

A woman with dark hair, wearing a black sports bra and leggings, is carrying a weighted vest on a red running track. She is looking directly at the camera with a determined expression. The background is a blurred outdoor setting.

SCIENCE LETHICS

COMEBACK FIT YEAR 2021

AT HOME 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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PROGRAM EXPLAINED

This program is designed to guide a trainee, at an intermediate to advanced level from a period of detraining (partial or complete) to normal, progressive resistance training again. This goal can be achieved at home and besides relying upon your own bodyweight as resistance for exercises, it only requires simple workout equipment like dumbbells and resistance bands. It is exactly what you need to get a quality and effective workout at home, 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:

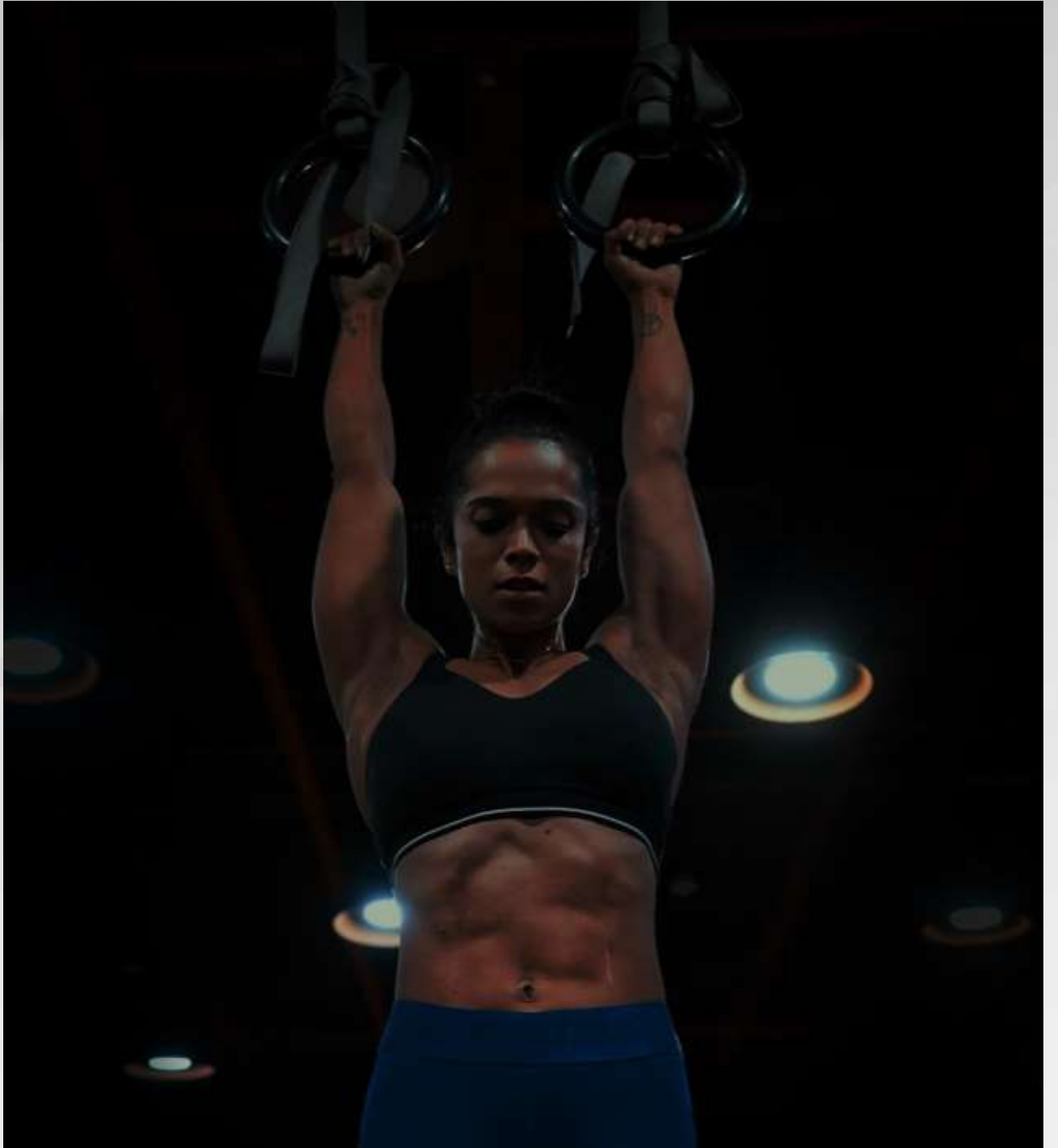
There is no need to run the whole program. Consider a single light week and then jump into your next training phase. For that, consider running one of our other upcoming programs.

PROGRAMMING:

You will be working out 4 times per week, plus an additional cardio circuit day. Every training week will follow a Modified Body Part Split Program, broken up into training days with a warm-up phase, the body part(s) workout(s) itself and a cool down part. Make sure to have one rest day in between two 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 spreadsheet column. Take this rest after the last exercise, and then repeat the circuit for the indicated rounds.

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.



COOL DOWN / YOGA STRETCHES:

This last circuit is all about slowing down the heart rate and cooling down the body after a workout. Do these exercises slowly, and breathe deeply into your stomach throughout.

DB: Dumbbell



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 training is therefore recommended.







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

- ANY BANDED EXERCISE: any kind of alternative weight like dumbbells, bags, backpacks, heavy food or heavy household packs (oats, etc.)
- SEATED ROWS: rows in different angles, pullovers
- SQUATS: any other variation of squats (front squat, normal squat, goblet squat, sumo squats)
- PLANKS: crunches, side crunches, leg raises
- BURPEES: jumping jacks
- BICEP CURLS: any other curling variation
- TRICEP PUSHDOWN: kickbacks, dips, overhead extensions

EXERCISE VIDEOS

- Plank: <https://youtu.be/Yu3SiNSII6I>
- Spiderman Plank: <https://vimeo.com/549596373/0b7df840eb>
- Seated Row Banded: <https://youtu.be/WioX4yIAOu4>
- Plank Walk: <https://youtu.be/cnoUjz0vYsM>
- Mobilities: <https://youtu.be/fOE-gBUsKYU>
- Body Weight Squat: <https://vimeo.com/549596409/705cdbc147>
- Bicep Curl Band: <https://youtu.be/ImSlgtMlhI>
- Bicep Curl Band Single Arm: https://youtu.be/V68Xeu_84bk
- Squats Band: <https://youtu.be/2fVPDIA8sW4>
- Hip Hinge Band: <https://youtu.be/zE1G86wsOpc>
- Lunges: <https://vimeo.com/549596017/83b307ebf1>
- Shoulder Press Band: <https://youtu.be/XG3ujpi4AOo>
- Shoulder Press DB: <https://youtu.be/QpcBqclKiXU>
- Chest Floor Flies Band: <https://youtu.be/fHeevp2tk4U>
- DB Floor Press: <https://youtu.be/wwseQVeUy9U>
- Chest Peck Deck Flies Band: <https://youtu.be/0xVNpEa8wKA>
- Shoulder External Rotation: <https://youtu.be/q0TliddZe1nU>
- Push-ups Band: <https://youtu.be/eSIBns4SEis>

- Shoulder External Rotation Band: <https://youtu.be/-kPLI5MzUHA>
- Thrusters: https://youtu.be/snphVmbo_Fs
- Stretches: <https://youtu.be/yWSDjyHQIBM>
- Side Plank: <https://youtu.be/9LnmucpvY18>
- Straight Leg Clams: <https://youtu.be/Wrio2kcxwCE>
- Lying Glute Bridge: <https://youtu.be/lgs1ulbM1IU>
- Wall Sits: <https://youtu.be/6R2uZRzTL5Y>
- Jump Squats: <https://youtu.be/bMm61F3tGsY>
- Plank Tap Outs: <https://youtu.be/OVZYLAGK58k>
- Sumo Squat: <https://youtu.be/d0f000BngBc>
- Inchworm: <https://youtu.be/KmAxM0naYhQ>
- Back Stretch: <https://youtu.be/imxIMsPYriQ>
- Close Grip Push-ups: <https://vimeo.com/549673770>
- Triceps Pushdown Band: <https://vimeo.com/549673730>
- Circuit Training: <https://vimeo.com/549673606>

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!



MODIFIED BODYPART SPLIT

ADVANCED LEVEL

HOME PROGRAM

WEEK

1

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

WARM UP EXERCISES

DAY 1-4	NOTES	SHOULDER EXTERNAL ROTATION	2 SETS	10 REPS	REST 30 S
		<p>1. USE THE LIGHTEST RESISTANCE BAND POSSIBLE</p> <p>2. STAND PERPENDICULAR TO THE FLOOR, FEET ABOUT SHOULDER-WIDTH APART</p> <p>3. HOLD BAND ON EITHER SIDE, BEND YOUR ELBOW TO 90 DEGREES & TUCK IT INTO THE SIDE OF YOUR BODY WITH YOUR HAND OVER NAVEL</p> <p>4. SLOWLY ROTATE YOUR SHOULDER OUTWARDS UNTIL THE BACK OF THE HAND FACES BEHIND YOU. HOLD THE END POSITION 2 SECONDS</p> <p>5. SLOWLY ALLOW YOUR ARM TO RETURN TO STARTING POSITION AND REPEAT THE SAME WITH THE OTHER SIDE.</p>			
		CAT CAMEL	2 SETS	10 REPS	REST 30 S
		<p>1. GO DOWN ON HAND AND KNEES. HANDS UNDER YOUR SHOULDERS, KNEES UNDER YOUR HIPS AND THE BACK IN A NEUTRAL POSITION</p> <p>2. CAT: SINK YOUR BACK DOWN TO THE FLOOR WHILST LIFTING THE HEAD UP, STICKING THE BUTT OUT (CURVE THE SPINE) AND BREATHING OUT DEEPLY</p> <p>3. CAMEL: TUCK YOUR HEAD & BUTT IN, ARCH YOUR SPINE MIMICKING A CAMEL HUMP WHILST BREATHING IN DEEPLY</p>			
		BIRD DOG	2 SETS	10 REPS	REST 30 S
		<p>1. GO DOWN ON HAND AND KNEES. HANDS UNDER YOUR SHOULDERS, KNEES UNDER YOUR HIPS AND THE BACK IN A NEUTRAL POSITION</p> <p>2. WITH CORE ENGAGED, POINT ONE ARM OUT STRAIGHT IN FRONT & EXTEND THE OPPOSITE LEG BEHIND YOU, FORMING ONE STRAIGHT LINE</p> <p>3. HOLD FOR A FEW SECONDS, THEN RETURN YOUR HANDS AND KNEES</p> <p>4. SWITCH TO THE OTHER SIDE AND REPEAT THE SAME</p> <p>5. KEEP THE CORE ENGAGED THROUGHOUT AND MINIMIZE EXTRA MOTION IN THE HIPS</p>			
		RUSSIAN BABY MAKERS	2 SETS	10 REPS	REST 30 S
		<p>1. PLACE YOUR FEET HIP-WIDTH APART, HEELS FULLY PLANTED ON THE GROUND</p> <p>2. SIT DOWN INTO A SQUAT, KEEP THE HEELS DOWN</p> <p>3. AS YOU SIT INTO THE SQUAT, PLACE THE ELBOWS DEEP INSIDE THE THIGHS NEAR THE GROIN</p> <p>4. PRESS THE ELBOWS OUTWARDS TO PLACE A DEEP STRETCH ON THE GROIN MUSCLES CLOSEST TO THE PELVIS</p> <p>5. MAINTAINING A FLAT SPINE IS OK BUT NOT CRITICAL TO THAT MOVEMENT. IT'S ALL ABOUT THE DEEP GROIN STRETCH</p>			

STAND ALONE EXERCISES

DAY 1	NOTES	BANDED PUSHUPS	2 SETS	10 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. HOOK YOUR THUMBS THROUGH A RESISTANCE BAND AND LOOP THE BAND BEHIND YOUR BACK. 2. ASSUME A PLANK POSITION WITH YOUR HANDS ON THE FLOOR, SLIGHTLY WIDER THAN YOUR SHOULDERS. 3. SQUEEZE YOUR GLUTES AND BRACE YOUR ABS AS YOU LOWER YOUR BODY, UNTIL YOUR CHEST NEARLY TOUCHES THE FLOOR. 4. PAUSE AT THE BOTTOM, THEN PUSH YOURSELF BACK TO THE STARTING POSITION. 			
		CHEST FLYS RESISTANCE BAND	3 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. STAND UPRIGHT AND HOLD THE RESISTANCE BAND WITH YOUR ARMS OUT AND FISTS FACING EACH OTHER 2. STABLE LEGS, TIGHT CORE, CHEST UP AND SHOULDERS DOWN. ARMS STRAIGHT AND YOUR HANDS ALIGNED WITH YOUR SHOULDERS 3. PULL THE ARMS SLOWLY AWAY FROM ONE ANOTHER, AS FAR BACK AS POSSIBLE. THEN PUSH AND STRAIGHTEN THEM IN FRONT OF YOU 4. SQUEEZE YOUR CHEST DURING THE MOVEMENT 			
		BANDED OVERHEAD PRESS	3 SETS	10 REPS	REST 60 S
	<ol style="list-style-type: none"> 1. GET INTO A HALF-KNEELING POSITION AND PLACE THE BAND UNDER YOUR KNEES. 2. HOLD THE BAND AT SHOULDER HEIGHT AND PRESS STRAIGHT UP, MAKING SURE THE ARMS ARE FULLY EXTENDED. 3. TO PREVENT THE BAND FROM RUBBING ON THE BACK OF THE ARM, HOLD IT IN FRONT WITH THE HANDLES HOOKED ON THE THUMB. 				
	PLANK SHOULDER TAP	4 SETS	10 REPS	REST 60 S	
	<ol style="list-style-type: none"> 1. BRING SHOULDERS OVER HANDS IN RAISED PLANK – ENSURE BACK IS FLAT AND CORE IS ENGAGED. 2. FROM RAISED PLANK POSITION, TAP ONE HAND TO OPPOSITE SHOULDER AND THEN PLACE HAND BACK ONTO THE GROUND. 3. ALTERNATE BETWEEN THE TWO SIDES. DROP TO YOUR KNEES, IF STILL WORKING ON TECHNIQUE. 				

DAY 2	NOTES	BANDED SQUATS	3 SETS	10 REPS	REST 60 S
		<ol style="list-style-type: none"> WITH YOUR FEET SHOULDER-WIDTH APART, PLACE A RESISTANCE BAND UNDER YOUR HEELS AND PULL THE LOOP UP OVER YOUR HEAD SO IT RESTS ACROSS THE BACK OF YOUR SHOULDERS AND UPPER BACK. GRAB THE BAND WITH EACH HAND AT SHOULDER LEVEL AND STRETCH IT UPWARDS A FEW INCHES. HOLD THIS POSITION AND PERFORM THE SQUAT: PUSH YOUR HIPS BACK AND BEND YOUR KNEES UNTIL YOUR THIGHS ARE PARALLEL TO THE FLOOR. PRESS YOUR FEET INTO THE GROUND AND PUSH BACK UP TO STARTING POSITION. THAT'S ONE REP. 			
		BANDED HIP HINGE	4 SETS	10 REPS	REST 60 S
		<ol style="list-style-type: none"> TAKE A RESISTANCE BAND AND STAND ON IT WITH THE BALLS OF YOUR FEET, ABOUT SHOULDER-WIDTH APART. PULL THE BAND UP ACROSS YOUR BACK AND AROUND THE SHOULDERS SO IT CREATES A CROSS BETWEEN YOUR GLUTES & YOUR LATS. KEEP CHEST UP, SHOULDER BLADES PULLED BACK (IMAGINE HOLDING A TENNIS BALL BETWEEN THEM), HEAD UP AND FACING FORWARD. AS YOU PULL THE BAND DOWN, BRACE YOUR ABS AND FOCUS ON HINGING YOUR HIPS BACK. DON'T TRY TO SIT DOWN – KEEP YOUR LEGS STRAIGHT AND INSTEAD FOCUS ON PUSHING YOUR GLUTES BACK. 			
		LUNGES	3 SETS	10 REPS PER LEG	REST 60 S
	<ol style="list-style-type: none"> START BY STANDING UP TALL. STEP FORWARD WITH ONE FOOT UNTIL YOUR LEG REACHES A 90-DEGREE ANGLE. YOUR REAR KNEE SHOULD REMAIN PARALLEL TO THE GROUND AND YOUR FRONT KNEE SHOULDN'T GO BEYOND YOUR TOES. LIFT YOUR FRONT LUNGING LEG TO RETURN TO THE STARTING POSITION. REPEAT 10 REPS ON ONE LEG, OR SWITCH OFF BETWEEN LEGS UNTIL YOU'VE TOTALLED 10 REPS PER LEG. 				
	WALL SIT	2 SETS	30 -60S EACH TO FAILURE	REST 60 S	
	<ol style="list-style-type: none"> FIRMLY PLACE YOUR BACK ON A WALL, KNEES HIP-WIDTH APART AT 90-DEGREES WITH YOUR ARMS HELD OUT STRAIGHT. ACTIVELY PUSH YOUR GLUTES INTO THE WALL WHILST KEEPING YOUR KNEES IN LINE WITH THE MIDDLE TOE. 				

MODIFIED BODYPART SPLIT

DAY 3	NOTES	BANDED SEATED ROWS	4 SETS	10 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. WRAP THE RESISTANCE BAND UNDER YOUR FEET (OR IF YOU'D LIKE TO MAKE IT A BIT MORE DIFFICULT, ATTACH IT AROUND SOMETHING A LITTLE FURTHER AWAY) 2. SIT BACK ON YOUR TAILBONE WHILE GRASPING AN END OF EACH SIDE OF THE BAND IN YOUR HANDS. 3. WITH YOUR ARMS EXTENDED FORWARD, PULL THE BAND BACK AS FAR AS YOU CAN TOWARD YOUR ABDOMEN. HOLD AND SQUEEZE YOUR SHOULDER BLADES TOGETHER BEFORE RELEASING BACK TO FULLY EXTENDED ARMS. 			
		FRONT PLANK	1 SET	30 – 60S	REST 60 S
		<ol style="list-style-type: none"> 1. BEGIN IN THE PLANK POSITION, FACE DOWN WITH YOUR FOREARMS AND TOES ON THE FLOOR. YOUR ELBOWS ARE DIRECTLY UNDER YOUR SHOULDERS AND YOUR FOREARMS ARE FACING FORWARD. YOUR HEAD IS RELAXED AND YOU SHOULD BE LOOKING AT THE FLOOR. 2. ENGAGE ABDOMINAL MUSCLES, DRAW NAVEL TOWARD YOUR SPINE. KEEP YOUR TORSO STRAIGHT, RIGID AND YOUR BODY IN A STRAIGHT LINE WITH NO SAGGING OR BENDING – A NEUTRAL SPINE POSITION. SHOULDERS DOWN, HEELS OVER THE BALLS OF YOUR FEET. 3. HOLD THIS POSITION FOR 30 – 60 SECONDS. RELEASE TO FLOOR. 			
		LYING GLUTE BRIDGE	3 SETS	10 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. LAY ON YOUR BACK WITH YOUR KNEES BENT TO 90 DEGREES AND FEET HIP-WIDTH APART. 2. LIFT YOUR HIPS UP AS HIGH AS POSSIBLE FORMING A STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR KNEE. 3. SQUEEZE YOUR GLUTES AND HOLD THIS POSITION. 4. KEEPING YOUR BACK STRAIGHT, SLOWLY LOWER YOUR LEGS AND REPEAT AGAIN. 			
		SPIDERMAN PLANKS	2 SETS	10 REPS EACH SIDE	REST 60 S
		<ol style="list-style-type: none"> 1. START IN A LOW PLANK POSITION WITH YOUR BODY IN A STRAIGHT LINE, YOUR ELBOWS BENT AND UNDER YOUR SHOULDERS AND WITH YOUR FEET HIP-WIDTH APART. 2. BRING YOUR RIGHT KNEE TO YOUR RIGHT ELBOW. 3. EXTEND YOUR RIGHT LEG BACK AND RETURN TO THE STARTING POSITION. 4. REPEAT ON THE LEFT SIDE. 			
	BURPEES	2 SETS	12 REPS	REST 60 S	
	<ol style="list-style-type: none"> 1. START IN A SQUAT POSITION WITH YOUR KNEES BENT, BACK STRAIGHT, AND YOUR FEET ABOUT SHOULDER-WIDTH APART. 2. LOWER YOURSELF DOWN INTO A PUSH-UP POSITION. 3. KEEP YOUR BODY STRAIGHT, DO ONE PUSH-UP. REMEMBER NOT TO LET YOUR BACK SAG OR TO STICK YOUR BUTT IN THE AIR. 4. DO A FROG KICK BY JUMPING YOUR FEET BACK TO THEIR STARTING POSITION, STAND AND REACH YOUR ARMS OVER YOUR HEAD. 5. JUMP QUICKLY INTO THE AIR SO YOU LAND BACK WHERE YOU STARTED. LAND WITH KNEES BENT, GET INTO A SQUAT POSITION. REPEAT. 				

MODIFIED BODYPART SPLIT

DAY 4	NOTES	BANDED BICEPS CURLS	3 SETS	12 REPS	REST 60 S
	<ol style="list-style-type: none"> 1. STAND ON THE MIDDLE SECTION OF A RESISTANCE BAND AND HOLD THE ENDS OF IT IN EITHER HAND. 2. STAND STRAIGHT AND LOOK FORWARD. BEND YOUR ELBOWS AND HOLD YOUR CURL FOR 2-3 COUNTS. 3. LOWER YOUR ARMS SLOWLY TO COMPLETE YOUR REP. REPEAT 				
		PLANK WALKS	2 SETS	12 REPS	REST 60 S
<ol style="list-style-type: none"> 1. START IN A PRONE PLANK POSITION, RESTING ON YOUR FOREARMS WITH YOUR BODY FORMING A STRAIGHT LINE FROM SHOULDERS TO FEET. 2. PUSH UP FROM THE GROUND, ONE ARM AT A TIME, INTO THE ELEVATED PRESS-UP POSITION. MAINTAIN YOUR RIGID PLANK FORM. 3. REPEAT. 					
		CLOSE GRIP PUSHUPS	3 SETS	10 REPS	REST 60 S
<ol style="list-style-type: none"> 1. BEGIN IN A REGULAR PUSH UP POSITION. NOW MOVE HANDS UNTIL THEY ARE DIRECTLY UNDER YOUR SHOULDERS. 2. KEEP ELBOWS TUCKED INTO SIDES. LOWER BODY UNTIL YOUR CHEST ALMOST TOUCHES THE GROUND, PAUSE, THEN PUSH YOURSELF BACK UP TO STARTING POSITION. 3. REPEAT. 					
		BANDED TRICEP PUSHDOWN	3 SETS	12 REPS	REST 60 S
<ol style="list-style-type: none"> 1. PLACE A RESISTANCE BAND AROUND HOOK ABOVE YOUR HEAD (CHIN UP HANDLES WORK WELL). 2. GRAB THE RESISTANCE BAND WITH BOTH HANDS (PALMS FACING IN) JUST BELOW CHEST HEIGHT. 3. KEEP YOUR ELBOWS TIGHT INTO YOUR SIDE AND DRIVE YOUR HANDS DOWN TOWARDS YOUR WAIST. 4. LOCK YOUR ARMS OUT AND ROTATE YOUR HANDS SLIGHTLY OUTWARD AS YOU DO. HOLD FOR A SECOND AND THEN BRING YOUR HANDS BACK UP. REPEAT 					
		SIDE PLANK	1 SET	30S EACH SIDE	REST 60 S
<ol style="list-style-type: none"> 1. LIE DOWN WITH YOUR LEFT SIDE ON AN EXERCISE MAT. PLACE YOUR FEET TOGETHER ON TOP OF EACH OTHER. NEXT, PROP YOURSELF UP ON YOUR LEFT ELBOW AND FOREARM. 2. BEGIN EXERCISE BY RAISING YOUR HIPS SO THAT YOUR BODY FORMS A STRAIGHT LINE FROM YOUR ANKLES TO YOUR SHOULDERS. PLACE YOUR RIGHT HAND ON YOUR RIGHT HIP. 3. HOLD THIS POSITION FOR DESIRED AMOUNT OF TIME. LOWER DOWN AND REPEAT ON RIGHT SIDE. 					

MODIFIED BODYPART SPLIT

DAY 5	NOTES	CARDIO CIRCUIT ROUTINE	1-3 ROUNDS	SUPERSET	REST 60S PER SET
		<ol style="list-style-type: none">1. 20 BODYWEIGHT SQUATS.2. 10 PUSH-UPS.3. 10 WALKING LUNGES (EACH LEG).4. 15 SECOND PLANK.5. 30 JUMPING JACKS.			

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.

MODIFIED BODYPART SPLIT

ADVANCED LEVEL

HOME PROGRAM

WEEK

2

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

WARM UP EXERCISES

DAY 1-4	NOTES	SHOULDER EXTERNAL ROTATION	2 SETS	10 REPS	REST 30 S
	<ol style="list-style-type: none"> 1. USE THE LIGHTEST RESISTANCE BAND POSSIBLE 2. STAND PERPENDICULAR TO THE FLOOR, FEET ABOUT SHOULDER-WIDTH APART 3. HOLD BAND ON EITHER SIDE, BEND YOUR ELBOW TO 90 DEGREES & TUCK IT INTO THE SIDE OF YOUR BODY WITH YOUR HAND OVER NAVEL 4. SLOWLY ROTATE YOUR SHOULDER OUTWARDS UNTIL THE BACK OF THE HAND FACES BEHIND YOU. HOLD THE END POSITION 2 SECONDS 5. SLOWLY ALLOW YOUR ARM TO RETURN TO STARTING POSITION AND REPEAT THE SAME WITH THE OTHER SIDE. 				
		CAT CAMEL	2 SETS	10 REPS	REST 30 S
	<ol style="list-style-type: none"> 1. GO DOWN ON HAND AND KNEES. HANDS UNDER YOUR SHOULDERS, KNEES UNDER YOUR HIPS AND THE BACK IN A NEUTRAL POSITION 2. CAT: SINK YOUR BACK DOWN TO THE FLOOR WHILST LIFTING THE HEAD UP, STICKING THE BUTT OUT (CURVE THE SPINE) AND BREATHING OUT DEEPLY 3. CAMEL: TUCK YOUR HEAD & BUTT IN, ARCH YOUR SPINE MIMICKING A CAMEL HUMP WHILST BREATHING IN DEEPLY 				
		BIRD DOG	2 SETS	10 REPS	REST 30 S
	<ol style="list-style-type: none"> 1. GO DOWN ON HAND AND KNEES. HANDS UNDER YOUR SHOULDERS, KNEES UNDER YOUR HIPS AND THE BACK IN A NEUTRAL POSITION 2. WITH CORE ENGAGED, POINT ONE ARM OUT STRAIGHT IN FRONT & EXTEND THE OPPOSITE LEG BEHIND YOU, FORMING ONE STRAIGHT LINE 3. HOLD FOR A FEW SECONDS, THEN RETURN YOUR HANDS AND KNEES 4. SWITCH TO THE OTHER SIDE AND REPEAT THE SAME 5. KEEP THE CORE ENGAGED THROUGHOUT AND MINIMIZE EXTRA MOTION IN THE HIPS 				
		RUSSIAN BABY MAKERS	2 SETS	10 REPS	REST 30 S
	<ol style="list-style-type: none"> 1. PLACE YOUR FEET HIP-WIDTH APART, HEELS FULLY PLANTED ON THE GROUND 2. SIT DOWN INTO A SQUAT, KEEP THE HEELS DOWN 3. AS YOU SIT INTO THE SQUAT, PLACE THE ELBOWS DEEP INSIDE THE THIGHS NEAR THE GROIN 4. PRESS THE ELBOWS OUTWARDS TO PLACE A DEEP STRETCH ON THE GROIN MUSCLES CLOSEST TO THE PELVIS 5. MAINTAINING A FLAT SPINE IS OK BUT NOT CRITICAL TO THAT MOVEMENT. IT'S ALL ABOUT THE DEEP GROIN STRETCH 				

STAND ALONE EXERCISES

DAY 1	NOTES	BANDED PUSHUPS	2 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. HOOK YOUR THUMBS THROUGH A RESISTANCE BAND AND LOOP THE BAND BEHIND YOUR BACK. 2. ASSUME A PLANK POSITION WITH YOUR HANDS ON THE FLOOR, SLIGHTLY WIDER THAN YOUR SHOULDERS. 3. SQUEEZE YOUR GLUTES AND BRACE YOUR ABS AS YOU LOWER YOUR BODY, UNTIL YOUR CHEST NEARLY TOUCHES THE FLOOR. 4. PAUSE AT THE BOTTOM, THEN PUSH YOURSELF BACK TO THE STARTING POSITION. 			
		CHEST FLYS RESISTANCE BAND	3 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. STAND UPRIGHT AND HOLD THE RESISTANCE BAND WITH YOUR ARMS OUT AND FISTS FACING EACH OTHER 2. STABLE LEGS, TIGHT CORE, CHEST UP AND SHOULDERS DOWN. ARMS STRAIGHT AND YOUR HANDS ALIGNED WITH YOUR SHOULDERS 3. PULL THE ARMS SLOWLY AWAY FROM ONE ANOTHER, AS FAR BACK AS POSSIBLE. THEN PUSH AND STRAIGHTEN THEM IN FRONT OF YOU 4. SQUEEZE YOUR CHEST DURING THE MOVEMENT 			
		BANDED OVERHEAD PRESS	3 SETS	12 REPS	REST 60 S
	<ol style="list-style-type: none"> 1. GET INTO A HALF-KNEELING POSITION AND PLACE THE BAND UNDER YOUR KNEES. 2. HOLD THE BAND AT SHOULDER HEIGHT AND PRESS STRAIGHT UP, MAKING SURE THE ARMS ARE FULLY EXTENDED. 3. TO PREVENT THE BAND FROM RUBBING ON THE BACK OF THE ARM, HOLD IT IN FRONT WITH THE HANDLES HOOKED ON THE THUMB. 				
	PLANK SHOULDER TAP	4 SETS	12 REPS	REST 60 S	
	<ol style="list-style-type: none"> 1. BRING SHOULDERS OVER HANDS IN RAISED PLANK – ENSURE BACK IS FLAT AND CORE IS ENGAGED. 2. FROM RAISED PLANK POSITION, TAP ONE HAND TO OPPOSITE SHOULDER AND THEN PLACE HAND BACK ONTO THE GROUND. 3. ALTERNATE BETWEEN THE TWO SIDES. DROP TO YOUR KNEES, IF STILL WORKING ON TECHNIQUE. 				

DAY 2	NOTES	BANDED SQUATS	3 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> WITH YOUR FEET SHOULDER-WIDTH APART, PLACE A RESISTANCE BAND UNDER YOUR HEELS AND PULL THE LOOP UP OVER YOUR HEAD SO IT RESTS ACROSS THE BACK OF YOUR SHOULDERS AND UPPER BACK. GRAB THE BAND WITH EACH HAND AT SHOULDER LEVEL AND STRETCH IT UPWARDS A FEW INCHES. HOLD THIS POSITION AND PERFORM THE SQUAT: PUSH YOUR HIPS BACK AND BEND YOUR KNEES UNTIL YOUR THIGHS ARE PARALLEL TO THE FLOOR. PRESS YOUR FEET INTO THE GROUND AND PUSH BACK UP TO STARTING POSITION. THAT'S ONE REP. 			
		BANDED HIP HINGE	4 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> TAKE A RESISTANCE BAND AND STAND ON IT WITH THE BALLS OF YOUR FEET, ABOUT SHOULDER-WIDTH APART. PULL THE BAND UP ACROSS YOUR BACK AND AROUND THE SHOULDERS SO IT CREATES A CROSS BETWEEN YOUR GLUTES & YOUR LATS. KEEP CHEST UP, SHOULDER BLADES PULLED BACK (IMAGINE HOLDING A TENNIS BALL BETWEEN THEM), HEAD UP AND FACING FORWARD. AS YOU PULL THE BAND DOWN, BRACE YOUR ABS AND FOCUS ON HINGING YOUR HIPS BACK. DON'T TRY TO SIT DOWN – KEEP YOUR LEGS STRAIGHT AND INSTEAD FOCUS ON PUSHING YOUR GLUTES BACK. 			
		LUNGES	3 SETS	12 REPS PER LEG	REST 60 S
	<ol style="list-style-type: none"> START BY STANDING UP TALL. STEP FORWARD WITH ONE FOOT UNTIL YOUR LEG REACHES A 90-DEGREE ANGLE. YOUR REAR KNEE SHOULD REMAIN PARALLEL TO THE GROUND AND YOUR FRONT KNEE SHOULDN'T GO BEYOND YOUR TOES. LIFT YOUR FRONT LUNGING LEG TO RETURN TO THE STARTING POSITION. REPEAT 10 REPS ON ONE LEG, OR SWITCH OFF BETWEEN LEGS UNTIL YOU'VE TOTALLED 10 REPS PER LEG. 				
	WALL SIT	3 SETS	30 -60S EACH TO FAILURE	REST 60 S	
	<ol style="list-style-type: none"> FIRMLY PLACE YOUR BACK ON A WALL, KNEES HIP-WIDTH APART AT 90-DEGREES WITH YOUR ARMS HELD OUT STRAIGHT. ACTIVELY PUSH YOUR GLUTES INTO THE WALL WHILST KEEPING YOUR KNEES IN LINE WITH THE MIDDLE TOE. 				

MODIFIED BODYPART SPLIT

DAY 3	NOTES	BANDED SEATED ROWS	4 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. WRAP THE RESISTANCE BAND UNDER YOUR FEET (OR IF YOU'D LIKE TO MAKE IT A BIT MORE DIFFICULT, ATTACH IT AROUND SOMETHING A LITTLE FURTHER AWAY) 2. SIT BACK ON YOUR TAILBONE WHILE GRASPING AN END OF EACH SIDE OF THE BAND IN YOUR HANDS. 3. WITH YOUR ARMS EXTENDED FORWARD, PULL THE BAND BACK AS FAR AS YOU CAN TOWARD YOUR ABDOMEN. HOLD AND SQUEEZE YOUR SHOULDER BLADES TOGETHER BEFORE RELEASING BACK TO FULLY EXTENDED ARMS. 			
		FRONT PLANK	2 SETS	30 – 60S	REST 60 S
		<ol style="list-style-type: none"> 1. BEGIN IN THE PLANK POSITION, FACE DOWN WITH YOUR FOREARMS AND TOES ON THE FLOOR. YOUR ELBOWS ARE DIRECTLY UNDER YOUR SHOULDERS AND YOUR FOREARMS ARE FACING FORWARD. YOUR HEAD IS RELAXED AND YOU SHOULD BE LOOKING AT THE FLOOR. 2. ENGAGE ABDOMINAL MUSCLES, DRAW NAVEL TOWARD YOUR SPINE. KEEP YOUR TORSO STRAIGHT, RIGID AND YOUR BODY IN A STRAIGHT LINE WITH NO SAGGING OR BENDING – A NEUTRAL SPINE POSITION. SHOULDERS DOWN, HEELS OVER THE BALLS OF YOUR FEET. 3. HOLD THIS POSITION FOR 30 – 60 SECONDS. RELEASE TO FLOOR. 			
		LYING GLUTE BRIDGE	3 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. LAY ON YOUR BACK WITH YOUR KNEES BENT TO 90 DEGREES AND FEET HIP-WIDTH APART. 2. LIFT YOUR HIPS UP AS HIGH AS POSSIBLE FORMING A STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR KNEE. 3. SQUEEZE YOUR GLUTES AND HOLD THIS POSITION. 4. KEEPING YOUR BACK STRAIGHT, SLOWLY LOWER YOUR LEGS AND REPEAT AGAIN. 			
		SPIDERMAN PLANKS	2 SETS	12 REPS EACH SIDE	REST 60 S
		<ol style="list-style-type: none"> 1. START IN A LOW PLANK POSITION WITH YOUR BODY IN A STRAIGHT LINE, YOUR ELBOWS BENT AND UNDER YOUR SHOULDERS AND WITH YOUR FEET HIP-WIDTH APART. 2. BRING YOUR RIGHT KNEE TO YOUR RIGHT ELBOW. 3. EXTEND YOUR RIGHT LEG BACK AND RETURN TO THE STARTING POSITION. 4. REPEAT ON THE LEFT SIDE. 			
	BURPEES	2 SETS	15 REPS	REST 60 S	
	<ol style="list-style-type: none"> 1. START IN A SQUAT POSITION WITH YOUR KNEES BENT, BACK STRAIGHT, AND YOUR FEET ABOUT SHOULDER-WIDTH APART. 2. LOWER YOURSELF DOWN INTO A PUSH-UP POSITION. 3. KEEP YOUR BODY STRAIGHT, DO ONE PUSH-UP. REMEMBER NOT TO LET YOUR BACK SAG OR TO STICK YOUR BUTT IN THE AIR. 4. DO A FROG KICK BY JUMPING YOUR FEET BACK TO THEIR STARTING POSITION, STAND AND REACH YOUR ARMS OVER YOUR HEAD. 5. JUMP QUICKLY INTO THE AIR SO YOU LAND BACK WHERE YOU STARTED. LAND WITH KNEES BENT, GET INTO A SQUAT POSITION. REPEAT. 				

MODIFIED BODYPART SPLIT

DAY 4	NOTES	BANDED BICEPS CURLS	3 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. STAND ON THE MIDDLE SECTION OF A RESISTANCE BAND AND HOLD THE ENDS OF IT IN EITHER HAND. 2. STAND STRAIGHT AND LOOK FORWARD. BEND YOUR ELBOWS AND HOLD YOUR CURL FOR 2-3 COUNTS. 3. LOWER YOUR ARMS SLOWLY TO COMPLETE YOUR REP. REPEAT 			
		PLANK WALKS	2 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. START IN A PRONE PLANK POSITION, RESTING ON YOUR FOREARMS WITH YOUR BODY FORMING A STRAIGHT LINE FROM SHOULDERS TO FEET. 2. PUSH UP FROM THE GROUND, ONE ARM AT A TIME, INTO THE ELEVATED PRESS-UP POSITION. MAINTAIN YOUR RIGID PLANK FORM. 3. REPEAT. 			
		CLOSE GRIP PUSHUPS	3 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. BEGIN IN A REGULAR PUSH UP POSITION. NOW MOVE HANDS UNTIL THEY ARE DIRECTLY UNDER YOUR SHOULDERS. 2. KEEP ELBOWS TUCKED INTO SIDES. LOWER BODY UNTIL YOUR CHEST ALMOST TOUCHES THE GROUND, PAUSE, THEN PUSH YOURSELF BACK UP TO STARTING POSITION. 3. REPEAT. 			
		BANDED TRICEP PUSHDOWN	3 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. PLACE A RESISTANCE BAND AROUND HOOK ABOVE YOUR HEAD (CHIN UP HANDLES WORK WELL). 2. GRAB THE RESISTANCE BAND WITH BOTH HANDS (PALMS FACING IN) JUST BELOW CHEST HEIGHT. 3. KEEP YOUR ELBOWS TIGHT INTO YOUR SIDE AND DRIVE YOUR HANDS DOWN TOWARDS YOUR WAIST. 4. LOCK YOUR ARMS OUT AND ROTATE YOUR HANDS SLIGHTLY OUTWARD AS YOU DO. HOLD FOR A SECOND AND THEN BRING YOUR HANDS BACK UP. REPEAT 			
	SIDE PLANK	1 SET	45S EACH SIDE	REST 60S	
	<ol style="list-style-type: none"> 1. LIE DOWN WITH YOUR LEFT SIDE ON AN EXERCISE MAT. PLACE YOUR FEET TOGETHER ON TOP OF EACH OTHER. NEXT, PROP YOURSELF UP ON YOUR LEFT ELBOW AND FOREARM. 2. BEGIN EXERCISE BY RAISING YOUR HIPS SO THAT YOUR BODY FORMS A STRAIGHT LINE FROM YOUR ANKLES TO YOUR SHOULDERS. PLACE YOUR RIGHT HAND ON YOUR RIGHT HIP. 3. HOLD THIS POSITION FOR DESIRED AMOUNT OF TIME. LOWER DOWN AND REPEAT ON RIGHT SIDE. 				

MODIFIED BODYPART SPLIT

DAY 5	NOTES	CARDIO CIRCUIT ROUTINE	1-3 ROUNDS	SUPERSET	REST 45S PER SET
		<ol style="list-style-type: none">1. 20 BODYWEIGHT SQUATS.2. 10 PUSH-UPS.3. 10 WALKING LUNGES (EACH LEG).4. 15 SECOND PLANK.5. 30 JUMPING JACKS.			

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 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.

MODIFIED BODYPART SPLIT

ADVANCED LEVEL

HOME PROGRAM

WEEK

3

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

WARM UP EXERCISES

DAY 1-4	NOTES	SHOULDER EXTERNAL ROTATION	2 SETS	10 REPS	REST 30 S
		<ol style="list-style-type: none"> 1. USE THE LIGHTEST RESISTANCE BAND POSSIBLE 2. STAND PERPENDICULAR TO THE FLOOR, FEET ABOUT SHOULDER-WIDTH APART 3. HOLD BAND ON EITHER SIDE, BEND YOUR ELBOW TO 90 DEGREES & TUCK IT INTO THE SIDE OF YOUR BODY WITH YOUR HAND OVER NAVEL 4. SLOWLY ROTATE YOUR SHOULDER OUTWARDS UNTIL THE BACK OF THE HAND FACES BEHIND YOU. HOLD THE END POSITION 2 SECONDS 5. SLOWLY ALLOW YOUR ARM TO RETURN TO STARTING POSITION AND REPEAT THE SAME WITH THE OTHER SIDE. 			
		CAT CAMEL	2 SETS	10 REPS	REST 30 S
		<ol style="list-style-type: none"> 1. GO DOWN ON HAND AND KNEES. HANDS UNDER YOUR SHOULDERS, KNEES UNDER YOUR HIPS AND THE BACK IN A NEUTRAL POSITION 2. CAT: SINK YOUR BACK DOWN TO THE FLOOR WHILST LIFTING THE HEAD UP, STICKING THE BUTT OUT (CURVE THE SPINE) AND BREATHING OUT DEEPLY 3. CAMEL: TUCK YOUR HEAD & BUTT IN, ARCH YOUR SPINE MIMICKING A CAMEL HUMP WHILST BREATHING IN DEEPLY 			
		BIRD DOG	2 SETS	10 REPS	REST 30 S
		<ol style="list-style-type: none"> 1. GO DOWN ON HAND AND KNEES. HANDS UNDER YOUR SHOULDERS, KNEES UNDER YOUR HIPS AND THE BACK IN A NEUTRAL POSITION 2. WITH CORE ENGAGED, POINT ONE ARM OUT STRAIGHT IN FRONT & EXTEND THE OPPOSITE LEG BEHIND YOU, FORMING ONE STRAIGHT LINE 3. HOLD FOR A FEW SECONDS, THEN RETURN YOUR HANDS AND KNEES 4. SWITCH TO THE OTHER SIDE AND REPEAT THE SAME 5. KEEP THE CORE ENGAGED THROUGHOUT AND MINIMIZE EXTRA MOTION IN THE HIPS 			
		RUSSIAN BABY MAKERS	2 SETS	10 REPS	REST 30 S
		<ol style="list-style-type: none"> 1. PLACE YOUR FEET HIP-WIDTH APART, HEELS FULLY PLANTED ON THE GROUND 2. SIT DOWN INTO A SQUAT, KEEP THE HEELS DOWN 3. AS YOU SIT INTO THE SQUAT, PLACE THE ELBOWS DEEP INSIDE THE THIGHS NEAR THE GROIN 4. PRESS THE ELBOWS OUTWARDS TO PLACE A DEEP STRETCH ON THE GROIN MUSCLES CLOSEST TO THE PELVIS 5. MAINTAINING A FLAT SPINE IS OK BUT NOT CRITICAL TO THAT MOVEMENT. IT'S ALL ABOUT THE DEEP GROIN STRETCH 			

STAND ALONE EXERCISES

DAY 1	NOTES	BANDED PUSHUPS	2 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. HOOK YOUR THUMBS THROUGH A RESISTANCE BAND AND LOOP THE BAND BEHIND YOUR BACK. 2. ASSUME A PLANK POSITION WITH YOUR HANDS ON THE FLOOR, SLIGHTLY WIDER THAN YOUR SHOULDERS. 3. SQUEEZE YOUR GLUTES AND BRACE YOUR ABS AS YOU LOWER YOUR BODY, UNTIL YOUR CHEST NEARLY TOUCHES THE FLOOR. 4. PAUSE AT THE BOTTOM, THEN PUSH YOURSELF BACK TO THE STARTING POSITION. 			
		CHEST FLYS RESISTANCE BAND	4 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. STAND UPRIGHT AND HOLD THE RESISTANCE BAND WITH YOUR ARMS OUT AND FISTS FACING EACH OTHER 2. STABLE LEGS, TIGHT CORE, CHEST UP AND SHOULDERS DOWN. ARMS STRAIGHT AND YOUR HANDS ALIGNED WITH YOUR SHOULDERS 3. PULL THE ARMS SLOWLY AWAY FROM ONE ANOTHER, AS FAR BACK AS POSSIBLE. THEN PUSH AND STRAIGHTEN THEM IN FRONT OF YOU 4. SQUEEZE YOUR CHEST DURING THE MOVEMENT 			
		BANDED OVERHEAD PRESS	3 SETS	15 REPS	REST 60 S
	<ol style="list-style-type: none"> 1. GET INTO A HALF-KNEELING POSITION AND PLACE THE BAND UNDER YOUR KNEES. 2. HOLD THE BAND AT SHOULDER HEIGHT AND PRESS STRAIGHT UP, MAKING SURE THE ARMS ARE FULLY EXTENDED. 3. TO PREVENT THE BAND FROM RUBBING ON THE BACK OF THE ARM, HOLD IT IN FRONT WITH THE HANDLES HOOKED ON THE THUMB. 				
	PLANK SHOULDER TAP	4 SETS	15 REPS	REST 60 S	
	<ol style="list-style-type: none"> 1. BRING SHOULDERS OVER HANDS IN RAISED PLANK – ENSURE BACK IS FLAT AND CORE IS ENGAGED. 2. FROM RAISED PLANK POSITION, TAP ONE HAND TO OPPOSITE SHOULDER AND THEN PLACE HAND BACK ONTO THE GROUND. 3. ALTERNATE BETWEEN THE TWO SIDES. DROP TO YOUR KNEES, IF STILL WORKING ON TECHNIQUE. 				

DAY 2	NOTES	BANDED SQUATS	3 SETS	15 REPS	REST 60 S	
		<ol style="list-style-type: none"> 1. WITH YOUR FEET SHOULDER-WIDTH APART, PLACE A RESISTANCE BAND UNDER YOUR HEELS AND PULL THE LOOP UP OVER YOUR HEAD SO IT RESTS ACROSS THE BACK OF YOUR SHOULDERS AND UPPER BACK. 2. GRAB THE BAND WITH EACH HAND AT SHOULDER LEVEL AND STRETCH IT UPWARDS A FEW INCHES. 3. HOLD THIS POSITION AND PERFORM THE SQUAT: PUSH YOUR HIPS BACK AND BEND YOUR KNEES UNTIL YOUR THIGHS ARE PARALLEL TO THE FLOOR. 4. PRESS YOUR FEET INTO THE GROUND AND PUSH BACK UP TO STARTING POSITION. THAT'S ONE REP. 				
		BANDED HIP HINGE	4 SETS	15 REPS	REST 60 S	
		<ol style="list-style-type: none"> 1. TAKE A RESISTANCE BAND AND STAND ON IT WITH THE BALLS OF YOUR FEET, ABOUT SHOULDER-WIDTH APART. 2. PULL THE BAND UP ACROSS YOUR BACK AND AROUND THE SHOULDERS SO IT CREATES A CROSS BETWEEN YOUR GLUTES & YOUR LATS. 3. KEEP CHEST UP, SHOULDER BLADES PULLED BACK (IMAGINE HOLDING A TENNIS BALL BETWEEN THEM), HEAD UP AND FACING FORWARD. 4. AS YOU PULL THE BAND DOWN, BRACE YOUR ABS AND FOCUS ON HINGING YOUR HIPS BACK. 5. DON'T TRY TO SIT DOWN – KEEP YOUR LEGS STRAIGHT AND INSTEAD FOCUS ON PUSHING YOUR GLUTES BACK. 				
		LUNGES	3 SETS	15 REPS PER LEG	REST 60 S	
		<ol style="list-style-type: none"> 1. START BY STANDING UP TALL. 2. STEP FORWARD WITH ONE FOOT UNTIL YOUR LEG REACHES A 90-DEGREE ANGLE. YOUR REAR KNEE SHOULD REMAIN PARALLEL TO THE GROUND AND YOUR FRONT KNEE SHOULDN'T GO BEYOND YOUR TOES. 3. LIFT YOUR FRONT LUNGING LEG TO RETURN TO THE STARTING POSITION. 4. REPEAT 10 REPS ON ONE LEG, OR SWITCH OFF BETWEEN LEGS UNTIL YOU'VE TOTALLED 10 REPS PER LEG. 				
		WALL SIT	4 SETS	30 -60S EACH TO FAILURE	REST 60 S	
		<ol style="list-style-type: none"> 1. FIRMLY PLACE YOUR BACK ON A WALL, KNEES HIP-WIDTH APART AT 90-DEGREES WITH YOUR ARMS HELD OUT STRAIGHT. 2. ACTIVELY PUSH YOUR GLUTES INTO THE WALL WHILST KEEPING YOUR KNEES IN LINE WITH THE MIDDLE TOE. 				

MODIFIED BODYPART SPLIT

DAY 3	NOTES	BANDED SEATED ROWS	4 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. WRAP THE RESISTANCE BAND UNDER YOUR FEET (OR IF YOU'D LIKE TO MAKE IT A BIT MORE DIFFICULT, ATTACH IT AROUND SOMETHING A LITTLE FURTHER AWAY) 2. SIT BACK ON YOUR TAILBONE WHILE GRASPING AN END OF EACH SIDE OF THE BAND IN YOUR HANDS. 3. WITH YOUR ARMS EXTENDED FORWARD, PULL THE BAND BACK AS FAR AS YOU CAN TOWARD YOUR ABDOMEN. HOLD AND SQUEEZE YOUR SHOULDER BLADES TOGETHER BEFORE RELEASING BACK TO FULLY EXTENDED ARMS. 			
		FRONT PLANK	3 SETS	30 – 60S	REST 60 S
		<ol style="list-style-type: none"> 1. BEGIN IN THE PLANK POSITION, FACE DOWN WITH YOUR FOREARMS AND TOES ON THE FLOOR. YOUR ELBOWS ARE DIRECTLY UNDER YOUR SHOULDERS AND YOUR FOREARMS ARE FACING FORWARD. YOUR HEAD IS RELAXED AND YOU SHOULD BE LOOKING AT THE FLOOR. 2. ENGAGE ABDOMINAL MUSCLES, DRAW NAVEL TOWARD YOUR SPINE. KEEP YOUR TORSO STRAIGHT, RIGID AND YOUR BODY IN A STRAIGHT LINE WITH NO SAGGING OR BENDING – A NEUTRAL SPINE POSITION. SHOULDERS DOWN, HEELS OVER THE BALLS OF YOUR FEET. 3. HOLD THIS POSITION FOR 30 – 60 SECONDS. RELEASE TO FLOOR. 			
		LYING GLUTE BRIDGE	3 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. LAY ON YOUR BACK WITH YOUR KNEES BENT TO 90 DEGREES AND FEET HIP-WIDTH APART. 2. LIFT YOUR HIPS UP AS HIGH AS POSSIBLE FORMING A STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR KNEE. 3. SQUEEZE YOUR GLUTES AND HOLD THIS POSITION. 4. KEEPING YOUR BACK STRAIGHT, SLOWLY LOWER YOUR LEGS AND REPEAT AGAIN. 			
		SPIDERMAN PLANKS	2 SETS	15 REPS EACH SIDE	REST 60 S
		<ol style="list-style-type: none"> 1. START IN A LOW PLANK POSITION WITH YOUR BODY IN A STRAIGHT LINE, YOUR ELBOWS BENT AND UNDER YOUR SHOULDERS AND WITH YOUR FEET HIP-WIDTH APART. 2. BRING YOUR RIGHT KNEE TO YOUR RIGHT ELBOW. 3. EXTEND YOUR RIGHT LEG BACK AND RETURN TO THE STARTING POSITION. 4. REPEAT ON THE LEFT SIDE. 			
	BURPEES	3 SETS	12 REPS	REST 60 S	
	<ol style="list-style-type: none"> 1. START IN A SQUAT POSITION WITH YOUR KNEES BENT, BACK STRAIGHT, AND YOUR FEET ABOUT SHOULDER-WIDTH APART. 2. LOWER YOURSELF DOWN INTO A PUSH-UP POSITION. 3. KEEP YOUR BODY STRAIGHT, DO ONE PUSH-UP. REMEMBER NOT TO LET YOUR BACK SAG OR TO STICK YOUR BUTT IN THE AIR. 4. DO A FROG KICK BY JUMPING YOUR FEET BACK TO THEIR STARTING POSITION, STAND AND REACH YOUR ARMS OVER YOUR HEAD. 5. JUMP QUICKLY INTO THE AIR SO YOU LAND BACK WHERE YOU STARTED. LAND WITH KNEES BENT, GET INTO A SQUAT POSITION. REPEAT. 				

MODIFIED BODYPART SPLIT

DAY 4	NOTES	BANDED BICEPS CURLS	4 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. STAND ON THE MIDDLE SECTION OF A RESISTANCE BAND AND HOLD THE ENDS OF IT IN EITHER HAND. 2. STAND STRAIGHT AND LOOK FORWARD. BEND YOUR ELBOWS AND HOLD YOUR CURL FOR 2-3 COUNTS. 3. LOWER YOUR ARMS SLOWLY TO COMPLETE YOUR REP. REPEAT 			
		PLANK WALKS	3 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. START IN A PRONE PLANK POSITION, RESTING ON YOUR FOREARMS WITH YOUR BODY FORMING A STRAIGHT LINE FROM SHOULDERS TO FEET. 2. PUSH UP FROM THE GROUND, ONE ARM AT A TIME, INTO THE ELEVATED PRESS-UP POSITION. MAINTAIN YOUR RIGID PLANK FORM. 3. REPEAT. 			
		CLOSE GRIP PUSHUPS	3 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. BEGIN IN A REGULAR PUSH UP POSITION. NOW MOVE HANDS UNTIL THEY ARE DIRECTLY UNDER YOUR SHOULDERS. 2. KEEP ELBOWS TUCKED INTO SIDES. LOWER BODY UNTIL YOUR CHEST ALMOST TOUCHES THE GROUND, PAUSE, THEN PUSH YOURSELF BACK UP TO STARTING POSITION. 3. REPEAT. 			
		BANDED TRICEP PUSHDOWN	4 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. PLACE A RESISTANCE BAND AROUND HOOK ABOVE YOUR HEAD (CHIN UP HANDLES WORK WELL). 2. GRAB THE RESISTANCE BAND WITH BOTH HANDS (PALMS FACING IN) JUST BELOW CHEST HEIGHT. 3. KEEP YOUR ELBOWS TIGHT INTO YOUR SIDE AND DRIVE YOUR HANDS DOWN TOWARDS YOUR WAIST. 4. LOCK YOUR ARMS OUT AND ROTATE YOUR HANDS SLIGHTLY OUTWARD AS YOU DO. HOLD FOR A SECOND AND THEN BRING YOUR HANDS BACK UP. REPEAT 			
	SIDE PLANK	2 SETS	30S EACH SIDE	REST 60 S	
	<ol style="list-style-type: none"> 1. LIE DOWN WITH YOUR LEFT SIDE ON AN EXERCISE MAT. PLACE YOUR FEET TOGETHER ON TOP OF EACH OTHER. NEXT, PROP YOURSELF UP ON YOUR LEFT ELBOW AND FOREARM. 2. BEGIN EXERCISE BY RAISING YOUR HIPS SO THAT YOUR BODY FORMS A STRAIGHT LINE FROM YOUR ANKLES TO YOUR SHOULDERS. PLACE YOUR RIGHT HAND ON YOUR RIGHT HIP. 3. HOLD THIS POSITION FOR DESIRED AMOUNT OF TIME. LOWER DOWN AND REPEAT ON RIGHT SIDE. 				

MODIFIED BODYPART SPLIT

DAY 5	NOTES	CARDIO CIRCUIT ROUTINE	1-3 ROUNDS	SUPERSET	REST 30S PER SET
		<ol style="list-style-type: none">1. 20 BODYWEIGHT SQUATS.2. 10 PUSH-UPS.3. 10 WALKING LUNGES (EACH LEG).4. 15 SECOND PLANK.5. 30 JUMPING JACKS.			

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 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.

MODIFIED BODYPART SPLIT

ADVANCED LEVEL HOME PROGRAM

WEEK

4

SCIENCELETHICS™ BY DEEPIKA CHOWDHURY & RISHABH BHATIA

WARM UP EXERCISES

DAY 1-4	NOTES	SHOULDER EXTERNAL ROTATION	2 SETS	10 REPS	REST 30 S
		<ol style="list-style-type: none"> 1. USE THE LIGHTEST RESISTANCE BAND POSSIBLE 2. STAND PERPENDICULAR TO THE FLOOR, FEET ABOUT SHOULDER-WIDTH APART 3. HOLD BAND ON EITHER SIDE, BEND YOUR ELBOW TO 90 DEGREES & TUCK IT INTO THE SIDE OF YOUR BODY WITH YOUR HAND OVER NAVEL 4. SLOWLY ROTATE YOUR SHOULDER OUTWARDS UNTIL THE BACK OF THE HAND FACES BEHIND YOU. HOLD THE END POSITION 2 SECONDS 5. SLOWLY ALLOW YOUR ARM TO RETURN TO STARTING POSITION AND REPEAT THE SAME WITH THE OTHER SIDE. 			
		CAT CAMEL	2 SETS	10 REPS	REST 30 S
		<ol style="list-style-type: none"> 1. GO DOWN ON HAND AND KNEES. HANDS UNDER YOUR SHOULDERS, KNEES UNDER YOUR HIPS AND THE BACK IN A NEUTRAL POSITION 2. CAT: SINK YOUR BACK DOWN TO THE FLOOR WHILST LIFTING THE HEAD UP, STICKING THE BUTT OUT (CURVE THE SPINE) AND BREATHING OUT DEEPLY 3. CAMEL: TUCK YOUR HEAD & BUTT IN, ARCH YOUR SPINE MIMICKING A CAMEL HUMP WHILST BREATHING IN DEEPLY 			
		BIRD DOG	2 SETS	10 REPS	REST 30 S
	<ol style="list-style-type: none"> 1. GO DOWN ON HAND AND KNEES. HANDS UNDER YOUR SHOULDERS, KNEES UNDER YOUR HIPS AND THE BACK IN A NEUTRAL POSITION 2. WITH CORE ENGAGED, POINT ONE ARM OUT STRAIGHT IN FRONT & EXTEND THE OPPOSITE LEG BEHIND YOU, FORMING ONE STRAIGHT LINE 3. HOLD FOR A FEW SECONDS, THEN RETURN YOUR HANDS AND KNEES 4. SWITCH TO THE OTHER SIDE AND REPEAT THE SAME 5. KEEP THE CORE ENGAGED THROUGHOUT AND MINIMIZE EXTRA MOTION IN THE HIPS 				
	RUSSIAN BABY MAKERS	2 SETS	10 REPS	REST 30 S	
	<ol style="list-style-type: none"> 1. PLACE YOUR FEET HIP-WIDTH APART, HEELS FULLY PLANTED ON THE GROUND 2. SIT DOWN INTO A SQUAT, KEEP THE HEELS DOWN 3. AS YOU SIT INTO THE SQUAT, PLACE THE ELBOWS DEEP INSIDE THE THIGHS NEAR THE GROIN 4. PRESS THE ELBOWS OUTWARDS TO PLACE A DEEP STRETCH ON THE GROIN MUSCLES CLOSEST TO THE PELVIS 5. MAINTAINING A FLAT SPINE IS OK BUT NOT CRITICAL TO THAT MOVEMENT. IT'S ALL ABOUT THE DEEP GROIN STRETCH 				

DAY 2	NOTES	BANDED SQUATS	4 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. WITH YOUR FEET SHOULDER-WIDTH APART, PLACE A RESISTANCE BAND UNDER YOUR HEELS AND PULL THE LOOP UP OVER YOUR HEAD SO IT RESTS ACROSS THE BACK OF YOUR SHOULDERS AND UPPER BACK. 2. GRAB THE BAND WITH EACH HAND AT SHOULDER LEVEL AND STRETCH IT UPWARDS A FEW INCHES. 3. HOLD THIS POSITION AND PERFORM THE SQUAT: PUSH YOUR HIPS BACK AND BEND YOUR KNEES UNTIL YOUR THIGHS ARE PARALLEL TO THE FLOOR. 4. PRESS YOUR FEET INTO THE GROUND AND PUSH BACK UP TO STARTING POSITION. THAT'S ONE REP. 			
		BANDED HIP HINGE	4 SETS	20 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. TAKE A RESISTANCE BAND AND STAND ON IT WITH THE BALLS OF YOUR FEET, ABOUT SHOULDER-WIDTH APART. 2. PULL THE BAND UP ACROSS YOUR BACK AND AROUND THE SHOULDERS SO IT CREATES A CROSS BETWEEN YOUR GLUTES & YOUR LATS. 3. KEEP CHEST UP, SHOULDER BLADES PULLED BACK (IMAGINE HOLDING A TENNIS BALL BETWEEN THEM), HEAD UP AND FACING FORWARD. 4. AS YOU PULL THE BAND DOWN, BRACE YOUR ABS AND FOCUS ON HINGING YOUR HIPS BACK. 5. DON'T TRY TO SIT DOWN – KEEP YOUR LEGS STRAIGHT AND INSTEAD FOCUS ON PUSHING YOUR GLUTES BACK. 			
		LUNGES	4 SETS	12 REPS PER LEG	REST 60 S
		<ol style="list-style-type: none"> 1. START BY STANDING UP TALL. 2. STEP FORWARD WITH ONE FOOT UNTIL YOUR LEG REACHES A 90-DEGREE ANGLE. YOUR REAR KNEE SHOULD REMAIN PARALLEL TO THE GROUND AND YOUR FRONT KNEE SHOULDN'T GO BEYOND YOUR TOES. 3. LIFT YOUR FRONT LUNGING LEG TO RETURN TO THE STARTING POSITION. 4. REPEAT 10 REPS ON ONE LEG, OR SWITCH OFF BETWEEN LEGS UNTIL YOU'VE TOTALLED 10 REPS PER LEG. 			
		WALL SIT	5 SETS	30 -60S EACH TO FAILURE	REST 60 S
		<ol style="list-style-type: none"> 1. FIRMLY PLACE YOUR BACK ON A WALL, KNEES HIP-WIDTH APART AT 90-DEGREES WITH YOUR ARMS HELD OUT STRAIGHT. 2. ACTIVELY PUSH YOUR GLUTES INTO THE WALL WHILST KEEPING YOUR KNEES IN LINE WITH THE MIDDLE TOE. 			

MODIFIED BODYPART SPLIT

DAY 3	NOTES	BANDED SEATED ROWS	5 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. WRAP THE RESISTANCE BAND UNDER YOUR FEET (OR IF YOU'D LIKE TO MAKE IT A BIT MORE DIFFICULT, ATTACH IT AROUND SOMETHING A LITTLE FURTHER AWAY) 2. SIT BACK ON YOUR TAILBONE WHILE GRASPING AN END OF EACH SIDE OF THE BAND IN YOUR HANDS. 3. WITH YOUR ARMS EXTENDED FORWARD, PULL THE BAND BACK AS FAR AS YOU CAN TOWARD YOUR ABDOMEN. HOLD AND SQUEEZE YOUR SHOULDER BLADES TOGETHER BEFORE RELEASING BACK TO FULLY EXTENDED ARMS. 			
		FRONT PLANK	4 SETS	30 – 60S	REST 60 S
		<ol style="list-style-type: none"> 1. BEGIN IN THE PLANK POSITION, FACE DOWN WITH YOUR FOREARMS AND TOES ON THE FLOOR. YOUR ELBOWS ARE DIRECTLY UNDER YOUR SHOULDERS AND YOUR FOREARMS ARE FACING FORWARD. YOUR HEAD IS RELAXED AND YOU SHOULD BE LOOKING AT THE FLOOR. 2. ENGAGE ABDOMINAL MUSCLES, DRAW NAVEL TOWARD YOUR SPINE. KEEP YOUR TORSO STRAIGHT, RIGID AND YOUR BODY IN A STRAIGHT LINE WITH NO SAGGING OR BENDING – A NEUTRAL SPINE POSITION. SHOULDERS DOWN, HEELS OVER THE BALLS OF YOUR FEET. 3. HOLD THIS POSITION FOR 30 – 60 SECONDS. RELEASE TO FLOOR. 			
		LYING GLUTE BRIDGE	4 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. LAY ON YOUR BACK WITH YOUR KNEES BENT TO 90 DEGREES AND FEET HIP-WIDTH APART. 2. LIFT YOUR HIPS UP AS HIGH AS POSSIBLE FORMING A STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR KNEE. 3. SQUEEZE YOUR GLUTES AND HOLD THIS POSITION. 4. KEEPING YOUR BACK STRAIGHT, SLOWLY LOWER YOUR LEGS AND REPEAT AGAIN. 			
		SPIDERMAN PLANKS	3 SETS	12 REPS EACH SIDE	REST 60 S
		<ol style="list-style-type: none"> 1. START IN A LOW PLANK POSITION WITH YOUR BODY IN A STRAIGHT LINE, YOUR ELBOWS BENT AND UNDER YOUR SHOULDERS AND WITH YOUR FEET HIP-WIDTH APART. 2. BRING YOUR RIGHT KNEE TO YOUR RIGHT ELBOW. 3. EXTEND YOUR RIGHT LEG BACK AND RETURN TO THE STARTING POSITION. 4. REPEAT ON THE LEFT SIDE. 			
	BURPEES	3 SETS	15 REPS	REST 60 S	
	<ol style="list-style-type: none"> 1. START IN A SQUAT POSITION WITH YOUR KNEES BENT, BACK STRAIGHT, AND YOUR FEET ABOUT SHOULDER-WIDTH APART. 2. LOWER YOURSELF DOWN INTO A PUSH-UP POSITION. 3. KEEP YOUR BODY STRAIGHT, DO ONE PUSH-UP. REMEMBER NOT TO LET YOUR BACK SAG OR TO STICK YOUR BUTT IN THE AIR. 4. DO A FROG KICK BY JUMPING YOUR FEET BACK TO THEIR STARTING POSITION, STAND AND REACH YOUR ARMS OVER YOUR HEAD. 5. JUMP QUICKLY INTO THE AIR SO YOU LAND BACK WHERE YOU STARTED. LAND WITH KNEES BENT, GET INTO A SQUAT POSITION. REPEAT. 				

MODIFIED BODYPART SPLIT

DAY 4	NOTES	BANDED BICEPS CURLS	4 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. STAND ON THE MIDDLE SECTION OF A RESISTANCE BAND AND HOLD THE ENDS OF IT IN EITHER HAND. 2. STAND STRAIGHT AND LOOK FORWARD. BEND YOUR ELBOWS AND HOLD YOUR CURL FOR 2-3 COUNTS. 3. LOWER YOUR ARMS SLOWLY TO COMPLETE YOUR REP. REPEAT 			
		PLANK WALKS	3 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. START IN A PRONE PLANK POSITION, RESTING ON YOUR FOREARMS WITH YOUR BODY FORMING A STRAIGHT LINE FROM SHOULDERS TO FEET. 2. PUSH UP FROM THE GROUND, ONE ARM AT A TIME, INTO THE ELEVATED PRESS-UP POSITION. MAINTAIN YOUR RIGID PLANK FORM. 3. REPEAT. 			
		CLOSE GRIP PUSHUPS	4 SETS	12 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. BEGIN IN A REGULAR PUSH UP POSITION. NOW MOVE HANDS UNTIL THEY ARE DIRECTLY UNDER YOUR SHOULDERS. 2. KEEP ELBOWS TUCKED INTO SIDES. LOWER BODY UNTIL YOUR CHEST ALMOST TOUCHES THE GROUND, PAUSE, THEN PUSH YOURSELF BACK UP TO STARTING POSITION. 3. REPEAT. 			
		BANDED TRICEP PUSHDOWN	4 SETS	15 REPS	REST 60 S
		<ol style="list-style-type: none"> 1. PLACE A RESISTANCE BAND AROUND HOOK ABOVE YOUR HEAD (CHIN UP HANDLES WORK WELL). 2. GRAB THE RESISTANCE BAND WITH BOTH HANDS (PALMS FACING IN) JUST BELOW CHEST HEIGHT. 3. KEEP YOUR ELBOWS TIGHT INTO YOUR SIDE AND DRIVE YOUR HANDS DOWN TOWARDS YOUR WAIST. 4. LOCK YOUR ARMS OUT AND ROTATE YOUR HANDS SLIGHTLY OUTWARD AS YOU DO. HOLD FOR A SECOND AND THEN BRING YOUR HANDS BACK UP. REPEAT 			
	SIDE PLANK	2 SETS	45S EACH SIDE	REST 60 S	
	<ol style="list-style-type: none"> 1. LIE DOWN WITH YOUR LEFT SIDE ON AN EXERCISE MAT. PLACE YOUR FEET TOGETHER ON TOP OF EACH OTHER. NEXT, PROP YOURSELF UP ON YOUR LEFT ELBOW AND FOREARM. 2. BEGIN EXERCISE BY RAISING YOUR HIPS SO THAT YOUR BODY FORMS A STRAIGHT LINE FROM YOUR ANKLES TO YOUR SHOULDERS. PLACE YOUR RIGHT HAND ON YOUR RIGHT HIP. 3. HOLD THIS POSITION FOR DESIRED AMOUNT OF TIME. LOWER DOWN AND REPEAT ON RIGHT SIDE. 				

MODIFIED BODYPART SPLIT

DAY 5	NOTES	CARDIO CIRCUIT ROUTINE	1-3 ROUNDS	SUPERSET	REST 15S PER SET
		<ol style="list-style-type: none">1. 20 BODYWEIGHT SQUATS.2. 10 PUSH-UPS.3. 10 WALKING LUNGES (EACH LEG).4. 15 SECOND PLANK.5. 30 JUMPING JACKS.			

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. 			

STOP COMPETING WITH OTHERS. START COMPETING WITH YOURSELF.