


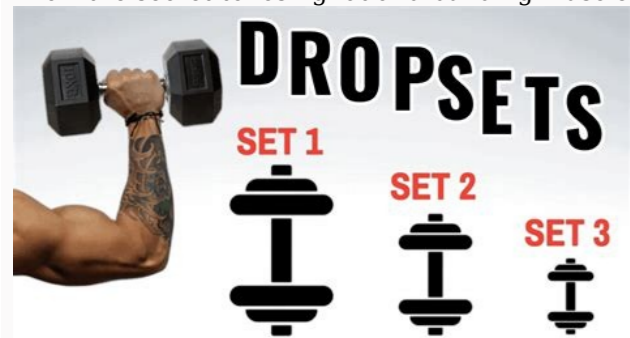
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## Built with science intermediate build pdf

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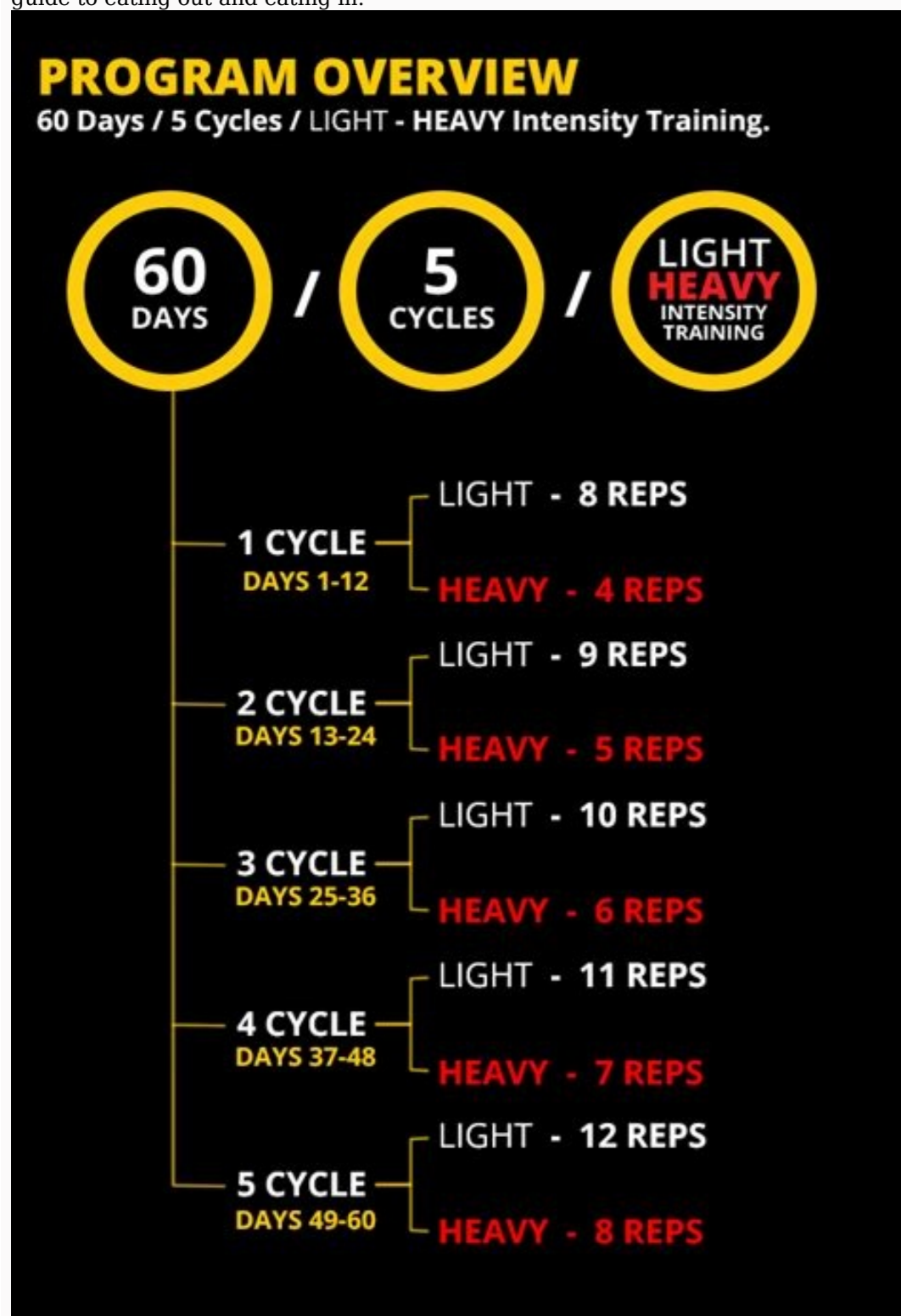
Jeremy Ethier Jeremy Ethier is the founder of Built With Science and a fitness expert who has mastered the art of combining science with training and nutrition to help anyone build lean muscle and burn off fat in the most efficient way possible. elements of literature fourth course answer key pdf Follow Ethier on YouTube and Instagram (@jeremyethier) and visit builtwithscience.com for workout tips and training courses. Ethier is an FMS and NASM certified kinesiologist who has helped millions of people change their lives through his YouTube channel, which boasts 3 million subscribers. Ethier's training methods are based on countless hours of research of peer-reviewed studies, as well as personal trial-and-error. Follow Jeremy on Instagram Lower-body workout with Jeremy Ethier Workout type: Lower-body Equipment: dumbbells (8-10lb) Jeremy's pre/post-workout nutrition tips: Pre-workout: The goal is to fuel performance, so carbohydrates should be the main focus of the meal, along with moderate amounts of protein. The macronutrient of least focus is fat, because it isn't an immediate energy source and can cause some digestive discomfort during the workout. One hour before your workout, try a scoop of a good-quality whey protein powder with almond milk or water and a banana on the side. Post-workout: The goal is to refuel and recover from the workout, which carbs and protein will help with. Fat doesn't necessarily need to be completely avoided, but it's not the main macronutrient of focus. A simple, effective post-workout meal is pasta with meat sauce made from lean ground turkey, with a mixed salad on the side. Spread your water intake throughout the day to ensure proper hydration. In general, 100-135 ounces of water per day is a good recommendation. Scan this QR code to download the app now Or check it out in the app stores home2-on-1 coachingblogcareerdisclaimerprivacy policyterms of usePlease Note: The author of this site is not engaged in rendering professional advice or services to the individual reader. The ideas, procedures, and suggestions contained within this work are not intended as a substitute for consulting with your physician. All matters regarding your health require medical supervision. The author shall not be liable or responsible for any loss or damage allegedly arising from any information or suggestions within this blog. You, as a reader of this website, are totally and completely responsible for your own health and healthcare. Your results may vary. Testimonials and examples used are exceptional results and are not intended to guarantee, promise, represent and/or assure that anyone will achieve the same or similar results.Built With Science® may not be copied or used for any purpose without express written consent. If you've spent any time in online fitness forums or scrolling through your insta feed, you know there's no shortage of gurus and "experts" proclaiming they know the secret to losing fat and building muscle.But have you noticed how complicated those programs can be?



And how unsustainable the diets are? Only to leave you feeling like you'll never succeed?At Built With Science we take an evidence-based approach. That's because exercise and nutrition grounded in science works. There's no quick fixes or overnight results.If you want an effective and sustainable approach to fitness and nutrition, you'll get it here.If you've spent any time in online fitness forums or scrolling through your insta feed, you know there's no shortage of gurus and "experts" proclaiming they know the secret to losing fat and building muscle.But have you noticed how complicated those programs can be? And how unsustainable the diets are? Only to leave you feeling like you'll never succeed?At Built With Science we take an evidence-based approach. That's because exercise and nutrition grounded in science works. There's no quick fixes or overnight results.If you want an effective and sustainable approach to fitness and nutrition, you'll get it here.Start Your Quiz Frequently Asked QuestionsHOW ARE THE 2.0 PROGRAMS DIFFERENT FROM THE ORIGINAL PROGRAMS?The 2.0 Programs have been completely updated based on the latest scientific research. You'll get never-before-seen bonus content, new workout routines, and fresh nutrition plans to help you reach your goals. I'VE ALREADY PURCHASED ONE OF THE ORIGINAL (1.0) BUILD/SHRED/LEAN PROGRAMS, WHICH 2.0 PROGRAM SHOULD I CHOOSE?If you've previously purchased a BWS Program, please follow the guidelines below to determine which 2.0 Program is best for you.HOW IS THIS PROGRAM DIFFERENT FROM THE BUILD PROGRAM?The BUILD programs focus primarily on maximizing muscle growth and adding size, and are better suited for those who are skinny and at a relatively low body fat. However, every single program comes with both the SHRED and BUILD protocols. You don't need to purchase both programs. You'll be instructed on which to start out with based on your goals once you gain access..WHAT'S THE DIFFERENCE BETWEEN THE BEGINNER AND INTERMEDIATE PROGRAM?The beginner and intermediate programs are designed specifically based on your training level. The intermediate program requires you to have been CONSISTENTLY lifting on a STRUCTURED workout plan for AT LEAST the past year. If you do not meet this requirement, then it's suggested that you start out with the beginner program.Why? Because a beginner shouldn't train like an intermediate and an intermediate shouldn't train like a beginner.If a beginner trains like an intermediate, they would quickly burn out and reach plateaus. And if an intermediate trains like a beginner, they won't see optimal results. That's why each program has an optimized approach for training, progression and nutrition that's based on your training experience.DOES THE PROGRAM COME WITH MEALS?Yes, you'll have access to a database of over 200+ high protein, quick, and easy meals. We've also created 90 done-for-you nutrition plans, including Vegan options, so you're never left guessing what or how much you need to eat to achieve your goals.HOW MANY WORKOUTS AM I REQUIRED TO DO?Your SHRED program gives you the option of doing 3, 4, or 5 workouts a week, depending on what works best for you and your schedule.WHAT EQUIPMENT DO I NEED?We've designed the program to work regardless of what equipment you may or may not have. Whether you have access to a full out gym, just barbells and dumbbells, just a set of bands, or only your bodyweight, we have workouts that will cater to you.I HAVE PAST INJURIES HOLDING ME BACK, WHAT IF I CAN'T DO SOME OF THE EXERCISES?No problem at all! There's no exercise that you're "forced" to do in the program. 84331762813.pdf



We provide you with plenty of joint-friendly alternatives in the event that you have a past injury. We'll also show you how to improve your injury - many of our members have completely healed their past injuries and pains by following our protocols.DOES THE PROGRAM SHOW ME HOW TO GET STARTED?We show you what to do every step of the way, so you're never wondering what to do next. The Beginner SHRED program is made for beginners so you can ease into your fitness journey without getting overwhelmed. We educate you on form, muscle groups and what to expect. We'll also share the basics behind your nutrition. It's the perfect foundation that will carry you towards your ultimate goals.HOW LONG WILL IT TAKE FOR ME TO SEE RESULTS?Our clients typically see results quickly. You can expect to significantly change your physique within 12 weeks of consistently using the program, and then it gets even better the longer you stick with it. Just imagine: 3 months from now you could look and feel drastically better than you do right now! I'M REALLY BUSY. WILL I BE ABLE TO FIT THE WORKOUTS INTO MY SCHEDULE?We believe in working smarter, not harder. Our scientifically-proven workouts do more for you in less time, so you don't need to kill yourself at the gym. We also have included 30-minute time-saver workouts to choose from if you're ever short on time.SOMETIMES I CAN'T MAKE IT TO THE GYM, WILL I BE ABLE TO WORK OUT AT HOME?Yes. As a bonus, you'll gain access to a full home workout routine that is just as effective as the gym workout routine.WHAT IF I GET INVITED TO A DINNER PARTY, WANT TO EAT OUT OR HAVE A DELICIOUS HOME COOKED MEAL?We've got you covered! Inside the program you'll get our guide to eating out and eating in.



We don't believe in restricting you, so we'll show you how to accommodate dinners with your family, friends or in restaurants. Typically, when we think of full body workout at home routines where you're more or less limited to using your bodyweight, we automatically assume that they're inferior for muscle growth when compared to working out at a gym, where you have access to heavy weights. And I'm not gonna lie. For most home bodyweight workouts out there, this is true. And there are in fact inferior for growth. But, this is simply because they aren't designed properly. Because time and again, research has shown that in both untrained and trained individuals, you can make comparable gains in muscle mass by using either: Lighter loads with your bodyweight, for example OR Heavier weights in the gym But the catch is that there's a couple of key points that people overlook when it comes to home workouts. And these are key to ensuring that you're still able to maximize your growth despite being limited to just your bodyweight. These key points are essential that you incorporate into the full body workout at home routine (no equipment) I'll be showing you today. By the way: these are the exact key points (plus more!) accounted for in every single BWS program, no matter if it is a home-based or gym-based routine. I've designed all training programs to help transform your physique in the most time-efficient manner. And best of all? It's all rooted in science. For more information: Click the button below to take my analysis quiz to discover the best program for you: I Take The Starting Point Quiz Here! What You Need To Do To Maximize Growth In A Full Body Workout At Home First (and arguably most important), is that you need to push to near failure for every single set you perform in this workout. Research has shown that if you stop well short of failure during your sets when using lighter loads, you'll fail to fully activate all the motor units within your muscles. And, as a result, you won't experience the same amount of growth that you would when using heavy weights. Therefore, during each set of this workout you want to push as close to failure as possible. That means till you genuinely have just a couple reps left in the tank before you wouldn't be able to perform another rep with good form due to muscle fatigue. Now this will be very uncomfortable given that we'll be working with a higher rep range. But it's essential that you push through if you truly want to maximize your growth with this full body workout at home routine. Perform 30-40 Reps During Each Of Your Set During Your Home Workout Research has indeed shown that working with higher reps and lighter loads like with your bodyweight, for example, can lead to comparable growth as heavier weights in the gym do. But it seems that there is a low end cut off to this. If you train with loads or use a resistance that is too light, then you won't be able to maximize growth. Which seems to be right around 30-40% of your 1 rep max. Meaning that you need to be working with a weight or resistance that is at least 30-40% of your 1 rep max if you want to maximize growth during each of your sets. Admittedly, this is easier to calculate when using weights. But since we're just using our bodyweight in this workout, we'll want to convert this to reps. So, 30-40% of your 1 rep max equates to around 30-40 reps per set. Accordingly, if you're able to perform MORE than 30 or 40 reps during each set of the exercises I show below when pushing to near failure, then it's an indication that you aren't using resistance or variation that's difficult enough. And you'll want to instead use one of the progressions that I'll show you to make the movement more demanding. So ideally you shouldn't be reaching over 30-40 reps during any of your sets in this full body workout at home routine. Full Body Home Workout Plan Now that we have that covered, we're ready to dive into the full body home workout plan. It's designed to train all of your upper body and lower body musculature in a proportionate manner. I'll first go through the various exercises and how to perform them. And then I'll cover your options in terms of how to best execute the workout. Diamond Push-Ups (2 sets flat, 2 sets decline) Targets: Chest, triceps Replaces: Bench Press The first exercise we'll use here is narrow grip push-ups. Here, your hands will be placed in a diamond shape. This better targets the chest and triceps. Three EMG papers (here, here, here) have confirmed that this specific hand placement elicits significantly greater chest and triceps activation when compared to a shoulder-width or wide hand placement during the push-up. We'll perform 4 sets of these in total: 2 of these sets will be performed on a flat surface to emphasize the whole chest 2 of these sets should be performed in a decline with your feet elevated and your hands positioned forward more towards your face. This shifts more emphasis to the upper chest. That's because it now incorporates more shoulder flexion (one of the main functions of the upper chest) into the push-up. To progress this movement: You can simply stuff a bag with books and strap it onto your back to gradually increase the load You can also use a band to add more resistance as well Inverted Row (4 sets) Targets: Traps, lats, & biceps Replaces: Seated row, barbell row, etc. Next, we're going to move onto the inverted row to target our overall back. Most of the emphasis will be on the mid-back for thickness. doom troopers genesis Ideally, for the most resistance, you should use a broom or mop and place that between two chairs to perform your row. If you don't have the right setup for that though, then you can simply perform these under a sturdy table. To make both of these movements easier, you can start out with bent knees to use your legs for support. A third option is the following set up instead which we'll continue to use later on in this workout: Simply take 2 bed sheets or towels (I find bed sheets work better for a greater ROM) Tie a basic knot at the end of each of them And then throw it over your door and close your door This will enable you to perform your row. To progress this movement: For whichever variations you choose, you can progress them by either: Getting your body more horizontal to the ground by elevating your feet, for example AND/OR Add more load with the use of a backpack stuffed with books Pike Push-ups (3 sets) Targets: Shoulders, triceps Replaces: Shoulder Press Next, we'll be moving onto something called pike push-ups.

