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# WORKOUT MANUAL 2015

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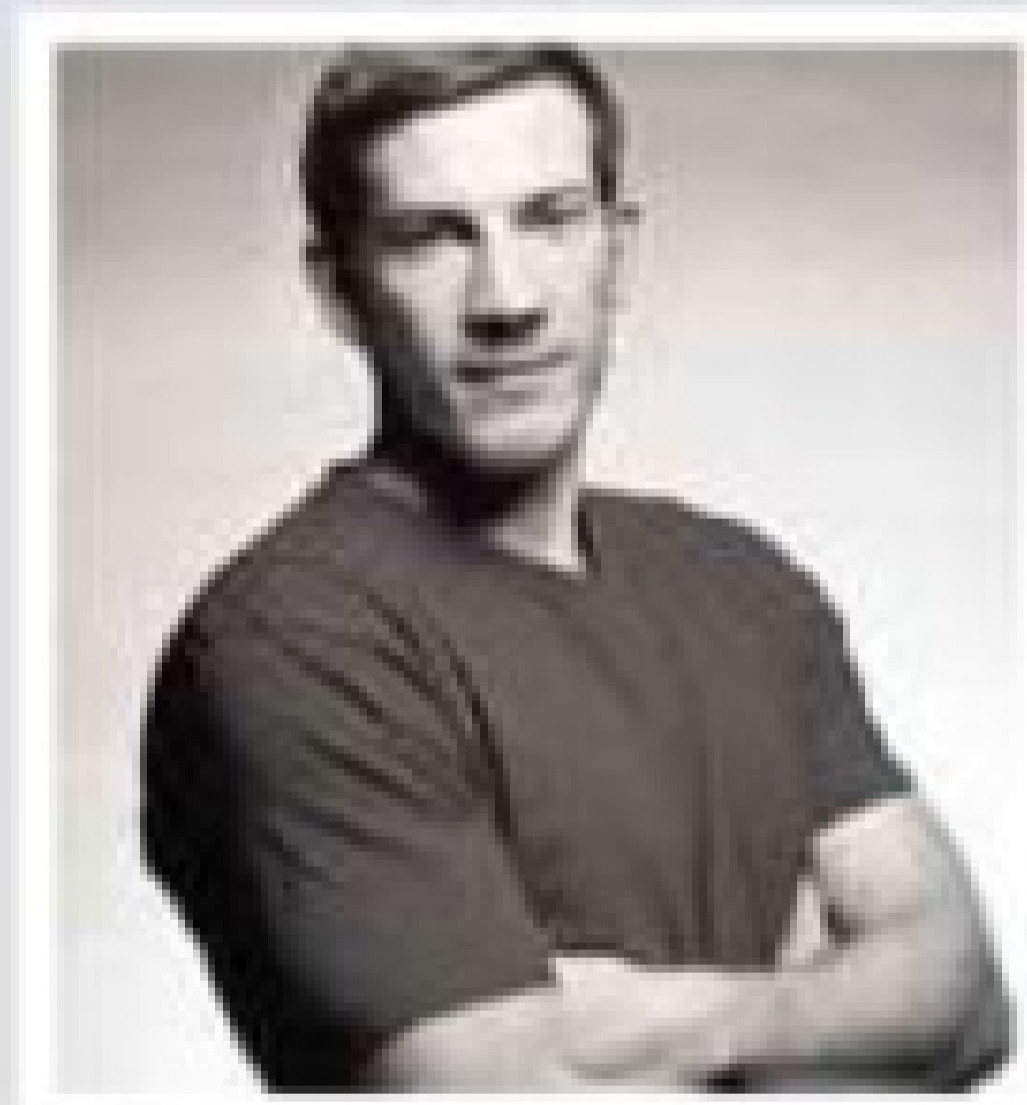
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**Whether you want to lose fat, set a new race PB, build massive shoulders or get a rock-hard six-pack, you've come to the right place. The Men's Fitness Workout Manual will help you.**

**F**or anyone who cares about their fitness, this book is simply a brilliant tool. It condenses all the expert advice from a year's worth of *Men's Fitness* in one place, making it hugely valuable when you're planning your workout programme.

Many people pick up the mag because they want the ripped abs they see on the front. We've got that covered, with comprehensive workouts provided by four of our best cover models (p48).

Not surprisingly, these aren't for the faint-hearted - so if you want a quickfire workout you can do with minimal kit or

even without leaving the house, you'll find those here too (p34 and p124).

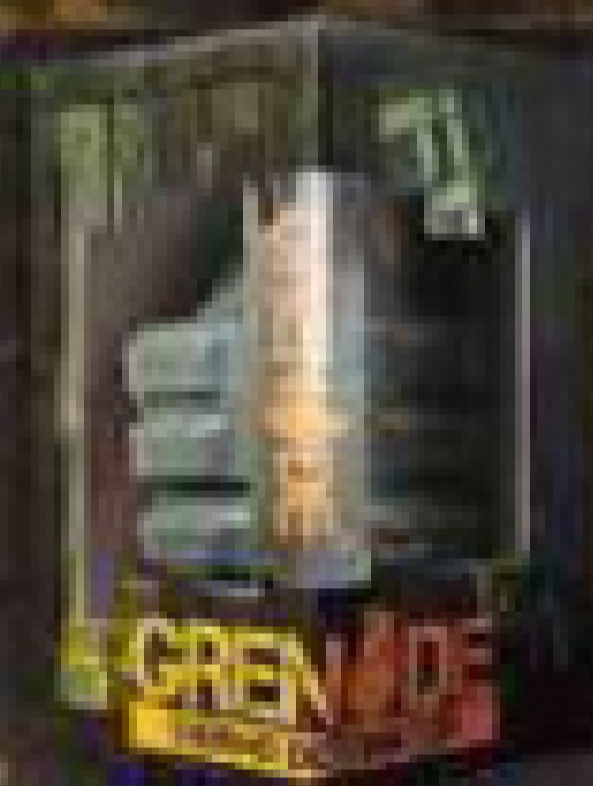
You'll find out more about training techniques and how they work (p17), as well as the diet strategies that can produce superb results (p86). We also reveal how some of Britain's best sportsmen train, from world boxing champ Carl Froch to Lions rugby skipper Sam Warburton, so you can emulate them - in the gym, at least (p102).

We start with a set of innovative moves that not many people know about. So turn top8 and start putting them to use.

**Nick Hutchings, editor**



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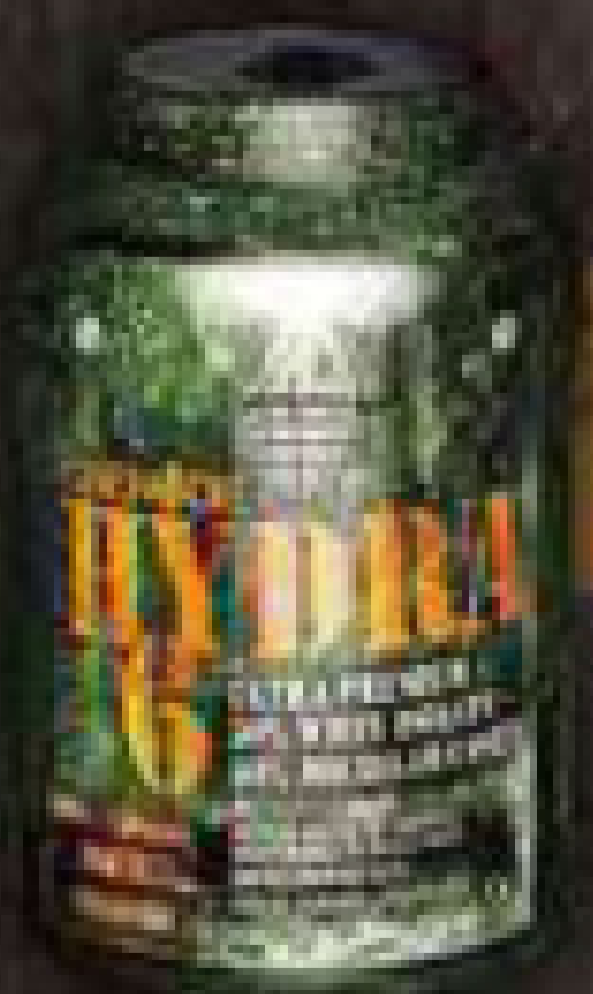
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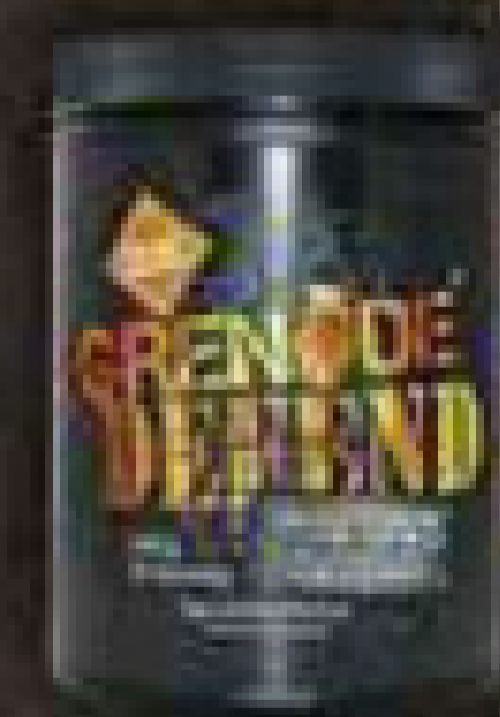
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# MUST-DO MOVES

*Everyone wants something that can give them the edge - and these killer exercises will do just that. While others are straining away at the same old routines, you can give your muscle growth a boost with a move they don't know about. Here Shaun Stafford, WBFF PRO Fitness Model World Champion and performance director of City Athletic ([cityathletic.co.uk](http://cityathletic.co.uk)), explains and demonstrates each of these innovative exercises that will help you stay one step ahead.*



# STRENGTH ON THE FLYE

Build a broad, strong chest with cables

**W**hat's the best move for a big chest? Judging by the majority of people in the weights room, most would probably say the trusty bench press. But they'd be sadly mistaken. Here's why you're better off doing the flye.

'The fibres of the pectoral muscles run from your sternum up towards your armpits,' says Stafford. 'The flye lets you work the muscles in the direction their fibres run, unlike the bench press. This allows for greater contraction, a greater stretch and an increased range of motion for full pec development with additional strength benefits for all your pressing moves.'

Here Stafford demonstrates this top-notch chest-building exercise. Save this move for the end of your strength session, slow it down and start light so your form doesn't suffer.

**A**

Set the handles of a dual-cable crossover machine at their highest point. Take a handle in each hand and kneel between the stands, positioning yourself with your hands just above your ears and slightly behind you so your chest is stretched.

**B**

Keeping a slight bend in your elbows, contract your chest to pull the handles so they meet in front of you, just above your abs. Slowly allow the cables to pull your arms back to the start position.

**PELICAN  
FLYE**  
SETS **3**  
REPS **12**

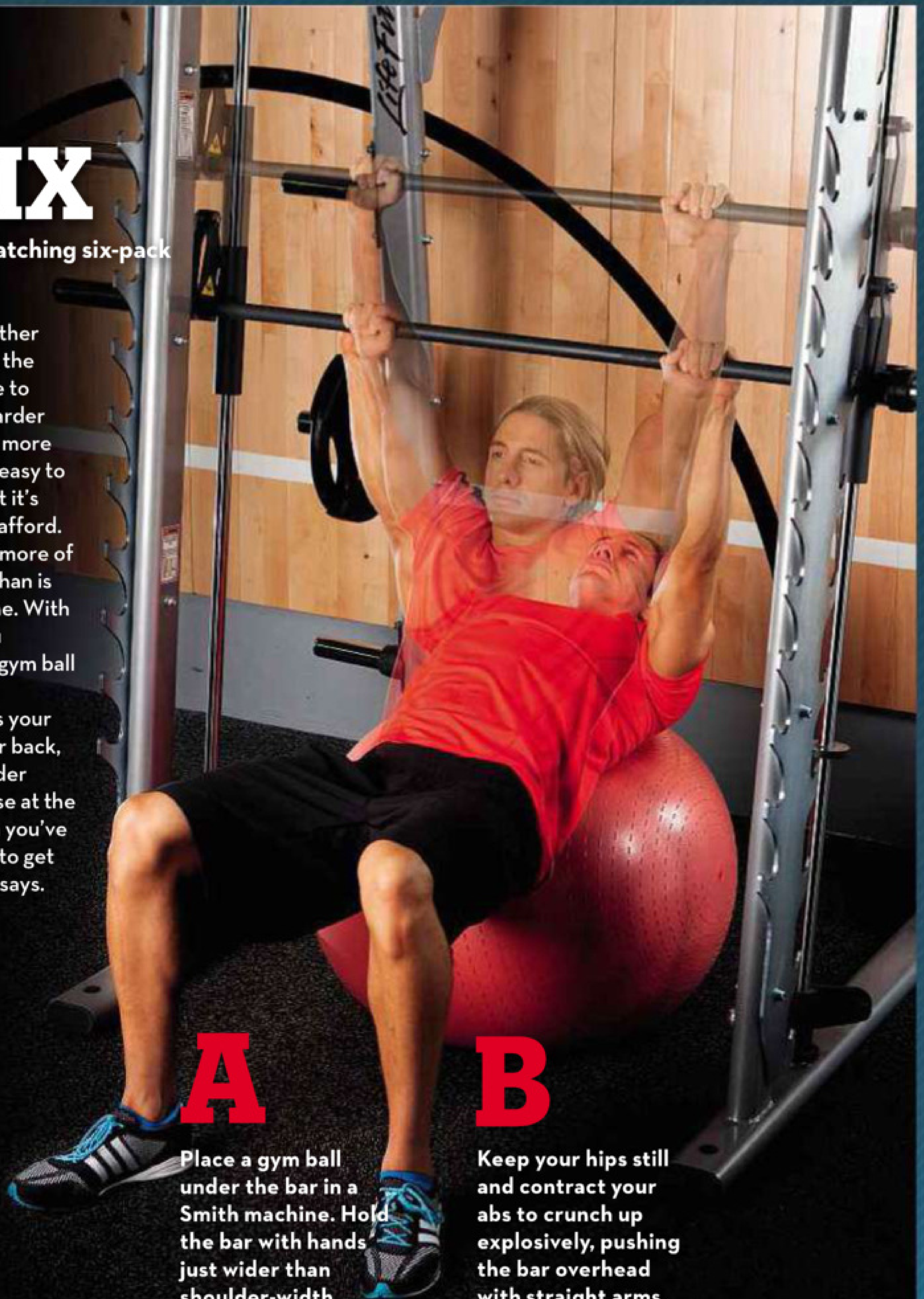


# HIT FOR SIX

A killer move for an eye-catching six-pack

**T**he abs are like any other muscle. The greater the resistance they have to strain against, the harder they will have to work and the more they will grow. 'It's not always easy to train your core with weight but it's certainly worth doing,' says Stafford. 'Adding resistance stimulates more of the muscle fibres in your abs than is possible with bodyweight alone. With this gym ball Smith crunch you combine the instability of the gym ball with bar-based resistance.'

This move also strengthens your serratus muscles in your upper back, which will improve your shoulder stability. 'Do this tough exercise at the start of your abs routine when you've still got the required strength to get through all the reps,' Stafford says.



## A

Place a gym ball under the bar in a Smith machine. Hold the bar with hands just wider than shoulder-width apart. Lie back on the ball so your feet are flat on the floor, your knees are bent at 90° and the bar is above your upper abs.

## B

Keep your hips still and contract your abs to crunch up explosively, pushing the bar overhead with straight arms. Then slowly lower yourself back to the starting position to complete one rep.

**GYM BALL  
SMITH  
CRUNCH**  
SETS 4  
REPS 8



# ARMED FORCES

Use the half Zottman curl to grow bigger biceps

**HALF ZOTTMAN DUMBBELL CURL**  
SETS 4  
REPS 8

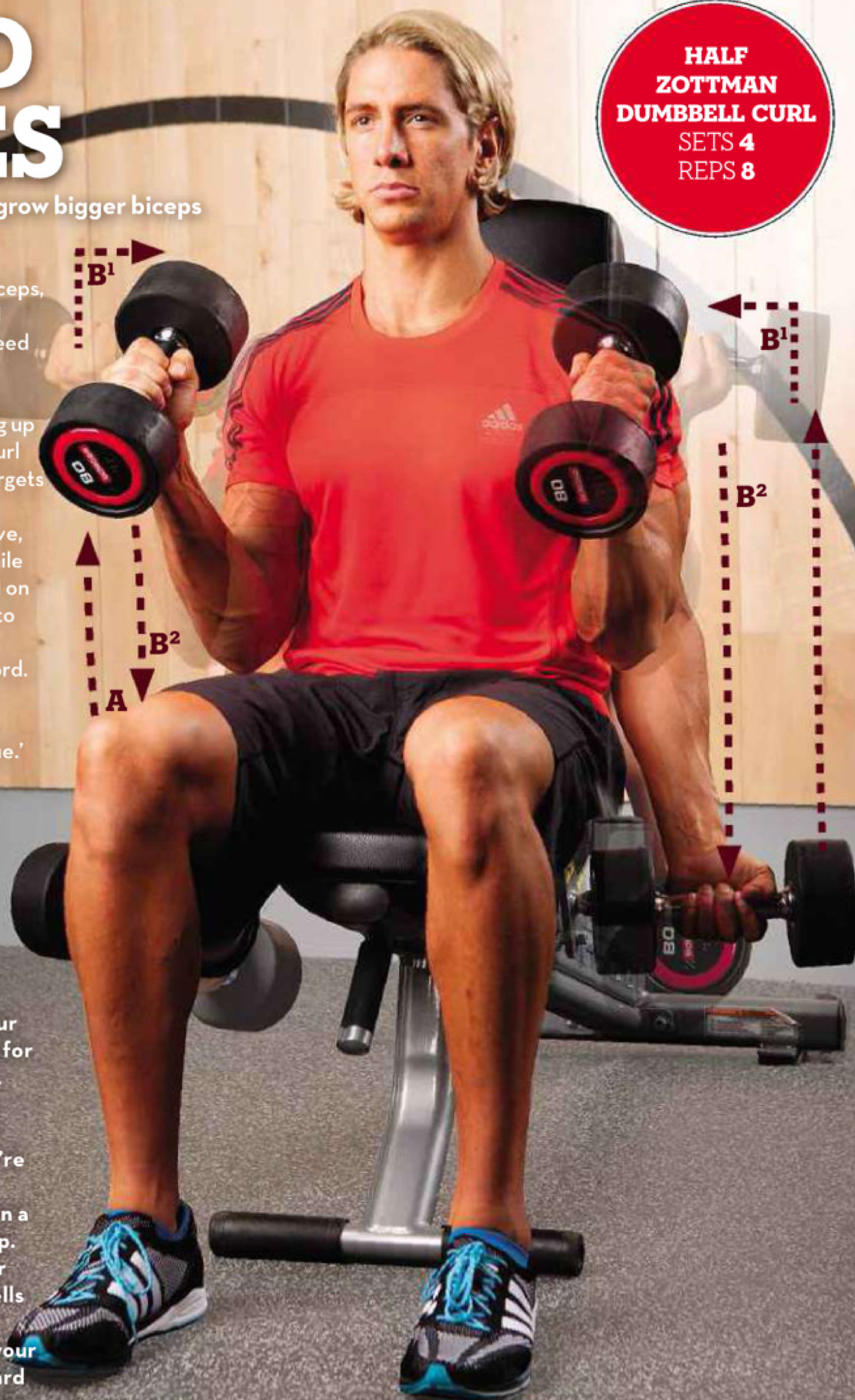
**F**irst lesson: it's spelled biceps, plural, not bicep. Second lesson: this means you need to target two different muscles for well-rounded, sleeve-filling arm development. Switching up your grip during a simple biceps curl will tick both boxes. 'This move targets the biceps brachii during the concentric (lifting) part of the move, boosting the peak of your arm, while the rotation and eccentric control on the way down switches the focus to the brachialis muscle, adding thickness to your arm,' says Stafford. 'It can be taxing on your nervous system so get it in early in your workout before you start to fatigue.' Lesson over. Gold star.

## A

Sit upright on a bench, holding dumbbells by your sides with palms facing forward. Curl the dumbbells up to chest height, keeping your elbows tucked in close to your sides.

## B

Squeeze your biceps hard for one second, then rotate the weights 90° so they're parallel to each other in a hammer grip. Slowly lower the dumbbells to the start and rotate your palms forward ready for the next rep.







# A

Get into the start position by sitting on the middle of a flat bench with a barbell across your lap. Walk your feet out and slide down on the bench until your knees are bent at 90°, your shoulders and neck are supported and the weight is on your hips.

# B

Drive through your feet and thrust your hips vertically until your body is horizontal. Your weight should be on your shoulder blades and feet. Squeeze your glutes hard at the top of the move. Slowly reverse the motion to return to the start.

# THRUSTERS ENGAGED

Power up your posterior chain with the weighted hip thrust

**‘Y**our glutes, hamstrings and lower back often get an easy ride in the gym,’ says Stafford. When squatting most people struggle to fully engage these muscles, known collectively as the posterior chain, and miss out on the benefits of lower-body power, speed and acceleration.

‘This lift allows all these muscles to be worked with substantial resistance but without placing too much pressure on your back,’ says Stafford. ‘Add it to your legs day workout after squats.’ For a variation to give you more control when going heavy, perform this exercise using the fixed bar in a Smith machine.

**WEIGHTED  
HIP  
THRUST  
SETS 4  
REPS 8**



# CORE CONCERNS

Upgrade your obliques with the overhead Saxon bend

**Y**ou may not have heard of him, but Arthur Saxon, aka 'The Iron Master', is a man whose lifting advice you should take. This 19th-century strongman spent his time touring the world and challenging people to match his weightlifting feats. The move named after him helped build the rock-solid core that contributed to his legendary strongman status.

'This move does much more than just give you good-looking abs,' says Stafford. 'That's because it relies more on your obliques to stabilise your spine, allowing you to increase the weight on other lifts.' For you, that means improved posture and impressive shoulders. For Saxon, it meant he could press 168kg overhead with one arm. And he only ever lifted in his pants - they don't make 'em like that any more. What a guy.

**A** Stand with your feet shoulder-width apart and press a set of light dumbbells overhead. Lock your arms, keep your core braced and don't arch your lower back.

**B** Keep your hips facing forward and slowly bend to one side, but don't go beyond a range you're comfortable with. Pause briefly, move slowly back to the middle and repeat on the opposite side.

**OVERHEAD  
SAXON BEND**  
SETS 2  
REPS 8  
EACH SIDE



# BACK IN BUSINESS

Level-up your lats with the braced single-arm row

**BRACED  
SINGLE-ARM ROW**  
SETS 4  
REPS 8  
EACH SIDE



**A**

Set up a low cable with a D-handle next to a bench set at a steep incline. Rest one knee on the seat and the opposite foot on the floor. Grab the cable, bracing your upper body against the bench with your other hand.

**B**

Keeping your core tight and shoulders retracted, pull the cable towards your armpit. Squeeze your lats, then slowly reverse the movement. Complete the set before mirroring the movement on the other side.

**I**t's quite hard to work your lats independently of each other, but this exercise allows you to do exactly that,' says Stafford. This improves the focus on the primary muscles, the latissimus dorsi, as well as targeting your biceps and core.

'The cables give you a directional force to maintain tension in your muscles from start to finish,' says Stafford. 'This exercise can be deployed in two ways: either early on in your workout within the eight-to-12 rep range, or as a finisher with 25 reps or more.' Or, if you're a glutton for punishment, you can do both.





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*I'd recommend it to anyone."*

*- OLLIE HUGHES*



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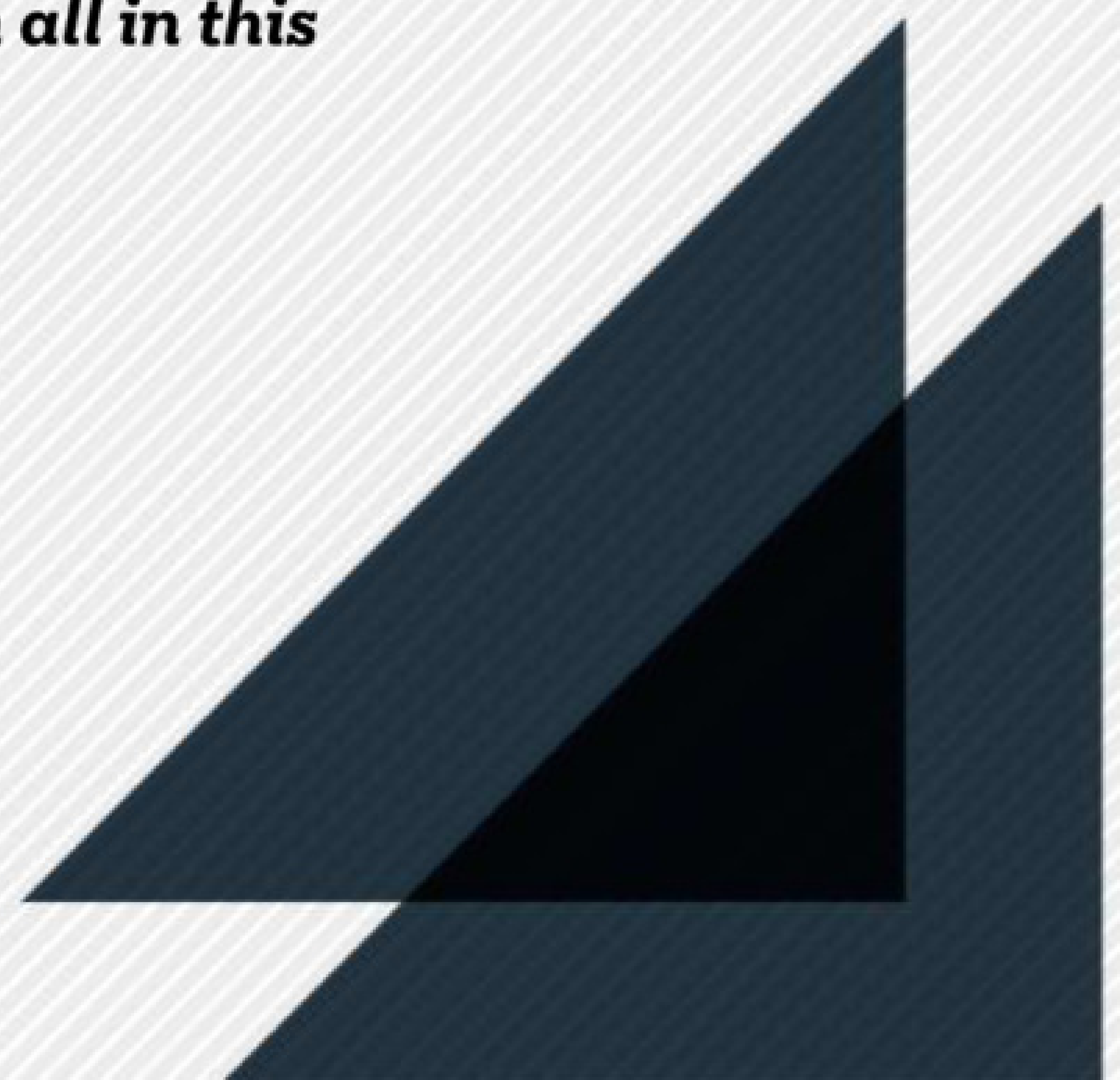
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# TRAINING KNOWHOW

*Is weight training or cardio training more effective for fat loss? When should you rest and for how long? What are the benefits of lifting weights with one arm as opposed to both? And what's eccentric about lifting weights? Knowing the answers to all these questions will make your training more effective - and you'll find them all in this chapter, thanks to our team of experts.*







*Concentrate on the lowering phase of an exercise to increase its muscle-building benefits*

## **DOWN A TREBLE**

Three easy steps to mastering eccentric movements

### **1//GAIN FOCUS**

Concentrate on the lowering phase of every move by using the tempo 4X0. Take four seconds to lower the weight and lift it explosively without pausing.

### **2//DO HALF REPS**

Do eccentric-only sets to expose your muscles to more time under tension. Choose a variety of exercises for each muscle group.

### **3//ADD WEIGHT**

Performing eccentric-only sets of exercises such as weighted chin-ups and dips will lead to greater size and strength gains.



# LOWERING STANDARDS

**Build bigger and stronger muscles by mastering the eccentric phase of every lift, says trainer Sean Lerwill**

## **What does eccentric mean?**

The eccentric, or lowering, phase of any lift is when the muscle lengthens under tension - think of your biceps when you lower a weight during a curl. There are two other types of muscle contraction: the concentric (lifting) phase, when the muscle shortens under tension, as in the upward part of a curl; and isometric, when the muscle stays the same length while under tension, as in a plank.

## **What's so important about eccentric contraction?**

If increases in strength or size are your goal, the eccentric phase of each exercise is crucial. Studies have shown that the eccentric phase triggers more hypertrophy - the process of building new muscle tissue - than the concentric. Your muscles are also far stronger in the eccentric portion of a lift.

## **Is the concentric phase important?**

Yes. It builds explosive power, and focusing on correct eccentric lowering and concentric lifting produces more hypertrophy than eccentric training alone.

## **What's involved in eccentric training?**

There are two basic approaches. The first method is best for all

but the most experienced: simply concentrate on the eccentric phase of an exercise, increasing the time you take to lower the weight to four or six seconds, and couple it with an explosive concentric lift. Once you're more experienced, use a weight that's too heavy to lift but that you can lower eccentrically. This may mean using a spotter for moves such as the bench press, but with a biceps curl you can use your free hand to assist with the lift.

range of motion of the hip by an average of 22%, with all other joints seeing increases of at least 13%.

## **What should I do in the gym to get more from the eccentric phase?**

Focus on the tempo of each lift - lower over four seconds and lift explosively, which means quickly while retaining full control. Too many people use momentum, such as swinging the arm during a biceps curl. This cheats the muscles out of

---

*'If increases in strength or size are your goal, the eccentric (lowering) phase of each exercise is crucial'*

---

## **What's the benefit of eccentric training?**

Paying greater attention to the eccentric part of every rep will increase the amount of time the muscle is exposed to tension. This triggers maximum muscle growth by breaking down a higher number of muscle fibres, which then must be rebuilt. Controlled eccentric lifting also improves tendon tissue strength, making you more injury-proof. It increases flexibility more than static-hold stretching, too: one study found that it improved the

full engagement, so focus on using correct form to get the greatest benefit from your training.

## **How do I progress?**

For certain exercises, such as dips, pull-ups and chin-ups, you can start by just performing the eccentric phase. To do this, jump to the top position of the exercise and lower yourself slowly. For single-arm curls and extensions, lower the weight under control then use the other arm to help you complete the concentric phase.



# FAST MUSCLE

**Want to get lean and strong? Speeding up your cardio is the answer, says trainer Anthony Shaw**

There's one training method that will help you get leaner, stronger and more muscular, improve your skin and cardiovascular function, make you feel healthier and cause your stubborn calves to grow. What's more, you can do it in one or two 20-minute sessions each week – and it doesn't have to cost anything. What's this magical training system? Sprinting.

***I didn't think running could help build strength. Was I wrong?***

Traditionally, people have lifted weights to build muscle and done cardio to burn fat. But this approach of low-intensity, high-volume cardio work and high-rep strength endurance work leads to a reduction in the size of your type 2, or fast-twitch, muscle fibres (that's bad), and even to some type 2b fibres being converted to type 2a (good for cardio, but bad for strength). It will also lead to an increase in glycogen and triglyceride stores in your muscles, which is why marathon runners don't tend to get super-lean.

Basically, if you stick to lengthy cardio workouts you'll get better at moving slowly for long periods. You'll also become smaller and weaker and store more fat. A decent strength programme will offset these effects, but essentially you'd be running hard and not getting anywhere.

***Should I do long cardio sessions?***

Not if you want to look ripped. Cardio can help you to lose

fat but it won't do anything to help you build muscle. In fact, steady-state cardio is only strictly necessary when an individual is so overweight that it's the highest level of intensity they can handle. However, once they've adapted to it, the programme should become tougher. Which brings us to sprinting.

***Why is sprinting better than jogging?***

Two words: hormonal balance. Sprinting stimulates the release of a huge amount of anabolic hormones into your bloodstream. As a result, your muscles become more sensitive to insulin, which means they readily absorb more nutrients for growth, you oxidise more fat and the stiffness of large arteries is even reduced, which is great for staving off heart disease. Sprinting also uses a lot of muscles, specifically the entire posterior chain – which includes the hamstrings, glutes and lower back – as well as your quads and hip flexors. Sprinting as fast as you can is the definition of high-intensity exercise – the impact and fast muscular contractions force you to work hard.

***I'm convinced. Where do I start?***

Start with four or five 100m sprints with 90 seconds' rest between each. Then add one to two sprints a week until you're at ten reps. Once you can do ten 100m sprints with 90 seconds' rest, you should be able to vary the workload and start having some real fun.

To add variety, try running hills, changing around the rest intervals, performing a second, shorter recovery workout during the same week (roughly 60% of the volume of your main sprint day) or doing sprints on the rower or bike. Just stay within the hormonal principles of short rest periods and high-intensity levels and you'll reap the rewards.

## PLAY FAST AND LOOSE

**Got the hang of sprinting? Vary things with these workouts**

### 1// ADD REPS

**6 x 200m sprint with 2min rest**  
Progress by adding two sprints each week for two weeks until you're at ten reps.

### 2// RUN BACK

**6 x 80m sprint and back (160m overall) with 90sec rest**  
Running a set distance and back requires two acceleration phases. You'll have to work hard to get back up to speed on the return sections.

### 3// GO FURTHER

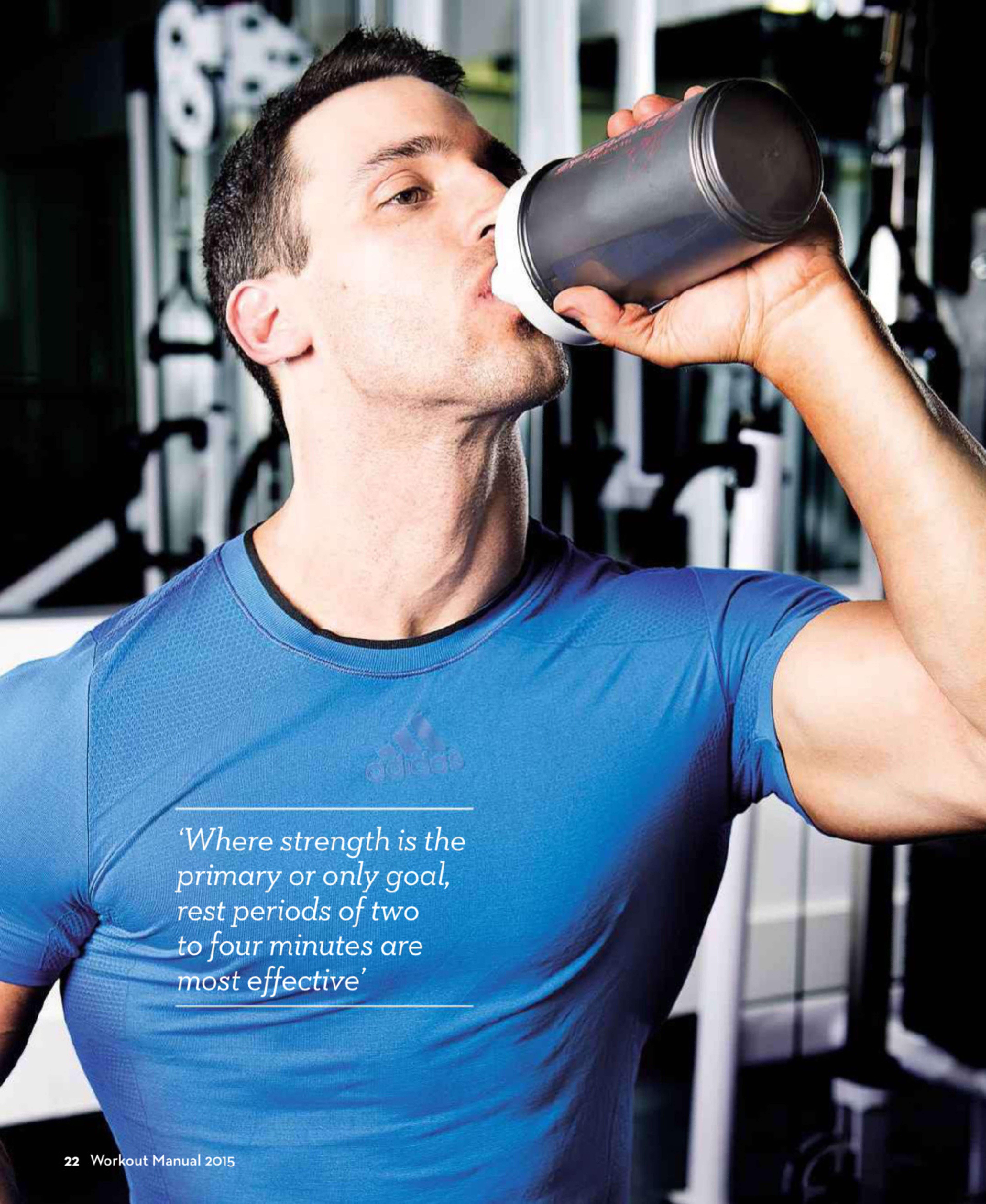
**6 x 100m sprint with 60sec rest**  
Progress by adding 20m to each sprint every week, so in week two you'll do 6 x 120m, in week three you'll do 6 x 140m and so on. Keep the rest at 60sec.





*'Sprinting stimulates the release of anabolic hormones, so your muscles absorb more nutrients for growth'*





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*'Where strength is the primary or only goal, rest periods of two to four minutes are most effective'*

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# REST HARDER

**The time between your sets is just as crucial as what you do in them, says trainer Alex Adams**

***I just rest between sets until I've recovered enough to go again. Isn't that right?***

Not quite. Manipulating any of the variables in a resistance workout - the choice of exercise, load, volume, the length of your rest period or even the order in which you do the exercises - alters the unique structure of the workout and changes the cellular and molecular response you get from it.

Basically, if you change your weights, the number of reps or sets or the amount of rest you have, your workouts will produce vastly different outcomes even if they're superficially similar. So when you're planning an exercise programme, your end goal should clearly dictate how much you rest.

***OK. So what am I doing wrong?***

We've all seen people in the gym cranking out reps, resting for 15 seconds, then cranking out a few more and wondering why they can't match their first set. If you ask to share the bar or 'work in', the response is almost always, 'Oh, I've just got one more set,' which they start as they finish the sentence. The problem is, working out like this gives you density not intensity, and you need both for muscle growth and fat loss.

***So how long should I be resting for?***

It all depends on your goals. The nervous system can take a long time to recover when using rep ranges of one to five, which you do

when strength is the primary or only goal of your workout, so rest periods of three to five minutes are most effective here.

***What if I want to get bigger? Or leaner?***

Then keep your rests shorter - 30-60 seconds if your aim is to drop body fat, and one to two minutes if you want to gain lean mass. These rest lengths will help increase the production of growth hormone, which is important for metabolising fat and repairing tissue. Your performance, which means how many reps you can do with the same weight, is likely to diminish with each subsequent set you perform. So you won't be able to work as hard and your gains will suffer if you don't rest for the right amount of time.

***Is there a way to get the best of both worlds?***

A great way to maximise growth hormone production while still recovering between moves is to use antagonist supersets - for example, a chin-up followed by a dumbbell bench press. This allows the major muscles fatigued in the first exercise to rest during the second exercise, so you can get a big growth hormone boost with a smaller reduction of performance. You'll be getting both intensity and density - perfect for muscle, strength and fat loss.

***What else can I do to ensure I'm resting correctly?***

Rest isn't just about the time between work sets. On some

non-workout days, you can do recovery sessions - low-volume, low-intensity workouts that drive blood into the muscles and alleviate stiffness. Go for a bike ride or do a quick circuit of bodyweight moves, such as lunges and press-ups, for example. Don't overtax yourself - you should end up feeling more energised after a recovery session. This will help your muscles recover and grow, and prepare you for the next workout.

## WELL RESTED

**Don't start texting - try these rest-period tricks instead**

### 1//STRETCH OUT

Stretch the muscles you aren't using - say, your hamstrings if you're bench-pressing. It won't affect your set, but it will help improve your flexibility.

### 2//STAY ACTIVE

Try 'active' rest, such as performing a few bodyweight squats during a squat session. Do it in front of a mirror to check that your form is correct.

### 3//THINK AHEAD

Use the time to think through the technique for your next set. Even something as simple as 'heels down, chest up' for the deadlift can make a difference.



# MIND OVER MUSCLE

**Get bigger and stronger muscles by thinking harder, says trainer Adam Gethin**

## **How can my brain make my muscles bigger?**

Your muscles are controlled by your brain through a vast network of neural pathways, which connect to each and every one of them. Electrical impulses from the brain tell your muscles to contract and relax, and it's these actions that allow you to do everything from standing to running to lifting a weight.

Most of these actions are subconscious: you move without thinking about the muscles involved. But if you do think about the movements, especially when training, you will improve your mind-to-muscle connection - and this can result in bigger gains.

## **How does that work?**

Think of these neural pathways as being like a motorway. If the road isn't well maintained, traffic will build up and it will take longer to get to your destination. But if it's improved by constant attention, traffic runs more smoothly. The better shape these neural pathways are in, the quicker the signals from your brain will reach your muscles.

## **Why is this important to weight training?**

The speed at which the signals reach your muscles has a significant effect on their size and strength. A fast signal means your muscle can

contract harder and faster - making it stronger and more powerful - while also recruiting more muscle fibres, which will lead to new muscle growth.

## **Is this what is meant by 'muscle memory'?**

No, it's not quite the same thing, although that's also to do with neural pathways. Muscle memory refers to the way you become better and more efficient at any physical task - whether it's driving, typing or playing the piano - the more you do it. Repetition trains the neural pathways so that signals from the brain travel quickly, and the muscles are better equipped to execute the task.

## **How can I improve these pathways to make bigger gains in the gym?**

Going to the gym consistently will improve these connections because by doing so you're improving your muscle memory for each exercise you perform. But the simplest way to enhance the effects of your training is literally to think about your muscles while doing a move. Slowing each rep and focusing on how it feels to move the weight, feeling the muscle contract and extend through the full range of motion, and taking care to flex your muscles at the top of the move will all help.

## **MENTAL EDGE**

**Get bigger and stronger by keeping these points in mind**

### **1// REPEAT**

Going to the gym regularly will result in the links between your brain and muscle becoming stronger.

### **2// VISUALISE**

Looking at and thinking about your muscles also improves these connections.

### **3// FLEX**

Flexing your muscles at the top and bottom of each rep builds stronger pathways so the muscles can contract quicker.



---

*'Sending out fast  
brain signals  
means your muscle  
can contract  
harder and faster  
for more strength'*

---





---

*'Lean muscle tissue is metabolically active so the more you have, the more calories you burn at rest'*

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# FASTER FAT LOSS

**Looking for the best way to blast away your belly? Adam Gethin reveals all**

## **Which is better for fat loss - weights or cardio?**

Many people think that prolonged sessions of slow, steady-state cardio are the best - or even the only - way to burn body fat. This is fundamentally untrue. In fact, this type of exercise is inefficient at reducing fat stores because many people who train this way overeat, especially when it comes to carbs. What's more, training for long periods places enormous stress on your body, and high stress levels instruct your body to store more of the food you eat as fat.

## **Why is lifting weights better than steady-state cardio?**

Weight training helps you to develop and maintain lean muscle tissue, which is highly metabolically active - so the more you have, the more calories you burn even when you're at rest. Lifting weights also helps to create the ideal hormonal environment to make your body more efficient at building muscle and burning fat.

Resistance training also puts your body in a fat-burning state around the clock because of the 'after-burn' effects of your workout, when your body has to replace the oxygen you used during training (the oxygen debt).

## **What's the best weight training strategy for fat loss?**

For the best results, you want to place your muscles under the necessary tension to encourage muscle building, while also keeping your rest periods between sets short so the workout is as intense as possible. This creates a larger oxygen debt that needs to be repaid, aiding fat loss. Supersets (doing pairs of exercises with minimal rest between sets) are a great option for working more muscle groups in a short amount of time. Circuit training keeps your heart rate high - rest only when you need to and go again as soon as you're able.

## **How many sessions should I do in a week?**

If you're new to weightlifting, begin with three sessions a week. Start with a light weight as it will enable you to master the correct movement patterns. This will help you avoid injury, and you can increase the weight once you get the hang of the moves. Some people may find that doing three sessions a week is enough, while others may benefit more from four or even five sessions.

## **I don't have membership to a gym. What should I do?**

A circuit of bodyweight moves can be effective if you're new to weight training. Using weights will make your muscles work harder, though,

so you could buy a basic set of adjustable dumbbells. Or you could do some high-intensity cardio.

## **But I thought cardio was bad for fat loss?**

Long, slow cardio sessions are inefficient, but short, intense training is great because it provides many of the same benefits as weight training - significant stress on the muscles to encourage growth, while creating a large oxygen debt. A couple of ten- to 20-minute sprint sessions a week will do wonders for your physique. Just make sure you warm up thoroughly first.

## **FASTED CARDIO**

**Fasted cardio is a session of very low intensity - a gentle walk or easy jog - done on an empty stomach, which can be beneficial for fat loss. However, it should only be used to eat away at small levels of body fat. Fasted cardio can increase stress levels, so it should be avoided if you're feeling tired, fatigued or are having trouble sleeping. To minimise muscle loss, try taking BCAA supplements during the session.**



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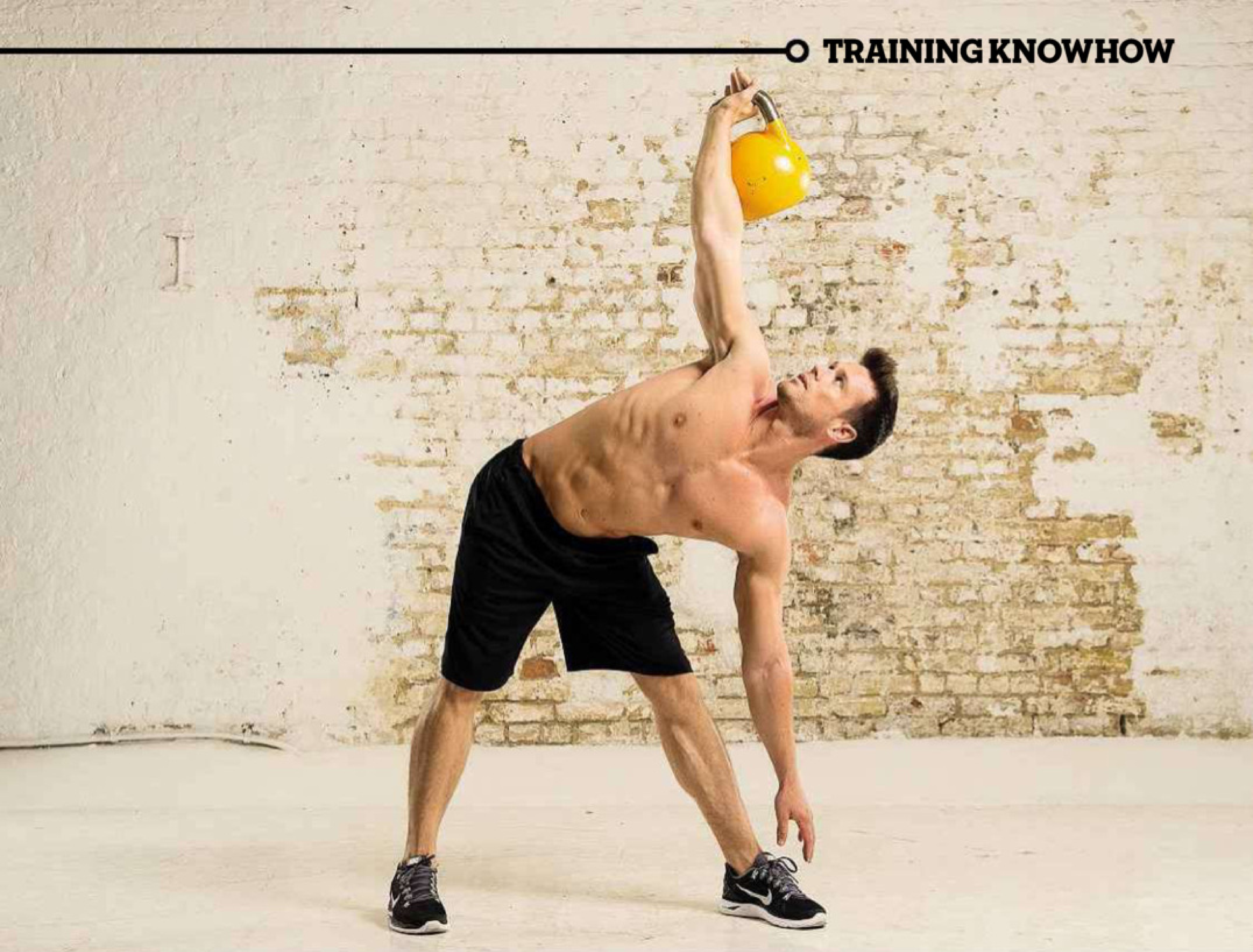
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# ONE AT A TIME

***Lifting with one arm or one leg at a time is a great way to balance growth, work your core and minimise injury, says Adam Gethin***

### ***What are unilateral moves?***

In the simplest terms, a unilateral movement is one that uses one arm or leg rather than both to move a form of resistance from point A to point B. One of the most popular unilateral moves is the single-arm dumbbell biceps curl. Exercises that require the use of both arms or legs are called bilateral lifts.

### ***Why should I do them?***

There are many benefits to using unilateral moves. One of the main benefits is the improved isolation of a target muscle - with a unilateral exercise you're able to focus more on the specific area of your physique that you're trying to stimulate. Your range of movement also often increases, which can

allow for a better overall muscle contraction, especially during the eccentric (lowering) phase of a rep.

### ***Are there any other benefits?***

Unilateral moves will help you build a six-pack too. All exercises recruit your core muscles to some extent, but during unilateral exercises the core often has to fix certain



muscles in place to a greater extent than the bilateral equivalent. Such moves are also great for eliminating any strength bias on one side of your body (see box).

### **Are some unilateral moves better than others?**

Some exercises lend themselves better to unilateral versions. For example, a dumbbell bench press performed unilaterally is very hard to stabilise, especially with a heavy weight. This makes it a poor choice. In contrast, a single-arm dumbbell row is a fantastic exercise because the body position is more stable.

When deciding whether to perform an exercise unilaterally, always consider whether the body is in a stable position – if it isn't, the emphasis is diverted from the target muscle, which takes away some of the tension on that muscle.

### **Should I use free weights, bodyweight or machines?**

It depends on your goals. There aren't many bodyweight exercises that the average person could do unilaterally: a single-leg bodyweight squat is probably the easiest, especially if you use a suspension trainer for support. There are some fantastic machine exercises, such as the unilateral leg press and certain variations of the row. There are also many great free-weights exercises. Using a combination of free weights and machines for unilateral exercises is best.

### **Can unilateral moves build muscle and burn fat?**

Of course, in the same way a bilateral movement can. It's training overall rather than a specific form of exercise that's responsible for building muscle or burning fat – and make no mistake, it's always a good idea to include unilateral exercises in a workout if you want to achieve these goals.

*Unilateral exercises such as the TRX pistol squat can help you iron out imbalances*



*'With a unilateral move you're able to focus more on a specific area of your physique'*

## **STRENGTH BALANCE**

**Your three-step guide to achieving balanced gains for maximum size and strength**

**1** Doing bilateral moves exclusively can lead to muscular imbalances because your stronger side may take control of more of the weight.

**2** An unbalanced physique can lead to injury and poor posture, and make completing those big lifts harder.

**3** Include unilateral moves in most workouts to give your weaker side the opportunity to develop to reduce these risks.





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*'The beauty of HIIT is that you can do sprinting, cycling, swimming - whatever your favourite activity is'*



# PERFECT CARDIO

***Burn fat effectively by doing the right type of cardio, says Adam Gethin***

***I have been running for years but I don't seem to lose any weight. Why is this?***

Low-intensity cardio training, such as jogging, is one of the most popular tactics for weight loss but it's far from the best. Long-duration, steady-state cardio isn't an efficient way to burn body fat - if fat loss is your primary objective, you'd be better off doing short sharp sessions.

***Why isn't this form of cardio best for fat loss?***

Slow cardio training can lead to an increase in your levels of the stress hormone cortisol because of the pressure this type of training puts on your system. Cortisol encourages the storage of abdominal body fat - in other words belly fat, the very fat most men want to lose in the first place - and also lowers your levels of testosterone, which is essential for building muscle and burning fat. This type of training is also often accompanied by the desire to eat a lot of carbs and not enough protein, which will also lead to fat storage.

***What type of training should I be doing then?***

Lift weights and do high-intensity cardio training instead. Lifting weights helps to promote the release of growth hormones that burn fat, and you'll also add more

muscle, which has the effect of making your body burn a greater number of calories, even at rest. High-intensity interval training (HIIT) is also an effective fat-loss tactic because it has the same effect on your body as weight training.

***What is HIIT?***

Short, intense bursts of sprinting, cycling or any other type of exercise. Typically, it involves short periods of all-out effort followed by slower periods of recovery before repeating this pattern. HIIT creates an oxygen debt that your body must balance after your training session, which has the effect of burning far more calories and releasing more growth hormone.

***How do I create a HIIT plan?***

Due to the nature of this training and the level of intensity required, you don't want to be doing it every day. If you did, it would quickly fatigue your nervous system, at which point it would stop being effective. Instead, do two or three workouts a week in which, after a thorough warm-up, you alternate between 20-30 seconds of all-out effort and 45-60 seconds of recovery. Repeat this pattern eight to 12 times and finish with a warm-down. The beauty of HIIT is that the exercise you do can be sprinting, cycling, swimming,

## FEELING THE BURN

Why HIIT torches fat

### 1// CREATE A DEBT

Intensive exercise creates an oxygen debt as your muscles use oxygen at a quicker rate than you can take it in.

### 2// PAY IT OFF

This deficit must be replaced once training has ceased, to return your body to a balanced state.

### 3// REAP THE REWARD

As your body 'pays off' the oxygen debt, it increases the rate at which calories are burned, so fat stores are chipped away during this period of metabolic increase.

rowing, punching - whatever your favourite activity is. As you get fitter, increase the length of the work period and reduce the recovery period.

***Should I still do longer, slower cardio sessions?***

If you love getting outdoors and going for a long run or bike ride, then you should definitely still continue to do this every now and then because the benefits to your health, sense of wellbeing and mood are undeniable and shouldn't be ignored. However, you should treat these activities as recovery sessions rather than expecting them to make a positive difference to your physique if fat loss is your primary objective.







# HOME WORKOUTS

*Short of time, cash or equipment? You don't have to spend money on gym fees or even leave the house to get yourself a strong, muscular physique. The six routines here can be done in your living room and, as long as you keep the intensity high, can be just as effective as any gym workout. Five of them consist of purely bodyweight moves so they don't require any kit at all - and the other uses just a pull-up bar, the simplest bit of kit there is and one that can be stuck in any doorway. No excuses - you can start doing these workouts right now.*





# CHOOSE SLIDES

**Harness the power of the slider - not the burger kind - and build gym-free muscles in just minutes a day**

We wouldn't normally advise you to let your workouts slide but in this case we'll make a very important exception. By doing the following five moves with a pair of XRSslides ([xrslide.com](http://xrslide.com)) or a pair of towels and a smooth floor, you can hit your muscles from angles that just aren't possible with conventional workout kit while keeping them under the constant tension that will shock them into growth. Give fat the slip with these five moves.

## **1** Sliding flye

SETS 3 REPS 5

Start in a press-up position with your hands on the sliders. With a slight bend in your elbows, bring your hands out to the sides, lowering your chest until it's a fist's width from the floor. Pause at the bottom, then bring your hands back in.

### DIRECTIONS

- Strength coach Ben Bruno, who devised this workout, suggests doing it once a week, either as a finisher for your upper-body day or as a standalone session.
- Do all the reps of each move before moving on to the next one, resting for 60sec between sets.





## 2 Sliding hamstring curl

SETS 3 REPS 8

Lie on your back with your feet on the sliders, close to your glutes. Extend your legs as far as possible without letting your bum touch the floor, then use your hamstring muscles to draw them back towards you. Keep your glutes and lower back off the floor throughout.

A



B



## 3 Sliding roll-out

SETS 3 REPS 5

Starting from your knees, extend your arms ahead of you and allow the sliders to move forwards until your body is as close to horizontal as possible. Contract your abs to pull back in and finish the move. Nothing but your feet, knees and hands should touch the floor during this move.

A



B



## 4 Sliding triceps curl

SETS 3 REPS 5

Starting in a press-up position with your hands on the sliders, keep your upper arms vertical while you bend your arms and let your hands slide forwards. At the end of the move your forearms should be flat on the floor. Use your triceps to pull yourself back up.

A



B



## 5 Body saw

SETS 3 REPS 12

Start in a plank position with your feet on the sliders and your forearms on the floor with your hands clasped in front of you. Push on your forearms to 'saw' your body backwards and forwards, keeping tension in your abs throughout.

A



B





# PRESSED FOR TIME

No gym, no kit, no problem. This press-up complex will test your chest to the limit

Here's the good news: you don't have to queue for your gym's sole bench to build an athletic upper body. In fact, bench pressing isn't even the best way to do it. This zero-kit workout, designed by strength and conditioning expert JC Santana, hits the muscle fibres in your chest and arms from every direction for the optimal number of reps needed for growth. Better yet, you can do it at home in just a few minutes a day.

## 1 Rotational press-up

REPS 20

This hits your shoulder muscles from an odd angle, building strength and stability. Start in a press-up position and lower yourself to one side, twisting as you do so most of your weight is on one shoulder. Press up, then do the same on the other side. That's two reps.

### DIRECTIONS

- Do this workout once or twice a week.
- Do it 48 hours away from your regular bench day or as your regular upper-body workout.
- Do all the reps of each move back to back (or with as little rest as possible), rest for two minutes and repeat two more times.





## 2 Shuffle press-up

REPS 20

Get in a press-up position with one hand ahead of your shoulder and one behind. Lower yourself to the floor and press up. That's one rep. At the top of the move, jump or walk your hands into the opposite position, then do the next rep. Continue alternating.



## 3 Diamond press-up

REPS 10

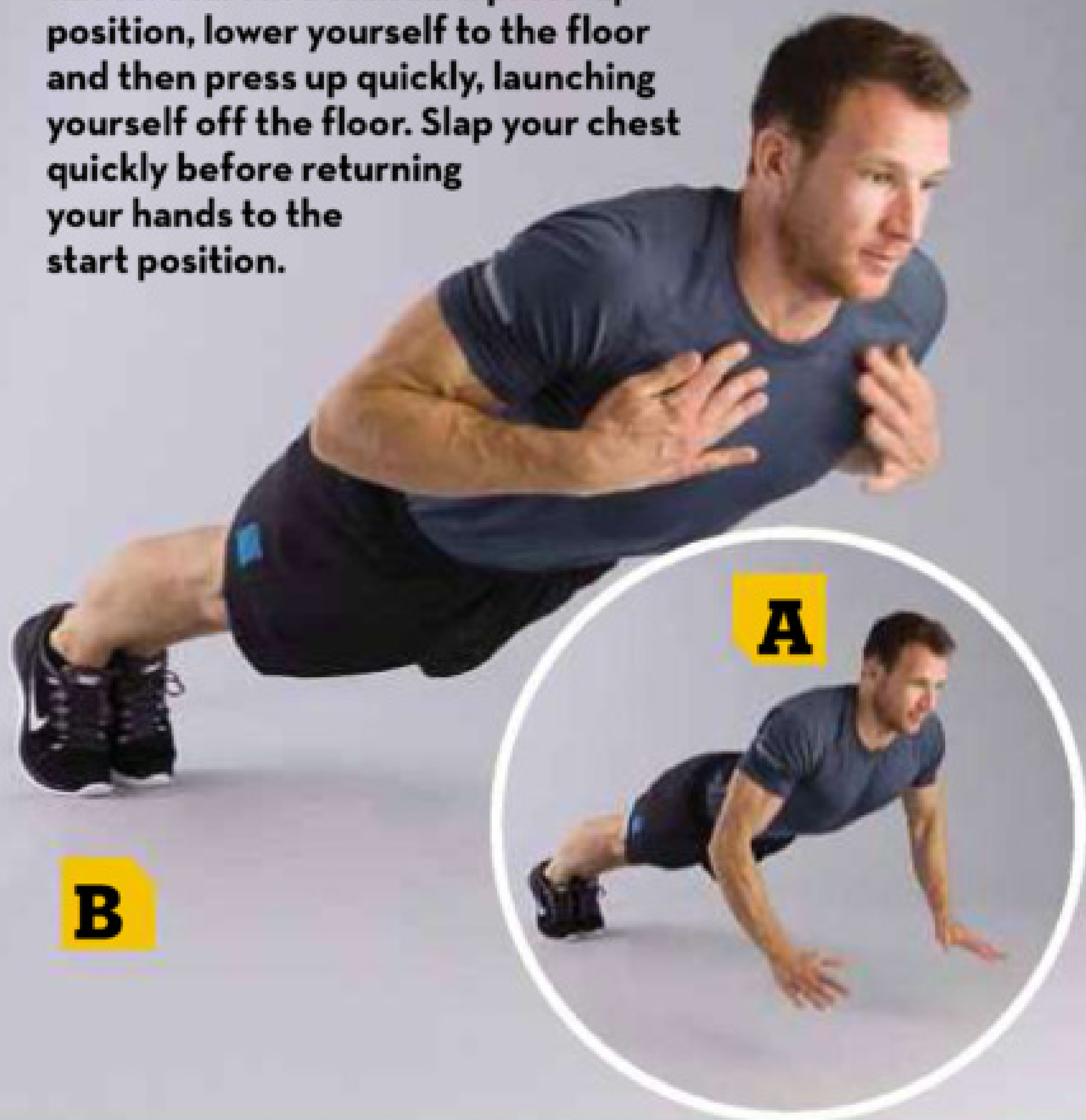
For this triceps blaster, position your hands together under your chest so your index fingers and thumbs form a triangle, and lower yourself until your chest touches your hands. Press back up to the start.



## 4 Gorilla press-up

REPS 10

This variation on the clap press-up forces you to get more height, taxing your fast-twitch fibres. Start in a standard press-up position, lower yourself to the floor and then press up quickly, launching yourself off the floor. Slap your chest quickly before returning your hands to the start position.



## 5 One-leg press-up

REPS 10

This is easier than the one-arm variation but still taxes your core. Raise one leg, keeping your glutes tight, and do a press-up. Switch legs and repeat. That's two reps. Now do the rest.





# ONE MORE ROUND

**Boxers know that bodyweight conditioning is the fast track to fat loss. Take on this circuit for lean, punch-proof abs**

Forget pummeling a side of beef or hauling an ox-cart through the Siberian snow - when it comes to conditioning, most boxers like to keep things simple. One of the most effective ways to build arm and abs strength without jumping up a weight class is bodyweight training, and nobody knows that better than sought-after boxing trainer Ross Enamait ([rosstraining.com](http://rosstraining.com)).

This workout, based on the way Enamait trains his fighters, doesn't require any kit but will tax your entire body. And you don't even need a pint of raw egg as a chaser - that's what protein shakes are for.

## **1** One-legged burpee

TIME 30SEC

This variation on the burpee taxes your balance and one-legged explosiveness. Drop into a press-up position but with one foot off the floor. Pop back up to standing (keeping that foot off the floor throughout), then jump and land on the same leg. Switch legs for the next rep.

### **DIRECTIONS**

- Do this workout two or three times a week.
- Go straight through all the exercises, doing as many reps as possible in the time allowed. Then rest for one minute and repeat.
- Three rounds is the minimum. Five means you're championship material.





## 2 Knuckle press-up

TIME 30SEC

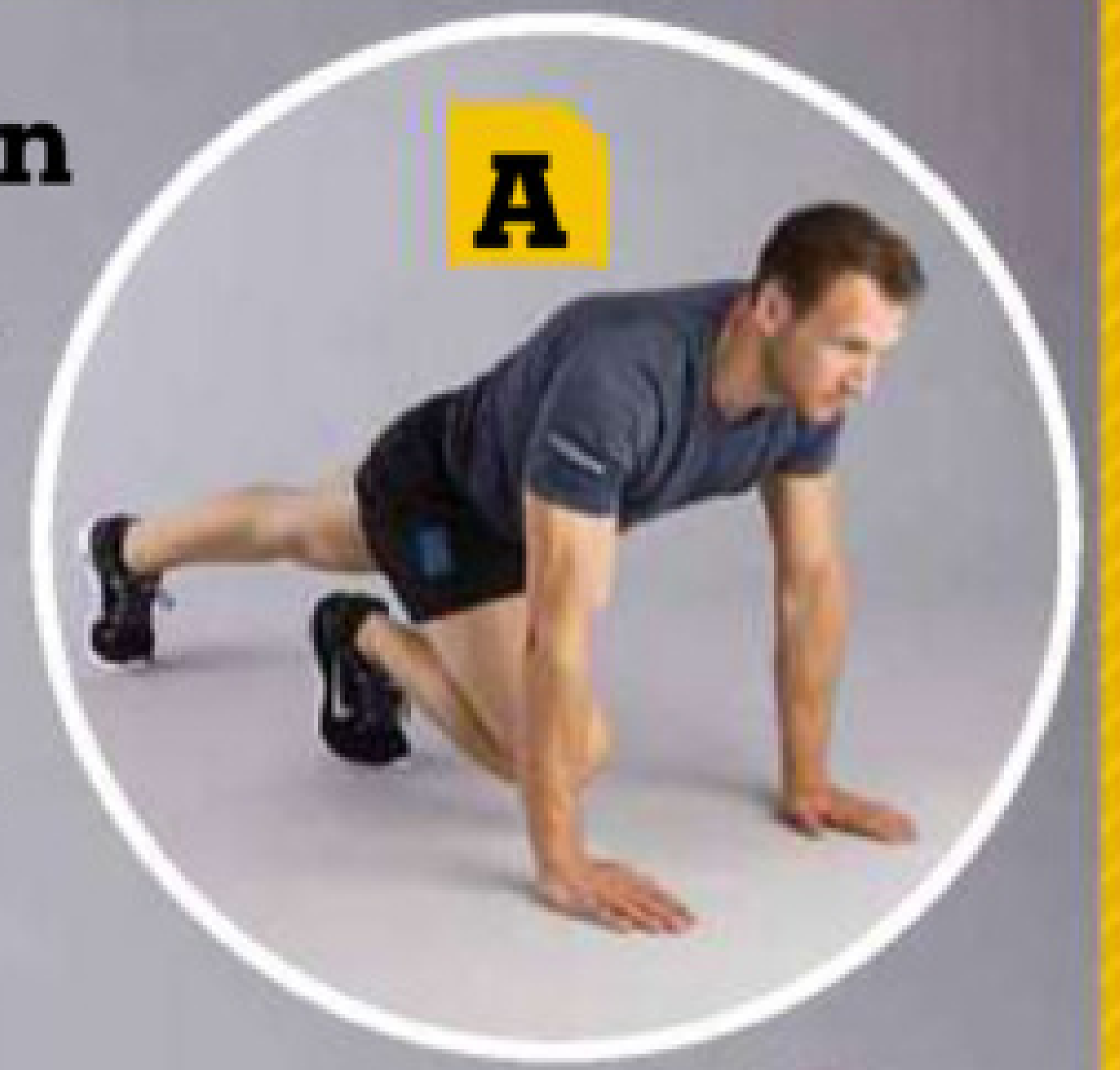
This press-up variation tests your triceps and gets your knuckles used to a bit of contact. Start in a press-up position on clenched fists. Lower yourself until your chest is almost on the floor, keeping your elbows in, then press back up powerfully.



## 3 Mountain climber

TIME 30SEC

Starting in a press-up position, bring one knee to your chest, then quickly switch legs. Perform each rep quickly as if you're sprinting.



## 4 V-sit

TIME 30SEC

Lie on the floor with your arms stretched above your head. Brace your core. Bring your arms and legs up quickly so that your hands and feet meet at the top of the move. Lower under control.



## 5 Alligator press-up

TIME 30SEC

Start in a press-up position, then bring one knee forward to touch your elbow as you lower your chest to the floor. Walk forward with your hands, bringing your other knee forward to your other elbow. Continue moving forward until the time is up.





# MOBILISE YOUR RESOURCES

## Adding the right dynamic stretches to your workout will pay off in muscle gains

Getting in shape isn't just about the tonnage you can hoist in the gym. For starters, how fit are you really if you can bench press an ungodly amount but can't touch your toes? Also, consider the muscle-building benefits of greater balance and flexibility. Both mean you'll be able to shift more weight through a greater range of motion, which will increase your hormone production and help you build an athlete's body. This circuit, based on NFL strength coach Joe DeFranco's protocol for professional athletes, will keep you supple and strong.

### DIRECTIONS

- Do this mini-workout four times a week, either before your regular sessions or as a standalone plan.
- It's a mobility workout, so it won't tax your muscles too much.
- Go through all the moves once, rest for 30 seconds, then repeat.



1

### Rolling saddle stretch

REPS 8

Start in a sitting position with your legs close together. Roll backwards along your spine so you end up with your back on the floor and your legs in the air. Try to get a little forward momentum during each rep, reaching forwards with your arms.

B





## 2 Squat to stretch

REPS 8

Squat, grab the ends of your toes and stand up while still holding on. You should feel the stretch in your hamstrings. Release your hold and straighten up, then repeat.

## 3 Wide mountain climber

REPS 10 EACH SIDE

Start in a press-up position and bring one leg forwards as far as possible, outside your arm. Move your foot back to the start position, then repeat on the other leg.



## 4 Groiner

REPS 10

Start in a press-up position and jump your feet forwards to land just outside your hands. Pause for a second, pushing out on your knees with your elbows for a more intense stretch. Jump your feet back to the start to complete one rep.



## 5 Pistol

REPS 5 EACH SIDE

This is the toughest move of the bunch but is excellent for knee and ankle mobility. Stand on one leg and slowly lower yourself into a one-leg squat, going as low as possible and keeping your other foot straight out in front of you. If it's too tough, hold on to a bench or chair with one hand.





# ON THE PULL

**To build a strong back, all you need is a pull-up bar and this quickfire circuit**

Every member of the Bartendaz, a New York-based collective dedicated to pushing the boundaries of what's possible on a pull-up bar, has a muscular, V-shaped back - that's why we went to them for a workout that would help you get the same. This routine, designed by Bartenda Arleigh Corbin, incorporates three variations of the classic pull-up to hit your posterior muscles from all angles. It also adds moves to carve your abs and arms, and you can do it all from the comfort of your living room doorway - all you need is a bar. For more visit [bartendaznyc.com](http://bartendaznyc.com).

## 1 Triangle

SETS 2 REPS 8

**This is the shoulder builder. Starting with a wide grip, pull yourself up and to the right so your chest touches your right fist. Pull across to move your chest horizontally to touch the other fist, then lower yourself to the hanging position to complete the triangle. On your next rep, go the other way.**

**B**

### DIRECTIONS

- Do this workout twice a week, either as a standalone circuit or in addition to your usual gym sessions.
- Do all the reps of each move before moving on, and remember - controlled reps don't just look cooler, they also force your muscles to grow more.

**A**







**A**

## 2 Invisible stairs

SETS 2 REPS 8

It's a classic show-off move but also a proven abs builder. Pull yourself up and around in a circle while moving your legs as if climbing stairs. Keep your leg movement slow and controlled and try to match the steps to your movement. Reverse the direction on the next rep.



**B**

**3**

## Biceps builder

SETS 2 REPS 8

This is a tougher take on the classic close-grip chin up. Hang from the bar with your palms facing inwards and hands touching. Pull up, then lower under control.



**A**



**B**

**4**

## Tarzan

SETS 2 REPS 8

Another biceps-heavy exercise. You can do this on a jungle vine too - but no swinging. Grab the bar with one hand on either side and pull up until you touch the bar with your shoulder on one side. Lower under control, then pull up to the other shoulder. That's two reps.



**A**



**B**

**5**

## L-sit

SETS 2 REPS 6

Doing this under control will tax every muscle. Starting from a hang, bring your legs up until they're parallel to the floor. Pull up until your chin is over the bar, and lower, keeping your legs at the same angle. If that's too hard, do it as a knee raise by bending your legs at the knee.



**A**



**B**



# STRIKE BACK AT FAT

**Losing the battle against that spare tyre?  
Give your body a kick-start with the world's  
best martial arts exercises**

Sometimes you can't beat the originals. That's why strength and conditioning expert Martin Rooney, trainer to the likes of former UFC champion Frankie Edgar, spent a year travelling the globe to study with martial artists in a huge variety of styles. Rooney wanted to harness their centuries of experience to find the greatest moves his athletes weren't doing. This workout combines the best of them into a full-body circuit that'll test every muscle and fire up your metabolism to burn fat - so even if you don't want to get in the ring, you'll look as if you could.



## **1** Sit-out

REPS 30SEC

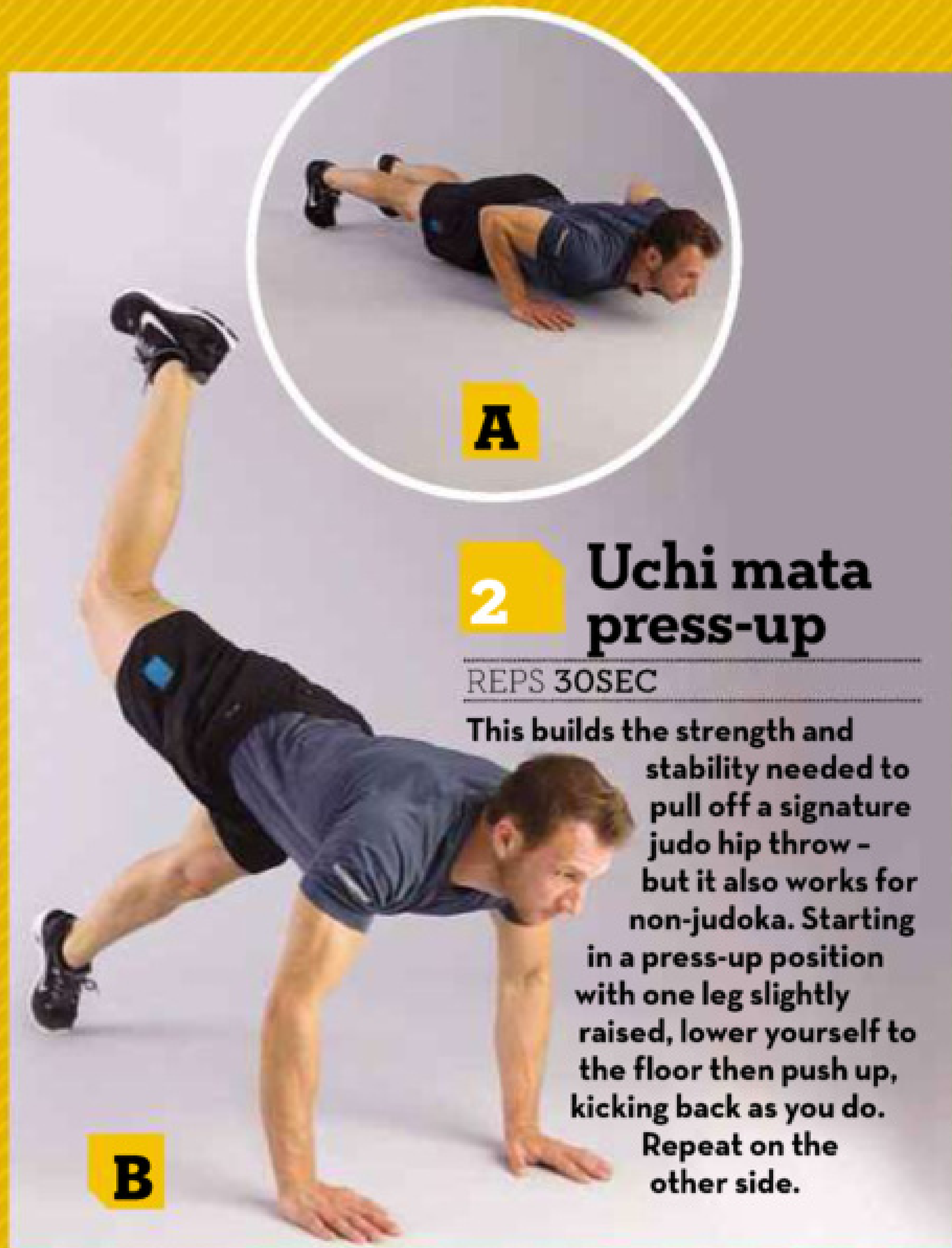
This wrestling staple mimics the movement you'd use to get out from under an opponent. Start with hands and feet on the floor, then lift one hand and kick the opposite leg through the gap, keeping your foot off the ground. Return to the start position, then repeat on the other side.



## **DIRECTIONS**

- Do this workout two or three times a week.
- Do each move at speed for 30 seconds, pause for ten seconds, then repeat - that's one round.
- Rest for a minute and do two more rounds for a fat-burning circuit roughly the length of an MMA fight.





**A**

**2 Uchi mata press-up**  
REPS 30SEC

This builds the strength and stability needed to pull off a signature judo hip throw - but it also works for non-judoka. Starting in a press-up position with one leg slightly raised, lower yourself to the floor then push up, kicking back as you do. Repeat on the other side.

**B**



**A**

**3 Kick bridge**  
REPS 30SEC

This Muay Thai move works all the muscles used in the teep front kick including your quads and glutes, which are vital for most sports. Raise one leg, keeping it straight, with the other foot close to your buttocks. Push your hips as high as possible, kicking at the end of the move. Do 15sec on one side and 15sec on the other.

**B**

**4 Divebomber press-up**  
REPS 30SEC

This favourite among Russian Sambo wrestlers will work your arms and shoulders into fighting shape. Start on all fours with your arms and legs straight, then 'dive' towards the floor. Push your shoulders and torso up, then reverse the move and return to the start position.



**A**

**B**

**5 Hip bump sit-up**  
REPS 30SEC

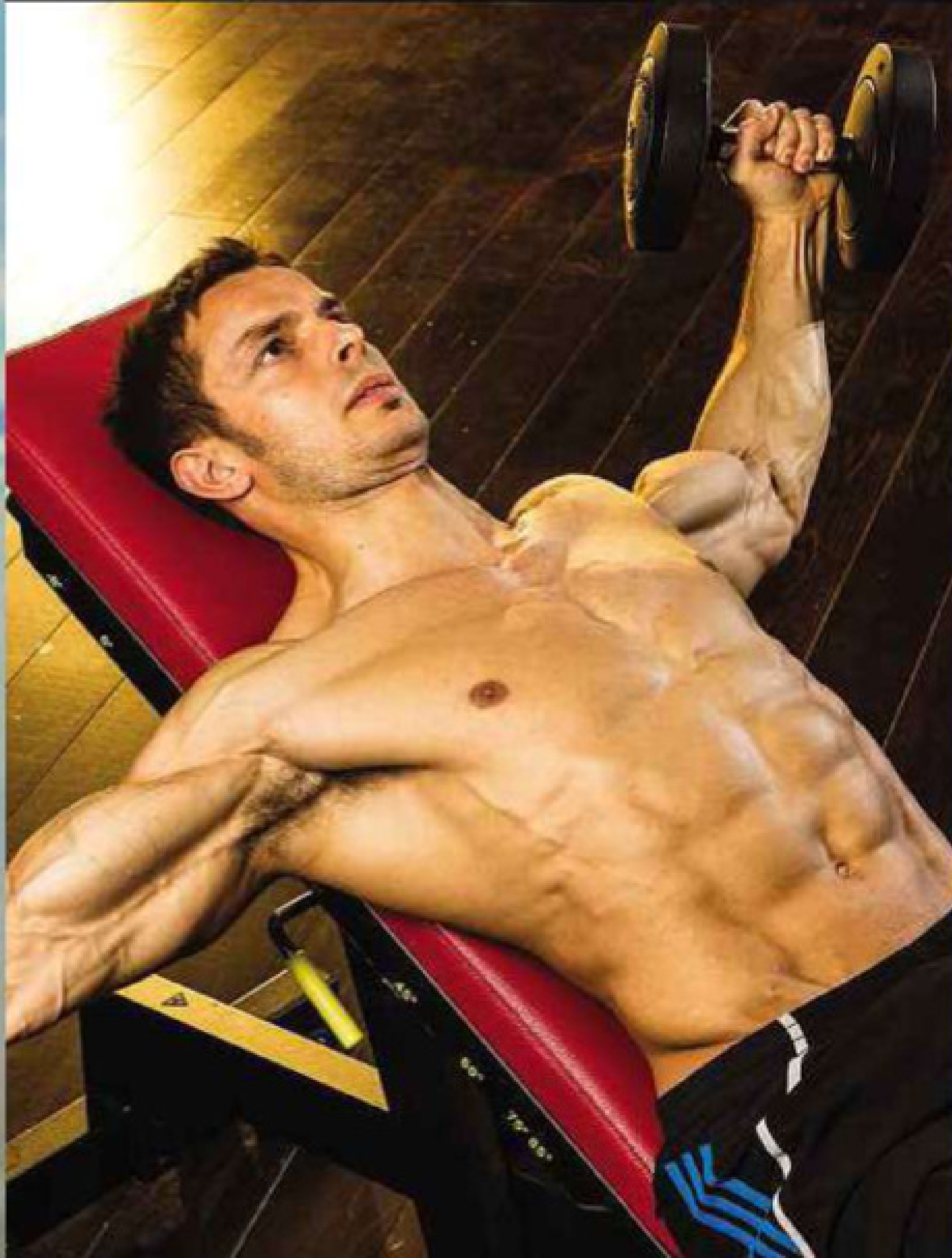
This move, used frequently in Brazilian jiu jitsu, builds the core strength and explosiveness you need to get an opponent off you and on his back. Lie on your back, then raise yourself in a bridge, staying on one elbow, and turn to look over one shoulder. Return to the floor, then repeat to the other side.



**A**

**B**







# COVER MODEL WORKOUTS

*How do you get on the cover of Men's Fitness magazine? Charm? Persistence? Handsomeness? All of those help, but there's one thing all MF cover models have in common - they train like absolute demons. So if you want to look like you belong on the cover, what better way than to follow a cover model's workout plan? We asked four of our best guys how they got in shape and you'll find the answers in this section. Follow their advice and who knows - maybe one day it'll be you gracing the front of the mag.*





# NO EXCUSES

**Multiple injuries and a full-time job haven't stopped Richard Pearce making it onto the cover of Men's Fitness. Here's how he did it**



**I**'ve dislocated my shoulder a few times - mostly playing rugby,' says Richard Pearce, *Men's Fitness* cover model and the man pictured on the opposite page. 'I've had two operations so I need constant rehab to keep it stable. I do a lot of rotator cuff work. Otherwise, I try to keep things simple.'

Simple, it should be noted, is not the same as easy - especially when you've also got a full-time job as a surveyor. 'I hit the gym six times a week, alternating between body parts in a pretty traditional split. I also cycle to and from work - about 10K each way - and do cardio three times a week.' Wait, cardio on top of cycling? 'Yeah, I do a circuit of Hyde Park - about 6K - in my

lunch break. I run, shower and eat in under an hour.' It can be done, readers.

Of course, packing on the muscle while doing triathlete-level cardio takes dedication in the kitchen as well as the gym. 'I'll typically have meat and nuts for breakfast, meat and veg for lunch then meat and salad for dinner,' he says. 'I tend to snack on chicken pieces, and I have two protein shakes a day - one after the gym and one in the evening. Sunday is a cheat day - I eat what I want, sometimes in excess, but it stops me craving during the week.'

It's a packed schedule, but Pearce still thinks there's time for more. 'I had a full rugby season last year but I haven't played this season. I still need to find a club in London.' Crikey.

## The Training Plan

**Pearce trains six days a week, splitting his sessions into four pairs of body parts. Each workout is made up of three supersets - a heavy compound move followed by a lighter isolation hit. Try it if you dare.**







## WORKOUT 1

# BACK & BICEPS

1A

## Wide-grip pull-up

SETS 3 REPS 8

Grasp the bar with an overhand grip, hands as wide apart as is comfortable. Start from a dead hang with your arms fully extended. Pull yourself up by squeezing your lats together. Once your chin is over the bar, pause briefly then lower yourself slowly back to the start.



1B

## Chin-up

SETS 3 REPS 8

Grasp the bar with an underhand grip, hands shoulder-width apart. Start from a dead hang with your arms fully extended. Then pull yourself up by squeezing your lats together. Once your chin is over the bar, pause briefly then lower yourself slowly back to the start.





**2A** **Bent-over row**

SETS 3 REPS 5

Hold a bar with your hands just wider than shoulder-width apart. Leaning forward at the hips, pull the bar up until it touches your abs. Lower under control.



**2B** **Reverse bench flye**

SETS 3 REPS 10

Lie face down on a bench set at 45° with a weight in each hand. Keeping your arms slightly bent, raise the weights until they're level with your shoulders, then lower under control.

**3A** **Dumbbell curl**

SETS 3 REPS 8

Stand tall with your shoulders back and your feet close together holding a pair of dumbbells with an underhand grip, hands just outside your hips. Keeping your elbows tucked in to your sides, curl the dumbbells up towards your chest, stopping just before your forearms reach vertical. Lower slowly back to the start.



**3B** **One-arm row**

SETS 3 REPS 10 EACH SIDE

Hold a dumbbell in one hand with your opposite knee and hand on a bench, and your other leg out to the side. With your core braced and a natural arch in your back, lift the weight up towards your side, leading with the elbow. Pause at the top before returning to the start. Repeat with the other arm.



## WORKOUT 2

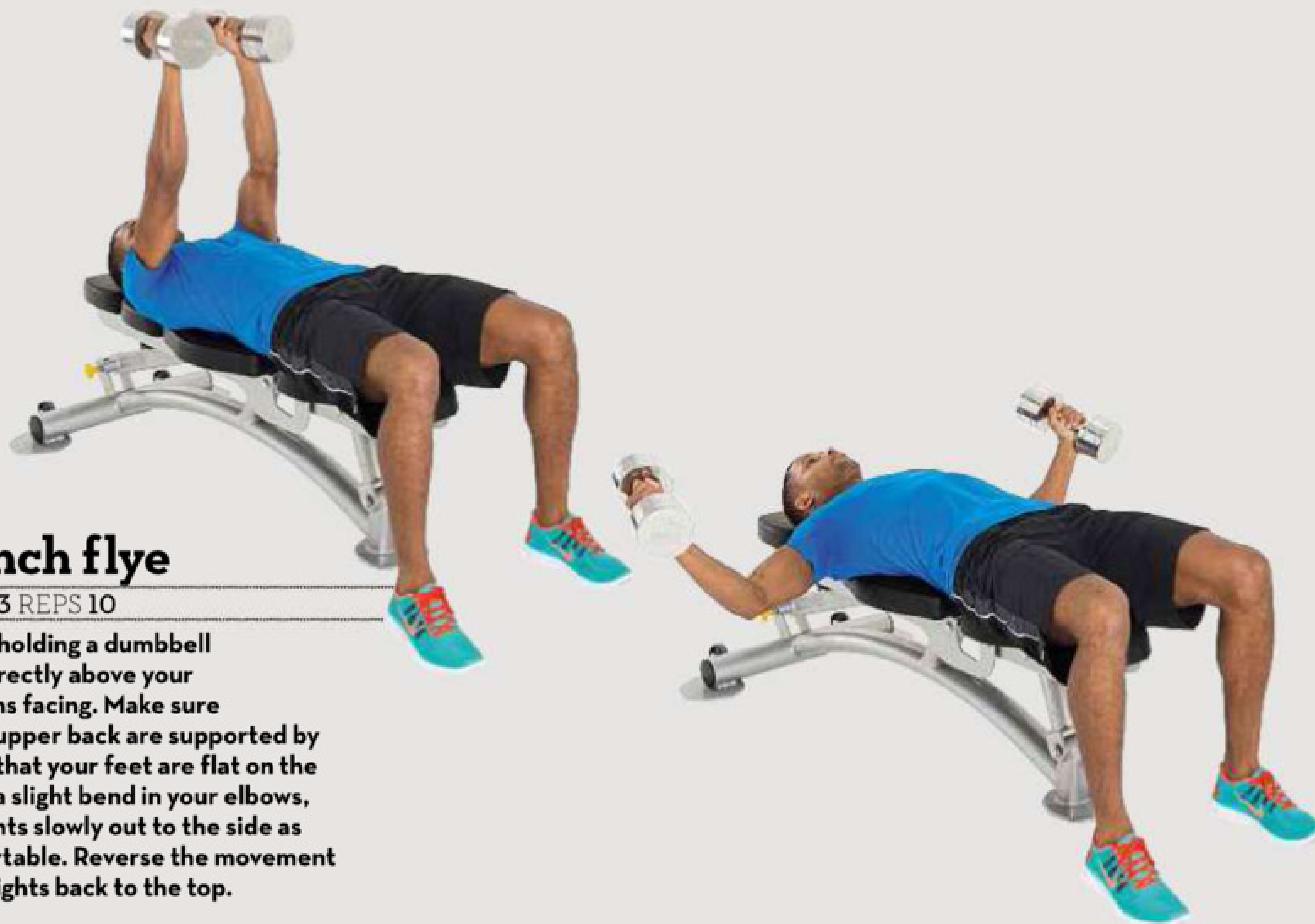
# CHEST & TRICEPS

1A

## Wide-grip bench press

SETS 3 REPS 5

Lie on the bench with your feet on the floor directly under your knees. Hold the bar with an overhand grip, hands  $1\frac{1}{2}$  times shoulder-width apart. Slowly lower the bar until it's almost touching the middle of your chest, taking your elbows out to  $90^\circ$ . Drive your feet hard into the floor and push the bar strongly back to the start position.



1B

## Bench flye

SETS 3 REPS 10

Lie on a bench holding a dumbbell in each hand directly above your chest with palms facing. Make sure your head and upper back are supported by the bench and that your feet are flat on the floor. Keeping a slight bend in your elbows, lower the weights slowly out to the side as far as is comfortable. Reverse the movement to raise the weights back to the top.



## 2A Incline bench press

SETS 3 REPS 5

Hold the bar with an overhand grip, hands just wider than shoulder-width apart. Slowly lower the bar until it's almost touching the middle of your chest, taking your elbows out to 90°. Push the bar strongly back to the start position.



## 2B Incline flye

SETS 3 REPS 10

Lie on an incline bench holding a dumbbell in each hand directly above your chest with palms facing. Make sure your head and back are supported. Keeping a slight bend in your elbows, lower the weights slowly out to the side as far as is comfortable, then raise the weights back to the top.

## 3A Dumbbell bench press

SETS 3 REPS 8

Lie on a bench holding a dumbbell in each hand at shoulder height. Keep your feet flat on the floor and your back against the bench. Press the weights directly above your head but don't lock out your elbows. Slowly lower the weights back down, flaring your elbows out to the sides.



## 3B Skullcrusher

SETS 3 REPS 12

Lying on a bench, hold a dumbbell over your face. Lower the weight using your triceps, keeping your upper arms vertical. Push back up under control.



## WORKOUT 3

# LEGS & CORE



1A

## Deadlift

SETS 3 REPS 5

Grip a barbell with hands shoulder-width apart and feet under the bar. Drop your hips, then drive through your heels and push your hips forward to pull the bar up your body. Stand straight at the top of the move, then lower the bar under control.

1B

## Walking lunge

SETS 3 REPS 10 EACH SIDE

Holding a kettlebell or a dumbbell in each hand, take a big step forward into a lunge, then push off your front foot to stand. Step forward with the other foot and continue, alternating, so you travel forward.





## 2A Stiff-legged deadlift

SETS 3 REPS 8

With legs straight, lean forward from the hips - not the waist - and lower the bar down the front of your shins until you feel a good stretch in your hamstrings. Don't let your back round as you lower. Reverse the move back to the start and push your hips forward.



## 2B Lunge

SETS 3 REPS 12 EACH SIDE

With a weight in each hand, take a big step forward, making sure your knee is over your front foot and not beyond it. Lower until both knees are bent at 90° before pushing back off your front foot to return to the start position.

## 3A Squat

SETS 3 REPS 5

Rest the bar against the back of your shoulders - not on your neck - holding it with an overhand grip, elbows pointing down. Your feet should be wider than shoulder-width apart, toes turned out. Squat until your thighs are at least parallel to the floor. Drive back up through your heels.



## 3B Kettlebell swing

SETS 3 REPS 20

Hold a kettlebell in both hands. Bend forward at the hips, swinging the kettlebell between your legs, then pop your hips forward to swing the kettlebell up.



**WORKOUT 4**  
**SHOULDERS & TRAPS**



**1A** **Overhead press**

SETS 3 REPS 5

With your feet shoulder-width apart, position a bar on your upper chest, gripping it with hands just wider than shoulder-width apart. Press the bar directly upwards until your arms are fully extended. Lower the bar back to your chest and repeat.



**1B** **Military press**

SETS 3 REPS 8

With your feet together, hold a pair of dumbbells at shoulder height. Press the dumbbells directly upwards until your arms are fully extended. Lower the dumbbells back to your shoulders and repeat.



## 2A Seated press

SETS 3 REPS 8

Sit on an upright bench holding a pair of dumbbells at shoulder height. Press the dumbbells directly upwards until your arms are extended overhead. Lower the dumbbells under control.



## 2B Seated lateral raise

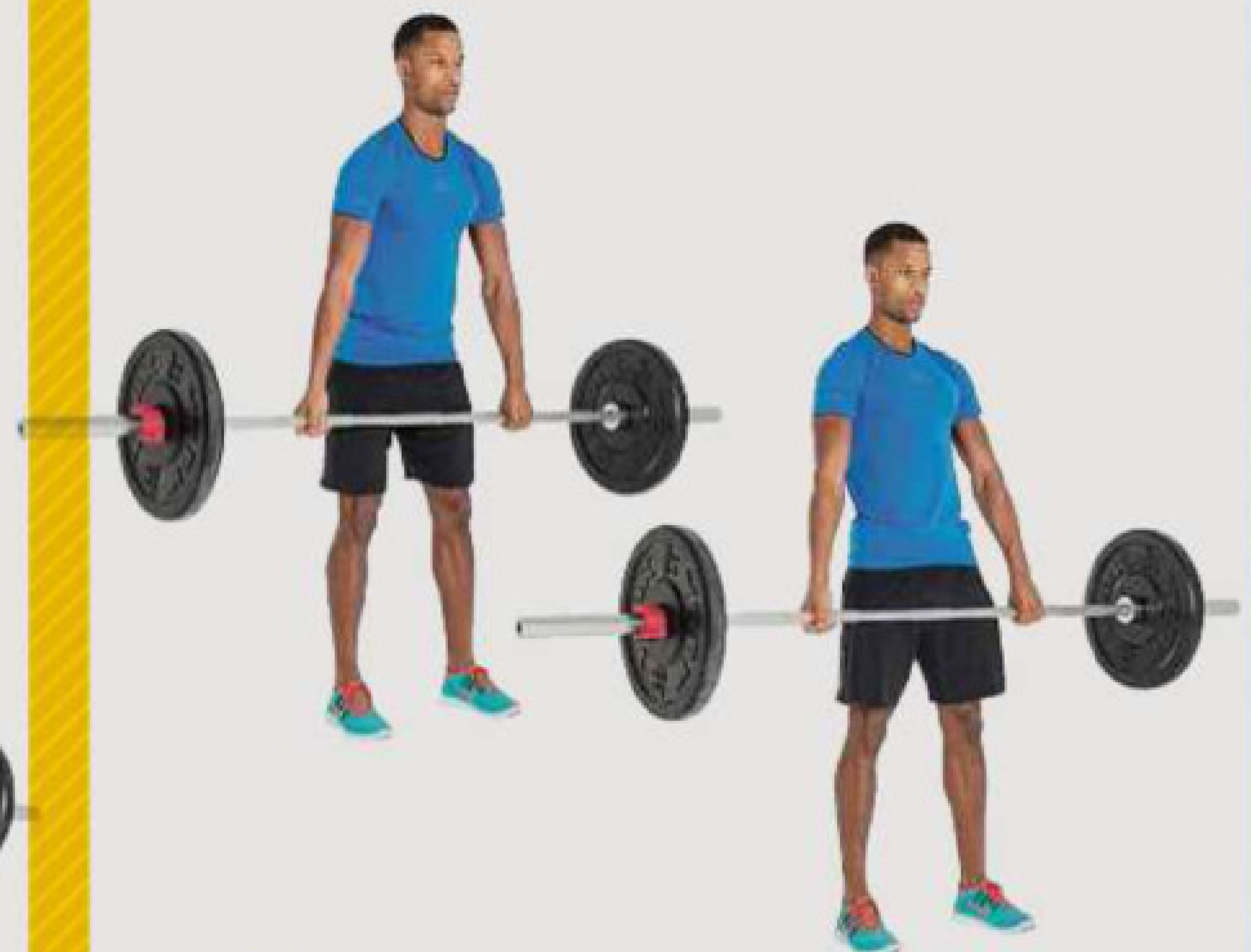
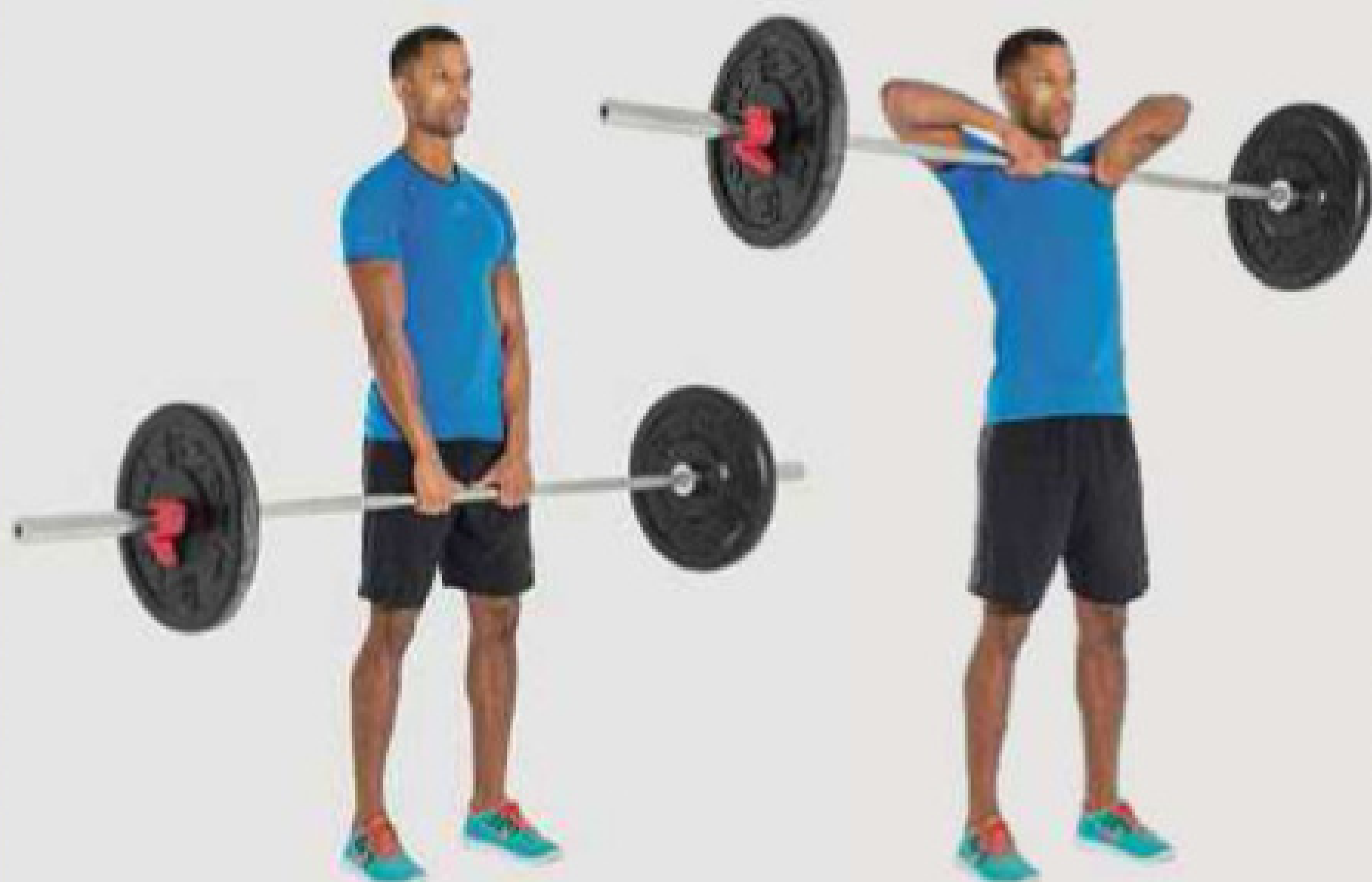
SETS 3 REPS 12

Sit on an upright bench holding a dumbbell in each hand by your sides with palms facing. Keeping a slight bend in your elbows, raise the weights out to the sides using your muscles and not momentum. Stop at shoulder height and return to the start.

## 3A Upright row

SETS 3 REPS 8

Stand tall holding a barbell with an overhand grip slightly narrower than shoulder-width. Lift the bar towards your chin, leading with your elbows, which should point to the ceiling. Slowly lower the bar back to the start.



## 3B Barbell shrug

SETS 3 REPS 10

Hold a barbell with your hands shoulder-width apart. Shrug your shoulders up towards your ears, keeping your arms straight. Hold for a second at the top position before slowly lowering the weight back down.



# TOP MAN



**Toby Rowland has been seriously ripped for years – that’s why he’s our most-used cover model. Here’s how he stays in phenomenal shape**

**T**o appear on the cover of *Men’s Fitness* magazine is a big achievement for any man. To do it five times, as Toby Rowland has? Unprecedented. It won’t surprise anyone to hear that staying in shape for the next *MF* shoot is something Rowland takes very, very seriously.

‘I train six days a week,’ he says. ‘And even on my day off, usually Wednesday, I still foam roll to get ready for the next session. I do a lot of antagonistic supersets to make

sure I target my body in a balanced way and change the muscle groups I’m emphasising each week.’

If you’re feeling brave, you can try tackling Rowland’s plan, which is detailed over the next four pages. Aim to do Workouts 1-4 during the working week and, if you’ve got the energy, repeat Workout 3 on Sundays. Want a physique to rival Rowland’s? Alternate between doing Workout 1 and Workout 2 again on Saturdays. Rest on Wednesdays – you’ll have more than earned it.

The Week	
Your guide to Toby Rowland’s training regime	
MONDAY	WORKOUT 1
TUESDAY	WORKOUT 2
WEDNESDAY	REST/FOAM ROLL
THURSDAY	WORKOUT 3
FRIDAY	WORKOUT 4
SATURDAY	ALTERNATE WORKOUT 1 AND 2
SUNDAY	WORKOUT 3







## WORKOUT 1

# CHEST & TRICEPS

1

## Heavy bench press

SETS 5 REPS 5

Lie on the bench with your feet on the floor, directly under your knees. Hold the bar with an overhand grip, hands  $1\frac{1}{2}$  times shoulder-width apart. Slowly lower the bar to your chest until your elbows are bent at  $90^\circ$  and the bar is touching the middle of your chest. Drive your feet hard into the floor and push the bar back strongly to the start position.



2

## Dumbbell flye

SETS 3 REPS 10

Lie on a bench holding a dumbbell in each hand directly above your chest with palms facing. Make sure your head and upper back are supported on the bench and your feet are flat on the floor. Keeping a slight bend in your elbows, slowly lower the weights out to the sides as far as is comfortable. Use your chest to reverse the movement and raise the weights back to the top.





### 3 Dumbbell incline bench press

SETS 3 REPS 10

Lie on a bench set at a slight angle holding a dumbbell in each hand at shoulder height. Keep your feet flat on the floor and your back against the bench. Press the weights directly above your head but don't lock out your elbows at the top. Slowly lower the weights back down to your chest, flaring your elbows out to the sides.



### 4 Explosive press-up

SETS 3 REPS 10

Start with your hands shoulder-width apart and your body straight from head to heels. Lower yourself until your elbows are bent at 90°, then press back up powerfully - your hands should leave the floor at the top of the move. Land under control and repeat.

### 5 Pec dip

SETS 3 REPS MAX

Grip parallel bars and lean forward as far as you can, bracing your core. With your elbows pointing straight back, lower your body as far as you can comfortably go without stressing your shoulders. Don't swing your legs for momentum. Press back up powerfully but don't lock out your elbows at the top.



### 6 Diamond press-up

SETS 3 REPS 10

Place your hands close together so that your thumbs and index fingers form a diamond. Keep your body straight from head to heels. Lower yourself until your elbows reach 90°, then press back up.



## WORKOUT 2

# BACK & BICEPS

1

## Wide-grip pull-up

SETS 3 REPS 10

Grasp the bar with an overhand grip with your hands as far apart as possible. Start from a dead hang with your arms fully extended. Pull yourself up by squeezing your lats together. Once your chin is higher than your hands, pause briefly, then slowly lower yourself back to the start.

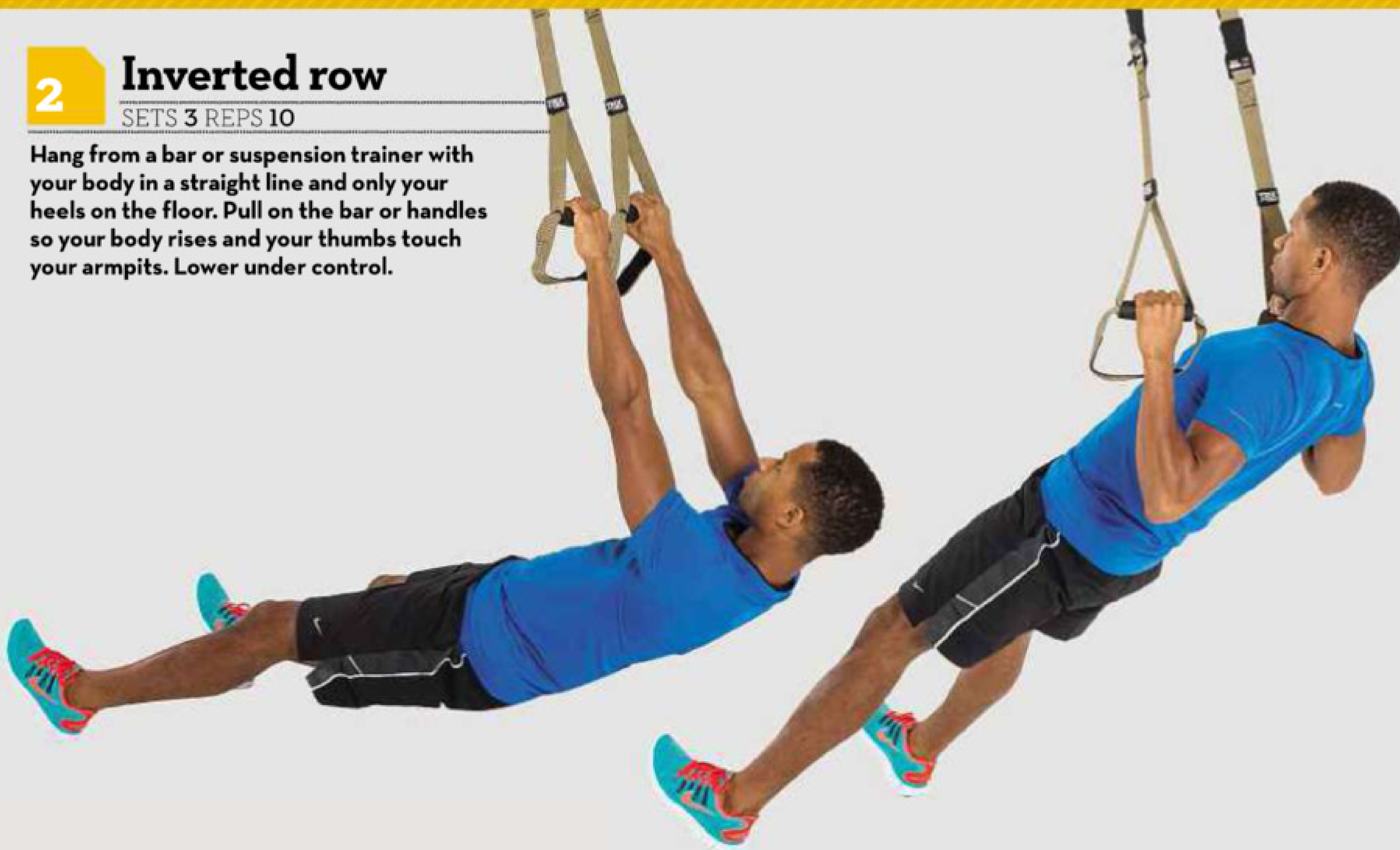


2

## Inverted row

SETS 3 REPS 10

Hang from a bar or suspension trainer with your body in a straight line and only your heels on the floor. Pull on the bar or handles so your body rises and your thumbs touch your armpits. Lower under control.





### 3 Underhand bent-over row

SETS 3 REPS 10

Lean forward at the hips holding a bar with a shoulder-width grip, palms facing away from you. Pull the bar up until it touches your abs. Lower under control.



### 4 Press-up to renegade row

SETS 3 REPS 10

Start in a press-up position holding the handles of a pair of kettlebells. Perform a press-up. At the top of the move, row one kettlebell upwards until your thumb touches your armpit. Keep your body straight - don't twist. Repeat on the other side. Replace the kettlebells with dumbbells for extra instability.

### 5 Dumbbell biceps curl

SETS 3 REPS 10

Stand tall with your shoulders back and your feet close together, holding a pair of dumbbells with your palms facing forward and your hands just outside your hips. Keeping your elbows tucked in to your sides, curl the dumbbells up towards your chest, stopping just before your forearms reach vertical.



### 6 Reverse curl

SETS 3 REPS 10

Stand tall with your shoulders back and feet close together, holding a pair of dumbbells with your palms facing behind you and hands just outside your hips. Keeping your elbows tucked in to your sides, curl the dumbbells up towards your chest, stopping just before your forearms reach vertical.



# WORKOUT 3

## LEGS & SHOULDERS



### 1 Deadlift

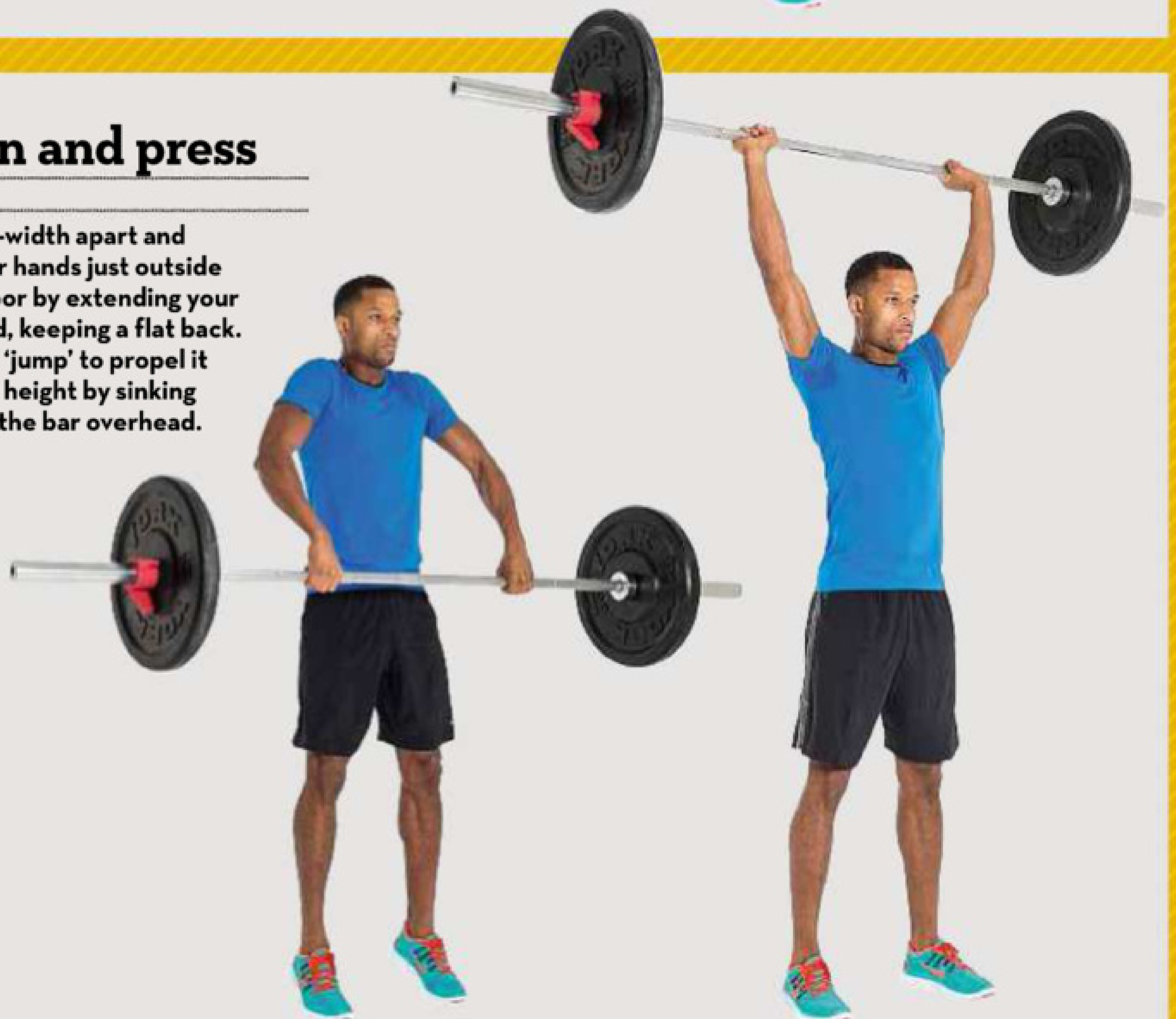
SETS 3 REPS 10

Standing with your feet shoulder-width apart, grab the bar with your hands just outside your legs. Pull the bar up your body by driving your hips forward, keeping your back flat.

### 2 Barbell clean and press

SETS 3 REPS 10

Standing with your feet shoulder-width apart and knees bent, grip the bar with your hands just outside your shins. Lift the bar off the floor by extending your legs and driving your hips forward, keeping a flat back. When the bar passes your knees, 'jump' to propel it upwards, and catch it at shoulder height by sinking under it slightly. Stand and press the bar overhead.





3

## Dumbbell push press

SETS 3 REPS 10

Stand holding a pair of dumbbells at your shoulders. Perform a quarter-squat and then drive up explosively, using the momentum to push the dumbbells overhead.



4

## Barbell upright row

SETS 3 REPS 10

Stand tall holding a barbell with an overhand grip, hands slightly narrower than shoulder-width apart. Pull the bar up towards your chin explosively, leading with your elbows. Slowly lower the bar back to the start.

5

## Seated lat raise

SETS 3 REPS 10

Sit on a bench holding a light dumbbell in each hand by your sides with palms facing one another. Keeping a slight bend in your elbows, raise the weights out to the sides using your muscles and not momentum. Stop at shoulder height, pause for a second, then slowly return to the start.



6

## Kettlebell swing

SETS 3 REPS 10

Hold a kettlebell in both hands, with your feet just wider than shoulder-width apart. Bend forward at the hips and knees and swing the kettlebell between your legs, then pop your hips forwards to swing the kettlebell upwards. At the end of the move, the kettlebell should reach shoulder level.



## WORKOUT 4

# CORE



1

### Medicine ball V-sit

SETS 3 REPS 10

Lie on the floor holding a medicine ball above your head. Use your core to pull your arms and legs together above you so the ball touches your shins. Lower under control.

2

### Medicine ball woodchop

SETS 3 REPS 10

Stand tall, holding a medicine ball in both hands above one side of your head. Twist your body down and to the side. The medicine ball should end up outside the opposite shin. Return to the start.







### 3 Hanging leg raise

SETS 3 REPS 10

Hang from a bar with your body straight. Use your lower abs to raise your legs until they are parallel to the ground.



### 4 Hanging twisting knee raise

SETS 3 REPS 10

Hang from a bar with your knees bent. Use your lower abs to raise your legs until your thighs are at least parallel to the ground, then twist to one side. Return to the start, then bring your knees back up and twist to the other side.

### 5 Rower sprint

SETS 5 DISTANCE 250M REST 1MIN

Start with your arms straight and the seat close to your heels. Drive powerfully through your feet, keeping your back straight. Pull the handle to your sternum and lean back slightly. Slowly reverse the movement to the start.





# HEROIC MEASURES

*Kirk Miller trains for life - not just to look good. Learn from his wisdom*

**T**here are basically two ways to get the nickname 'Abs': either award it to yourself and hope everyone joins in, or get in such heroic shape that it just comes naturally. Kirk 'Abs' Miller, in case you're wondering, did the latter. And although he puts in the hours at the gym, he's convinced that anyone can follow his lead. Yes, including you.

'At the moment my workouts come from what I call my Hero sessions,' Miller says. 'I train six days a week, but only do four main days of weights - and no workout lasts longer than 50 minutes. Each is designed to add power, build muscle and torch body fat.'

Of course, a lot of the hard work is done in the kitchen, and Kirk's no

slouch there either. 'I'm a big fan of keeping calories as high as possible and increasing training intensity and volume, rather than cutting weight by going too low with food,' says Miller. 'Even though what I eat is quite regimented, I prefer not to count macros or calories. And I just make slight adjustments if I've got specific goals to hit.'

In fact, as far as fitness models go, Miller is at the more relaxed end of the scale. 'I love food and my social life too much to worry about dieting 24/7. If I've eaten healthy and trained hard, I'm happy to switch off at the weekend with a decent cheat meal and a few vodkas. It helps with motivation and gives you something to look forward to.'









## WORKOUT 1

# QUADS & HAMSTRINGS

Each pair of moves is a superset, so complete a set of the first and move straight on to the second with minimal rest, then rest as indicated and repeat. Warm up with two to three supersets of squats and gym ball leg curls, using a light weight with 60-90 seconds' rest.

### 1A Squat

SETS 4 REPS 5

Rest the bar against the back of your shoulders - not your neck - holding it with an overhand grip. Your feet should be just wider than shoulder-width, toes pointing out slightly. Squat until your thighs are at least parallel to the floor - the deeper, the better. Drive back up through your heels.



### 1B Gym ball leg curl

SETS 4 REPS 5 REST 2MIN

Lie with your upper back on the floor and your heels on a gym ball, with your hips off the ground. Pull your heels in, raising your hips.



### 2A Stiff-legged deadlift

SETS 4 REPS 15

Hold a barbell with hands just wider than shoulder-width apart, using a mixed grip, and stand with feet hip-width apart. Push your hips forward. Allow your knees to bend slightly while you lower the bar down your shins until you feel a stretch in your hamstrings. Keep your lower back arched throughout.

### 2B Alternating dumbbell lunge

SETS 4 REPS 20 EACH LEG REST 30-60SEC

Holding a dumbbell in each hand, take a big step forward so that your trailing knee almost brushes the ground. Don't let your front knee go past your toes. Return to the start position, and repeat on the other leg.





**WORKOUT 2**

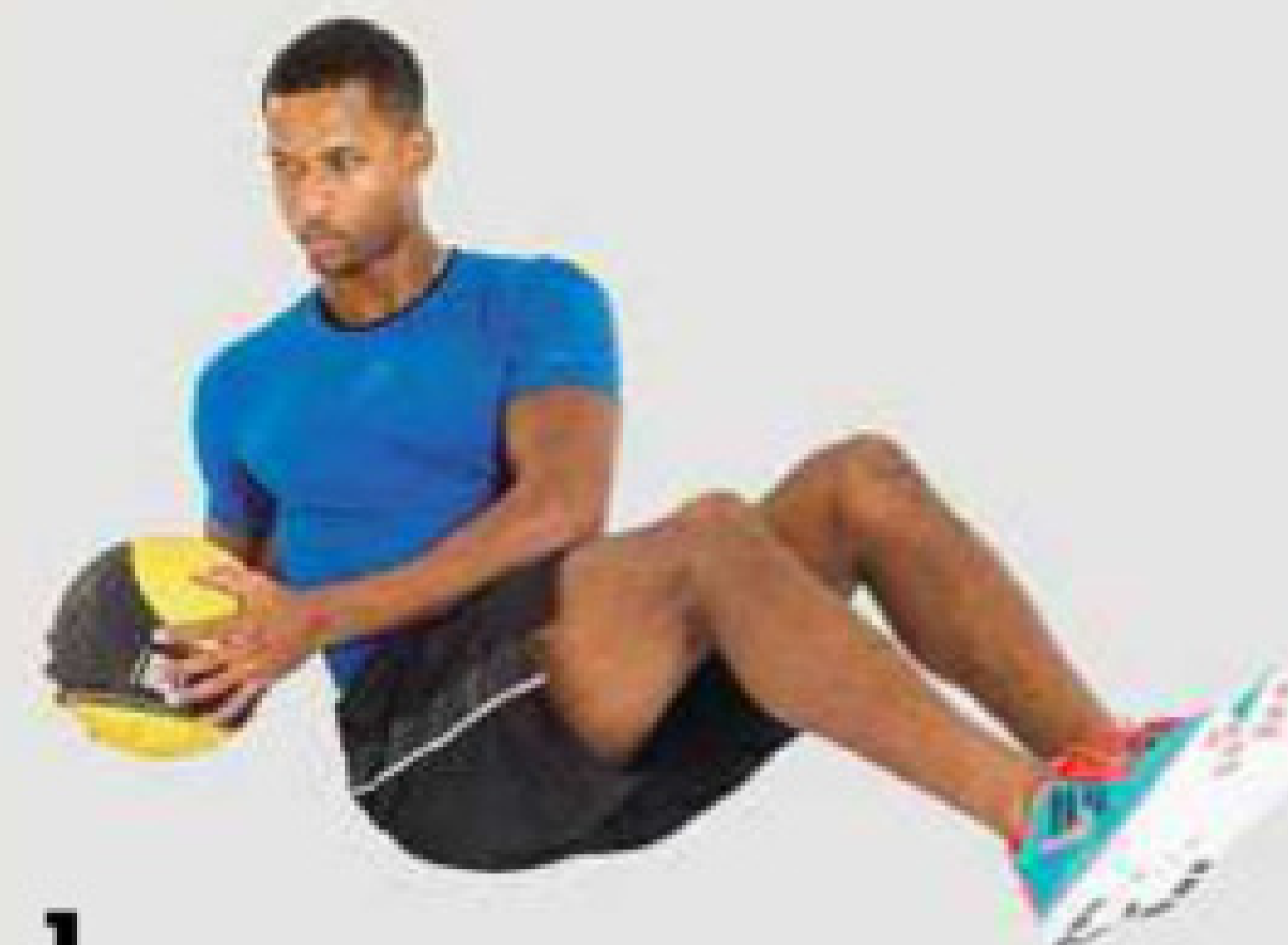
**ABS & CORE**



**1 Hanging knee raise**

SETS 4-5 REPS 6-12 REST 45-60SEC

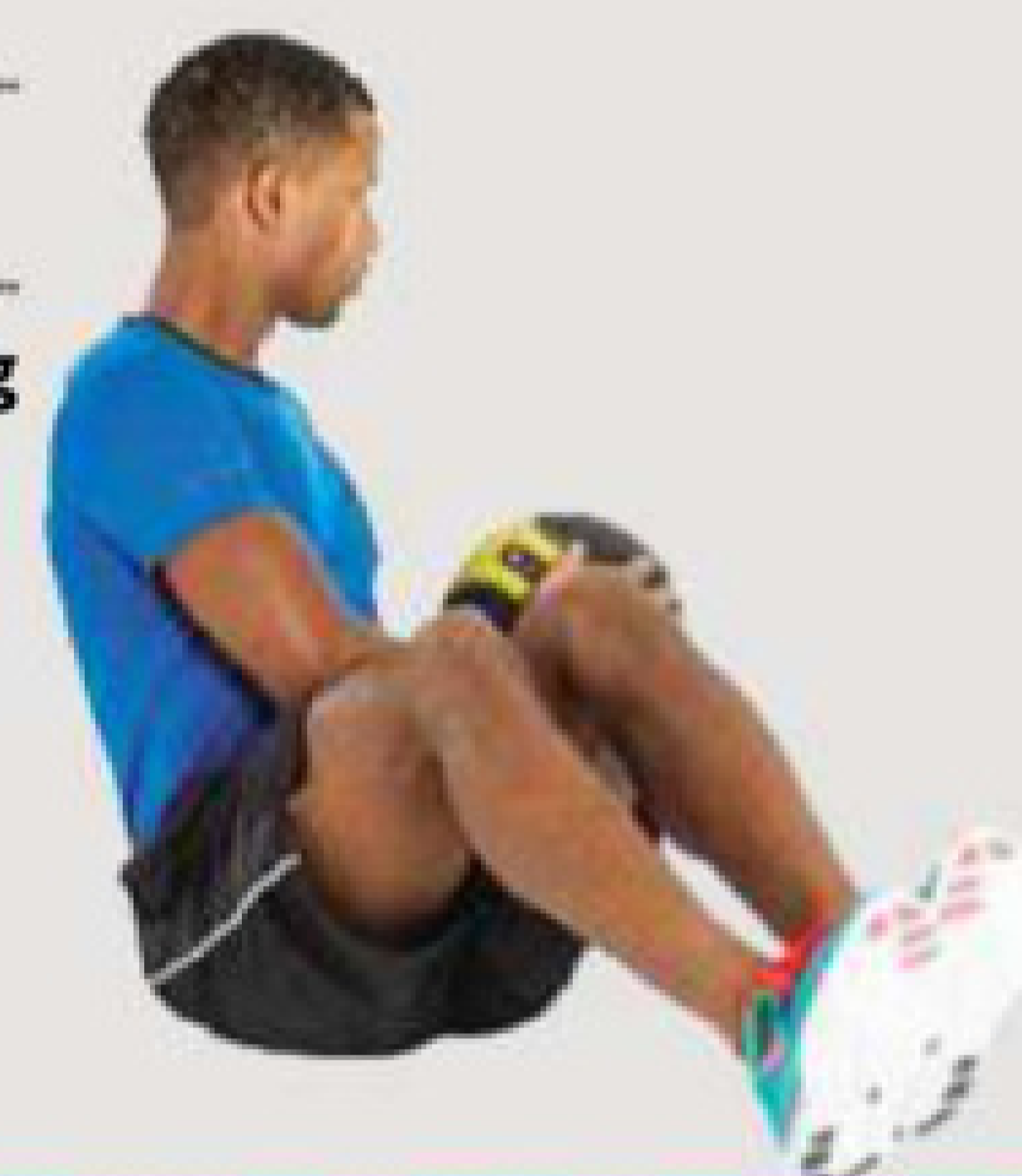
Hang from a bar with your knees bent. Keeping them bent, use your lower abs to raise them until your thighs are at least parallel with the ground. Add weight if it's too easy.



**2 Seated med ball Russian twist**

SETS 4-5 REPS 8-12 REST 45-60SEC

Sit with your knees bent, holding a medicine ball in front of you. Keeping your core braced and your torso upright, rotate fully to one side. Return to the start, then twist the other way and return to the start position. That's one rep.



**3 Plank**

SETS 4-5 TIME 60SEC REST 30SEC

Hold your body in a straight line from shoulders to heels with your elbows beneath your shoulders and your head looking down. Maintain the position without letting your hips sag.



**4 Weighted crunch**

SETS 4-5 REPS 6-12 REST 45-60SEC

Lie on the floor with your knees bent, holding a dumbbell or weight plate against your chest. Crunch up, then lower under control. Do the first set with bodyweight and then increase the weight with each set.



## WORKOUT 3

# BICEPS & TRICEPS

Warm up with two to three supersets of close-grip bench presses and standing barbell curls, using a light weight with 60 seconds' rest. Perform exercises 2A and 2B as a superset.

1

### Close-grip bench press

SETS 4 REPS 5 REST 60SEC

Lie on a bench holding a barbell with an overhand grip, hands roughly two fist's widths apart. Keep your head, shoulders and back supported by the bench, your core braced and your feet flat on the floor. Lower the bar slowly to your chest, keeping your elbows close to your sides. Push back up powerfully, but don't lock out your elbows.



2A

### Skullcrusher

SETS 4 REPS 15

Lying on a bench, hold a dumbbell over your face. Lower the weight using your triceps, keeping your upper arms vertical. Push back up under control.



2B

### Dumbbell curl

SETS 4 REPS 15 REST 60SEC

Stand with feet shoulder-width apart with a dumbbell in each hand. Curl the weights to shoulder height, then lower slowly back to the start.



3

### Seated twisting dumbbell curl

SETS 3 REPS 20 REST 60SEC

Sit upright on a bench holding a dumbbell in each hand with palms facing. Curl the weights up to shoulder height, rotating them 90° as you do.





**WORKOUT 4**

**SHOULDERS & TRAPS**

Warm up with two to three supersets of power clean and presses and reverse dumbbell flies, using a light weight with 60 seconds' rest. Perform moves 3A and 3B as a superset.

**1 Standing push press**

SETS 4 REPS 5 REST 60SEC

With your feet shoulder-width apart, position a bar on your upper chest, gripping it with hands just wider than shoulder-width apart. Bend at the knees into a quarter squat, then stand and press the bar directly upwards until your arms are extended overhead. Keep your core braced and don't tilt your hips forwards. Lower the bar back to your chest.



**2 Seated dumbbell lateral raise**

SETS 4 REPS 10 REST 60SEC

Sit on a bench with your core braced and feet apart, holding a light dumbbell in each hand by your sides with palms facing each other. Keeping a slight bend in your elbows, raise the weights out to the sides using your muscles and not momentum. Stop at shoulder height, pause for a second, then slowly return to the start.



**3A Power clean and press**

SETS 4 REPS 15

Grasp a bar with your hands just wider than shoulder-width apart. Push through your heels to lift it off the floor, and as it passes your knees, use your hips to keep driving it up. Catch the bar on your chest in a shallow squat. Stand and press the bar overhead.



**3B Incline reverse dumbbell flye**

SETS 4 REPS 15 REST 60SEC

Lie face down on an incline bench, holding a dumbbell in each hand. With a slight bend in your arms, raise them to either side. Pause at the top, and lower under control.



## WORKOUT 5

# CHEST & BACK

Each pair of moves is a superset, so complete a set of the first and move straight on to the second with minimal rest, then rest as indicated and repeat. Warm up with two to three supersets of deadlifts and incline chest presses using a light weight, with 60 seconds' rest.

### 1A Deadlift

SETS 4 REPS 5

Standing with your feet shoulder-width apart, grab the bar with your hands just outside your legs, using a mixed grip as shown. Lift the bar by driving up through your heels, keeping your back flat.



### 1B Incline barbell chest press

SETS 4 REPS 5 REST 2MIN

Hold the bar with an overhand grip, hands shoulder-width apart. Slowly lower the bar until it's almost touching your chest. Drive the bar upward powerfully.





## 2A Wide-grip pull-up

SETS 4 REPS 8

Grasp the bar in an overhand grip with your hands wider than shoulder-width apart. Start from a dead hang with your arms extended. Pull your chin above your hands by squeezing your lats together.



## 2B Incline dumbbell press

SETS 4 REPS 10 REST 90SEC

Lie on a bench set at a 45° angle holding a dumbbell in each hand at shoulder height. Keep your feet flat on the floor and your back against the bench. Press the weight directly above your head but don't lock out your elbows at the top. Slowly lower the weight back down to your chest, flaring your elbows out to the sides.

## 3A One-arm dumbbell row

SETS 4 REPS 15 EACH SIDE

Place one knee and the corresponding hand flat on a bench, with your other leg out to the side. Hold a dumbbell in your other hand. With a natural arch in your back and your core braced, lift the weight up towards your side, leading with the elbow. Pause at the top, then return to the start. Complete all the reps on one side, then switch arms.



## 3B Seated shoulder press

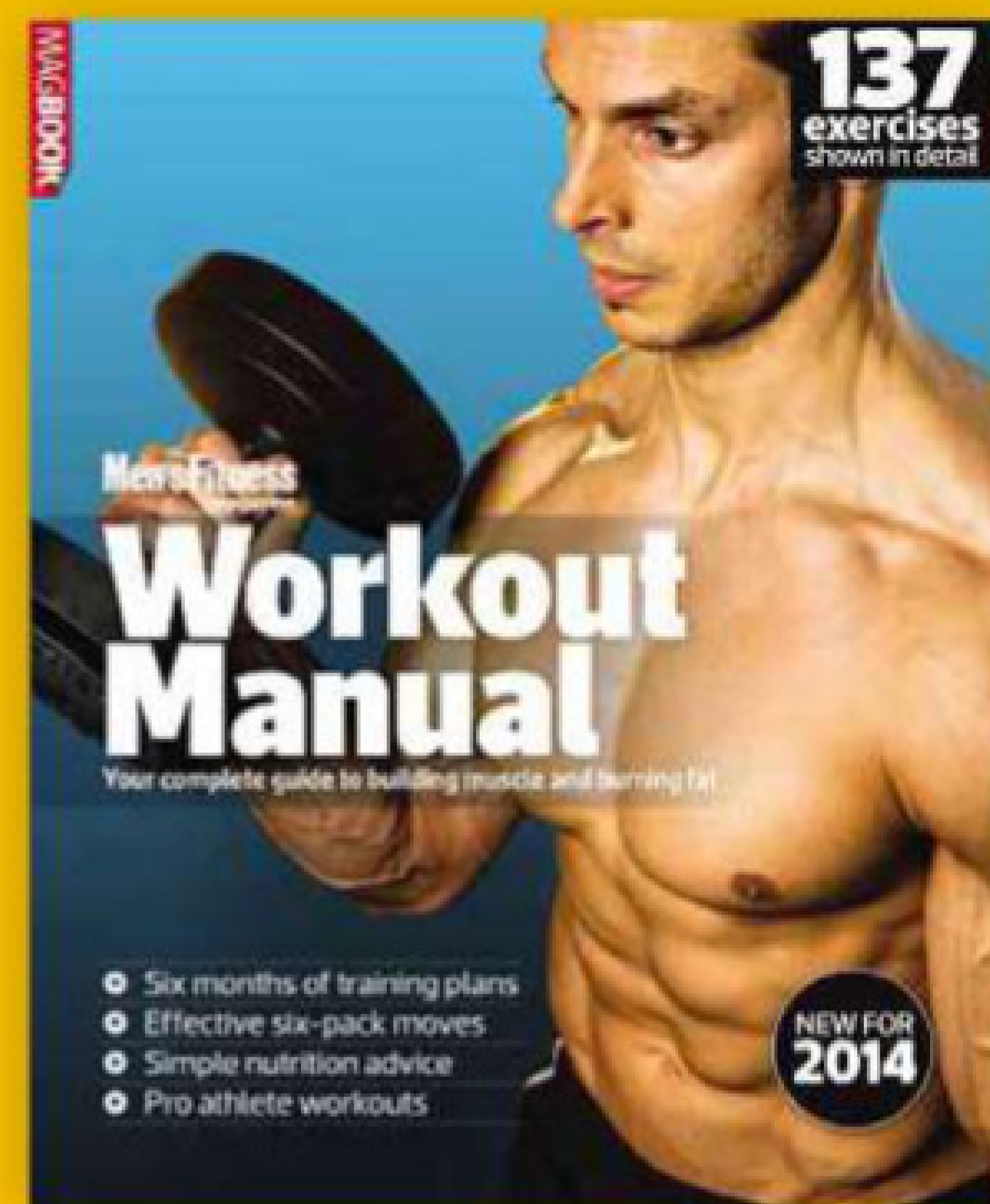
SETS 4 REPS 10 REST 60SEC

Sit on an upright bench holding a dumbbell in each hand at shoulder height. Keep your feet flat on the floor, core braced, back against the bench and head looking forward. Press the weights up powerfully until your arms are fully extended then return slowly to the start.



# GET FIT FOR LIFE

**Men's Fitness model Richard Scrivener doesn't just look the part - he's a heavy-lifting, high-kicking fitness machine**



**S**ome models look flawless when stationary but decidedly less stellar when they're in motion. Not Richard Scrivener. The veteran *Men's Fitness* model and personal trainer spends at least as long working on his movements as he does on building muscle. 'I typically train between five and eight times a week,' says Scrivener. 'I ensure that I work on multiple fitness components every single week: strength, conditioning, power, mobility, movement mastery, flexibility and basic gymnastics. When I feel that my body can tolerate it, I'll add some hypertrophy too.' That clearly happens a lot, because... well, look at him.

And in case there's any doubt, he also throws a mean kick. 'I'm absolutely addicted to capoeira,' says Scrivener. 'I train at the London School of Capoeira once or twice every week. It's a blend of martial arts and gymnastics and gives me one of the toughest workouts I do - it's great for building flexibility, control and strength and this definitely carries over into my other training.'

It's definitely not just about looking good for Scrivener - he describes fitness as 'my lifetime's work and my passion'. 'I love to learn,' he says. 'Over the years an incredible amount of knowledge about exercise has become accessible from all the scientific research conducted, and that's made the health and fitness industry extremely interesting. Working in this industry, I'm constantly learning about how to make myself and my clients more healthy. All the other stuff people crave, such as a strong, lean physique, enhanced energy and better performance, comes as a by-product of good health.'

So there you have it: work on getting healthy, and watch the rest follow.

## How to do the workout

**This week of workouts is based on a typical seven days of Scrivener's training, where he also incorporates a variety of movement and martial arts classes. You're not him (or Batman) though, so anything more than the weights work is a bonus.**

<b>Monday</b>	<b>Workout 1 (p81), mobility</b>
<b>Tuesday</b>	<b>Morning: Workout 2 (p82), mobility. Afternoon: capoeira class</b>
<b>Wednesday</b>	<b>Animal Flow, basic gymnastics</b>
<b>Thursday</b>	<b>Morning: Workout 3 (p84), mobility. Afternoon: capoeira class</b>
<b>Saturday</b>	<b>Mobility, conditioning, barefoot running, Animal Flow, HIIT</b>







## WORKOUTS

# WARM UP

Warm up with some dynamic stretches and general mobility work, such as leg and arm swings and foam rolling, then do this circuit with a very light or even unweighted barbell.



1

## Downward/upward dog

REPS 10

Start in an upside-down V-shape, with your hips up. Dive towards the floor, then bring your chest and head up. Reverse the movement to return to the start position.

2

## Overhead squat

REPS 10

Hold a barbell overhead with your hands roughly double shoulder-width apart. Squat down as low as possible, keeping your armpits turned forwards for extra stability, then stand up.



3

## Stiff-legged deadlift

REPS 10

Holding the bar in front of your thighs with a mixed grip, bend forward at the hips with a slight bend in your knees. When you feel the stretch in your hamstrings, pause for a second, then straighten up. Avoid rounding your back.

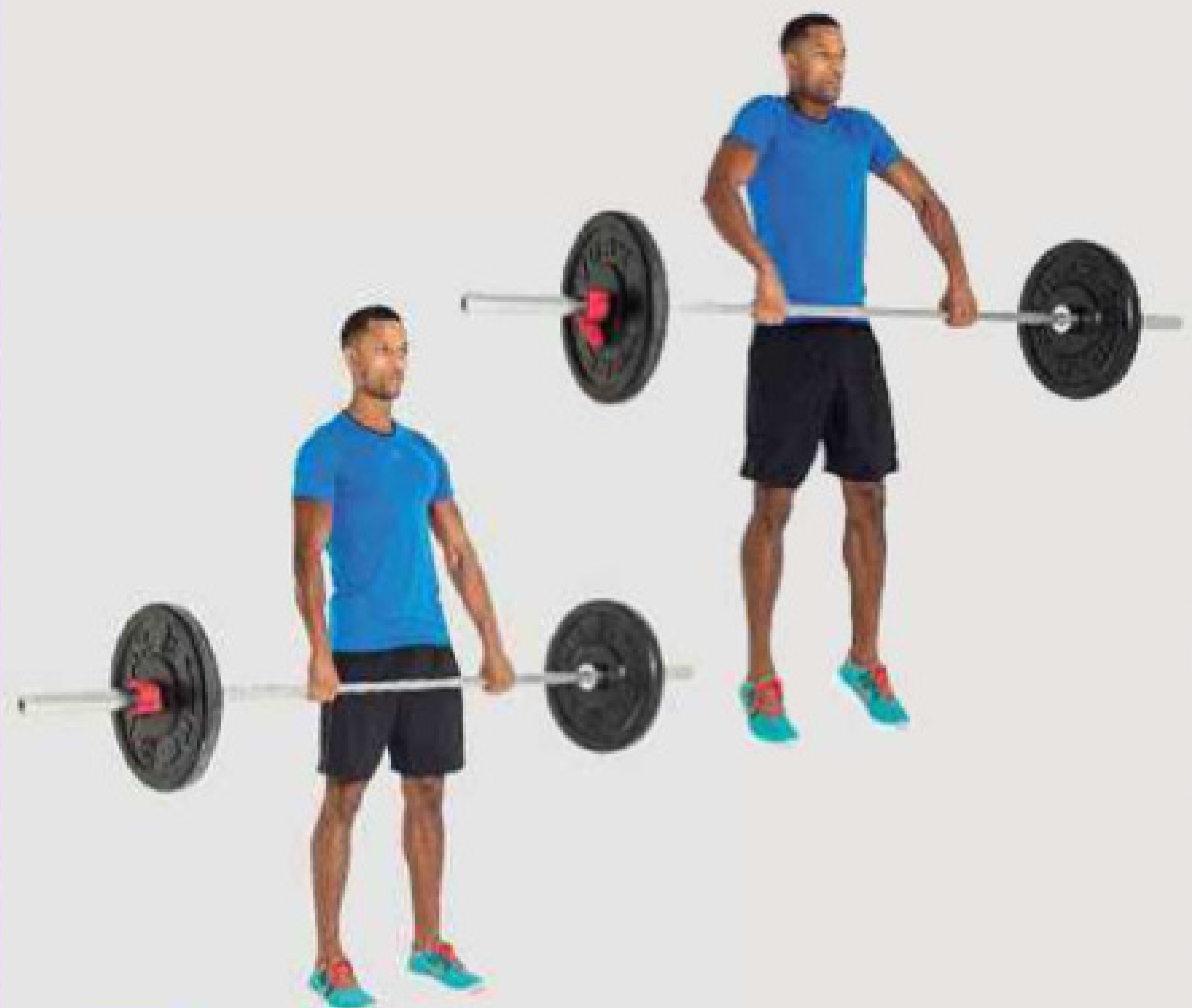


4

## Jump shrug

REPS 10

Holding the bar in front of your thighs with a shoulder-width grip, do a small 'jump' - your feet should hardly come off the ground. Use the momentum to help shrug your shoulders up to your ears.





**WORKOUT 1**

**OLYMPIC LIFTING**

Use low reps and multiple sets to master these lifts. You should tackle each rep fresh with full concentration.

**1**

**Snatch**

SETS 3 REPS 3

Start with your hands roughly double shoulder-width apart and a barbell on the floor. Keep your back flat, and drive upwards. As the bar passes your knees, drive your hips forwards to catapult the bar overhead. Catch the bar in a squat position, and stand up to finish the move.



**2**

**Hang clean**

SETS 3 REPS 3

Start with your hands shoulder-width apart, holding the bar against your thighs with legs slightly bent. Shrug the bar upwards. Your arms shouldn't be doing much of the work. 'Catch' the bar at your chest.

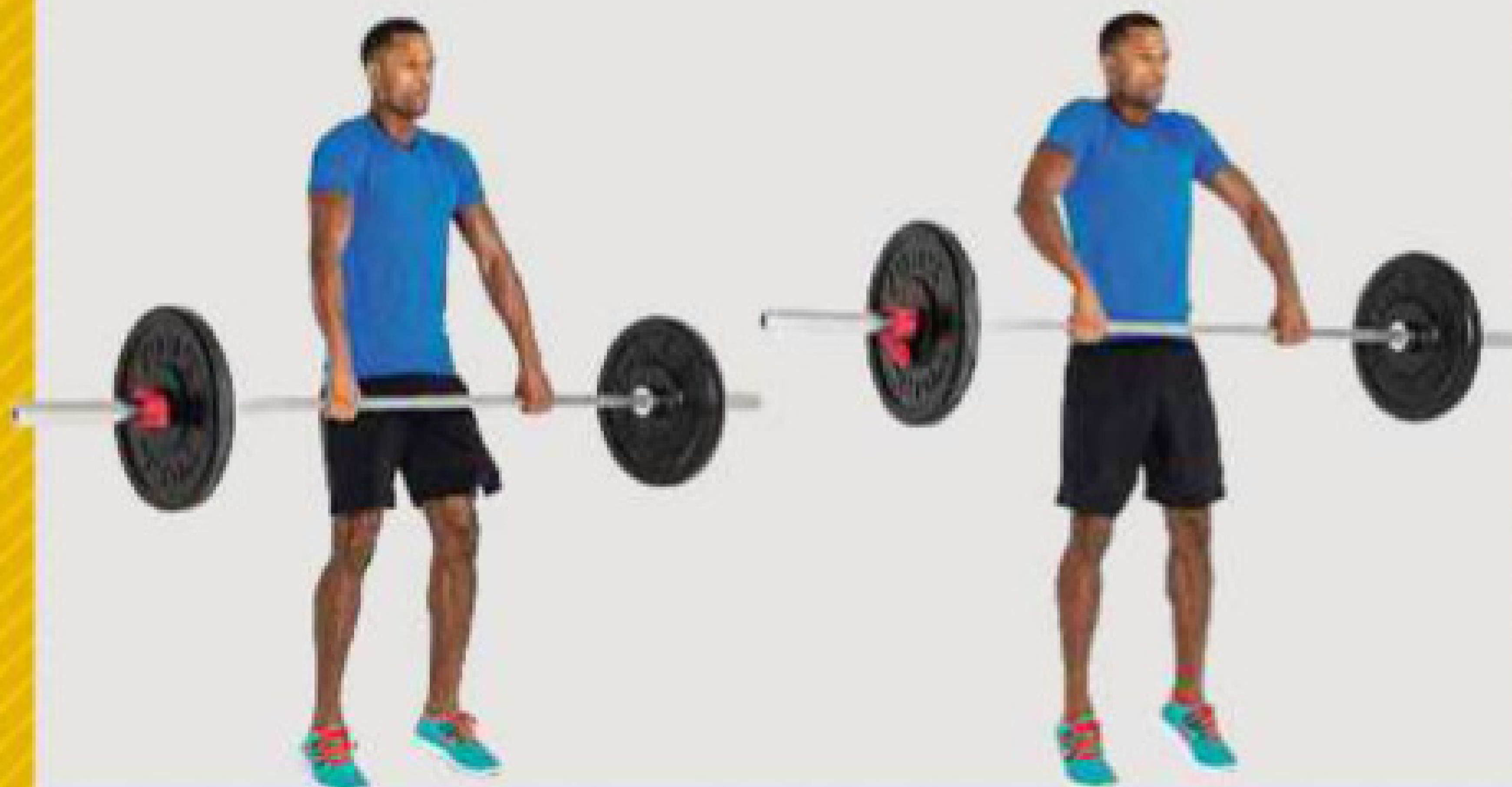


**3**

**Hang squat clean**

SETS 3 REPS 2

Start with your hands shoulder-width apart, holding the bar against your thighs with legs slightly bent. Shrug to pull the bar up. As the bar passes your knees, 'jump' and use the momentum to keep the bar travelling upwards. Your arms shouldn't be doing much of the work. 'Catch' the bar in a full squat - you should be able to use more weight than you used for the hang clean. Stand up to finish the move.



**4**

**Jerk**

SETS 3 REPS 2 EACH SIDE

Start with the bar at your chest - either clean it into position or take it out of a rack. Dip into a quarter squat, then explode upwards, using the momentum to push the bar overhead. As the bar moves upwards, drop into a half-lunge as you straighten your arms. Once you've locked the bar out, bring your feet back together and stand up to finish the move.

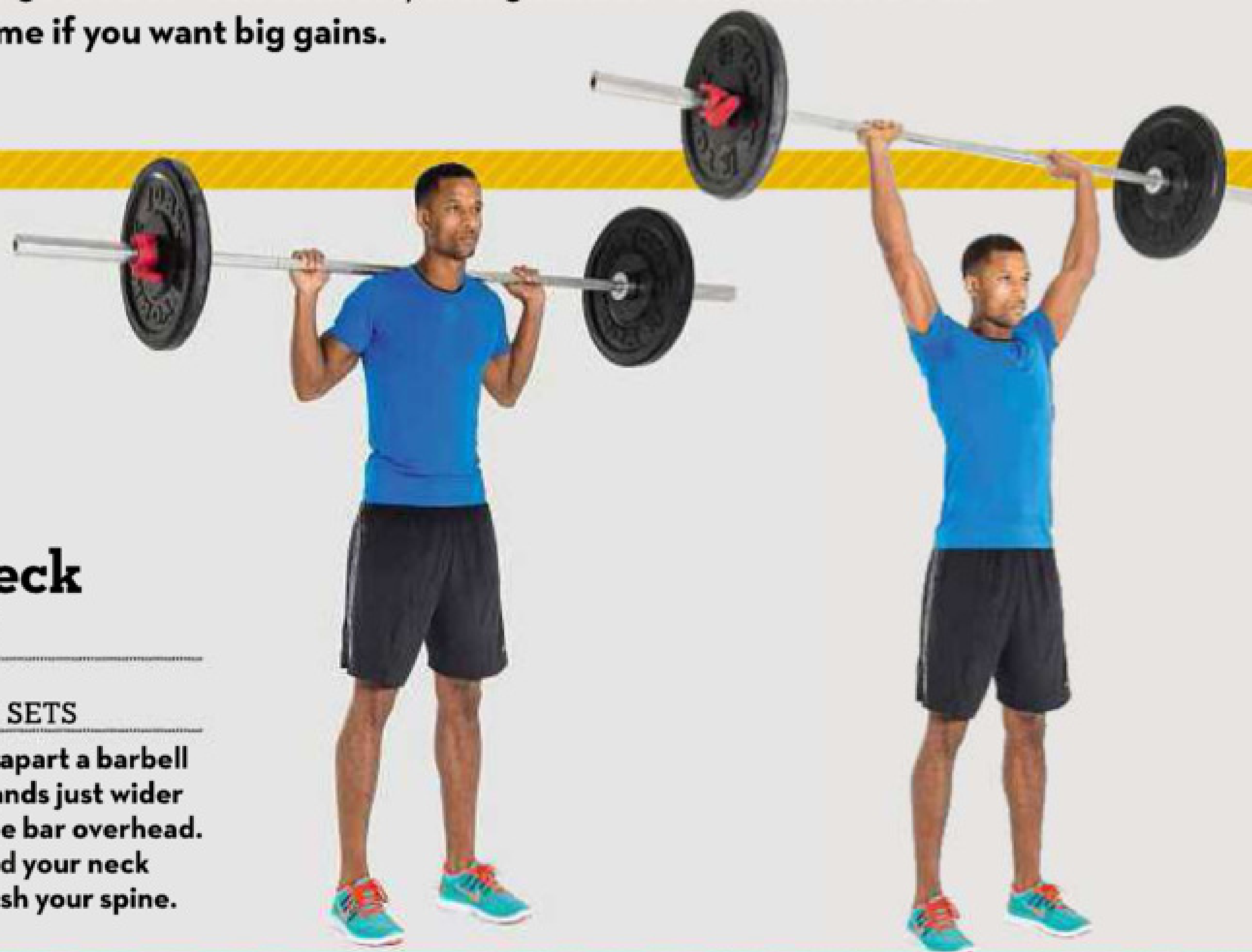




## WORKOUT 2

# UPPER-BODY STRENGTH

Scrivener uses cluster sets for strength and hypertrophy, resting for 30sec between each set, then 3min between clusters. Do the same if you want big gains.

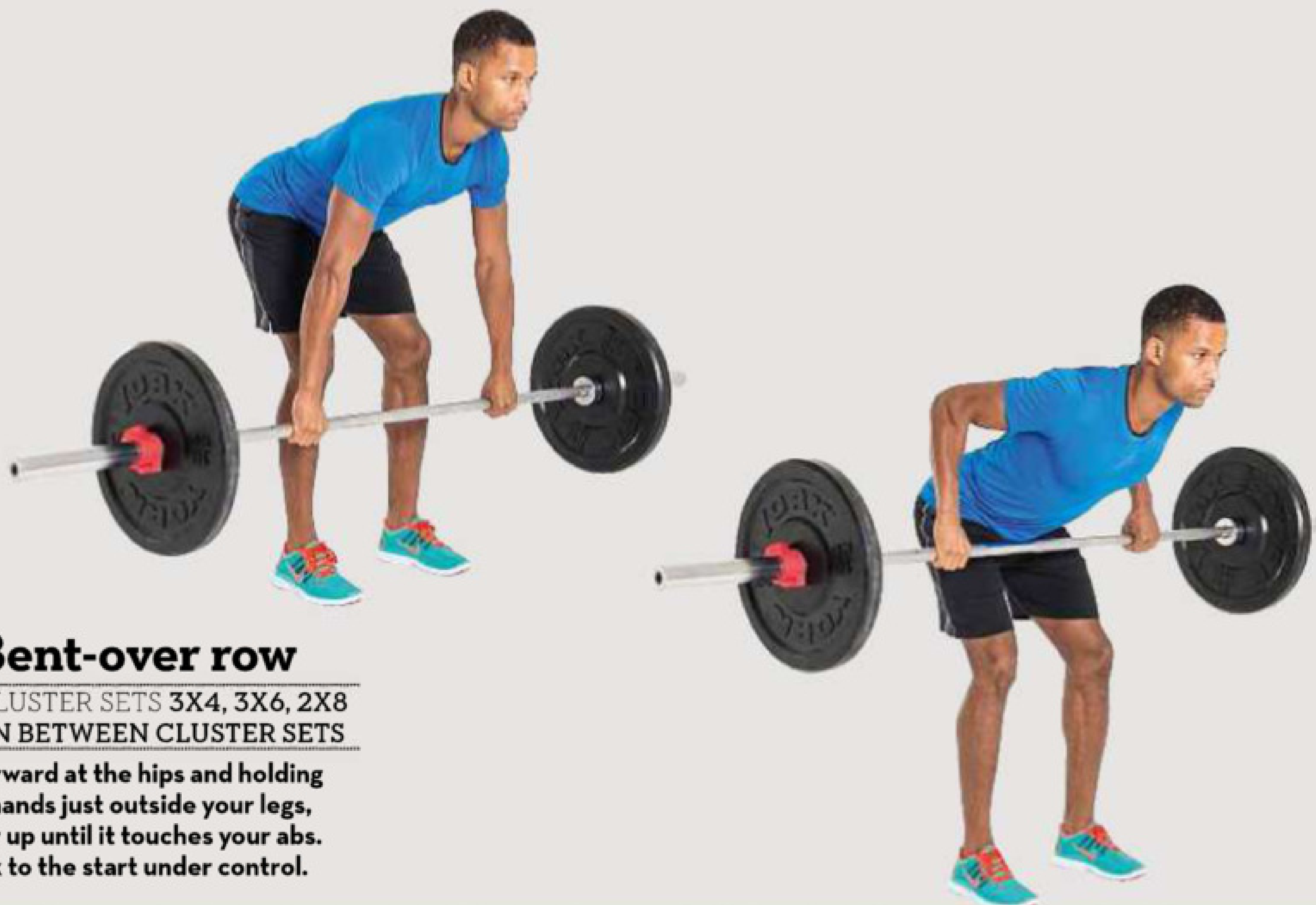


### 1 Behind the neck barbell press

CLUSTER SETS 3X4, 3X6, 2X8

REST 3MIN BETWEEN CLUSTER SETS

Stand tall with feet shoulder-width apart a barbell across your back, gripping it with hands just wider than shoulder-width apart. Press the bar overhead. Pause at the top and lower to behind your neck under control, taking care not to bash your spine.



### 2 Bent-over row

CLUSTER SETS 3X4, 3X6, 2X8

REST 3MIN BETWEEN CLUSTER SETS

Leaning forward at the hips and holding a bar with hands just outside your legs, pull the bar up until it touches your abs. Lower back to the start under control.



3

## Dumbbell chest press

CLUSTER SETS 3X4, 3X6, 2X8

REST 3MIN BETWEEN CLUSTER SETS

Lie on a bench, holding a dumbbell in each hand at shoulder height. Keep your feet flat on the floor and your back against the bench. Press the weight directly above your head but don't lock out your elbows at the top. Slowly lower the weights back down to your chest, flaring your elbows out to the sides.



4

## Standing dumbbell overhead press

CLUSTER SETS 3X4, 3X6, 2X8

REST 3MIN BETWEEN CLUSTER SETS

With your feet shoulder-width apart, hold a dumbbell in each hand at shoulder height. Keep your chest upright and your core muscles braced. Press the weights directly upwards until your arms are extended overhead. Lower the bar back down to your shoulders and repeat.

5

## Chin-up

SETS 3 REPS 8

Grab the bar with an underhand grip with your hands shoulder-width apart. Start from a dead hang with your arms fully extended. Pull yourself up by squeezing your lats together. Once your chin is higher than your hands, lower yourself back to the start.





## WORKOUT 3

# LOWER-BODY STRENGTH

Scrivener again employs cluster sets to train his legs and glutes for a huge growth hormone boost.

1

## Overhead squat

CLUSTER SETS 3X4, 3X6, 2X8  
REST 3MIN BETWEEN CLUSTER SETS

Hold a barbell overhead with a grip just under double shoulder-width apart. Settle into the position before you start to squat. Squat down as low as possible, keeping the barbell steady. Stand up under control.

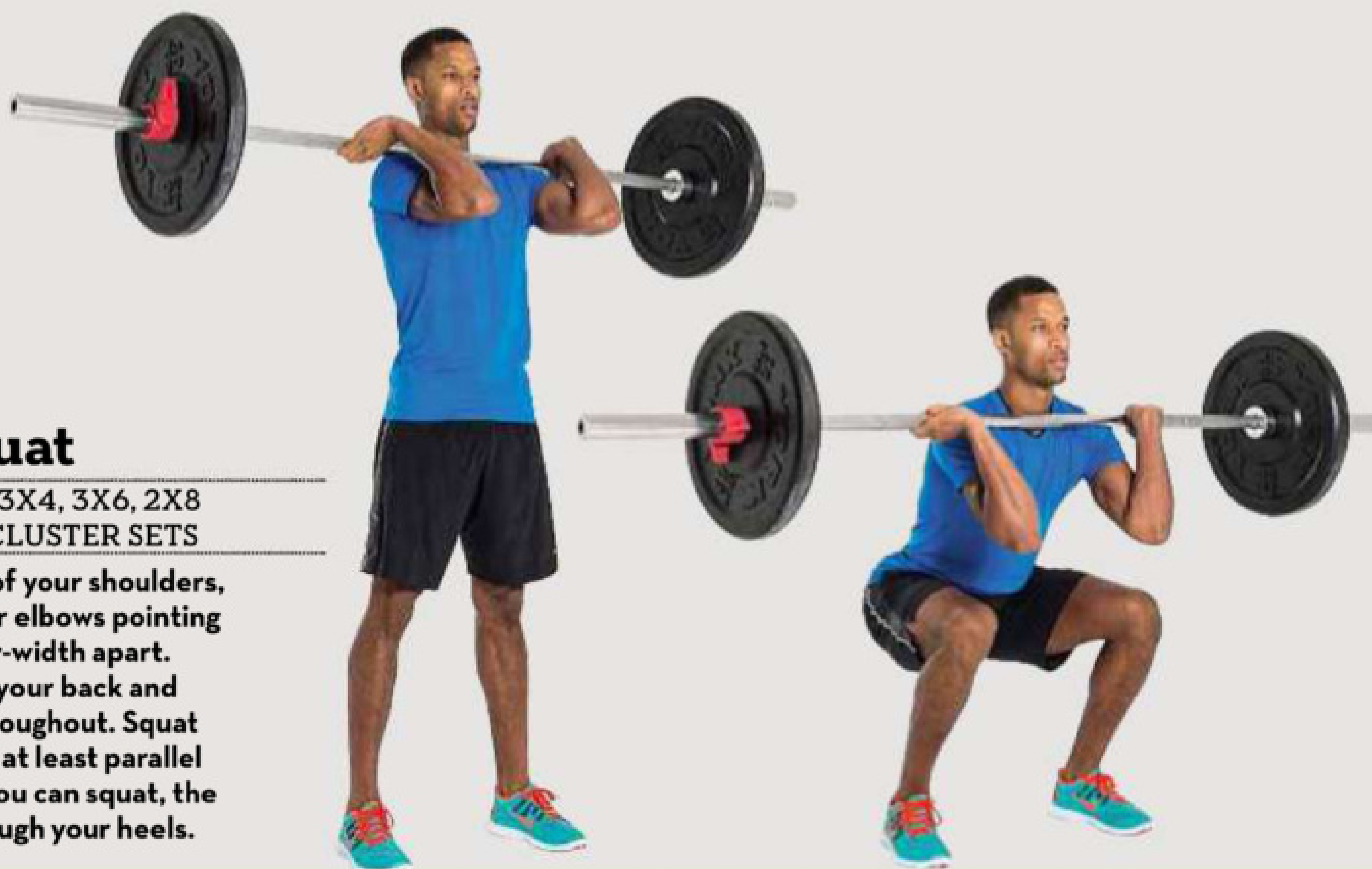


2

## Front squat

CLUSTER SETS 3X4, 3X6, 2X8  
REST 3MIN BETWEEN CLUSTER SETS

Rest the bar on the front of your shoulders, gripping it lightly with your elbows pointing forward and feet shoulder-width apart. Maintain a natural arch in your back and keep your core braced throughout. Squat down until your thighs are at least parallel to the floor. The deeper you can squat, the better. Drive back up through your heels.



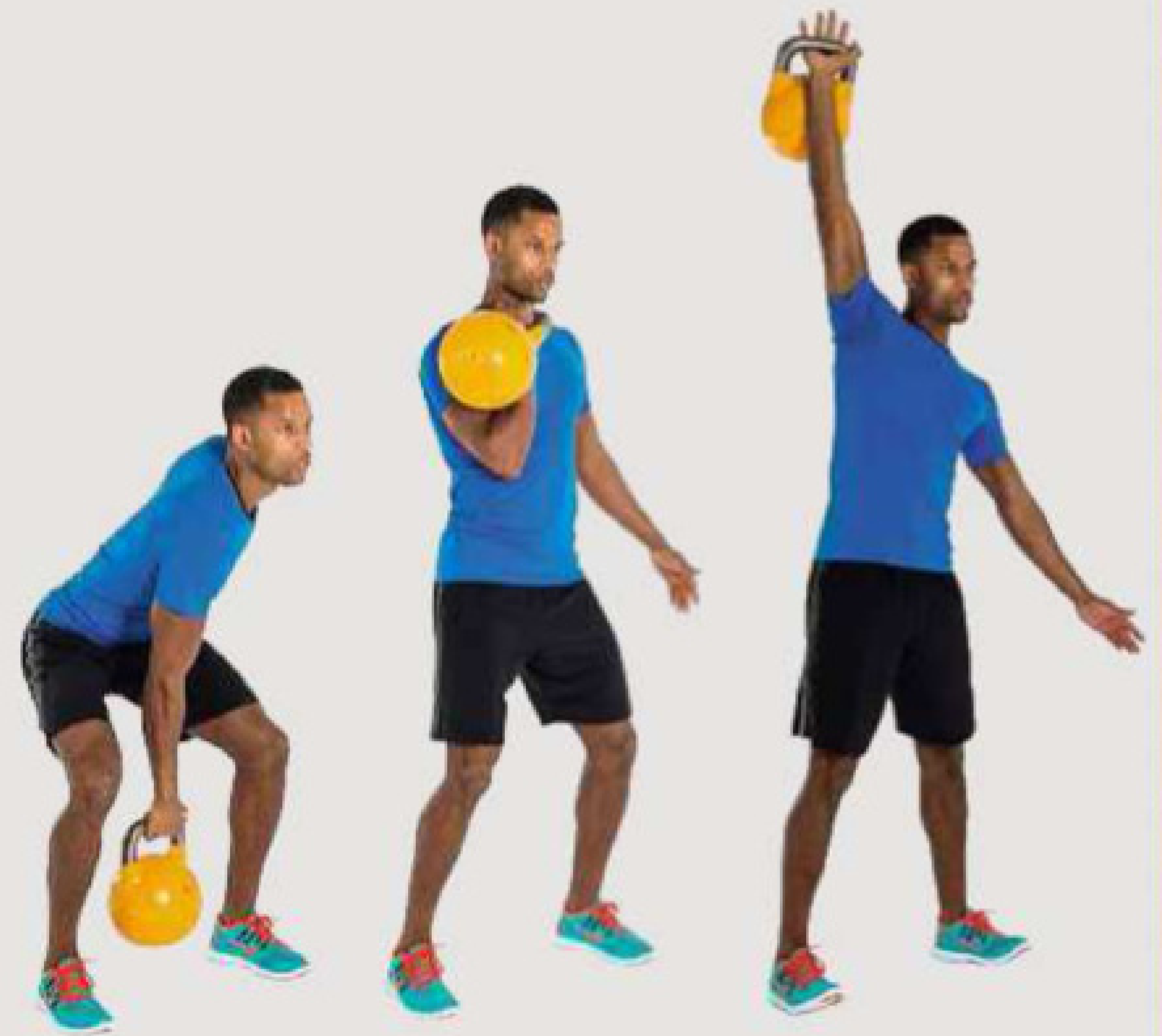


3

## Kettlebell swing

SETS 3 TIME 2MIN

Holding a kettlebell in both hands, hinge at your hips and swing the bell between your legs. Drive your hips forward to swing the bell up to shoulder level, using your arms as little as possible.



4

## Kettlebell clean and press

SETS 3 REPS 15 EACH SIDE

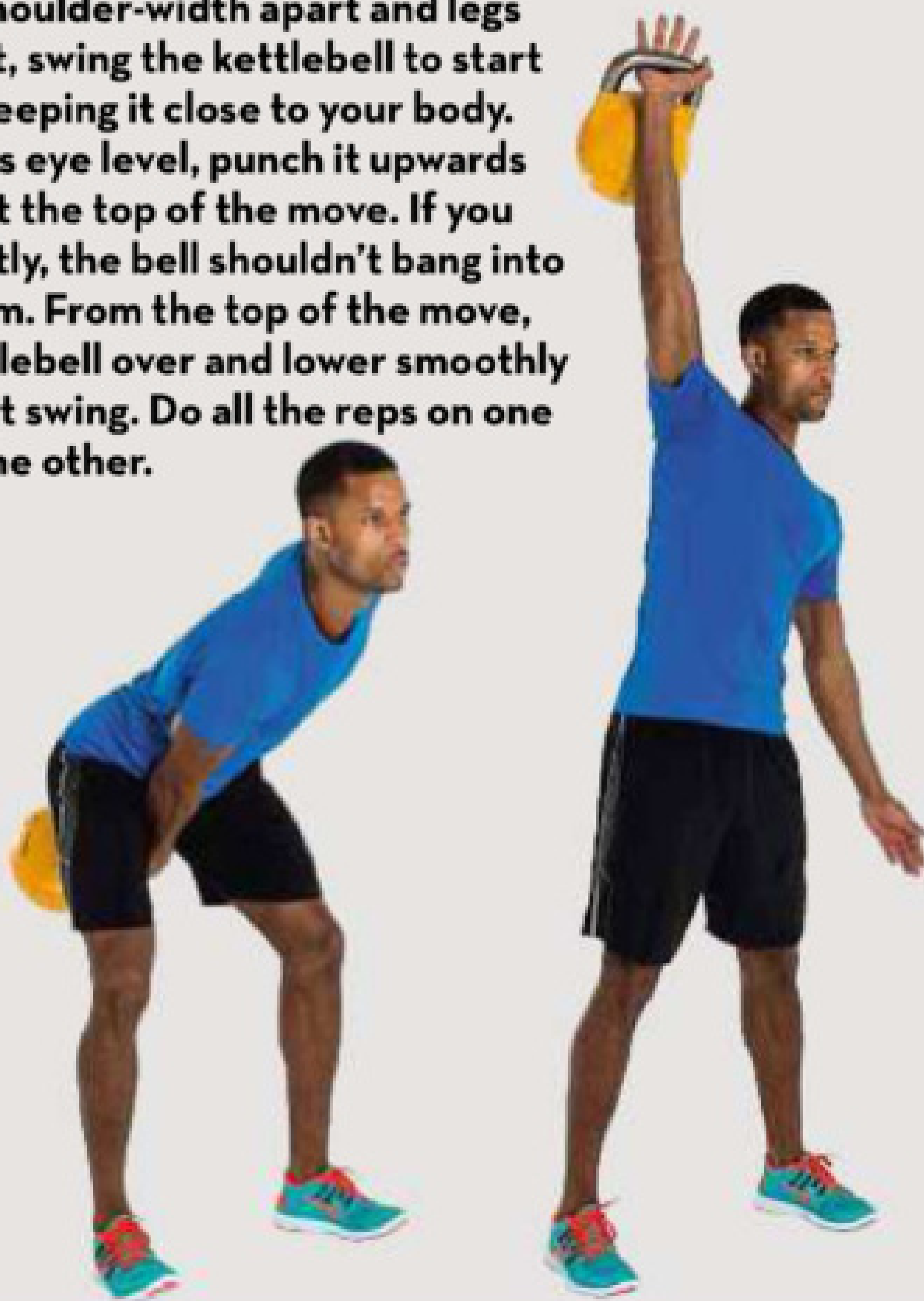
Swing the kettlebell to start the move, then, as it reaches eye level, pull your elbow under it and catch the bell on your forearm in front of your chest. Dip into a quarter-squat, then drive the bell overhead.

5

## Kettlebell snatch

SETS 1 REPS 25 EACH SIDE

With feet shoulder-width apart and legs slightly bent, swing the kettlebell to start the move, keeping it close to your body. As it reaches eye level, punch it upwards to catch it at the top of the move. If you do it correctly, the bell shouldn't bang into your forearm. From the top of the move, flip the kettlebell over and lower smoothly into the next swing. Do all the reps on one side, then the other.



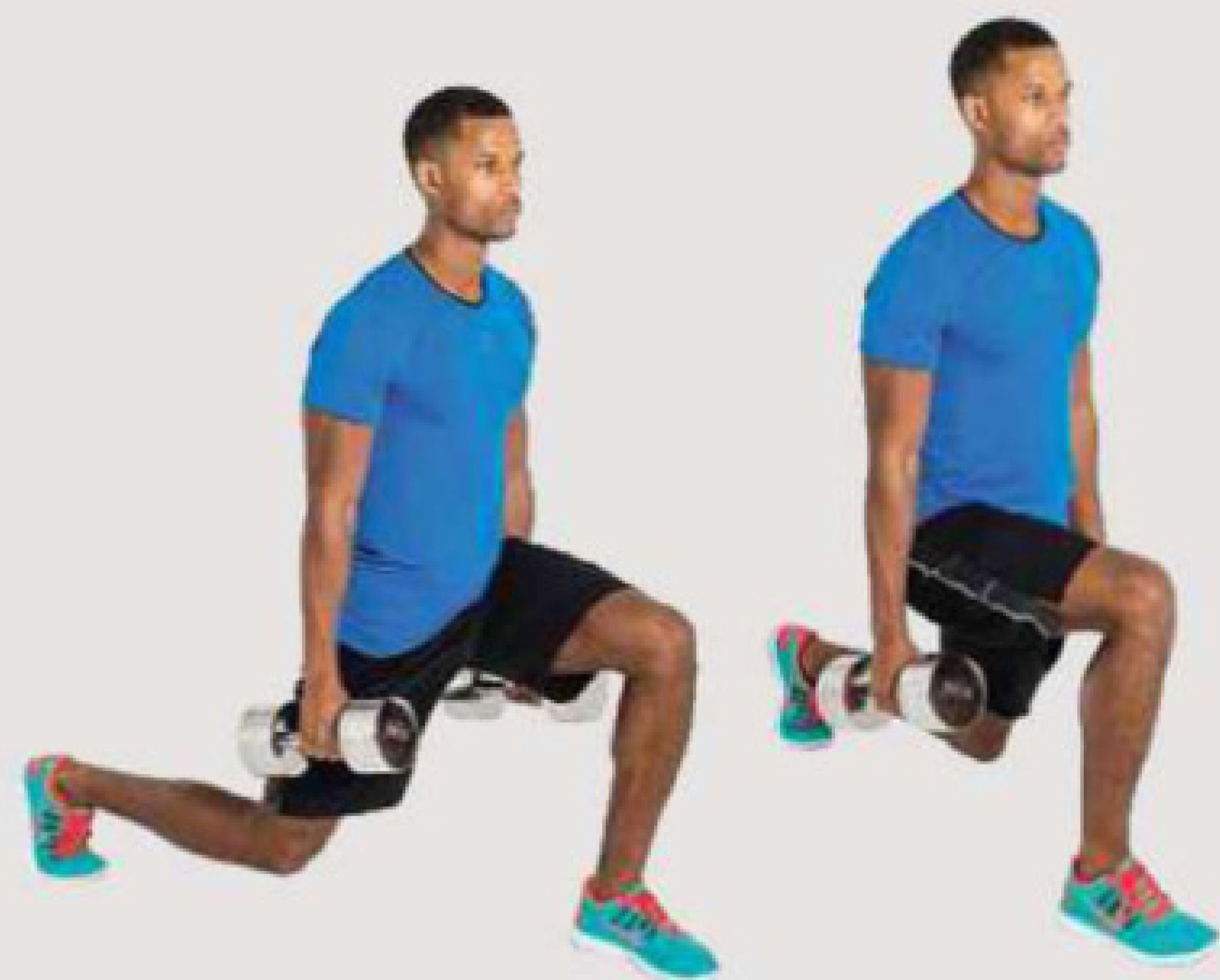
6

## Dumbbell lunge

CLUSTER SETS 3X4, 3X6, 2X8

REST 3MIN BETWEEN CLUSTER SETS

Stand tall holding a pair of dumbbells at your sides. Keep your back upright and core braced. Take a big step forward, keeping your knee over your front foot. Lower until both knees are bent at 90°, then push off your front foot to return to the start position. Repeat on the other side to complete one rep.



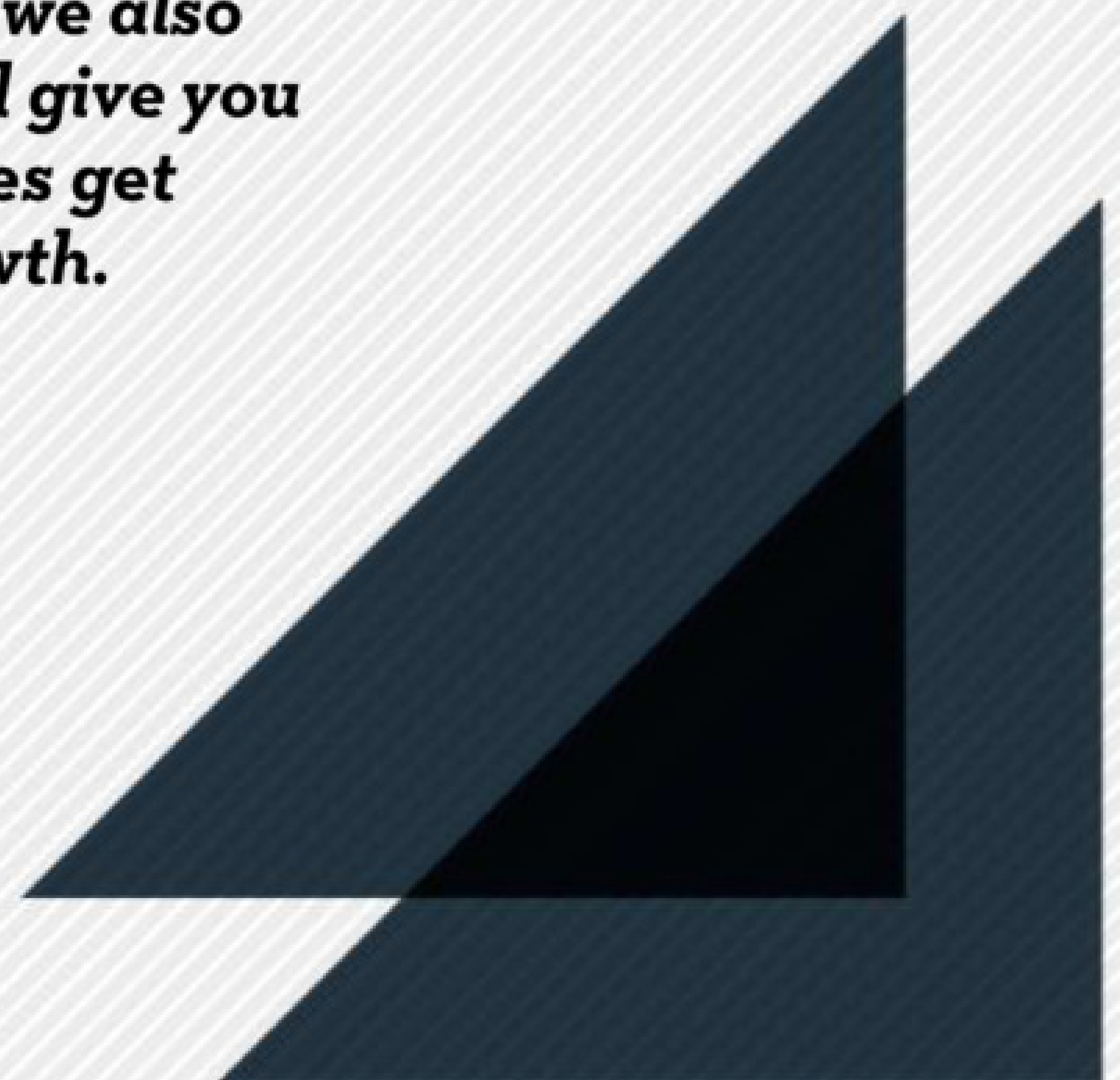






# NUTRITION KNOWHOW

*All the workouts in this book will help you build the body you want - if, and it's a big if, they're supported by the correct diet. Muscles can't grow without fuel, and you'll never get lean if your post-workout snack is a Crunchie and a large Coke. In this section our nutrition experts give you advice on how to manage your food intake for the best results, while we also suggest some healthy, tasty meals that will give you the energy to train and ensure your muscles get all the nutrients they need for serious growth.*





# CARB BACK-LOADING

***Eating all your carbs in the evening could be the key to fat loss, says nutrition expert Scott Baptie***

## ***What is carb back-loading?***

In a nutshell, you avoid eating carbs throughout the day, eating only protein and fat. You save all your carbohydrates for after your workout, which should take place in the late afternoon or early evening.

## ***But I thought carbs were bad for you?***

Not at all. There are many cases of 'carb-phobia' going around right now, but it's pretty much unwarranted. No one type of food in isolation - with the exception of man-made trans fats - is bad for you, and you shouldn't think of foods as either 'good' or 'bad'. Your diet as a whole can be unhealthy, or it can be healthy and supportive of your goals. It's not advisable to cut out any one food group or an entire macronutrient, such as carbohydrate, from your nutrition regime. Balance is the key.

## ***How does it work?***

The idea behind carb back-loading is that eating your carbs in the evening after training has the beneficial effect of manipulating certain hormones, primarily insulin, which can help with fat loss. If you adopt this approach, you have to avoid carbohydrates at breakfast and throughout the day (except for vegetables). The theory is that this helps to burn more fat than eating more frequent, carbohydrate-based meals.

However, the specific manipulation of particular hormones requires a level of management that's difficult and unnecessary for the majority of people who train. For most gym-goers, it's best to focus on the bigger picture of hitting your macronutrient (fat, protein and carbohydrates) targets and let the hormones take care of themselves.

## ***I've always been advised to avoid carbs in the evening. What's changed?***

The myth that carbs should be avoided in the evening because they are more fattening when eaten later in the day has been

aim for body composition.

The time you choose to eat your carbohydrates should be dictated by your personal preference, tolerance, schedule and goals. You can eat them in one, three or nine meals a day as long as your total intake is the same at the end of the day.

## ***If I'm back-loading, what kind of carbs can I eat?***

Any carbohydrates are allowed, from nutrient-dense foods such as sweet potato, brown rice and fruit to more refined, sugary foods such as ice cream, biscuits and cakes. Of course, if cake is your primary source of carbs, your fat-loss

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*'The myth that carbs are more fattening when eaten later in the day has been strangely persistent'*

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strangely persistent. Most experts agree that the timing of your nutrient intake is far less important than your total daily intake. With regards to body composition, neither the type nor timing of when you eat your carbohydrates really matters; ensuring you hit your total macronutrient targets while consuming sufficient fibre and eating a range of nutrient-dense foods is the most important

efforts won't be particularly successful. Probably.

## ***How many carbs should I eat?***

For the first nine days you're limited to 30g a day. This period improves your body's insulin response, so you're primed to deal with carbs without dramatic blood sugar spikes. On the tenth day, eat as much carbohydrate as you like.







**Scott Baptie** is a physique and sports nutrition specialist, natural bodybuilder and director of [FoodForFitness.co.uk](http://FoodForFitness.co.uk)

After that you can continue to eat carbs after your evening training sessions, according to your goals.

**Won't all those carbs in such a short time make me fat?**

It might seem as if you're eating a lot of carbohydrates, but remember that you're not having any at breakfast, lunch or any other point in the day. As long as you don't go carb-crazy, you should still be in a fat-burning calorie deficit.

**So what can I eat between waking up and training?**

Well, your diet is pretty limited - to just vegetables, protein and fats. So you can eat lots of meat, fish, green vegetables, healthy oils, nuts and seeds. That should keep the hunger monsters away.

**FILLING STATION**

Want some carb guidance? Try these healthy options

**1// SWEET POTATO**

Sweet potato contains plenty of cholesterol-lowering betacarotene.

**2// PORRIDGE**

Porridge oats are a good source of carbs as well as muscle-building protein.

**3// PIZZA**

Pizza delivers a lot of carbs - and a Florentine adds protein-packed egg and antioxidant-filled spinach.

*Eating your day's carbs after your workout can be beneficial if you want to lose fat*



# A MATTER OF FAT

**Fats are crucial for a healthy diet, but they're often misunderstood. Get the fat facts from Scott Baptie**

## **Should I avoid eating fats?**

Fat may not be something you want on your body, but it's something you need in your body. Along with protein and carbohydrates, fat is one of the three main macronutrients. As such, fats carry out a host of functions, including manufacturing hormones, maintaining cells, providing energy and transporting fat-soluble vitamins. Despite the abundance of supposedly 'healthy' low-fat or fat-free foods, fats are essential to the body and should certainly not be removed from the diet.

## **What types of fats are there?**

There are two main categories: saturated and unsaturated fats. Unsaturated fats can be subdivided into polyunsaturated fats, which include omega 3 and omega 6, and monounsaturated fats. A third category is trans fats, which are artificially produced during food processing.

## **Are any types of fat particularly bad for me?**

Almost all fats have benefits apart from trans fats, which should be avoided at all costs. Trans fats were created to extend the shelf life of foods such as crackers and biscuits, as well as some margarines and deep-fried foods, and high intake has been shown to increase the risk of Alzheimer's disease, cancer, heart disease, lymphoma and other

chronic diseases. In fact, because of these health risks, many manufacturers have taken steps to remove them from their products.

Saturated fats often get a bad press, but they are important for functions such as strengthening the immune system, maintaining cell structure and improving bone health. Most importantly for gym-goers, they have a positive effect on levels of testosterone, which is crucial to building muscle.

## **Which fats are particularly healthy and why?**

Unsaturated fats are referred to as 'healthy fats' because they offer a host of benefits, including improved blood triglyceride levels, cardiovascular function and metabolism. They can also reduce inflammation and help your body control the blood sugar spikes that can lead to weight gain. Good sources include nuts, avocado and olive oil. Omega 3 fats are also important for cell health because they keep cells 'fluid' - allowing important messages from the brain to be transmitted more easily.

## **How can I ensure I'm eating enough healthy fats?**

The ideal ratio of omega 6 to omega 3 fats in the diet is 1:1. Unfortunately, many people have a ratio closer to 16:1 in favour of omega 6 fats. To help improve the balance, try increasing your intake

of omega 3-rich foods (such as oily fish, eggs and grass-fed meat), supplementing with 3g of high-quality fish oil daily and switching from using vegetable oil to olive oil for low-temperature frying or coconut oil for high-temperature frying. If you take on more omega 3 fats you should notice the training benefits within weeks, including reduced inflammation, improved recovery times and increased focus during workouts.

## **FAT FOR LIFE**

**Eat these omega 3-rich foods to improve your healthy fat ratio**

### **1//FREE-RANGE EGGS**

These contain higher levels of omega 3 than eggs from cage-bound hens.

### **2//FLAXSEEDS**

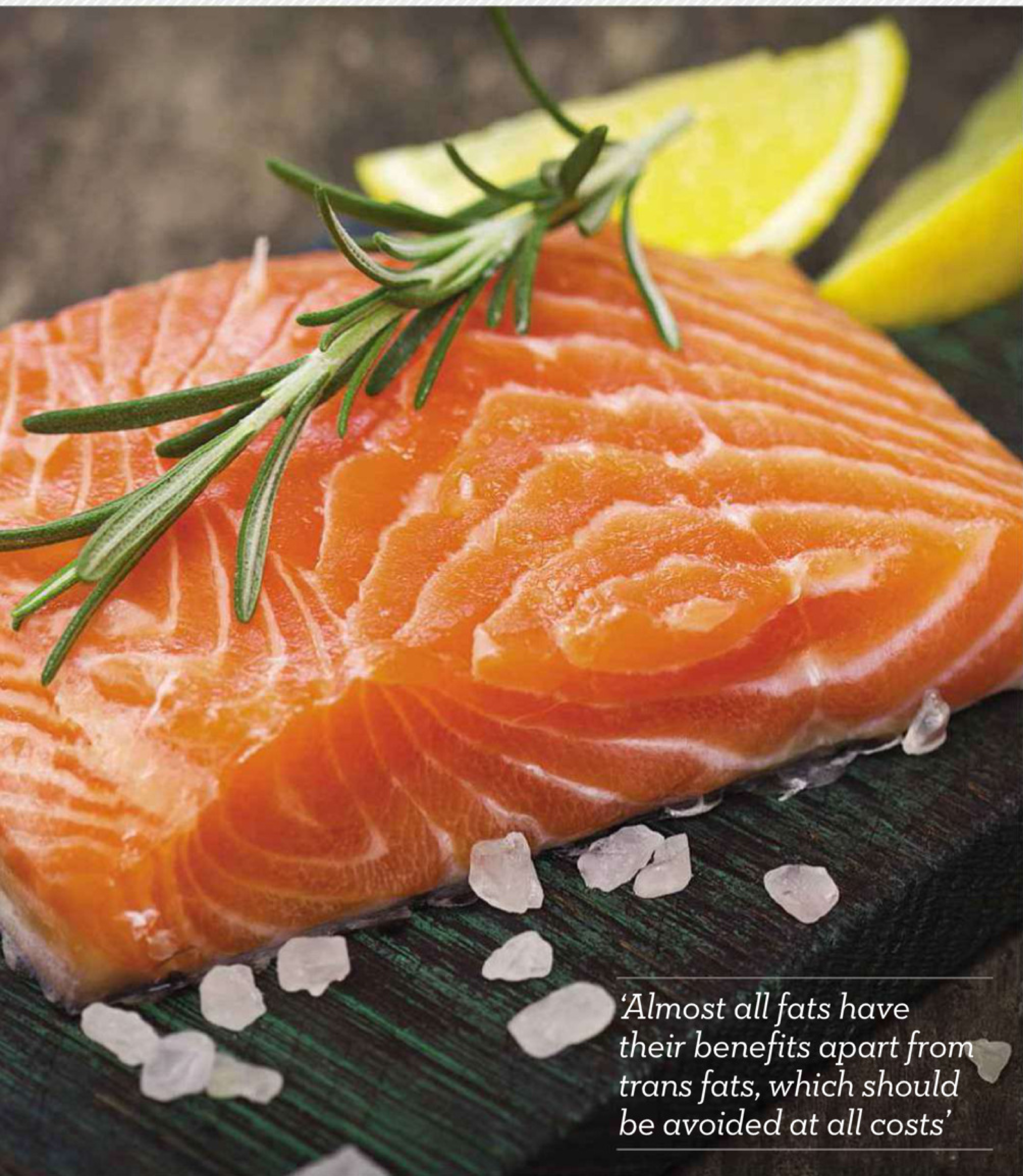
This is most omega 3-dense food you can eat, containing three times more than the next best source.

### **3//GRASS-FED BEEF**

A natural diet gives meat from grass-fed cows higher levels of omega 3s.







*'Almost all fats have their benefits apart from trans fats, which should be avoided at all costs'*



# INTERMITTENT FASTING

***It's becoming popular as a fat-loss tactic, but is it a fad or an effective long-term way to achieve a lean physique? Scott Baptie separates the fact from the fiction***

## **What is intermittent fasting?**

Intermittent fasting (IF) means restricting the amount of food you eat for a given period, followed by a period of normal eating. It is growing in popularity, both among fitness enthusiasts and the wider population, as a fat-loss tactic - but it's controversial. This is because it challenges many established beliefs, such as the importance of frequent eating and meal timing to prevent muscle breakdown. However, proponents of IF say it has multiple benefits, including improving body composition and reducing fat stores while increasing muscle mass.

## **How would I do it?**

There are a number of ways in which people can approach IF.

There's the alternate-day fast, in which you restrict your calorie intake every other day, a fast once in every seven days or a fast every third day. However, the one that has achieved recent prominence is the 16-8 method, when you spend 16 hours a day fasting and the remaining eight hours feeding.

## **Does it work?**

Research has shown that intermittent fasting has a variety of benefits. Studies conducted on animals have demonstrated increased lifespan thanks to fasting and calorie restriction. Studies have also been conducted on humans, but the findings aren't as concrete. However, they are positive in that they demonstrate IF raises insulin sensitivity - which means your body becomes more

efficient at processing nutrients - and lowers body-fat levels and blood pressure.

## **What are the disadvantages?**

A serious problem for many, not surprisingly, is hunger. Going for long periods between meals is something we in the developed world are unused to and research shows that a higher meal frequency is better for maintaining feelings of fullness.

A bigger issue for those who train regularly is increased expenditure of muscle tissue for energy. Pre-workout carbohydrates and protein in the form of essential amino acids reduce the amount of muscle your body uses for fuel, which would be higher if you were to work out on an empty stomach. Eating before

## **FAST FACTS**

Here are three of the most popular fasting methods. See which one best suits you

### **1//16/8**

Sometimes known as 'Leangains', a term popularised by author Martin Berkhan, this simply means restricting your eating to an eight-hour period each day. Most people who do it will fast from 9pm to 1pm, train, and then eat two or three large meals in their eight-hour window.

### **2//24-HOUR TRIAL**

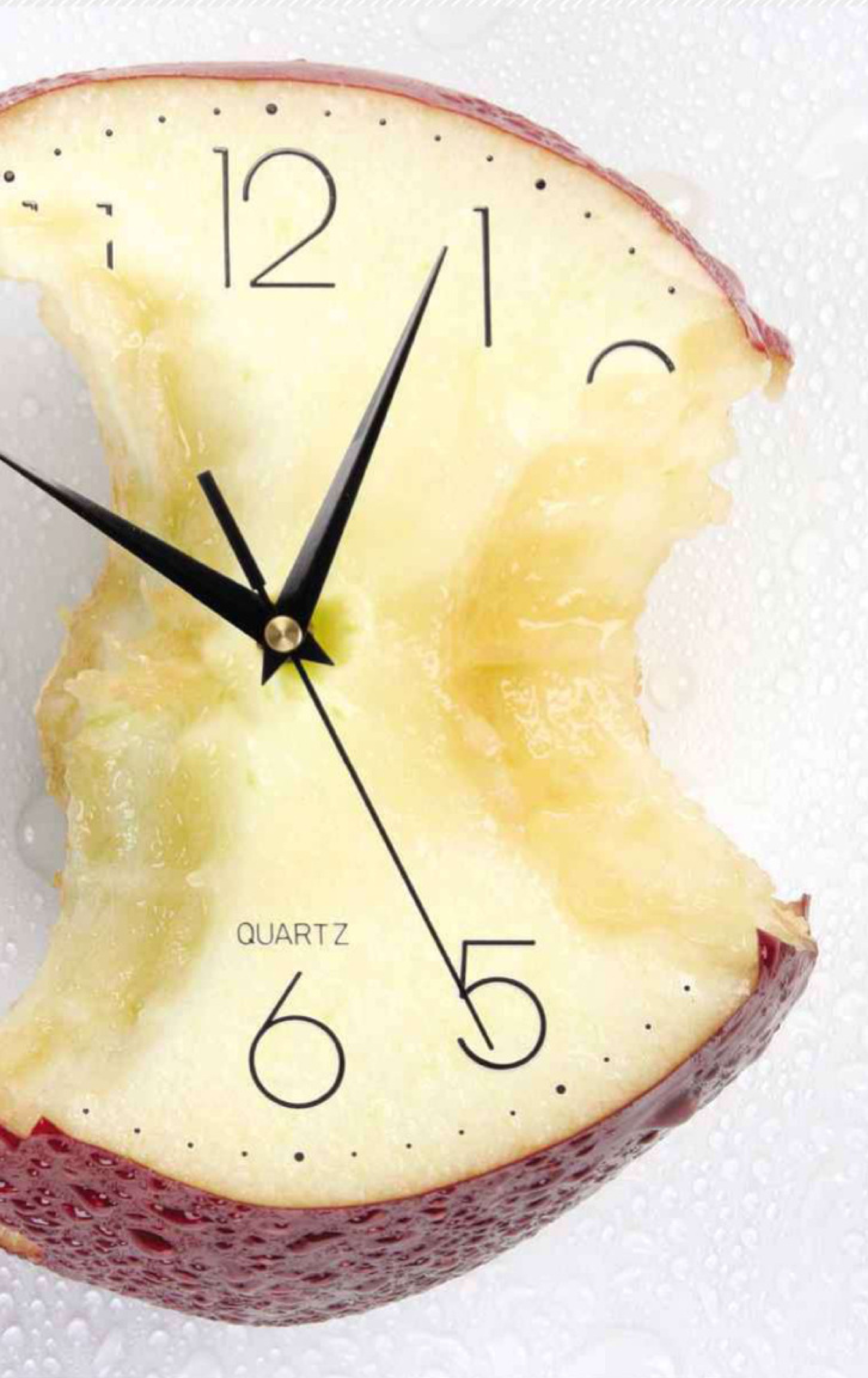
Dr John Berardi recommends starting at 10pm, eating your last meal just before then. Drink water and green tea throughout the following day, and take 10g of BCAA to prevent muscle tissue breakdown. At 10pm eat a small carb-free snack, then go back to normal eating the next day.

### **3//20-4**

Based on the feeding patterns of Roman and Spartan soldiers, this consists of 20 hours of fasting then a four-hour feeding window. It's arguably the simplest form of IF, but many find it tough to eat clean when they need to consume 2,000 calories in one sitting.







*‘Proponents of IF say it can improve body composition, reduce fat stores and increase muscle mass’*

training also increases protein synthesis, or the building of new muscle tissue, which is also helped by eating high-protein meals consistently through the day.

Many IF protocols also preclude breakfast. Although this may be beneficial for fat loss, eating first thing in the morning has been shown to improve memory, concentration and food-choice discipline later in the day.

***What are the advantages?***

As well as improving your body’s ability to process nutrients through increased insulin sensitivity, IF has also been shown to reduce levels of body fat. It does have more practical advantages too - it’s easier to ensure you get all the nutrients you need in a day, and it will probably end up saving you money in the long run since you’ll be eating less overall.

***So should I do it?***

As with any nutrition goal, it really depends on your individual goals, physiology, preferences, lifestyle and a host of other factors. Research on IF demonstrates that there are both pros and cons associated with the approach. Besides, anyone who claims their nutritional methodology is the single best approach to fat loss is misguided - there are many ways to skin a cat.



# HEALTHY OR HYPE?

**Does organic food live up to the claims made about it?  
Scott Baptie lays out the facts**

## **How does a food come to be classified as organic?**

The Soil Association defines organic food as 'food which is produced using environmentally and animal friendly farming methods on organic farms'. In essence, this means it must not be treated with chemicals such as fertilisers, insecticides, fungicides, herbicides or pesticides. Animals used for organic meat can't be given antibiotics and can only eat organically produced food. Organic food is not allowed to contain genetically modified ingredients.

## **What about 'organic' pesticides?**

Most organic food is produced without pesticides, but EU law allows the use of some organic pesticides. These are usually derived from plant and herb ingredients and contain no synthetic components. That doesn't mean they're good for you, though: a study published in the journal *Environmental Health Perspectives* found that consuming these organic-approved chemicals can still be bad for your health.

## **What are the advantages of organic food?**

Organic food was thought to be more nutritious as a result of being free from synthetic chemicals. It was also argued that organically produced food supports climate-

friendly farming, meaning it's more sustainable and can help reduce the environmental damage caused by mainstream farming methods.

## **And the disadvantages?**

The main disadvantage is the cost. Organic milk costs around 81p per litre, whereas non-organic milk costs 58p per litre, for example.

Some critics also argue that organic food isn't actually better for the environment. Researchers from Oxford University found that milk, cereals and pork produced organically resulted in higher greenhouse-gas emissions than their non-organic counterparts.

Organic farming also uses more land, so if demand for organic food increases, more pressure will be put on farmland, which may be worse for natural diversity than the use of pesticides. There's also an increased risk of organic food carrying disease, compared with food that has been treated. This is why the World Health Organisation imposes strict controls on organic food production.

## **Is it worth the extra cost for the health benefits?**

Not really. Researchers at Stanford University in the US examined 17 studies in humans and 223 studies of nutrient and contaminant levels in foods and concluded - to their surprise - that the studies did not produce any strong evidence that

organic foods are significantly more nutritious than conventional foods.

If you have the desire and the money to buy organic food it's unlikely to do any harm other than to your bank balance. However, the research shows that - compared with conventionally produced food - it won't have a positive impact on physique, health or performance.

## **CHECK THE LABEL**

**You may choose to ignore 'organic' produce, but what is worth looking out for?**

### **1//LOCALLY SOURCED**

'Locally sourced fruit and veg is fresher and more nutritious because it has had less travel time in which to deteriorate,' says Baptie.

### **2//GRASS-FED**

'Grass-fed beef is lower in fat and higher in protein than other types,' says Baptie.

### **3//FREE-RANGE**

'Free-range chicken is higher in vitamins A and E than meat from caged hens,' says Baptie.







*'Studies did not produce strong evidence that organic foods are significantly more nutritious than conventional foods'*



# Steak for strength

**PREP TIME**  
10 minutes  
**COOKING TIME**  
20 minutes

*Add serious muscle with this meaty meal plan*

Steak and chips is a classic manly meal combo, but it's one that's often enjoyed with copious amounts of salt, sugary condiments and lager at the pub. Swap your local's effort for this healthy home-made version and enjoy it as part of the meat-filled muscle-building meal plan below.

## MUSTARD

helps to stimulate circulation to soothe your aching muscles

## SOURDOUGH BREAD

has a low glycaemic load, which helps you avoid fat-storing insulin spikes

## SWEET POTATO

contains high levels of immunity-boosting vitamins A and C

## BREAKFAST

**Bacon and eggs** provides inflammation-reducing omega 3 fatty acids and bone-strengthening phosphorous.

## LUNCH

**Chicken and avocado salad** offers heart-healthy fats and energy-boosting B vitamins.

## SNACKS

**Beef jerky and cashew nuts** are good sources of brain-boosting iron and energy-enhancing copper.



**CALORIES**  
1,626

**PROTEIN**  
84g

**FAT**  
68g

**CARBS**  
32g

per portion

## DINNER INGREDIENTS (serves 2)

1 sourdough baguette / 2 150g lean organic beef minute steaks / 3 medium sweet potatoes / 2tbsp wholegrain mustard / 150ml rapeseed oil / Salt and pepper to taste

## TO MAKE

- Heat the oven to 200°C/gas mark 6 and place a shallow baking tray inside.
- Wash the sweet potatoes and, leaving the skin on, cut them into finger-length pieces. Place the sweet potato chips in a bowl, then add 110ml of the rapeseed oil and mix thoroughly. Place them on the pre-heated tray in the oven and cook for 15-20 minutes, turning them halfway through.
- Rub 35ml rapeseed oil on to both sides of the steaks and season them with the salt and pepper.
- Heat a griddle pan to a high heat, place the steaks on it and cook them for one to two minutes on each side (one minute for rare, two minutes for well done).
- Slice the baguette in half lengthways. Spoon half the mustard on one half of each baguette and brush a little more rapeseed oil on the other half.
- Place the steaks between the two halves and slice the baguette in two. Serve with the sweet potato chips.

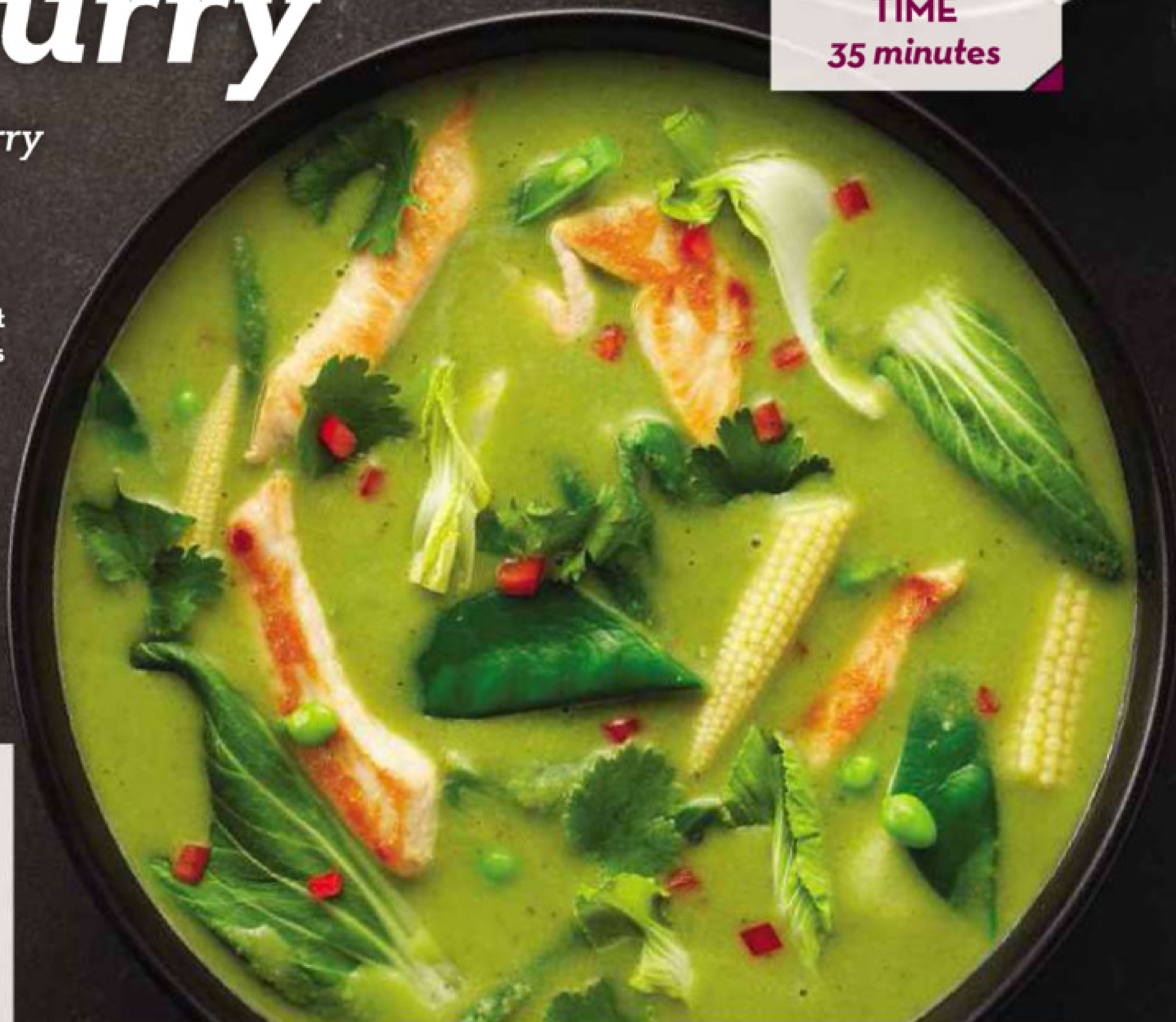


# Fat-busting Thai curry

Enjoy this tasty green curry as part of a plan that will get you ripped

If you want to look good with your T-shirt off – and let's face it, you do – your diet is as important as your gym efforts. This fat-burning meal plan features protein-rich foods with every meal to fill you up and help you avoid the temptation to snack on waistline-expanding junk food, while the spicy curry recipe below – provided by Michelin-starred chef and duathlete Alan Murchison – will help fire your metabolism up so you burn extra calories.

**PREP TIME**  
10 minutes  
**COOKING TIME**  
35 minutes



## CHILLIES

are rich in metabolism-boosting capsaicin

## CHICKEN

is high in energy-boosting B vitamins

## COCONUT MILK

is packed with heart-healthy unsaturated fats

## BREAKFAST

**2 poached eggs with avocado** provide joint-soothing omega 3s and anti-inflammatory plant sterols.

## LUNCH

**Tuna salad with spinach and olives** contains muscle-building protein and heart-healthy fats.

## SNACKS

**Greek yogurt with blueberries** is a source of bone-strengthening vitamin K.

## DINNER INGREDIENTS

(serves 4)

100g fresh ginger, grated / 2 sticks of lemongrass, finely chopped / 1 fresh chilli, finely chopped / 1tbsp olive oil / 2tbsp Thai green curry paste / 1 can coconut milk / 450ml water / 1 chicken stock cube / 300g chicken fillets, diced / 1 pack of straight-to-wok noodles / 1 bag of mixed stir-fry veg / 2tbsp Thai fish sauce / Juice of 1 lime / 1 bunch of fresh coriander, finely chopped

## CALORIES

**338**

## PROTEIN

**12g**

## FAT

**40g**

## CARBS

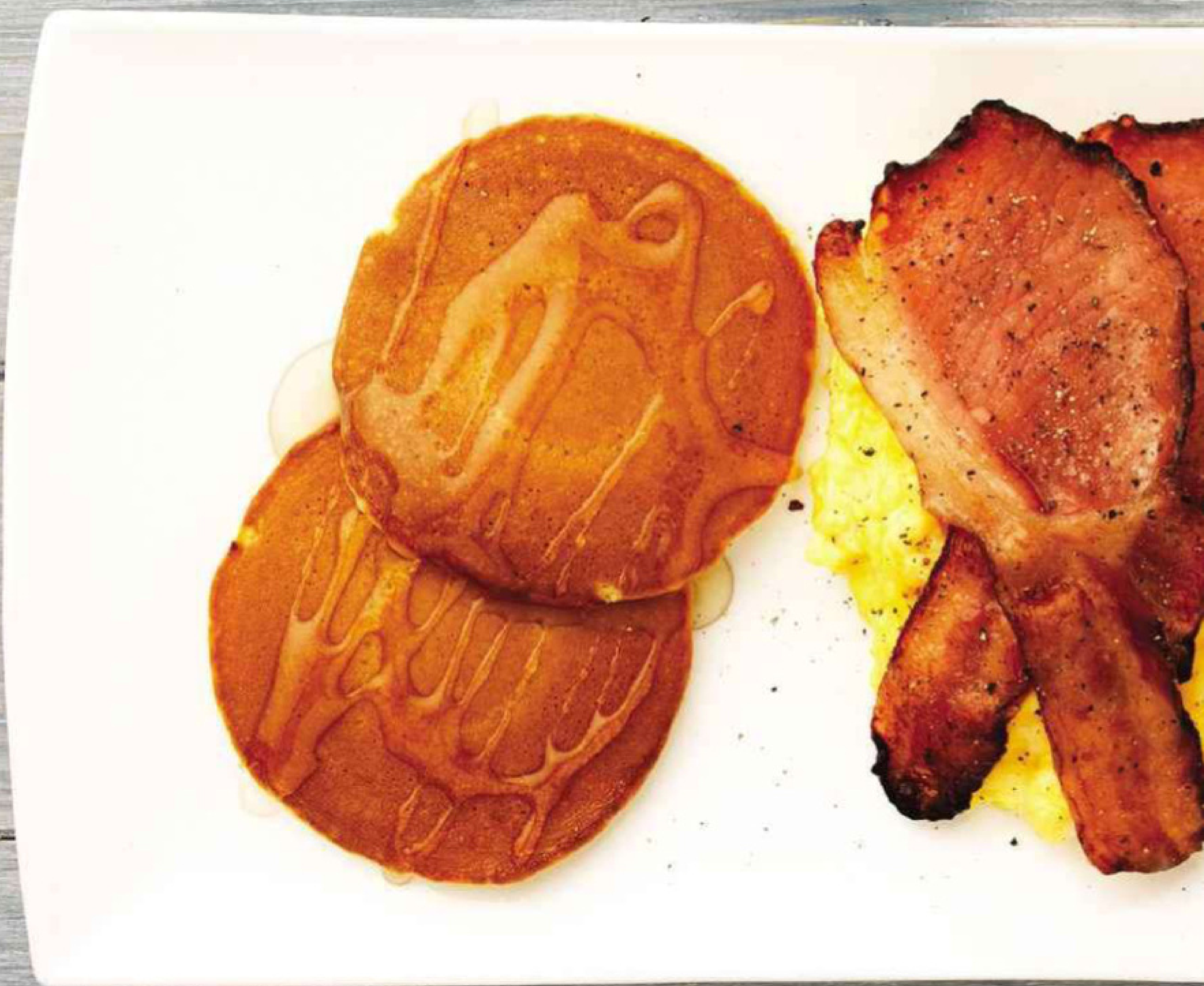
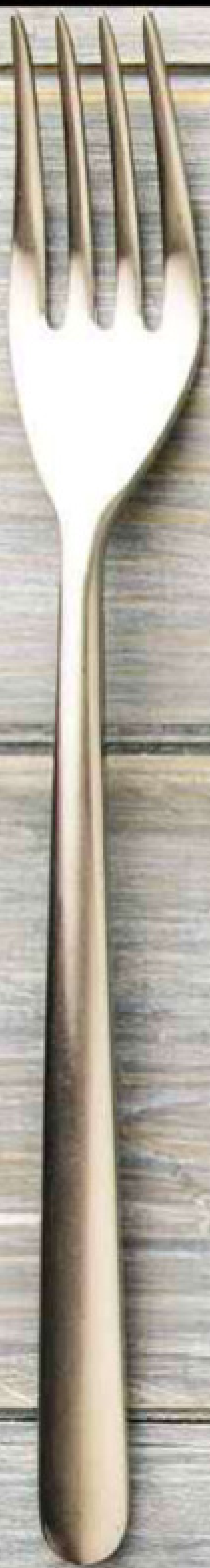
**23g**

per portion

## TO MAKE

- Heat a large non-stick saucepan, add the olive oil, ginger, lemongrass and chilli and cook for three to four minutes over a medium heat.
- Add the coconut milk, water, curry paste and stock cube, bring to the boil and simmer for eight minutes.
- Add the chicken and simmer for ten minutes.
- Add the vegetables and noodles and simmer for five minutes.
- Remove from the heat and set to one side for five minutes, then season with the fish sauce and lime juice.
- Add the fresh coriander and serve.





# *Flying start*

*Kick off your day with this energising, muscle-building American breakfast, courtesy of chef Adam Gray*

Much like an English fry-up, an American-diner breakfast tends to consist of cheap eggs and unhealthy trans fat-loaded meat. This home-made alternative uses quality ingredients and smart cooking techniques to help you achieve your gym goals while still satisfying your taste buds with an indulgent meal to start the day.

'Pancakes are normally loaded with blood sugar-spiking white flour that encourages fat storage,' says Gray. 'Wholemeal flour reduces these and provides an extra hit of gut-protecting fibre.'

Bacon provides plenty of energy-boosting vitamin B12, while eggs are rich in joint-soothing omega 3 fatty acids.





**TO MAKE**

- Thoroughly mix the sausage meat and the chopped spring onions together and season the mixture with salt and pepper to taste.
- Divide the mixture equally into four and mould the pieces into round-shaped patties roughly 1cm high by 5cm wide.
- Place them in the fridge for 10-15 minutes before cooking.
- To make the pancakes, mix the ingredients for the batter together using a hand blender or whisk and pass them through a fine sieve.
- Heat a little of the oil in a non-stick pan over a medium heat, then spoon about a quarter of the batter into the centre of the pan, creating a pancake roughly 1cm high and 5cm wide.
- Lightly fry the pancake until it's golden brown on one side, then flip it over and repeat on the other side.
- Remove the pancake from the frying pan and place it on a plate. Repeat the process to make three more pancakes.
- Grill the bacon and the sausage patties under a medium heat, turning halfway through, until cooked through.
- Whisk the eggs and the semi-skimmed milk together and season with a little salt and pepper.
- Place the egg mixture in a small, thick-bottomed saucepan and cook it over a medium heat, stirring until you have light, fluffy scrambled eggs.
- Spoon half of the egg on each plate, along with two rashers of grilled bacon, two sausage patties and two pancakes.
- Drizzle maple syrup over the pancakes and serve.

per portion

<b>CALORIES</b> <b>1,889</b>	<b>PROTEIN</b> <b>64g</b>	<b>FAT</b> <b>113g</b>	<b>CARBS</b> <b>52g</b>
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**PREP TIME**  
*20 minutes*  
**COOKING TIME**  
*20 minutes*

**INGREDIENTS (serves 2)**  
4 rashers of unsmoked back bacon / 4 free-range eggs / 30ml semi-skimmed milk / 320g Cumberland sausage meat / 4 spring onions, finely chopped / 100ml rapeseed oil / Maple syrup to serve / Salt and pepper to taste  
For wholemeal pancake batter  
230g wholemeal flour / ½tsp salt / 50g caster sugar / ½tsp bicarbonate of soda / 1tbsp baking powder / 530ml semi-skimmed milk / 2 free-range eggs



# Fired up

*Torch fat with this metabolism-boosting chilli con carne recipe from chef Adam Gray*

Spicy foods are the smart choice if you're trying to lose weight, because their high levels of capsaicin help to ramp up your metabolism. This dish also provides 30g of muscle-building protein per serving. 'Greek yogurt contains four times more protein than sour cream, but has less than a third of the calories and half the salt,' says Gray. 'It also offers more than twice the energy-boosting vitamin B12.'

Apart from that, kidney beans are packed with folate, which helps to improve mood, while shallots contain quercetin, which soothes inflammation after training.

**PREP TIME**  
*10 minutes*  
**COOKING TIME**  
*50 minutes*

## INGREDIENTS (serves 2)

4 shallots, chopped / 2 garlic cloves, chopped / 1 red chilli, deseeded and chopped / 100ml rapeseed oil / 500g lean beef mince / 2tsp smoked paprika / 3 plum tomatoes, chopped / 400g can of chopped tomatoes / 150ml beef stock / 3tbsp tomato purée / 1 bay leaf / 400g can of kidney beans, drained / Salt and pepper to taste / 1tbsp fresh basil, chopped / Thyme sprigs / 2tbsp chives, chopped / 200ml Greek yogurt

## TO MAKE

- Heat half the rapeseed oil in a large saucepan. Add the shallots, garlic and chilli and cook for a few minutes.
- At the same time, cook the mince in a separate pan over a moderate heat in the remaining oil. When it's browned, drain in a sieve to remove excess fat.
- Add the smoked paprika to the shallot mixture and cook for a further five minutes, then stir in the browned mince.
- Add the fresh and tinned tomatoes and leave to reduce on a medium heat for five minutes.
- Pour in the beef stock and stir in the tomato purée. Add the bay leaf, then bring the mixture to the boil and leave it to simmer.
- Once the sauce is beginning to thicken, which should take 20-30 minutes, add the kidney beans and leave to cook for another five to ten minutes.
- Season with salt and pepper and add the basil leaves. Garnish with thyme sprigs.
- Mix the chives with the Greek yogurt.
- Serve with brown rice (cooked according to the instructions on the packet) and with the chive yogurt on the side.





per portion

CALORIES	PROTEIN	FAT	CARBS
<b>1,400</b>	<b>97g</b>	<b>82g</b>	<b>69g</b>







# SPORTS DRILLS

*Pro athletes have a job many of us envy – not just because they’re cheered on by thousands, but because the focus of their life is training. And spending so long getting supremely fit means they know a thing or two. We’ve distilled the knowhow of five elite sportsmen into potent workouts that will give you the speed, power, endurance and control you need to excel in sports from rugby and mountain biking to mixed martial arts and boxing. You may not have as much time to train as they do, but this section will allow you to benefit from their expertise.*



## CARL FROCH

**Age** 37

**Height** 185cm

**Weight** 76kg

### **Achievements**

- Current WBA and IBF super middleweight champion
- Former two-time WBC super middleweight champion
- Holds a professional record of 33 wins and two losses, with 24 wins by knockout





# COBRA STRIKE

*Super middleweight boxing champion Carl 'The Cobra' Froch reveals how he stays strong to the end of round 12*

**F**inishing strong has been a theme in Carl Froch's career, from his first title defence - when he rallied to knock out Jermaine Taylor having been knocked down in the fourth - to his epic fights against George Groves in 2013 and 2014. His powers of recovery are clearly helped by a granite chin, but Froch says his fitness is just as critical. 'Conditioning plays a massive part in punch resistance. If you've got strong legs and a hard core, you'll be far more solid.' Durability isn't just something you have or don't have, though - it can be developed. So turn the page and follow Froch's core strength circuit to achieve some of his championship mettle.





# HARD CORE

*Build a punch-proof midsection with Froch's old-school core circuit*

## 1 Sit-up

REPS 10

Lie flat on the floor, bend your legs at the knees with your feet on the ground and put your hands behind your head. Raise your upper body until it's vertical, breathing out as you sit up. Hold the position for one second, then lower yourself slowly back to the start position.

### DIRECTIONS

Perform the prescribed reps of each exercise back to back. Rest for 60 seconds then repeat three times.

## 2 Bicycles

REPS 5 EACH SIDE

Lie on your back with your knees bent and hands by your temples. Crunch up, then twist your torso to move one elbow towards your opposite knee until they touch. Keeping your abs tensed, repeat the movement to the other side, and alternate sides with each rep.



### 3 Lying leg hold

TIME 30SEC

Lie on your back with your arms by your sides and your legs together. Tense your abs and engage your core, then lift your feet 20cm off the floor, keeping your legs straight. Hold for 30 seconds, then lower gently to the start.



### 4 Clap press-up

REPS 10

Start with your hands shoulder-width apart and body straight from shoulders to heels. Lower your chest towards the floor until your elbows are at 90°, then press back up explosively so both hands leave the floor. Clap, then land on your palms.



### 5 Plank

TIME 45SEC

Hold your body in a straight line from shoulders to heels with your elbows beneath your shoulders and your head looking down. Hold the position without letting your hips sag.





## SAM WARBURTON

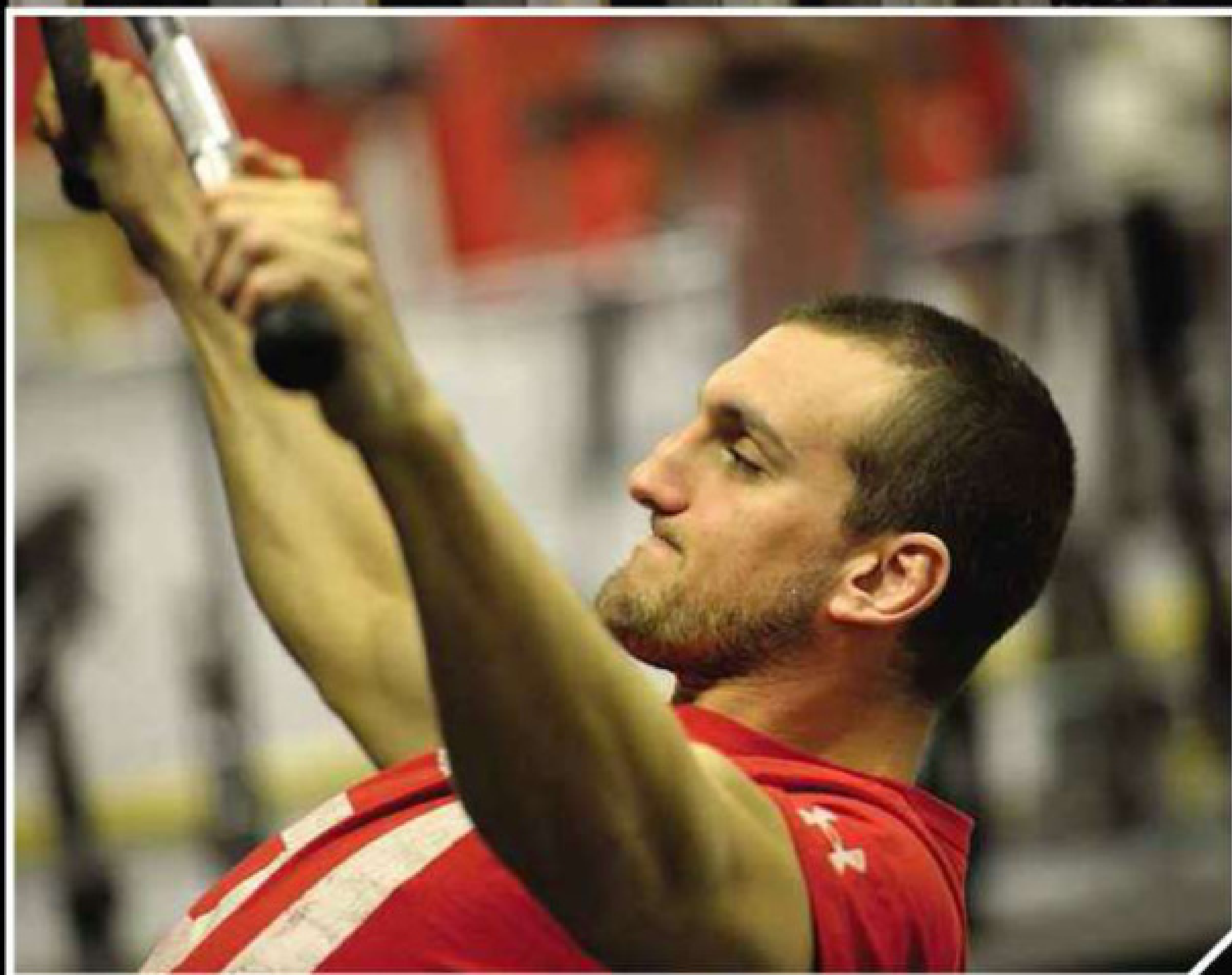
**Age** 26

**Height** 1.88m

**Weight** 103.5kg

### Achievements

- Won the 2010 European Challenge Cup with Cardiff Blues
- As captain he led Wales to the 2011 Rugby World Cup semi-final
- Won the Grand Slam in the 2012 Six Nations, and retained the title in 2013
- Captained the British and Irish Lions to a historic 2-1 victory over Australia



# SIZE MATTERS

*Wales captain Sam Warburton explains how he bulked up and knuckled down to become a Lions legend*

**I**n his relatively short rugby union career, Sam Warburton has led Wales to a World Cup semi-final and a Six Nations Grand Slam, as well as captaining the British and Irish Lions to their first series win since 1997. Warburton has always found sanctuary in the weights room, but despite his love of training he initially struggled to keep up with the giants in the Wales academy system. 'Putting on weight and size was one of my biggest hurdles,' he says.

After experimenting with his nutrition, he eventually found success with a plan that spread his quota of protein

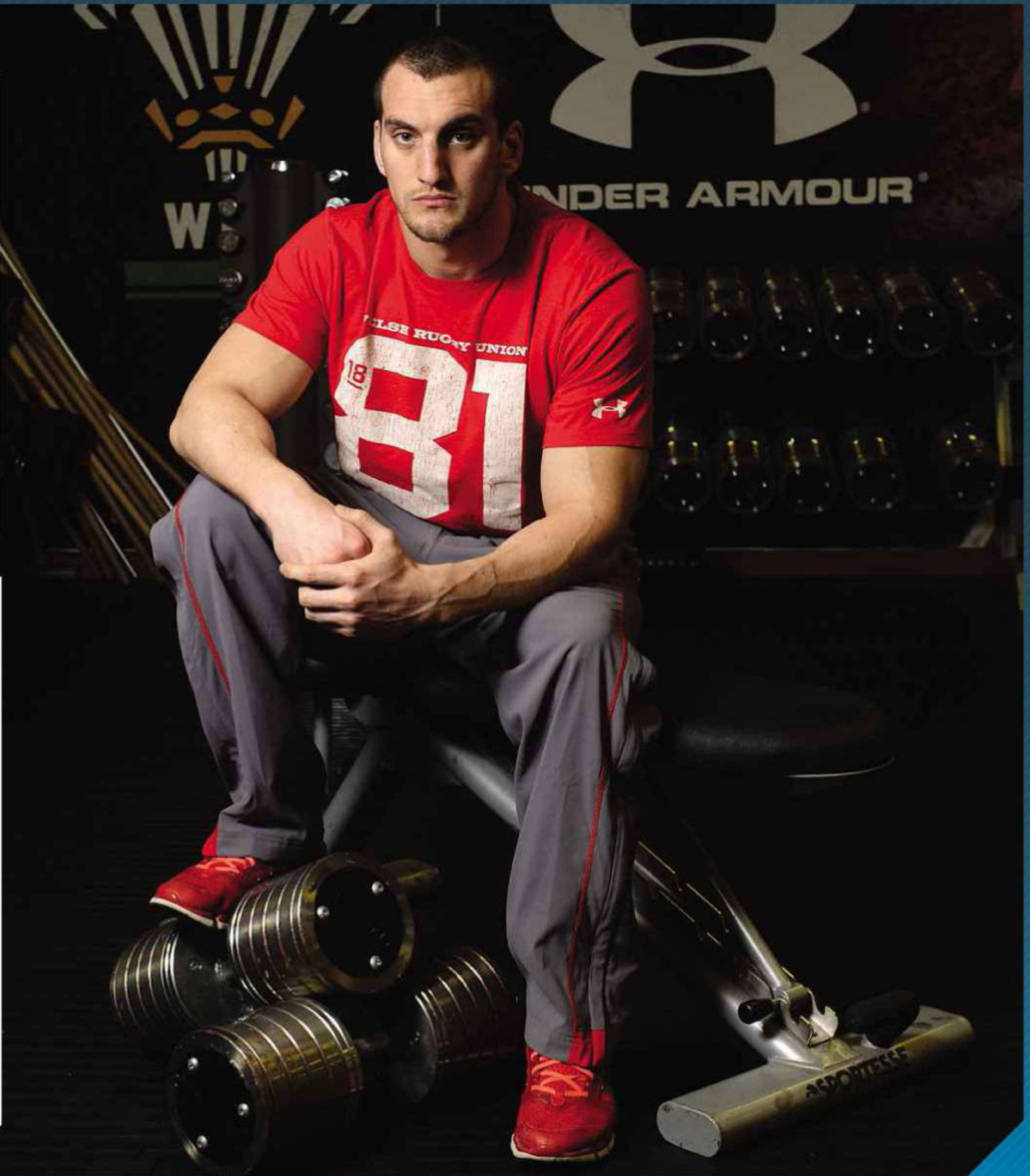
and carbs across five meals a day, topped up with three protein shakes. 'I rarely go three hours without protein,' he says.

To maintain his optimum condition - 103.5kg and 7.5% body fat - Warburton needs a huge appetite for training too. 'I have to be dedicated in the gym,' he says. 'Rather than just strength training I have to do hypertrophy to keep my muscle mass. If I don't train I tend to lose weight.'

The secret to Warburton's Herculean physique is old-fashioned high-volume resistance training, such as the dumbbell shoulder complex he demonstrates on the next page. So get started and develop some of Warburton's impressive size.









# SHOULDER CHARGE

*Big volume equals big muscles. Use this 48-rep complex to build battering-ram delts*



**WARBURTON SAYS** 'This is one hell of a circuit. The first set isn't bad but by the end the 12kg dumbbell feels like 40kg. When we first start doing hypertrophy sessions it's horrendous. The following day I can't even lift my hands up to rub in shampoo. But you soon build up a tolerance.'

**COACH JOHN ASHBY SAYS** 'The key is to keep the muscle under tension, so you don't need to go to full extension - just make sure the muscles are constantly working.'

Perform eight reps of each exercise back to back without resting. Do two or three sets, resting for 90sec

between sets. Choose a weight that allows you to complete all eight reps of each exercise without dumping them between exercises. The Welsh players do this shoulder complex twice a week at the end of training sessions to maintain muscle mass throughout the season.



## 1 Shoulder punch

REPS 8

Press the dumbbells alternately overhead from shoulder height.

## 2 Lat raise

REPS 8

Lower your arms so the weights are in front of your thighs. Then, keeping them slightly bent, bring the weight out to your sides and back.

## 3 Front raise

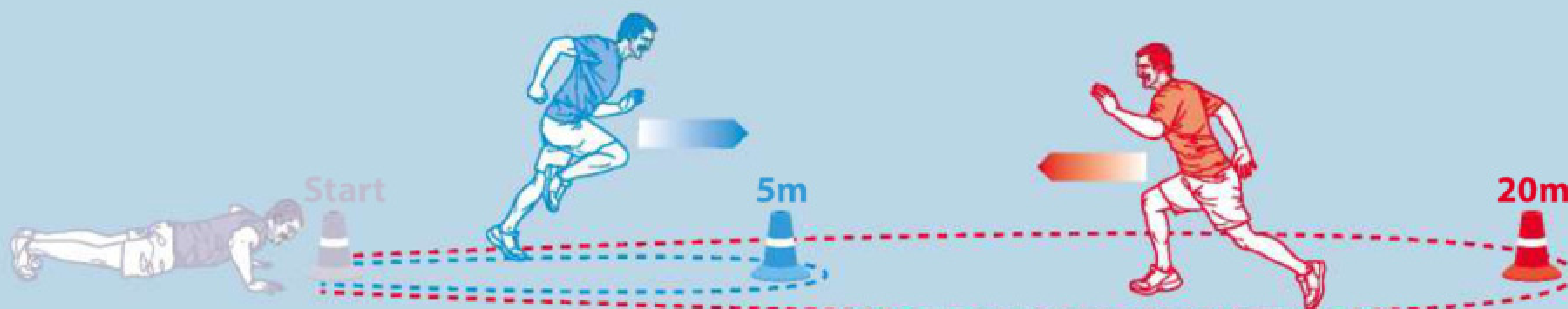
REPS 8

Lower your arms so the weights are in front of your thighs, and keep them straight as you raise the weights to shoulder height and back.



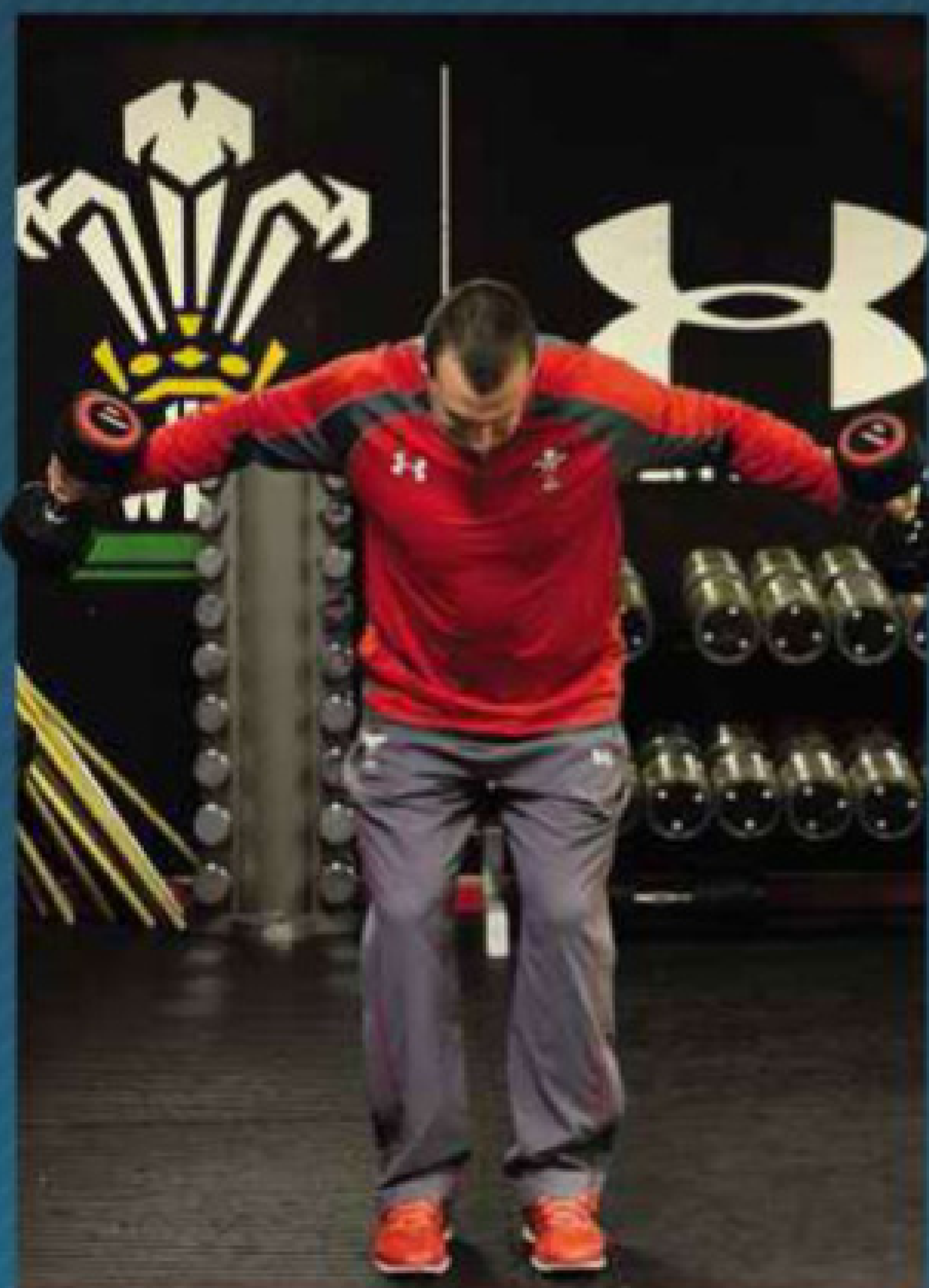
# ON YOUR MARKS

Use the Wales team's anaerobic test to boost your all-round fitness



- Begin by lying face down in front of the first cone.
- When the timer starts, touch your bum with both hands, then jump up and sprint around the 5m cone.
- Dart back around the first cone, then the 20m cone. Return to the start to complete one rep.

You have 40 seconds to complete each rep before you can go again. Think that's too easy? Say that after nine more reps. Get a friend to note down your time for each complete rep and add them together for your final score. Do this exercise once a week, even if your goal is to pack on mass, because sprinting boosts testosterone and aid muscle growth.



## 4 Reverse flye

REPS 8

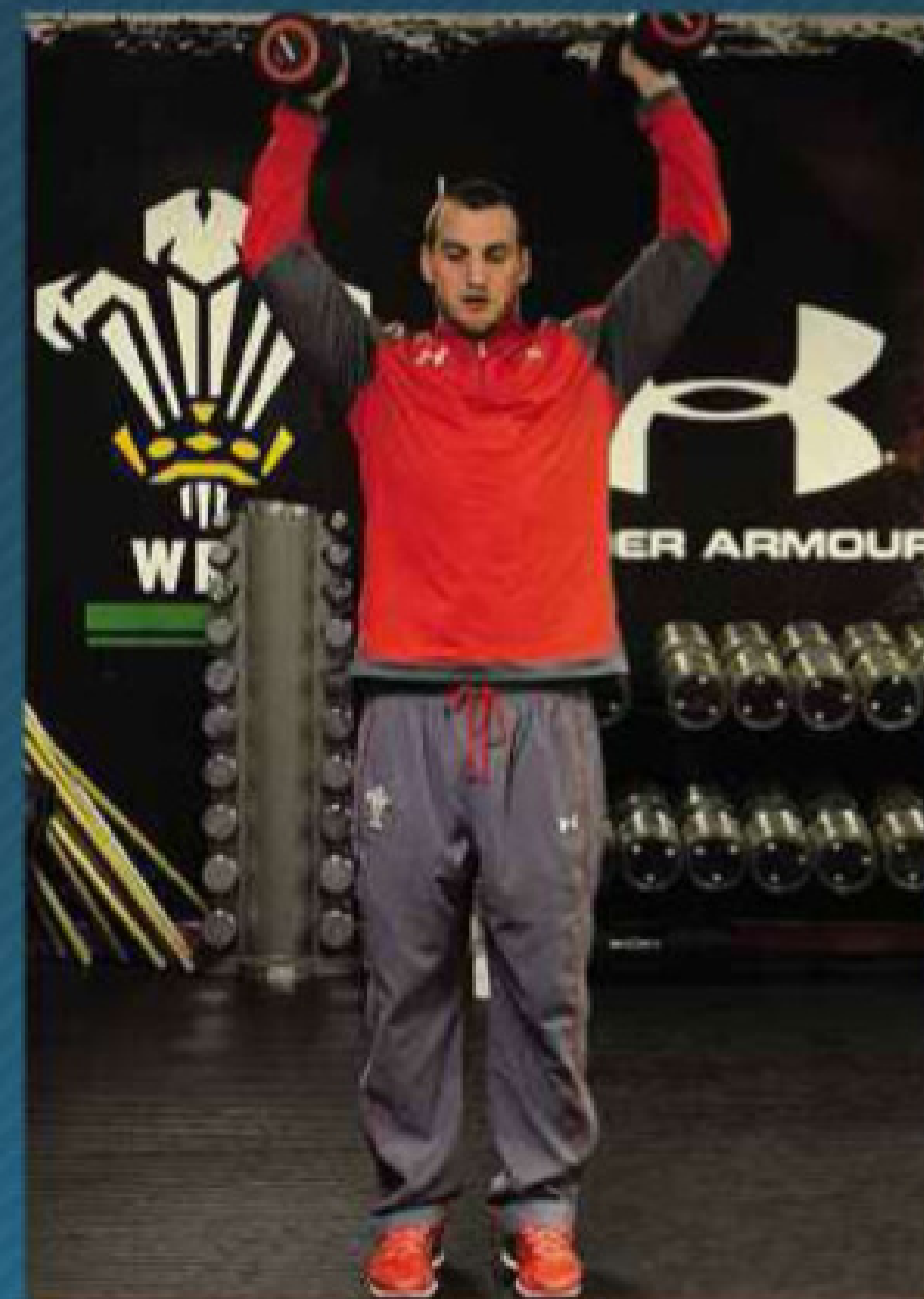
Bend forward, keeping your back straight, and raise the weights out to your sides, squeezing your rear delts at the top.



## 5 Round the world

REPS 8

Keep your palms facing forward as you bring the dumbbells from in front of your thighs in an arc to meet overhead.



## 6 Overhead press

REPS 8

Hold both dumbbells at shoulder height and raise them overhead simultaneously.



# ON THE FAST TRACK

*Downhill mountain bike champion Gee Atherton and his coach Alan Milway explains how he builds the power and control to ride at death-defying speeds*

**G**ee Atherton is obsessed with time, but not like an office worker counting the minutes until 5pm. The only clock-watching he does is when he's working out the fastest line to ride down a vertiginous downhill mountain bike course. His sport pits him against the clock down 3km chutes of the steepest, narrowest, boulder-strewn terrain at speeds of up to 50km/h.

Atherton has won two world titles, a European title and two British championships, and has a showreel of bone-crunching crashes to show for it. So how does he build the strength to handle the punishment that rocks, roots and boulders can dish out?

'People assume cycling is all leg-based but we work more on upper body strength,' Atherton says. 'You need lots of explosiveness to power

out of turns and muscle through tricky sections, as well as the core strength to keep a strong position on the bike.

The usual downhill track is like a series of flat-out sprints, so recovery is key. 'It may be downhill but there's a hell of a lot of pedalling' says Atherton. The plyometrics work he does ensures that the strength he builds in the gym is converted into cycling power he can use on the track.

## UPPER BODY

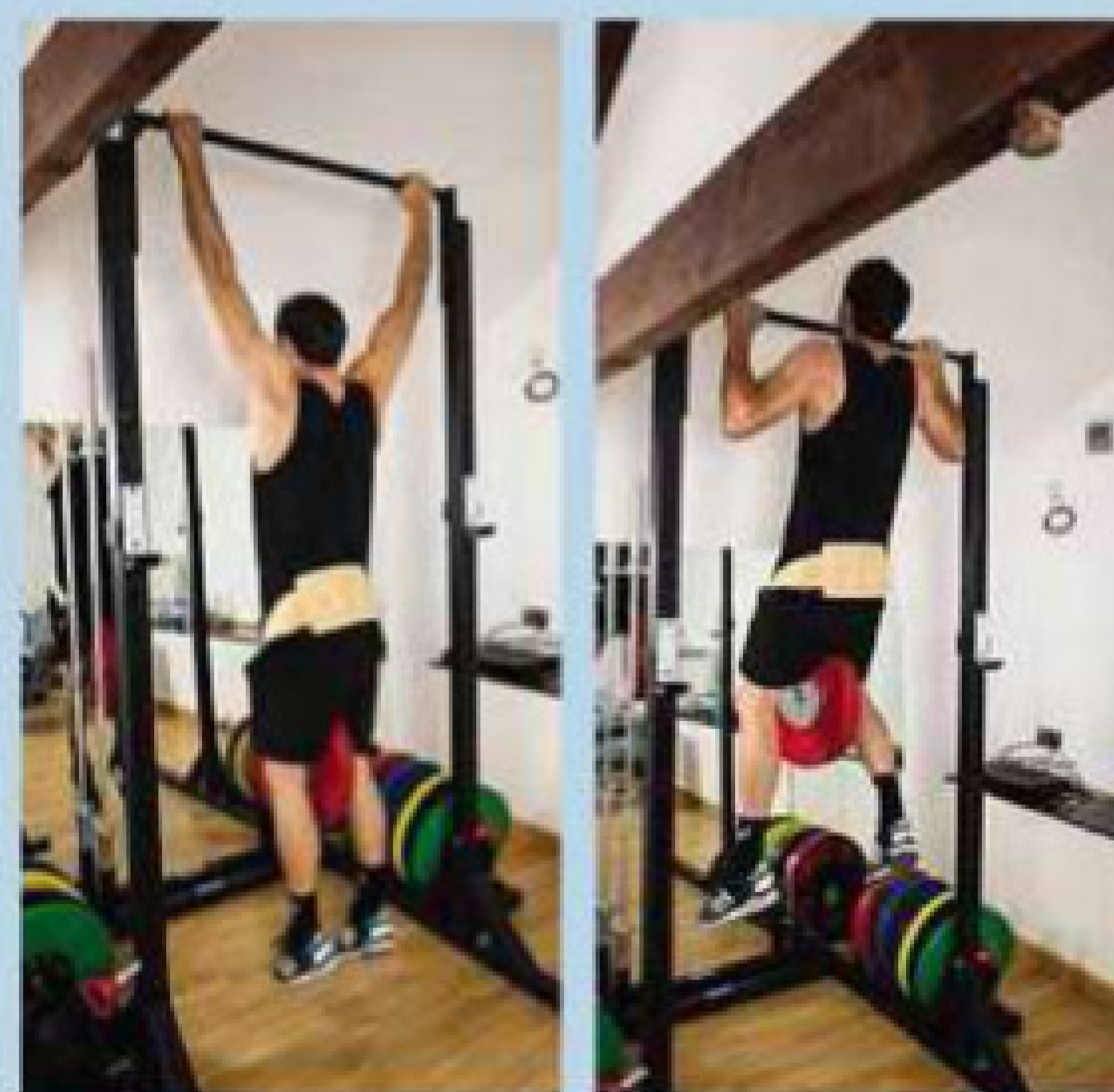


### 1 Sots press

SETS 3 REPS 5

Stand with your feet shoulder-width apart and the bar held on your traps. Lower into a squat position and hold. Press the bar overhead, pause and then lower under control.

**Milway's tip** 'This move builds isometric strength and a strong back, which are essential for riding rough terrain.'



### 2 Weighted wide-grip pull-up

SETS 3 REPS 8

Pull up until your chin clears the bar, without kicking your legs. Lower under control until you're in a dead hang.

**Milway's tip** 'To get a good strength-building effect we add weight. The grip is wide to tax the back muscles more.'



### 3 Depth press-up

SETS 3 REPS 4-6

Place two weight stacks of equal height just wider than shoulder-width apart. Lower your chest slowly past the stacks. Press up explosively and catch yourself on the stacks. Drop your hands back to the floor and repeat.

**Milway's tip** 'This move is all about developing explosive power.'



GEE ATHERTON

Age 29

Height 1.88m

Weight 85kg

Achievements

- British national downhill MTB champion 2004, 2009, 2012, 2013
- European downhill MTB champion 2006
- UCI world downhill MTB champion 2008
- UCI MTB World Cup overall series winner 2010

GET MTB FIT

The routine detailed on p112 -115 is the workout Atherton's personal trainer Alan Milway puts him through. You can do all ten moves or choose three upper-body moves, three lower-body moves and two core moves for a full-body workout that will boost your functional strength and increase your power potential.



4 Ball throw

SETS 3 REPS 6-8

Using a two-handed chest press, explosively throw a 5kg ball as high as you can. Have your partner catch it and then drop it back to you.

**Milway's tip** 'This accentuates the eccentric phase and turns the exercise into an explosive movement that will help you resist the bike and generate power.'





## 5 Trap bar deadlift

SETS 4 REPS 1-2

Start with your feet slightly wider than shoulder-width apart. As you lift, drive through your heels and push your hips forward, keeping your chest up. At the top of the move, pull your shoulder blades back. Lower under control.

**Milway's tip** 'Using the trap bar helps keep the back straight to reduce the risk of injury. It's a good way to increase power.'



## 6 Box jump

SETS 2 REPS 6

Start on the floor with your feet hip-width apart. Lower yourself, swinging your arms back, and drive up into the jump, staying compact in the air and looking for maximum height. Land softly.

**Milway's tip** 'Cycling is all about watts, and plyometrics make sure Gee converts gym strength into power. Go for quality over quantity.'



## 7 Clockwise pistol

SETS 2 EACH SIDE REPS 4

Lift one foot off the floor ahead of you and bend your knee to lower, holding your arms out for balance. Stand up, then lower to the back, then to one side, then the other. That's one rep.

**Milway's tip** 'This move is great for ironing out weaknesses in each side of the body.'





## 8 Plate drop

SETS 3 TIME 60SEC

Pull the plate up to your chest, release it while keeping your hands around it, and catch it at knee height. Keep your core locked and your knees soft during each rep.

**Milway's tip** 'This exercise builds the isometric strength Gee needs to hold position on the bike, while improving his ability to handle unpredictable loads.'



## 10 Norwegian wrestler

SETS 1 TIME 2MIN

Get into a bent-over row position and keep your trunk still with tension in your hamstrings. Start rowing the weights in a loop by reaching them forwards and then up and back as if you were pulling a rope.

**Milway's tip** 'We were at a Canary Islands training camp and the Norwegian Olympic wrestling squad were there doing this for three minutes at a time - they had beast-like strength.'



## 9 Elecknor

SETS 2 REPS 6-8

Lie on your back with your knees and arms raised and get a partner to place one weight plate in your hands and one on your shins. Lower the weights under control keeping your toes up. Don't let your arms or legs touch the ground. Return to the start by engaging your hip flexors, core and arms.

**Milway's tip** 'Cyclists' hip flexors can become short and weak. This move helps prevent that.'



# POWER HUNGRY

*Sonny Webster explains why everyone should include Olympic lifts in their training*

## SONNY WEBSTER

**Age** 20

**Height** 180cm

**Weight** 94kg

### **Achievements**

- British junior records in 94kg weight class for snatch (145kg) and clean and jerk (175kg)
- Fourth place at the 2013 European championships in the 94kg weight class with a combined total of 320kg
- Silver in the junior class at the 2013 Commonwealth championships in Malaysia







**P**ower is everything. Want to win a race? Want to impress on the football pitch? Want to become stronger in the gym or even look better in mirror? Power is the answer. Weightlifting may not have been the marquee event at the London 2012 Olympics, but you can guarantee that the Usain Bolts and Jessica Ennises who made the headlines used Olympic lifts in training to help them win gold.

For Sonny Webster, the Bristol-based weightlifter who hopes to join them on the top step of the medal podium one day, the appeal of the two Olympic lifts, the clean and jerk and the snatch, is simple. 'They build pure power,' he says. 'Olympic lifting is a whole-body exercise. You're strengthening every part of your body.'

The appeal is catching on too. A survey by the Sport and Recreation Alliance in 2013 showed a 45% annual increase in adult participation. One reason is the growth of CrossFit, which has shown how Olympic lifts such as the snatch and the clean and jerk can be used to build fitness - and that you don't need to be built like a bull to take part. 'I recently found two really promising weightlifters through CrossFit gyms, and more and more people are coming over from CrossFit,' says Webster. 'Weightlifting is one of the original Olympic sports but it's so far behind in popularity. CrossFit will drag a lot of good lifters back into weightlifting and bring the sport back where it needs to be.'

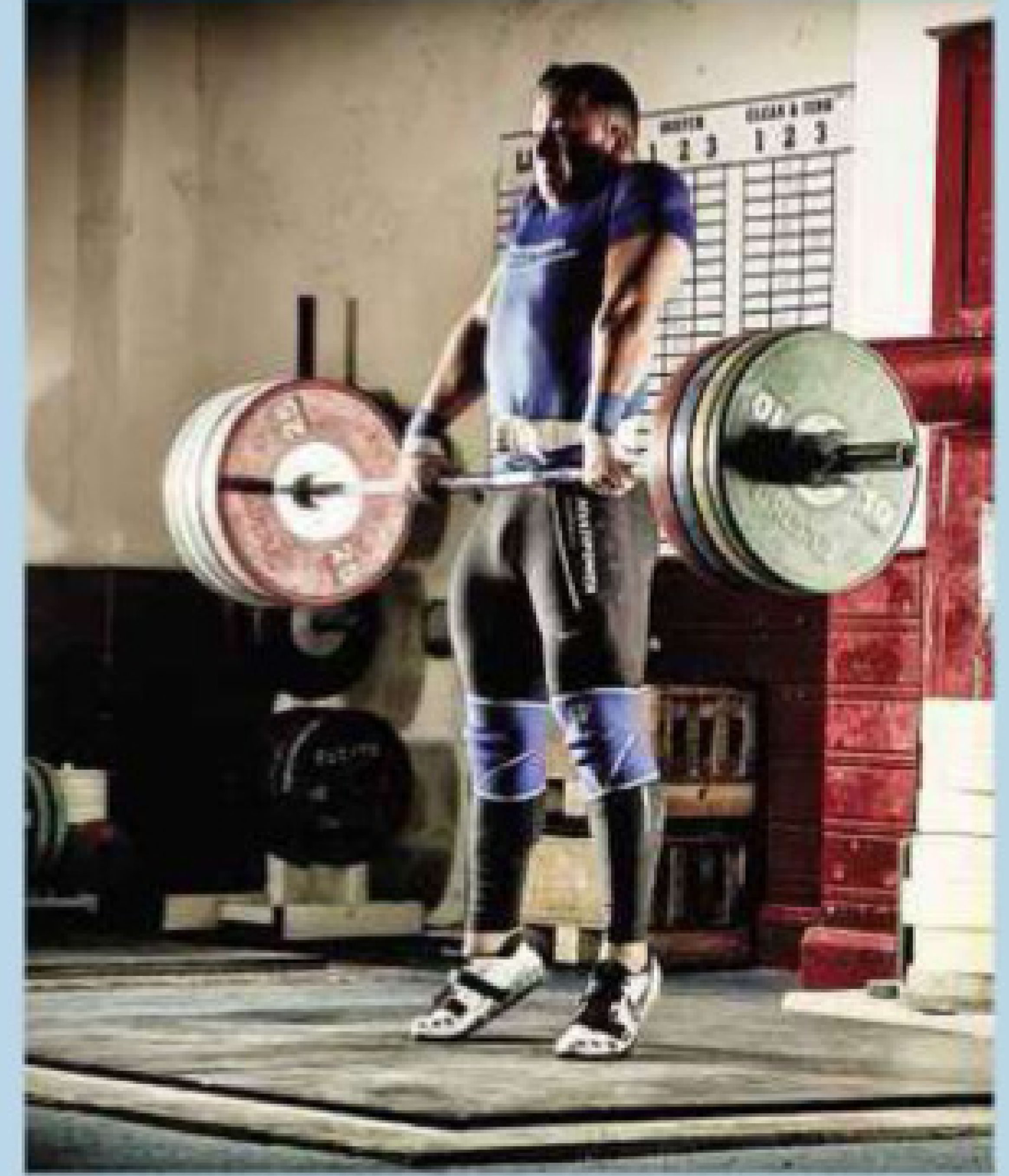


## Clean pull

SETS 5 REPS 5

Add the clean pull to your strength workout. Start with your shoulders over the bar, gripping it with hands shoulder-width apart. Keep the bar close to your body and your arms straight throughout. Push through your heels to raise the bar off the floor and past your knees, then squeeze your glutes hard and perform a shrug to raise the bar higher. Hold the top of this position for a moment before reversing the move.

**Webster says** 'You probably already do deadlifts, and this is similar but with that explosion at the top. It's very good for your lower back. For strength we also do a lot of front and back squats.'



5



## Power clean

SETS 5 REPS 2

Build dynamism with this move. Hold the bar with your hands just outside your hips. With your chest up and your back straight, lift the bar off the floor, keeping it close to your body. Once

it's past your knees, drive your hips up to generate power and raise the bar to chest height, then drop into a half squat and catch the bar with your hands in a front squat position. Stand up to complete the rep.

**Webster says** 'The hip drive is important but make sure you're driving up instead of driving your hips through and kicking the bar away from you. The bar has to stay close to your body for the whole lift.'



## Super pulls


SETS 3 REPS 9

Boost your endurance with Sonny's super pulls. Aim to use a weight that's close to your snatch PB. With a snatch grip (arms twice shoulder-width apart), your chest up and your back straight, lift the bar three times from the floor to knee height and back. Immediately go into three hang pulls, lowering the bar from waist height down to the knee and back up. Then go into three normal snatch pulls from the floor to waist height so you've completed nine reps. Now you can set the bar down.

**Webster says** 'This three-phase complex is brutal - last time I did it I threw up three times. But it's the best exercise for maintaining the strength you need in the first phase of the competition lifts. I do high-volume sessions of barbell complexes at the beginning of a new phase of training.'







## PAUL DALEY

**Age** 31

**Height** 1.75m

**Weight** 77kg

### **Achievements**

- 34 professional MMA wins, 25 by knockout
- UFC Knockout Of The Night and Newcomer Of The Year winner
- UFC, Strikeforce, Bellator, Elite XC and Cage Rage veteran

# HITTING THE ROAD

*Nomadic MMA knockout artist Paul Daley has travelled far and wide in his career but his devastating punching power has remained constant. Here's how he builds it*





**E**lite welterweight MMA fighter Paul Daley has fought for every major organisation in the sport, knocking out a string of top-tier opponents around the globe during an explosive 12-year career. At 31 he has many highlight-reel finishes to his name, and he says his striking is still improving. But to what does he attribute his incredible punching power? 'To some extent it's something you're born with', he says, 'but over the past year I've been doing a lot of work in the gym to get stronger and faster.'

Daley does a lot of classic strength-building moves and heavy lifting, as well as weighted pull-ups, weighted dips and a brutal medicine ball circuit that helps build the explosive power he uses to flatten opponents. Turn the page and try it for yourself.



Heavy lifts are an essential part of Daley's regime



# POWER GENERATOR

Increase your knockout potential with Daley's punch-boosting medicine ball circuit

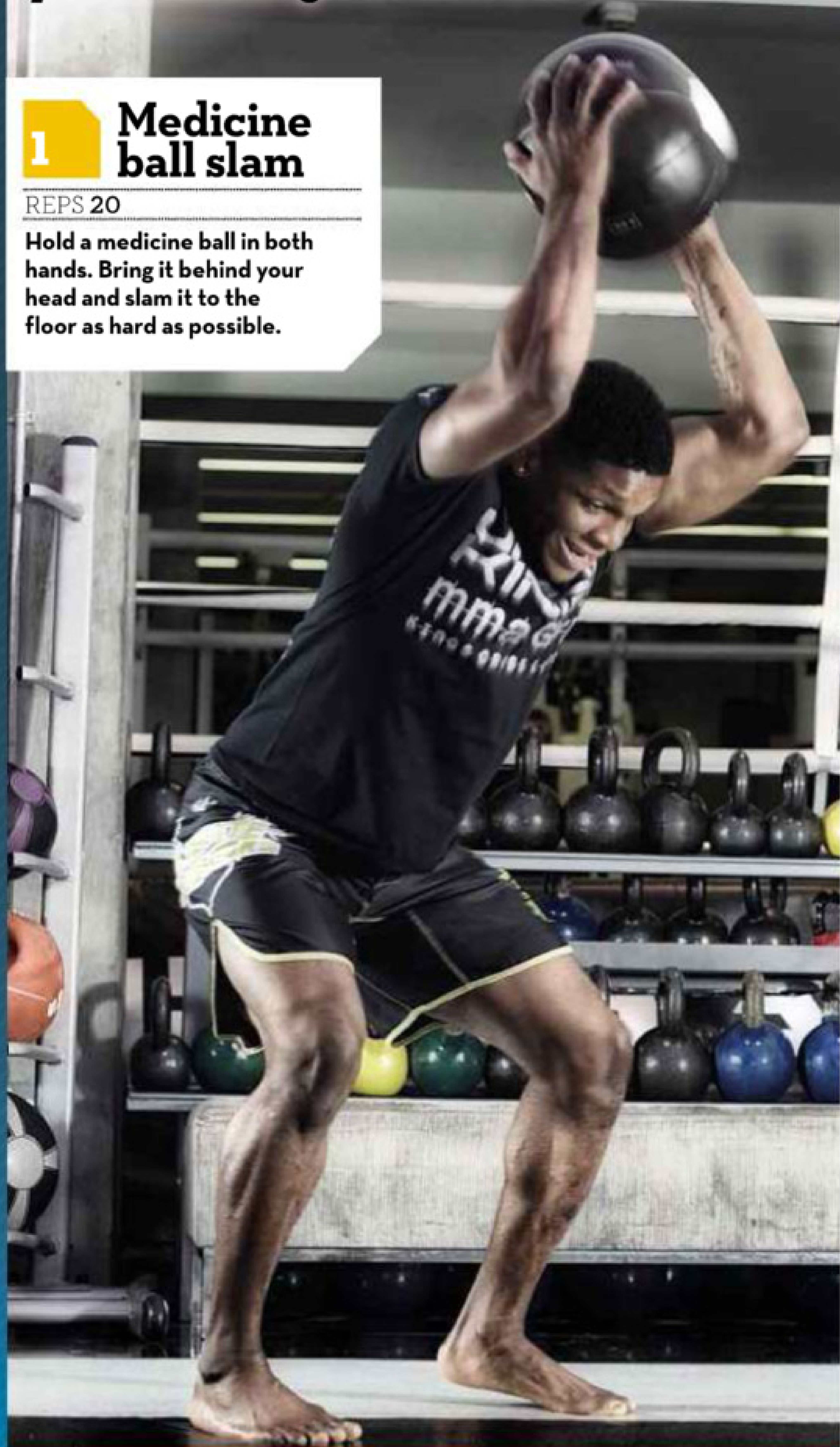
## DIRECTIONS

Perform the prescribed number of reps for each exercise then move immediately on to the next. Once you've completed all the exercises in a circuit, rest for 40 seconds, then repeat for another four rounds.

### 1 Medicine ball slam

REPS 20

Hold a medicine ball in both hands. Bring it behind your head and slam it to the floor as hard as possible.



### 2 One-arm medicine ball cross

REPS 10 EACH ARM

Stand in a boxing stance with your lead foot forward (left if you're orthodox, right if you're a southpaw like Daley), holding a medicine ball in both hands at chest height. Rotate your hips slightly to the same side as your trailing foot, drawing the ball in close to your chest by winding up your arm. Rotate explosively through your hips and extend your trailing arm, using a jabbing motion to throw the ball forward while keeping your other hand up to protect your face.





**3** **Medicine ball side throw**

REPS 10 EACH SIDE

Hold a medicine ball in both hands at chest height. Keeping your core braced throughout, rotate explosively 90° through your hips to one side, and throw the ball by pushing with your front arm until it's straight. Return to the start position and repeat on the other side.



**4** **Medicine ball plyometric press-up**

REPS 20

Start in a press-up position with a medicine ball directly beneath your chest. Lower yourself until your chest touches the ball, then press up explosively, pulling your hands off the floor. Land with your hands on top of the ball. Carefully lower your hands back to the start.







# CARDIO

*Far too many people think that to become the best runner, cyclist or swimmer you can be, you should just do loads of running, cycling or swimming. It's never been true. Gym moves that boost power, strength and endurance will also improve your race times. Whatever discipline you favour, these workouts will let you go harder for longer - and they can be done with simple kit in under half an hour. You'll thank us when you're moving steadily up the leaderboard.*



# SWIM GYM

*These moves will improve your swimming technique, range of motion, power and speed*

## The coach

Ian Thorpe is Australia's most successful competitive swimmer, with five Olympic gold medals and ten from the Commonwealth Games.



## The goal

'Now more than ever, the guys and girls you see excelling in the pool are those who put a lot of work in at the gym,' says Thorpe. 'The exercises I've chosen for this workout are moves I used to do in training, and they genuinely made a massive difference to my performance in the pool. They strengthen key muscles used in swimming, as well as increasing your range of motion for smoother, more efficient strokes.'

## The workout

'For tangible results you should do this workout two or three times a week,' says Thorpe. 'Don't worry if you feel sore after the first few times - that's a sign that you have engaged muscles that aren't used to working hard. Do the circuit three times with 90 seconds' rest between each move and two minutes' rest between circuits. You should find the workout challenging but be able to complete all the recommended reps or durations.'

## 1 Gym ball roll-out

REPS 5

Kneel with your elbows and forearms on the ball and your trunk and torso 45° to the floor. Slowly lean forward until your arms are almost straight, rolling the ball forward and bracing your core. Hold for five seconds before slowly returning to the starting position.



## 4 Two-point box

REPS 4 EACH SIDE

Start on all fours with your knees and palms on the ground. Lift one arm and the opposite leg and stretch them away from your body to form a straight line from your hand to your toes. Hold for 30 seconds.





## 2 Leg lift

REPS 4 EACH SIDE

Lie on a bench on your stomach with your legs extended behind you. Raise one leg as high as you can while keeping it as straight as possible. Hold this position for 30 seconds.



## 3 Curl to press

REPS 10

Stand with feet shoulder-width apart holding a 10kg dumbbell in each hand with palms facing forward. Curl the dumbbells up towards your shoulders, bending at the elbow. Then lift your arms above your head, rotating your wrists to face forwards. Slowly reverse the movement back to the start.

## 5 One-arm medicine ball throw

REPS 10 EACH SIDE

Lie on your back with your knees bent and feet flat on the floor holding a medicine ball in one hand with your arm stretched behind you. Throw the ball over your opposite knee. Generate the power from your shoulder and try not to lift your head or pull up with your core.



## 6 Mountain climber

REPS 10 EACH SIDE

Place your hands on the floor just wider than shoulder-width apart. One leg should be straight out behind you and the other should be tucked so your knee is directly beneath your pecs. Jump the straight leg forward and the bent leg back so their positions are reversed.



# BACK ON TRACK

**Strengthen your posterior chain to realise your true running potential**

## The coach

Former Team GB head coach Nick Anderson is a UKA level 4 endurance coach and a running consultant to Saucony, High5 Sports Nutrition, Brighton Marathon and RunBristol.



## The goal

'The posterior chain is essential for good running form and power,' says Anderson. 'It's made up of your calves, hamstrings, glutes and lower back muscles. But strengthening your posterior chain isn't just essential for increasing running speed, it also reduces your risk of injury. Even if you run regularly, doing exercises that target this key muscle group will have a tangible effect on your performance while also combating the negative effects that sitting at a desk all day can have on your posture.'

## The workout

'Do this workout by performing one exercise after another in three circuits, resting for 30 seconds between each exercise and two minutes between each circuit,' says Anderson. 'To ensure you get the maximum benefit from each exercise it's important that you concentrate on completing each rep properly rather than hurrying through the moves. Do the workout two to three times a week.'

## 1 Eccentric calf drop

REPS 10 EACH SIDE

Stand on the toes of one foot on the edge of a box, with the other leg out behind you. Slowly lower the heel of your standing leg as far down as you can go without losing balance. Hold for 3sec, then slowly return to the start. Complete all reps on one leg, then the other.



## 4 Alternating reverse lunge

REPS 15

Stand with your feet shoulder-width apart, hands on hips and head facing forward. With your core braced, take a big step backwards with one leg until both knees are bent at 90°. Drive up through the heel of your front leg to return to the start. Repeat with the other leg.





## 2 **Barbell glute bridge**

REPS 6

Lie with your upper back against a bench, feet on the floor and knees bent, holding a barbell across your hips. Brace your core and use your glutes to power your hips upwards until your body is straight from knee to chest.



## 3 **Single-leg Romanian deadlift**

REPS 5 EACH SIDE

Stand on one leg and hold a kettlebell in the hand opposite your supporting foot. Keeping your back straight, lean forward at the hips to lower the kettlebell, raising your leg behind you. Hold for two seconds, then return to the start.

## 5 **Plank with leg raise**

TIME 60SEC

Lie on your front and lift your body on to your elbows and toes to form a straight line from your shoulders to your ankles. From this position, raise one leg off the floor, keeping it straight. Hold for 3sec, then slowly return to the start position and do the same with your other leg. Alternate sides for the prescribed time.



## 6 **Single-leg squat**

REPS 8 EACH SIDE

Balance on one leg with your arms extended and your other leg behind you. Squat down as far as you can while keeping your elevated leg off the floor. Make sure your back is straight and your supporting knee points in the same direction as your supporting foot. Stand to return to the start position.



# POWER TRIP

*Use this circuit to boost your cycling power so you can ride faster for longer*

## The coach

Paul Butler is a British Cycling coach who specialises in strength and endurance development.



## The goal

'Cycling power means the ability to sustain speed over a short period of time,' says Butler. 'When Chris Hoy jumped to the front with a lap to go in the Olympic keirin and no-one could catch him, it was power that kept him ahead. To get technical, power is the amount of work done per unit of time, and to produce more you need to build more fast-twitch muscle fibres. This workout is based around explosive movements that do exactly that.'

## The workout

'To get your muscles used to sustaining power while you cycle, do these moves in a circuit with no more than a 90-second rest between exercises,' says Butler. 'You need some rest to make sure you're moving as explosively as possible during each rep and are therefore optimising fast-twitch muscle growth. When you can perform each set perfectly, start doing the circuit twice, then three times over.'

'Always warm up first with ten minutes on a stationary bike, slowly increasing the intensity. Do the workout twice a week to see results that'll leave other riders eating your dust during a sprint finish.'



1

## Clap press-up

REPS 6

Get in a press-up position, then lower yourself until your elbows reach 90°. Explosively press up so your hands leave the floor. Clap them together and quickly return them to the floor to break your fall. Bend your elbows immediately to soften the impact and go straight into the next rep.



4

## Box jump

REPS 6

Stand with your feet shoulder-width apart, then lower into a shallow squat. Drive your hips upwards and jump clear off the floor using your arms for momentum. Land with both feet on the box. Regain your balance, then step back to the start.





## 2 Medicine ball slam

REPS 6

Hold a medicine ball in both hands in front of your chest, raise it behind your head and slam it to the floor as hard as possible.



## 3 Jump lunge

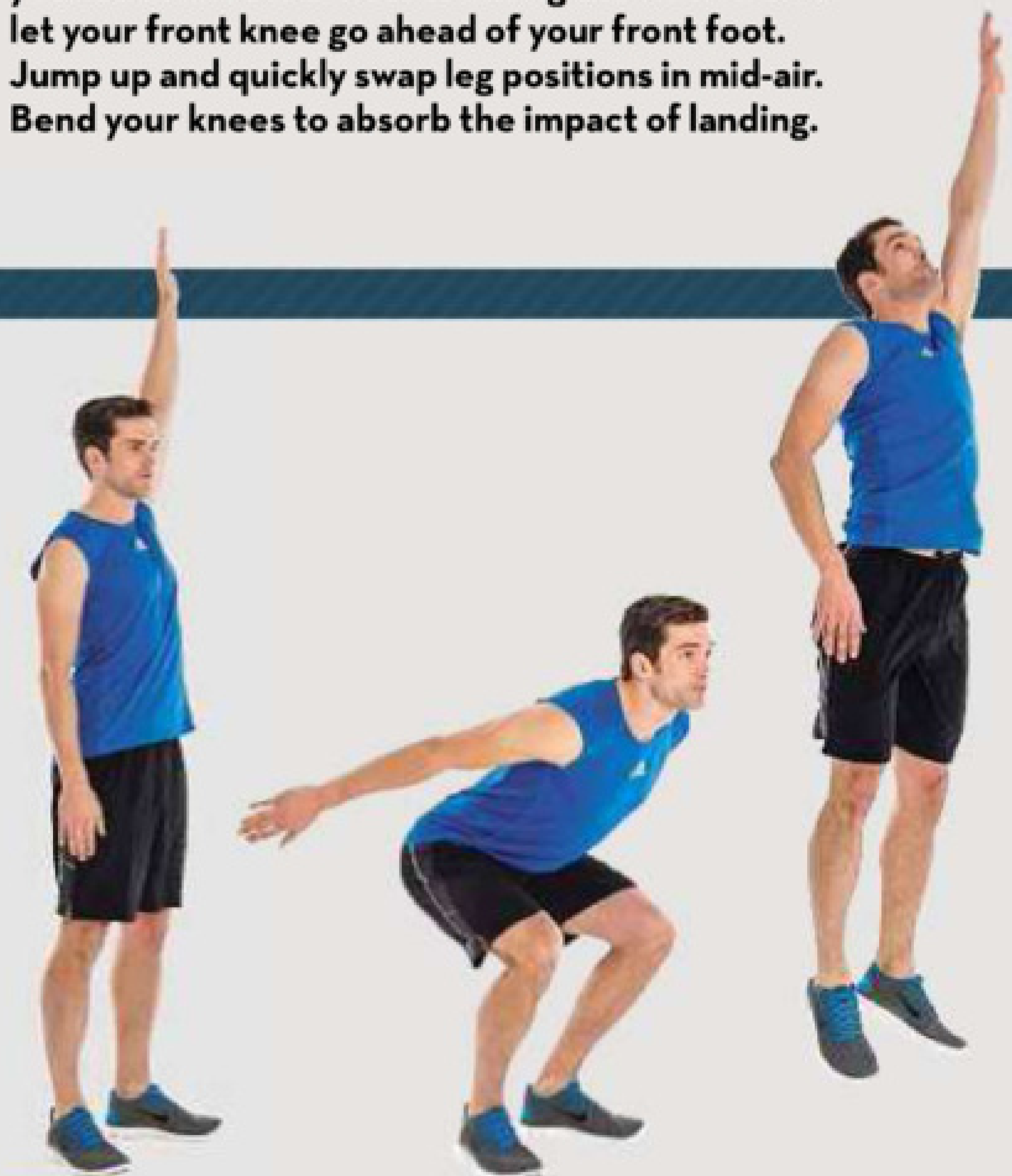
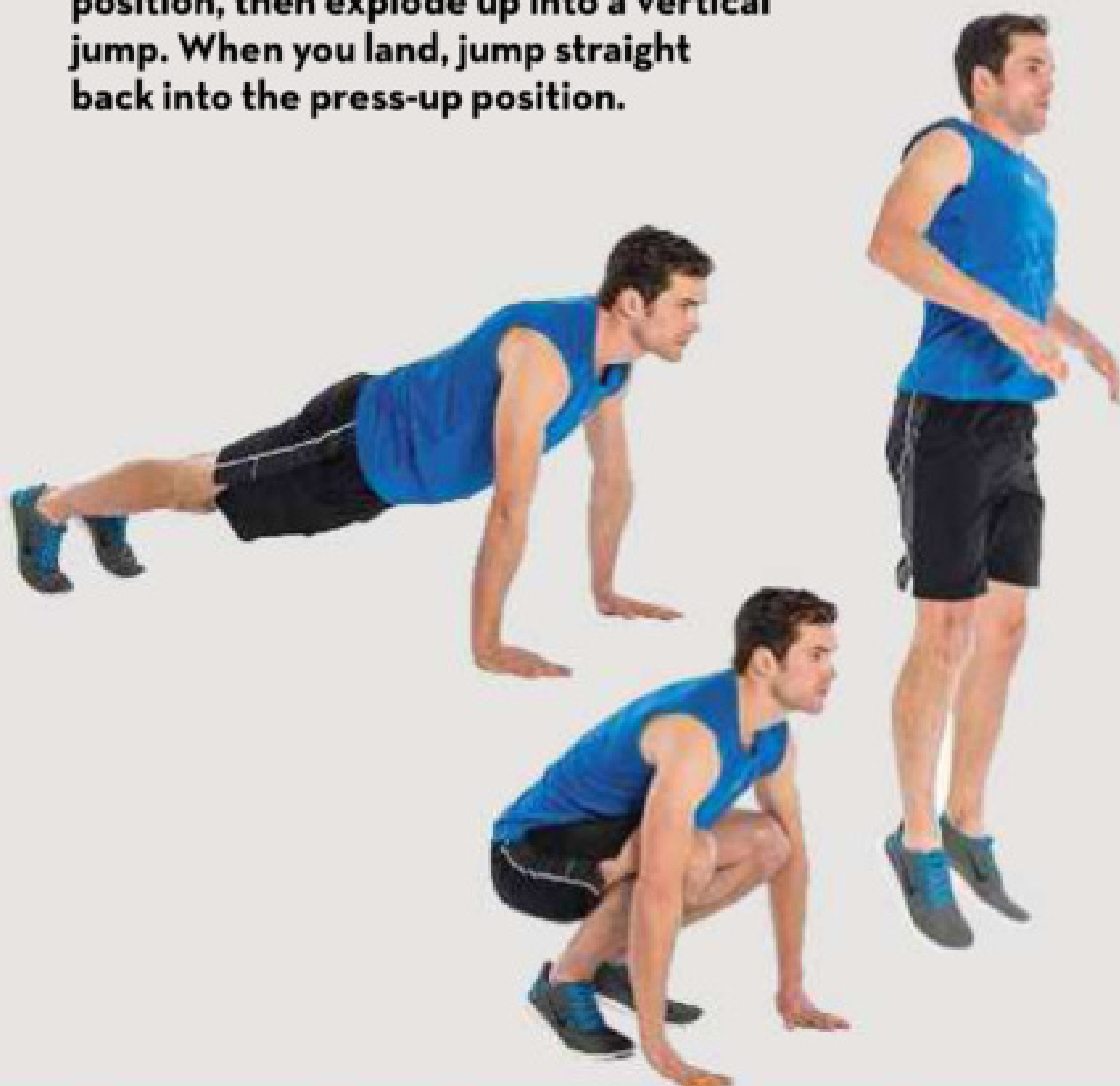
REPS 6 EACH SIDE

Stand upright, then take a long step forward until your back knee is almost touching the floor. Don't let your front knee go ahead of your front foot. Jump up and quickly swap leg positions in mid-air. Bend your knees to absorb the impact of landing.

## 5 Burpee

REPS 8

Start in a press-up position with your hands just wider than shoulder-width apart. Jump your feet forward so you end up in a tuck position, then explode up into a vertical jump. When you land, jump straight back into the press-up position.



## 6 Vertical jump test

REPS 3 EACH SIDE

This last move charts your progress. Chalk the end of your fingertips, stand side-on to a wall and reach up as high as you can and mark it. Then squat down, jump as high as you can and create a new mark with your fingertips on the wall. Measure the distance between the two marks, and record an average from all reps.



# DRIVING BELL

**Increase power and improve performance with this kettlebell workout**

## The coach

Christian Vila is one of the country's leading kettlebell experts and set up Brighton Kettlebells in 2008. He's a strength and conditioning coach for elite athletes, including former UFC fighter and UCMMA heavyweight champion Oli Thompson.



## The goal

'Kettlebell training is a total-body activity and will boost your overall power,' says Vila. 'This makes you strong, fast and mobile - without adding unwanted muscle mass that could slow you down - which is useful for every sport from rugby to swimming. As well as making you lean and strong, this circuit will also improve your shoulder stability, helping to prevent injury.'

## The workout

'Use a 12kg kettlebell to avoid getting injured until you've perfected your form, then you can progress to 16kg,' says Vila. 'Don't worry, you won't put on unwanted muscle mass with more weight - you'll just build strength. To warm up, do five minutes of light cardio and some joint mobility work such as arm circles and hip rotations. Perform three sets of each move with 30 seconds' rest between sets. Go straight from one exercise to the next for a fast and effective high-intensity workout.'

## 1 One-arm swing

REPS 8 EACH SIDE

Stand with your feet just wider than shoulder-width apart, chin up and chest out. Grasp a kettlebell in one hand, swing it back between your legs and then out in front of you, keeping your arm straight. When the kettlebell reaches chin height, switch hands and repeat the movement.



## 4 Halo

REPS 8

Grasp each side of a kettlebell's handle and hold it in front of your face. Slowly move the kettlebell in a circular motion around your head, keeping your elbows as close to your head as you can. Once you have completed one rotation, repeat the movement in the other direction.





## 2 One-arm thruster

REPS 8 EACH SIDE

Start with the kettlebell in the rack position (on the back of your forearm at shoulder height). Lower into a deep squat, then drive up through your heels, pressing the kettlebell overhead. Slowly bring the kettlebell back down to the rack position before your next rep.



## 3 Lying pull-over

REPS 8

Lie on the floor with your legs bent, feet flat on the floor and both arms stretched out behind your head holding a kettlebell with both hands. Lift the kettlebell, engaging your core and back muscles until the kettlebell is over your face. Slowly lower the kettlebell back to the floor.

## 5 High pull

REPS 8 EACH SIDE

Start to perform a one-arm swing as in exercise 1 on the opposite page. At the top of the swing, pull the bell towards your shoulder, keeping your wrist straight while raising your elbow. Swing it back down through your legs.



## 6 Russian twist

REPS 8 EACH SIDE

Sit down with your legs bent and heels on the floor. Hold the kettlebell with both hands at chest height and lean back so your body is at 45° to the floor. Rotate your body to one side by twisting at the waist, then to the other side.



# HANG TOUGH

**Build strength, mobility and co-ordination with these suspension trainer exercises**

## The coach

Alexis Antonopoulos is the owner of NKD Ambition, a private personal training club where he oversees a team of trainers, sports rehabilitation specialists and dieticians. An ex-professional rugby player, Antonopoulos has 15 years' experience as a certified strength and conditioning coach.



## The goal

'Suspension training complements aerobic sports such as running, cycling, swimming and rowing,' says Antonopoulos. 'That's because it uses your own bodyweight as resistance so the muscle you build is lean and functional, rather than bulky. These exercises have been specifically chosen to increase mobility and strength around your hip joints, legs, back, chest, shoulders and arms to help you make big, purposeful movements in any sport.'

## The workout

'I recommend doing this workout two times a week on days when you aren't doing any other training,' says Antonopoulos. 'Warm up with five minutes of skipping or any other light cardio exercise, followed by dynamic stretches such as leg swings and arm rotations. Do the moves in a circuit with 30 seconds' rest between exercises and two minutes' rest between circuits. Start with three circuits and build up to four. For moves that use one side of the body, switch sides halfway through each set. To make any move harder, position yourself further away from the suspension trainer's anchor point.'

## 1 T-Y-I posterior flye

TIME 20 SECONDS

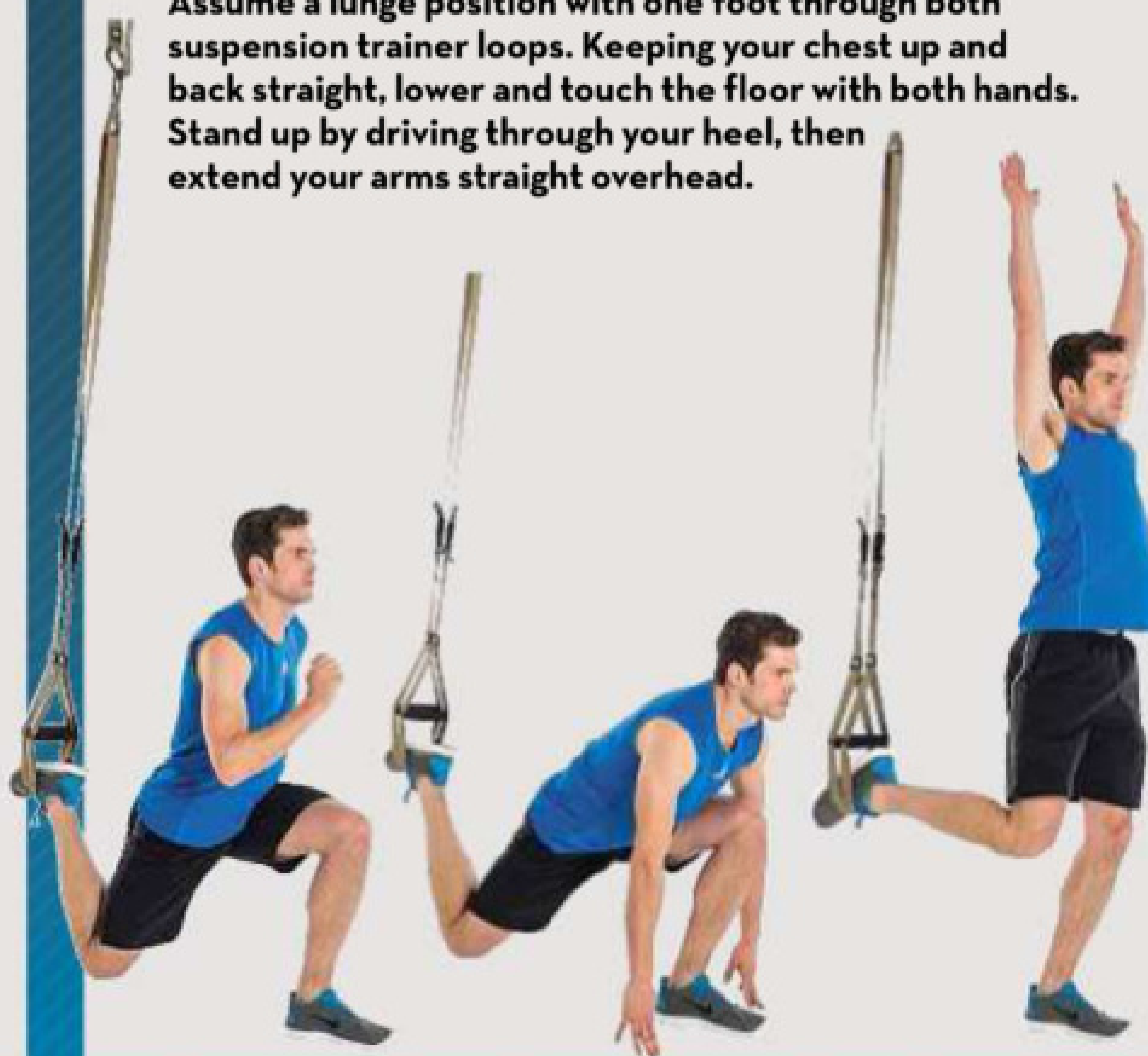
Lean back and hold both handles with straight arms extended in front of you. Pull your arms to a T position, back to the start, then to a Y position and back to the start, then overhead to an I position and back to the start. Keep your body in a straight line and your core engaged throughout.



## 4 Single-leg floor touch and reach lunge

TIME 20 SECONDS

Assume a lunge position with one foot through both suspension trainer loops. Keeping your chest up and back straight, lower and touch the floor with both hands. Stand up by driving through your heel, then extend your arms straight overhead.





## 2 Single-arm T-row and reach

TIME 20 SECONDS

Lean back and hold both suspension trainer handles in one hand. Rotate and touch the floor with your free hand. Pull yourself back up and continue rotating so your free hand reaches as high as possible.



## 3 Press-up to oblique jackknife

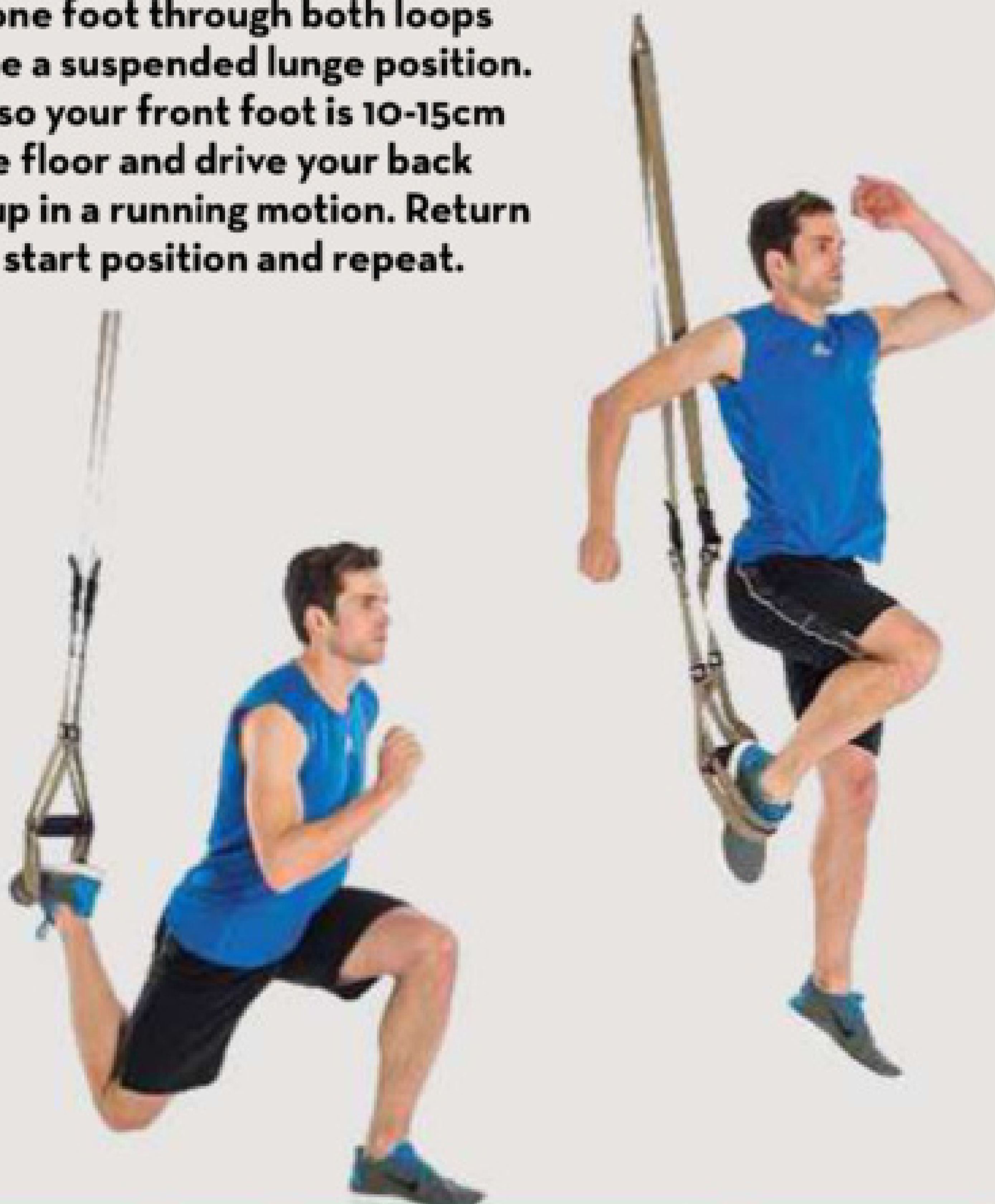
TIME 20 SECONDS

Place both feet in the loops and assume a press-up position. Complete a press-up, then pull your knees up to one elbow. Return to the start and repeat on the other side.

## 5 Single-leg jumping lunge with knee drive

TIME 20 SECONDS

With one foot through both loops assume a suspended lunge position. Jump so your front foot is 10-15cm off the floor and drive your back knee up in a running motion. Return to the start position and repeat.



## 6 Back extension

TIME 20 SECONDS

Hold both handles in front of you and lower yourself to a sitting position with your backside around 30cm off the floor. Keeping your arms extended, pull the handles back and over your head, straightening your body. Slowly return to the start position and repeat.



# STAYING POWER

*Want improved endurance and functional strength? Try this CrossFit-inspired routine*

## The coach

Darren Freeman has worked in the fitness industry for 18 years and is now chief coach at Train Manchester where he teaches CrossFit classes. Train Manchester also offers personal training with an emphasis on strength and conditioning for footballers, runners and triathletes.



## The goal

'Cardio endurance refers to your heart's ability to supply ample oxygen to your muscles while exercising,' says Freeman. 'Whatever sport you do, improving your cardio endurance will mean being able to go harder for longer. The exercises in this circuit replicate the natural movements the human body was designed for so it also builds your functional strength, which translates to more power on the bike or running track or in the pool.'

## The workout

'In CrossFit lingo this type of workout is known as an AMRAP (as many rounds as possible),' says Freeman. 'The idea is to get through as many circuits as you can in 20 minutes. But don't go flat out the whole time. Go at a pace you can maintain (about 80% intensity) for the first 16 minutes, then ramp it up to 100% in the final four minutes. This helps build cardio endurance by keeping your heart rate in the aerobic zone for the majority of the workout, and then taking you anaerobic at the end which will help your sprint finishes. Have a short rest between each circuit if you need it and do the workout at least twice a week to get results.'

## 1 Kettlebell swing

REPS 25

Stand with your feet a little wider than shoulder-width apart and hold a 14kg kettlebell in one hand between your legs, hinging at the hips and with knees slightly bent. Snap your hips forward to swing the weight up to eye level, then swap hands. Swing the bell down between your legs again.



## 4 Burpee with press-up

REPS 10

Stand with your feet shoulder-width apart, then drop into a press-up position with your hands directly under your shoulders. Perform a press-up, then jump your feet forward into a tuck. Jump up and land softly.



## 2 Box jump

REPS 10

Stand in front of a thigh-high box and lower into a jumping position by bending your knees and hips. Explosively jump while swinging your arms forwards. Land softly on the box. Stand tall, then step backwards off the box to the start position.



## 3 Press-up

REPS 15

Start with your hands shoulder-width apart and body straight from shoulders to heels, with your hands directly under your shoulders. Lower yourself until your arms are bent at 90°. Press back up.



## 5 Sit-up

REPS 20

Lie with your knees bent, feet flat on the floor and hands next to your head. Tighten your abdominal muscles and raise your torso to a vertical position. Hold for a second, then slowly lower back to the start.



## 6 Double-under

REPS 40

Add intensity to your skipping by swinging the rope around twice for every jump you do. Engage your abs, pull your shoulders back and push your chest out to aid efficiency and control. Keep your hands close to your body and use your wrists to spin the rope, not your arms.







# GYM FEATS

*We all know it's important to focus on a goal - it provides motivation, purpose and clarity. Whenever you train, you should have your target in mind. But if you happened to impress a few bystanders, that wouldn't be so bad, would it? That's why we've put together this collection of - let's be honest - show-off moves, the exercises that'll attract admiring or even envious glances from your fellow gym-goers. Demonstrated by trainer Chaka Clarke, founder of fitness crew Spartanfam, they're all tough but achievable - and, as well as looking good, they'll all contribute to your muscle gains too.*



# THE ONE-ARM ONE-LEG PRESS-UP

Think you're strong? Try this brutal move that'll impress anyone who sees it

The one-arm press-up has been a test of manliness since time immemorial - or at least since *Rocky* came out. But if you're looking to up the stakes, there's only one solution: take away another limb. Here's the form.

**1** 'Keep your shoulder pushed down and visualise "screwing" your shoulder into its socket,' says Clarke. 'Brace your abs as if you're about to take a punch.'

**2** 'It also helps if you "kick" your hip over to the side you're pressing on.' Having your hip under your working arm helps you stay balanced as you press up.

**3** 'If you can't do the move, put your hand on a step or a bench for an easier angle, and try the floor version once you've developed more strength.' Now all that's left is to film your own training montage.





## THE HANDSTAND PRESS-UP

You've done them against the wall - now master the free-standing version

Few bodyweight moves work your shoulders, triceps and core as hard - or impress other gym-goers as much - as the free-standing handstand press-up. Here's how to nail it.

**1** 'First you need a solid handstand,' says Clarke. 'If you can't hold steady for 15-20 seconds without moving your hands, work on that.' And make sure you can do at least six reps against the wall first.

**2** 'Lower yourself towards the floor, keeping your weight over your fingers. If your weight is on your palms and you start to fall, you've got no way of keeping your balance.'

**3** 'If you can only manage the lower but can't press back up, don't worry - just keep working that negative motion and try to press higher up on each try.'





# THE ONE-LEGGED BOX JUMP

**Test your balance and explosiveness with this variation on a classic**

Any man with an interest in skipping effortlessly up stairs, escalators or hills should have a respectable box jump - that's just science. To better mimic sprinting or jumping, however, you should do the one-legged version in which you take off and land on the same foot. It's not for the faint-hearted but, as a test of balance, explosiveness and strength, it's tough to beat.



**1** 'Start by balancing on one leg,' says Clarke. 'You don't need to squat - just bend your knee slightly, swing your arms and jump.'

**2** 'Bend your leg as you land on the box to absorb the impact. And step back down - jumping might overstress your achilles tendon.'

**3** Can't manage this version? Work on your two-legged box jumps and do some explosive jump lunges. Don't go near failure - just do a few quality reps, getting as much height as possible.





## THE PLANCHE PRESS-UP

**Nailing the hardest press-up of all is within your reach. Honest**

So you've mastered the divebomber, the one-arm, the clap and the one-arm one-leg-only one thing remains. The planche press-up, typically the domain of gymnasts and breakdancers, is the ultimate act of gym braggadocio. It takes strength, balance, and a willingness to risk your face-bones in the name of gym cred. Here's how it's done.

**1** 'First, you'll need to be able to do about 50 press-ups in a row, and a handful of the one-arm version,' says Clarke. 'Then work on press-ups with your hands as far back as possible, ideally by your hips.'

**2** Next, work on your tuck. From all fours, with your hands far back, bring your feet off the ground. As you get comfortable in the position, work on keeping your arms and legs straight. This is the planche.

**3** Now for the press-up. Use press-up handles at first for more control - but for do-anywhere show-off value, you'll need to do this on the ground. Lower and press up slowly to maintain balance.



# THE TRIPLE-CLAP PRESS-UP

**Explosive action that will earn you applause - from yourself at least**

Legitimate exercise or just a flashy way to break your nose? Realistically, the fearsome triple-clap press-up has the potential to be both. While there's no doubt it can go humiliatingly wrong, it also promotes hand speed, core tension and co-ordination. It forces you to get as much airtime as possible - unlike the traditional clap press-up, which is normally done a whisker off the floor - so you develop explosive strength and fast-twitch muscle. Your nose is a small price to pay for gym glory.

**1** 'The first clap happens as soon as you leave the ground,' says Clarke. 'Push off explosively and keep your abs braced to make sure you get enough lift.'

**2** Clap number two happens behind your back. 'This is the risky bit,' says Clarke. 'Get your hands back and then forward, and the hard bit's done.'

**3** Clap number three happens just before impact. 'One rep is good,' says Clarke. 'Two or three is impressive stuff.'







## THE BACK LEVER

Rule the playground and build giant shoulders with this gymnastic feat

Looking to get into bar calisthenics, or impress the kids at your local playground? The back lever may not be as fearsome as the planche but it still demands (and builds) impressive strength across your shoulders, back and arms. And it all starts with a manoeuvre you probably perfected when you were seven. Here's how it's done.

**1** 'To start, you'll need to be able to "skin the cat",' says Clarke. 'Grab the bar, get into a tuck, then bring your feet over your head and down until you're hanging with your palms facing forward. Now reverse the move. As you get stronger at this, straighten your legs for a second halfway through the cat.'

**2** 'Soon you'll be strong enough to try the one-legged back lever. Get into the position, but keep one leg tucked. It feels odd, but it's a great way to build strength.'

**3** 'To nail the full lever, keep your back, arms and shoulders locked. But this move brings all your major muscle groups into play, not just your upper back.' Holding it for three seconds is impressive. Managed it on your first try? Then the front lever - where you lift and straighten your body face-up - awaits...



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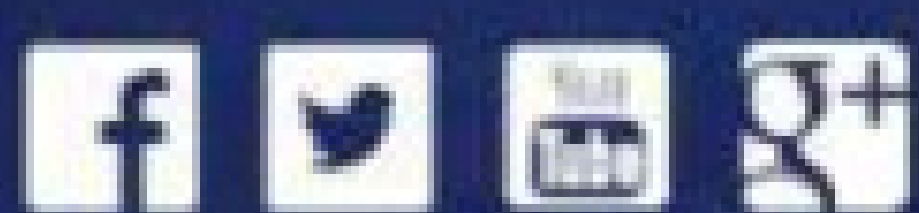
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