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Jeremy ethier built with science pdf.

Building a set of cut abs requires a combination of a healthy diet and smart workouts that target every muscle of your core. And Jeremy Ethier, kinesiologist, fitness trainer, and founder of Built with Science, has just a solid workout plan you can use to do just that. "Although your diet will be responsible for revealing your abs in the first place, your training will then be responsible for how developed and how well your abs and lower midsection look once they're finally revealed," says Ethier. You should first understand your anatomy before you set out to do that. Ethier goes on to explain that there are four areas that make up your abs, and how each of these muscles play a significant role in your upper body strength and overall health. "The midsection can be further divided into two regions; the upper and lower abs. Given that they're activated by different muscles, these two regions can be selectively activated with different exercises," says Ethier. Area 3: Obliques "These run down the sides of the abs and not only add definition to your midsection, but can help visually taper and narrow down your waistline," says Ethier. Area 4: Serratus anterior "This is situated right on top of the ribs, which adds more definition to your midsection, as well as playing a vital role in shoulder health and injury prevention," says Ethier. "Your abs workout routine and abs exercises needs to be designed in a way that hits each of these various muscles," says Ethier. Here is the four-move, 10-minute workout that Ethier uses hit every part of the six-pack.

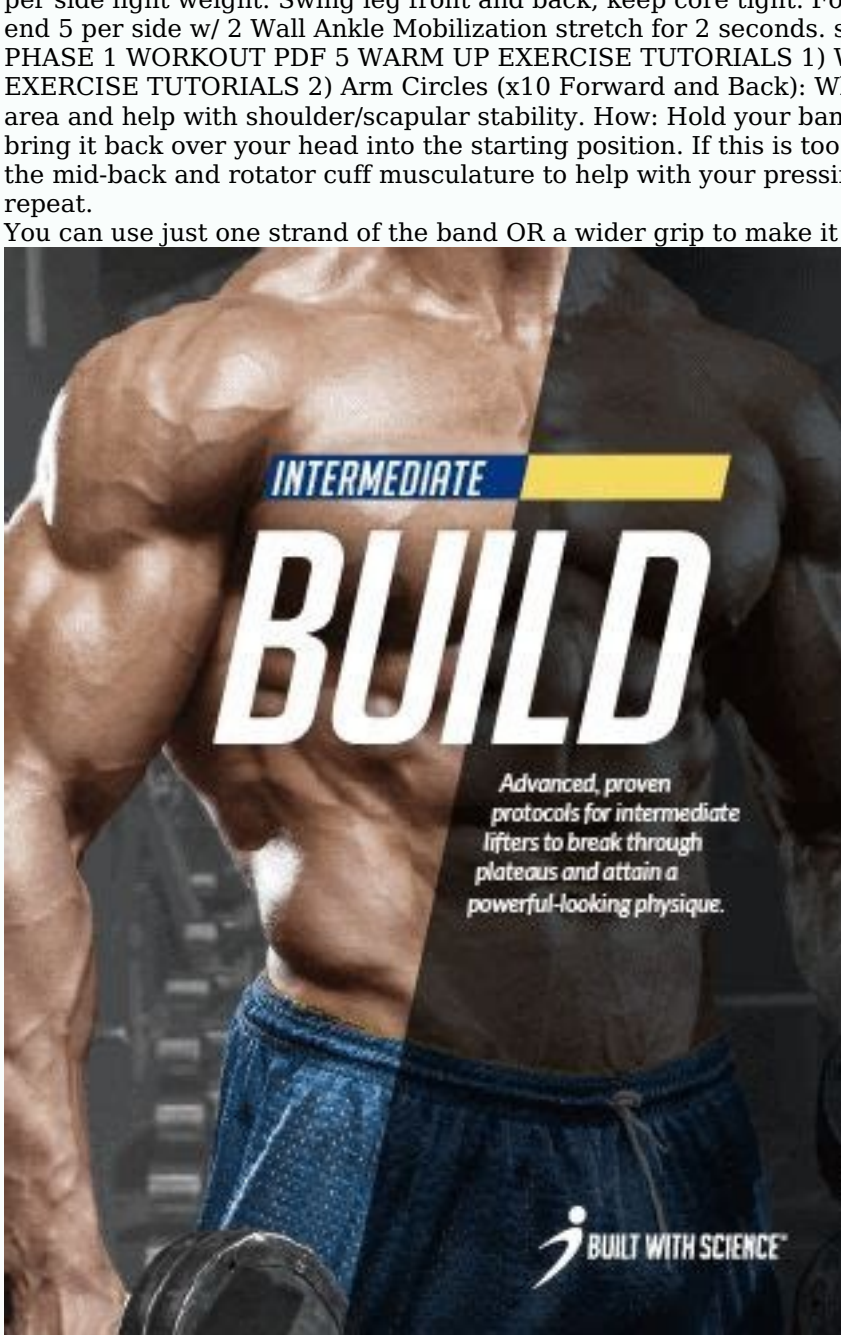


He recommends doing this routine one to three times per week after your main workouts or on rest days. View full post on Youtube. Exercise 1: Reverse Crunches This move targets the lower abs over the upper abs in terms of activation. Ethier suggests starting with this move because it's more difficult than the others, and the lower abs is the area that most people struggle with developing and strengthening. "Before you even start, initiate something called posterior pelvic tilt by squeezing your glutes and contracting your abs so that your pelvis tips upwards and your back flattens onto the bench. This will pre-activate your lower abs and keep them activated. When you perform a rep, all I want you to think about is curling your pelvis up towards your belly button and think about contracting your lower abs," says Ethier. "Build up this movement to roughly two to three sets of 15 to 20 reps done with bodyweight and full control, then move onto performing them weighted and/or with a decline implemented for two to three sets of 10 to 15 reps." Exercise 2: High to Low Woodchoppers This exercise will hit your obliques. "You want to keep your arms extended and elbows locked, and then use the one side of your obliques to rotate your torso down and across your body towards the opposite knee," says Ethier. "I'd recommend a set and rep range of roughly two to three sets of 10 to 15 reps, adding more weight as this becomes easier." If you have a hard time with the exercise or if you're missing a cable machine or resistance bands, another viable alternative are bicycle crunches.

For these, you will need to implement a higher rep range of 20 to 30 reps or until failure. Exercise 3: Weighted Crunches This move targets your upper abs. According to Ethier, the key is that you're emphasizing the top down aspect of these movements by focusing on simply bringing the rib cage forward and down towards the pelvis. Moves can include a stability call crunch or weighted cable crunch. "Your hips should simply remain stationary as you perform each rep. You'll want to use a moderate rep range of two to three sets of 10 to 15 reps, gradually overloading these with more weight as your abs develop and strengthen overtime," says Ethier. Exercise 4: Serratus Jabs The final exercise targets the serratus anterior via protraction and upward motion. "You can use a band or cable and set it up such that your arm travels upward and reach as far as you can at the end position in order to protract that scapula and fully activate the serratus anterior," says Ethier. "Again, use a rep range of 10 to 15 reps per side for these and overload it overtime by increasing the resistance." The triangle icon that indicates to play 0 ratings% found this document useful (0 votes) 419 views 1 page Save Save Built With Science - Home Resistance Band Workout ... For Later 31 Pages 1.2.708 MB English 3 Downloads by Jeremy Ethier # Checking for file health... TABLE OF CONTENTS PHASE 1 WORKOUT ROUTINE (INTRO PAGE) 3 WARM UP ROUTINE 4 "WORKOUT A" 17 "WORKOUT B" 23 ADDITIONAL COMMENTS 29 DISCLAIMER 30 PHASE 1 WORKOUT PDF 2 PHASE 1 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 - 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. Your abs/cardio routine can be done after any of the workouts OR on a rest day.

Refer to those chapters for further guidance. PHASE 1 WORKOUT PDF 3 WARM UP FULL-BODY WARM-UP ROUTINE (~5 MINUTES) Exercise Reps Notes 10 each Keep palms together, circle in both directions. Wrist Circles direction 10 each Forward and reverse direction. Arm Circles direction Widen grip to make it easier, avoid arching the Band Over-and-Backs 5 back. Band Pull-Aparts 10 Overhead grip, squeeze shoulderblades together. Keep elbow against your side, rotate outward, use Band External Rotation 10-15 per side light weight. Keep elbow locked in place, rotate hand up, use DB Shoulder Extensions 10-15 per side light weight. Swing leg front and back, keep core tight. Forward & Back Leg Swings 10-15 per side Swing leg side to side, keep core tight. Side-to-Side Leg Swings 10-15 per side Start in plank position, foot placed outside hand. Spiderman Lunge w/ 5 per side rotate arms up. Thoracic Extension Keep heel on the ground, lean forward, hold end 5 per side w/ 2 Wall Ankle Mobilization stretch for 2 seconds, second hold PHASE 1 WORKOUT PDF 4 WARM UP 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 PHASE 1 WORKOUT PDF 5 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. PHASE 1 WORKOUT PDF 6 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. PHASE 1 WORKOUT PDF 7 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. PHASE 1 WORKOUT PDF 8 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 overhead grip. Pull the band apart by squeezing your shoulderblades 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.



PHASE 1 WORKOUT PDF 9 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. PHASE 1 WORKOUT PDF 10 See more Similar PDF Drive: hope Give books away. Get books you want. Most Popular Latest upload When it comes to picking a workout split that maximizes muscle growth, there's a lot of factors that need to be considered. But due to the optimal training frequency and realistic time commitment of an upper lower split, it makes it an effective split for many lifters that can be easily adjusted based on your training experience. I've personally incorporated upper lower splits into my own training regimen for the past couple years and here's where it's gotten me (naturally, of course!). There's no doubt it works. But the key is choosing the right upper body exercises to make up your science-based workout. In this article, I'll show you exactly how to do just that in a way that's backed by science. And if you're a fan of science-based workouts (and programs), then you're going to want to check out my programs. I've designed each of them to be a science-backed, all-in-one process that'll take you to your dream physique in the fastest time possible. If you're interested: Click the button below to take my analysis quiz to discover the best program for you: 1 Take The Starting Point Quiz Here! Also, stick around to the end of the article where I'll provide you with a free downloadable PDF of the upper body workout that you can start using at the gym right away! What is an Upper Lower Split? First off, for those who are unaware, an upper lower split simply involves splitting up your workouts into upper and lower body workout days.

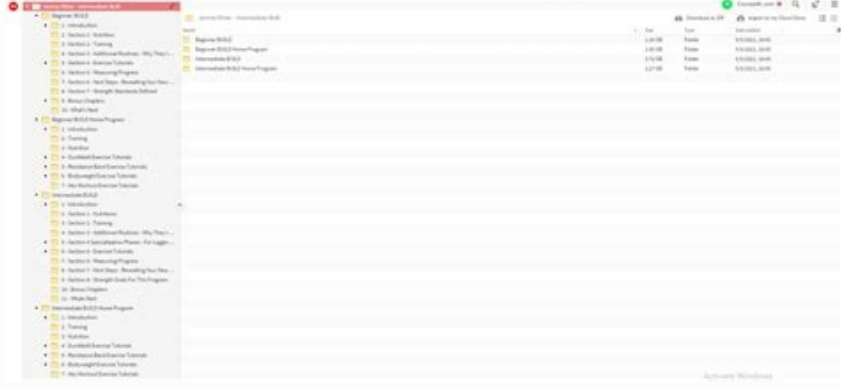
Often 2 of each is performed every week. Ideally, you'd want to organize the split like so: Sample Upper Lower Split MONDAY - UPPER TUESDAY - LOWER WEDNESDAY - REST THURSDAY - UPPER FRIDAY - LOWER SATURDAY/SUNDAY - REST Although the exact days for each workout is not important, it's best to include a rest day after two consecutive days of training to allow sufficient recovery. How to Set Up Your Upper Body Workouts Now as for the best exercises to include in your upper body workouts, a good way to set it up is by sticking to the following guideline: Horizontal Push (e.g. dumbbell press) Horizontal Pull (e.g. seated row) Vertical Push (e.g. OHP) Vertical Row (e.g. pull ups) Accessory Movements (biceps, triceps, etc.) Choosing your exercises in this fashion ensures that your muscles are worked in a balanced manner. This helps prevent imbalances from developing and helps target all of the upper body musculature. This also prevents certain stabilizer muscles from being overworked, since each plane of movement is addressed. So with that being said, let's take a look at what the optimal workout might look like. Exercise 1 (Horizontal Push) - Incline Dumbbell Press Through the added shoulder flexion of this movement, incline dumbbell presses will put more emphasis on the clavicular head of the pecs, or the upper chest, which is more often than not a weak point for most people. One EMG analysis by Bret Contreras found that out of 15 different chest exercises, incline dumbbell presses were found to be the most effective compound movement for upper chest activation. Therefore, by starting with this exercise you're able to effectively prioritize the upper chest. And since utilizing dumbbells as opposed to a barbell more effectively prevents muscle imbalances from occurring and allows a greater range of motion, it makes incline dumbbell presses the ideal option for the horizontal push exercise of this workout. Best Incline Setting Now as for the best incline setting, research tends to show that the optimal bench angle is between 30 to 56 degrees. I've personally found the best activation with a 30 degree incline, but experiment with it and see what best activates your chest (For more exercises, check out my article on the best chest workout for mass) Exercise 2 (Horizontal Row) - Chest Supported Row You want to move onto a horizontal rowing movement for your next upper body exercise. As noted in my back workout article, my personal favorite is the chest-supported row which will effectively target pretty much all of the upper back musculature. One study by Lehman and colleagues found that rowing movements provide similar levels of lat activation as lat pulldowns but more activation in other areas of the back like the traps and rhomboids. Therefore, it's essential to include at least one rowing exercise in your routine for both back width and thickness. I suggest using some form of a chest-supported row in this upper body workout because it helps minimize the involvement of the lower back - which as you'll see will be heavily involved in the next exercise. Other Exercises Other exercises like the barbell row do have their place for back development. But given that research shows they elicit high lower back involvement relative to other back exercises, their inclusion in an upper body workout needs to be carefully thought out. And... Carefully thought-out training plans will be exactly what you get (and more!) when you sign up for our 2-on-1 coaching program.



You are going to have a coach to focus solely on your training and making all your workouts customized to you, your goals, and the equipment you have available. A dietitian and I will also be available to guide you every step of the way. If that sounds good to you, then: Click the button below to find out more about the 2-on-1 coaching program: 1 Exercise 3 (Vertical Push) - Standing Overhead Press Next you want to move onto a vertical pressing movement. The overhead press is an ideal choice due to the ability to easily overload it with weight and target several muscles at once. It mainly targets the anterior deltoid with some involvement of the lateral and posterior heads. It also heavily stresses the core, the triceps, and the serratus anterior muscle to help push and stabilize the weight overhead. And, as explained in my shoulder workout article, I'd argue it's the only upper body exercise needed for the anterior deltoid. This is because studies like this one by Behren & buskies found the overhead press to be the best exercise for the anterior deltoid. It was shown to outperform dumbbell front raises by 41%! Thus, this exercise is plenty of volume for your anterior deltoids. Exercise 4 (Vertical Pull) - Pull-ups OR Lat-Pulldowns Finally, you want to move onto a vertical pulling movement. For those who are capable, I'd suggest adding in pull-ups given that they work pretty much all of your back musculature and also heavily involve your shoulder and scapular stabilizers. One study by Ness and colleagues found that pull-ups elicit similar lat activation as lat-pull downs but more biceps involvement. In addition, one study from the Journal of Strength and Conditioning showed that subjects were able to pull 25% greater total weight with pull-ups as compared to lat pulldowns. Therefore, one could make a case for the superiority of pull-ups to lat pulldowns. But given that pull-ups are generally a lot more fatiguing, lat pull downs might be the better option here given that the previous upper body exercises are quite energy demanding. So it's really up to you, but again, including both in your weekly routine is definitely the best option. Exercise 5 (Accessory Movement)- Incline Dumbbell Curls The next two exercises are optional accessory movements for your upper body workout. These are more applicable for intermediate/advanced lifters as opposed to beginners, but I'll talk more about this towards the end of the article. With that being said, for the biceps, my go-to choice would be the incline dumbbell curl. As noted in my biceps workout, it preferentially emphasizes the long head of the biceps which often doesn't get as much attention.

Journal of Sports Science and Medicine Study And as shown in this study from the Journal of Sports Science and Medicine, it enables the biceps to be active throughout the whole range of motion. This is beneficial since many biceps exercises only elicit high biceps activation at the start or end of the movement. Since this exercise targets the long head of the biceps, you could simply choose a biceps exercise that emphasizes the short head on your other upper body day during the week. This way, both heads will be developed in a balanced manner overtime. Exercise 6 (Accessory Movement) - Incline Overhead Dumbbell Extensions Similar to the biceps, due to the flexed position of the shoulder, this exercise is going to emphasize the long head of the triceps.

The long head head doesn't get much attention otherwise, which is why I suggest including this exercise. Dumbbell extensions on a inclined bench are a good way to prevent muscle imbalances from occurring and minimizing the momentum used. And the incline of the bench helps put the shoulder in an even more flexed position, leading to greater emphasis on the long head. But keep in mind that any tricep exercise that involves shoulder flexion (where the arm is raised overhead) will effectively target the long head. There's a variety of exercises that do this, so experiment and see which you like best.



Upper Body Workouts Based on Your Training Level So to sum up the video, if you're a more intermediate or advanced lifter, here's what your upper body workout could look like. Intermediate or Advanced Lifter Version: Incline Dumbbell Press: 3-4 sets of 6-10 reps Chest Supported Row: 3-4 sets of 8-10 reps Overhead Press: 3-4 sets of 6-10 reps Pull-ups OR Lat Pulldowns: 3-4 sets of 8-10 reps Incline Dumbbell Curls: 2 sets of 8-12 reps Incline Dumbbell Extensions: 2 sets of 10-15 reps You could also add face pulls or chest flies as an additional exercise if you feel that your rear delts or chest needs more work. On the other hand, if you're a beginner and just starting out then this upper body routine will be excessive in volume. Research has shown that for beginners, isolation exercises don't provide more muscle growth when compound movements are already used. Therefore, rather than performing the 2 or 3 extra isolation movements, I'd simply stick to the 4 main upper compound exercises like so.



Beginner Lifter Split: Incline Dumbbell Press: 3-4 sets of 6-10 reps Chest Supported Row: 3 sets of 8-10 reps Overhead Press: 3 sets of 6-10 reps Pull-ups OR Lat Pulldowns: 3 sets of 8-10 reps And as for your second workout during the week, you want to stick to the same general outline I showed earlier in this video but switch up the exercises. For example, these exercises are a good option for your next upper body workout during the week as they compliment the ones I mentioned in this video. New Exercises For Your Second Workout There's endless possibilities when it comes to structuring your workouts. So experiment with different exercises but stick to the general outline I mentioned earlier. And for a complete step-by-step science-based program that shows you exactly how to train, eat, and recover week after week to maximize your results, then: Click the button below to take my analysis quiz to discover the best program for you: 1 Take The Starting Point Quiz Here! YouTube Video See below for my upper body workout video that summarizes everything visually, and shows you how to properly execute each upper body exercise: The Best Science-Based Upper Body Workout for Growth (Chest/Back/Arms/Shoulders) I've also made a free Downloadable Upper Body PDF Routine that you guys can access below: Click the button below to get access to the Upper Body PDF Routine: 1 Get The Upper Body Workout Here! Within the downloadable PDF, you'll have access to the full workout with exercise tips, a progression scheme to use, and insight into how to set up your other upper body day. It's useful to have at the gym when you perform each exercise, so I highly suggest you at least check it out! Feel free to let me know if you have any questions down below. And give me a follow on Instagram, Facebook, and Youtube where I'll be posting informative content on a more regular basis. Cheers! Page 2 When it comes to picking a workout split that maximizes muscle growth, there's a lot of factors that need to be considered. But due to the optimal training frequency and realistic time commitment of an upper lower split, it makes it an effective split for many lifters that can be easily adjusted based on your training experience. I've personally incorporated upper lower splits into my own training regimen for the past couple years and here's where it's gotten me (naturally, of course!). There's no doubt it works. But the key is choosing the right upper body exercises to make up your science-based workout. In this article, I'll show you exactly how to do just that in a way that's backed by science. And if you're a fan of science-based workouts (and programs), then you're going to want to check out my programs. I've designed each of them to be a science-backed, all-in-one process that'll take you to your dream physique in the fastest time possible. If you're interested: Click the button below to take my analysis quiz to discover the best program for you: 1 Take The Starting Point Quiz Here! Also, stick around to the end of the article where I'll provide you with a free downloadable PDF of the upper body workout that you can start using at the gym right away! What is an Upper Lower Split? First off, for those who are unaware, an upper lower split simply involves splitting up your workouts into upper and lower body workout days. Often 2 of each is performed every week. Ideally, you'd want to organize the split like so: Sample Upper Lower Split MONDAY - UPPER TUESDAY - LOWER WEDNESDAY - REST THURSDAY - UPPER FRIDAY - LOWER SATURDAY/SUNDAY - REST Although the exact days for each workout is not important, it's best to include a rest day after two consecutive days of training to allow sufficient recovery. How to Set Up Your Upper Body Workouts Now as for the best exercises to include in your upper body workouts, a good way to set it up is by sticking to the following guideline: Horizontal Push (e.g. dumbbell press) Horizontal Pull (e.g. seated row) Vertical Push (e.g. OHP) Vertical Row (e.g. pull ups) Accessory Movements (biceps, triceps, etc.) Choosing your exercises in this fashion ensures that your muscles are worked in a balanced manner. This helps prevent imbalances from developing and helps target all of the upper body musculature.

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