



SCIENCE LETHICS

COMEBACK FIT YEAR 2021

AT GYM TRAINING GUIDE

4 WEEKS

BEGINNER 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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BEGINNER LEVEL

PROGRAM EXPLAINED

This Gym program is designed to guide a trainee, at a beginner 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:

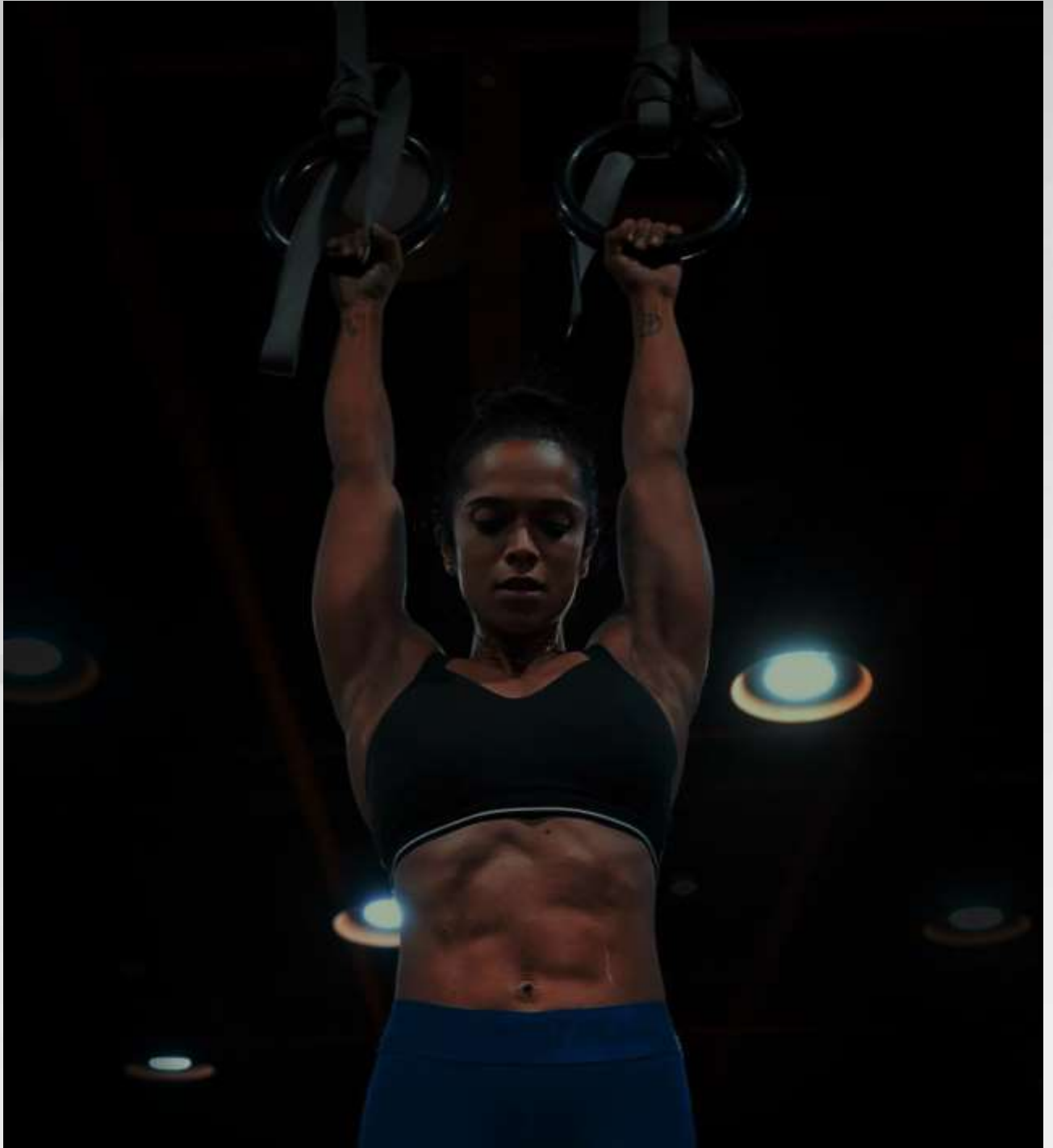
There is no need to run the whole program. Consider a single light week and then jump into your next training phase. For that, consider running one of our other upcoming programs.

PROGRAMMING:

You will be working out 3 times per week, following a Push/Pull/Legs Program. Every training day will be dedicated to either one of those splits (Push or Pull or Legs), plus a warm-up phase, the workout itself and a cool down part. Make sure to have one rest day in between your training days.

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

WARM UP EXERCISES / MOBILITIES:

These exercises are aimed towards activating the muscles that you will be using in the workout, getting your body warm and your blood flowing. Ensure to perform these exercises slowly and with control, thinking about the muscles as you do so.

CIRCUIT:

Perform all the exercises within a circuit back to back, with minimal rest. You will see the rest time indicated in the last exercise of the circuit. Take this rest after the last exercise, then repeat the circuit for the indicated sets.

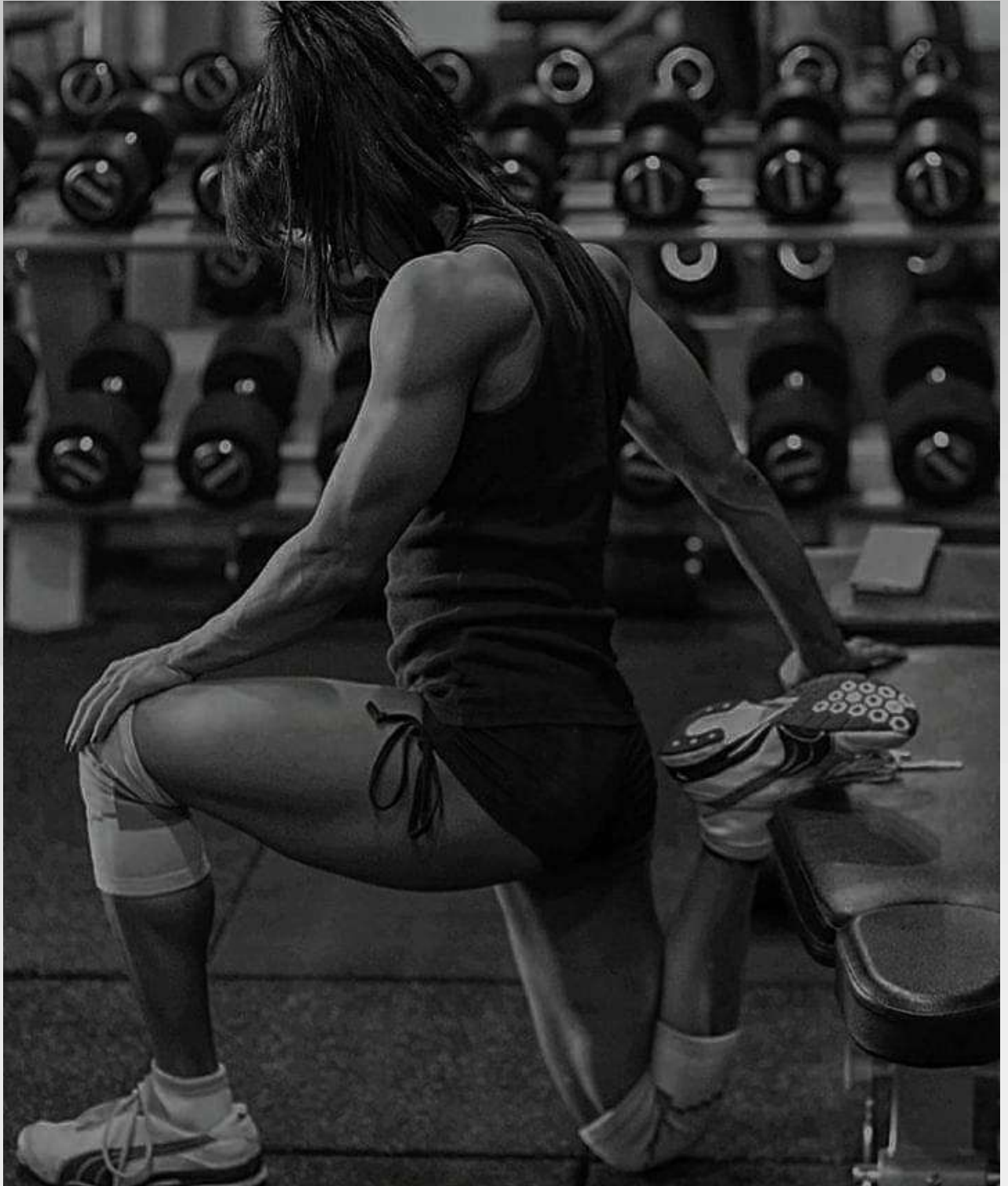
SUPERSET:

A superset is 2-3 exercises that are performed back to back. Generally there is no rest between them, only after the last exercise. You would perform exercise 1, followed by exercise 2, followed by exercise 3, then rest for the required time after exercise 3. Do this for the amount of sets indicated.

STAND ALONE EXERCISES:

This means that you will just perform the exercise, followed by the required rest. Repeat this for the sets indicated.





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 therefor recommended.

Before the first exercise for each traing day, perform a basic loading pyramid of warm-up sets with the first exercise:

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



- For example, if you were working up to 4 sets of 100 kg for 6 reps on the leg press, you could warm up as follows:

- leg press sled (without weights) x 15 reps
- 40 kg x 5 reps
- 55 kg x 4 reps
- 70 kg x 3 reps
- 85 kg x 2 reps
- Then begin your working sets with 100 kg for 6 reps.

Note: Remember that such an extensive warm up is only required for the first 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

- PULL DAYS:

- > FOR BACK

1. barbell/dumbbell deadlift and stiff-leg deadlift
2. pull-ups
3. face pulls
4. bent-over dumbbell row or barbell row
5. good mornings
6. lat pulldown variations (wide grip, narrow grip, etc)
7. t-bar row
8. rowing machines

- > FOR BICEPS

1. dumbbell curls
2. hammer curls dumbbell, cable
3. barbell curls straight
4. ez bar curls
5. concentration curls – dumbbells, cable
6. chin-ups
7. dips – bodyweight, machine

- PUSH DAYS.

- > FOR CHEST

1. chest machines
2. peck deck
3. flat bench press – dumbbell, barbell
4. inclined bench press – dumbbell, barbell
5. declines bench press – dumbbell, barbell
6. chest flies (flat, inclined) – dumbbell, cable

- > FOR SHOULDERS

1. arnold dumbbell press
2. standing barbell military press
3. seated shoulder press – dumbbell, barbell
4. lateral raises – dumbbell, cable
5. peck deck reverse
6. rear lateral raises – dumbbell, cable

- > FOR TRICEPS:

1. cable push downs variations
2. overhead triceps extensions – dumbbell, cable, ez bar
3. french press/skull crushers – dumbbell, ez bar, barbell, cable
4. close-grip barbell bench press
5. close-grip push ups

- LEG DAYS:

- > FOR LEGS

1. barbell back squats
2. barbell front squats
3. squat machine
4. leg press
5. hip thrust
6. bulgarian split squat
7. hack squats
8. lunges
9. leg curls
10. leg extensions
11. glute-ham-raises

- > FOR CALVES

1. calf raises – standing, seated

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

BEGINNER LEVEL

GYM PROGRAM

WEEK

1

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 - PUSH	NOTES	FLAT DUMBBELL BENCH PRESS	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> LIE FLAT ON BACK ON A FLAT BENCH AND HOLD ONE DUMBBELL IN EACH HAND WITH THUMBS JUST OUTSIDE OF NIPPLES. PRESS DUMBBELLS STRAIGHT UP INTO THE AIR AND LOCK ARMS OUT AT A FULL EXTENDED POSITION AND WITH THE DUMBBELLS TOUCHING AT THE PEAK OF THE MOVEMENT. LOWER DUMBBELLS TO COMPLETE THE REPETTITION. REPEAT. 			
		PECK DECK FLIES	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> SIT ON THE MACHINE, TAKING CARE TO PLACE YOUR BACK FLAT AGAINST THE PAD. THIS IS THE STARTING POSITION. ARMS PARALLEL TO THE FLOOR. GRASP EACH ONE OF THE HANDLES FIRMLY WITH YOUR HANDS. BRING THE HANDLES TOGETHER SLOWLY WHILE YOU SQUEEZE YOUR CHEST IN THE MIDDLE. EXHALE WHILE YOU DO SO AND HOLD THE CONTRACTION FOR A SECOND. MOVE YOUR ARMS BACK TO THE STARTING POSITION. INHALE AS YOU DO SO. YOUR CHEST MUSCLES WILL BE FULLY STRETCHED. 			
		OVERHEAD PRESS	3 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> STAND WITH YOUR BODY UPRIGHT AND CORE MUSCLES BRACED, LOOKING STRAIGHT AHEAD. HOLD THE BAR ON YOUR UPPER CHEST, GRIPPING IT WITH HANDS JUST WIDER THAN SHOULDER-WIDTH APART. PRESS THE BAR DIRECTLY OVERHEAD. DON'T TILT YOUR HIPS FORWARD DURING THE MOVE. REPEAT 			
	FRENCH PRESS KETTLE BELLS	2 SETS	8-10 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> GRASP DUMBBELLS IN EACH HAND AND SIT DOWN ON END OF BENCH WITH KETTLEBELLS RESTING ON EACH THIGH. SLOWLY LAY BACK WITH KETTLEBELLS GRASPED IN EACH HAND AND PLANT YOUR BACK SQUARELY ON BENCH SEAT. BEGIN EXERCISE BY PUSHING KETTLEBELL ABOVE CHEST SO THE ARMS ARE STRAIGHT OUT AND PALMS FACING EACH OTHER. NEXT, BEGIN TO BEND ELBOWS BACKWARD TOWARD THE SHOULDER (SIDE OF YOUR HEAD) OF THE SAME SIDE, IN A SLOW CONTROLLED MOTION. AFTER BRINGING ELBOWS TOWARD SHOULDER, BRING KETTLEBELL BACK UP TO THE STARTING POSITION, IN A SLOW CONTROLLED MANNER. 				
	PUSH DOWNS CABLE	2 SETS	8-10 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> FEET SHOULDER WIDTH APART, FACE A HIGH PULLEY MACHINE WITH AN ATTACHED BAR AT SHOULDER LEVEL HEIGHT AND GRASP IT WITH YOUR PALMS FACING DOWN (PRONATED). HOLD THE BAR CLOSE TO YOUR CHEST FOR YOUR STARTING POSITION. KEEPING YOUR BODY STATIONARY, EXHALE AS YOU LOWER THE BAR BY COMPLETELY EXTENDING YOUR ARMS DOWNWARD UNTIL THE BAR TOUCHES YOUR THIGHS. HOLD FOR A MOMENT AND THEN INHALE AS YOU SLOWLY RETURN THE BAR TO SHOULDER LEVEL. REPEAT. 				

DAY 2 - PULL	NOTES	DEADLIFT	2 SETS	6-8 REPS	REST 2-3 MIN
		<ol style="list-style-type: none"> 1. STAND HIP-WIDTH APART WITH THE BAR GOING OVER TOP YOUR SHOELACES. 2. SIT YOUR HIPS BACK SO THAT YOU HAVE A SLIGHT BEND IN YOUR KNEES, WHILE MAINTAINING AN ARCH IN YOUR LOWER BACK. 3. CONTINUE BENDING YOUR KNEES AND HIPS DOWN UNTIL YOUR HANDS ARE ABLE TO GRASP THE BAR JUST OUTSIDE YOUR SHINS. KEEP YOUR HEAD IN A POSITION TO WHERE YOU ARE LOOKING ABOUT 5-10 FEET OUT IN FRONT OF YOUR BODY. 4. BEGIN EXERCISE BY INHALING AND BRACING YOUR MIDSECTION AS IF YOU ARE ABOUT TO BE PUNCHED IN THE STOMACH (VALSALVA). 5. NEXT, BEGIN TO RAISE YOUR HIPS UP SLIGHTLY AS YOU RAISE THE BAR ALONG YOUR SHINS. AS THE BAR PASSES YOUR KNEES, SIMULTANEOUSLY START TO BRING YOUR HIPS FORWARD UNTIL YOU ARE STANDING UPRIGHT, WITH YOUR CHEST OUT AND YOUR SHOULDER BLADES PINNED BACK. YOU SHOULD LOOK SIMILAR TO A SOLDIER STANDING AT ATTENTION. 6. TO MOVE BACK TO STARTING POSITION, REVERSE MOVEMENT BY DROPPING YOUR HIPS BACK AND ALLOWING THE BAR TO MAINTAIN CONTACT WITH YOUR LEGS AS YOU LOWER IT DOWN TO THE GROUND. REPEAT. 			
		SEATED CABLE ROWS	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT ON THE BENCH WITH YOUR FEET ON THE FOOT REST AND YOUR KNEES SLIGHTLY BENT. GRASP THE HANDLE SO THAT YOUR PALMS ARE FACING FORWARD. 2. EXTEND YOUR ARMS AS YOU LEAN BACKWARD, ACHIEVING A 90 DEGREE ANGLE BETWEEN YOUR WAIST AND YOUR LEGS. SLIGHTLY ARCH YOUR BACK SO THAT YOUR CHEST PROTRUDES. THIS IS YOUR STARTING POSITION. 3. WITHOUT MOVING YOUR TORSO, EXHALE AS YOU PULL THE HANDLE TOWARDS YOUR BODY UNTIL IT NEARLY TOUCHES YOUR CHEST. 4. CONTRACT YOUR BACK MUSCLES FOR A COUNT AND THEN INHALE AS YOU SLOWLY RETURN THE HANDLE BACK TO STARTING POSITION. 5. REPEAT. 			
		LAT PULLDOWN	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT DOWN AT A PULL-DOWN MACHINE EQUIPPED WITH A BAR ATTACHED TO THE TOP PULLEY. ADJUST THE KNEE PAD TO FIT YOUR HEIGHT. 2. GRASP THE BAR WITH YOUR PALMS FACING TOWARDS YOU. CHOSE A GRIP CLOSER THAN SHOULDER WIDTH APART. 3. EXTEND BOTH ARMS IN FRONT OF YOU WHILE GRASPING THE BAR. MOVE YOUR TORSO BACK APPROXIMATELY 30 DEGREES. YOUR LOWER BACK SHOULD BE CURVE, AND YOUR CHEST SHOULD BE STUCK OUT. THIS IS THE STARTING POSITION. 4. AS YOU EXHALE, LOWER THE BAR UNTIL IT REACHES YOUR UPPER CHEST. DRAW YOUR SHOULDERS AND UPPER CHEST DOWN AND BACK TO DO SO. TIP: CONCENTRATE ON SQUEEZING THE BACK MUSCLES ONCE YOU REACH THE FULL CONTRACTED POSITION. THE UPPER TORSO SHOULD REMAIN STATIONARY (ONLY THE ARMS SHOULD MOVE). THE FOREARMS SHOULD DO NO OTHER WORK EXCEPT FOR HOLDING THE BAR; THEREFORE DO NOT TRY TO PULL THE BAR DOWN USING THE FOREARMS. 5. AFTER HOLDING THE CONTRACTED POSITION FOR A SECOND (AND WHILE SQUEEZING YOUR SHOULDER BLADES TOGETHER), LIFT THE BAR UP INTO THE STARTING POSITION. YOUR ARMS WILL BE FULLY EXTENDED AND YOUR LATS WILL BE FULLY STRETCHED. INHALE AS YOU DO SO. REPEAT. 			

NOTES	DUMBBELL CURLS	2 SETS	8-10 REPS	REST 1-2 MIN
	<ol style="list-style-type: none"> 1. STAND UP AND HOLD A DUMBBELL IN EACH HAND. TURN THE PALMS OF YOUR HANDS UNTIL THEY ARE FACING FORWARD. THIS IS THE STARTING POSITION. 2. WHILE KEEPING YOUR UPPER ARMS STATIONARY, CURL THE DUMBBELLS WHILE CONTRACTING YOUR BICEPS. KEEP RAISING THE WEIGHTS UNTIL YOUR BICEPS ARE FULLY CONTRACTED. THE DUMBBELLS SHOULD BE AT SHOULDER LEVEL. HOLD THIS POSITION BRIEFLY AND SQUEEZE YOUR BICEPS. 3. SLOWLY LOWER THE DUMBBELLS BACK TO THE STARTING POSITION, INHALING AS YOU DO SO. 4. REPEAT. 			
	HAMMER CURLS	2 SETS	8-10 REPS	REST 1-2 MIN
	<ol style="list-style-type: none"> 1. STAND UP STRAIGHT WITH YOUR TORSO UPRIGHT. HOLD A DUMBBELL IN EACH HAND AT ARMS-LENGTH. YOUR ELBOWS SHOULD BE CLOSE TO YOUR TORSO. 2. THE PALMS OF YOUR HANDS SHOULD BE FACING YOUR TORSO. THIS IS THE STARTING POSITION FOR THE EXERCISE. 3. CURL THE WEIGHT FORWARD WHILE CONTRACTING YOUR BICEPS. YOUR UPPER ARM SHOULD REMAIN STATIONARY. CONTINUE TO LIFT THE WEIGHT UNTIL YOUR BICEPS ARE FULLY CONTRACTED AND THE DUMBBELL IS AT SHOULDER LEVEL. HOLD THE CONTRACTION FOR A MOMENT AS YOU SQUEEZE YOUR BICEPS. 4. INHALE AND SLOWLY START TO BRING THE DUMBBELLS BACK TO THE STARTING POSITION. REPEAT. 			

DAY 3 - LEGS	NOTES	BARBELL BACK SQUATS	2 SETS	6-8 REPS	REST 2-3 MIN
		<ol style="list-style-type: none"> 1. USING A SQUAT RACK, PLACE THE BARBELL AT SHOULDER HEIGHT. BARBELL IS BELOW YOUR NECK AND BEHIND YOUR SHOULDERS. 2. WITH YOUR ARMS POSITIONED WIDE ON THE BARBELL, PUSH UP WITH YOUR LEGS AND STRAIGHTEN UP TO LIFT THE BARBELL ONTO YOUR BACK. STEP FORWARD AND PLACE YOUR FEET SHOULDER WIDTH APART WITH YOUR TOES POINTING SLIGHTLY OUTWARD. 3. WITH YOUR BACK STRAIGHT AND YOUR HEAD UP, INHALE AND BEND YOUR KNEES UNTIL YOU ARE IN A SEATED POSITION. 4. EXHALING, PUSH OFF WITH YOUR HEELS TO STRAIGHTEN YOUR LEGS AND RETURN TO A STANDING POSITION. REPEAT. 			
		LEG PRESS	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT DOWN ON A LEG PRESS MACHINE AND PLACE YOUR LEGS ON THE PLATFORM IN FRONT OF YOU. YOUR FEET SHOULD BE POSITIONED APPROXIMATELY A FOOT TO ONE AND HALF FEET APART. 2. LOWER THE SAFETY BARS HOLDING THE PLATFORM IN PLACE. PRESS THE PLATFORM ALL THE WAY UP UNTIL YOUR LEGS ARE FULLY EXTENDED, WITHOUT LOCKING YOUR KNEES. THIS IS THE STARTING POSITION. 3. AS YOU INHALE, SLOWLY LOWER THE PLATFORM UNTIL YOUR UPPER AND LOWER LEGS MAKE A 90-DEGREE ANGLE. 4. PUSH WITH THE HEELS OF YOUR FEET AND USE YOUR QUADRICEPS TO GO BACK TO THE STARTING POSITION. EXHALE AS YOU DO SO. 			
		SEATED LEG CURLS	3 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT UPRIGHT ON A LEG PRESS MACHINE THAT IS ADJUSTED TO YOUR HEIGHT. YOUR BACK SHOULD BE AGAINST THE BACK PAD AND YOUR FEET SHOULD BE ON THE FOOT RESTS WITH YOUR THIGHS UNDER THE LEG PADS. 2. GRASP THE HANDLE BARS AND RAISE YOUR LEGS SO THAT THEY ARE FULLY EXTENDED IN FRONT OF YOU AND PARALLEL TO THE FLOOR FOR YOUR STARTING POSITION. EXHALE AND LOWER YOUR LEGS, BENDING AT THE KNEES, UNTIL YOUR LEGS FORM A 90 DEGREE ANGLE. 3. PAUSE FOR A MOMENT AND THEN INHALE AS YOU RAISE YOUR LEGS BACK TO THE STARTING POSITION. REPEAT 			
	LUNGES BODYWEIGHT	2 SETS	8-10 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> 1. STAND WITH YOUR FEET SHOULDER'S WIDTH APART. STEP FORWARD WITH YOUR RIGHT FOOT, WHILE KEEPING YOUR LEFT FOOT PLANTED. YOU WILL BEND YOUR RIGHT LEG UNTIL YOUR RIGHT THIGH IS INLINE WITH YOUR KNEE AND PARALLEL TO THE FLOOR. 2. RETURN TO STARTING POSITION AND REPEAT FOR OPPOSITE LEG. 				
	CALF RAISES	3 SETS	8-10 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> 1. SIT ON A CALF RAISE MACHINE AND PLACE YOUR TOES ON THE FOOT PLATFORM. YOU HEELS SHOULD HANG OFF THE BACK OF THE PLATFORM. LOWER THIGHS REST JUST UNDER THE PADDING. RAISE UP ON YOUR TOES TO RELEASE THE SAFETY FOR YOUR STARTING. 2. INHALE AS YOU SLOWLY LOWER YOUR HEELS UNTIL THEY ARE BELOW YOUR TOES AND YOUR CALVES ARE FULLY STRETCHED. EXHALE AS YOU RAISE YOUR HEELS AS HIGH AS YOU CAN UNTIL YOU ARE ON YOUR TIPPY TOES. REPEAT. 				

COOL DOWN EXERCISES

DAY 1-3	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

BEGINNER LEVEL

GYM PROGRAM

WEEK

2

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 - PUSH	NOTES	FLAT DUMBBELL BENCH PRESS	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> LIE FLAT ON BACK ON A FLAT BENCH AND HOLD ONE DUMBBELL IN EACH HAND WITH THUMBS JUST OUTSIDE OF NIPPLES. PRESS DUMBBELLS STRAIGHT UP INTO THE AIR AND LOCK ARMS OUT AT A FULL EXTENDED POSITION AND WITH THE DUMBBELLS TOUCHING AT THE PEAK OF THE MOVEMENT. LOWER DUMBBELLS TO COMPLETE THE REPETITION. REPEAT. 			
		PECK DECK FLIES	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> SIT ON THE MACHINE, TAKING CARE TO PLACE YOUR BACK FLAT AGAINST THE PAD. THIS IS THE STARTING POSITION. ARMS PARALLEL TO THE FLOOR. GRASP EACH ONE OF THE HANDLES FIRMLY WITH YOUR HANDS. BRING THE HANDLES TOGETHER SLOWLY WHILE YOU SQUEEZE YOUR CHEST IN THE MIDDLE. EXHALE WHILE YOU DO SO AND HOLD THE CONTRACTION FOR A SECOND. MOVE YOUR ARMS BACK TO THE STARTING POSITION. INHALE AS YOU DO SO. YOUR CHEST MUSCLES WILL BE FULLY STRETCHED. 			
		OVERHEAD PRESS	3 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> STAND WITH YOUR BODY UPRIGHT AND CORE MUSCLES BRACED, LOOKING STRAIGHT AHEAD. HOLD THE BAR ON YOUR UPPER CHEST, GRIPPING IT WITH HANDS JUST WIDER THAN SHOULDER-WIDTH APART. PRESS THE BAR DIRECTLY OVERHEAD. DON'T TILT YOUR HIPS FORWARD DURING THE MOVE. REPEAT 			
	FRENCH PRESS KETTLE BELLS	2 SETS	8-10 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> GRASP DUMBBELLS IN EACH HAND AND SIT DOWN ON END OF BENCH WITH KETTLEBELLS RESTING ON EACH THIGH. SLOWLY LAY BACK WITH KETTLEBELLS GRASPED IN EACH HAND AND PLANT YOUR BACK SQUARELY ON BENCH SEAT. BEGIN EXERCISE BY PUSHING KETTLEBELL ABOVE CHEST SO THE ARMS ARE STRAIGHT OUT AND PALMS FACING EACH OTHER. NEXT, BEGIN TO BEND ELBOWS BACKWARD TOWARD THE SHOULDER (SIDE OF YOUR HEAD) OF THE SAME SIDE, IN A SLOW CONTROLLED MOTION. AFTER BRINGING ELBOWS TOWARD SHOULDER, BRING KETTLEBELL BACK UP TO THE STARTING POSITION, IN A SLOW CONTROLLED MANNER. 				
	PUSH DOWNS CABLE	2 SETS	8-10 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> FEET SHOULDER WIDTH APART, FACE A HIGH PULLEY MACHINE WITH AN ATTACHED BAR AT SHOULDER LEVEL HEIGHT AND GRASP IT WITH YOUR PALMS FACING DOWN (PRONATED). HOLD THE BAR CLOSE TO YOUR CHEST FOR YOUR STARTING POSITION. KEEPING YOUR BODY STATIONARY, EXHALE AS YOU LOWER THE BAR BY COMPLETELY EXTENDING YOUR ARMS DOWNWARD UNTIL THE BAR TOUCHES YOUR THIGHS. HOLD FOR A MOMENT AND THEN INHALE AS YOU SLOWLY RETURN THE BAR TO SHOULDER LEVEL. REPEAT. 				

DAY 2 - PULL	NOTES	DEADLIFT	2 SETS	6-8 REPS	REST 2-3 MIN
		<ol style="list-style-type: none"> 1. STAND HIP-WIDTH APART WITH THE BAR GOING OVER TOP YOUR SHOELACES. 2. SIT YOUR HIPS BACK SO THAT YOU HAVE A SLIGHT BEND IN YOUR KNEES, WHILE MAINTAINING AN ARCH IN YOUR LOWER BACK. 3. CONTINUE BENDING YOUR KNEES AND HIPS DOWN UNTIL YOUR HANDS ARE ABLE TO GRASP THE BAR JUST OUTSIDE YOUR SHINS. KEEP YOUR HEAD IN A POSITION TO WHERE YOU ARE LOOKING ABOUT 5-10 FEET OUT IN FRONT OF YOUR BODY. 4. BEGIN EXERCISE BY INHALING AND BRACING YOUR MIDSECTION AS IF YOU ARE ABOUT TO BE PUNCHED IN THE STOMACH (VALSALVA). 5. NEXT, BEGIN TO RAISE YOUR HIPS UP SLIGHTLY AS YOU RAISE THE BAR ALONG YOUR SHINS. AS THE BAR PASSES YOUR KNEES, SIMULTANEOUSLY START TO BRING YOUR HIPS FORWARD UNTIL YOU ARE STANDING UPRIGHT, WITH YOUR CHEST OUT AND YOUR SHOULDER BLADES PINNED BACK. YOU SHOULD LOOK SIMILAR TO A SOLDIER STANDING AT ATTENTION. 6. TO MOVE BACK TO STARTING POSITION, REVERSE MOVEMENT BY DROPPING YOUR HIPS BACK AND ALLOWING THE BAR TO MAINTAIN CONTACT WITH YOUR LEGS AS YOU LOWER IT DOWN TO THE GROUND. REPEAT. 			
		SEATED CABLE ROWS	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT ON THE BENCH WITH YOUR FEET ON THE FOOT REST AND YOUR KNEES SLIGHTLY BENT. GRASP THE HANDLE SO THAT YOUR PALMS ARE FACING FORWARD. 2. EXTEND YOUR ARMS AS YOU LEAN BACKWARD, ACHIEVING A 90 DEGREE ANGLE BETWEEN YOUR WAIST AND YOUR LEGS. SLIGHTLY ARCH YOUR BACK SO THAT YOUR CHEST PROTRUDES. THIS IS YOUR STARTING POSITION. 3. WITHOUT MOVING YOUR TORSO, EXHALE AS YOU PULL THE HANDLE TOWARDS YOUR BODY UNTIL IT NEARLY TOUCHES YOUR CHEST. 4. CONTRACT YOUR BACK MUSCLES FOR A COUNT AND THEN INHALE AS YOU SLOWLY RETURN THE HANDLE BACK TO STARTING POSITION. 5. REPEAT. 			
		LAT PULLDOWN	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT DOWN AT A PULL-DOWN MACHINE EQUIPPED WITH A BAR ATTACHED TO THE TOP PULLEY. ADJUST THE KNEE PAD TO FIT YOUR HEIGHT. 2. GRASP THE BAR WITH YOUR PALMS FACING TOWARDS YOU. CHOSE A GRIP CLOSER THAN SHOULDER WIDTH APART. 3. EXTEND BOTH ARMS IN FRONT OF YOU WHILE GRASPING THE BAR. MOVE YOUR TORSO BACK APPROXIMATELY 30 DEGREES. YOUR LOWER BACK SHOULD BE CURVE, AND YOUR CHEST SHOULD BE STUCK OUT. THIS IS THE STARTING POSITION. 4. AS YOU EXHALE, LOWER THE BAR UNTIL IT REACHES YOUR UPPER CHEST. DRAW YOUR SHOULDERS AND UPPER CHEST DOWN AND BACK TO DO SO. TIP: CONCENTRATE ON SQUEEZING THE BACK MUSCLES ONCE YOU REACH THE FULL CONTRACTED POSITION. THE UPPER TORSO SHOULD REMAIN STATIONARY (ONLY THE ARMS SHOULD MOVE). THE FOREARMS SHOULD DO NO OTHER WORK EXCEPT FOR HOLDING THE BAR; THEREFORE DO NOT TRY TO PULL THE BAR DOWN USING THE FOREARMS. 5. AFTER HOLDING THE CONTRACTED POSITION FOR A SECOND (AND WHILE SQUEEZING YOUR SHOULDER BLADES TOGETHER), LIFT THE BAR UP INTO THE STARTING POSITION. YOUR ARMS WILL BE FULLY EXTENDED AND YOUR LATS WILL BE FULLY STRETCHED. INHALE AS YOU DO SO. REPEAT. 			

NOTES	DUMBBELL CURLS	2 SETS	8-10 REPS	REST 1-2 MIN
	<ol style="list-style-type: none"> 1. STAND UP AND HOLD A DUMBBELL IN EACH HAND. TURN THE PALMS OF YOUR HANDS UNTIL THEY ARE FACING FORWARD. THIS IS THE STARTING POSITION. 2. WHILE KEEPING YOUR UPPER ARMS STATIONARY, CURL THE DUMBBELLS WHILE CONTRACTING YOUR BICEPS. KEEP RAISING THE WEIGHTS UNTIL YOUR BICEPS ARE FULLY CONTRACTED. THE DUMBBELLS SHOULD BE AT SHOULDER LEVEL. HOLD THIS POSITION BRIEFLY AND SQUEEZE YOUR BICEPS. 3. SLOWLY LOWER THE DUMBBELLS BACK TO THE STARTING POSITION, INHALING AS YOU DO SO. 4. REPEAT. 			
	HAMMER CURLS	2 SETS	8-10 REPS	REST 1-2 MIN
	<ol style="list-style-type: none"> 1. STAND UP STRAIGHT WITH YOUR TORSO UPRIGHT. HOLD A DUMBBELL IN EACH HAND AT ARMS-LENGTH. YOUR ELBOWS SHOULD BE CLOSE TO YOUR TORSO. 2. THE PALMS OF YOUR HANDS SHOULD BE FACING YOUR TORSO. THIS IS THE STARTING POSITION FOR THE EXERCISE. 3. CURL THE WEIGHT FORWARD WHILE CONTRACTING YOUR BICEPS. YOUR UPPER ARM SHOULD REMAIN STATIONARY. CONTINUE TO LIFT THE WEIGHT UNTIL YOUR BICEPS ARE FULLY CONTRACTED AND THE DUMBBELL IS AT SHOULDER LEVEL. HOLD THE CONTRACTION FOR A MOMENT AS YOU SQUEEZE YOUR BICEPS. 4. INHALE AND SLOWLY START TO BRING THE DUMBBELLS BACK TO THE STARTING POSITION. REPEAT. 			

DAY 3 - LEGS	NOTES	BARBELL BACK SQUATS	2 SETS	6-8 REPS	REST 2-3 MIN
		<ol style="list-style-type: none"> 1. USING A SQUAT RACK, PLACE THE BARBELL AT SHOULDER HEIGHT. BARBELL IS BELOW YOUR NECK AND BEHIND YOUR SHOULDERS. 2. WITH YOUR ARMS POSITIONED WIDE ON THE BARBELL, PUSH UP WITH YOUR LEGS AND STRAIGHTEN UP TO LIFT THE BARBELL ONTO YOUR BACK. STEP FORWARD AND PLACE YOUR FEET SHOULDER WIDTH APART WITH YOUR TOES POINTING SLIGHTLY OUTWARD. 3. WITH YOUR BACK STRAIGHT AND YOUR HEAD UP, INHALE AND BEND YOUR KNEES UNTIL YOU ARE IN A SEATED POSITION. 4. EXHALING, PUSH OFF WITH YOUR HEELS TO STRAIGHTEN YOUR LEGS AND RETURN TO A STANDING POSITION. REPEAT. 			
		LEG PRESS	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT DOWN ON A LEG PRESS MACHINE AND PLACE YOUR LEGS ON THE PLATFORM IN FRONT OF YOU. YOUR FEET SHOULD BE POSITIONED APPROXIMATELY A FOOT TO ONE AND HALF FEET APART. 2. LOWER THE SAFETY BARS HOLDING THE PLATFORM IN PLACE. PRESS THE PLATFORM ALL THE WAY UP UNTIL YOUR LEGS ARE FULLY EXTENDED, WITHOUT LOCKING YOUR KNEES. THIS IS THE STARTING POSITION. 3. AS YOU INHALE, SLOWLY LOWER THE PLATFORM UNTIL YOUR UPPER AND LOWER LEGS MAKE A 90-DEGREE ANGLE. 4. PUSH WITH THE HEELS OF YOUR FEET AND USE YOUR QUADRICEPS TO GO BACK TO THE STARTING POSITION. EXHALE AS YOU DO SO. 			
		SEATED LEG CURLS	3 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT UPRIGHT ON A LEG PRESS MACHINE THAT IS ADJUSTED TO YOUR HEIGHT. YOUR BACK SHOULD BE AGAINST THE BACK PAD AND YOUR FEET SHOULD BE ON THE FOOT RESTS WITH YOUR THIGHS UNDER THE LEG PADS. 2. GRASP THE HANDLE BARS AND RAISE YOUR LEGS SO THAT THEY ARE FULLY EXTENDED IN FRONT OF YOU AND PARALLEL TO THE FLOOR FOR YOUR STARTING POSITION. EXHALE AND LOWER YOUR LEGS, BENDING AT THE KNEES, UNTIL YOUR LEGS FORM A 90 DEGREE ANGLE. 3. PAUSE FOR A MOMENT AND THEN INHALE AS YOU RAISE YOUR LEGS BACK TO THE STARTING POSITION. REPEAT 			
		LUNGES BODYWEIGHT	2 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. STAND WITH YOUR FEET SHOULDER'S WIDTH APART. STEP FORWARD WITH YOUR RIGHT FOOT, WHILE KEEPING YOUR LEFT FOOT PLANTED. YOU WILL BEND YOUR RIGHT LEG UNTIL YOUR RIGHT THIGH IS INLINE WITH YOUR KNEE AND PARALLEL TO THE FLOOR. 2. RETURN TO STARTING POSITION AND REPEAT FOR OPPOSITE LEG. 			
		CALF RAISES	3 SETS	8-10 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT ON A CALF RAISE MACHINE AND PLACE YOUR TOES ON THE FOOT PLATFORM. YOU HEELS SHOULD HANG OFF THE BACK OF THE PLATFORM. LOWER THIGHS REST JUST UNDER THE PADDING. RAISE UP ON YOUR TOES TO RELEASE THE SAFETY FOR YOUR STARTING. 2. INHALE AS YOU SLOWLY LOWER YOUR HEELS UNTIL THEY ARE BELOW YOUR TOES AND YOUR CALVES ARE FULLY STRETCHED. EXHALE AS YOU RAISE YOUR HEELS AS HIGH AS YOU CAN UNTIL YOU ARE ON YOUR TIPPY TOES. REPEAT. 			

COOL DOWN EXERCISES

DAY 1 - 3	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.

PUSH / PULL / LEGS

BEGINNER LEVEL

GYM PROGRAM

WEEK

3

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 - PUSH	NOTES	FLAT DUMBBELL BENCH PRESS	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> LIE FLAT ON BACK ON A FLAT BENCH AND HOLD ONE DUMBBELL IN EACH HAND WITH THUMBS JUST OUTSIDE OF NIPPLES. PRESS DUMBBELLS STRAIGHT UP INTO THE AIR AND LOCK ARMS OUT AT A FULL EXTENDED POSITION AND WITH THE DUMBBELLS TOUCHING AT THE PEAK OF THE MOVEMENT. LOWER DUMBBELLS TO COMPLETE THE REPETITION. REPEAT. 			
		PECK DECK FLIES	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> SIT ON THE MACHINE, TAKING CARE TO PLACE YOUR BACK FLAT AGAINST THE PAD. THIS IS THE STARTING POSITION. ARMS PARALLEL TO THE FLOOR. GRASP EACH ONE OF THE HANDLES FIRMLY WITH YOUR HANDS. BRING THE HANDLES TOGETHER SLOWLY WHILE YOU SQUEEZE YOUR CHEST IN THE MIDDLE. EXHALE WHILE YOU DO SO AND HOLD THE CONTRACTION FOR A SECOND. MOVE YOUR ARMS BACK TO THE STARTING POSITION. INHALE AS YOU DO SO. YOUR CHEST MUSCLES WILL BE FULLY STRETCHED. 			
		OVERHEAD PRESS	3 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> STAND WITH YOUR BODY UPRIGHT AND CORE MUSCLES BRACED, LOOKING STRAIGHT AHEAD. HOLD THE BAR ON YOUR UPPER CHEST, GRIPPING IT WITH HANDS JUST WIDER THAN SHOULDER-WIDTH APART. PRESS THE BAR DIRECTLY OVERHEAD. DON'T TILT YOUR HIPS FORWARD DURING THE MOVE. REPEAT 			
	FRENCH PRESS KETTLE BELLS	2 SETS	10-12 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> GRASP DUMBBELLS IN EACH HAND AND SIT DOWN ON END OF BENCH WITH KETTLEBELLS RESTING ON EACH THIGH. SLOWLY LAY BACK WITH KETTLEBELLS GRASPED IN EACH HAND AND PLANT YOUR BACK SQUARELY ON BENCH SEAT. BEGIN EXERCISE BY PUSHING KETTLEBELL ABOVE CHEST SO THE ARMS ARE STRAIGHT OUT AND PALMS FACING EACH OTHER. NEXT, BEGIN TO BEND ELBOWS BACKWARD TOWARD THE SHOULDER (SIDE OF YOUR HEAD) OF THE SAME SIDE, IN A SLOW CONTROLLED MOTION. AFTER BRINGING ELBOWS TOWARD SHOULDER, BRING KETTLEBELL BACK UP TO THE STARTING POSITION, IN A SLOW CONTROLLED MANNER. 				
	PUSH DOWNS CABLE	2 SETS	10-12 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> FEET SHOULDER WIDTH APART, FACE A HIGH PULLEY MACHINE WITH AN ATTACHED BAR AT SHOULDER LEVEL HEIGHT AND GRASP IT WITH YOUR PALMS FACING DOWN (PRONATED). HOLD THE BAR CLOSE TO YOUR CHEST FOR YOUR STARTING POSITION. KEEPING YOUR BODY STATIONARY, EXHALE AS YOU LOWER THE BAR BY COMPLETELY EXTENDING YOUR ARMS DOWNWARD UNTIL THE BAR TOUCHES YOUR THIGHS. HOLD FOR A MOMENT AND THEN INHALE AS YOU SLOWLY RETURN THE BAR TO SHOULDER LEVEL. REPEAT. 				

DAY 2 - PULL	NOTES	DEADLIFT	3 SETS	6-8 REPS	REST 2-3 MIN
		<ol style="list-style-type: none"> 1. STAND HIP-WIDTH APART WITH THE BAR GOING OVER TOP YOUR SHOELACES. 2. SIT YOUR HIPS BACK SO THAT YOU HAVE A SLIGHT BEND IN YOUR KNEES, WHILE MAINTAINING AN ARCH IN YOUR LOWER BACK. 3. CONTINUE BENDING YOUR KNEES AND HIPS DOWN UNTIL YOUR HANDS ARE ABLE TO GRASP THE BAR JUST OUTSIDE YOUR SHINS. KEEP YOUR HEAD IN A POSITION TO WHERE YOU ARE LOOKING ABOUT 5-10 FEET OUT IN FRONT OF YOUR BODY. 4. BEGIN EXERCISE BY INHALING AND BRACING YOUR MIDSECTION AS IF YOU ARE ABOUT TO BE PUNCHED IN THE STOMACH (VALSALVA). 5. NEXT, BEGIN TO RAISE YOUR HIPS UP SLIGHTLY AS YOU RAISE THE BAR ALONG YOUR SHINS. AS THE BAR PASSES YOUR KNEES, SIMULTANEOUSLY START TO BRING YOUR HIPS FORWARD UNTIL YOU ARE STANDING UPRIGHT, WITH YOUR CHEST OUT AND YOUR SHOULDER BLADES PINNED BACK. YOU SHOULD LOOK SIMILAR TO A SOLDIER STANDING AT ATTENTION. 6. TO MOVE BACK TO STARTING POSITION, REVERSE MOVEMENT BY DROPPING YOUR HIPS BACK AND ALLOWING THE BAR TO MAINTAIN CONTACT WITH YOUR LEGS AS YOU LOWER IT DOWN TO THE GROUND. REPEAT. 			
		SEATED CABLE ROWS	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT ON THE BENCH WITH YOUR FEET ON THE FOOT REST AND YOUR KNEES SLIGHTLY BENT. GRASP THE HANDLE SO THAT YOUR PALMS ARE FACING FORWARD. 2. EXTEND YOUR ARMS AS YOU LEAN BACKWARD, ACHIEVING A 90 DEGREE ANGLE BETWEEN YOUR WAIST AND YOUR LEGS. SLIGHTLY ARCH YOUR BACK SO THAT YOUR CHEST PROTRUDES. THIS IS YOUR STARTING POSITION. 3. WITHOUT MOVING YOUR TORSO, EXHALE AS YOU PULL THE HANDLE TOWARDS YOUR BODY UNTIL IT NEARLY TOUCHES YOUR CHEST. 4. CONTRACT YOUR BACK MUSCLES FOR A COUNT AND THEN INHALE AS YOU SLOWLY RETURN THE HANDLE BACK TO STARTING POSITION. 5. REPEAT. 			
		LAT PULLDOWN	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT DOWN AT A PULL-DOWN MACHINE EQUIPPED WITH A BAR ATTACHED TO THE TOP PULLEY. ADJUST THE KNEE PAD TO FIT YOUR HEIGHT. 2. GRASP THE BAR WITH YOUR PALMS FACING TOWARDS YOU. CHOSE A GRIP CLOSER THAN SHOULDER WIDTH APART. 3. EXTEND BOTH ARMS IN FRONT OF YOU WHILE GRASPING THE BAR. MOVE YOUR TORSO BACK APPROXIMATELY 30 DEGREES. YOUR LOWER BACK SHOULD BE CURVE, AND YOUR CHEST SHOULD BE STUCK OUT. THIS IS THE STARTING POSITION. 4. AS YOU EXHALE, LOWER THE BAR UNTIL IT REACHES YOUR UPPER CHEST. DRAW YOUR SHOULDERS AND UPPER CHEST DOWN AND BACK TO DO SO. TIP: CONCENTRATE ON SQUEEZING THE BACK MUSCLES ONCE YOU REACH THE FULL CONTRACTED POSITION. THE UPPER TORSO SHOULD REMAIN STATIONARY (ONLY THE ARMS SHOULD MOVE). THE FOREARMS SHOULD DO NO OTHER WORK EXCEPT FOR HOLDING THE BAR; THEREFORE DO NOT TRY TO PULL THE BAR DOWN USING THE FOREARMS. 5. AFTER HOLDING THE CONTRACTED POSITION FOR A SECOND (AND WHILE SQUEEZING YOUR SHOULDER BLADES TOGETHER), LIFT THE BAR UP INTO THE STARTING POSITION. YOUR ARMS WILL BE FULLY EXTENDED AND YOUR LATS WILL BE FULLY STRETCHED. INHALE AS YOU DO SO. REPEAT. 			

NOTES	DUMBBELL CURLS	2 SETS	10-12 REPS	REST 1-2 MIN
	<ol style="list-style-type: none"> 1. STAND UP AND HOLD A DUMBBELL IN EACH HAND. TURN THE PALMS OF YOUR HANDS UNTIL THEY ARE FACING FORWARD. THIS IS THE STARTING POSITION. 2. WHILE KEEPING YOUR UPPER ARMS STATIONARY, CURL THE DUMBBELLS WHILE CONTRACTING YOUR BICEPS. KEEP RAISING THE WEIGHTS UNTIL YOUR BICEPS ARE FULLY CONTRACTED. THE DUMBBELLS SHOULD BE AT SHOULDER LEVEL. HOLD THIS POSITION BRIEFLY AND SQUEEZE YOUR BICEPS. 3. SLOWLY LOWER THE DUMBBELLS BACK TO THE STARTING POSITION, INHALING AS YOU DO SO. 4. REPEAT. 			
	HAMMER CURLS	2 SETS	10-12 REPS	REST 1-2 MIN
	<ol style="list-style-type: none"> 1. STAND UP STRAIGHT WITH YOUR TORSO UPRIGHT. HOLD A DUMBBELL IN EACH HAND AT ARMS-LENGTH. YOUR ELBOWS SHOULD BE CLOSE TO YOUR TORSO. 2. THE PALMS OF YOUR HANDS SHOULD BE FACING YOUR TORSO. THIS IS THE STARTING POSITION FOR THE EXERCISE. 3. CURL THE WEIGHT FORWARD WHILE CONTRACTING YOUR BICEPS. YOUR UPPER ARM SHOULD REMAIN STATIONARY. CONTINUE TO LIFT THE WEIGHT UNTIL YOUR BICEPS ARE FULLY CONTRACTED AND THE DUMBBELL IS AT SHOULDER LEVEL. HOLD THE CONTRACTION FOR A MOMENT AS YOU SQUEEZE YOUR BICEPS. 4. INHALE AND SLOWLY START TO BRING THE DUMBBELLS BACK TO THE STARTING POSITION. REPEAT. 			

DAY 3 - LEGS	NOTES	BARBELL BACK SQUATS	3 SETS	6-8 REPS	REST 2-3 MIN
		<ol style="list-style-type: none"> 1. USING A SQUAT RACK, PLACE THE BARBELL AT SHOULDER HEIGHT. BARBELL IS BELOW YOUR NECK AND BEHIND YOUR SHOULDERS. 2. WITH YOUR ARMS POSITIONED WIDE ON THE BARBELL, PUSH UP WITH YOUR LEGS AND STRAIGHTEN UP TO LIFT THE BARBELL ONTO YOUR BACK. STEP FORWARD AND PLACE YOUR FEET SHOULDER WIDTH APART WITH YOUR TOES POINTING SLIGHTLY OUTWARD. 3. WITH YOUR BACK STRAIGHT AND YOUR HEAD UP, INHALE AND BEND YOUR KNEES UNTIL YOU ARE IN A SEATED POSITION. 4. EXHALING, PUSH OFF WITH YOUR HEELS TO STRAIGHTEN YOUR LEGS AND RETURN TO A STANDING POSITION. REPEAT. 			
		LEG PRESS	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT DOWN ON A LEG PRESS MACHINE AND PLACE YOUR LEGS ON THE PLATFORM IN FRONT OF YOU. YOUR FEET SHOULD BE POSITIONED APPROXIMATELY A FOOT TO ONE AND HALF FEET APART. 2. LOWER THE SAFETY BARS HOLDING THE PLATFORM IN PLACE. PRESS THE PLATFORM ALL THE WAY UP UNTIL YOUR LEGS ARE FULLY EXTENDED, WITHOUT LOCKING YOUR KNEES. THIS IS THE STARTING POSITION. 3. AS YOU INHALE, SLOWLY LOWER THE PLATFORM UNTIL YOUR UPPER AND LOWER LEGS MAKE A 90-DEGREE ANGLE. 4. PUSH WITH THE HEELS OF YOUR FEET AND USE YOUR QUADRICEPS TO GO BACK TO THE STARTING POSITION. EXHALE AS YOU DO SO. 			
		SEATED LEG CURLS	3 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT UPRIGHT ON A LEG PRESS MACHINE THAT IS ADJUSTED TO YOUR HEIGHT. YOUR BACK SHOULD BE AGAINST THE BACK PAD AND YOUR FEET SHOULD BE ON THE FOOT RESTS WITH YOUR THIGHS UNDER THE LEG PADS. 2. GRASP THE HANDLE BARS AND RAISE YOUR LEGS SO THAT THEY ARE FULLY EXTENDED IN FRONT OF YOU AND PARALLEL TO THE FLOOR FOR YOUR STARTING POSITION. EXHALE AND LOWER YOUR LEGS, BENDING AT THE KNEES, UNTIL YOUR LEGS FORM A 90 DEGREE ANGLE. 3. PAUSE FOR A MOMENT AND THEN INHALE AS YOU RAISE YOUR LEGS BACK TO THE STARTING POSITION. REPEAT 			
		LUNGES BODYWEIGHT	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. STAND WITH YOUR FEET SHOULDER'S WIDTH APART. STEP FORWARD WITH YOUR RIGHT FOOT, WHILE KEEPING YOUR LEFT FOOT PLANTED. YOU WILL BEND YOUR RIGHT LEG UNTIL YOUR RIGHT THIGH IS INLINE WITH YOUR KNEE AND PARALLEL TO THE FLOOR. 2. RETURN TO STARTING POSITION AND REPEAT FOR OPPOSITE LEG. 			
		CALF RAISES	3 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT ON A CALF RAISE MACHINE AND PLACE YOUR TOES ON THE FOOT PLATFORM. YOU HEELS SHOULD HANG OFF THE BACK OF THE PLATFORM. LOWER THIGHS REST JUST UNDER THE PADDING. RAISE UP ON YOUR TOES TO RELEASE THE SAFETY FOR YOUR STARTING. 2. INHALE AS YOU SLOWLY LOWER YOUR HEELS UNTIL THEY ARE BELOW YOUR TOES AND YOUR CALVES ARE FULLY STRETCHED. EXHALE AS YOU RAISE YOUR HEELS AS HIGH AS YOU CAN UNTIL YOU ARE ON YOUR TIPPY TOES. REPEAT. 			

COOL DOWN EXERCISES

DAY 1-3	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

BEGINNER LEVEL

GYM PROGRAM

WEEK

4

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

DAY 1 - PUSH	NOTES	FLAT DUMBBELL BENCH PRESS	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> LIE FLAT ON BACK ON A FLAT BENCH AND HOLD ONE DUMBBELL IN EACH HAND WITH THUMBS JUST OUTSIDE OF NIPPLES. PRESS DUMBBELLS STRAIGHT UP INTO THE AIR AND LOCK ARMS OUT AT A FULL EXTENDED POSITION AND WITH THE DUMBBELLS TOUCHING AT THE PEAK OF THE MOVEMENT. LOWER DUMBBELLS TO COMPLETE THE REPETITION. REPEAT. 			
		PECK DECK FLIES	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> SIT ON THE MACHINE, TAKING CARE TO PLACE YOUR BACK FLAT AGAINST THE PAD. THIS IS THE STARTING POSITION. ARMS PARALLEL TO THE FLOOR. GRASP EACH ONE OF THE HANDLES FIRMLY WITH YOUR HANDS. BRING THE HANDLES TOGETHER SLOWLY WHILE YOU SQUEEZE YOUR CHEST IN THE MIDDLE. EXHALE WHILE YOU DO SO AND HOLD THE CONTRACTION FOR A SECOND. MOVE YOUR ARMS BACK TO THE STARTING POSITION. INHALE AS YOU DO SO. YOUR CHEST MUSCLES WILL BE FULLY STRETCHED. 			
		OVERHEAD PRESS	3 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> STAND WITH YOUR BODY UPRIGHT AND CORE MUSCLES BRACED, LOOKING STRAIGHT AHEAD. HOLD THE BAR ON YOUR UPPER CHEST, GRIPPING IT WITH HANDS JUST WIDER THAN SHOULDER-WIDTH APART. PRESS THE BAR DIRECTLY OVERHEAD. DON'T TILT YOUR HIPS FORWARD DURING THE MOVE. REPEAT 			
	FRENCH PRESS KETTLE BELLS	2 SETS	10-12 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> GRASP DUMBBELLS IN EACH HAND AND SIT DOWN ON END OF BENCH WITH KETTLEBELLS RESTING ON EACH THIGH. SLOWLY LAY BACK WITH KETTLEBELLS GRASPED IN EACH HAND AND PLANT YOUR BACK SQUARELY ON BENCH SEAT. BEGIN EXERCISE BY PUSHING KETTLEBELL ABOVE CHEST SO THE ARMS ARE STRAIGHT OUT AND PALMS FACING EACH OTHER. NEXT, BEGIN TO BEND ELBOWS BACKWARD TOWARD THE SHOULDER (SIDE OF YOUR HEAD) OF THE SAME SIDE, IN A SLOW CONTROLLED MOTION. AFTER BRINGING ELBOWS TOWARD SHOULDER, BRING KETTLEBELL BACK UP TO THE STARTING POSITION, IN A SLOW CONTROLLED MANNER. 				
	PUSH DOWNS CABLE	2 SETS	10-12 REPS	REST 1-2 MIN	
	<ol style="list-style-type: none"> FEET SHOULDER WIDTH APART, FACE A HIGH PULLEY MACHINE WITH AN ATTACHED BAR AT SHOULDER LEVEL HEIGHT AND GRASP IT WITH YOUR PALMS FACING DOWN (PRONATED). HOLD THE BAR CLOSE TO YOUR CHEST FOR YOUR STARTING POSITION. KEEPING YOUR BODY STATIONARY, EXHALE AS YOU LOWER THE BAR BY COMPLETELY EXTENDING YOUR ARMS DOWNWARD UNTIL THE BAR TOUCHES YOUR THIGHS. HOLD FOR A MOMENT AND THEN INHALE AS YOU SLOWLY RETURN THE BAR TO SHOULDER LEVEL. REPEAT. 				

DAY 2 - PULL	NOTES	DEADLIFT	3 SETS	6-8 REPS	REST 2-3 MIN
		<ol style="list-style-type: none"> 1. STAND HIP-WIDTH APART WITH THE BAR GOING OVER TOP YOUR SHOELACES. 2. SIT YOUR HIPS BACK SO THAT YOU HAVE A SLIGHT BEND IN YOUR KNEES, WHILE MAINTAINING AN ARCH IN YOUR LOWER BACK. 3. CONTINUE BENDING YOUR KNEES AND HIPS DOWN UNTIL YOUR HANDS ARE ABLE TO GRASP THE BAR JUST OUTSIDE YOUR SHINS. KEEP YOUR HEAD IN A POSITION TO WHERE YOU ARE LOOKING ABOUT 5-10 FEET OUT IN FRONT OF YOUR BODY. 4. BEGIN EXERCISE BY INHALING AND BRACING YOUR MIDSECTION AS IF YOU ARE ABOUT TO BE PUNCHED IN THE STOMACH (VALSALVA). 5. NEXT, BEGIN TO RAISE YOUR HIPS UP SLIGHTLY AS YOU RAISE THE BAR ALONG YOUR SHINS. AS THE BAR PASSES YOUR KNEES, SIMULTANEOUSLY START TO BRING YOUR HIPS FORWARD UNTIL YOU ARE STANDING UPRIGHT, WITH YOUR CHEST OUT AND YOUR SHOULDER BLADES PINNED BACK. YOU SHOULD LOOK SIMILAR TO A SOLDIER STANDING AT ATTENTION. 6. TO MOVE BACK TO STARTING POSITION, REVERSE MOVEMENT BY DROPPING YOUR HIPS BACK AND ALLOWING THE BAR TO MAINTAIN CONTACT WITH YOUR LEGS AS YOU LOWER IT DOWN TO THE GROUND. REPEAT. 			
		SEATED CABLE ROWS	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT ON THE BENCH WITH YOUR FEET ON THE FOOT REST AND YOUR KNEES SLIGHTLY BENT. GRASP THE HANDLE SO THAT YOUR PALMS ARE FACING FORWARD. 2. EXTEND YOUR ARMS AS YOU LEAN BACKWARD, ACHIEVING A 90 DEGREE ANGLE BETWEEN YOUR WAIST AND YOUR LEGS. SLIGHTLY ARCH YOUR BACK SO THAT YOUR CHEST PROTRUDES. THIS IS YOUR STARTING POSITION. 3. WITHOUT MOVING YOUR TORSO, EXHALE AS YOU PULL THE HANDLE TOWARDS YOUR BODY UNTIL IT NEARLY TOUCHES YOUR CHEST. 4. CONTRACT YOUR BACK MUSCLES FOR A COUNT AND THEN INHALE AS YOU SLOWLY RETURN THE HANDLE BACK TO STARTING POSITION. 5. REPEAT. 			
		LAT PULLDOWN	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT DOWN AT A PULL-DOWN MACHINE EQUIPPED WITH A BAR ATTACHED TO THE TOP PULLEY. ADJUST THE KNEE PAD TO FIT YOUR HEIGHT. 2. GRASP THE BAR WITH YOUR PALMS FACING TOWARDS YOU. CHOSE A GRIP CLOSER THAN SHOULDER WIDTH APART. 3. EXTEND BOTH ARMS IN FRONT OF YOU WHILE GRASPING THE BAR. MOVE YOUR TORSO BACK APPROXIMATELY 30 DEGREES. YOUR LOWER BACK SHOULD BE CURVE, AND YOUR CHEST SHOULD BE STUCK OUT. THIS IS THE STARTING POSITION. 4. AS YOU EXHALE, LOWER THE BAR UNTIL IT REACHES YOUR UPPER CHEST. DRAW YOUR SHOULDERS AND UPPER CHEST DOWN AND BACK TO DO SO. TIP: CONCENTRATE ON SQUEEZING THE BACK MUSCLES ONCE YOU REACH THE FULL CONTRACTED POSITION. THE UPPER TORSO SHOULD REMAIN STATIONARY (ONLY THE ARMS SHOULD MOVE). THE FOREARMS SHOULD DO NO OTHER WORK EXCEPT FOR HOLDING THE BAR; THEREFORE DO NOT TRY TO PULL THE BAR DOWN USING THE FOREARMS. 5. AFTER HOLDING THE CONTRACTED POSITION FOR A SECOND (AND WHILE SQUEEZING YOUR SHOULDER BLADES TOGETHER), LIFT THE BAR UP INTO THE STARTING POSITION. YOUR ARMS WILL BE FULLY EXTENDED AND YOUR LATS WILL BE FULLY STRETCHED. INHALE AS YOU DO SO. REPEAT. 			

NOTES	DUMBBELL CURLS	2 SETS	10-12 REPS	REST 1-2 MIN
	<ol style="list-style-type: none"> 1. STAND UP AND HOLD A DUMBBELL IN EACH HAND. TURN THE PALMS OF YOUR HANDS UNTIL THEY ARE FACING FORWARD. THIS IS THE STARTING POSITION. 2. WHILE KEEPING YOUR UPPER ARMS STATIONARY, CURL THE DUMBBELLS WHILE CONTRACTING YOUR BICEPS. KEEP RAISING THE WEIGHTS UNTIL YOUR BICEPS ARE FULLY CONTRACTED. THE DUMBBELLS SHOULD BE AT SHOULDER LEVEL. HOLD THIS POSITION BRIEFLY AND SQUEEZE YOUR BICEPS. 3. SLOWLY LOWER THE DUMBBELLS BACK TO THE STARTING POSITION, INHALING AS YOU DO SO. 4. REPEAT. 			
	HAMMER CURLS	2 SETS	10-12 REPS	REST 1-2 MIN
	<ol style="list-style-type: none"> 1. STAND UP STRAIGHT WITH YOUR TORSO UPRIGHT. HOLD A DUMBBELL IN EACH HAND AT ARMS-LENGTH. YOUR ELBOWS SHOULD BE CLOSE TO YOUR TORSO. 2. THE PALMS OF YOUR HANDS SHOULD BE FACING YOUR TORSO. THIS IS THE STARTING POSITION FOR THE EXERCISE. 3. CURL THE WEIGHT FORWARD WHILE CONTRACTING YOUR BICEPS. YOUR UPPER ARM SHOULD REMAIN STATIONARY. CONTINUE TO LIFT THE WEIGHT UNTIL YOUR BICEPS ARE FULLY CONTRACTED AND THE DUMBBELL IS AT SHOULDER LEVEL. HOLD THE CONTRACTION FOR A MOMENT AS YOU SQUEEZE YOUR BICEPS. 4. INHALE AND SLOWLY START TO BRING THE DUMBBELLS BACK TO THE STARTING POSITION. REPEAT. 			

DAY 3 - LEGS	NOTES	BARBELL BACK SQUATS	3 SETS	6-8 REPS	REST 2-3 MIN
		<ol style="list-style-type: none"> 1. USING A SQUAT RACK, PLACE THE BARBELL AT SHOULDER HEIGHT. BARBELL IS BELOW YOUR NECK AND BEHIND YOUR SHOULDERS. 2. WITH YOUR ARMS POSITIONED WIDE ON THE BARBELL, PUSH UP WITH YOUR LEGS AND STRAIGHTEN UP TO LIFT THE BARBELL ONTO YOUR BACK. STEP FORWARD AND PLACE YOUR FEET SHOULDER WIDTH APART WITH YOUR TOES POINTING SLIGHTLY OUTWARD. 3. WITH YOUR BACK STRAIGHT AND YOUR HEAD UP, INHALE AND BEND YOUR KNEES UNTIL YOU ARE IN A SEATED POSITION. 4. EXHALING, PUSH OFF WITH YOUR HEELS TO STRAIGHTEN YOUR LEGS AND RETURN TO A STANDING POSITION. REPEAT. 			
		LEG PRESS	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT DOWN ON A LEG PRESS MACHINE AND PLACE YOUR LEGS ON THE PLATFORM IN FRONT OF YOU. YOUR FEET SHOULD BE POSITIONED APPROXIMATELY A FOOT TO ONE AND HALF FEET APART. 2. LOWER THE SAFETY BARS HOLDING THE PLATFORM IN PLACE. PRESS THE PLATFORM ALL THE WAY UP UNTIL YOUR LEGS ARE FULLY EXTENDED, WITHOUT LOCKING YOUR KNEES. THIS IS THE STARTING POSITION. 3. AS YOU INHALE, SLOWLY LOWER THE PLATFORM UNTIL YOUR UPPER AND LOWER LEGS MAKE A 90-DEGREE ANGLE. 4. PUSH WITH THE HEELS OF YOUR FEET AND USE YOUR QUADRICEPS TO GO BACK TO THE STARTING POSITION. EXHALE AS YOU DO SO. 			
		SEATED LEG CURLS	3 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT UPRIGHT ON A LEG PRESS MACHINE THAT IS ADJUSTED TO YOUR HEIGHT. YOUR BACK SHOULD BE AGAINST THE BACK PAD AND YOUR FEET SHOULD BE ON THE FOOT RESTS WITH YOUR THIGHS UNDER THE LEG PADS. 2. GRASP THE HANDLE BARS AND RAISE YOUR LEGS SO THAT THEY ARE FULLY EXTENDED IN FRONT OF YOU AND PARALLEL TO THE FLOOR FOR YOUR STARTING POSITION. EXHALE AND LOWER YOUR LEGS, BENDING AT THE KNEES, UNTIL YOUR LEGS FORM A 90 DEGREE ANGLE. 3. PAUSE FOR A MOMENT AND THEN INHALE AS YOU RAISE YOUR LEGS BACK TO THE STARTING POSITION. REPEAT 			
		LUNGES BODYWEIGHT	2 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. STAND WITH YOUR FEET SHOULDER'S WIDTH APART. STEP FORWARD WITH YOUR RIGHT FOOT, WHILE KEEPING YOUR LEFT FOOT PLANTED. YOU WILL BEND YOUR RIGHT LEG UNTIL YOUR RIGHT THIGH IS INLINE WITH YOUR KNEE AND PARALLEL TO THE FLOOR. 2. RETURN TO STARTING POSITION AND REPEAT FOR OPPOSITE LEG. 			
		CALF RAISES	3 SETS	10-12 REPS	REST 1-2 MIN
		<ol style="list-style-type: none"> 1. SIT ON A CALF RAISE MACHINE AND PLACE YOUR TOES ON THE FOOT PLATFORM. YOU HEELS SHOULD HANG OFF THE BACK OF THE PLATFORM. LOWER THIGHS REST JUST UNDER THE PADDING. RAISE UP ON YOUR TOES TO RELEASE THE SAFETY FOR YOUR STARTING. 2. INHALE AS YOU SLOWLY LOWER YOUR HEELS UNTIL THEY ARE BELOW YOUR TOES AND YOUR CALVES ARE FULLY STRETCHED. EXHALE AS YOU RAISE YOUR HEELS AS HIGH AS YOU CAN UNTIL YOU ARE ON YOUR TIPPY TOES. REPEAT. 			

COOL DOWN EXERCISES

DAY 1-3	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 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. 			

STOP COMPETING WITH OTHERS. START COMPETING WITH YOURSELF.