SCRAWNY
TO BRAWNY –
GROUND ZERO
(6 WEEKS)

So you wanna get brawny, huh?

Well, a training program is just one small component of a much bigger picture. To truly have an awesome transformation, you’ll need habit-based nutrition, accountability, and top-notch coaching.

Still, exercise is crucial. That’s why we wrote this custom 6-week training program to help get you started. Now, let it be known that getting Brawny not only takes guts (and the requisite food to fill those guts), it also takes balls.

Balls to do stuff you’ve never done. Balls to do re-do stuff you may have slacked on before. And balls to build a true and honest foundation. This program is designed to give you that foundation.

Phase 0 – Ground Zero – is your opportunity to see how the guys in our Scrawny To Brawny program rock the transformations they do, and what it takes for you to get into the same kind of shape.

This 6-week build-up is a stand-alone training block involving weight training, intervals, and some yoga. (Don’t be nervous – yoga is good for you.) It’s designed to tune-up your form, bulletproof your weaknesses, and get you ready for a massive transformation. And you can do it all in about 4 hours in the gym per week.

**Weeks 1 & 2 = mobility**

**Weeks 3 & 4 = weights & intervals**

**Weeks 5 & 6 = weights, intervals, and some yoga**

**FOR THIS PHASE YOU’LL NEED:**

- A tennis ball
- A foam roller (Beginner: **OPTP**. Intermediate: **EliteFTS**. Advanced: **RumbleRoller**)
- A set of stretch bands (**Iron Woody**)
- A timer or stopwatch, since there is a strict time limit between exercises

We’ll be training four days a week and repeating a variation of each workout six times over the course of this phase. Plenty of time to use progressive overload. So make sure every time you hit the gym to find a way to do a little more, a little better.
You can either:

a) Increase the amount of weight you lift -- while keeping good form
b) Increase the number of reps completed from week to week

Each day is named after the “main lift” of that session. This PDF outlines your schedule, as well as introduces you to all the exercises, with photos and tips to safely execute them. Now, enough with the talking. Let’s build some muscle.

### Calendar

<table>
<thead>
<tr>
<th>WEEK</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Squat (prep)</td>
<td>Bench (prep)</td>
<td>Rest</td>
<td>Deadlift (prep)</td>
<td>Chin-up (prep)</td>
<td>Rest</td>
<td>Rest</td>
</tr>
<tr>
<td>2</td>
<td>Squat (prep)</td>
<td>Bench (prep)</td>
<td>Rest</td>
<td>Deadlift (prep)</td>
<td>Chin-up (prep)</td>
<td>Day 5</td>
<td>Day 6</td>
</tr>
<tr>
<td>3</td>
<td>Squat</td>
<td>Bench</td>
<td>Rest</td>
<td>Deadlift</td>
<td>Chin-up</td>
<td>Intervals</td>
<td>Rest</td>
</tr>
<tr>
<td>4</td>
<td>Squat</td>
<td>Bench</td>
<td>Rest</td>
<td>Deadlift</td>
<td>Chin-up</td>
<td>Intervals</td>
<td>Rest</td>
</tr>
<tr>
<td>5</td>
<td>Squat</td>
<td>Bench</td>
<td>Yoga</td>
<td>Deadlift</td>
<td>Chin-up</td>
<td>Intervals</td>
<td>Rest</td>
</tr>
<tr>
<td>6</td>
<td>Squat</td>
<td>Bench</td>
<td>Yoga</td>
<td>Deadlift</td>
<td>Chin-up</td>
<td>Intervals</td>
<td>Rest</td>
</tr>
</tbody>
</table>

Note: If there are any outstanding medical reasons why you shouldn’t be participating, don’t. It’s your responsibility to check with your doctor before starting any new exercise program. The S2B Coaching Team takes no responsibility for your use of this program. (But you already knew that.)
DAY 1: SQUAT (PREP)

Warm-up & prep
Do 2-3 minutes walking on the treadmill, pedaling a bike, or using the rowing machine. Get your blood pumping and your temperature up.
Complete the foam rolling, tennis ball, and mobility work below.

**FOAM ROLLING WORK**
- Quads (front of legs)
- IT bands (sides of legs)
- Hamstrings (back of legs)
- Adductors (inside of legs, from the groin to just above the knee)
- Glutes (crossed-over leg; lean in to that butt cheek)

**KEY POINTS:**
- Click for VIDEO.
- Complete 30-60 seconds on each side (Example: 60 seconds on your right hamstrings, then 60 seconds on your left).
- Keep your muscles relaxed (even though you’ll feel moderate pain), and roll back & forth over each part.

**TENNIS BALL WORK**
- Glute-hamstring insertion
- TFL
- Calves
- Soles of feet

**KEY POINTS:**
- Click for VIDEO.
- Dig in to any “trigger points” (spots that make you wanna cry when you press on them). They’ll loosen up with time.

**MOBILITY WORK**
- Prisoner squats (the closer your toes are to the wall, the harder)
- Prayer squat (hands in prayer position, push the elbows out against the knees while pushing the groin forward)
- Clamshells (use a band for extra challenge)
- Overhead twisting lunges
- Spidermans
- Pistol squats (assisted or unassisted; keep your back heel on the ground)

**KEY POINTS:**
- Click for VIDEO.
- Complete 5-10 repetitions OR 30-60 seconds of each.
- Important: Don’t simply go through the motions. Take your time on each movement, concentrating on what you’re supposed to feel.

**NOTE:** Weeks 1 & 2 are a bit like playing detective; you’re finding spots that might later become injuries, working on them, and preventing them from causing you trouble further on down the road. You’re also building the foundation that all your hard-earned muscle is going stem from.

**BRAWNY TIP:** A brawny guy prevents injuries from happening; a scrawny guy reacts and wonders, “Why me?”
DAY 2: BENCH (PREP)

Warm-up & PREP

Do 2-3 minutes walking on the treadmill, pedaling a bike, or using the rowing machine. Get your blood pumping and your temperature up.

Complete the foam rolling, tennis ball, and mobility work below.

FOAM ROLLING WORK

- Rhomboids (give yourself a hug and lean slightly to each side)
- Thoracic extension (stretch arms above head so biceps are next to ears, and arc your upper back as much as possible)
- Lats (big back muscles; lying sideways while “on the phone”)
- Shoulders (like going to sleep)
- Biceps
- Triceps

KEY POINTS:

- Click for VIDEO.
- Complete 30-60 seconds on each side (Example: 60 seconds on your right shoulder, then 60 seconds on your left).
- Keep your muscles relaxed (even though you’ll feel moderate pain), and roll back & forth over each part.

TENNIS BALL WORK

- Pecs (chest)
- Upper back
- Internal rotators
- Traps (lean in to a corner; let your arm hang)

KEY POINTS:

- Click for VIDEO.
- Dig in to any “trigger points” (spots that make you wanna cry when you press on them). They’ll loosen up with time.

MOBILITY WORK

- Scarecrows
- Reach, roll & lift
- Push-ups (hands close together for more difficulty)
- Reverse push-ups
- Scapular push-ups
- Reverse scapular push-ups
- Band pull-apart

KEY POINTS:

- Click for VIDEO.
- Complete 10 repetitions of each.
- Important: Don’t simply go through the motions. Take your time on each movement, concentrating on what you’re supposed to feel.
- And be patient with the scapular stuff. It’s tricky, but important for later.
DAY 4: DEADLIFT (PREP)

Warm-up & Prep

Do 2-3 minutes walking on the treadmill, pedaling a bike, or using the rowing machine. Get your blood pumping and your temperature up.

Complete the foam rolling, tennis ball, and mobility work below.

FOAM ROLLING WORK

• Quads (front of legs)
• IT bands (sides of legs)
• Hamstrings (back of legs)
• Adductors (inside of legs, from the groin to just above the knee)
• Glutes (crossed-over leg; leaning in to that butt cheek)

KEY POINTS:

• Click for VIDEO.
• Complete 30-60 seconds on each side (Example: 60 seconds on your right hamstrings, then 60 seconds on your left).
• Keep your muscles relaxed (even though you’ll feel moderate pain), and roll back & forth over each part.

TENNIS BALL WORK

• Glute-hamstring insertion
• TFL
• Calves
• Soles of feet

KEY POINTS:

• Click for VIDEO.
• Dig in to any “trigger points” (spots that make you wanna cry when you press on them). They’ll loosen up with time.

MOBILITY WORK

• Wall-butt touches (the further you are from the wall, the more of a stretch you’ll feel; keep your knees straight)
• Glute-bridges
• Bird-dogs
• Pike walks
• Lying supermans
• Toy soldiers
• Running butt-kicks

KEY POINTS:

• Click for VIDEO.
• Complete 5-10 repetitions OR 30-60 seconds of each.
• Important: Don’t simply go through the motions. Take your time on each movement, concentrating on what you’re supposed to feel.

NOTE: Make sure to check out the videos if you’re unsure about anything.
# Day 5: Chin-up (Prep)

## Warm-up & PREP

Do 2-3 minutes walking on the treadmill, pedaling a bike, or using the rowing machine. Get your blood pumping and your temperature up.

Complete the foam rolling, tennis ball, and mobility work below.

### Foam Rolling Work
- Rhomboids (give yourself a hug and lean slightly to each side)
- Thoracic extension (stretch arms above head so biceps are next to ears, and arc your upper back as much as possible)
- Lats (lying sideways while “on the phone”)  
- Shoulders (like going to sleep)
- Biceps
- Triceps

### Key Points:
- Click for [VIDEO](#).
- Complete 30-60 seconds on each side (Example: 60 seconds on your right shoulder, then 60 seconds on your left).
- Keep your muscles relaxed (even though you’ll feel moderate pain), and roll back & forth over each part.

### Tennis Ball Work
- Pecs (chest)
- Upper back
- Internal rotator
- Traps (lean in to a corner; let your arm hang)

### Key Points:
- Click for [VIDEO](#).
- Dig in to any “trigger points” (spots that make you wanna cry when you press on them). They’ll loosen up with time.

### Mobility Work
- Scarecrows
- Reach, roll & lift
- Push-ups (hands close together for more difficulty)
- Reverse push-ups
- Scapular push-ups
- Reverse scapular push-ups
- Band pull-apart

### Key Points:
- Click for [VIDEO](#).
- Complete 10 repetitions of each.
- Important: Don’t simply go through the motions. Take your time on each movement, concentrating on what you’re supposed to feel.
- And be patient with the scapular stuff. It’s tricky, but important.

**NOTE:** Hey, why not finding a training partner to join you on all this stuff? You’re gonna need a spotter in a couple of weeks anyway!
### Warm-up & PREP

Do 2-3 minutes walking on the treadmill, pedaling a bike, or using the rowing machine. Get your blood pumping and your temperature up.

Complete 10 minutes of foam rolling, tennis ball, and mobility work – of your choice – from the Day 1: Squat (prep) workout.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets/Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Alternating dumbbell lunge</td>
<td>2 sets of 10 reps</td>
</tr>
<tr>
<td>Rest 45 seconds, repeat</td>
<td></td>
</tr>
<tr>
<td>(2) Leg press</td>
<td>4 sets of 6 reps</td>
</tr>
<tr>
<td>Rest 2:00 minutes, repeat</td>
<td></td>
</tr>
<tr>
<td>(3a) Leg extension</td>
<td>3 sets of 8 reps</td>
</tr>
<tr>
<td>Rest 1:15 minutes</td>
<td></td>
</tr>
<tr>
<td>(3b) Leg press calf raise</td>
<td></td>
</tr>
<tr>
<td>Rest 1:15 minutes, repeat</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** Exercise a/b notation means perform one set of exercise “a” and then one set of exercise “b”, alternating back and forth between the exercises marked with the same number until all sets have been completed.

For exercises performed in a single-sided manner, complete the prescribed number of repetitions (reps) on each side. The exercise demonstrations and instructions will indicate whether the repetitions are to be completed in an alternating or non-alternating fashion.
Day 2: Bench

Warm-up & PREP

Do 2-3 minutes walking on the treadmill, pedaling a bike, or using the rowing machine. Get your blood pumping and your temperature up.

Complete 10 minutes of foam rolling, tennis ball, and mobility work – of your choice – from the Day 2: Bench (prep) workout.

(1) Dumbbell Cuban rotation
Rest 45 seconds, repeat
Do 3 sets of 8 reps

(2a) Kneeling cable X-row
Rest 15 seconds
Do 3 sets of 8 reps

(2b) Cable crossover
Rest 1:15 minutes, repeat

(3a) Pronated reverse push-up
Rest 45 seconds
Do 4 sets of 6 reps

(3b) Barbell bench press
Rest 1:30 minutes, repeat

NOTE: Exercise a/b notation means perform one set of exercise “a” and then one set of exercise “b”, alternating back and forth between the exercises marked with the same number until all sets have been completed.

For exercises performed in a single-sided manner, complete the prescribed number of repetitions (reps) on each side. The exercise demonstrations and instructions will indicate whether the repetitions are to be completed in an alternating or non-alternating fashion.
DAY 3: YOGA

Attend a class, do some stretching, or take 5 minutes for Brawny Yoga with Coach Paul (VIDEO).

Note:
Weeks 5 & 6 only.
Day 4: Deadlift

Warm-up & PREP

Do 2-3 minutes walking on the treadmill, pedaling a bike, or using the rowing machine. Get your blood pumping and your temperature up.

Complete 10 minutes of foam rolling, tennis ball, and mobility work – of your choice – from the Day 4: Deadlift (prep) workout.

(1) Swiss ball lying leg curl
   Rest 45 seconds, repeat
   Do 2 sets of 8 reps

(2) Single-leg Romanian deadlift
   Rest 2:00 minutes, repeat
   Do 4 sets of 6 reps

(3a) Cable pull-through
   Rest 1:15 minutes
   Do 3 sets of 8 reps

(3b) Cable crunches
   Rest 1:15 minutes, repeat

NOTE: Exercise a/b notation means perform one set of exercise “a” and then one set of exercise “b”, alternating back and forth between the exercises marked with the same number until all sets have been completed. For exercises performed in a single-sided manner, complete the prescribed number of repetitions (reps) on each side. The exercise demonstrations and instructions will indicate whether the repetitions are to be completed in an alternating or non-alternating fashion.
DAY 5: CHIN-UP

Warm-up & PREP

Do 2-3 minutes walking on the treadmill, pedaling a bike, or using the rowing machine. Get your blood pumping and your temperature up.

Complete 10 minutes of foam rolling, tennis ball, and mobility work – of your choice – from the Day 5: Chin-up (prep) workout.

(1) Standing rope face-pull
Rest 45 seconds, repeat
Do 2 sets of 10 reps

(2a) Medium-grip chin-up
Rest 2:00 seconds, repeat
Do 4 sets of 6 reps

(3a) Seated dumbbell shoulder press
Rest 1:15 minutes
Do 3 sets of 8 reps

(3b) Hanging leg raise
Rest 1:15 minutes, repeat

NOTE: Exercise a/b notation means perform one set of exercise “a” and then one set of exercise “b”, alternating back and forth between the exercises marked with the same number until all sets have been completed. For exercises performed in a single-sided manner, complete the prescribed number of repetitions (reps) on each side. The exercise demonstrations and instructions will indicate whether the repetitions are to be completed in an alternating or non-alternating fashion.
DAY 6:
INTERVALS

PREP & Warm-up

Complete 2-5 minutes of foam rolling, tennis ball, and mobility work (your choice), appropriate to the type of intervals you’re doing (Example: Sprinting intervals = Lower body prep; Swimming intervals = Upper body prep).

Do 2-3 minutes on the treadmill, bike, rowing machine, or in the pool. Get your blood pumping and your temperature up.

INTERVALS

Complete one of the following options by sprinting, biking, rowing, or swimming:

<table>
<thead>
<tr>
<th>Work</th>
<th>Rest</th>
<th>Repeat</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 seconds</td>
<td>20 seconds</td>
<td>8-12 times</td>
</tr>
<tr>
<td>15 seconds</td>
<td>45 seconds</td>
<td>6-10 times</td>
</tr>
<tr>
<td>20 seconds</td>
<td>1 minute 40 seconds</td>
<td>4-6 times</td>
</tr>
<tr>
<td>30 seconds</td>
<td>2 minutes 30 seconds</td>
<td>3-5 times</td>
</tr>
</tbody>
</table>

KEY POINTS:

Make no mistake; these should be H-A-R-D (like there’s a lion or a shark chasing you). Ease into the first few, and pay attention to how you’re feeling. If something doesn’t feel right, scale back.

Otherwise, aim for 9/10 on the difficulty scale. Make every second count.

COOL-DOWN

Spend 5-10 minutes catching your breath, stretching, and trying not to lose your lunch.
GROUND ZERO
- EXERCISE DIRECTORY

**DAY 1: SQUAT**
Alternating dumbbell lunge 14
Leg press 15
Leg extension 16
Leg press calf raise 17

**DAY 2: BENCH**
Dumbbell Cuban rotation 18
Kneeling cable X-row 19
Cable crossover 20
Pronated reverse push-up 21
Barbell bench press 22

**DAY 4: DEADLIFT**
Swiss ball lying leg curl 23
Single-legged Romanian deadlift 24
Cable pull-through 25
Cable crunches 26

**DAY 5: CHIN-UP**
Standing rope face-pull 27
Medium-grip chin-up 28
Seated dumbbell shoulder press 29
Hanging leg raise 30
DAY 1: SQUAT

Alternating dumbbell lunge

SET-UP
Pick up a pair of dumbbells, positioned at your side

MOVEMENT
Lunge forward with first leg. Land on heel then forefoot.
Return to original standing position by forcibly extending hip and knee of forward leg (pushing through the heel!)
Repeat by alternating lunge with opposite leg

KEY POINTS
Hip flexor flexibility is important (the day’s foam rolling, tennis ball, and mobility prep work will get you on your way with that)
Torso should remain upright entire time
Lead knee should point in the same direction as foot throughout the lunge
A long lunge emphasizes gluteus maximus (pushing through the heels); short lunge emphasizes quadriceps (pushing through the toes). Our preference is the glutes (heel-push) here.
DAY 1: SQUAT

Leg press

SET-UP
Sit on machine with back on padded support
Place feet on platform
Extend hips and knees
Release dock lever and grasp handles

MOVEMENT
Lower platform by flexing hips and knees until hips are completely flexed
Return by extending knees and hips

KEY POINTS
Adjust safety brace and back support to accommodate near full range of motion and prevent winking (rounding) of lower back underneath you
Keep knees pointed in same direction as feet
Do not allow heels to raise off of platform, being sure to push with both heel and forefoot
Placing feet higher on platform emphasizes the glutes; placing feet lower on targets the quads
DAY 1: SQUAT

Leg extension

**SET-UP**

Sit down on a leg extension machine with knees lined up with the pivot point of the machine.

Adjust the back support so that your butt is nestled in and back is straight (i.e. sitting up straight, instead of like a lower back-rounded, couch-potato)

Set the stoppers to allow for as much range of motion as is comfortable

Grip the handles for support

**MOVEMENT**

Explosively extend knees by flexing the quads

Perform the eccentric (lowering) portion in a slow and controlled manner

**KEY POINTS**

Hold tight to the handles, and keep butt nestled back throughout exercise (to avoid rounding of the lower back)

If a leg extension isn't available, practice more pistol squats instead
Day 1: Squat

Leg press calf raise

Set-up

Sit on a machine with back straight (butt nestled in)
Place feet on the platform
Extend hip and knee
Release dock lever and grasp handles at your sides
Slide feet down so that only toes and balls of feet are on the lower portion of the platform with heel and arch extending off

Movement

Push sled by extending ankle as far as possible
Return by bending ankle until calf is stretched. The further the stretch, the bigger the calves, so don’t short-change yourself.

Key Points

Reposition stance if foot slips
Keep knees straight throughout exercise or bend only slightly during stretch
Shoes are acceptable to wear, and even recommended for extra traction against the platform
DAY 2: BENCH

Dumbbell Cuban rotation

SET-UP
Start with your upper arms raised out to your sides until they're parallel to the ground and in line with your shoulders.

MOVEMENT
Rotate the dumbbells toward your forehead but stop just shy of vertical at the top of the movement.

Once you’re comfortable with the standard range of motion, try extending a bit past vertical, keeping your elbows high and pushed out to the sides.

Be gentle, and start with a light weight (no shame in using pink dumbbells here... it's not a heavy-weight exercise).

KEY POINTS
Once again, be gentle.

Keep your elbows bent at 90 degrees and wrists straight throughout.

Take it slow and watch your momentum. Range of motion and activating the rotator cuff – not using heavy weights – are the goals here.
Day 2: Bench

Kneeling cable X-row

**Set-up**
- Set a single handle in the high position on each side of double cable station
- Kneel on a mat between stations
- Grasp each handle with the opposite side hand (i.e. right hand grabs left cable handle and vice versa)
- Begin with wrists crossed in front of your face

**Movement**
- Exhale, pulling the handles back and down behind you
- Stick your chest out and inhale as you slowly lower the weights (wrists crossed in front of your face again)
- Maintain good upright posture throughout movement

**Key Points**
- Use light bands instead of cables if necessary
- Squeeze shoulder blades together at end of movement
Day 2: Bench

Cable crossover

**SET-UP**
- Place the pulleys in a high position (above your head)
- Select the resistance to be used
- Grab hold of the pulleys in each hand and step forward with one foot
- Lift your chest up high (like a gorilla), bending forward slightly at the waist

**MOVEMENT**
- Keeping a slight bend in your elbows, extend your arms to the sides in a wide arc as you exhale
- Cross your wrists over the midline
- Return arms to start position as you inhale, using the same arc of motion
- Hold and squeeze the contraction for a second before repeating

**KEY POINTS**
- Maintain a slight bend in your elbows to prevent stress at the biceps tendon
- Throughout the movement, the arms and torso should remain stationary – movement only occurs at the shoulder joint
- Alternate crossing wrists, remembering to keep your chest high
- If needed, adjust the point in front of you where your arms meet
Pronated reverse push-up

SET-UP
Using a Smith machine or squat rack, secure a bar about 3 or 4 feet off the floor
With your heels down and your hands in a pronated (overhand) position, let your torso hang under the bar
Retract your shoulder blades and keep your head neutral (looking up at the ceiling)

MOVEMENT
Exhale, pulling your chest towards the bar, and keeping your body stiff
Inhale, slowly lowering yourself down again, but make sure to keep your shoulder blades retracted (pulled back)

KEY POINTS
Keep your elbows in close to your sides instead of winged out away from you
For extra challenge, place your heels up on a box, bench, or Swiss ball
DAY 2: BENCH

Barbell bench press

**SET-UP**

Lie on a bench, feet on the floor

Use a spotter to unrack the bar from the supports, keeping the lats tight

**MOVEMENT**

Lower the bar under control to the chest

Press the bar up to the ceiling, driving through the lats and chest as if pushing yourself down and away from it

“Spread” the bar with your hands, keeping the elbows tucked

As you lower, keep your elbows at or above bench level

**KEY POINTS**

Take time setting up the lift

Keep your chest lifted and back engaged – maintain a solid arch in your upper back and tightness throughout the core

Keep your feet purposefully pressed into the floor, or elevate on plates or a step if it’s not comfortable to maintain on the floor

Avoid hyperextending elbows at the top

Keep the bar level by ensuring your grip spacing is even
Day 4: 
Deadlift

Swiss ball lying leg curl

Set-Up
Lie on your back with a Swiss ball under your heels, and your hands face-down in T-position for support.
Extend your hips (flex your glutes) so your body goes straight.

Movement
Exhale, flexing your hamstrings and bringing the ball towards you.
Inhale, slowly straightening out your knees, and rolling the ball away from you.
Keep your hips straight so as not to sag.

Key Points
For extra challenge, come right up on your toes and keep flexing your hamstrings while the ball is close to you.
Don’t put your butt down ‘til you’re finished!
Day 4: Deadlift

Single-leg Romanian deadlift

**SET-UP**

Holding a dumbbell in each hand, stand on one foot, with the other foot hovering beside it.

**MOVEMENT**

Inhale on the way down, extending your hovering foot as high as you can behind you and slowly lowering the dumbbells to just above the floor on either side of your standing foot. Keep a slight bend in the front knee.

Pause at the bottom

Exhale on the way up, explosively thrusting your hips forward and your chest up (back to starting position; hovering foot beside standing foot).

Regain your balance, and repeat to complete all reps on the same leg.

**KEY POINTS**

Only lower the dumbbells as far as your body will allow, and be patient. Just going past the knees (while keeping your hovering foot high behind you) is a great start.

For more activation of the hamstrings, keep the weight especially on your heel.
Cable pull-through

**SET-UP**
Using a low-cable pulley and a rope attachment, stand facing away from the pulley.

Dig your heels in to the floor, reach between your legs, and grab the rope attachment.

Take a half-step forward/away from the pulley (it should feel like a stretch, just holding on to the rope), and keep your chest upright.

**MOVEMENT**
Explosively thrust your hips forward with the rope between your legs.

Clench your butt cheeks as hard as you can at the top, and pause for a second.

Inhale on the way down, digging your heels in and slowly hinging your hips back.
Keep the chest upright and a slight bend in your knees.
Pause at the bottom, feeling the stretch in your hamstrings.

**KEY POINTS**
If you feel a strain in your lower back, it could be that you're not digging in with your heels hard enough (most of the weight should be on them), or that your chest isn't upright enough.

Dig in your heels and puff up your chest – you'll feel it in the hamstrings and butt.
DAY 4: DEADLIFT

Cable crunches

SET-UP
Using a cable pulley at medium-height and a rope attachment (or a band attached to a chin-up bar), kneel down with your fists just above your head. You can also place a pad under your knees for extra support.

MOVEMENT
Begin by arching your back as much as possible to pre-stretch the abs
Close your eyes in order to get a better mind-muscle connection
Imagine trying to bury your nose into your groin
Keep the abs contracted as hard as possible (it should be difficult to breathe there)

Pause, and slowly begin arching back to the full stretched-out starting position

KEY POINTS
It’s more important to get a good mind-muscle connection than it is to pound the core with lots of weight
Pay close attention to how hard you’re squeezing, and not just whether you’re completing the reps
An enviable core comes from quality work, not quantity
DAY 5:
CHIN-UP

Standing rope face pull

SET-UP
Stand in front of a cable station and set cable pulley at head-height with rope attachment
Grasp rope and brace yourself with one foot in front of the other (resisting the forward-pull of the weight)
Lean your torso back slightly

MOVEMENT
Retract shoulder blades and exhale as you pull the rope attachment toward your nose
Hold it there for a second, then inhale as you slowly lower the weight back to start
Repeat without putting the weight down between reps

KEY POINTS
Stay braced with your legs the whole time
Day 5: Chin-Up

Medium-grip chin-up

**Set-up**

- Grasp pull-up bar with underhand grip (palms facing you)
- Begin from a dead-hang (hands are the only thing flexed), elbows straight

**Movement**

- Retract your shoulder blades by lifting your chest and pulling your shoulders back
- Pull yourself up until chin is over the bar
- Lower under control

**Key Points**

- Keep your elbows tucked in tightly against your ribcage while you pull yourself up and lower yourself down
- For extra difficulty, try touching your sternum (breast bone) to the bar while keeping your belly-button up high
- For extra help, tie a band around the chin-up bar and rest your knee(s) on it. You could also use an assisted chin-up machine, or get a friend to spot you.
- Start every rep from a dead-hang. No cheating at the bottom go all the way down!
DAY 5: CHIN-UP

Seated dumbbell shoulder press

SET-UP
Sit on a bench with back support, dumbbells resting on your knees.

One at a time, “kick” them up to your shoulders, and get comfortable

MOVEMENT
Press overhead until arms are straight

Lower until elbows are parallel with the shoulders, and repeat

KEY POINTS
Keep a slight bend in the elbows at the top, to maximize tension on the shoulders

Don’t over-arch your lower back

Gently lower the weights to your shoulders, then to your knees before putting them down

Avoid jerking the weights from the floor or swinging them down from shoulder-height
DAY 5: CHIN-UP

Hanging leg raise

SET-UP
Grasp the neutral handles (palms facing each other) of a chin-up station, and hang
Keep your feet together throughout

MOVEMENT
Brace your abs and as you exhale, flex your hips
Raise your feet until your thighs are past parallel to the ground
Inhale as you lower your thighs slowly

KEY POINTS
Control your momentum by trying not to swing
For extra challenge, keep your knees straight the whole time
Aim for a 1:2 ratio, going up normally, and moving slower on the way down. You’ll feel that in the morning!