

SCIENCE LETHICS

COMEBACK FIT YEAR 2021

AT GYM TRAINING GUIDE

4 WEEKS

ADVANCED LEVEL

SL.



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ABOUT US

Deepika is India's 1st female IFBB Pro bodybuilding athlete (figure division), a powerlifter and a Technical Officer at the National Institute of Virology by profession.

Through her informative and entertaining Instagram channel which has gathered a fan-base of over 1 lakh subscribers, Deepika aims to share the knowledge she has gathered through university education and field experience with others who are passionate about the science behind building muscle, losing fat, gaining strength and getting healthier overall.

She earned numerous international bodybuilding titles as well as the first invitation to the prestigious Arnold Classic competition (Australia) for an Indian national. As a powerlifter, Deepika won the

With a Master of Science degree in biology & numerous additional certifications, Deepika has gathered the requisite scientific knowledge to compliment her practical experience acquired through her own career as a professional athlete, training and coaching. Deepika has held numerous seminars on training, nutrition and motivation for an overall healthier lifestyle in various settings around the country.

Besides being Deepika`s longstanding personal coach and trusted workout partner in crime, **Rishabh** is a certified nutritionist & personal trainer with more than 7 years of professional experience under his belt and a multitude of successful, verifiable client transformations to his credit.

In addition, he is living his passion for fitness & strength training as a world class competitive powerlifting athlete in his own right, having achieved gold medal status twice at the World Powerlifting Championship 2019 in Moscow, Russia.

Living true to the personal motto: your successes define mine. Guiding his clients to achieve a healthier lifestyle for themselves and seeing them to become better in every aspect, are his own true measures for success.



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GYM PROGRAM

ADVANCED LEVEL

(PUSH/PULL/LEGS)

(UPPER/LOWER)

PROGRAM EXPLAINED

This Gym program is designed to guide a trainee at an advanced level from a period of detraining (partial or complete) to normal, progressive resistance training again. The goal is to be achieved within a commercial gym setting (resistance = weights + machines) or a properly equipped home gym setup. This program is exactly what you need to get a quality and effective workout at the gym, while still being able to progress and build muscle!

Important Instructions:

IF you took a complete training break (nearly no lifting) for 1 month or more or starting to workout for the first time:

Run the program in order from Week 1 to 4.

IF you took a partial training break (meaning you did bodyweight workouts) for 1-2 months:

Run Week 1 and 4 ONLY, skipping Weeks 2 and 3.

IF you continued to train using heavy loading with a power rack or home gym:

There is no need to run the whole program. Consider a single light week and then jump into your next training phase. Consider running one of the other upcoming programs.

Programming / Time commitment:

If you are available to train 4 x per week, run the Upper Lower Program.

If you are available to train 6 x per week, run the Push Pull Legs Program.

Both programs have nearly the same volumes and progressions. The main difference is how you want to split up your training and how many days you have available per week.

One last thing: if you are currently detrained, chances are you've lost some muscle mass and gained some fat. Because of the powerful muscle memory effect, you are now perfectly primed to both build muscle and lose fat at the same time (body recomposition).

If you're wondering how to set up your nutrition to accomplish exactly that, our upcoming **Ultimate Nutrition Guide** covers everything you need to know from setting up calories and macros, nutrient timing, sample meal plans, a full supplements list and much more.





KEY TERMS

DB: Dumbbell

LSRPE: Last set RPE. Use this to track how “hard” your last set actually was. 10 means you had 0 reps in the tank. 9 means you had 1 rep in the tank. 5 means you could have done 5 more reps before failure.

PROGRESSIVE OVERLOAD: The gradual increase of stress placed upon the body during exercise training. In training contexts, this generally involves progressively increasing some lifting parameter over time (usually weight or reps).

ROM: Range of motion – the measurement of the amount of movement around a specific joint or body part: from a full extension to a full contraction.

RPE: Rate of perceived exertion. A measure of how difficult a set was on a 1-10 scale, with 10 meaning muscular failure was achieved.

TEMPO: The speed at which the lift occurs.

ECCENTRIC: The lowering (“negative”) aspect of the lift.

CONCENTRIC: The contracting (“positive”) aspect of the lift.

EFFORT: How hard you are pushing the set relative to failure. Measured with RPE or %1RM.

LOAD: The weight of the external resistance.

INTENSITY: Effort and load.

VOLUME: Total amount of work performed. Usually approximated as sets x reps x load.

FREQUENCY: How often you directly train a given muscle per 7 days.

HYPERTROPHY: The growth of (muscle) tissue.

AMRAP: As many reps as possible (with good form). Often performed as a test to determine ones maximum strength.

PRIMARY EXERCISE: Main heavy compound movements that involve a large muscle mass (e.g. squats, bench presses and deadlifts).

SECONDARY EXERCISE: Compound exercises which involve less muscle mass (e.g. cable rows, lunges, hip thrusts, military presses, pull-ups, etc).

TERTIARY EXERCISE: Isolation movements involving only one joint and primarily targeting a single muscle – these are usually used to isolate a specific, smaller muscle or to generate additional metabolic stress.

PERIODIZATION: The organization of training over time.





WARM-UP

Before we look at exactly how you should warm-up, it's important to consider what exactly warming up serves to accomplish.

The main purpose behind warming up is to increase heart rate & core body temperature, which improves performance and reduces risk of injury. Your circadian rhythm will largely determine your core body temperature, meaning it varies throughout the day. When you wake up, your core temperature is at its lowest and it increases throughout the day. There seems to be a "sweet spot" for core body temperature in terms of safety and performance, so try not to train too hot or too cold. Generally speaking, breaking a light sweat through some form of cardio activity/machine is a good idea before jumping into any heavy lifting. Doing at least 5-10 minutes of low-moderate intensity cardio is especially prudent if you train early in the morning.

Warm-ups may also serve as a way to increase muscle activation, tendons and joints become more supple. Dynamic warm-up drills (active stretches that take joints through a range of motion) can improve performance, force output and mental focus as well as prevent injuries.

BUT: Don't simply "go through the motions." The goal is to always be very mindful about what muscles are contracting and what movement that contraction is creating.

Lastly, foam rolling has been shown to reduce DOMS (delayed onset muscle soreness) and brief foam rolling with a specific focus on "tight areas" before a session can both improve range of motion and prevent injury. Light foam rolling for 2-3 minutes prior to lifting is therefore recommended.

Before the first exercise for each bodypart perform a basic loading pyramid of warm-up sets:

- Pyramid up in weight with 3-4 light sets, getting progressively heavier



- For example, if you were working up to 4 sets of 160 kg for 5 reps on the squat, you could warm up as follows:

- Bar (20 kg) x 15 reps
- 60 kg x 5 reps
- 100 kg x 4 reps
- 125 kg x 3 reps
- 145 kg x 2 reps
- Then begin working sets with 160 kg for 5 reps.

- On a %1RM basis, warm up pyramids can be structured like this:

- Bar (20 kg) x 15 reps
- 40% of 160 kg x 5 reps
- 50% of 160kg x 4 reps
- 60% of 160 kg x 3 reps
- 70-75% of 160 kg x 2 reps
- Begin working sets

Note: Remember that such an extensive warm up is only required for
Primary Exercises.





WARM-UP PROTOCOL

EXERCISE	SETS	REPS/TIME	NOTES
LOW INTENSITY CARDIO	N/A	5-10 min	PICK ANY MACHINE/EXERCISE WHICH ELEVATES YOUR HEART RATE TO 100-135BPM
FOAM ROLLING/LACROSSE BALL	N/A	2-3 min	FOAM ROLL LARGE MUSCLE GROUPS: QUADS, LATS, CALVES. OPTIONALLY USE A LACROSSE BALL FOR SMALLER MUSCLE GROUPS: PECS, DELTS, FOREARMS
FRONT/BACK LEG SWING	2	12	12 EACH LEG
SIDE/SIDE LEG SWING	2	12	12 EACH LEG
STANDING GLUTE SQUEEZE	2	15 sec	SQUEEZE YOUR GLUTES AS HARD AS POSSIBLE
PRONE TRAP RAISE	2	15	MIND MUSCLE CONNECTION WITH MID BACK
CABLE/BANDED EXTERNAL ROTATION	2	15	15 EACH SIDE
OVERHEAD SHRUG	2	15	LIGHT SQUEEZE ON TRAPS AT THE TOP OF EACH REP
BANDED SHOULDER CIRCLES	2	15	SHOULDERS BACK & DOWN, ALWAYS MAINTAINING TENSION ON THE BAND

NUTRITION RECOMMENDATIONS

Nutrition is obviously a massive component to your physique and health.

Now we are not physicians, so we highly recommend talking to your doctor about making significant dietary changes. However we do feel comfortable making some general dietary recommendations. We generally recommend a moderate protein diet (around 1.5g-2.2g/kg of bodyweight per day). For example: if you weigh 60kg, aim to eat 90g to 132g of protein per day. Beyond that, you will gain more muscle eating in a slight caloric surplus, but it is not necessary if you are a beginner, but might be more important the more advanced you become over time.

There are numerous calorie calculators available, but we think it is important to note that there is no “one magical macronutrient ratio fits everyone”. There are however, macronutrient ratios which allow you to make progress while being able to enjoy food. If your goal is to build muscle and lose fat, you can do this without cutting out whole macronutrients. So NEVER eliminate carbohydrates or fats entirely (more precisely: beyond a certain threshold), as this will hurt not only your training performance but moreover your general well-being and health.

Ultimately, building muscle will improve your global body composition; so keep muscular gains as one of your priorities.

Carbohydrates are good for you – from a body composition as well as a health perspective. They also can give you easily available energy around your workout sessions (before & after). If you are following a very low carbohydrate diet approach to begin with, introducing carbs back into your diet will likely make you gain water & glycogen weight. Don't panic, glycogen (the storage form of carbohydrates found in your muscles and liver) will actually make you look more toned. Also don't cut out or lower your fats too much because as mentioned before, they are extremely important in numerous hormonal and many other physiological processes in your body. Generally speaking: make sure not to make any drastic dietary changes, regardless of your experience level.

For detailed, completely personalized, performance and lifestyle tailored nutrition guidance (including complete meal plans, alternative food choices and regular updates), please contact us at:

coaching@scienceethics.com .

EXERCISE SUBSTITUTIONS

- LAT PULLDOWN CLOSE GRIP: any lat pulldown variation, pull/chin-ups
- DUMBBELL BENCH PRESS: barbell bench press, machine chest press, smith machine bench press
- PEC DECK: cable crossover
- PLANKS: cable crunch, bodyweight crunch, v sit-up, bicycle crunch
- T-BAR ROW: chest-supported row, cable single-arm row, dumbbell row, barbell row
- DEADLIFT: sumo deadlift
- LANDMINE PRESS: dumbbell shrug, barbell shrug, smith machine shrug
- KETTLE BELL SKULL CRUSHER: dumbbell skull crusher, ez bar skull crusher, floor press, pin press, jm press
- DUMBBELL LATERAL RAISE: egyptian lateral raise, machine lateral raise
- DUMBBELL BICEPS CURL: ez bar biceps curl, cable curl
- HAMMER CURL: ez bar pronated curl, rope hammer curl
- JUMP ROPE: hanging leg raise, captain's chair crunch, reverse crunch
- INCLINE DUMBBELL PRESS: barbell incline press, deficit push-up
- LATERAL SIDE SQUATS: leg extension, sissy squat, goblet squat

- LEG PRESS: goblet squat, walking lunge
- SEATED LEG CURL: lying leg curl, sliding leg curl, swiss ball leg curl
- SEATED DUMBBELL SHOULDER PRESS: machine shoulder press
- OVERHEAD PRESS/MILITARY PRESS: seated barbell overhead press, dumbbell shoulder press
- PUSH UP: dumbbell floor press, machine chest press
- FACE PULLS: reverse pec deck, reverse cable flye, reverse dumbbell flye
- SEATED CABLE ROW: chest-supported t-bar row, machine row, dumbbell row
- SEATED CALF RAISE: standing calf raise
- SQUAT: hack squat, smith machine squat, leg press
- LUNGES: step-up, walking lunge, single-leg press
- TRICEP PUSHDOWN: rope overhead triceps extension, dumbbell kickback

EXERCISE VIDEOS

- Leg Press: <https://vimeo.com/549595935/51b3522c8a>
- Seated Leg Curl: <https://vimeo.com/549595865/d817043505>
- Lateral Ski Jump: <https://vimeo.com/549595754/f966dbac04>
- Lateral DB Raise: <https://vimeo.com/549595694/65597939b1>
- Lat Pulldown: <https://vimeo.com/549595632/a319277d1e>
- Lateral Step-out Squat:
<https://vimeo.com/549595811/1a2290b109>
- Landmine Press: <https://vimeo.com/549595577/ad0256de1c>
- KettleBell Swing: <https://vimeo.com/549595538/98fb54f5d3>
- Jump Rope: <https://vimeo.com/549595502/19eb227254>
- Incline DB Press: <https://vimeo.com/549595441/2a36e7faff>
- Skull Crusher: <https://vimeo.com/549595389/3c1a1489f7>
- Face Pulls: <https://vimeo.com/549595326/fecf038313>
- DB Rows: <https://vimeo.com/549595283/11c7e3155c>
- DB Flat Bench Press: <https://vimeo.com/549595234/09abbf17c3>
- Triceps Pushdown: <https://vimeo.com/549595178/24938c4edb>
- Burpees: <https://vimeo.com/549595140/c6256165a2>
- DB Hammercurl: <https://vimeo.com/549595085/c6e90231d8>

- Barbell Bentover Row: <https://vimeo.com/549595027/11d3036404>
- Drag Curls: <https://vimeo.com/549593580/2c85975d8c>
- Deadlift: <https://vimeo.com/549593503/b63fbc4bb1>
- Squat: <https://vimeo.com/549593431/3eea564a6e>
- Overhead Press: <https://vimeo.com/549596999/3552f8e804>
- T-Bar Row: <https://vimeo.com/549596449/0e93141141>
- Bodyweight Squat: <https://vimeo.com/549596409/705cdbc147>
- Spiderman Plank: <https://vimeo.com/549596373/0b7df840eb>
- DB Shoulder Press: <https://vimeo.com/549596315/80e67d8c5b>
- Seated Calf Raise: <https://vimeo.com/549596273/57ab75c67e>
- Seated Cable Row: <https://vimeo.com/549596225/0e5a42d2ab>
- Pushup: <https://vimeo.com/549596189/e6d34013e5>
- Peck Deck Fly: <https://vimeo.com/549596127/7d2f5dac03>
- Lunges: <https://vimeo.com/549596017/83b307ebf1>

GOOD LUCK!

Equipped with this program, you now have an exact plan to get back to where you were before in the gym. After completing 2-4 weeks of this bridge, new results are just around the corner. Please know we be here cheering for you every step of the way!

GO FOR IT!



PUSH / PULL / LEGS

ADVANCED LEVEL GYM PROGRAM

WEEK

1

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 – LEGS #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BACK SQUAT	3	2	5	50%					
	WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN									
	LUNGES	1	2	6	6					
	6 REPS EACH LEG, KEEP YOUR BODY STABLE									
	SEATED LEG CURL	1	2	10-12	7					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	1	3	12-15	7					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	SPIDERMAN PLANKS	0	2	12-15	7					
CORE TIGHT THROUGHOUT THE MOVEMENT, NEUTRAL SPINE										

DAY 2 – PUSH #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DUMBBELL BENCH PRESS	3	2	5	50%					
	WORK ON MASTERING FORM: TOUCH THE DUMBBELLS TO THE OUTSIDE OF YOUR CHEST									
	DUMBBELL SHOULDER PRESS	1	2	8-10	6					
	CONSTANT TENSION REPS HERE, GET A PUMP									
	PECK DECK FLIES	1	2	10-12	7					
	MIND MUSCLE CONNECTION WITH UPPER PECS, GET A PUMP HERE									
	KETTLEBELL SKULL CRUSHER	1	2	10-12	7					
	KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD									
	DUMBBELL LATERAL RAISE	1	2	10-12	7					
RAISE THE DUMBBELLS "UP AND OUT"										

DAY 3 – PULL #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	LAT PULLDOWN	0	2	15-20	4					
	PRE-ACTIVATION WORK: JUST GET A PUMP IN YOUR LATS									
	DUMBBELL ROW	1	2	6-8	6					
	KEEP YOUR BODY STABLE, CHEST UP, BACK SLIGHTLY ARCHED									
	T-BAR ROW	1	2	10-12	6					
	DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP									
	ROPE FACEPULL	0	3	12-15	7					
	PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS									
	DUMBBELL BICEP CURL	0	3	8-10	7					
CAN ALSO USE BARBELL OR EZ BAR, SWING THE DUMBBELL / BAR OUT AND UP										

DAY 4 – LEGS #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DEADLIFT	3	2	4	50%					
	WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR									
	LEG PRESS	2	2	8	6					
	LIGHT WEIGHT HERE, SMOOTH REPS									
	SEATED LEG CURL	1	2	10-12	7					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	1	3	12-15	7					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	LATERAL SKI JUMPS	0	2	12-15	7					
HEAD STRAIGHT, CHEST OUT, BEND BEHIND YOUR HIPS										

DAY 5 – PUSH #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	OVERHEAD PRESS	2	2	4	5					
	LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD									
	INCLINE DUMBBELL PRESS	1	2	8-10	6					
	LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS									
	DUMBBELL LATERAL RAISE	0	2	12-15	7					
	RAISE THE DUMBBELLS "UP AND OUT"									
	TRICEP PUSHDOWN	1	2	8-10	7					
	KEEP ELBOWS IN PLACE, SMOOTH AND CONSISTENT REPS									
	PUSHUP	0	1	RPE ONLY	5					
FOCUS ON GETTING A CHEST PUMP, LEAVE ~5+ REPS IN THE TANK										

DAY 6 – PULL #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BENT OVER ROW	2	2	10-12	7					
	WORK ON MASTERING FORM: CORE TIGHT, BACK NEUTRAL									
	SEATED CABLE ROW	1	2	12-15	7					
	NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN									
	KETTLE BELL SWING	1	2	8-10	7					
	DON'T GO HEAVY, MASTER FORM, SQUEEZE TRAPS / UPPER BACK									
	ROPE FACEPULL	0	3	12-15	7					
	PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS									
	HAMMER CURL	0	2	8-10	8					
GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!										

COOL DOWN EXERCISES

DAY 1 - 6	NOTES	COBRA POSE	5 SETS	10 S EACH	REST 10 S
		<ol style="list-style-type: none"> 1. FROM THE PLANK POSITION, HOLD YOUR BREATH AND SLIDE YOUR BODY FORWARD AND LIE DOWN ON YOUR ABDOMEN. 2. LET THE PALMS REST ON EITHER SIDES OF YOUR CHEST. LET THE TOPS OF YOUR FEET REST ON THE MAT. 3. PRESS YOUR PALMS INTO MAT, INHALE, AND LIFT YOUR HEAD AND CHEST OFF THE MAT. 4. EXHALE AND ON THE NEXT INHALE, DEEPEN THE BACKBEND, LIFTING YOUR TORSO OFF THE MAT WITH HIPS RESTING ON THE MAT. 5. TILT YOUR HEAD BACKWARD AND HOLD THE POSTURE GAZING UP AND BREATHING DEEPLY FOR ONE MINUTE. 6. EXHALE AND COME BACK TO STARTING POSITION. 			
		BOUND ANGLE POSE	2 SETS	20 S	REST 10 S
		<ol style="list-style-type: none"> 1. INHALE, RELEASE YOUR FEET, AND SIT STRAIGHT. 2. JOIN THE SOLES OF YOUR FEET AND BEND YOUR KNEES SIDEWAYS, ALLOW THE KNEES TO REST ON THE FLOOR. 3. WRAP YOUR PALMS AROUND YOUR FEET FROM BELOW, INHALE AND STRETCH UP. 4. EXHALE AND FOLD FORWARD, LENGTHENING YOUR SPINE, ALLOWING YOUR CHIN TO REST IN FRONT OF YOUR TOES. 5. WITH EACH BREATH LENGTHEN YOUR SPINE. WITH EXHALATION, FEEL THE STRETCH IN YOUR PELVIS AND HIPS. 6. GAZE FORWARD AND HOLD THIS POSITION AND RELAX. 			

THINK ABOUT WHY YOU STARTED.

PUSH / PULL / LEGS

ADVANCED LEVEL GYM PROGRAM

WEEK

2

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 – LEGS #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BACK SQUAT	3	2	5	60%					
	WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN									
	LUNGES	1	2	6	7					
	6 REPS EACH LEG, KEEP YOUR BODY STABLE									
	SEATED LEG CURL	1	2	10-12	8					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	1	3	12-15	8					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	SPIDERMAN PLANKS	0	2	12-15	8					
CORE TIGHT THROUGHOUT THE MOVEMENT, NEUTRAL SPINE										

DAY 2 – PUSH #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DUMBBELL BENCH PRESS	3	2	5	60%					
	WORK ON MASTERING FORM: TOUCH THE DUMBBELLS TO THE OUTSIDE OF YOUR CHEST									
	DUMBBELL SHOULDER PRESS	1	2	8-10	7					
	CONSTANT TENSION REPS HERE, GET A PUMP									
	PECK DECK FLIES	1	2	10-12	8					
	MIND MUSCLE CONNECTION WITH UPPER PECS, GET A PUMP HERE									
	KETTLEBELL SKULL CRUSHER	1	2	10-12	8					
	KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD									
	DUMBBELL LATERAL RAISE	1	2	10-12	8					
RAISE THE DUMBBELLS "UP AND OUT"										

DAY 3 – PULL #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	LAT PULLDOWN	0	2	15-20	4					
	PRE-ACTIVATION WORK: JUST GET A PUMP IN YOUR LATS									
	DUMBBELL ROW	1	2	6-8	7					
	KEEP YOUR BODY STABLE, CHEST UP, BACK SLIGHTLY ARCHED									
	T-BAR ROW	1	2	10-12	7					
	DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP									
	ROPE FACEPULL	0	3	12-15	8					
	PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS									
	DUMBBELL BICEP CURL	0	3	8-10	8					
CAN ALSO USE BARBELL OR EZ BAR, SWING THE DUMBBELL / BAR OUT AND UP										

DAY 4 – LEGS #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DEADLIFT	3	2	4	60%					
	WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR									
	LEG PRESS	2	2	8	6					
	LIGHT WEIGHT HERE, SMOOTH REPS									
	SEATED LEG CURL	1	2	12-15	6					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS, KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS									
	SEATED CALF RAISE	1	2	15-20	7					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	LATERAL SKI JUMPS	0	2	8-10	6					
HEAD STRAIGHT, CHEST OUT, BEND BEHIND YOUR HIPS										

DAY 5 – PUSH #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	OVERHEAD PRESS	2	2	4	5					
	LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD									
	INCLINE DUMBBELL PRESS	1	2	8-10	7					
	LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS									
	DUMBBELL LATERAL RAISE	0	2	12-15	8					
	RAISE THE DUMBBELLS "UP AND OUT"									
	TRICEP PUSHDOWN	1	2	8-10	8					
	KEEP ELBOWS IN PLACE, SMOOTH AND CONSISTENT REPS									
	PUSHUP	0	1	RPE ONLY	5					
FOCUS ON GETTING A CHEST PUMP, LEAVE ~5+ REPS IN THE TANK										

DAY 6 – PULL #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BENT OVER ROW	2	2	10-12	8					
	WORK ON MASTERING FORM: CORE TIGHT, BACK NEUTRAL									
	SEATED CABLE ROW	1	2	12-15	8					
	NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN									
	KETTLE BELL SWING	1	2	8-10	7					
	DON'T GO HEAVY, MASTER FORM, SQUEEZE TRAPS / UPPER BACK									
	ROPE FACEPULL	0	2	12-15	8					
	PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS									
	HAMMER CURL	0	2	8-10	8					
GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!										

COOL DOWN EXERCISES

DAY 1 - 6	NOTES	COBRA POSE	5 SETS	10 S EACH	REST 10 S
		<ol style="list-style-type: none"> 1. FROM THE PLANK POSITION, HOLD YOUR BREATH AND SLIDE YOUR BODY FORWARD AND LIE DOWN ON YOUR ABDOMEN. 2. LET THE PALMS REST ON EITHER SIDES OF YOUR CHEST. LET THE TOPS OF YOUR FEET REST ON THE MAT. 3. PRESS YOUR PALMS INTO MAT, INHALE, AND LIFT YOUR HEAD AND CHEST OFF THE MAT. 4. EXHALE AND ON THE NEXT INHALE, DEEPEN THE BACKBEND, LIFTING YOUR TORSO OFF THE MAT WITH HIPS RESTING ON THE MAT. 5. TILT YOUR HEAD BACKWARD AND HOLD THE POSTURE GAZING UP AND BREATHING DEEPLY FOR ONE MINUTE. 6. EXHALE AND COME BACK TO STARTING POSITION. 			
		BOUND ANGLE POSE	3 SETS	20 S	REST 10 S
		<ol style="list-style-type: none"> 1. INHALE, RELEASE YOUR FEET, AND SIT STRAIGHT. 2. JOIN THE SOLES OF YOUR FEET AND BEND YOUR KNEES SIDEWAYS, ALLOW THE KNEES TO REST ON THE FLOOR. 3. WRAP YOUR PALMS AROUND YOUR FEET FROM BELOW, INHALE AND STRETCH UP. 4. EXHALE AND FOLD FORWARD, LENGTHENING YOUR SPINE, ALLOWING YOUR CHIN TO REST IN FRONT OF YOUR TOES. 5. WITH EACH BREATH LENGTHEN YOUR SPINE. WITH EXHALATION, FEEL THE STRETCH IN YOUR PELVIS AND HIPS. 6. GAZE FORWARD AND HOLD THIS POSITION AND RELAX. 			

FIND YOUR COMFORT ZONE. THEN LEAVE IT.

PUSH / PULL / LEGS

ADVANCED LEVEL GYM PROGRAM

WEEK

3

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 – LEGS #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BACK SQUAT	3	3	4	65-70%					
	WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN									
	LUNGES	1	3	6	7					
	6 REPS EACH LEG, KEEP YOUR BODY STABLE									
	SEATED LEG CURL	1	3	10-12	8					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	1	3	12-15	8					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	SPIDERMAN PLANKS	0	3	12-15	8					
CORE TIGHT THROUGHOUT THE MOVEMENT, NEUTRAL SPINE										

DAY 2 – PUSH #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DUMBBELL BENCH PRESS	3	3	4	65-70%					
	WORK ON MASTERING FORM: TOUCH THE DUMBBELLS TO THE OUTSIDE OF YOUR CHEST									
	DUMBBELL SHOULDER PRESS	1	3	8-10	7					
	CONSTANT TENSION REPS HERE, GET A PUMP									
	PECK DECK FLIES	1	3	10-12	8					
	MIND MUSCLE CONNECTION WITH UPPER PECS, GET A PUMP HERE									
	KETTLEBELL SKULL CRUSHER	1	2	10-12	8					
	KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD									
	DUMBBELL LATERAL RAISE	1	2	10-12	8					
RAISE THE DUMBBELLS "UP AND OUT"										

DAY 3 – PULL #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	LAT PULLDOWN	0	2	15-20	4					
	PRE-ACTIVATION WORK: JUST GET A PUMP IN YOUR LATS									
	DUMBBELL ROW	1	3	6-8	7					
	KEEP YOUR BODY STABLE, CHEST UP, BACK SLIGHTLY ARCHED									
	T-BAR ROW	1	3	10-12	7					
	DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP									
	ROPE FACEPULL	0	3	12-15	8					
	PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS									
	DUMBBELL BICEP CURL	0	3	8-10	8					
CAN ALSO USE BARBELL OR EZ BAR, SWING THE DUMBBELL / BAR OUT AND UP										

DAY 4 – LEGS #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DEADLIFT	3	3	3	65-70%					
	WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR									
	LEG PRESS	2	3	8	6					
	LIGHT WEIGHT HERE, SMOOTH REPS									
	SEATED LEG CURL	0	3	12-15	6					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	1	3	15-20	7					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	LATERAL SKI JUMPS	0	3	6-10	6					
HEAD STRAIGHT, CHEST OUT, BEND BEHIND YOUR HIPS										

DAY 5 – PUSH #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	OVERHEAD PRESS	2	3	4	5					
	LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD									
	INCLINE DUMBBELL PRESS	1	2	8-10	7					
	LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS									
	DUMBBELL LATERAL RAISE	0	3	12-15	8					
	RAISE THE DUMBBELLS "UP AND OUT"									
	TRICEP PUSHDOWN	1	3	8-10	8					
	KEEP ELBOWS IN PLACE, SMOOTH AND CONSISTENT REPS									
	PUSHUP	0	1	RPE ONLY	5					
FOCUS ON GETTING A CHEST PUMP, LEAVE ~5+ REPS IN THE TANK										

DAY 6 – PULL #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BENT OVER ROW	2	3	10-12	8					
	WORK ON MASTERING FORM: CORE TIGHT, BACK NEUTRAL									
	SEATED CABLE ROW	1	3	12-15	8					
	NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN									
	KETTLE BELL SWING	1	3	8-10	7					
	DON'T GO HEAVY, MASTER FORM, SQUEEZE TRAPS / UPPER BACK									
	ROPE FACEPULL	0	3	12-15	8					
	PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS									
	HAMMER CURL	0	3	8-10	9					
GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!										

COOL DOWN EXERCISES

DAY 1 - 6	NOTES	COBRA POSE	5 SETS	10 S EACH	REST 10 S
		<ol style="list-style-type: none"> 1. FROM THE PLANK POSITION, HOLD YOUR BREATH AND SLIDE YOUR BODY FORWARD AND LIE DOWN ON YOUR ABDOMEN. 2. LET THE PALMS REST ON EITHER SIDES OF YOUR CHEST. LET THE TOPS OF YOUR FEET REST ON THE MAT. 3. PRESS YOUR PALMS INTO MAT, INHALE, AND LIFT YOUR HEAD AND CHEST OFF THE MAT. 4. EXHALE AND ON THE NEXT INHALE, DEEPEN THE BACKBEND, LIFTING YOUR TORSO OFF THE MAT WITH HIPS RESTING ON THE MAT. 5. TILT YOUR HEAD BACKWARD AND HOLD THE POSTURE GAZING UP AND BREATHING DEEPLY FOR ONE MINUTE. 6. EXHALE AND COME BACK TO STARTING POSITION. 			
		BOUND ANGLE POSE	2 SETS	20 S	REST 10 S
		<ol style="list-style-type: none"> 1. INHALE, RELEASE YOUR FEET, AND SIT STRAIGHT. 2. JOIN THE SOLES OF YOUR FEET AND BEND YOUR KNEES SIDEWAYS, ALLOW THE KNEES TO REST ON THE FLOOR. 3. WRAP YOUR PALMS AROUND YOUR FEET FROM BELOW, INHALE AND STRETCH UP. 4. EXHALE AND FOLD FORWARD, LENGTHENING YOUR SPINE, ALLOWING YOUR CHIN TO REST IN FRONT OF YOUR TOES. 5. WITH EACH BREATH LENGTHEN YOUR SPINE. WITH EXHALATION, FEEL THE STRETCH IN YOUR PELVIS AND HIPS. 6. GAZE FORWARD AND HOLD THIS POSITION AND RELAX. 			

BE STRONGER THAN YOUR EXCUSES.

PUSH / PULL / LEGS

ADVANCED LEVEL GYM PROGRAM

WEEK

4

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 – LEGS #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BACK SQUAT	3	3	5	67-72%					
	WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN									
	LUNGES	1	3	6	8					
	6 REPS EACH LEG, KEEP YOUR BODY STABLE									
	SEATED LEG CURL	1	3	10-12	8					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	1	3	12-15	8					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	SPIDERMAN PLANKS	0	3	12-15	8					
CORE TIGHT THROUGHOUT THE MOVEMENT, NEUTRAL SPINE										

DAY 2 – PUSH #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DUMBBELL BENCH PRESS	3	3	5	67-72%					
	WORK ON MASTERING FORM: TOUCH THE DUMBBELLS TO THE OUTSIDE OF YOUR CHEST									
	DUMBBELL SHOULDER PRESS	1	3	8-10	8					
	CONSTANT TENSION REPS HERE, GET A PUMP									
	PECK DECK FLIES	1	3	10-12	8					
	MIND MUSCLE CONNECTION WITH UPPER PECS, GET A PUMP HERE									
	KETTLEBELL SKULL CRUSHER	1	2	10-12	8					
	KEEP ELBOWS IN PLACE, ARC DBS BACK SLIGHTLY BEHIND YOUR HEAD									
	DUMBBELL LATERAL RAISE	1	2	10-12	8					
RAISE THE DUMBBELLS "UP AND OUT"										

DAY 3 – PULL #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	LAT PULLDOWN	0	2	15-20	4					
	PRE-ACTIVATION WORK: JUST GET A PUMP IN YOUR LATS									
	DUMBBELL ROW	1	3	6-8	8					
	KEEP YOUR BODY STABLE, CHEST UP, BACK SLIGHTLY ARCHED									
	T-BAR ROW	1	3	10-12	8					
	DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP									
	ROPE FACEPULL	0	3	12-15	8					
	PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS									
	DUMBBELL BICEP CURL	0	3	8-10	9					
CAN ALSO USE BARBELL OR EZ BAR, SWING THE DUMBBELL / BAR OUT AND UP										

DAY 4 – LEGS #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DEADLIFT	3	3	4	67-72%					
	WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR									
	LEG PRESS	2	3	8	7					
	LIGHT WEIGHT HERE, SMOOTH REPS									
	SEATED LEG CURL	0	3	12-15	7					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	1	3	15-20	8					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	LATERAL SKI JUMPS	0	3	6-10	7					
HEAD STRAIGHT, CHEST OUT, BEND BEHIND YOUR HIPS										

DAY 5 – PUSH #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	OVERHEAD PRESS	2	3	4	6					
	LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD									
	INCLINE DUMBBELL PRESS	1	2	8-10	8					
	LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS									
	DUMBBELL LATERAL RAISE	0	3	12-15	9					
	RAISE THE DUMBBELLS "UP AND OUT"									
	TRICEP PUSHDOWN	1	3	8-10	9					
	KEEP ELBOWS IN PLACE, SMOOTH AND CONSISTENT REPS									
	PUSHUP	0	1	RPE ONLY	5					
FOCUS ON GETTING A CHEST PUMP, LEAVE ~5+ REPS IN THE TANK										

DAY 6 – PULL #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BENT OVER ROW	2	3	10-12	9					
	WORK ON MASTERING FORM: CORE TIGHT, BACK NEUTRAL									
	SEATED CABLE ROW	1	3	12-15	9					
	NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN									
	KETTLE BELL SWING	1	3	8-10	8					
	DON'T GO HEAVY, MASTER FORM, SQUEEZE TRAPS / UPPER BACK									
	ROPE FACEPULL	0	3	12-15	9					
	PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS									
	HAMMER CURL	0	3	8-10	10					
GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!										

COOL DOWN EXERCISES

DAY 1 - 6	NOTES	COBRA POSE	5 SETS	10 S EACH	REST 10 S
		<ol style="list-style-type: none"> 1. FROM THE PLANK POSITION, HOLD YOUR BREATH AND SLIDE YOUR BODY FORWARD AND LIE DOWN ON YOUR ABDOMEN. 2. LET THE PALMS REST ON EITHER SIDES OF YOUR CHEST. LET THE TOPS OF YOUR FEET REST ON THE MAT. 3. PRESS YOUR PALMS INTO MAT, INHALE, AND LIFT YOUR HEAD AND CHEST OFF THE MAT. 4. EXHALE AND ON THE NEXT INHALE, DEEPEN THE BACKBEND, LIFTING YOUR TORSO OFF THE MAT WITH HIPS RESTING ON THE MAT. 5. TILT YOUR HEAD BACKWARD AND HOLD THE POSTURE GAZING UP AND BREATHING DEEPLY FOR ONE MINUTE. 6. EXHALE AND COME BACK TO STARTING POSITION. 			
		BOUND ANGLE POSE	2 SETS	20 S	REST 10 S
		<ol style="list-style-type: none"> 1. INHALE, RELEASE YOUR FEET, AND SIT STRAIGHT. 2. JOIN THE SOLES OF YOUR FEET AND BEND YOUR KNEES SIDEWAYS, ALLOW THE KNEES TO REST ON THE FLOOR. 3. WRAP YOUR PALMS AROUND YOUR FEET FROM BELOW, INHALE AND STRETCH UP. 4. EXHALE AND FOLD FORWARD, LENGTHENING YOUR SPINE, ALLOWING YOUR CHIN TO REST IN FRONT OF YOUR TOES. 5. WITH EACH BREATH LENGTHEN YOUR SPINE. WITH EXHALATION, FEEL THE STRETCH IN YOUR PELVIS AND HIPS. 6. GAZE FORWARD AND HOLD THIS POSITION AND RELAX. 			

STOP COMPETING WITH OTHERS. START COMPETING WITH YOURSELF.

UPPER / LOWER BODY

ADVANCED LEVEL GYM PROGRAM

WEEK

1

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

UPPER / LOWER BODY

DAY 1 – LOWER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BACK SQUAT	3	2	5	50%					
	WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN									
	LUNGES	1	2	6	6					
	6 REPS EACH LEG, KEEP YOUR BODY STABLE									
	SEATED LEG CURL	1	2	10-12	7					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	0	3	12-15	7					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	SPIDERMAN PLANKS	0	2	12-15	7					
CORE TIGHT THROUGHOUT THE MOVEMENT, NEUTRAL SPINE										

DAY 2 – UPPER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DUMBBELL BENCH PRESS	3	2	5	50%					
	WORK ON MASTERING FORM: TOUCH THE DUMBBELLS TO THE OUTSIDE OF YOUR CHEST									
	LAT PULLDOWN	2	2	10-12	7					
	MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP									
	PECK DECK FLIES	1	3	10-12	7					
	MIND MUSCLE CONNECTION WITH UPPER PECS, GET A PUMP HERE									
	SEATED CABLE ROW	1	2	12-15	7					
	NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN									
	DUMBBELL LATERAL RAISE	1	2	10-12	7					
RAISE THE DUMBBELLS "UP AND OUT"										

DAY 2 – UPPER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE
		DUMBBELL BICEP CURL	0	3	8-10	7			
	CAN USE BARBELL OR EZ BAR, SWING THE DUMBBELL / BAR OUT AND UP								
	KETTLEBELL SKULL CRUSHER	1	2	10-12	7				
	KEEP ELBOWS IN PLACE, ARC KBS BACK SLIGHTLY BEHIND YOUR HEAD								

DAY 3 – LOWER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DEADLIFT	3	2	4	50%					
	WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR									
	LEG PRESS	2	2	8	6					
	LIGHT WEIGHT HERE, SMOOTH REPS									
	SEATED LEG CURL	0	2	12-15	6					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS, KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS									
	SEATED CALF RAISE	1	2	15-20	7					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	LATERAL SKI JUMPS	0	2	6-10	6					
HEAD STRAIGHT, CHEST OUT, BEND BEHIND YOUR HIPS										

DAY 4 – UPPER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	PUSHUP	1	2	6-8	6					
	KEEP CORE TIGHT, NEUTRAL SPINE, GLUTES SQUEEZED									
	OVERHEAD PRESS	2	2	4	5					
	LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD									
	T-BAR ROW	1	2	10-12	6					
	DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP									
	INCLINE DUMBBELL PRESS	1	2	8-10	6					
	LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS									
	ROPE FACEPULL	0	3	12-15	7					
PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS										

DAY 4 – UPPER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE
	HAMMER CURL	0	2	8-10	8				
	GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!								

COOL DOWN EXERCISES

DAY 1-4	NOTES	COBRA POSE	5 SETS	10 S EACH	REST 10 S
		<ol style="list-style-type: none"> 1. FROM THE PLANK POSITION, HOLD YOUR BREATH AND SLIDE YOUR BODY FORWARD AND LIE DOWN ON YOUR ABDOMEN. 2. LET THE PALMS REST ON EITHER SIDES OF YOUR CHEST. LET THE TOPS OF YOUR FEET REST ON THE MAT. 3. PRESS YOUR PALMS INTO MAT, INHALE, AND LIFT YOUR HEAD AND CHEST OFF THE MAT. 4. EXHALE AND ON THE NEXT INHALE, DEEPEN THE BACKBEND, LIFTING YOUR TORSO OFF THE MAT WITH HIPS RESTING ON THE MAT. 5. TILT YOUR HEAD BACKWARD AND HOLD THE POSTURE GAZING UP AND BREATHING DEEPLY FOR ONE MINUTE. 6. EXHALE AND COME BACK TO STARTING POSITION. 			
		BOUND ANGLE POSE	2 SETS	20 S	REST 10 S
		<ol style="list-style-type: none"> 1. INHALE, RELEASE YOUR FEET, AND SIT STRAIGHT. 2. JOIN THE SOLES OF YOUR FEET AND BEND YOUR KNEES SIDEWAYS, ALLOW THE KNEES TO REST ON THE FLOOR. 3. WRAP YOUR PALMS AROUND YOUR FEET FROM BELOW, INHALE AND STRETCH UP. 4. EXHALE AND FOLD FORWARD, LENGTHENING YOUR SPINE, ALLOWING YOUR CHIN TO REST IN FRONT OF YOUR TOES. 5. WITH EACH BREATH LENGTHEN YOUR SPINE. WITH EXHALATION, FEEL THE STRETCH IN YOUR PELVIS AND HIPS. 6. GAZE FORWARD AND HOLD THIS POSITION AND RELAX. 			

THINK ABOUT WHY YOU STARTED.

UPPER / LOWER BODY

ADVANCED LEVEL GYM PROGRAM

WEEK

2

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 – LOWER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BACK SQUAT	3	2	5	60%					
	WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN									
	LUNGES	1	2	6	7					
	6 REPS EACH LEG, KEEP YOUR BODY STABLE									
	SEATED LEG CURL	1	2	10-12	8					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	0	3	12-15	8					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	SPIDERMAN PLANKS	0	2	12-15	8					
CORE TIGHT THROUGHOUT THE MOVEMENT, NEUTRAL SPINE										

DAY 2 – UPPER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DUMBBELL BENCH PRESS	3	2	5	60%					
	WORK ON MASTERING FORM: TOUCH THE DUMBBELLS TO THE OUTSIDE OF YOUR CHEST									
	LAT PULLDOWN	2	2	10-12	7					
	MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP									
	PECK DECK FLIES	1	3	10-12	8					
	MIND MUSCLE CONNECTION WITH UPPER PECS, GET A PUMP HERE									
	SEATED CABLE ROW	1	2	12-15	7					
	NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN									
	DUMBBELL LATERAL RAISE	1	2	10-12	8					
RAISE THE DUMBBELLS "UP AND OUT"										

DAY 2 – UPPER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE
	DUMBBELL BICEP CURL	0	3	8-10	8				
	CAN USE BARBELL OR EZ BAR, SWING THE DUMBBELL / BAR OUT AND UP								
	KETTLEBELL SKULL CRUSHER	1	2	10-12	8				
	KEEP ELBOWS IN PLACE, ARC KBS BACK SLIGHTLY BEHIND YOUR HEAD								

DAY 3 – LOWER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DEADLIFT	3	2	4	60%					
	WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR									
	LEG PRESS	2	2	8	6					
	LIGHT WEIGHT HERE, SMOOTH REPS									
	SEATED LEG CURL	0	2	12-15	6					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS, KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS									
	SEATED CALF RAISE	1	2	15-20	7					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	LATERAL SKI JUMPS	0	2	6-10	6					
HEAD STRAIGHT, CHEST OUT, BEND BEHIND YOUR HIPS										

DAY 4 – UPPER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	PUSHUP	1	2	6-8	7					
	KEEP CORE TIGHT, NEUTRAL SPINE, GLUTES SQUEEZED									
	OVERHEAD PRESS	2	2	4	5					
	LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD									
	T-BAR ROW	1	2	10-12	7					
	DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP									
	INCLINE DUMBBELL PRESS	1	2	8-10	7					
	LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS									
	ROPE FACEPULL	0	3	12-15	8					
PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS										

DAY 4 – UPPER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE
	HAMMER CURL	0	2	8-10	8				
GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!									

COOL DOWN EXERCISES

DAY 1 - 4	NOTES	COBRA POSE	5 SETS	10 S EACH	REST 10 S
		<ol style="list-style-type: none"> 1. FROM THE PLANK POSITION, HOLD YOUR BREATH AND SLIDE YOUR BODY FORWARD AND LIE DOWN ON YOUR ABDOMEN. 2. LET THE PALMS REST ON EITHER SIDES OF YOUR CHEST. LET THE TOPS OF YOUR FEET REST ON THE MAT. 3. PRESS YOUR PALMS INTO MAT, INHALE, AND LIFT YOUR HEAD AND CHEST OFF THE MAT. 4. EXHALE AND ON THE NEXT INHALE, DEEPEN THE BACKBEND, LIFTING YOUR TORSO OFF THE MAT WITH HIPS RESTING ON THE MAT. 5. TILT YOUR HEAD BACKWARD AND HOLD THE POSTURE GAZING UP AND BREATHING DEEPLY FOR ONE MINUTE. 6. EXHALE AND COME BACK TO STARTING POSITION. 			
		BOUND ANGLE POSE	3 SETS	20 S	REST 10 S
		<ol style="list-style-type: none"> 1. INHALE, RELEASE YOUR FEET, AND SIT STRAIGHT. 2. JOIN THE SOLES OF YOUR FEET AND BEND YOUR KNEES SIDWAYS, ALLOW THE KNEES TO REST ON THE FLOOR. 3. WRAP YOUR PALMS AROUND YOUR FEET FROM BELOW, INHALE AND STRETCH UP. 4. EXHALE AND FOLD FORWARD, LENGTHENING YOUR SPINE, ALLOWING YOUR CHIN TO REST IN FRONT OF YOUR TOES. 5. WITH EACH BREATH LENGTHEN YOUR SPINE. WITH EXHALATION, FEEL THE STRETCH IN YOUR PELVIS AND HIPS. 6. GAZE FORWARD AND HOLD THIS POSITION AND RELAX. 			

FIND YOUR COMFORT ZONE. THEN LEAVE IT.

UPPER / LOWER BODY

ADVANCED LEVEL GYM PROGRAM

WEEK

3

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 – LOWER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BACK SQUAT	3	3	5	65-70%					
	WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN									
	LUNGES	1	3	6	7					
	6 REPS EACH LEG, KEEP YOUR BODY STABLE									
	SEATED LEG CURL	1	3	10-12	8					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	0	3	12-15	8					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	SPIDERMAN PLANKS	0	3	12-15	8					
CORE TIGHT THROUGHOUT THE MOVEMENT, NEUTRAL SPINE										

DAY 2 – UPPER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DUMBBELL BENCH PRESS	3	3	4	65-70%					
	WORK ON MASTERING FORM: TOUCH THE DUMBBELLS TO THE OUTSIDE OF YOUR CHEST									
	LAT PULLDOWN	2	3	10-12	7					
	MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP									
	PECK DECK FLIES	1	3	10-12	8					
	MIND MUSCLE CONNECTION WITH UPPER PECS, GET A PUMP HERE									
	SEATED CABLE ROW	1	3	12-15	7					
	NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN									
	DUMBBELL LATERAL RAISE	1	3	10-12	8					
RAISE THE DUMBBELLS "UP AND OUT"										

DAY 2 – UPPER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE
	DUMBBELL BICEP CURL	0	3	8-10	8				
	CAN USE BARBELL OR EZ BAR, SWING THE DUMBBELL / BAR OUT AND UP								
	KETTLEBELL SKULL CRUSHER	1	3	10-12	8				
	KEEP ELBOWS IN PLACE, ARC KBS BACK SLIGHTLY BEHIND YOUR HEAD								

DAY 3 – LOWER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DEADLIFT	3	3	3	65-70%					
	WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR									
	LEG PRESS	2	3	8	6					
	LIGHT WEIGHT HERE, SMOOTH REPS									
	SEATED LEG CURL	0	3	12-15	6					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS, KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS									
	SEATED CALF RAISE	1	3	15-20	8					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	LATERAL SKI JUMPS	0	3	6-10	6					
HEAD STRAIGHT, CHEST OUT, BEND BEHIND YOUR HIPS										

DAY 4 – UPPER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	PUSHUP	1	3	6-8	7					
	KEEP CORE TIGHT, NEUTRAL SPINE, GLUTES SQUEEZED									
	OVERHEAD PRESS	2	3	4	5					
	LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD									
	T-BAR ROW	1	3	10-12	8					
	DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP									
	INCLINE DUMBBELL PRESS	1	2	8-10	8					
	LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS									
	ROPE FACEPULL	0	3	12-15	8					
	PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS									

DAY 4 – UPPER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE
	HAMMER CURL	0	3	8-10	9				
	GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!								

COOL DOWN EXERCISES

DAY 1 - 4	NOTES	COBRA POSE	5 SETS	10 S EACH	REST 10 S
		<ol style="list-style-type: none"> 1. FROM THE PLANK POSITION, HOLD YOUR BREATH AND SLIDE YOUR BODY FORWARD AND LIE DOWN ON YOUR ABDOMEN. 2. LET THE PALMS REST ON EITHER SIDES OF YOUR CHEST. LET THE TOPS OF YOUR FEET REST ON THE MAT. 3. PRESS YOUR PALMS INTO MAT, INHALE, AND LIFT YOUR HEAD AND CHEST OFF THE MAT. 4. EXHALE AND ON THE NEXT INHALE, DEEPEN THE BACKBEND, LIFTING YOUR TORSO OFF THE MAT WITH HIPS RESTING ON THE MAT. 5. TILT YOUR HEAD BACKWARD AND HOLD THE POSTURE GAZING UP AND BREATHING DEEPLY FOR ONE MINUTE. 6. EXHALE AND COME BACK TO STARTING POSITION. 			
		BOUND ANGLE POSE	2 SETS	20 S	REST 10 S
		<ol style="list-style-type: none"> 1. INHALE, RELEASE YOUR FEET, AND SIT STRAIGHT. 2. JOIN THE SOLES OF YOUR FEET AND BEND YOUR KNEES SIDEWAYS, ALLOW THE KNEES TO REST ON THE FLOOR. 3. WRAP YOUR PALMS AROUND YOUR FEET FROM BELOW, INHALE AND STRETCH UP. 4. EXHALE AND FOLD FORWARD, LENGTHENING YOUR SPINE, ALLOWING YOUR CHIN TO REST IN FRONT OF YOUR TOES. 5. WITH EACH BREATH LENGTHEN YOUR SPINE. WITH EXHALATION, FEEL THE STRETCH IN YOUR PELVIS AND HIPS. 6. GAZE FORWARD AND HOLD THIS POSITION AND RELAX. 			

BE STRONGER THAN YOUR EXCUSES.

UPPER / LOWER BODY

ADVANCED LEVEL GYM PROGRAM

WEEK

4

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 – LOWER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	BACK SQUAT	3	3	5	67-72%					
	WORK ON MASTERING FORM: SIT BACK AND DOWN, DON'T LET KNEES CAVE IN									
	LUNGES	1	3	6	8					
	6 REPS EACH LEG, KEEP YOUR BODY STABLE									
	SEATED LEG CURL	1	3	10-12	8					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS									
	SEATED CALF RAISE	0	3	12-15	8					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	SPIDERMAN PLANKS	0	3	12-15	8					
CORE TIGHT THROUGHOUT THE MOVEMENT, NEUTRAL SPINE										

DAY 2 – UPPER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DUMBBELL BENCH PRESS	3	3	5	67-72%					
	WORK ON MASTERING FORM: TOUCH THE DUMBBELLS TO THE OUTSIDE OF YOUR CHEST									
	LAT PULLDOWN	2	3	10-12	8					
	MEDIUM-WIDE GRIP, STRETCH LATS AT THE TOP									
	PECK DECK FLIES	1	3	10-12	8					
	MIND MUSCLE CONNECTION WITH UPPER PECS, GET A PUMP HERE									
	SEATED CABLE ROW	1	3	12-15	8					
	NEUTRAL GRIP, DRIVE ELBOWS DOWN AND IN									
	DUMBBELL LATERAL RAISE	1	3	10-12	8					
RAISE THE DUMBBELLS "UP AND OUT"										

DAY 2 – UPPER #1	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE
	DUMBBELL BICEP CURL	0	3	8-10	9				
	CAN USE BARBELL OR EZ BAR, SWING THE DUMBBELL / BAR OUT AND UP								
	KETTLEBELL SKULL CRUSHER	1	3	10-12	8				
	KEEP ELBOWS IN PLACE, ARC KBS BACK SLIGHTLY BEHIND YOUR HEAD								

DAY 3 – LOWER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	DEADLIFT	3	3	4	67-72%					
	WORK ON MASTERING FORM: CHEST TALL AND PULL THE SLACK OUT OF THE BAR									
	LEG PRESS	2	3	8	7					
	LIGHT WEIGHT HERE, SMOOTH REPS									
	SEATED LEG CURL	0	3	12-15	7					
	MIND MUSCLE CONNECTION WITH HAMSTRINGS, KEEP YOUR GLUTES SQUEEZED AS YOU DO REPS									
	SEATED CALF RAISE	1	3	15-20	8					
	PAUSE AT THE BOTTOM AND TOP OF EACH REP, USE LIGHT WEIGHT									
	LATERAL SKI JUMPS	0	3	6-10	7					
HEAD STRAIGHT, CHEST OUT, BEND BEHIND YOUR HIPS										

DAY 4 – UPPER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE	
	PUSHUP	1	3	6-8	8					
	KEEP CORE TIGHT, NEUTRAL SPINE, GLUTES SQUEEZED									
	OVERHEAD PRESS	2	3	4	6					
	LIGHT WEIGHT! FOCUS ON PRESSING UP AND SLIGHTLY BACK OVERHEAD									
	T-BAR ROW	1	3	10-12	9					
	DRIVE ELBOWS BACK AND SQUEEZE SHOULDER BLADES TOGETHER AT THE TOP									
	INCLINE DUMBBELL PRESS	1	2	8-10	9					
	LOW 15-30 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS									
	ROPE FACEPULL	0	3	12-15	9					
PULL ROPE TO FOREHEAD, MIND MUSCLE CONNECTION WITH REAR DELTS										

DAY 4 – UPPER #2	EXERCISE	WARM-UP SETS	SETS	REPS	RPE/%1RM	1	2	3	LSRPE
	HAMMER CURL	0	3	8-10	10				
	GRIP THE DUMBBELL IN THE MIDDLE OF THE HANDLE, SQUEEZE HARD!								

COOL DOWN EXERCISES

DAY 1 - 6	NOTES	COBRA POSE	5 SETS	10 S EACH	REST 10 S
		<ol style="list-style-type: none"> 1. FROM THE PLANK POSITION, HOLD YOUR BREATH AND SLIDE YOUR BODY FORWARD AND LIE DOWN ON YOUR ABDOMEN. 2. LET THE PALMS REST ON EITHER SIDES OF YOUR CHEST. LET THE TOPS OF YOUR FEET REST ON THE MAT. 3. PRESS YOUR PALMS INTO MAT, INHALE, AND LIFT YOUR HEAD AND CHEST OFF THE MAT. 4. EXHALE AND ON THE NEXT INHALE, DEEPEN THE BACKBEND, LIFTING YOUR TORSO OFF THE MAT WITH HIPS RESTING ON THE MAT. 5. TILT YOUR HEAD BACKWARD AND HOLD THE POSTURE GAZING UP AND BREATHING DEEPLY FOR ONE MINUTE. 6. EXHALE AND COME BACK TO STARTING POSITION. 			
		BOUND ANGLE POSE	2 SETS	20 S	REST 10 S
		<ol style="list-style-type: none"> 1. INHALE, RELEASE YOUR FEET, AND SIT STRAIGHT. 2. JOIN THE SOLES OF YOUR FEET AND BEND YOUR KNEES SIDEWAYS, ALLOW THE KNEES TO REST ON THE FLOOR. 3. WRAP YOUR PALMS AROUND YOUR FEET FROM BELOW, INHALE AND STRETCH UP. 4. EXHALE AND FOLD FORWARD, LENGTHENING YOUR SPINE, ALLOWING YOUR CHIN TO REST IN FRONT OF YOUR TOES. 5. WITH EACH BREATH LENGTHEN YOUR SPINE. WITH EXHALATION, FEEL THE STRETCH IN YOUR PELVIS AND HIPS. 6. GAZE FORWARD AND HOLD THIS POSITION AND RELAX. 			

STOP COMPETING WITH OTHERS. START COMPETING WITH YOURSELF.