 (SETUP)

Stand with the toes of one foot on an elevated platform and a weight held in the opposite hand. Ideally, you should be holding onto something for balance with your free hand. Start with your heel touching the floor.

STEP 2 (RAISE)

By using your calves, lift directly straight up on your toes as high as possible. Pause for half a second at the top position.

STEP 3 (DESCENT)

Slowly lower your heel back down to the ground. Pause for half a second at the bottom position before performing another rep. If adding weight is too difficult for you, perform them with just your bodyweight until you gain the calf strength to add weight.



STEP 1



STEP 2



STEP 3

UPPER BODY 2 WORKOUT

EXERCISE	SETS	REPS	REST (MIN)	NOTES
Barbell Bench Press	4	6-8	2.5-3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Seated Row	3	8-10	2	"V-Bar" attachment, squeeze shoulder blades together, avoid rolling shoulders forward or shrugging shoulders up.
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: Kneeling Facepulls High to Low Cable Flies	3	10-15 10-15	-	Perform the facepulls first, rest for ~30 seconds, then perform the chest flies, then rest for another ~30 seconds, then start again with the facepulls and repeat for 3 total sets each.
Incline Dumbbell Curls	3	8-10	1.5-2	Use 30-degree bench angle, let arms hang straight down, keep elbows locked.

UPPER BODY 2

E1: BENCH PRESS

STEP 1 (POSITIONING)

Lie down on the bench so that the bar is sitting directly over your eyes. Grab the bar with a width such that your pinky's just inside the ring marks (but experiment and see what grip-width works best for you). Raise your chest up towards the ceiling and squeeze your shoulder-blades back and down by pinching your shoulder blades together. Keep your butt on the bench. Bring your feet back under your knees and plant them firmly on the ground. As a result, there should be space between your lower back and the bench (an arch). Squeeze your glutes to help you maintain a stable position.

STEP 2 (UNRACK)

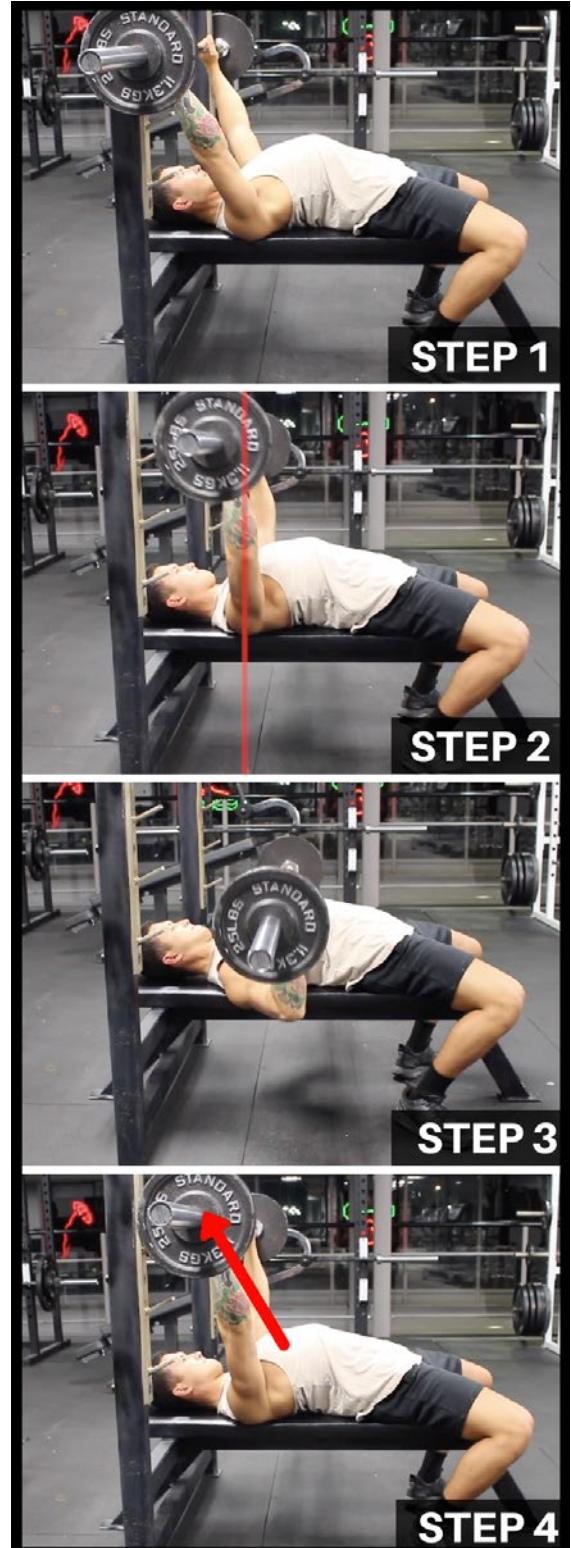
Straighten your arms to lift the bar up. Move the bar so that it's balanced directly over your shoulders.

STEP 3 (DESCEND)

Lower the bar to slightly below your nipples while slightly tucking your elbows and keeping your forearms vertical and directly under your wrists. Make sure to use full range of motion such that the bar physically touches your chest at the bottom.

STEP 4 (PRESS)

Press the bar from below your nipples to directly above your shoulders. The bar should not travel straight up and down, but rather slightly back towards the starting position. Focus on moving the weight by squeezing your chest together (think about trying to bring your biceps together). Your shoulder-blades should be retracted and pulled down throughout the press, and your butt should remain in contact with the bench.



UPPER BODY 2

E2: SEATED ROW

STEP 1 (SETUP)

Grab the “V-bar” attachment and get into your starting position with your back straight and legs slightly bent. Depress (relax) your upper traps before pulling by bringing your shoulders down and away from your ears.

STEP 2 (PULL)

Pull the weight by retracting your shoulder blades and pulling the V-bar towards your stomach while maintaining a relatively straight back. Avoid arching or excessively rounding your back as you pull. Think about pulling with your elbows as you pull in order to better engage the back.

The main thing you want to look out for is that as you pull, you do NOT want your shoulders to roll forward and internally rotate as this places a lot of stress on the shoulder joint. Instead, focus on squeezing your shoulder blades back such that your shoulder doesn't roll forward and instead stays pulled back.

STEP 3 (ECCENTRIC)

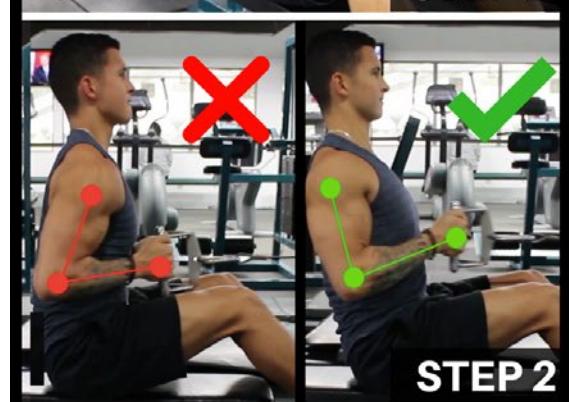
Control the weight back until your arms are straight and then repeat for more reps. Avoid using momentum during each rep.



STEP 1



STEP 2



STEP 2



STEP 3

UPPER BODY 2

E3: STANDING OVERHEAD PRESS (BARBELL)

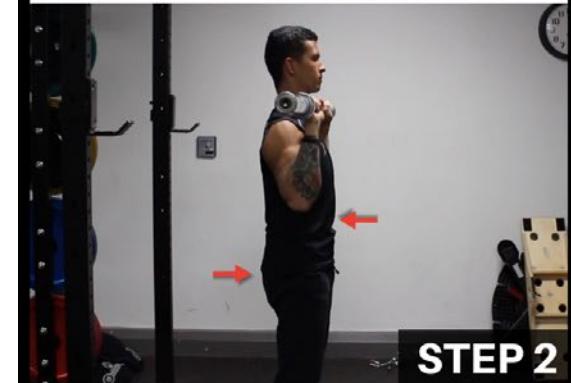
STEP 1 (SETUP)

Set up your rack such that the bar is around shoulder height. Grab the bar with an overhand grip slightly wider than shoulder-width. The key for grip is to ensure your wrists are straight and your forearms are vertical when the bar is in the starting position – so the grip width will vary based on the individual.



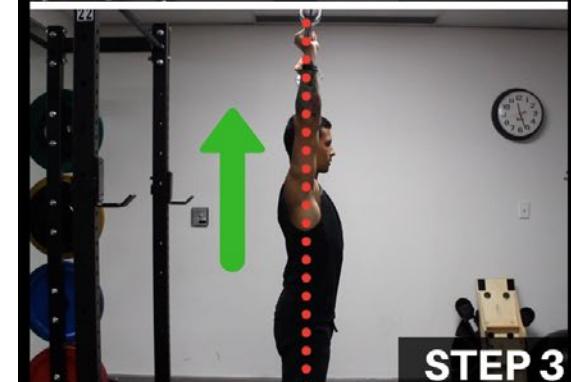
STEP 2 (PREPARING THE PRESS)

Lift the bar off the rack and take a couple steps away from the rack (keep in mind that normally you'd be stepping backwards, I just had to unrack it forwards in order to show you the positioning). Engage your core by contracting your abs slightly (think about as if someone was about to punch your stomach) and squeeze your glutes.



STEP 3 (PRESS)

Take a deep breath in, hold it, and then press the bar up. You'll have to ensure your head is not sticking forward in order to do so. Once the bar passes the top of your head, you can move your head forward ("look through the window") to allow the bar to be directly over your head in the finishing position. Don't use momentum with your legs as you and make sure that you aren't arching your lower back when pressing. A little bit of an arch is fine as long as it's not excessive, just make sure that your core still remains tight and engaged.



STEP 4 (DESCEND)

Bring the bar to your shoulders after each rep while exhaling your breath.



UPPER BODY 2

SUPERSET 1/2: KNEELING FACE PULLS

STEP 1 (SET UP)

Set up a cable system so that the notch is a couple notches below from the very top. Grab the rope with an overhand grip, then get down on one knee. Relax your upper traps by bringing your shoulders down and away from your ears. You want to maintain this throughout each rep.

STEP 2 (PULL)

Pull the rope towards your face while keeping your elbows high. Think about pulling with your elbows and squeezing your shoulder-blades together, and as you pull, you want to externally rotate your shoulder such that your knuckles are facing the ceiling.

STEP 2 (PULL)

You can see what I mean here at this angle, the end position is as if you were holding a "biceps flexing pose". This helps further target the rotator cuff.

STEP 3 (ECCENTRIC)

Control the weight back to the starting position and then repeat for another rep. Ensure that you aren't excessively arching or rounding your back during each rep. You should feel a strong contraction in the middle of your back.



STEP 1



STEP 2



STEP 2



STEP 3

UPPER BODY 2

SUPERSET 2/2: HIGH TO LOW CABLE FLIES

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 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 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 1



STEP 2



STEP 3

UPPER BODY 2

E5: INCLINE DUMBBELL CURLS

STEP 1 (SETUP)

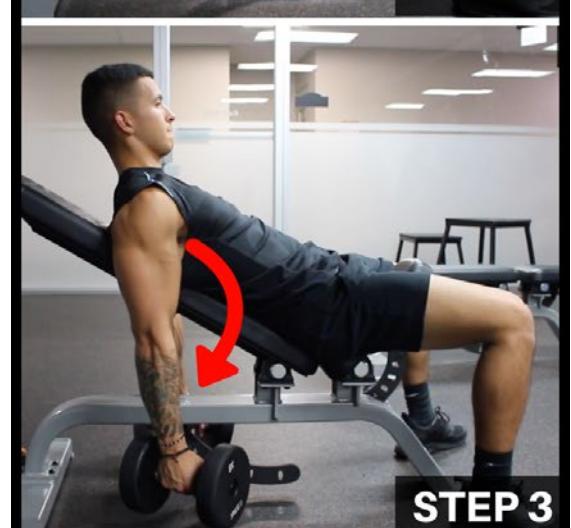
Set up an incline bench to around 30 degrees (a similar angle as you'd use for incline presses). Grab two dumbbells and lay with your back on the bench and your arms hanging straight by your sides. Your head can lay flat on the bench if comfortable.

STEP 2 (CURL)

While keeping your elbows locked in position, curl both dumbbells up towards your shoulders. Your elbows should remain locked and should not move (a little movement is acceptable) throughout the curl. Ensure that your upper traps don't tighten up (elevate) as you curl the weight up. Keep them relaxed as much as possible.

STEP 3 (DESCENT)

Lower the weights back to the starting position (arms fully almost fully extended) in a controlled manner, while keeping your elbows locked in the same position.



LOWER BODY 2 WORKOUT

EXERCISE	SETS	REPS	REST (MIN)	NOTES
Deadlift	3	6-8	3	Maintain straight back, keep head/back/hips inline.
Leg Press	3	10-12	2-3	Feet shoulder-width apart, keep knees in line with toes, avoid fully locking out knees.
Reverse Lunges	3	8-10 per side	~45-60s rest between each leg	Take step back with one leg, keep upper back straight.
Seated Weighted Calf Raise	4	10-15	1-1.5	Pause at bottom of each rep, use full ROM.

LOWER BODY 2

E1: DEADLIFT (CONVENTIONAL)

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)

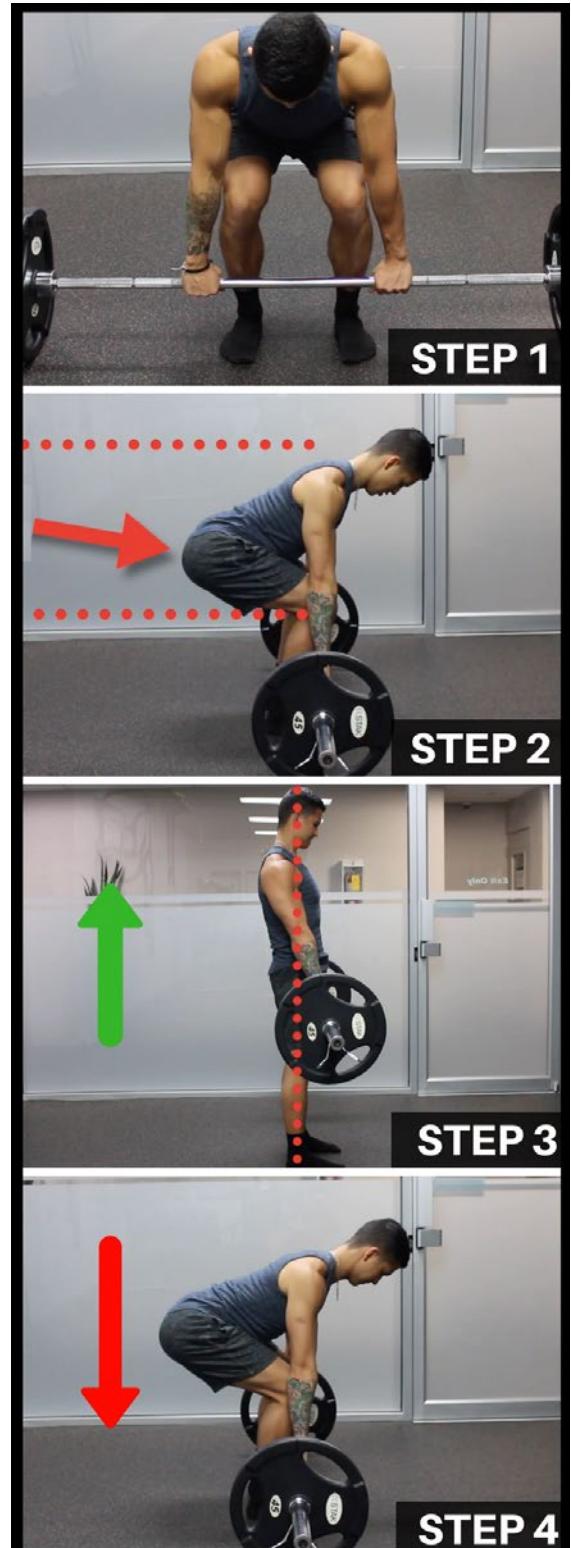
Drop into the starting position by bending your knees and lifting your chest until your back is straight. The bar should be as close to your shins as possible and should still be over your mid-foot. This is your starting position – with your head in line with your back and hips and your lower back straight. Also note that your butt should be between your knees and head, rather than too low or too high.

STEP 3 (PULL)

Take a deep breath in and hold this breath. You want to use this breath to brace your core (think 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. Once you get better at the deadlift, you can perform your reps in more of a continuous fashion (e.g. "touch and go").



LOWER BODY 2

E2: LEG PRESS

I would advise using the “decline” leg press machine as shown below if you have access to it at your gym, since it provides a more effective range of motion and better weight loading. Although I’ll be using a standard leg press machine in the below instruction pictures, the same steps/tips apply to any leg press variation/machine.



STEP 1 (SETUP)

Place your feet shoulder-width apart with your toes pointed either straight or slightly pointed outwards. Your feet should be positioned in the middle of the foot plate.

STEP 2 (PUSH)

By pushing mainly with the heels of your feet and using your quadriceps, push the weight until your legs are almost fully extended – but DO NOT lock out your knees. They should be slightly bent at the end position. If using the decline leg press, this step will instead require you to unhook the safety bars and then lower the weight into the bottom position before pressing with the above tips.

STEP 3 (DESCENT)

Slowly lower the weight back to the starting position. But at the bottom position, ensure that your lower back is not rising off the back rest. You want to descend until you reach just before the point that your lower back starts to come off the back rest – as this indicates your end range of motion.



STEP 1



STEP 2



STEP 3

LOWER BODY 2

E3: REVERSE LUNGES

STEP 1 (SETUP)

Stand straight with either dumbbells held by your side or with a weighted bar on your back.

STEP 2 (DESCENT)

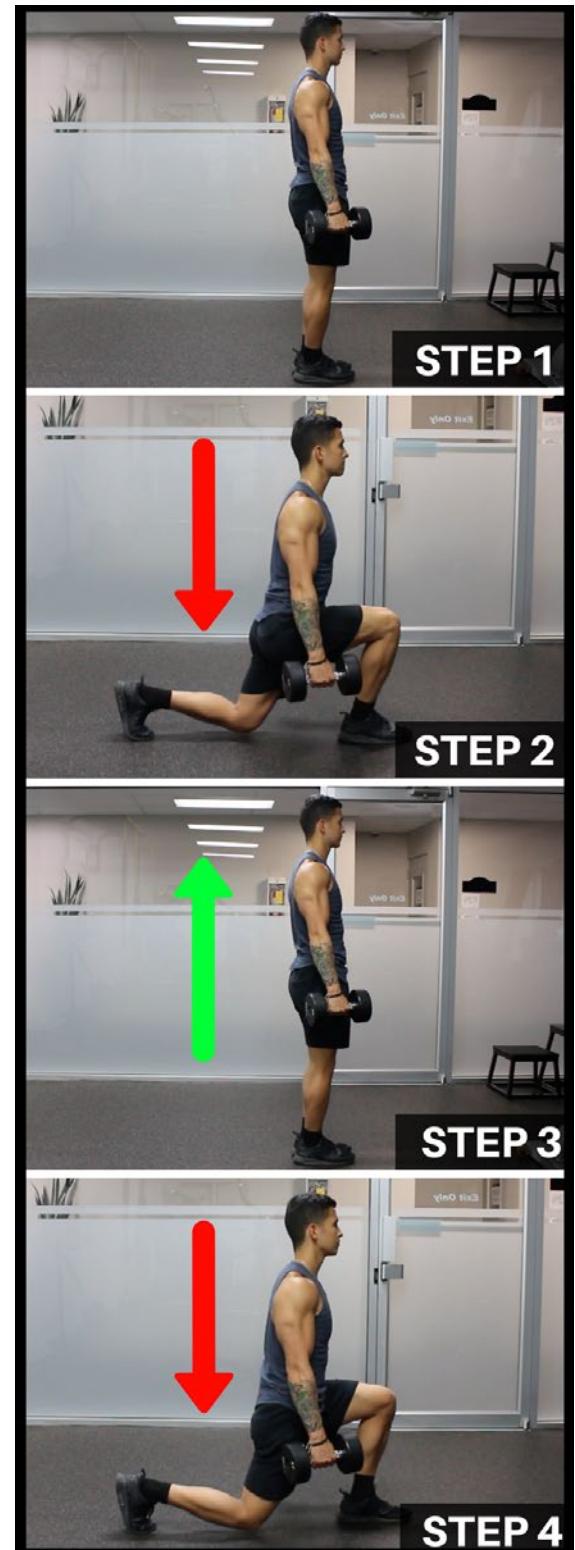
Move one foot back and place the toes of that foot on the ground behind you. Bend your front leg to lower your body until your back knee just about touches the ground. Your shin should be near-vertical at the bottom position.

STEP 3 (ASCENT)

By pushing up with the heel of your front foot, raise your body back up to the starting position. Your back should remain straight throughout the process.

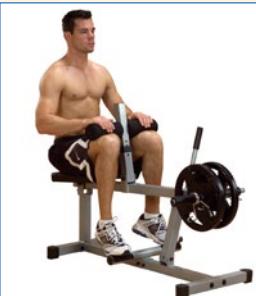
STEP 4

Repeat with the other leg.



LOWER BODY 2

E4: SEATED WEIGHTED CALF RAISE



Ideally you want to perform these on a seated calf raise machine. But if unable to do so, use the following tips. But the same general guidelines apply for whichever seated calf raise variation you perform.

STEP 1 (SETUP)

If you don't have access to a seated calf raise machine, sit on a bench with two dumbbells placed on your thighs and your toes elevated on weight plates or any elevated platform. Your heels should be touching the ground.

STEP 2 (RAISE)

Raise both toes straight up as high as possible while keeping the dumbbells on your thighs. Hold this top position for half a second.

STEP 3 (DESCENT)

Lower your heels until they touch the ground, pause for half a second, then repeat for another rep.



ADDITIONAL COMMENTS

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For exercise tutorial videos of all the 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, your goal with this routine is to strive towards the strength goals mentioned in the strength goals chapter. Once you've achieved those strength goals is when you'll be ready to transition to the intermediate program in which we will change certain variables and use new workout routines to further drive progress at the optimal rate.

Enjoy!



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