



**PHASE ONE** **BEGINNER**

# **WORKOUTS**

**GUIDE**

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# PHASE ONE 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 1” your weekly routine will look something like this:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout A	Rest	Workout B	Rest	Workout A	Rest	Rest

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout B	Rest	Workout A	Rest	Workout B	Rest	Rest

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. Your abs/cardio routine can be done after any of the workouts OR on a rest day. Refer to those chapters for further guidance.

# WARM UP

## FULL-BODY WARM-UP ROUTINE (~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 shoulder blades 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.
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 with Thoracic Extension	5 per side	Start in plank position, foot placed outside hand, rotate arms up.
Wall Ankle Mobilization	5 per side, 2 second hold	Keep heel on the ground, lean forward, hold end stretch for 2 seconds.

## WARM UP SETS (only for the first upper and lower 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			



# WARM UP EXERCISE TUTORIALS

## 1. WRIST CIRCLES

X10 EACH DIRECTION



### WHY

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

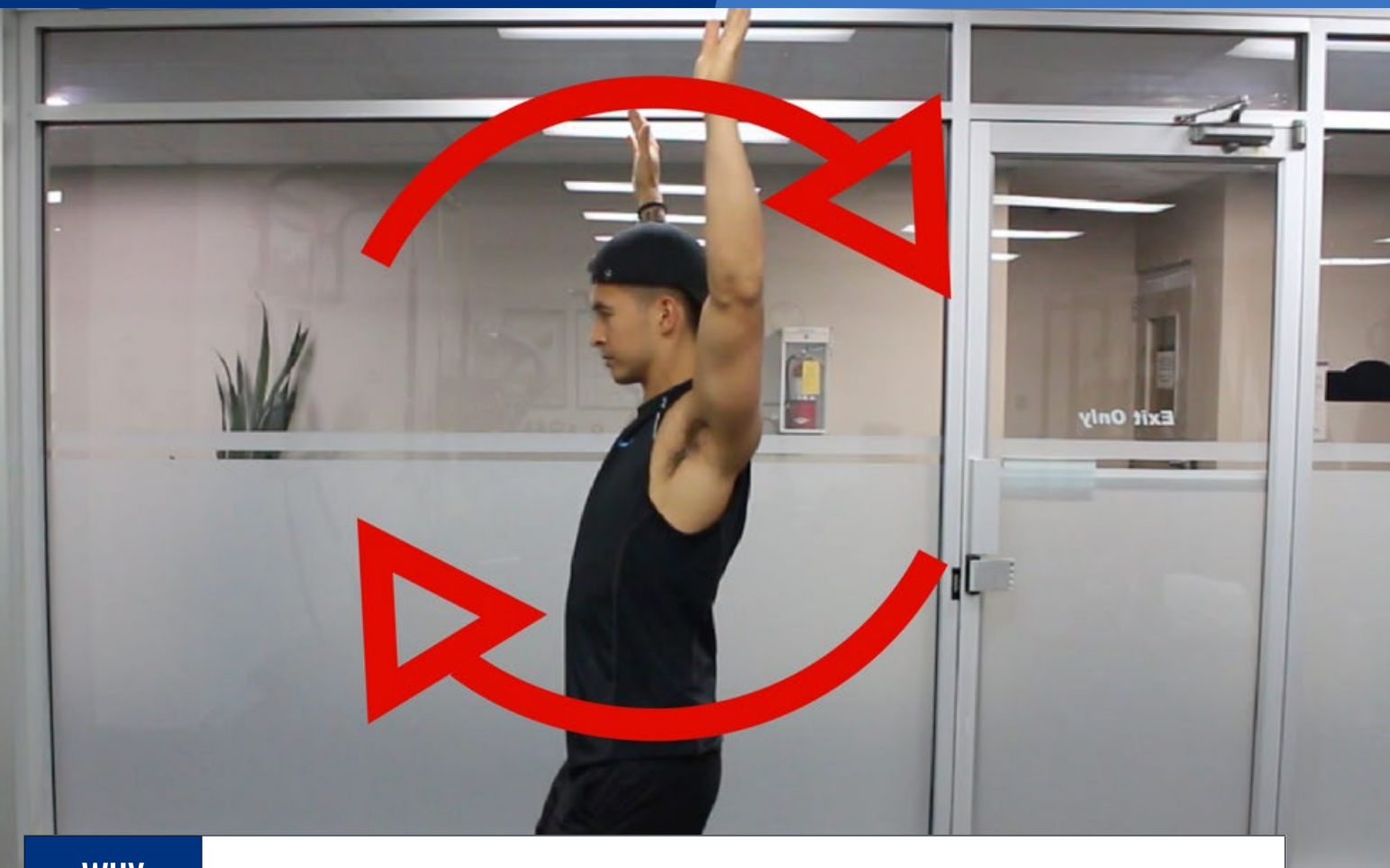
### HOW

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

# WARM UP EXERCISE TUTORIALS

## 2. ARM CIRCLES

X10 FORWARD AND BACK



### WHY

To warm up and mobilize the shoulder joint.

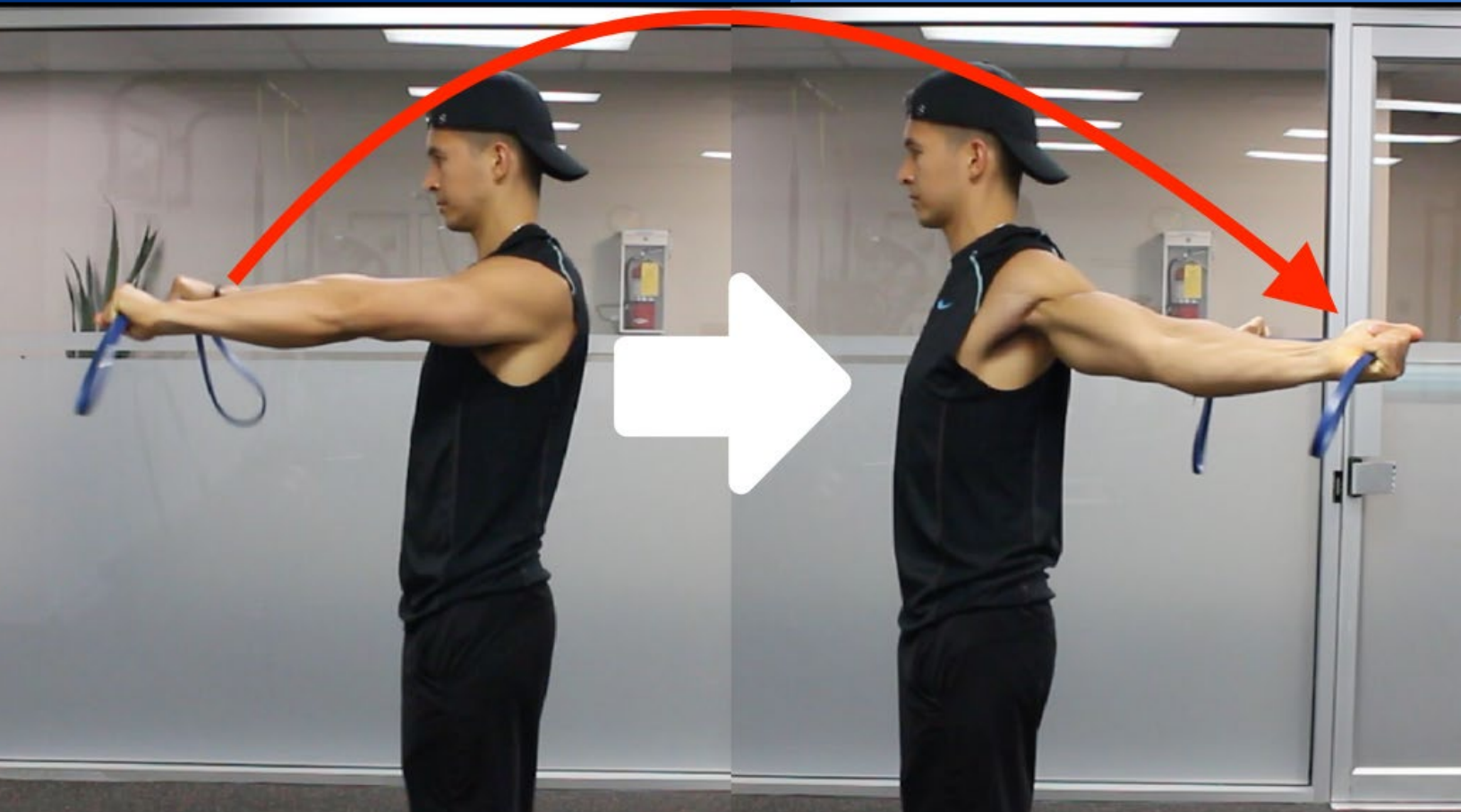
### HOW

Swing your arms forward in a circular motion for 10-15 reps and then repeat in the reverse direction.

# WARM UP EXERCISE TUTORIALS

## 3. BAND OVER-AND-BACKS

X5



### WHY

To mobilize the chest/shoulder area and help with shoulder/scapular stability.

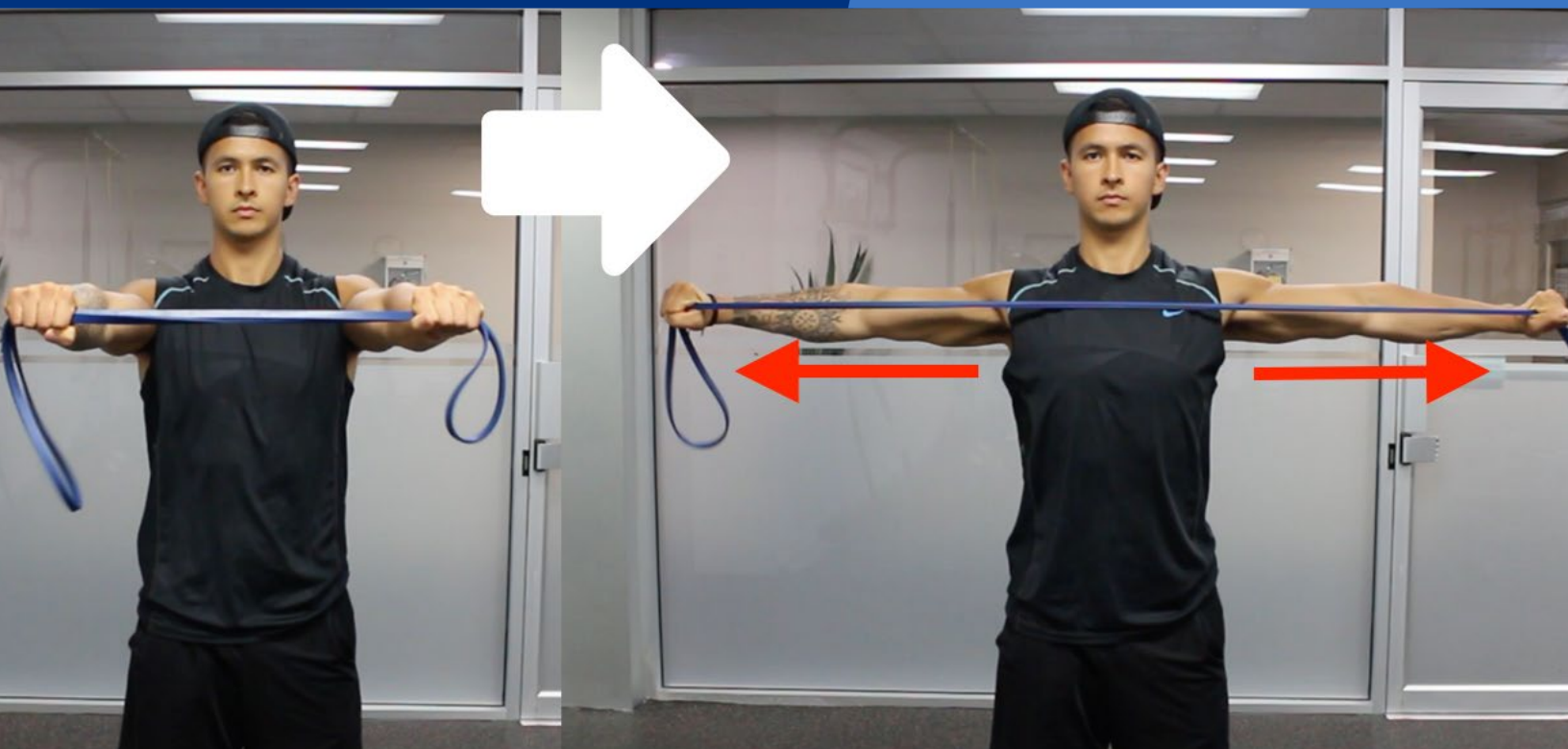
### HOW

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.

# WARM UP EXERCISE TUTORIALS

## 4. BAND PULL-APARTS

X10



### WHY

To warm up the mid-back and rotator cuff musculature to help with your pressing.

### HOW

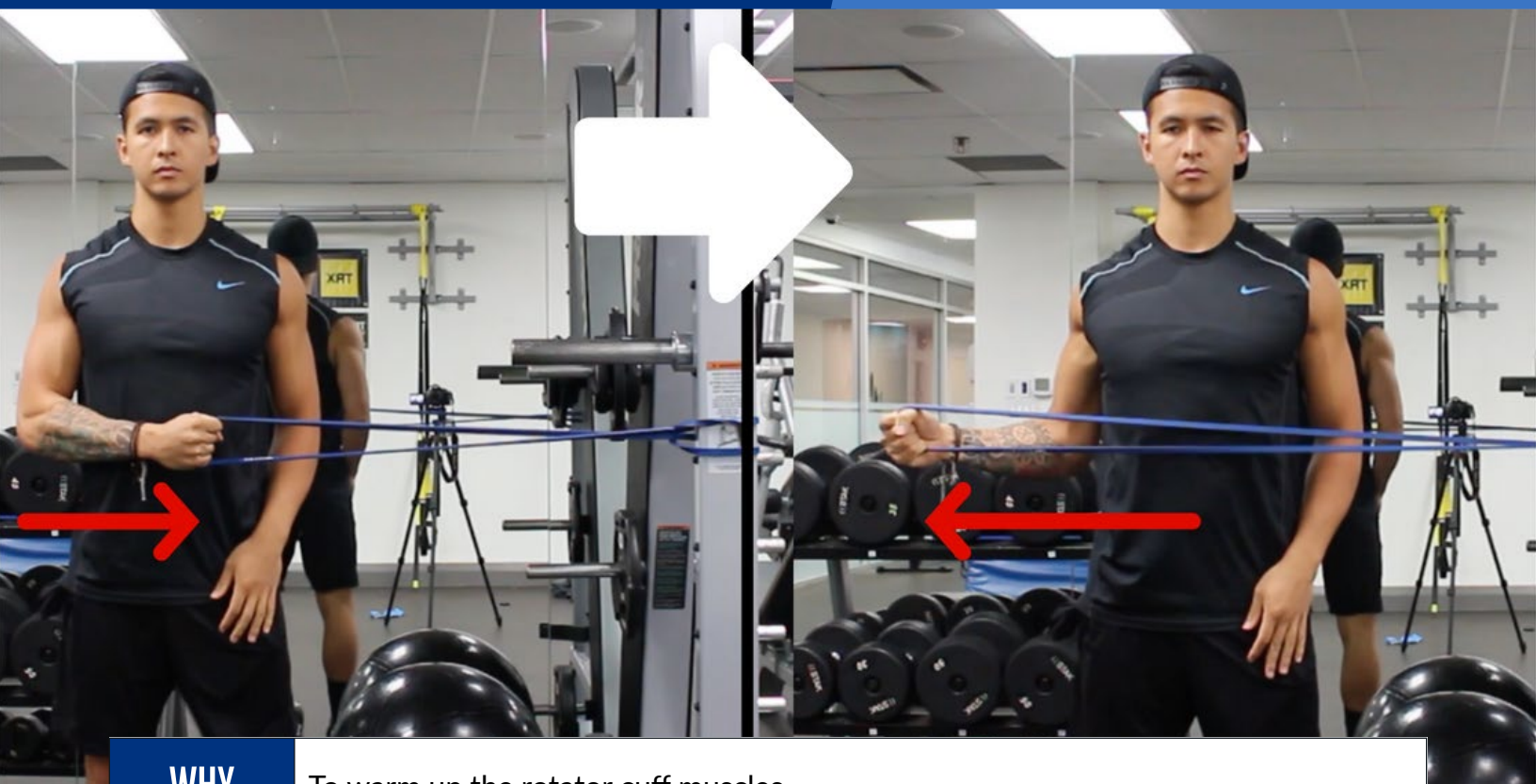
Hold your band at around shoulder-width apart with an overhand grip. Pull the band apart by squeezing your shoulder blades together. Keep your upper traps relaxed as you do so and focus on feeling your mid-back muscles working. Control back to the starting position and repeat. You can use just one strand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



# WARM UP EXERCISE TUTORIALS

## 5. BAND EXTERNAL ROTATION

X10-15 PER SIDE



### WHY

To warm up the rotator cuff muscles.

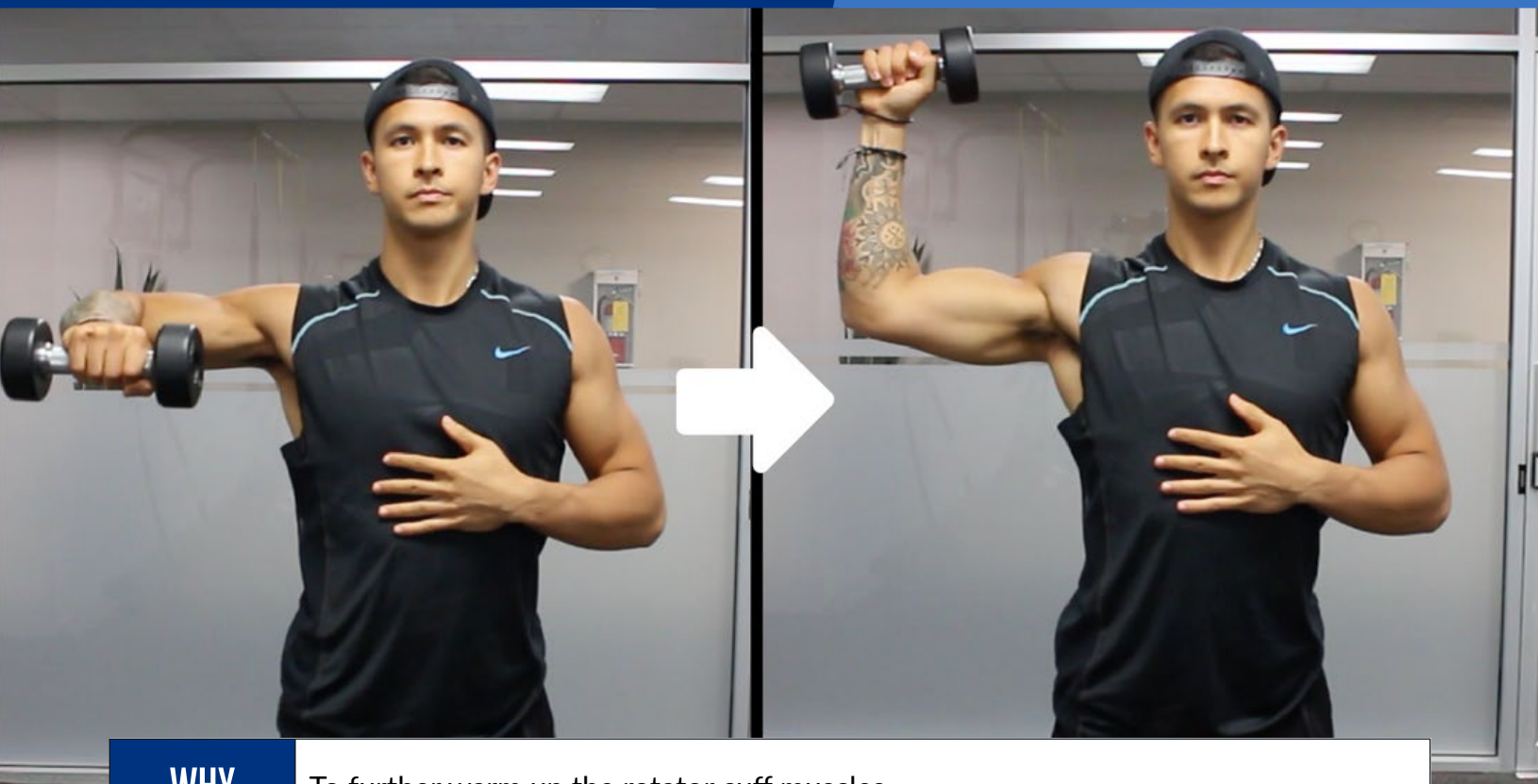
### HOW

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.

# WARM UP EXERCISE TUTORIALS

## 6. DB SHOULDER EXTENSIONS

X 10-15 PER SIDE



### WHY

To further warm up the rotator cuff muscles.

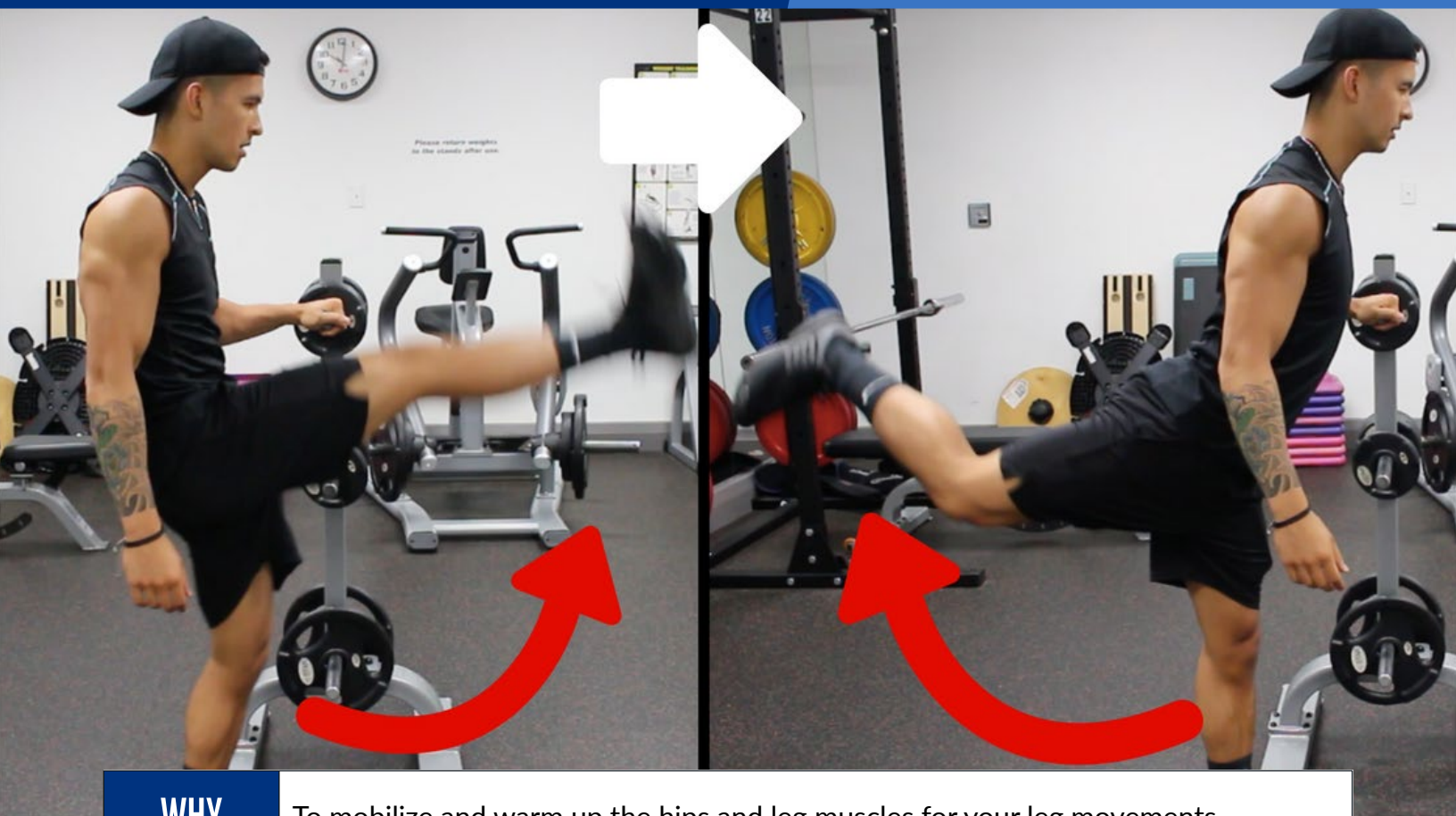
### HOW

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.

# WARM UP EXERCISE TUTORIALS

## 7. FORWARD & BACK LEG SWINGS

X10-15 PER SIDE



### WHY

To mobilize and warm up the hips and leg muscles for your leg movements.

### HOW

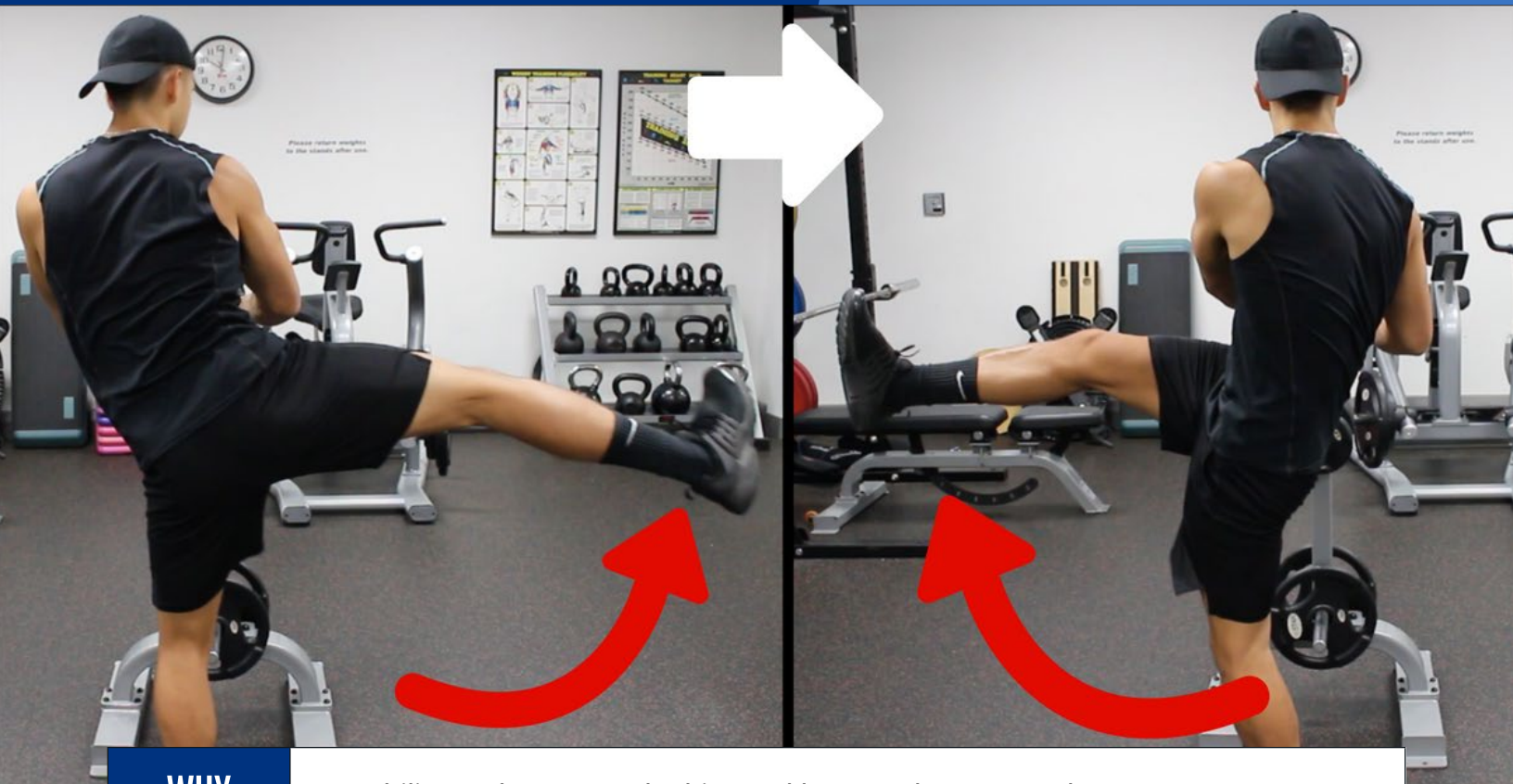
Keep your core tight and hold onto something beside you. Swing your leg front and back as far as your leg will go.



# WARM UP EXERCISE TUTORIALS

## 8. 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

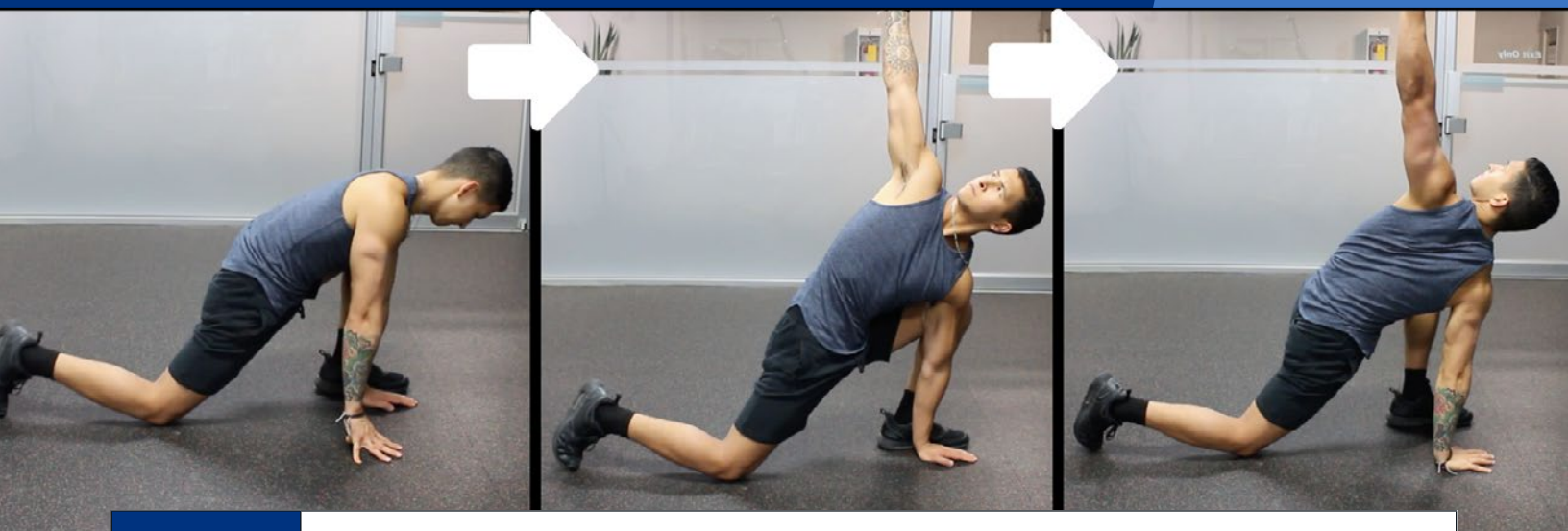
Keep your core tight and hold onto something beside you. Swing your leg front and back as far as your leg will go.



# WARM UP EXERCISE TUTORIALS

## 9. 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.

# WARM UP EXERCISE TUTORIALS

## 10. 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 ONE*** ***BEGINNER***

# ***WORKOUTS***

***GUIDE***

# WORKOUT A

EXERCISE	SETS	REPS	REST (MIN)	NOTES
Barbell Bench Press	3	8-10	2.5-3	Try pinky on rings, keep shoulder-blades retracted, maintain lower back arch, press from below nipples to above shoulders.
Back Squat	4	8-10	3	Experiment with foot stance, point toes slightly out, maintain a straight back, squat to at least parallel.
Chest-Supported Row	3	8-10	2	Pull with elbows, squeeze shoulder-blades together, don't flare elbows out.
Dumbbell Lateral Raises	3	10-15	~45-60 seconds	Lean torso forward, retract shoulder blades, externally rotate shoulder ("thumbs up" slightly).
Single Leg Weighted Calf Raise	4	6-10	1-1.5	Pause at bottom of each rep, use full range of motion.



# WORKOUT A

## 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.



# WORKOUT A

## E2: 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)

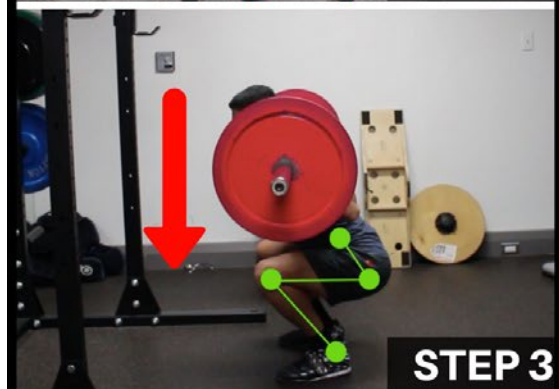
Unrack the bar, take 3 steps back, then adjust your footing. Your feet should be shoulder-width apart or a little wider. You can point your toes out slightly if this is more comfortable. But play around with foot positioning to find what's comfortable for you.

### 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.





# WORKOUT A

## E3: 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)

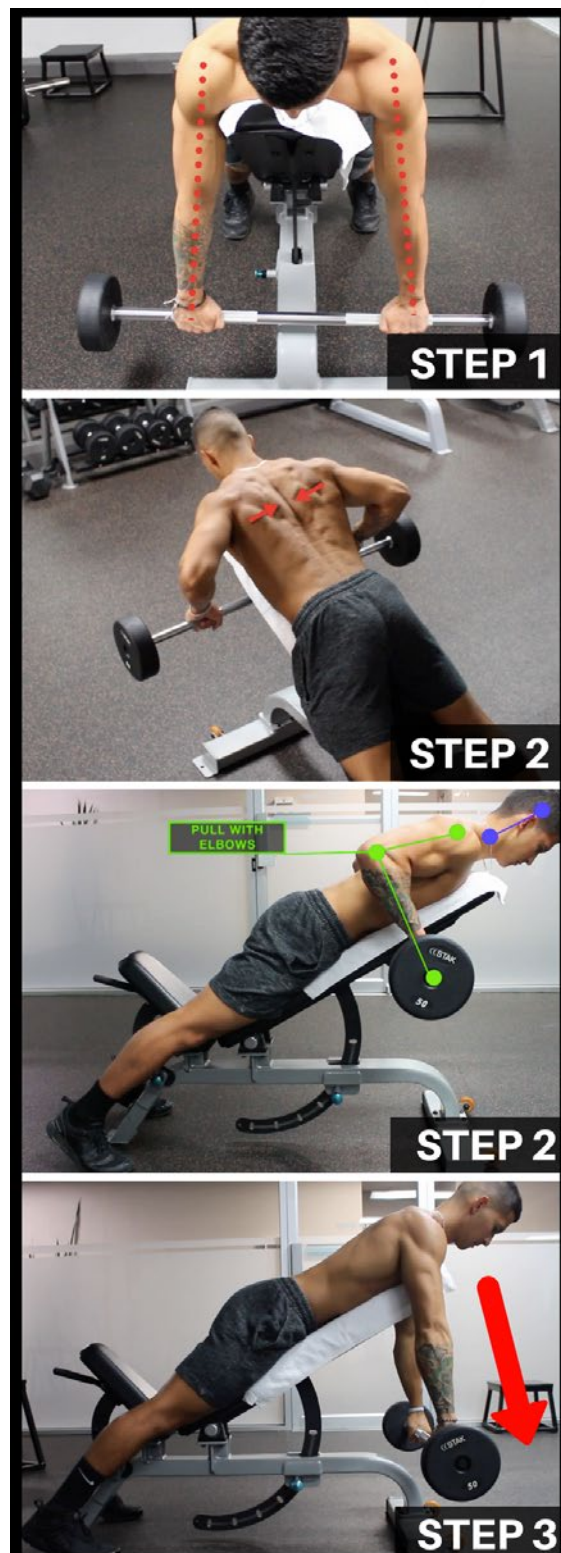
Pull the bar up towards your “upper abdominal area” as far as the bench will allow you to go. Focus on squeezing your shoulder-blades together in order to pull the weight and try to relax your upper traps as best as possible.

#### 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.



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 (SETUP)

Grab a dumbbell in each hand, 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.

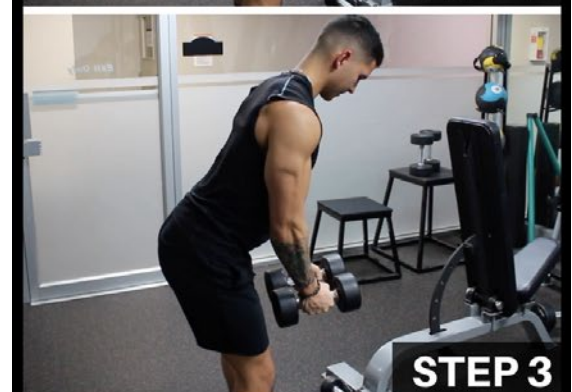
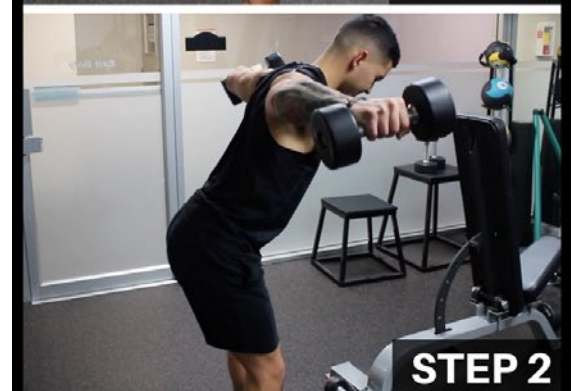
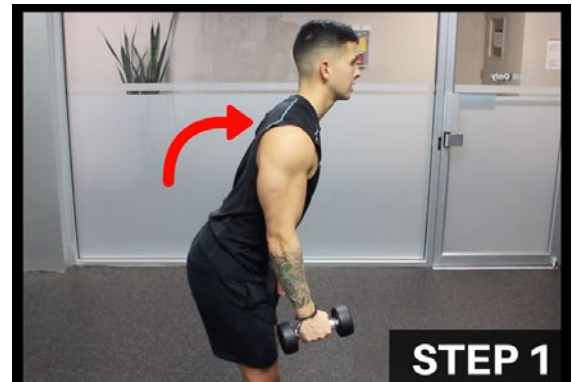
### STEP 2 (RAISE)

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.





# WORKOUT A

## E5: SINGLE LEG WEIGHTED CALF RAISE

### STEP 1 (SETUP)

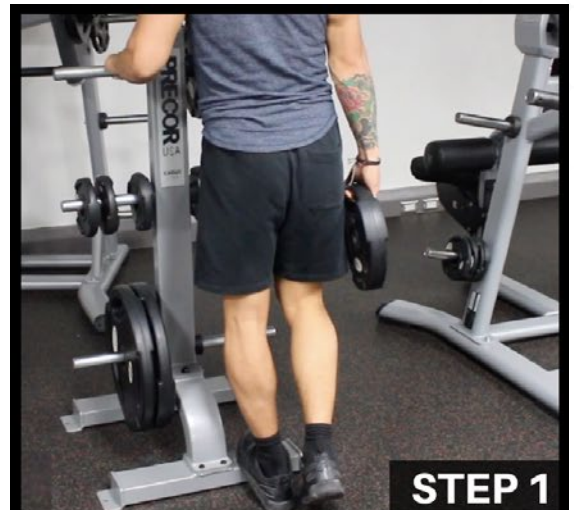
Stand with the toes of one foot on an elevated platform and a weight held in the opposite hand. Ideally, you should be holding onto something for balance with your free hand. Start with your heel touching the floor.

### 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.



# WORKOUT B

EXERCISE	SETS	REPS	REST (MIN)	NOTES
Incline Dumbbell Press	3	10-12	2-3	Experiment with bench angles (~15-45 degrees), keep shoulder blades retracted & chest sticking out, don't flare elbows.
Deadlift	3	6-8	3	Maintain straight back, keep head/back/hips in line.
Standing Overhead Press	3	8-10	2-3	Press in a straight line up, keep core engaged, no momentum, don't arch lower back.
Pull-Ups*	3	8-10	2-3	Wider than shoulder-width thumb-less grip, pull with elbows, use full ROM (eyes over bar), add weight if possible.
Kneeling Face Pulls	4	10-15	1.5-2	Keep upper traps relaxed, pull towards face while raising fists towards ceiling (external rotation).

*\*If you're unable to do pull-ups within the desired rep range, swap them for lat-pulldowns.*

# WORKOUT B

## 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.



# WORKOUT B

## E2: 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)

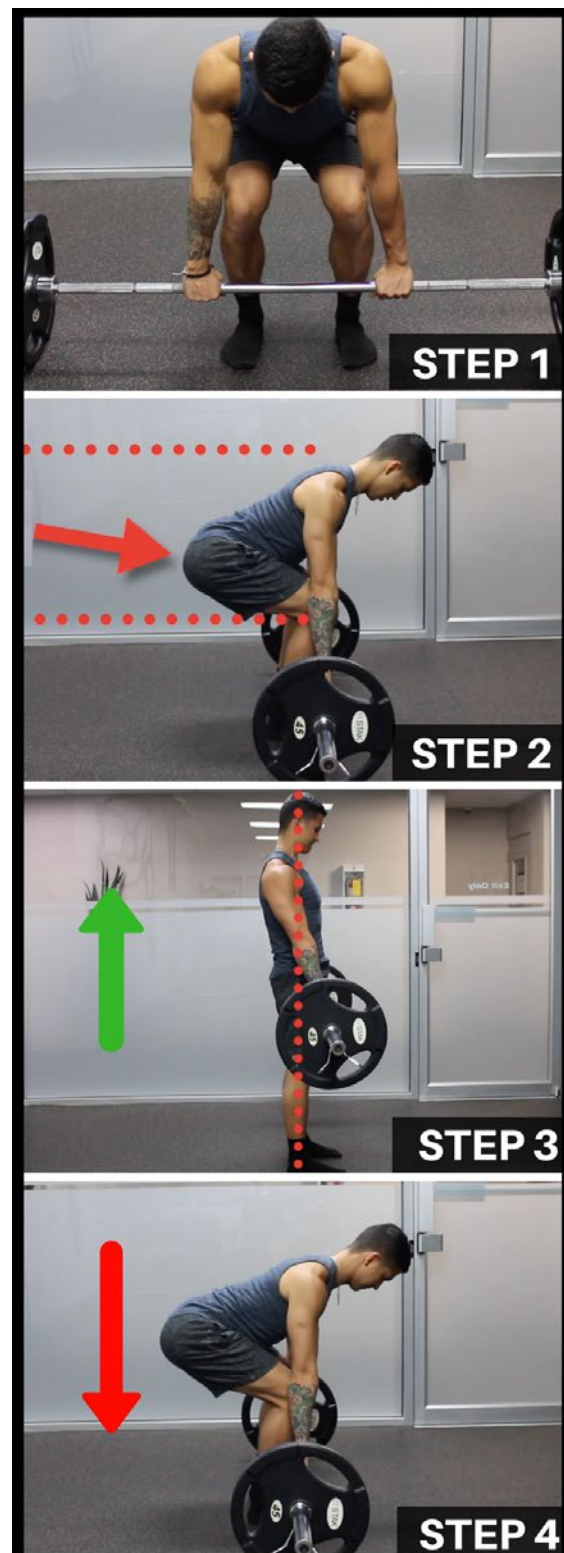
Drop into the starting position by bending your knees and lifting your chest until your back is straight. The bar should be as close to your shins as possible and should still be over your mid-foot. This is your starting position – with your head in line with your back and hips and your lower back straight. 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").





# WORKOUT B

## 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)

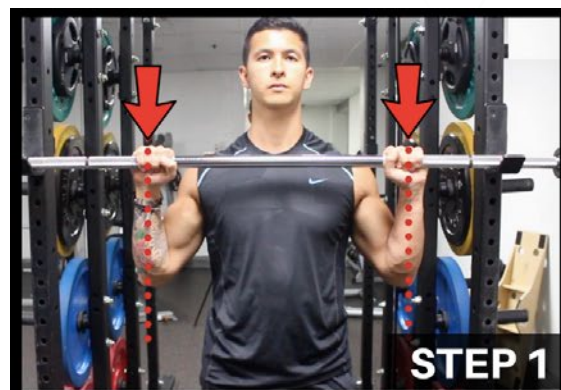
Lift the bar off the rack and take a couple steps away from the rack (keep in mind that normally you'd be stepping backwards, I just had to unrack it forwards in order to show you the positioning). Engage your core by contracting your abs slightly (think about as if someone was about to punch your stomach)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

### STEP 3 (PRESS)

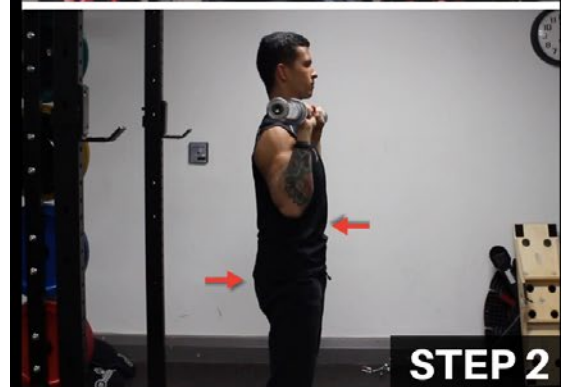
Take a deep breath in, hold it, and then press the bar up. You'll have to ensure your head is not sticking forward in order to do so. Once the bar passes the top of your head, you can move your head forward ("look through the window") to allow the bar to be directly over your head in the finishing position. 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)

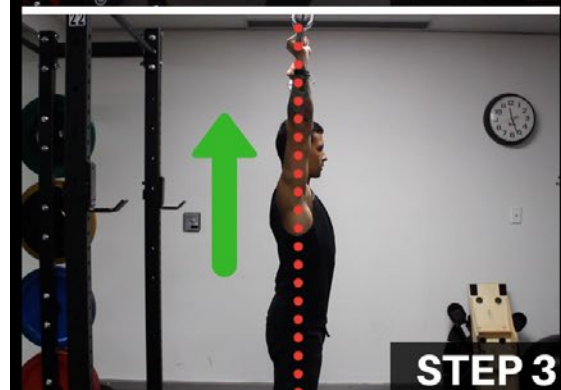
Bring the bar to your shoulders after each rep while exhaling your breath.



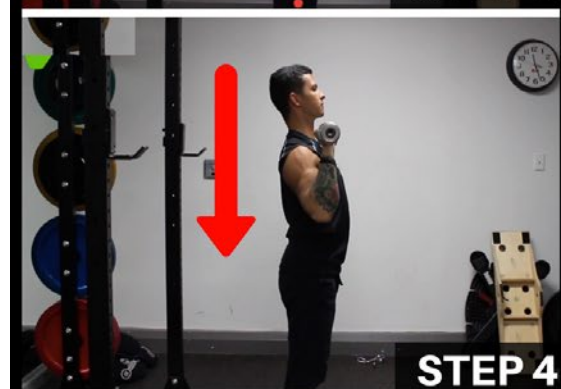
STEP 1



STEP 2



STEP 3



STEP 4

# WORKOUT B

## 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)

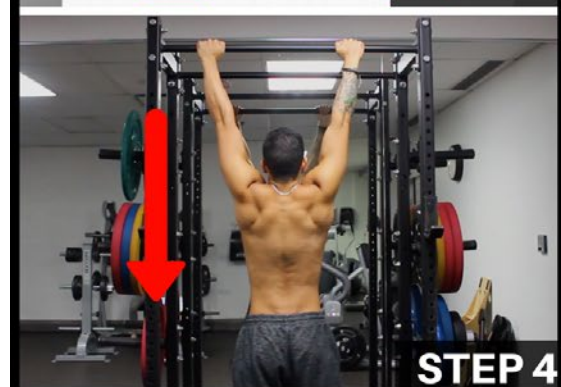
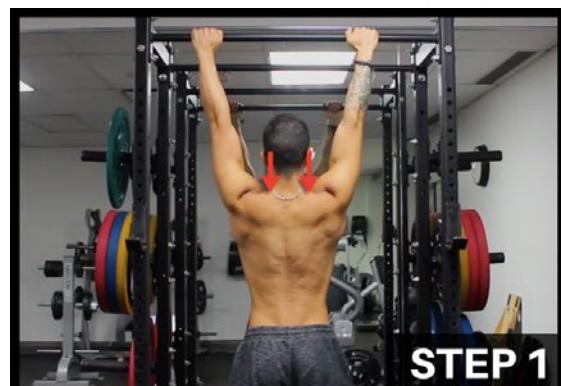
Pull yourself up by pulling your elbows down to the floor, you want to think about pulling with your elbows as opposed to pulling with your hands. It's preferred to keep your feet straight down throughout the pull-up, but if your pull-up bar doesn't allow this then it's perfectly fine to cross your feet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



# WORKOUT B

## E5: 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.





# ***ADDITIONAL COMMENTS***

For inquiries or customer support, email  
[contact@builtwithscience.com](mailto:contact@builtwithscience.com)

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, after successful completion of phase 1, you can transition to phase 2 where volume will be increased to further your progression at the optimal rate. However, it's important that you only do so once you're ready. I discuss how to know when you're ready in the workout chapter of your program, so refer to that for more detail.

Enjoy!





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