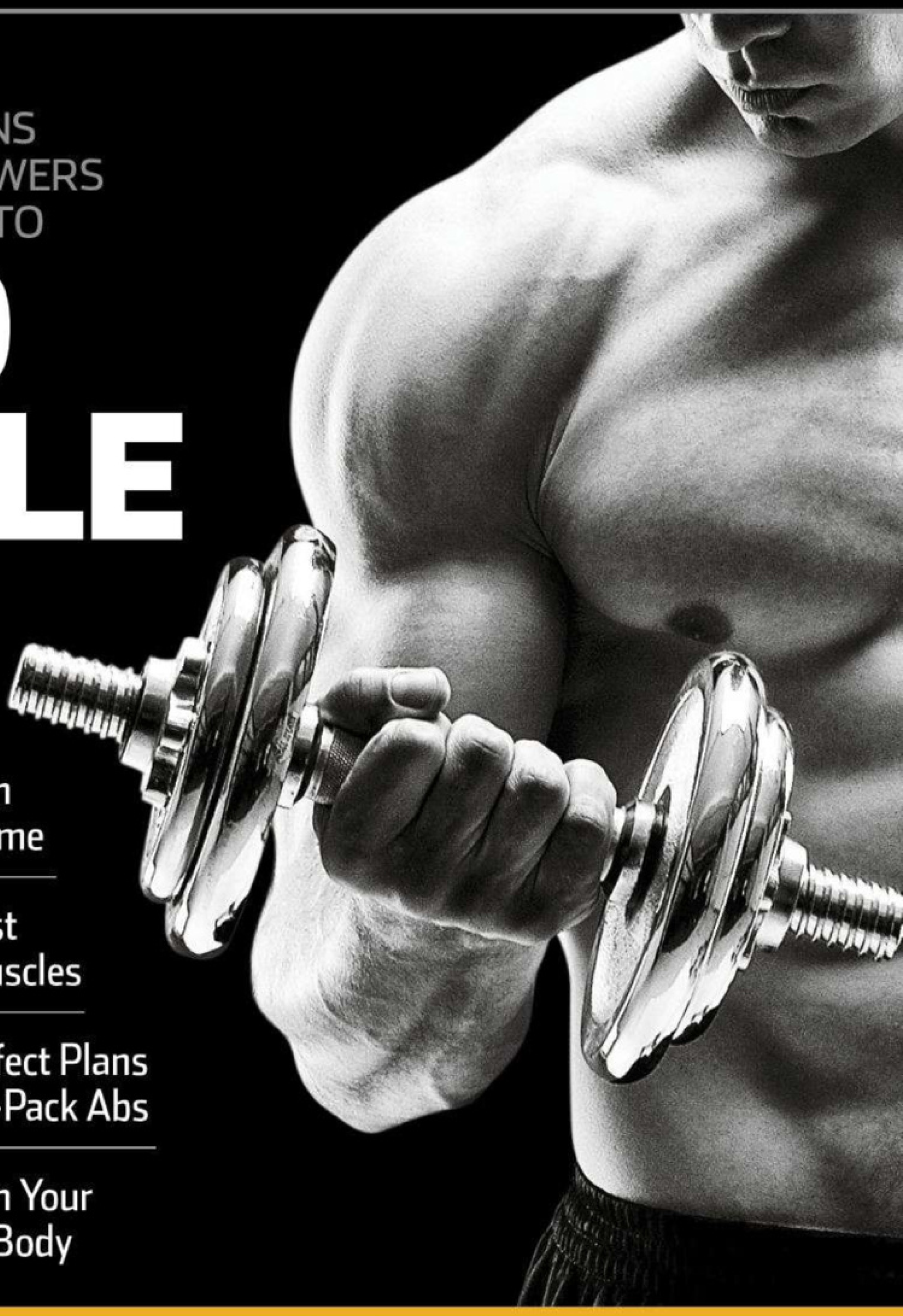
COACH

PERSONAL TRAINING FOR MEN

Men's Health

208 QUESTIONS AND ANSWERS ON HOW TO

BUILD MUSCLE FAST!



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WORKOUTS 24 Perfect Plans for Arms, Chest and Six-Pack Abs

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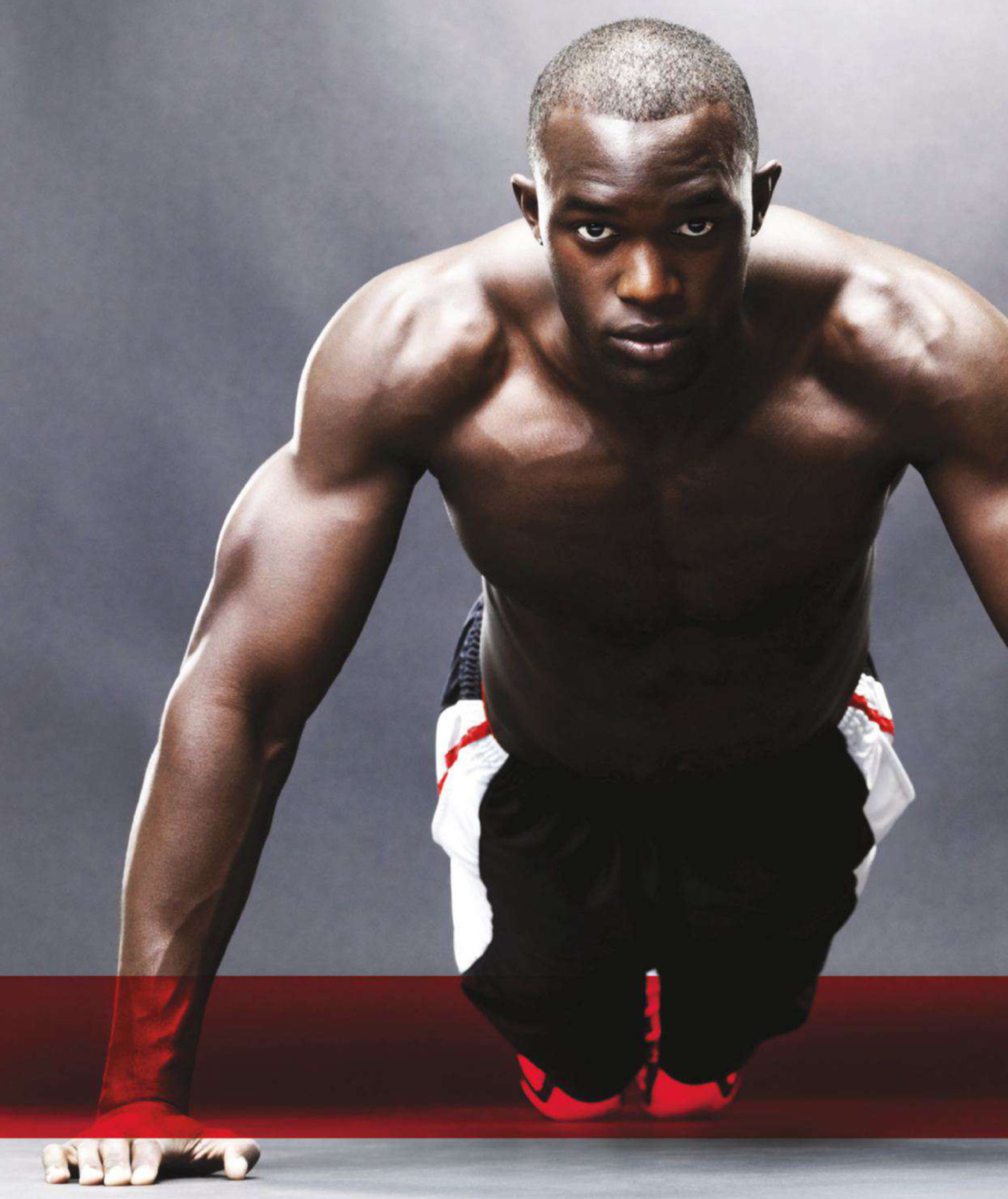
BONUS! 192 Ultimate Get-Ripped Workouts — *See Results in 10 Days!*



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Build Your Best Body – Ever!

We're guessing you already know the effect a well-trained male body has on a woman's pulse rate. But the benefits extend well beyond turning yourself into eye-candy. Strength training will boost your immune system, improve your heart's health, lower your blood pressure and even help ward off unwanted nasties like stroke and diabetes. Plus, it's a great kilo-killer. It speeds up your metabolism and increases your basal metabolic rate, because big muscles burn more kilojoules, even well after you've finished pumping those weights.

Strength training can help you swap that beer-and-chips gut for strong arms and a six-pack, and your resulting steely core will improve your form in pretty much any sport you'd care to name.

Find out how you can have all this and more in this issue of COACH. We provide custom workouts, give you the training basics and tell you how to eat to promote serious muscle growth. What are you waiting for? Grab those weights and let's get started!

The MH Team

Storemags

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STRATEGY

Diligent training is the basis for muscle growth. Efficient time management and motivation

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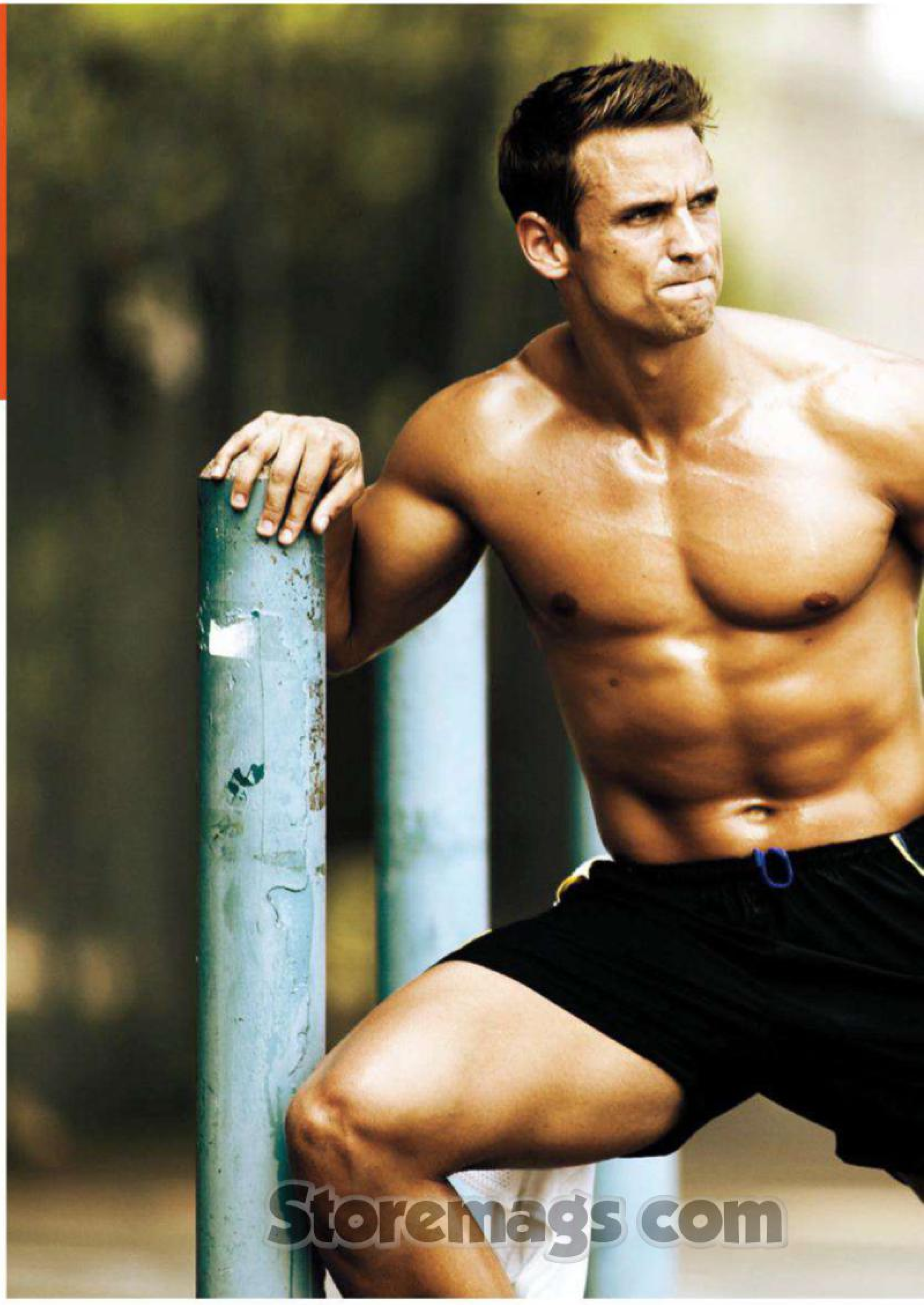
HOW CAN I OVERCOME MY LAZINESS?

The trick is to make training an essential part of your life; like reading the paper or brushing your teeth. Train at the same time every day; mornings are best and it'll mean you're relaxed and feeling fit for the rest of the day.

If you can't get up in the morning, put your alarm in the next room so you'll have to get out of bed. Make sure your gear is out and ready from the night before so you don't need to search for anything.

Too tired? Don't skip training; commit to doing half of your workout. Usually once you start you'll feel good enough to finish the entire program.

Even if you feel like you have too much to do, you should be able to spare 30-45 minutes three times a week for exercise. If you do miss a session, perform some exercises in the office or walk home carrying your groceries with fully engaged, bent arms.



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advice will help you reach your goals

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DO I HAVE TO JOIN A GYM?

Not necessarily. There are plenty of advantages to training at home with free weights and you'll engage more muscle fibres because the machines at the gym restrict your range of movement. All you need is a training bench and one pair of free weights. Later you can add a mat, barbells and a chin-up bar. The thing you need to ask yourself first though is whether you will actually put in the time at home or just get distracted.

What should I be aware of as a beginner?

Don't expect miracles! Muscle growth requires hard work and going from doing nothing to regular training is difficult. Don't overestimate your ability or you may get injured.

Your workout: Start with simple, controlled, basic exercises. You will challenge all your muscle groups and optimise their coordination. You can ramp up the challenge after 4-5 weeks.

→ **Tip 1:** Make sure you are doing the exercise properly. If you let mistakes slip in now, they'll be harder to correct later. Start with less weight so you can perform the last rep cleanly.

→ **Tip 2:** Think about your breathing and the exercises will feel easier. Remember to always breathe out during exertion.

7

Is it worthwhile to keep a training diary?

Yes, it's a good idea. Are you relieved when the workout is over? Carry on! Note every training session in your diary right after you finish. Several scientific studies have shown that athletes who review their training progress are more motivated.

WHAT MISTAKES SHOULD A HEAVYWEIGHT LIKE MYSELF AVOID WHEN TRAINING?

Heaver people have an advantage: your body can effectively build new substances but unfortunately right now it's fat. You have strong legs from carrying extra weight around but your upper body will be weaker. Work on core exercises. Since you don't have a strong musculature, your joints have to absorb the kinetic energy. Lift heavier weights: it's more difficult and you'll prevent injury.

Your workout: The more muscle mass you build, the higher your metabolic rate so with time you'll burn more fat, even at rest. Cardio training helps you shed the extra kilos. Running is perfect, but it can stress your joints so overweight beginners should start by walking. You can protect your joints by using a bike, elliptical trainer or rowing machine.

→**Tip 1:** Use resistance bands (attached to a balcony, door frame or similar) and do crunches.

→**Tip 2:** Avoid exercises done with momentum and don't perform too many reps.

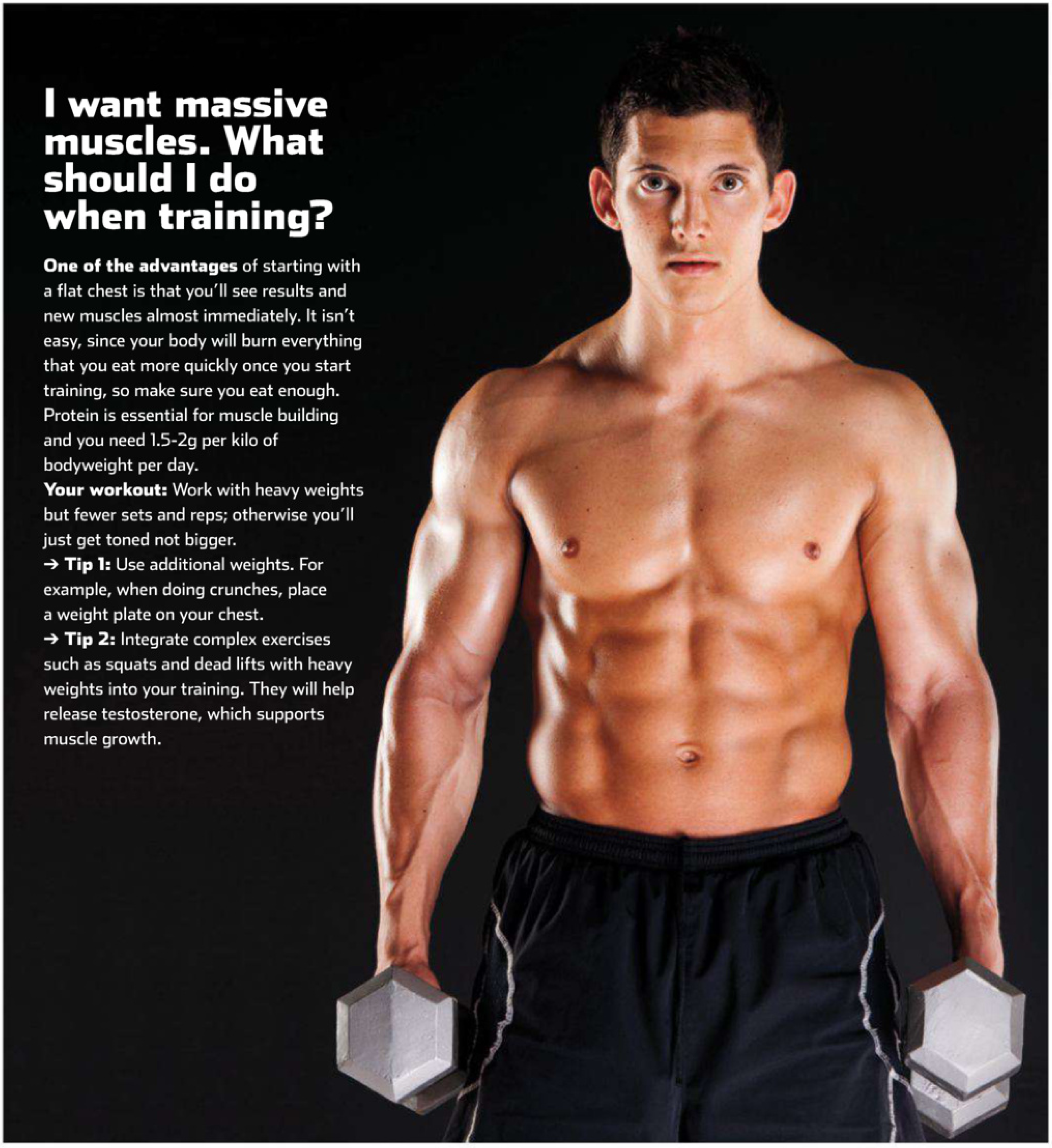
I want massive muscles. What should I do when training?

One of the advantages of starting with a flat chest is that you'll see results and new muscles almost immediately. It isn't easy, since your body will burn everything that you eat more quickly once you start training, so make sure you eat enough. Protein is essential for muscle building and you need 1.5-2g per kilo of bodyweight per day.

Your workout: Work with heavy weights but fewer sets and reps; otherwise you'll just get toned not bigger.

→ **Tip 1:** Use additional weights. For example, when doing crunches, place a weight plate on your chest.

→ **Tip 2:** Integrate complex exercises such as squats and dead lifts with heavy weights into your training. They will help release testosterone, which supports muscle growth.

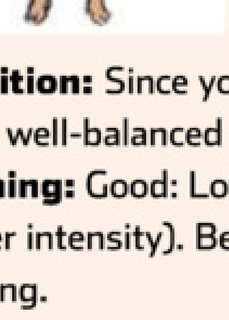


I'M A WORKAHOLIC. WHEN CAN I FIND TIME FOR TRAINING?

→ **Apparently your job demands discipline and stamina and no excuses.** These qualities also ensure training success. Continuity and intensity are the keys to body building, not hanging around for hours at the gym doing endless sets and having fruitless discussions about which exercise builds more muscle. So get to it!

Is my body predisposed to a type?

Yes. Science identifies three distinct body types but it is possible to have characteristics of more than one. Adjust your training to your body type.



1. MESOMORPH

This type has well-developed musculature and strong bone and joint structure, wide chest, strong shoulders, large hands and small hips. The disadvantage is a lack of flexibility.

Nutrition: As an athletic type you seldom have a weight problem but you can catch it quickly if you do.

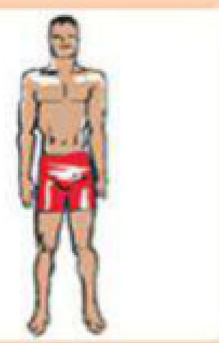
Training: Begin with total body training. If that goes well, increase the intensity. Don't overdo it. Allow your muscles 12-72 hours recovery.

2. ENDOMORPH

This type gains weight more easily, especially in the midsection and legs, thanks to a slower metabolism. Because they are shorter, endomorphs appear stocky and visceral fat makes their muscles look soft.

Nutrition: Since you tend to store fat, watch the kilojoules. Eat a well-balanced diet instead of fasting.

Training: Good: Lots of reps (more time) with less weight (lower intensity). Better: Combine cardio training with strength training.



3. ECTOMORPH

This type Delicate abs, long limbs, flat chest, small bones and joints. Pelvis is often wider than the shoulders. Due to a speedy metabolism, ectomorphs seldom gain fat and it's hard to gain muscle.

Nutrition: Eat a balanced diet with plenty of protein. Your kilojoule intake must exceed what you burn on a training day.

Training: Your body recovers quickly so you can train frequently during the week. It's best to perform exercises slowly using heavy weights.

I don't want to spend money on free weights. Are there any alternatives?

Grab some plastic bottles. They are everywhere, cheap and almost indestructible; the perfect weight replacement. Simply fill with water or sand, put the cap on and you're done!

Bear in mind that due to density, the same amount of sand weighs more than water. A 1.5 litre bottle of sand weighs 2kg while wet sand is even heavier, up to 3kg for the same bottle.

WHEN CAN FLYWEIGHTS LIKE MYSELF EXPECT VISIBLE RESULTS?

It requires discipline; just as some men lose weight with difficulty, you can't expect to gain muscle quickly. Celebrate every small success: every additional weight you can lift, every new exercise that you perform cleanly, every positive change to your posture, presence, mood or how good your arms look in that T-shirt. Start working on your chest today. You're holding this issue of *COACH* so you have the basics in your grasp.

WHY DOES MY TRAINING PARTNER HAVE A WIDER CHEST AFTER THE SAME ROUTINE?

Not all men are born to be the Hulk. Working hard can get you the muscles, but depending on your body morphology (see page 12) you may never get the chest of your buddy. Make the best of your body type and find out what works for you. In our workouts in Chapter 3 we'll show you the most effective exercises for all muscle groups.

What can I do to avoid injury setbacks?

Don't throw in the towel! If you're laid up for days or even weeks there are alternatives. Injured foot? Do sit-ups. Even push-ups work with the weight on the healthy foot. Don't get down; view it as a challenge.

I'm a hard gainer. How can I add muscle?

It's not easy. Men like you can eat what they want and never gain weight because your metabolism works fast. Sounds like a great problem to have but it can be a nightmare. In order to gain muscle, you need to know your kilojoule requirements. For two weeks make a note of what you eat and weigh yourself at the same time every day. Your kilojoule intake when your weight remains constant is your kilojoule requirement. If you train, you need more kilojoules. Want to know exactly? Go to a sports doctor or a performance diagnostic centre and do a breath gas analysis. By measuring carbon dioxide content, they can determine how many kilojoules you need per hour when resting so you can then calculate your daily needs. To build muscle, you have to take in more than you burn. Hard gainers often err by not eating breakfast or not eating in stressful situations. If your body doesn't take in enough fuel, it uses its own substances instead.

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ARE THERE TRICKS FOR STRENGTHENING MY TRAINING RESOLVE?

Keep these five commandments and it will be easier to stay motivated.

Set goals: Make your goals concrete.

Find reinforcements: Nothing improves discipline better than peer pressure so enlist a training partner.

Look for change: A tighter T-shirt can be a great motivator.

Get some entertainment: Working out is easier with music.

Reward yourself: Allow yourself a treat such as a massage or hearty steak once in a while.

WHAT ARE THE TOP PRINCIPLES FOR SUCCESSFUL TRAINING?

Keep these three principles in mind to reach your training goals.

Train regularly: At least twice a week.

Recover: Leave 12-72 hours between workouts, depending on what type of training you've done. Your muscles grow during rest.

Adjust your exertion level: It's often hard for beginners to determine how much weight they should, must or can lift. One rule of thumb is that if you want to have more muscle mass, you should perform 8-15 reps per set of each exercise. If you can do 25 reps, the weight isn't heavy enough. For those who want to lose weight, 1-3 sets are perfect and more won't help.

I can't seem to gain weight. Should I see a doctor?

Anyone undertaking a new sports regimen should have a doctor's examination. It's important to determine there's no gastrointestinal illness preventing weight gain and blood tests can help. You need plenty of protein to gain muscle, so have your kidney function checked as well.

Do I need a special training plan as a hard gainer?

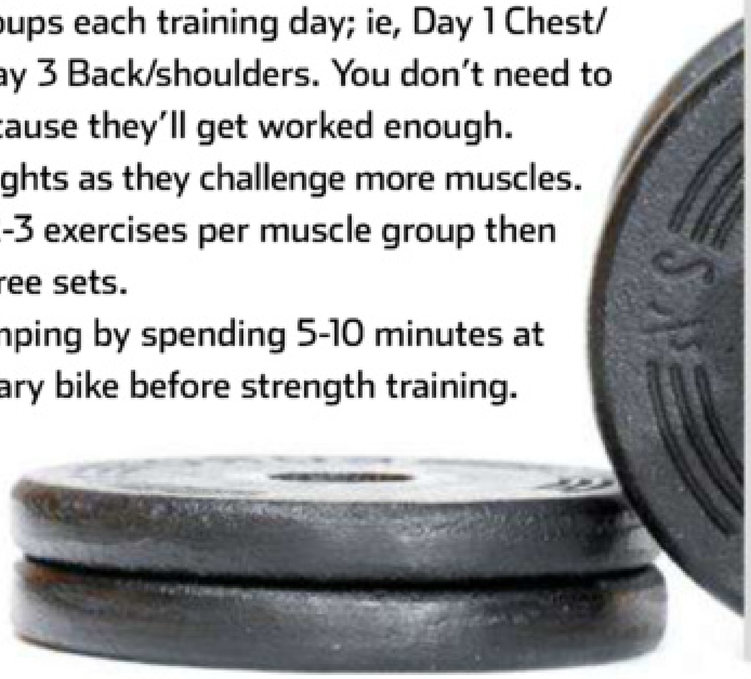
Yes, because you have to work harder and train more than other athletes. Here's how:

Frequency: Three training sessions per week with at least one day off in between so your muscles have rest time to grow. Each workout should be no more than 60 minutes. On strength-free days do a cardio workout but no more than two per week, 20-30 minutes each.

System: Train 1-2 muscle groups each training day; ie, Day 1 Chest/triceps; Day 2 legs/biceps; Day 3 Back/shoulders. You don't need to work your abs separately because they'll get worked enough.

Exercises: Train with free weights as they challenge more muscles. Start with two sets each of 2-3 exercises per muscle group then after 12 weeks increase to three sets.

Warm-up: Get the blood pumping by spending 5-10 minutes at middle intensity on a stationary bike before strength training. (See box).



PYRAMID STRENGTH TRAINING

First muscle group, first exercise

› Warm-up set with half the weight of the first training set, 10 reps.

› Perform one set briskly (no momentum!), a second set slowly. In the first set, choose a weight that is heavy enough so you can perform 10 reps max. In the second set, work with 5-10kg more and perform 6-8 reps.

First muscle group, second exercise

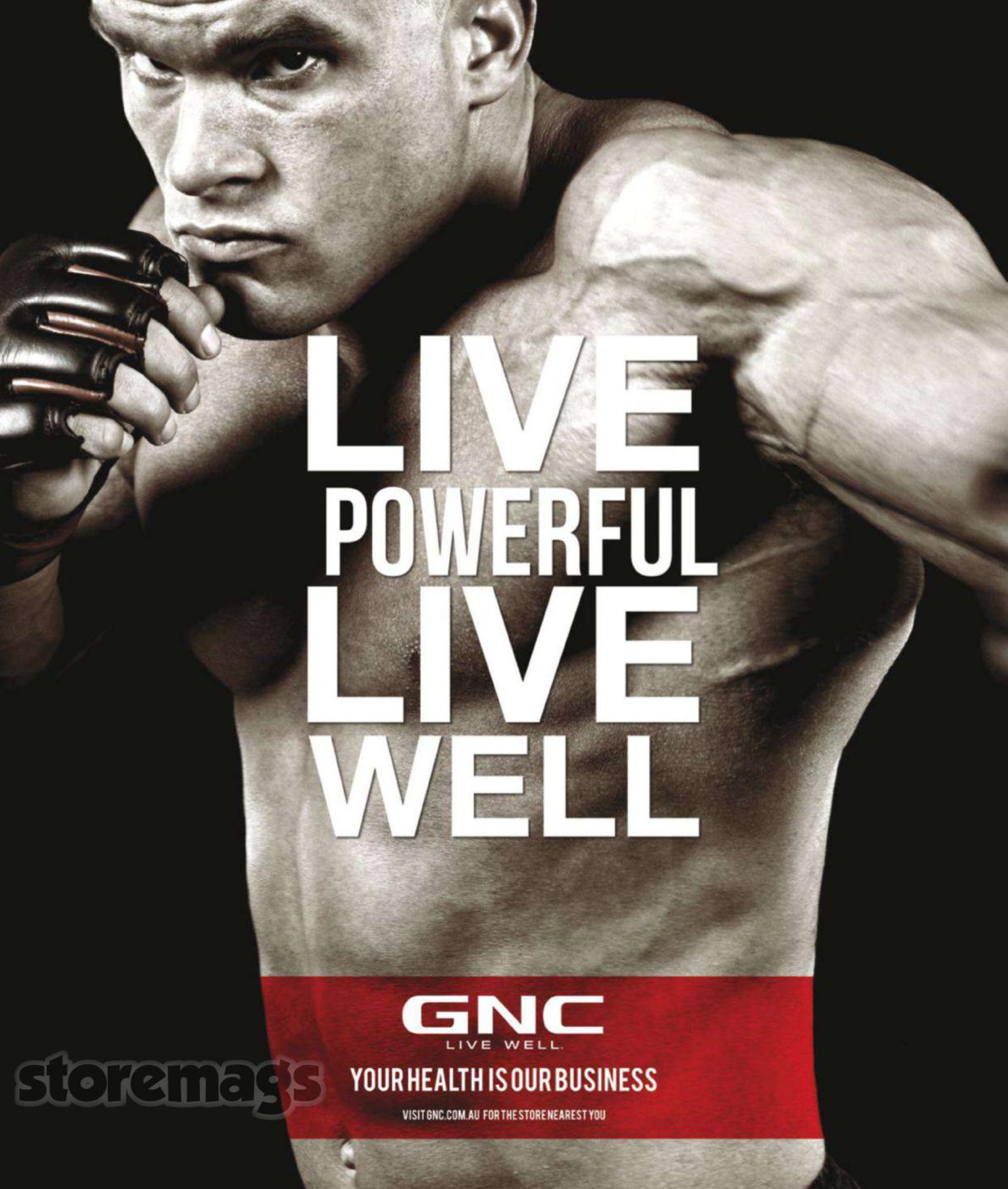
› Warm-up set briskly, just as above. Then perform first and second sets as above.

First muscle group, third exercise

› Warm-up set briskly as above. In the first set, choose a slightly lighter weight that will allow you to perform 12-15 reps max. Perform the second set with 5-10kg more, 10 reps. Then perform all sets with a second muscle group.

Variation: Change your routine after six weeks to work new muscles. When possible train with the reverse pyramid principle:

› In the first set use the maximum weight you can lift to a total of 6 reps. Rest then in the second set use 5-10kg less but perform more reps (8-10).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How can I continue to stay motivated?

Success came fast, but now you've reached a plateau? Here are a few suggestions to help keep your eyes on the prize.

→ **Talk about your success.** Tell everybody about your results: your mates over a beer, your colleagues, your mother and the nice woman at the sandwich shop. They will ask you how it's going so it won't be easy to get lazy.

→ **Plan ahead.** Every Sunday make two lists, a grocery list and training plan for the upcoming week. The goal is to make your new dietary and training needs part of your daily life.

→ **Adjust your goals.** Want a six-pack before summer but you've still got love handles and the weather's heating up? Not bad. You've already changed something but maybe your goal was too ambitious. Keep at it for a couple more weeks. You'll see success.

IF I TRAIN TOO OFTEN IS MY RECOVERY TOO SHORT?

→ **It can be disastrous since muscles grow during recovery, not work.** On average your muscles need about 48 hours to grow and repair. If you have an ambitious training schedule of 4-5 workouts per week, split them into muscle groups. You can still train effectively two days in a row without skipping recovery.

WHAT ROLE DO ENZYMES PLAY IN BUILDING MUSCLES?

Enzymes do more than support muscle growth; we couldn't live without them. The complex protein connections are involved in almost every biochemical reaction in the body. Enzymes work as catalysts; that means they speed up the metabolic processes.

What does that mean for muscle growth?

Certain enzymes such as protease (or peptidase), improve the digestion of protein. If you pay attention to this group of enzymes, you can process protein more efficiently and increase muscle growth, which is particularly good for hard gainers. Additionally, these enzymes prevent inflammation and improve circulation. They support the healing of micro-tears in muscles and sports injuries. The following foods are great enzyme providers:

Pineapple: Full of the enzyme bromelain, which aids digestion and reduces water retension. Your six-pack becomes visible. Pineapple aids in digestion of protein to help build muscles.

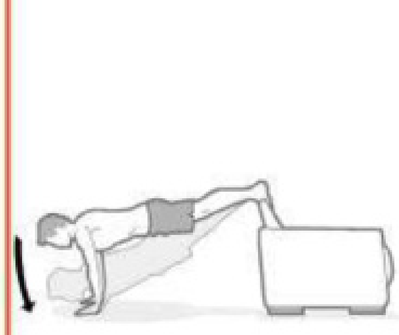
Papaya: The enzyme papain divides the protein found in food into amino acids and activates muscle growth. Papaya increases the amino acid content in all the body's cells, which helps with recovery and fitness.

Tip: Cut pineapple and papaya in pieces and season with ginger and lemon.

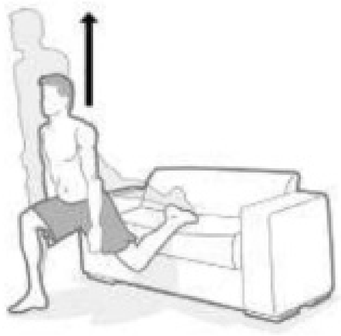
Which exercises can I do in front of the TV?

Use your couch as a strength station with these top five exercises.

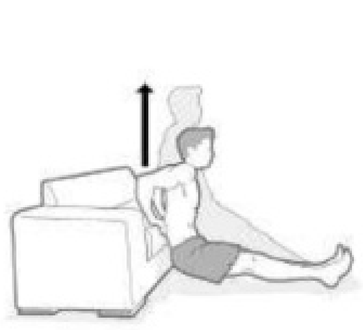
Living room workout (10-15 reps each)



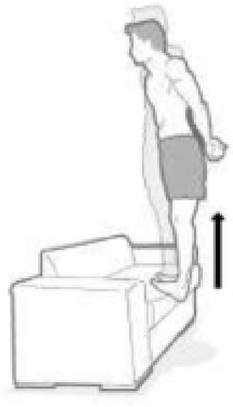
Push-ups: Place your arms shoulder-width apart, feet on the back edge of the couch, core tight. Slowly lower and raise your body. Head, core and feet form a straight line.



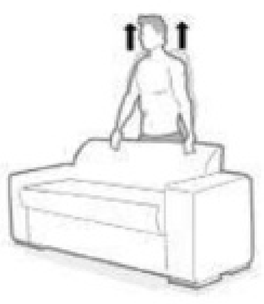
Lunges: Stand in front of the couch; place the top of one foot on the cushion. Bend your forward leg until the thigh is almost horizontal. Keep your back straight, return slowly to start.



Tricep dips: Sit with your back to the couch with your hands on the edge. Slowly lower your body until your upper arms are almost horizontal. Then extend your arms.



Calf lifts: Stand on the edge of the couch with your heels hanging off. Balance and lower your heels as far as possible. Push up again with your calves tensed. Hold briefly; return to start.



Shoulder lifts: Stand behind the couch and place your extended arms on the back edge (place books under your feet if necessary). Then lift your shoulders to your ears.

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How can I tell if I'm improving?

There is a more objective way than looking in the mirror and that's measuring your muscle strength.

SUCCESS CHECK: HOW TO MEASURE YOUR MUSCLE STRENGTH

Upper body	Core	Lower body
How many chin-ups can you perform? Grab the bar at shoulder width, palms facing your body. Pull your chin (without momentum) over the bar and return slowly to start.	30-second sit-ups. Lie on your back, legs bent at a 90-degree angle, arms behind your head. Lift your core until your elbows touch your knees. How many?	Long jumps. Stand with both feet on a soft surface. Move your arms behind you and swing forward while jumping as far as possible.
<7=poor 7-10=average >10=good	<13=poor 13-20=average >20=good	<200cm=poor 200-230cm=average >230cm=good

IS TRAINING WITH MUSIC PRACTICAL?

Yes, you actually perform 20 per cent better with a soundtrack. It motivates you by lifting your mood and reduces anxiety or tiredness (especially with endurance work). It helps your body move efficiently as you get into the groove.

Three music possibilities in training:

→ The music matches your sequence of movement, such as your footfall when running (synchronous).

→ The music is a background to your movements (asynchronous). Asynchronous music helps improve motivation: your mood improves; you're ready to be active and you feel less tired after training.

→ Targeted use of different rhythms in warming up and cooling down. Synchronous music has the most positive effect on performance. The problem is, you have to make the mix yourself and it only works for one type of workout. It's often more practical to have asynchronous music, independent of movement tempo.

IS THERE A TRICK TO MAKING WORKOUTS MORE EFFECTIVE?

These emergency measures speed up your muscle growth. The trick: try something new instead of the same old routine.

→ Change the sequence of exercises to challenge your brain and provide new stimuli.

→ Keep moving. Active pauses help your body recover faster. Lactic acid is broken down faster.

→ Be creative. Who says you have to do all leg exercises with both legs?

→ Don't wait forever until the next machine is free. There are different machines for each muscle.

→ Don't concentrate on yourself; watch others.

→ Don't stop when your muscles fail. Intensity techniques can help you go further.

Any more helpful tips for strength training?

→ **Grab the bottle.** A hot water bottle is a great tool, for example as an unsteady ground for sit-ups. The instability forces the abs to perform 1000 compensatory adjustments.

→ **Take your time.** When performing sit-ups and crunches, play with the tempo. Fast, slow, slow motion. You'll engage different muscles.

→ **Grab on:** Hold the weights tightly to activate more muscle fibres. When performing bicep curls you'll work both your lower and upper arms. Even better: change your grip.

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STRENGTH

Want to see results quickly? The following pages provide you with the basics to make your

2

WHAT TYPE OF TRAINING WILL GIVE ME THE MOST MUSCLE GROWTH IN THE SHORTEST TIME?

If you want to build muscle quickly, you have to constantly provide new stimuli. Here are the basic rules for effective muscle building:

Reps: Choose the weight so you can't perform more than 8-12 reps, the last few with difficulty.

Tempo: Ideal rhythm is two seconds up, hold three seconds, two seconds down.

Sets: An intense set builds more muscle. After three sets move to the next exercise.

Breaks: Take at least a one-minute break between sets. After three minutes your energy stores are full again.

Workouts per week: Beginners start with two per week, advanced can do five. Important: include recovery time (48 hours per muscle group).

training as efficient as possible

DO I HAVE TO PERFORM AT LEAST THREE OR FOUR EXERCISES PER MUSCLE GROUP?

This idea came from strength-training pioneers such as Arnold Schwarzenegger but it's been rethought and it's not time efficient. It's better to work with the total number of reps, which should be 25-50. It doesn't matter whether you're beginner who can manage one exercise with two sets of 20 reps (total 40) or a pro with five sets of six reps (total 30).

Is a warm-up necessary?

You should always warm up before an intensive workout. Five to 10 minutes of easy cardio on an elliptical trainer or rowing machine is ideal. Then follow with a muscle warm-up of bench presses (chest and triceps), lat pulls (back and biceps) and leg presses (thighs and calves). Your goal: 20 reps each. Then begin with chest exercises followed by back and legs. You don't need to warm up before every exercise.

How do I know if I'm performing the exercise properly?

Ask yourself these simple questions:

1. Am I feeling the exertion in the right spots? Is the exercise working the targeted muscle groups or the wrong muscles?

2. Can I control the movement of the weight? If you're working with momentum, you increase your risk of injury. You should be able to hold the end position for two seconds.

3. Am I using the entire range of motion? Never sacrifice correct form to lift more weight. Half-done reps don't help. Reduce the weight or the number of reps.

WHAT IS A REP AND A SET?

Performing the exercise one time is a rep. Many reps performed one after another make a set. Multi-set training includes a short pause between the second and third sets.

WHY DO I FEEL BLOATED AFTER TRAINING?

That feeling of fullness is a result of additional blood pumped into the torn muscle fibres once you set the weight down. The extra blood changes your muscle tone and the muscles appear larger than they actually are. The illusion lasts for about 30 minutes after your workout. That should be enough time to pose like Arnie in front of the mirror (or your girlfriend).

What weight load promotes the best muscle growth?

The amount of weight is of prime importance. The right amount, which provides effective stimulus without injury risk, is 10 per cent below your maximum training intensity. Determine that number before you lift your first weight. You'll have to guess the first time (ask a trainer or a buddy). Most people get it right after three attempts. For muscle growth you should be able to do 8-12 reps. If you can't get to eight, the weight is too heavy, more than 12 and it's too light. Wait for three minutes after every attempt, then your muscles are good to go again.

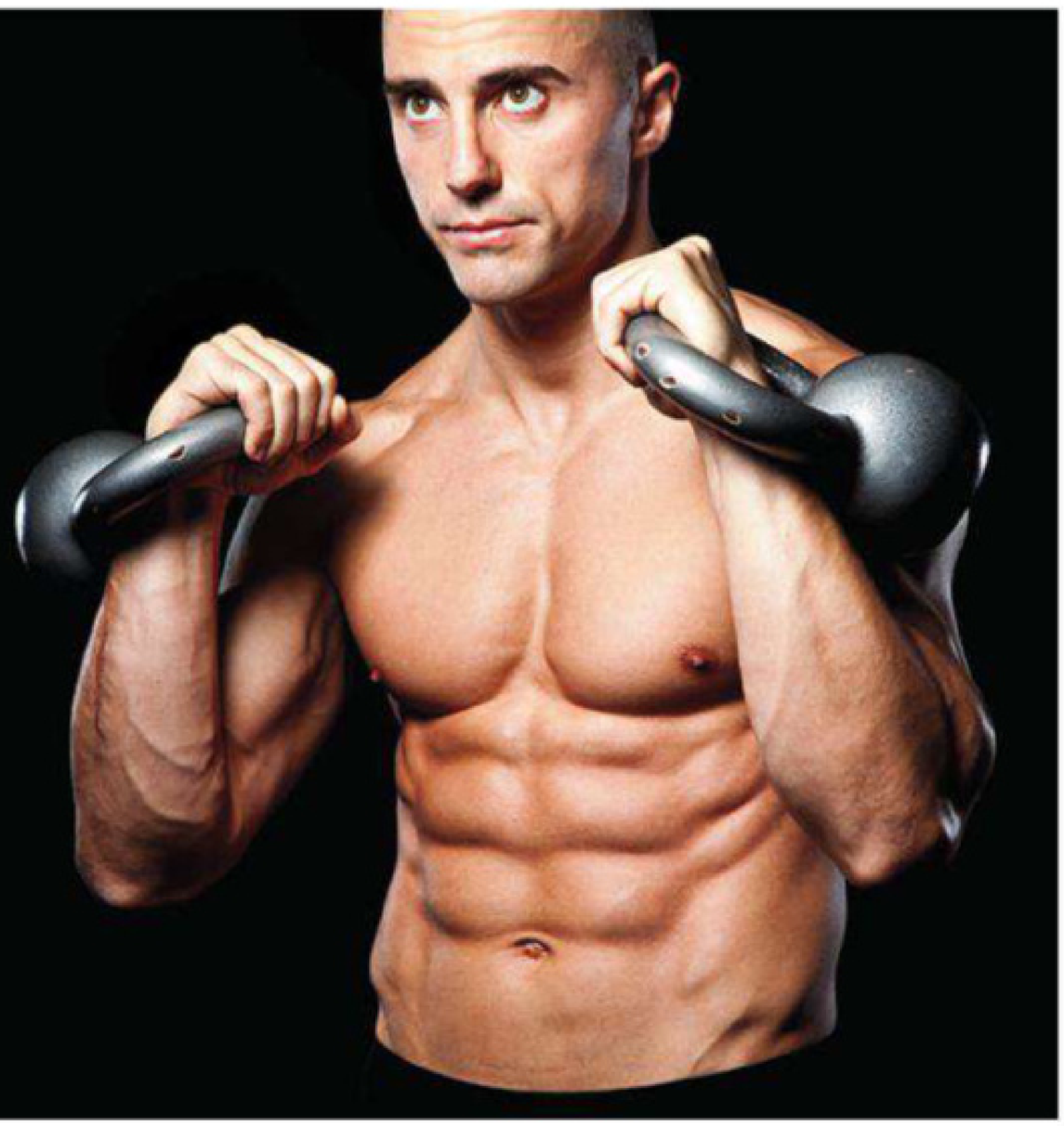
IS THERE A RULE FOR BREATHING DURING A WORKOUT?

Yes, exhale when lifting and inhale when lowering. Integrate this into your workout so it's automatic. Tip for bench presses: imagine you are blowing the weight away.

WILL TRAINING WITH FREE WEIGHTS BRING SUCCESS FASTER?

Not always. In some cases machines are better for building muscle; for example after an injury if you want to work on isolated muscles or if you're too weak for certain free weight exercises. If you want to do chin-ups but only get half way up, you're not building back muscles. Lat pulls would be better.

Pro-tip: If you're new to training, you'll see results with both free weights and machines. Experienced athletes should train more with free weights since that imitates athletic movement and encourages greater muscle mass.



WHAT IS PYRAMID TRAINING?

With this method, you decrease exertion weight by steps. With a so-called peak pyramid, weight is increased and you do fewer reps; with a reverse pyramid weight is decreased and the number of reps increases.
Just for pros: Most exertion is at the top of the pyramid (one rep with maximum weight). Beginners and advanced should skip the top of the pyramid (stop at six reps). Cutting short the pyramid reduces the risk of injury.

2

Everyone is talking about EMS training. What is it?

Electric muscle stimulation (EMS) can support muscle growth when used in conjunction with strength training. It's been used in physiotherapy and for elite athletes for years. The principle behind it is that the current stimulates muscle contractions but EMS can't replace a workout.

What is hypertrophy training?

Hypertrophy training is the basis of every strength program for muscle growth. Maximum strength training, which places emphasis on muscle coordination, is for advanced lifters only. Hypertrophy training works for all levels and ages as it targets the entire cross section of the muscle. Changes occur over a longer period of time: not during a workout but during the recovery phase. After exertion and during recovery (about 24 hours) muscle cells begin to grow. Intensity isn't as important as a longer contraction of the muscle. A good example is three sets of 8-12 reps done slowly at low to mid-intensity.

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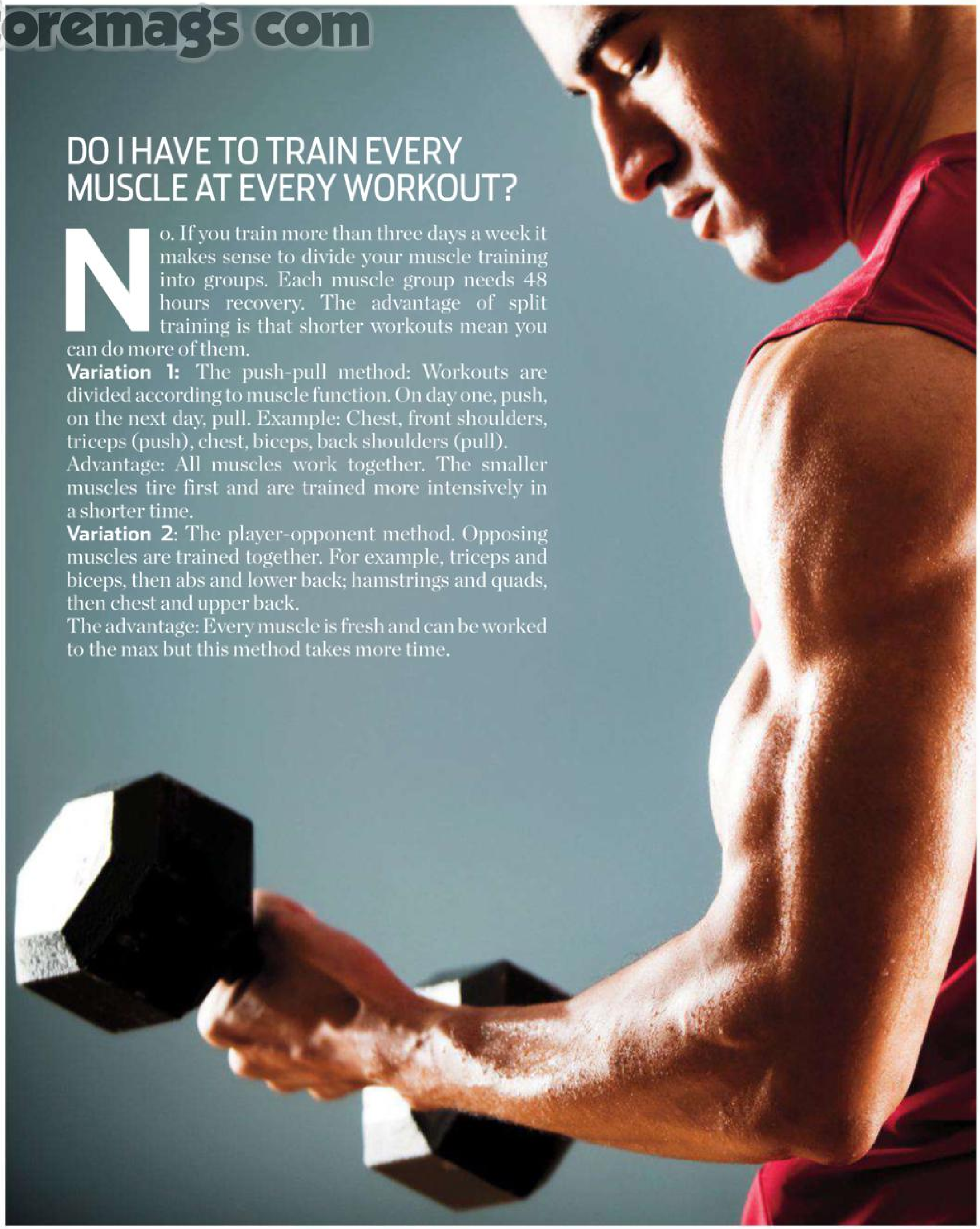
DO I HAVE TO TRAIN EVERY MUSCLE AT EVERY WORKOUT?

No. If you train more than three days a week it makes sense to divide your muscle training into groups. Each muscle group needs 48 hours recovery. The advantage of split training is that shorter workouts mean you can do more of them.

Variation 1: The push-pull method: Workouts are divided according to muscle function. On day one, push, on the next day, pull. Example: Chest, front shoulders, triceps (push), chest, biceps, back shoulders (pull).
Advantage: All muscles work together. The smaller muscles tire first and are trained more intensively in a shorter time.

Variation 2: The player-opponent method. Opposing muscles are trained together. For example, triceps and biceps, then abs and lower back; hamstrings and quads, then chest and upper back.
The advantage: Every muscle is fresh and can be worked to the max but this method takes more time.



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I TRAVEL FREQUENTLY FOR BUSINESS. WHAT TYPE OF WORKOUT SHOULD I PERFORM?

All a true workaholic needs is his own bodyweight. Make sure you stick with the classic strength criteria of pull, push, squat and crunch. In other words: chin-ups, push-ups, squats and ab exercises. It's that easy!

What are the advantages of maximum strength training?

A higher number of active muscle fibres helps you lift heavier weights but this is just for pros. Do 5-10 sets of 1-5 reps with the heaviest load (80 per cent of maximum) over a period of at least four weeks. Perform the exercises cleanly and include a break (three minutes) between sets.

WHAT'S HIT TRAINING?

In high intensity training (HIT) the muscle is worked to the max but with less weight and slowly. One rep takes about seven seconds: two seconds up, one second hold, four seconds down. That challenges your muscles more than usual. You only need one set per exercise with 8-10 (technically perfect) reps, once or twice a week. Beginners should have a few months' experience lifting before attempting this as you have to perform the exercises in your HIT routine perfectly. Try using machines as there's less injury risk. Recommended weight: 10 per cent less than you normally lift.

WHAT'S AN RHT PROGRAM?

RHT is an extremely successful form of training with unfortunate side effects. Shaking, muscle failure, nausea and vomiting have been reported but the advantage is strong stimuli for new muscle growth. How does this training work? You give it your all because RHT stands for "really hard training"!

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What is CrossFit?

CrossFit is a new fitness trend from the US that's becoming popular. It's a group workout, which combines various disciplines such as weightlifting, sprinting and gymnastics. Training tools include weights and medicine balls, stairs and fences. The goal is more strength and endurance as well as coordination and flexibility. Every training circuit is performed for a few minutes without a break. Fans love the high intensity, group dynamic and variety. Critics claim that muscle growth takes a back seat to improving performance. Curious? Try it out.

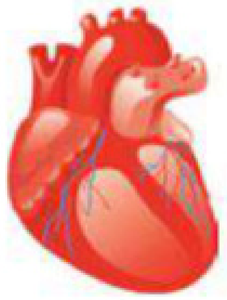
WHAT MISTAKES SHOULD I AVOID ON A CABLE MACHINE?

Remember, the quieter the exercise, the more effective it is. If the weight plates are clattering, it's a bad sign. Avoid crashing the plates by keeping your muscles contracted. To avoid overloading your elbows, keep your arms bent slightly the entire time. Don't hunch over; lean your shoulders back. You'll feel it in your chest and your back will remain straight.

Are super sets worthwhile?

Yes, super sets provide more intense and shorter training sessions. The method is easy: Combine two exercises and perform them without a break. You work twice the muscles in half the time. Here are three training concepts:

- **Antagonistic training** is the opposite principle: you work opposing muscles together such as biceps and triceps (eg, bicep curls and tricep pushes).
- **Circuit training** is a whole body concept: different body parts are worked one after another, such as arms and then legs (eg, bench presses and one-legged squats).
- **Synergistic training** relies on the evenness principle: the same muscle group is trained through two different sequential exercises (eg, front lifts and side lifts).



Is it normal that my heart rate skyrockets when strength training?

Yes, your heart rate can easily double with exertion. That's not a problem in the short term and it should return to normal within five minutes after training. Tip: don't hold your breath during exertion; continue to breathe and exhale when lifting. Leave the forced breathing to the Olympic athletes.

Is training more effective if I contract after the last rep?

Yes! End contractions help your muscles. At the end of the last rep, hold the contraction for 5-10 seconds. Easy? Then you aren't lifting enough weight.

IS IT SELF-INDULGENT TO POSE IN FRONT OF THE MIRROR?

Some guys find it embarrassing but we think it's a good idea. If you pose during breaks, you might look like a show off but you are actually increasing your levels of motivation by admiring your results.

Should I get some training gloves?

Yes, gloves are practical. They protect your hands from calluses and dirty weights. A synthetic-leather mix is good. Look for padded palms for a good grip and top performance.

What should I watch for when sling training?

- **A straight line.** The be all and end all of working out with a sling trainer is remaining stable during unstable exercises. Rule of thumb: head, shoulders and pelvis always form a straight line.
- **Clenched hands.** Hold tight and avoid bending your wrists. If the grips are rubbing on your underarms, you're doing it wrong.
- **Pull hard.** Control the sling and don't let it dangle. You'll force the muscles to contract for balance.

IS A COOL-DOWN RECOMMENDED?

Yes, because metabolic products such as lactic acid need to be processed by your body. Cooling down after training aids the body in breaking down these products and you can shorten your recovery time by 50 per cent. Try a 10-15 minute light workout on an elliptical trainer or stationary bike.

CAN I IMPROVE MY BENCH PRESS TECHNIQUE?

Of course! Try these three tips during your next workout.
1. Less is more with barbells. If you can't lift it, there's danger of injury.
2. When doing bench presses, don't let the bar hover over your chest. It could slip and land on your throat.
3. Deliberate timing improves coordination. Lower and lift the barbell over 3-5 seconds.

How can I get a V-form?

You have to train your lats (latissimus dorsi), the big muscles in your back. Lat pulls and chin-ups are especially effective. A well-formed upper body also depends on training the muscles surrounding the lats such as the trapezius and rhomboids. The latter stabilise the shoulders and pull them together. The rhomboids and the erector spinae help your posture and that always makes you look good.

Do I need a weight belt?

A belt is practical at the elite level because maximum strength training can stress your spine. A belt is also a psychological tool but the best prevention is strengthening your back and core. Look for effective workouts in Chapter 3.

How do I increase intensity when strength training?

These seven strength turbo tips will fine-tune your workout.

1. Highest contraction: Add a static contraction at the highest position and hold for 2-3 seconds.

2. Reduction sets: Reduce the weight by 10 per cent at the end of the set but perform more reps.

3. End contractions: Hold for three seconds in the end position.

4. Partial reps: At the point of highest contraction perform short up and down movements without a break.

5. Forced reps: Get a training buddy to help you once your muscles tire.

6. Slow-motion reps: Take 60 seconds to perform one rep each set.

7. Stuttering reps. Perform one-third of a rep, then go 2cm back and so on until the end of the rep, the set and the exercise.

MY SHOULDERS HURT WHEN I DO LAT PULLS. WHAT CAN I DO?

Pull the bar to your chest not your neck and lean back with your upper body. Still doesn't help? Try the alternative exercise of seated rows attached to a cable machine. Keep your shoulder blades low and pull them together at the end of the movement.

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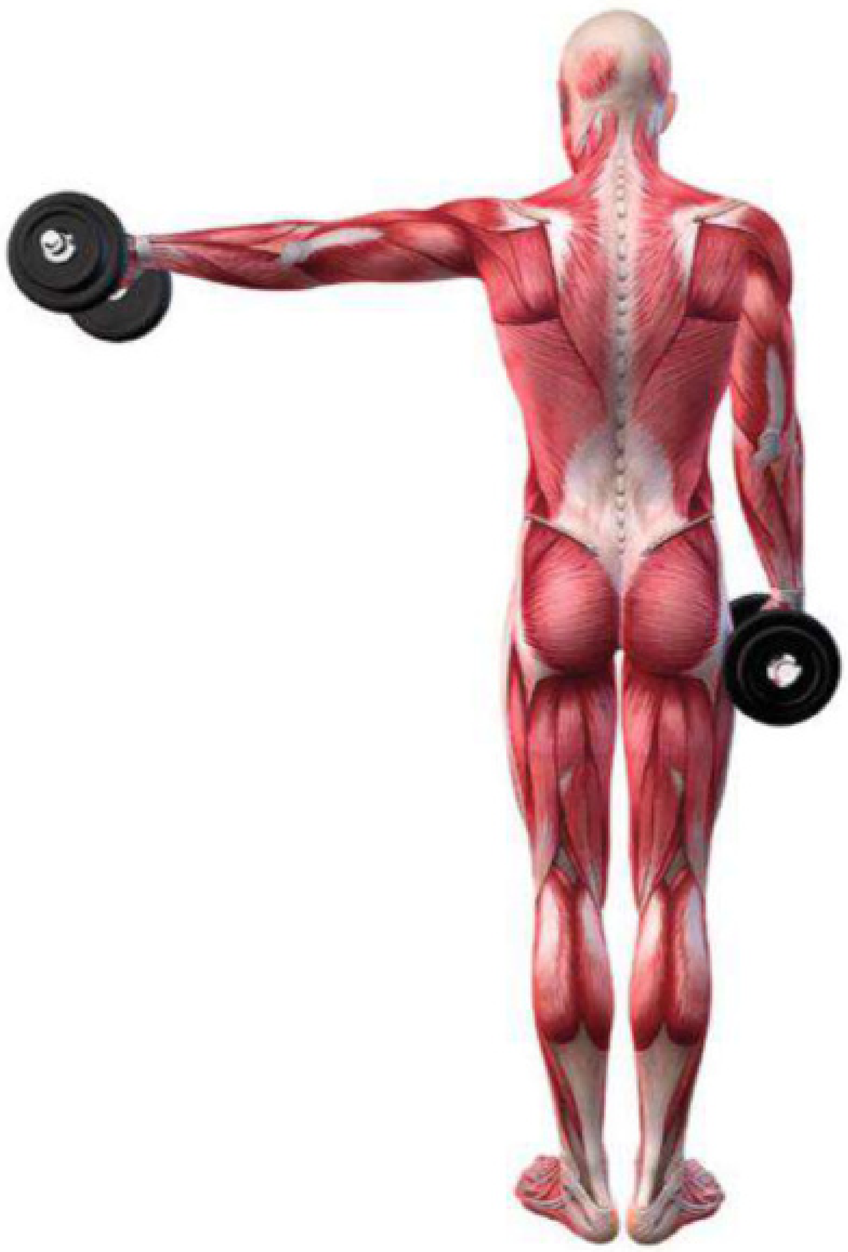

WHY ARE SHOULDERS SO SUSCEPTIBLE TO INJURY WHEN STRENGTH TRAINING?

Unlike other joints, muscles, sinews and ligaments, not bones, stabilise the shoulders, which means they have a greater range of movement but are easily injured. About 40 per cent of strength training injuries occur in the shoulders. The most common are pulled muscles or tears, usually due to lifting too much weight. Be careful as recovery of the shoulders takes longer than other muscles.

Is there an ideal time to perform shoulder exercises?

Since the shoulder musculature is also supported by chest exercises it makes sense to train the shoulders directly after the chest. Your muscles remain tense and you'll see faster improvements.

WHY IS IT RECOMMENDED TO TRAIN THE LOWER BACK?

The lower back is stressed every day and is susceptible to tension, pain and disc problems. The best protection is a strong musculature, which stabilises the spine. The lower back muscles work together with the abs and both are used in all exercises that are performed with a straight back. You shouldn't begin your workout with lower back muscles; it's better to start with the muscles of the upper back.

The best exercise is rowing on a machine or cable machine. Your body is bent at the hips, which targets the lower back.

Here's how: sit at the rowing machine or in front of the cable tower (grip below), place your feet and bend your knees slightly. Bend your upper body forward and grab the grip. Pull the weight slowly to your body and straighten your upper body. Hold briefly and return to start.

What strategy will help me get a well-trained chest?

Vary the angle of movement when performing bench presses to activate both the upper and lower chest muscles. The best positions for the three chest sections:
Upper: Place the bench at an angle of 45-60 degrees.
Mid section: Classic bench presses on a flat bench or on the floor.
Lower: Place the bench at a 10-15 degree negative angle. If your bench doesn't have this option, jack up the other side, for example with a step.

ALL MEN ARE CREATED EQUAL. GIVE YOURSELF AN ADVANTAGE.

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Be a Better Catch

WHAT ARE THE MOST COMMON MISTAKES MADE WITH BICEP CURLS?

No stability: Free weights shouldn't swing. Make sure your arms are always working in front of your body. If the weights swing behind your upper body, you lack stability in the shoulders. Keep your back and head straight and your shoulders and upper arms still.

No tension: Never extend your arms completely when doing a bicep curl. Keeping the biceps tensed during the exercise won't be more effective but it will be easier on your joints. Always keep your elbows close to the body.

Unstable hands: Do your wrists hurt after training? You're doing the exercise incorrectly! Keep your wrists as an extension of your forearms. If that's too hard, reduce the weight.

DIPS ARE GREAT FOR TRICEPS. HOW DO I PERFORM THEM CORRECTLY?

Here's the main principle of dips: the straighter your upper body the more effective the exercise. If you lean forward, you're working your chest. Don't look down; that strains your neck muscles. It's also essential to take your time. Move your body slowly and with control. It's best to count to three on the way up and down.

Are chin-ups really effective for the arms?

Yes, chin-ups train your entire body.
The closer together your hands are on the bar, the more your arms work. But remember, you have to lift your entire body! If that's not possible a buddy can help by holding your legs. Nobody around? Grab a band. The elastic can make chin-ups easier.

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WHAT CAN I DO TO AVOID INJURIES WHEN SQUATTING?

Train your muscle memory and perform the exercise cleanly. Before the first set, sit on a bench with a straight back and shoulders back, feet slightly more than shoulder width apart. Extend your arms in front at shoulder height, bend at the hips, and keep your back straight. Pull your feet towards you so you can stand up without changing position. This is the perfect end position for a squat. Stand up, reverse the movement and sit down. Repeat a few times.

Are there tricks to making a workout more intense?

Tire your muscles before your workout: Start with isolated exercises using only one muscle group, then perform an exercise that challenges another. For example, first do a butterfly (chest), then bench presses (chest, triceps). Larger muscle groups are trained to exhaustion.

Skip partial reps: With a heavy load that normally allows only one rep, you can still easily perform 8-10 negative reps (eg, lowering on bench presses). Get help from a partner on the positive part (raising the weight). This guarantees muscle growth.

Overload the fibres: The last reps are the most effective. Use a weight you can only lift 2-3 times. Have your training buddies remove enough weight so you can do 1-2 more reps. Continue removing weight in this manner until you've reached half of your starting weight.

How can I speed up my workout to get a six-pack fast?

Get into high gear! Mix up the tempo of your workout, which encourages muscle growth. For the first eight reps do both the positive and negative movements in four seconds. For the next eight reps, cut it in half, two seconds up, two seconds down.

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HOW SHOULD I PERFORM COMPLEX ABS EXERCISES?

It's more important to perform the exercise cleanly than to do lots of reps. For oblique exercises, make sure you're lifting your shoulders not just your elbows off the floor. Move towards your knees, not the middle of your chest. Elbows remain at your sides, shoulders and neck stay engaged. Concentrate!

Crunches hurt my back. What am I doing wrong?

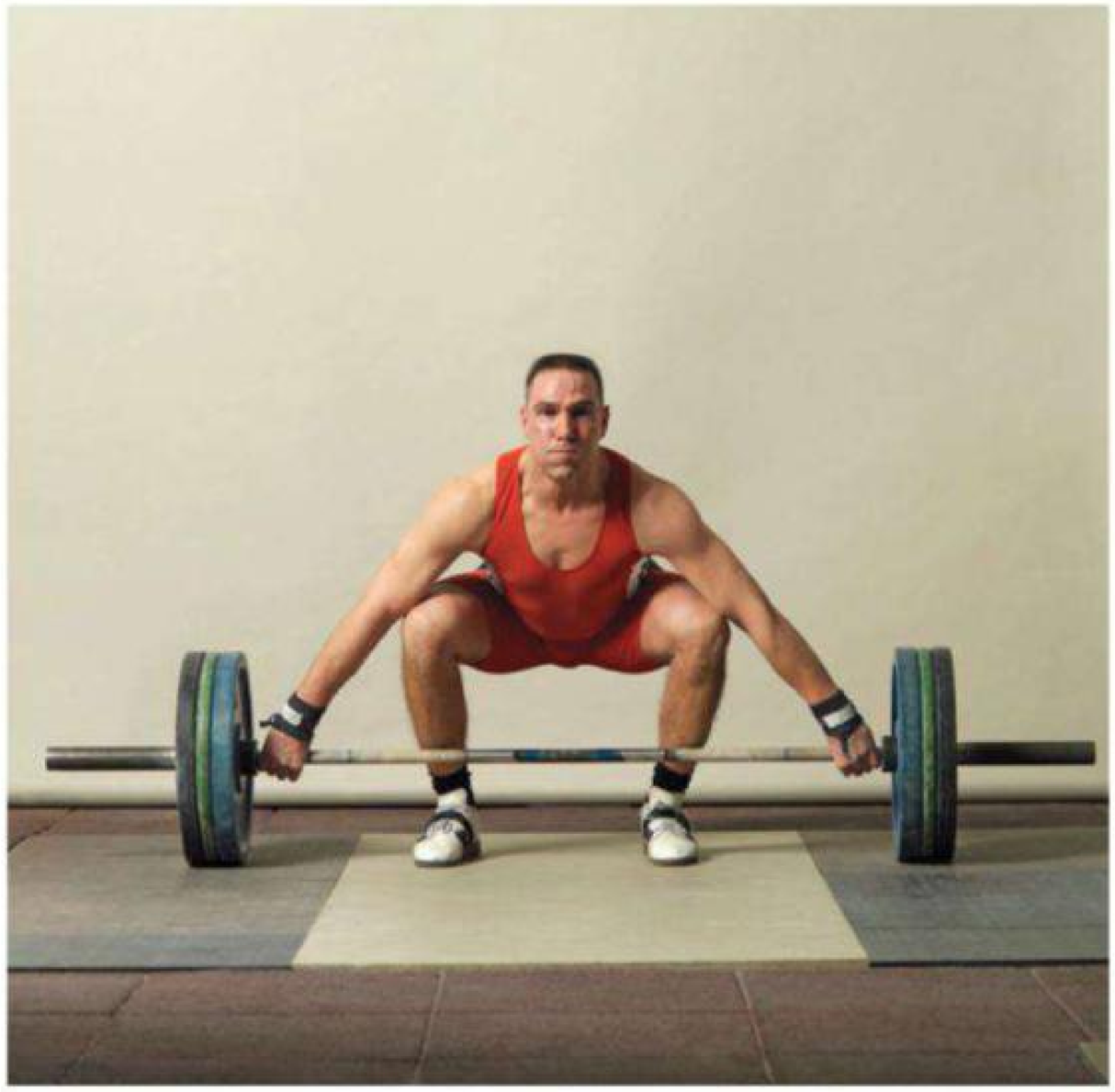
Where does it hurt? Your neck? Stop wrenching your neck and keep it in a straight line with your body. Lower back? Keep your lower back flat on the floor to avoid arching and stressing your lumbar.
Tip: Contract your abs, bend your knees and keep your heels on the floor. Exhale when you lift and inhale when you lower.

Should I also perform exercises for my legs?

Of course! An impressive upper body looks ridiculous on skinny legs but it's about more than looks. If you run, jump or lift weights the strength comes from your hips and legs. The best exercise is squats. With or without a barbell they are super effective as no other exercise engages as many muscles.

I ALWAYS PERFORM THE SAME BARBELL EXERCISES. ANY TIPS FOR A CHANGE?

Change your grip and you'll encourage muscle growth.
Overhand: Standard for exercises such as dead lifts, rows or squats and bicep curls.
Underhand: For isolated arm exercises (underarm bicep curls) and rows.
Wide grip: Use either as overhand or underhand grip. Ideal for bench-presses and works the chest more than the triceps.
Narrow grip: Good for bench presses for triceps and abs.
Alternating grip: Provides stability for heavy weight loads. Great for exercises in which the elbows remain extended such as dead lifts.
One-handed grip: This encourages coordination and challenges smaller muscles because the bar has to be balanced. Great for rows.



ARE THERE EXERCISES THAT TRAIN THE ENTIRE UPPER BODY?

Not all muscles, but almost. Chin-ups with leg lifts work five muscle groups. Here's how, with each position held for one second.

Abs: Grab the bar with thumbs facing inward. The wider the grip the more difficult the exercise will be. Slowly lift your extended legs until they are almost horizontal.

Arms: Pull yourself up, slowly and evenly. Keep your back straight; your body shouldn't swing.

Back: Keep your feet together and your legs as high as possible. Your core stays engaged and your upper body is still. Slowly pull your forehead above the bar.

Core: Turn your legs slowly and with control to the right side. Your nose is at bar height; you can move your knees slightly apart. Upper body remains still, back straight.

Shoulders: When you pull your chin over the bar your feet should be at shoulder height. Pull your shoulder blades together and return to start.

Rest briefly and repeat. You should be able to do six reps.

How can I make my barbell training more professional?

Get yourself an Olympic barbell bar of about 50mm in diameter and a few bumper plates (5, 10, 15 and 20kg plates). These plates are made of hard plastic. If you're performing classic weightlifting moves such as the snatch, clean and jerk, you can let the bar fall without damaging the floor or risking a muscle tear.

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IS MUSCLE PAIN A GOOD OR BAD SIGN?

Some muscle pain is a natural part of lifting as muscles only grow when they have micro tears. Your body easily repairs the fibres and reinforces them for your next workout. After 12 weeks your muscles should be strong and there will be no more pain. That means your muscles have grown and it's time to up your level.

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What eases pain after a hard workout?

Bath: A warm bath improves circulation. A cold bath is like a painkiller: it numbs the nerves. You decide.

Massage: Kneading may damage injured tissue so soft stroking is better.

Sport: An easy workout is good because stress hormones are released into the blood and temporarily ease the pain. It also improves your range of movement and helps the muscles recover.

Medication: Simple pain medication works best and helps you move better so blood circulates through your muscles, speeding up recovery. Magnesium also reduces tension.

Sports rubs: These encourage circulation and support recovery. The act of rubbing works as lymph drainage; the liquids in the tissues are transported and swelling decreases. Tip: always rub towards the heart.

Doing nothing: Also good! The pain will disappear by itself after three days.

DO SORE MUSCLES MEAN I HAVE TO TAKE A BREAK?

If a muscle hurts to touch or you can't move then you need at least one day off. In some cases, easy jogging, cycling, stretching or even lifting may ease the pain, encourage the body to process the waste products and support recovery.

DOES ICE HELP SPEED UP MUSCLE RECOVERY?

Yes. Some elite athletes immerse their entire bodies in an ice bath but there are less drastic paths to follow. After a hard workout, place an ice pack over sore muscles for 2-4 minutes. The cold blocks the inflammation in the muscles and numbs the pain.

Although I train regularly I'm not building muscle. Am I doing something wrong?

Generally hard gainers don't have to train more than others. It's practical to have a whole-body program with three, eventually five, workouts a week. There should be a day off between workouts so your body can recover and regain energy. Once you're working out more than three days a week, you have to divide the workouts into muscle groups. You should switch the exercises and vary the reps, sets and intensity. Three important training rules for hard gainers:

1. Free weights are better than machines (they challenge more muscles).
2. Include sets with heavy weights and 6-10 reps (ideal for growth).
3. Load weight to allow you to perform to failure (uses your muscles to capacity).

I'M SURE MY MUSCLES GREW FASTER 15 YEARS AGO. WHY?

Your metabolism slows down after age 35 and your testosterone level falls each decade by about 10 per cent, meaning that your muscles grow more slowly. You can still achieve a rock-hard body, it just requires greater patience and training. As long as you have no medical issues, commit to working out three times a week for results.

ARE THERE ANY FOODS THAT WILL HELP PREVENT MUSCLE PAIN?

Cherry juice: Several studies have shown that tart cherry juice reduces pain as the anti-oxidants and anti-inflammatory properties encourage tissue recovery. Drink a glass after a workout.

Coffee: The caffeine increases the contractibility of your muscles and reduces pain. Try 1-2 cups before training. Once you drink it regularly, however, your body will become accustomed to the caffeine and any positive effects will decrease.

Ginger: Ginger root increases circulation and supports the processing of lactic acid so you'll be ready for your next workout more quickly. Grate some ginger into your salad dressing or make ginger tea by pouring hot water over a few slices.

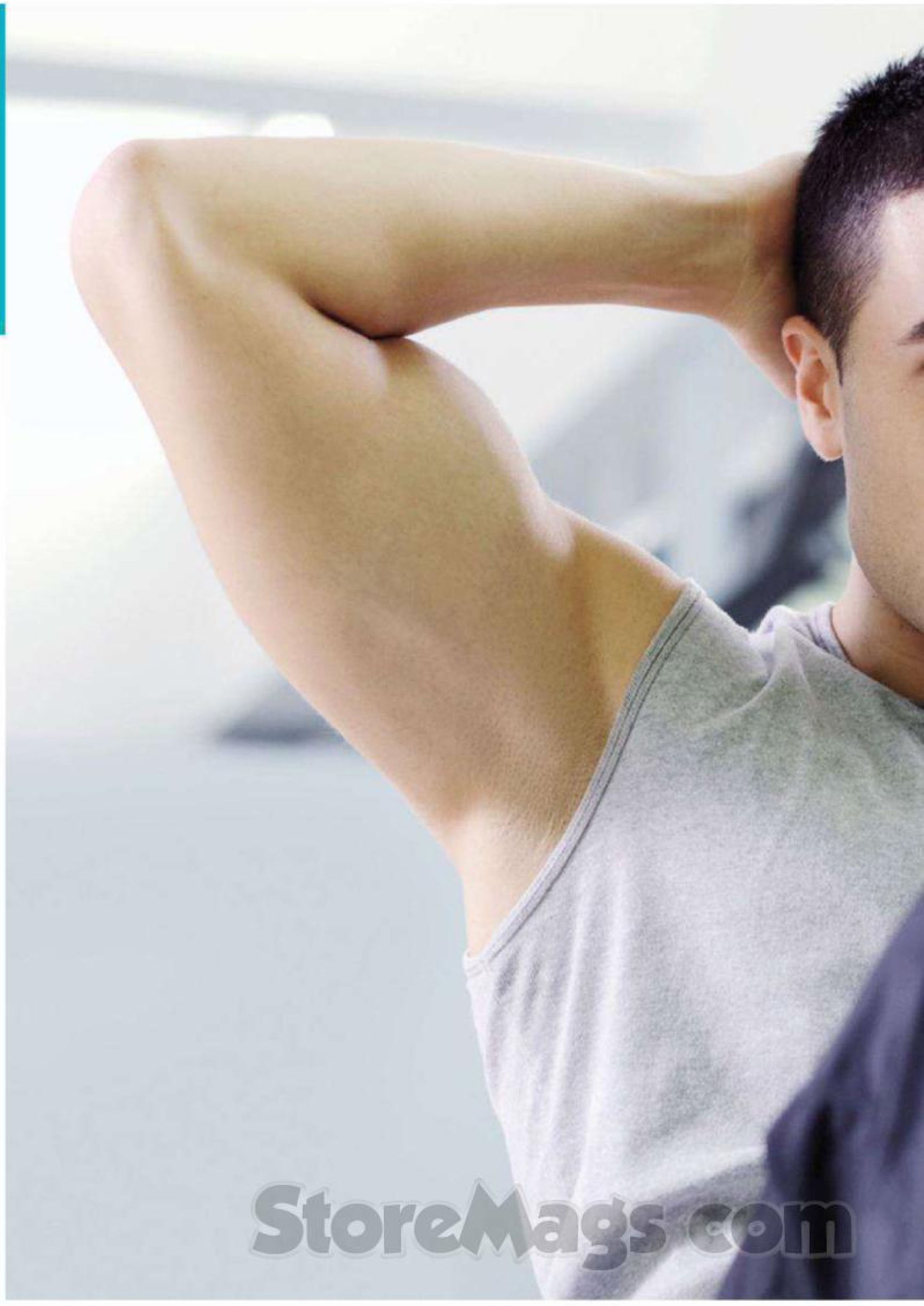
WORKOUTS

Here we go! Here are 24 workouts for every muscle goal, from a six-pack to

3

THERE ARE SO MANY EXERCISES. WHICH ARE THE BEST FOR ME?

Take inventory. Each of the five sections in this chapter begins with a fitness test so you can determine your fitness level. Concentrate on the muscles for which you had a poor score. Work on your weaknesses and you'll reap the rewards and strengthen all muscle groups. A good way to identify weaknesses is to ask a trainer or friend to photograph you in your underwear and assess you muscle proportions. It's uncomfortable but insightful.



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XXL arms to a physique you'd be happy to show off at the beach

WHAT HAPPENS IF I TAKE A LONGER TRAINING BREAK?

If you take more than a week off, you'll lose muscle mass and performance due to a process called super compensation. If you push your body to the limit during a workout, your performance will fall off because your body is exhausted, but it doesn't want to be surprised by the next workout. Its reaction is muscle growth. A few days later, your level shoots above the level of the last workout and then it sinks. The best regime for success is constant training at least 2-3 times per week.

IS IT WORTHWHILE CHANGING TO A NEW WORKOUT EVERY FOUR WEEKS?

It's a great idea. The typical success curve of strength training is like the accelerating power of a sports car: fast at first and then it reaches a plateau. The car is limited by its motor; your success by your routine. If you always perform the same exercises, your muscles get bored and stop growing. After 8-12 weeks your muscles are accustomed to the routine so that's when you should switch your program; otherwise your progress will stall. Tip: make your workout plans 3-6 months in advance. Training cycles of 1-2 months are optimal. Advanced lifters can change their program every 2-3 weeks.

Are three workouts enough to build muscle?

You should perform 3-5 workouts a week for muscle growth. Not enough time? Schedule at least two strength-training sessions a week. Remember, if you do more than three workouts a week you should split train. That means focusing on specific muscle groups each workout. For example: Monday: chest, abs, triceps; Wednesday: legs and biceps; Friday: back and shoulders. Importantly, since muscles grow during recovery don't forget to give them time off.

HOW LONG SHOULD A WORKOUT LAST FOR?

It doesn't have to be a specific length of time, a better guideline is the number of sets you complete. Excluding the warm-up, you should be aiming for 12-25 but the exact number depends on your fitness level. For a beginner, 12 sets is a lot; fitter athletes can do more. How long the workout takes depends on your time management. Unnecessarily long breaks or chatting with your training partners can lengthen the time.

Is there a rule for the break between sets?

Yes, the fewer reps you perform and the heavier the weight, the longer the break should be. Why? When training with heavy weights you use fast-twitch muscles, which develop the most strength and need a longer recovery time. The longer breaks ensure you have strength for the next set, so for growth try 8-12 reps with breaks of 1-2 minutes.

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DO MY MUSCLES REALLY NEED 48 HOURS FOR RECOVERY?

A two-day recovery period is ideal. It's been proven that you can build mass for 48 hours after a workout so if you train at 7pm on Monday evening, your body is in muscle building mode until 7pm Wednesday. After that your body returns to its normal state so it's time to grab the weights again. Pro tip: this rule applies to the muscle groups you last worked. If you want to shorten the time between workouts, you can train different muscle groups on successive days. This is called split training.

WHAT'S THE BEST WAY TO MAXIMISE THE BENEFITS OF THREE-SET TRAINING?

If you still have strength by the third set, then pay attention to the two muscle building rules: 1. Optimal resistance; 2. Sufficient breaks between sets. If your strength decreases between sets, you haven't warmed up enough, you've put too much weight on or you've done the reps too fast.

What's better between three one-hour workouts a week or six half-hour workouts?

For the body and for visible results, probably the shorter workouts. If you train more often, you can work your muscles more and they won't get tired. Three more workouts a week will stimulate the metabolism, meaning you'll burn more kilojoules but eat less because workouts reduce your appetite. More workouts will increase your muscle mass and make your leaner. You still shouldn't work the same muscle groups on subsequent days, so you'll need a precise plan for your six workouts.

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I HAVE LIMITED TIME TO EXERCISE. HOW CAN I SHORTEN MY WORKOUTS WITHOUT LOSING FORM?

Less is more: Eight clean reps with a heavy weight are enough to build muscle. If you can do more than 12, add some weight.
Go all in: Work more muscle groups at once. Try complex exercises like chin-ups for the back and biceps or dips for chest and triceps.
Switch it up: Train opposing muscles such as biceps and triceps. For example, one set curls, one set dips, one set curls. Do 4–6 pairs of exercises.
Use your breaks: Walk around the equipment during breaks to loosen up the muscles and help you recover faster.
Improve your equipment: Free weights with lockable clips let you switch quickly. Pro-variation: system barbells let you set your load precisely.

When stretching, should I go to my limit?

No! Stretching before a strength workout should be easy so muscles prepare for the work. It's better to do a total body warm-up, which activates circulation, breathing and pumps blood into your muscles. It should be comprised of two sections, starting with 5-10 minutes on an elliptical trainer. It's important to warm up all the muscles so joint lubricants are released. You should then be able to perform 15-20 reps at warm-up weight.

My training routine is almost always the same. What provides variety?

These two workouts will breathe some life into your routine:

Station training: Do three sets per exercise then move to the next station.
Circuit training: Perform one set at each station then repeat to a total of three sets.

Does it help to go over my workout in advance in my head?

Yes. If your body is expecting stress, it releases adrenaline. As soon as you lift the weight, you'll get extra energy. It's worth going over the complex moves in your head, because doing this may prevent the release of too much adrenaline.

HOW DO I GET A WELL-DEVELOPED UPPER BODY?

A custom-tailored workout will meet your needs and this one will provide you with the total package. What do you want? A broad chest or larger arms? You'll find the best workouts on the following pages.

- Chest..... page 50
- Arms..... page 52
- Arms and shoulders..... page 54
- Upper body ..... page 56
- Strength and agility ..... page 58
- Better in bed .....Page 60

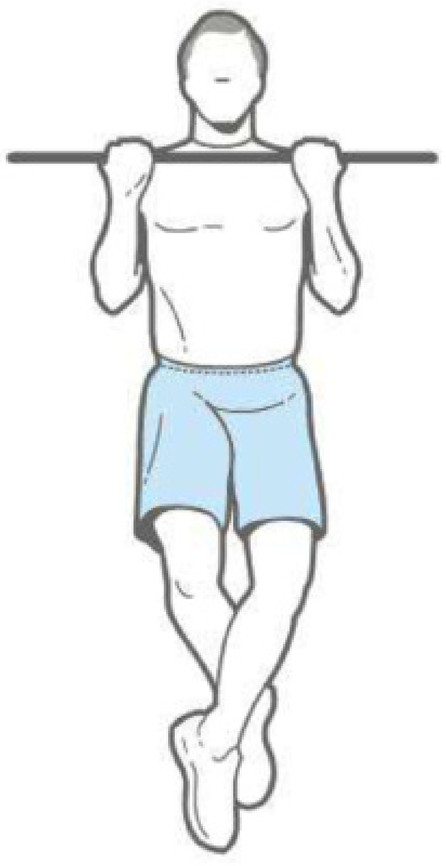
WHAT'S IN IT FOR ME?

YOU'LL SEE QUICK RESULTS because chest, triceps and biceps pump up quickly. You'll increase your confidence, which women like. The wider the chest, the smaller your hips appear. Fat around your waist disappears.

A TRAINED CHEST prevents injury because the large chest muscles surround the shoulder joints like a cap and provide stability. Large arm muscles remove stress from the joints. Triceps and biceps are the bodyguards of the shoulders; they help with moving the arms.

STRONG ARMS are useful in every sport and every arm action uses biceps and triceps. Want to box or throw hard in basketball? Grab the free weights. Chest training helps add power to your arms.

How strong are my biceps?



THE TEST: Hang on a chin-up bar with an underhand grip, hands shoulder-width apart, legs slightly bent. Pull yourself up and bring your chin over the bar. Time yourself starting now. How long can you hold yourself up?

- **0-25 seconds:** *Not so great. Start moving!*
- **26-44 seconds:** *So-so. You can do more.*
- **More than 45 seconds:** *A great result – keep going!*

WHICH EXERCISES WILL GIVE ME A BROAD CHEST?

Pat yourself on the right shoulder. Notice how your chest tightens? The muscle that's pulling is the largest chest muscle, pectoralis major, although the name is misleading. Compared to other areas the front of your chest has very few muscles. To get a wide chest you need to activate all your muscles. This workout provides all you need, the various grips, angles and tools. Try to complete 2-3 workouts a week (with a 10 minute warm-up each time on an elliptical trainer).

How can I make these eight exercises into a workout?

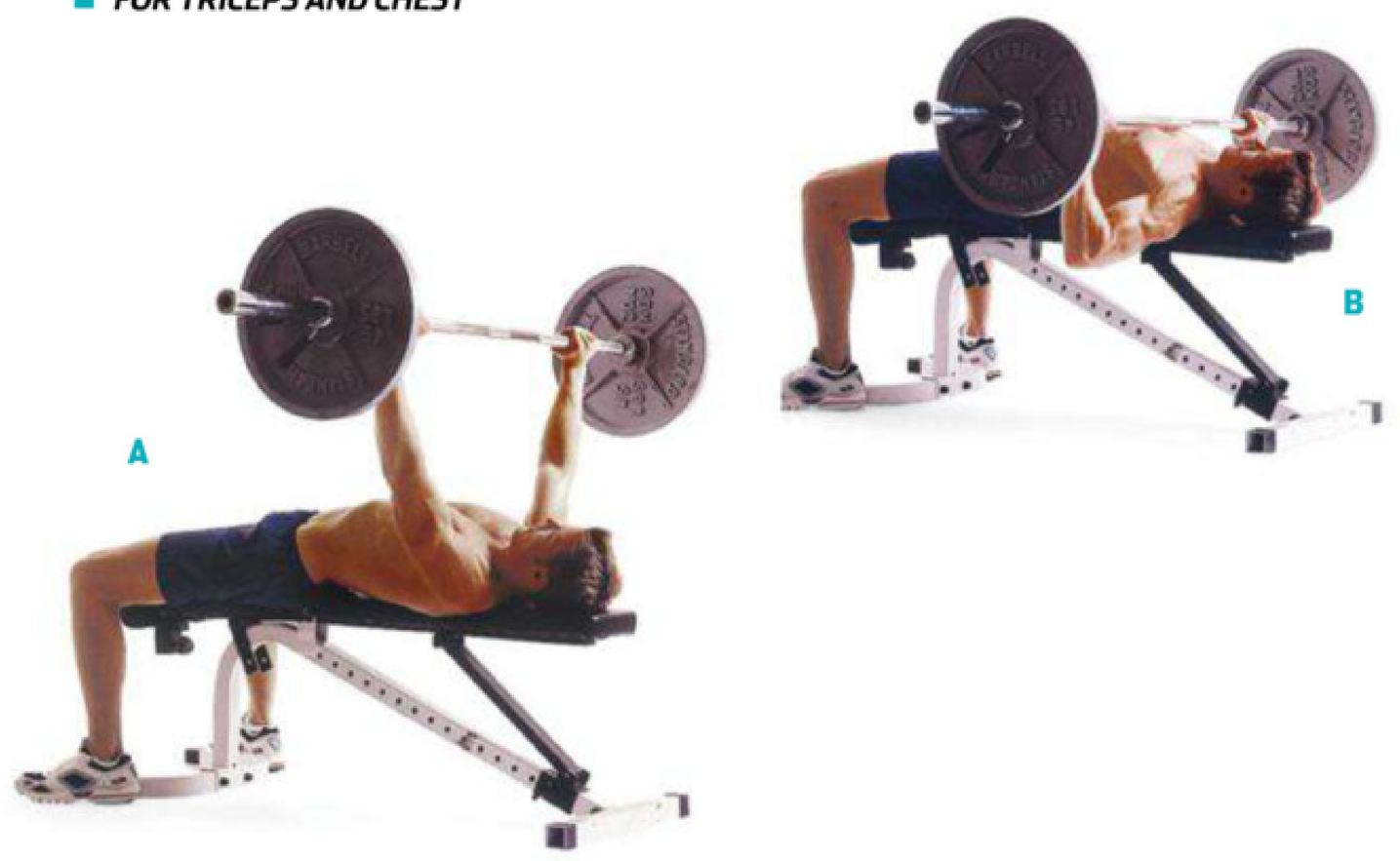
LEVEL 1, 15 MINUTES
Perform one set per exercise and follow the sequence. Between exercises, do 20-30 push-ups from your knees. Take a break if you must. All clear? Then get going!

LEVEL 2, 30 MINUTES
This super set program combines two exercises requiring the same equipment: 1 and 8, 2 and 3, 5 and 6. (Perform the last with a resistance band.) Take a 40-60 second break after the second exercise. Perform three rounds.

LEVEL 3, 50 MINUTES
As in Level 1 perform only 1 set per exercise, then do an isometric push-up. Drop your upper body halfway and hold the position as long as possible. Take a short break, then repeat from the beginning (total 3 rounds).

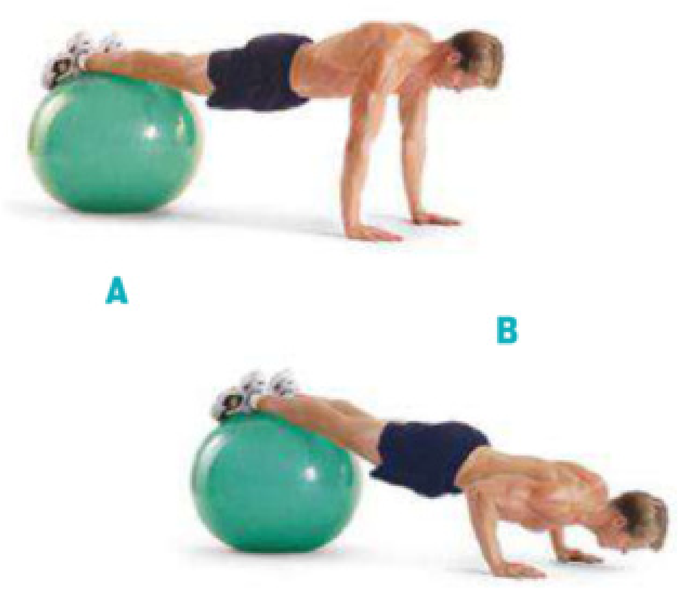
3

1 BARBELL BENCH PRESSES
FOR TRICEPS AND CHEST



A. Lie on your back on a flat bench, feet on the floor. Grip the bar at more than shoulder width (have someone hand it to you) and hold it above your chest with arms almost fully extended.
B. Lower the weight until it almost touches the chest. Hold briefly then return to the top. Tip: be careful not to arch your back.
15-20 reps

2 FIT BALL PUSH-UPS 1
FOR TRICEPS, CORE AND UPPER CHEST



A. Place your lower legs on the Fit ball and lie in push-up position. Ankles, hips and shoulders form a straight line. Hands are shoulder width apart on the floor.
B. Lower your upper body as far as possible; don't bend at the hips. Then extend the arms again.
6-12 reps

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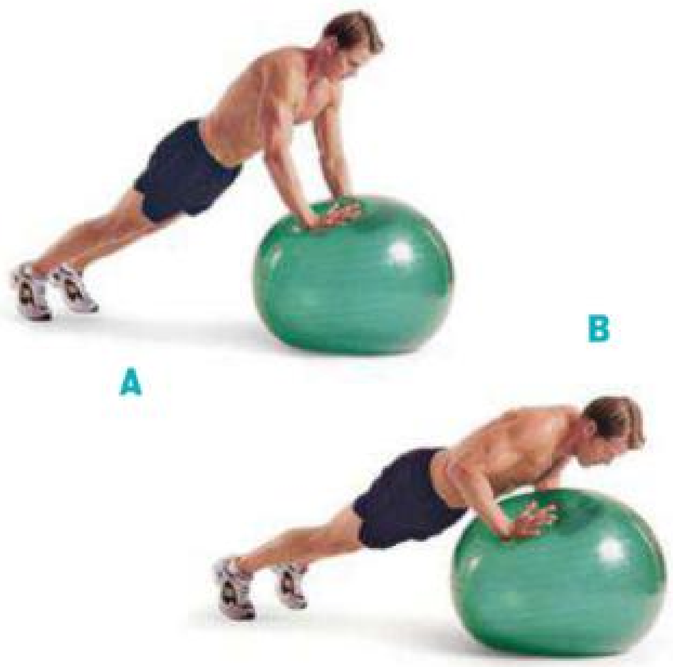
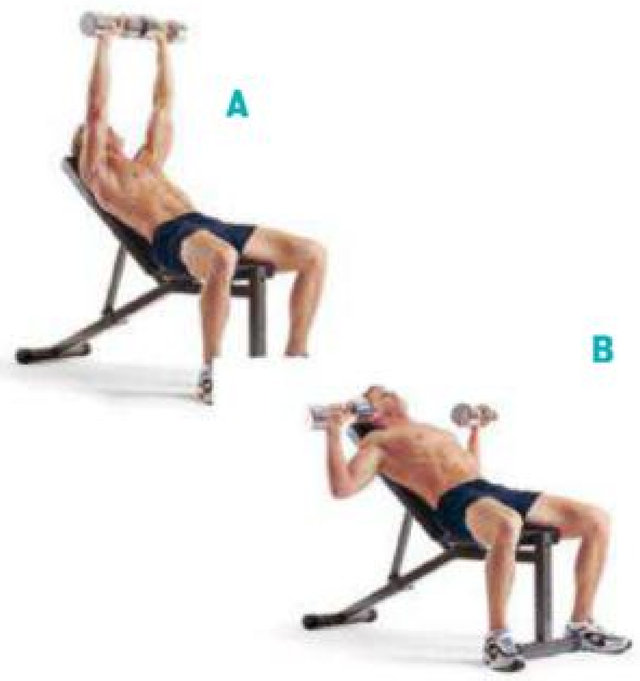
3 FIT BALL PUSH-UPS 2
FOR TRICEPS, CORE AND LOWER CHEST



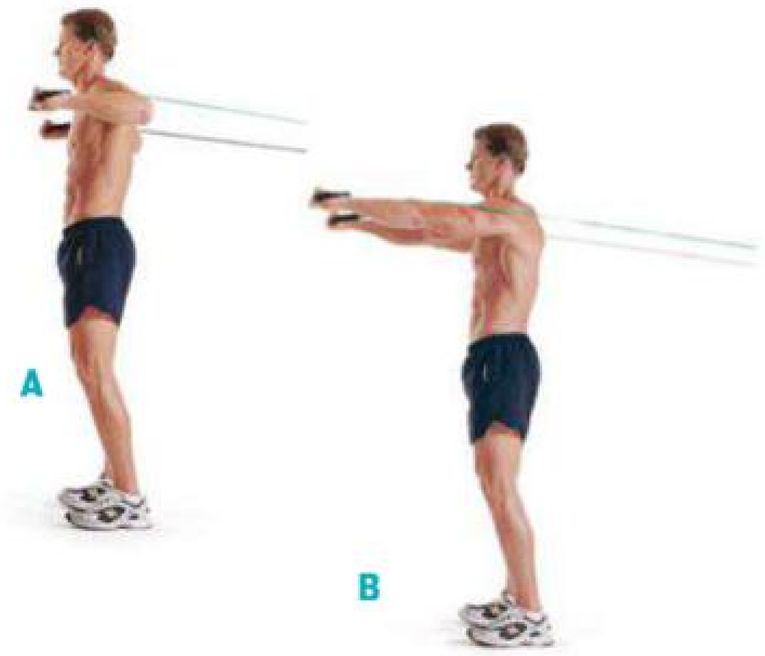
A. Place your hands shoulder width apart on the ball; feet about hip width apart. Get into push-up position. Extend your arms, keeping your entire body engaged and your back straight.
B. Bring your upper body as close as possible to the ball, hold at the lowest point then extend the arms again.
6-10 reps

4 INCLINE BENCH PRESSES WITH FREE WEIGHTS
FOR TRICEPS, CORE AND UPPER CHEST



A. Place an incline bench at about 45-60 degrees. Press your back into the cushion and grab a free weight in each hand, feet flat on the floor. Slowly lift the weights up.
B. Lower the weights to beside your head, then return to start. The weights shouldn't touch above the head.
6-12 reps

5 CHEST PRESSES WITH RESISTANCE BAND
FOR TRICEPS AND CHEST



A. Fasten the band to a tree or other structure; keep your back to it. Grasp the grips and hold them next to your body, fists a few centimetres in front of your chest.
B. Extend your arms, hold briefly and then release. Pro tip: make sure your back remains straight.
12-15 reps

6 EXTENSIONS WITH A WEIGHT PLATE
FOR BACK AND CHEST

A. Grab the plate with both hands and lie on a flat bench, feet on the floor. Hold the plate over your chest with slightly bent arms.
B. Move the plate slowly behind your head. The angle at the elbows remains the same. Return to start.
12-15 reps

7 BENCH PRESSES ON A FIT BALL
FOR TRICEPS, CORE AND CHEST

A. Lie on your back on a Fit ball and hold two weights with arms almost fully extended over your chest. Try to keep your pelvis in a straight line with knees and shoulders.
B. Lower the weights until your upper arms touch the Fit ball. Hips should only sink a little.
10-15 reps

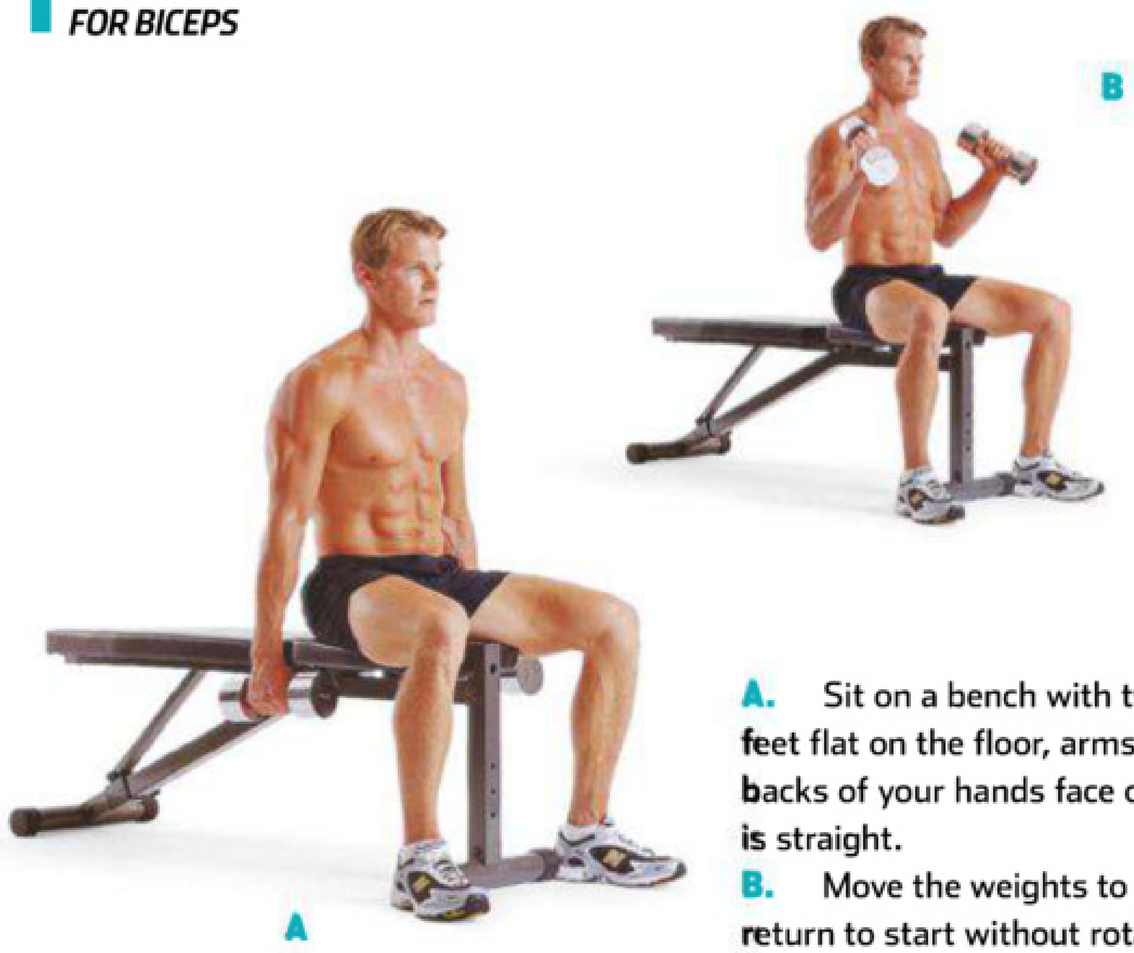
8 PUSH-UPS ON A BARBELL
FOR TRICEPS, CORE AND LOWER CHEST

A. Get into push-up position on a barbell (place a thick blanket under the bar so it doesn't roll). Keep your body in a straight line.
B. Lower your body as far as possible; return to start. Move slowly so the bar doesn't move.
6-10 reps

HOW CAN I GET BIG ARMS THAT LOOK GOOD IN A T-SHIRT?

Roll up your sleeves because this workout will increase your arm size in four weeks. Biceps and triceps are the main focus; the triceps make up two-thirds of your upper arms. This workout uses different grips and machines and it's designed for you to do it 2-3 times per week. Before starting, pick a training level (see the box on page 53) and warm up for 10 minutes on an elliptical trainer.

1 HAMMER GRIP CURLS
FOR BICEPS



A. Sit on a bench with two free weights, feet flat on the floor, arms at your sides. The backs of your hands face out and your back is straight.
B. Move the weights to your shoulders and return to start without rotating your forearms. Upper arms remain close to the body.
12-15 reps

2 LYING ARM EXTENSIONS
FOR TRICEPS

A. Lie on your back on a bench, keeping your feet stable. Hold two free weights with arms extended vertically over your chest.
B. Bend your arms and bring the weights almost to your head. Try not to move your upper arms. Return to start.
10-12 reps

3 BARBELL CURLS
FOR BICEPS AND CORE

A. Stand straight, feet about hip width apart. Grab a barbell with arms extended slightly more than shoulder width apart. Thumbs point outward. Engage your core.
B. Bring the bar to shoulder height. Keep your back straight and your arms close to your body. Return slowly to start.
6-10 reps

4 FIT BALL PUSH-UPS
FOR TRICEPS, CHEST AND CORE

A. For this exercise you need two Fit balls beside one another. Get into push-up position on the balls and place your toes on a training bench.
B. Lower your arms as slowly as possible. Keep your back straight and then extend your arms and return to start.
5-8 reps

5 CABLE CURLS WITH ROPE ATTACHMENT

FOR BICEPS

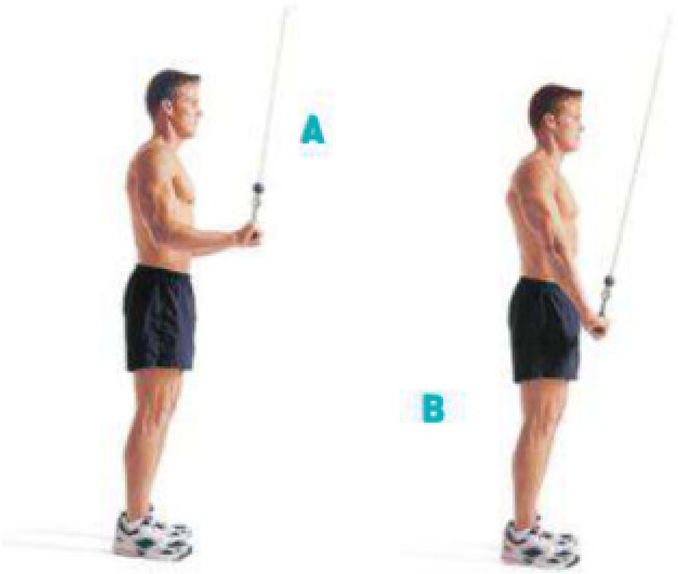
A. Attach the rope to the lowest carabineer on a tower. Push a bench close (bench at 60 degrees). Sit down and grab the grip with one hand. Arms are vertical below the shoulder.

B. Bend your arm until the elbow is at a right angle. Return to start. Keep your upper arm as still as possible.

1-25 reps per arm

6 ARM EXTENSIONS WITH CABLE

FOR TRICEPS AND CORE



A. Stand in front of a cable tower. Attach a triceps bar to the uppermost hook and grasp it, thumbs facing inwards. Elbows are at right angles and beside your body.

B. Extend your arms with control and hold in the end position for 1-2 seconds. Then return to start.

10-15 reps

7 CONCENTRATION CURLS

FOR BICEPS

A. Sit on a bench, legs wide apart. Grab a free weight with your left hand and let it hang. Place your right hand on your left thigh under the elbow.

B. Bend the left arm and then extend it again slowly. Make sure your left upper arm remains still.

8-10 reps per arm

8 FREE WEIGHT KICKBACKS

FOR TRICEPS

A. Grab a free weight with your right hand; place your left hand and knee on a bench. Keep your upper arm parallel to your upper body, lower arm at a right angle, back of the hand facing outwards.

B. Bring your lower arm to horizontal and turn so that the back of the hand faces down. Bend your arm again.

15-20 reps per arm

How can I make these eight exercises into a workout?

LEVEL 1, 10 MINUTES

In this version perform one set of each exercise. If you do them in the given sequence, you don't have to take any breaks because you are switching between biceps and triceps. Your mini workout brings you maximum results.

LEVEL 2, 25 MINUTES

In this version you perform the biceps exercises (1, 3, 5, 7) followed by the triceps exercises (2, 4, 6 and 8). Take a 30-second break after each exercise and perform two sets of each. When you're done get into push-up position and perform as many push-ups as you can.

LEVEL 3, 45 MINUTES

This is the ultimate training program for T-shirt arms and a real power workout. It's basically the same as level 1 but perform three sets of each exercise. The trick for an extra kick is to reduce the weight by 10 per cent after every set, but add a couple more reps. Get started, you have your hands full!

IS THERE AN ARM WORKOUT THAT ALSO STRENGTHENS THE SHOULDERS?

Of course there is! Strong arms and shoulders do more than give you an imposing beach body; they improve power for all ball sports. The following exercises will protect you from injury and will help with every sport. The stronger your shoulders, the more weight you can lift and you can thereby further increase muscle mass.

How can I turn these eight exercises into a workout?

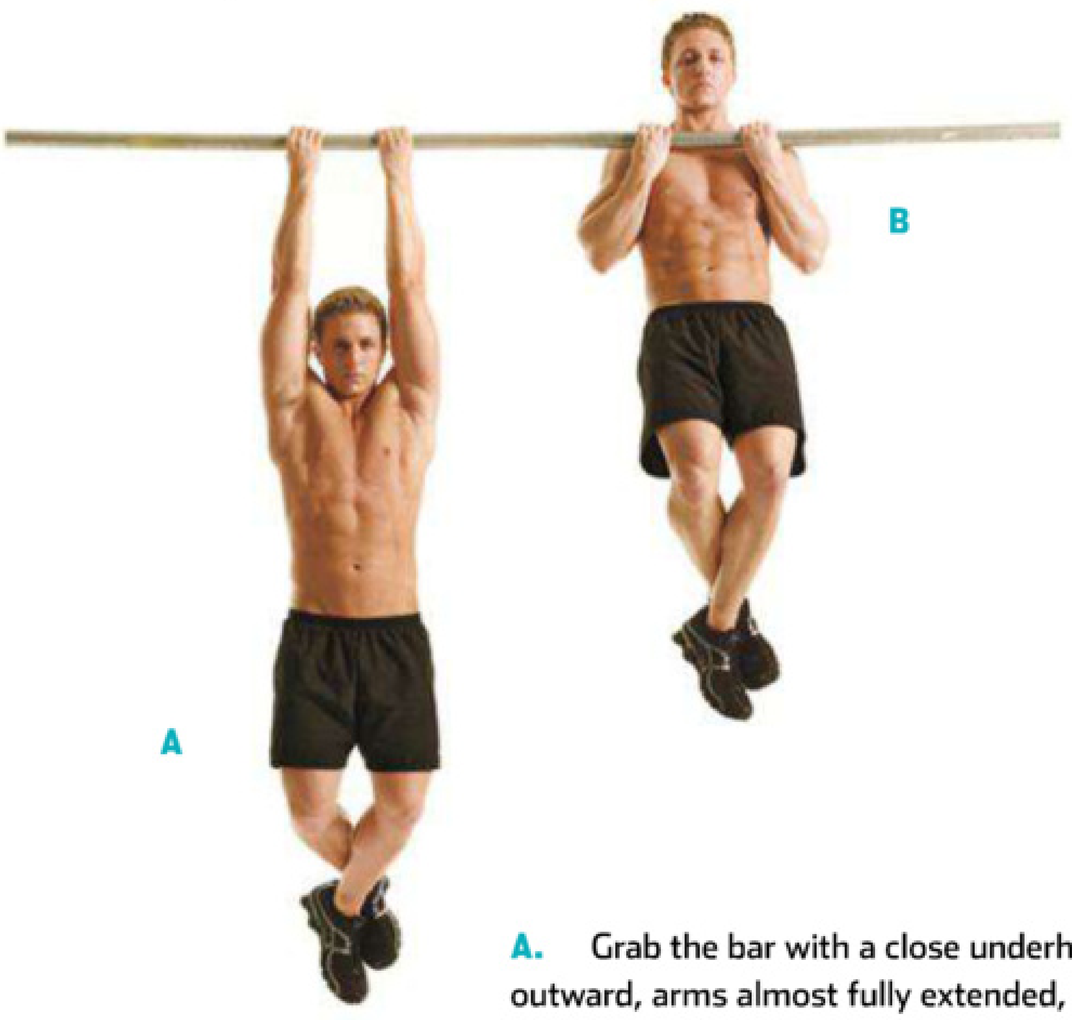
1. MAXIMUM SUCCESS
Warm-up: 15 minutes on an elliptical trainer or 90 seconds jumping rope and 10 push-ups. Perform all the exercises as given. Take a 30-second break between sets; 60-second break between exercises. Perform the entire routine twice a week.

2. ROBUST SHOULDERS
Shoulders are the most mobile part of your body but the downside is they are very susceptible to injury. As prevention, shadow box for two minutes then do one set of 15 reps (=1 round) of exercises 1, 4, and 7. Take a 90-second break, then do two more rounds. Do this program 1-3 times a week.

3. STABLE JOINTS
Strong lower arms and wrists are essential for training your arms. The best exercise instead of the incline bench curls: attach a weight plate to a 1.5m long rope and tie the other end of the rope to a free weight. Stand straight holding the free weight, extend your arms in front, coil and uncoil the rope around the free weight.

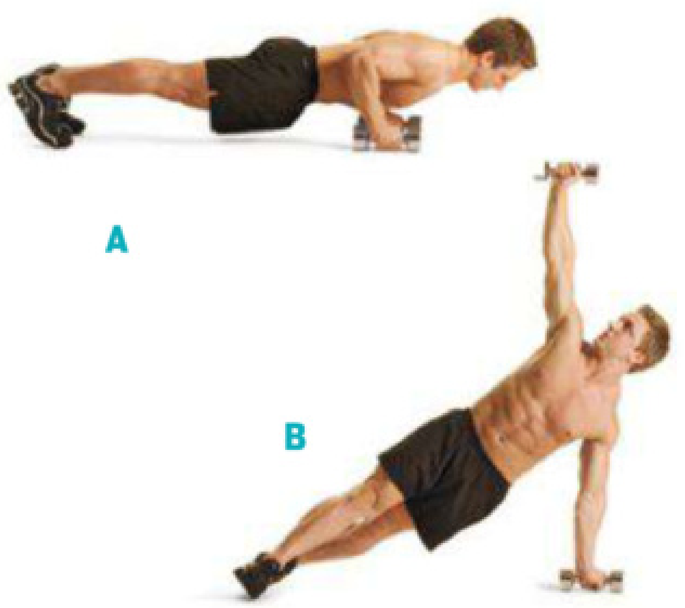
3

1 UNDERHAND CHIN-UPS
FOR BICEPS, SHOULDERS AND BACK



A. Grab the bar with a close underhand grip, thumbs facing outward, arms almost fully extended, feet crossed.
B. Pull yourself up until your chin is over the bar then sink slowly. Don't let your body swing.
3 sets, 10-12 reps

2 ROTATING PUSH-UPS
FOR TRICEPS, CHEST AND BACK



A. Get into push-up position on two free weights (if necessary put a towel underneath to prevent them from rolling). Lower your body as far as possible, keeping your elbows close.
B. While pushing up rotate at the hips. At the same time carefully lift a weight above your shoulder. Make sure your pelvis doesn't sink. Return to start.
2 sets each side, 8 reps per set

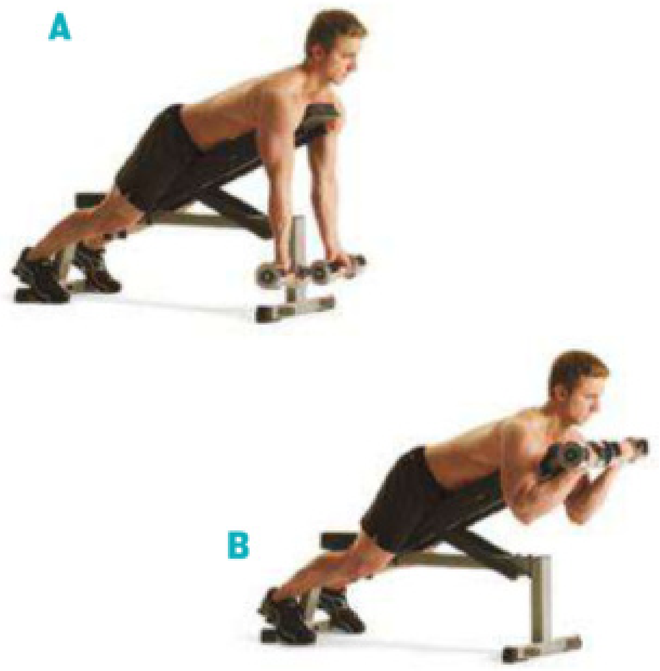
3 SEATED CURLS
FOR BICEPS

A. Sit at the end of a flat bench, arms almost fully extended at your sides, holding free weights. Keep your thumbs facing outward and your back straight.
B. Bend and extend your arms. Your upper arms remain close to your body.
3 sets, 6-8 reps

4 FRONT LIFTS
FOR THE SHOULDERS

A. Place a bench at a 30-degree angle. Lie on your stomach and let your arms hang down, holding two free weights, thumbs facing in. Press your hips and upper body against the cushion.
B. Lift the weights to forehead height, turning your palms toward each other and opening the arms until they form a V. Hold and return to start.
2 sets, 10-12 reps

5 BENT-OVER CURLS
FOR BICEPS



A. Keep the same position as the last exercise, but thumbs face outward. Hips and upper body are pushed into the cushion.
B. Bring the weights to your shoulders and then lower them slowly. Keep your elbows close to your body.
2 sets, 10-12 reps

6 FRENCH PRESS
FOR THE TRICEPS

A. Lie on your back on a negative bench and clamp your feet under the foot cushions. Hold two free weights with extended arms over your chest.
B. Bend your arms and move the weights beside your head. Keep your elbows close to your head and don't change the position of your upper arms. Extend your arms again.
3 sets, 8-10 reps

7 SIDE LIFTS WITH BENT ARMS
FOR THE SHOULDERS

A. Same position as exercise four. Upper arms are beside your chest and form a 90-degree angle with your elbows. Palms face each other.
B. Lift your upper arms until they are horizontal. Don't change the angle at the elbow.
2 sets 10-12 reps

8 INCLINE BENCH CURLS
FOR THE BICEPS

A. Place the training bench at a 45-degree angle. Sit down and let your arms fall to your sides, each holding a weight. Make sure your entire back is pressed into the cushion.
B. Alternate bending and extending your arms. Keep the upper arms close to your body.
2 sets, 10-15 reps

MY GOAL IS AN EXTRA-LARGE CHEST. WHAT DO I HAVE TO DO?

Looking for success in business and sport? This is the perfect workout for you. An impressive upper body with strong shoulders and a wide chest draws attention and gives you confidence. To see results fast, perform our workout with free weights. You challenge every muscle from various angles, which is essential for a wide upper body. Simply choose your workout from the box on page 57 and get started!

1 BENCH PRESSES
FOR CHEST AND TRICEPS

A

B

A. Lie on your back on a bench with a free weight in each hand, feet secure on the floor. Extend your arms and hold the weights over your chest.
B. Slowly lower the weights until they almost touch your upper body, then return to start.
2-3 sets, 8-10 reps

2 FREE-WEIGHT ROWS
FOR BACK AND BICEPS

A

B

A. Place the bench at about a 45-degree angle. Lie on your stomach, pressing your upper body from hip to chest into the cushion. Bend your knees, toes pressed against the base of the bench. Let the weights hang, arms almost fully extended.
B. Pull the weights up beside your body, hold briefly and return to start.
2-3 sets, 10-15 reps

3 INCLINE BENCH PRESSES
FOR CHEST AND TRICEPS

A

B B

A. Place the bench at a 45-degree angle. Lie on your back holding two free weights. Your feet are flat on the floor and arms almost fully extended.
B. Lower the weights until they almost touch your body, then extend again.
2-3 sets, 8-12 reps

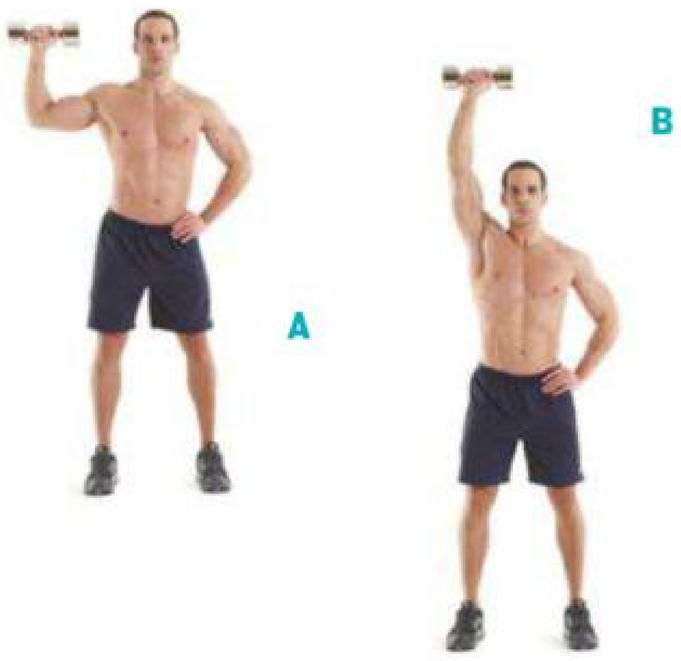
4 ONE-ARMED ROWS
FOR BACK AND BICEPS

A A

B

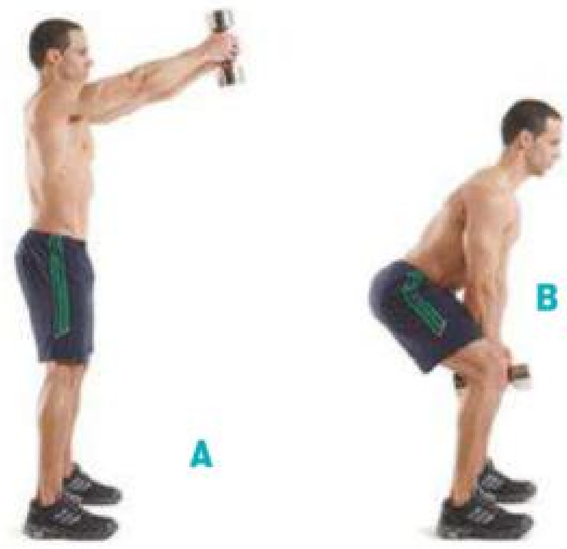
A. Grab one free weight with your right hand and support yourself on a flat bench with your left hand and left knee, right foot on the floor. Let the weight hang while keeping your back straight, looking at the floor.
B. Keeping the weight close to your body, pull it up until your elbow is above your upper body. Hold and return to start.
2 sets per arm, 10-15 reps

5 ONE-ARMED NECK PRESSES
FOR SHOULDERS AND TRICEPS



A. Stand straight, feet about shoulder width apart. Place your left hand on your hip, holding a free weight in your right at head height. Your elbow should face outwards, palm facing forward.
B. Push the weight upwards and then lower again with control.
2 sets per arm, 8-12 reps

6 SHOULDER LIFTS
FOR SHOULDERS, LEGS AND LOWER BACK



A. Stand straight with feet shoulder width apart. Grasp one free weight with both hands extended in front of you at head height.
B. Bend your legs slightly and bring the weight between your knees. Stand straight and return to start.
2 sets, 10-12 reps

7 FRENCH PRESS
FOR TRICEPS

A. Lie on your back on a flat bench, holding two weights over your chest with extended arms. Palms face one another.
B. Bend your arms and move the weights beside your head, then extend again. Upper arm position doesn't change.
2-3 sets, 10-15 reps

8 UNDERHAND GRIP CURLS
FOR BICEPS

A. Stand with a straight back, feet about shoulder width apart. Hold two free weights with almost fully extended arms in front of your body, thumbs facing outward.
B. Bend your arms and move the weights slowly to your chin, then return to start in slow motion.
2-3 sets, 8-10 reps

How can I turn these eight exercises into a workout?

1. THE WHOLE NINE YARDS
Performing this workout three times a week with a rest day in between will get your body into top shape. Warm up first for five minutes on an elliptical trainer.
A warm-up for home: alternate performing exercises 1 and 3 three times for 30 seconds without weight (one rep per second). Then perform as described above.

2. EXPRESS PROGRAM
No time for the whole workout? Try this shortened version.
Warm up doing the home version (above). Then perform a circuit of exercises 1, 2, 5, 7 and 8: one set each of 8-10 reps. Important: concentrate and give yourself five seconds for each rep.

3. EXTRA-LARGE CHEST IN THREE WEEKS
Only perform exercises 1 and 2 but add two push-up variations: place your hands on a bench and feet on the floor, then switch (perform as many reps as possible). The rule: 2-3 rounds (one round = one set per exercise), 3-4 training days per week. Change the sequence of the exercises when you get bored.

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WHICH WORKOUT TRAINS STRENGTH AND MOBILITY SIMULTANEOUSLY?

If you add strength you sometimes lose mobility because isolated training on machines may give you big muscles, but it can reduce flexibility. The following workout contains eight exercises which work on muscle movement. The exercises provide quick muscle growth while promoting flexibility as they are performed with free weights. You'll gain an advantage in every sport as you'll be nimbler and steadier. The box below outlines three workout possibilities, each with special focus. Enough theory, it's up to you!

1 BARBELL TURNS
FOR CORE, BACK AND SHOULDERS

A. Place a weight on one end of a barbell and put the other end in a corner (cushion with a towel). Grasp the end with the weight with both hands and hold with extended arms in front of your body.
B. Move the bar in a fluid motion to the right of your hip, bend slightly forward and turn your left foot in. Return to start and repeat.
2 sets, 8-10 reps

2 HORIZONTAL CHIN-UPS
FOR BACK, BICEPS AND CORE

A. Affix a barbell bar on a barbell station, or place it over two tables and attach it so it can't roll. Lie underneath and grab the bar at shoulder height. Your body forms a straight line, arms almost fully extended.
B. Pull your chest to the bar and then lower.
2-3 sets, 8-15 reps

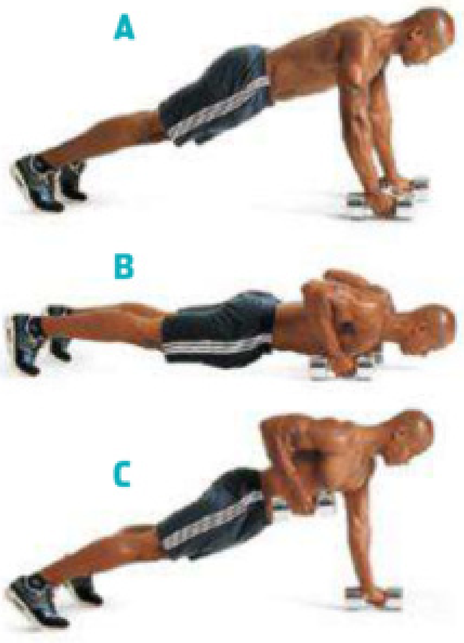
3 SQUATS WITH TRICEPS PRESSES
FOR LEGS, CORE AND TRICEPS

A. Prepare a barbell as in exercise 1. Grab it with your right hand at shoulder height. Squat as low as possible, keeping your back straight, and move your left arm forward to maintain balance.
B. Stand up with control, stretching your right arm forward and pushing the weight away from your body. Return to start.
2 sets per arm, 10-15 reps

How can I turn these eight exercises into a workout?

1. ALL ROUND FIT AND FLEXIBLE
This is the perfect workout for strong, flexible muscles. Warm up for 10 minutes on a treadmill. Add three rounds of 30-second arm circles. Alternative: a combination of jumping rope and stair climbing (one minute each, alternating). Then perform the above exercises in the given sequence. As a cool-down there's a flexibility program: Stand straight and do 30 seconds of slow shoulder circles (using your arms), core rotations (arms extended at the sides) and three stretches. Perform 2-3 workouts per week, making sure you have a full day of rest in between.

4 ROWING PUSH-UPS
FOR CHEST, BACK AND TRICEPS

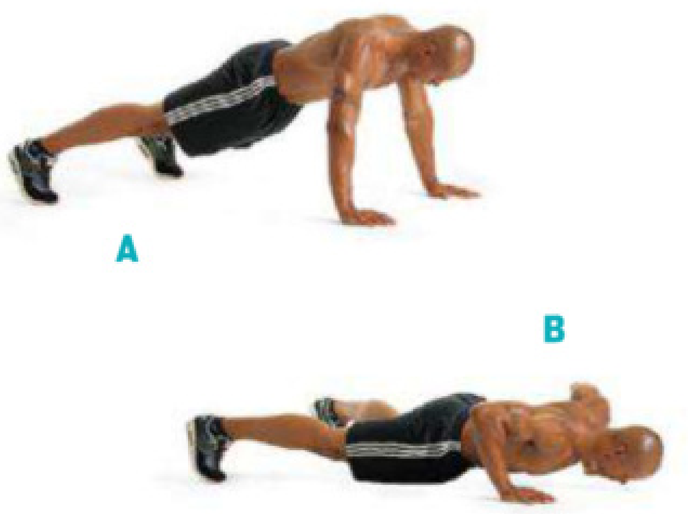


A. Get into push-up position on two free weights (wrap in towels if necessary to prevent slipping). Your heels, hips and shoulders form a straight line, arms fully extended.
B. Lower your chest as far as possible.
C. Extend your arms again. Lift one weight from the ground and pull it upwards. Keep your elbows close to your body. Return to start and repeat with the other side.
3 sets, 5-10 reps per arm

5 TURNING DEAD LIFTS
FOR BACK, SHOULDERS AND BICEPS

A. Prepare a barbell as in exercise 1. Squat, grabbing the end of the bar with your right hand. Keep your back straight.
B. Stand up, taking a step back with your right foot. Move your body clockwise and bring the end of the bar to chest height. At the end, both feet are beside each other. Return in the opposite direction.
2 sets per arm, 10-15 reps

6 WIDE PUSH-UPS
FOR CHEST AND TRICEPS

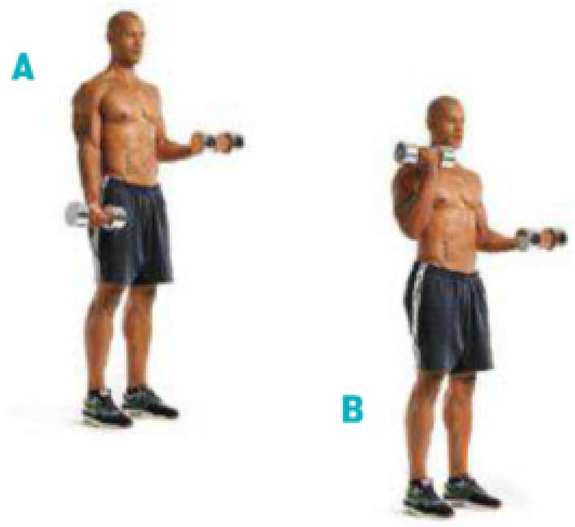


A. Get into push-up position. Hands and feet are shoulder width apart, arms fully extended. Make sure you don't bend at the hips.
B. Lower your body as far as possible, then return to start.
2-3 sets, 8-15 reps each

7 ROTATING SIT-UPS WITH WEIGHTS
FOR BACK, SHOULDERS AND ARMS

A. Place your body on a hyperextension bench (hips at the cushion). Bend over with a free weight in each hand, letting your arms hang. If you don't have gym equipment, lie on a Fit ball.
B. Lift your upper body and turn to the right, bend your arms and move the weights to head height. Return to start.
2 sets per side, 10-12 reps per side

8 ISOMETRIC CURLS
FOR THE BICEPS



A. Stand with a free weight in each hand, feet about shoulder width apart. Let your right arm hang at your side (palm facing in), left arm bent at a 45-degree angle (palm facing up).
B. Bend your right arm and turn the hand so the thumb is facing outwards, then extend again. The upper arm remains close to the body, left arm remains the same.
2 sets per arm, 10-12 reps

2. STAND BETTER
Warm up on an elliptical trainer for 10 minutes then perform all the exercises in the given sequence. The trick: in exercise 3, try to hold the squat for as long as possible (10-30 seconds). The same for position B in exercise 6. This static training improves your body posture and adds incentive for muscle growth.

3. FLEXIBLE TRAINING
A varied workout prevents your muscles from becoming used to the same movements. Here's how to add variety: use different grips when doing exercise 2 (chin-ups; hands at hip width or more than shoulder width apart, thumbs inward or outward). In exercise 6, support yourself on a Fit ball, which challenges more muscle fibres. Do exercise 8, isometric curls, in a lunge position. When lifting with the left, your right foot is forward (and the reverse).

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IS THERE A WORKOUT THAT CAN MAKE ME BETTER IN BED?

Sure! These exercises allow you to master every position and keep it up the whole night! Sex can be a high performance sport. Plan on including this workout 2-3 times a week to strengthen the most important muscles. And there's a quick penis workout as a bonus. Imagine you are sucking in a grain of rice with your behind, 15 grains in a row. Now stand up, and push your butt out behind you, bend at the knees and arch your back and push your pelvis forward 15 times. Then lie on your back with legs bent. Lift your pelvis until your thighs and upper body are in a line. Hold for 10 seconds, eight times.

1 FREE WEIGHT BENCH PRESSES

FOR A WIDE CHEST SO YOUR GIRLFRIEND CAN SUPPORT HERSELF IN THE COWGIRL POSITION

A. Place the bench at a 45-degree angle. Lie on your back holding two free weights beside your head, feet flat on the floor.

B. Extend your arms but don't let the weights touch.

8-12 reps

2 ONE-ARM ROWS

FOR AN ATHLETIC CORE AND STRONG BACK TO LIFT HER UP

A. Grab a free weight or weight plate in your right hand and let it hang beside your body, the back of your hands facing outward. Bend and support yourself with your left hand on you left knee.

B. Pull the weight up as high as possible and then lower, keeping your elbow near your body.

10-15 reps per side

3 ONE-ARM CABLE CURLS

FOR THICK BICEPS FOR YOUR GIRLFRIEND TO GRAB

A. Stand with your back to a cable tower. Attach a single handgrip at the bottom. Grasp with your left hand diagonally behind your body and place your right hand on your hip.

B. Bend your arm and pull the cable until your lower arm is horizontal. Hold and then return to start. Don't move your elbows.

10-15 reps per arm

4 DIPS (ON A BENCH)

FOR TRICEPS AND ENDURANCE IN MISSIONARY POSITION

A. Sit on the side of a bench and place your heels on a chair the same height as the bend. Legs are extended. Support yourself on the bench with both hands and lift your behind from the bench.

B. Bend your arms until the upper arms, lower arms and upper body are at a 90-degree angle. Return to start.

12-15 reps

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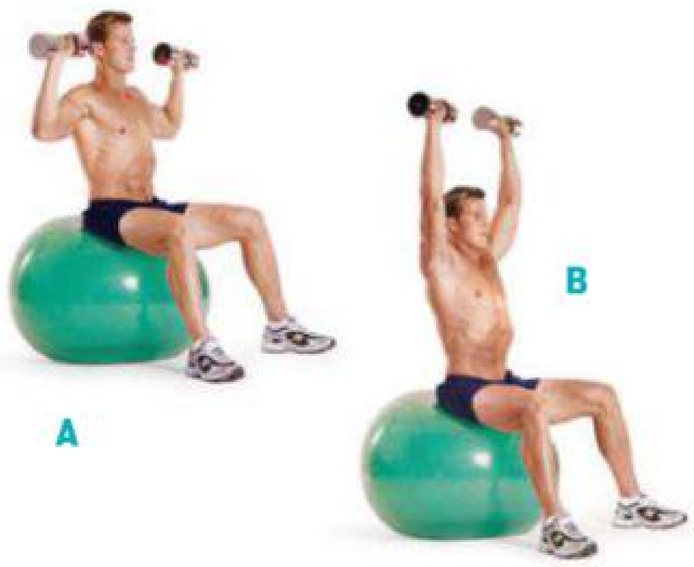
5 SHOULDER PRESSES ON A FIT BALL

FOR WIDE SHOULDERS FOR HER TO HOLD ONTO



A. Sit on the ball, feet more than hip width apart. Hold two free weights with bent arms (90 degrees) beside your head, thumbs facing inward.

B. Press the weights over your head until the arms are almost fully extended. Make sure your back stays straight.

12-15 reps

6 STANDING SIDE LIFTS

FOR A STRONG NECK FOR YOUR GIRLFRIEND TO GRAB

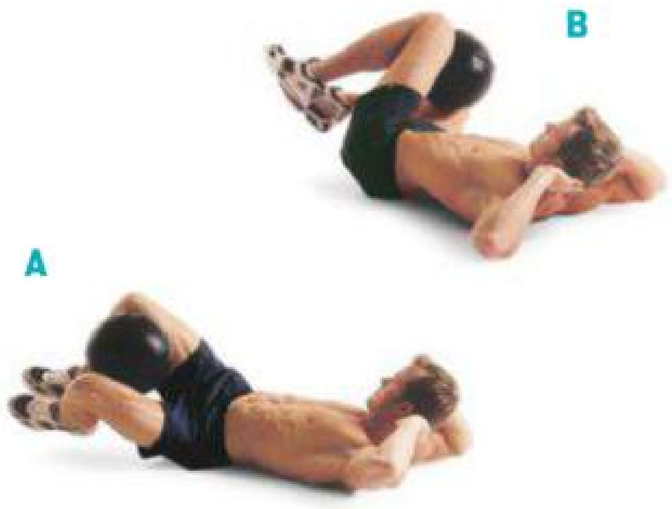
A. Stand straight, feet about shoulder width apart, knees slightly bent and a free weight in each hand. Palms face the body.

B. Lift your arms to the sides (elbows slightly bent) until the weights are at shoulder height. Hold briefly then return to start.

12-15 reps per side

7 CRUNCHES WITH CIRCLING BALL

FOR A STRONG CORE AND PELVIC MOVEMENT



A. Lie on the floor with bent legs, a ball pressed between your thighs. Put your hands behind your head, chin to your chest, and turn your legs to the side.

B. Lift your head and make a figure 8 with your legs. This is one rep.

15-20 reps

8 ROWING CRUNCHES

FOR DEFINED ABS AND FLEXIBILITY IN THE SPOON POSITION

A. Sit on the side of a bench and lean back at a 45-degree angle. Hold the front edge of the bench with your hands, legs extended in front.

B. Pull your legs to your chest (keep the knees together) and straighten your upper body. Hold briefly then return to start.

12-15 reps

How can I turn these eight exercises into a workout?

LEVEL 1, 10 MINUTES
The quickie! Perform only one set of exercises 1-6. You don't need a break between sets because you are training different muscles. Skip exercises 7 and 8. Instead, perform the previously described penis workout after the six exercises.

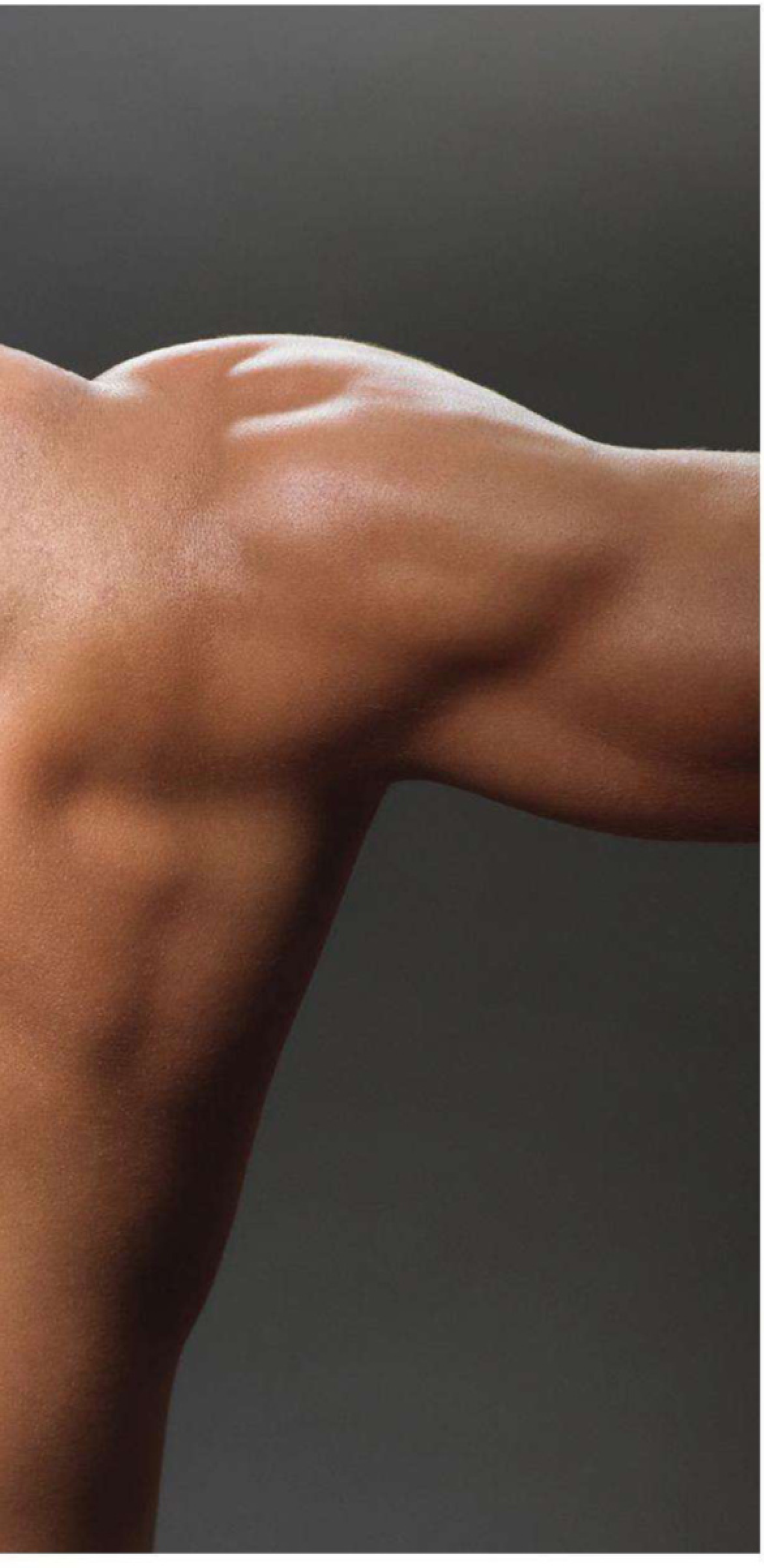
LEVEL 2, 20 MINUTES
Foreplay! Start by stretching and strengthening your core. Begin with the penis workout (as above) and then two sets of exercises 1-8. You can take a 30-second break between exercises 7 and 8.

LEVEL 3, 30 MINUTES
The full program. Here you need endurance, which will benefit you and your girlfriend. Perform a circuit of exercises 1-8 with a 30-second break between 7 and 8. At the end take a one-minute break and then repeat the entire round. Do the penis exercise as a warm-up and cool down.

HOW CAN I GET A STRONG BACK AND A WIDE SMALL OF THE BACK?

Depends on what you want to achieve with your training. Is looking good the most important thing? Then try our V-shape workout. Suffer from back pain? Train your lower back. Try our anti-back pain workout as prevention. Worried about your posture? Our posture workout helps prevent a curved or arched back. There's a bonus program, which trains your back and other muscles.

- V-shape workout ..... page 64
- Posture workout ..... page 66
- Anti-pain workout..... page 68
- Back-combo workout..... page 70



WHAT'S IN IT FOR ME?

IMPRESS WOMEN

A wide back is attractive to women. Many studies have shown that women prefer men with a V-shaped upper body. Another argument for regular back training: the stronger muscles improve your posture.

BETTER SPORTS PERFORMANCE

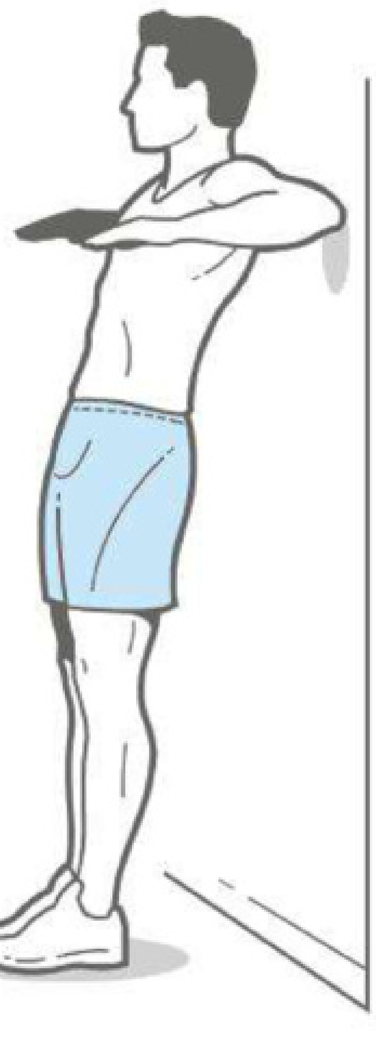
Stronger lats improve athletic performance in all sports. Most hits or throws start in your back. The more stable your back and shoulder muscles are, the more precision in the movement. And you'll break your chin-up record.

BETTER QUALITY OF LIFE

Often suffer back pain? You need to move and strengthen your back muscles (but discuss it with your doctor first). A strong back decreases stress on your spine and is the most effective measure against annoying pains and wear on your discs and joints.

How strong are my shoulders?

THE TEST: Stand leaning with your behind and back against a wall. Your heels should be about 1½ your foot length from the wall. Bend your arms at shoulder height at the sides and then push your entire body forward until only your elbows touch the wall. Hold for as long as possible.



Score:

✶ **0-25 seconds:**
Not so great. Hit the weights room!

✶ **26-60 seconds:**
Not bad, build on it.

✶ **Over 60 seconds:**
Impressive – a great result.

HOW CAN I GET A V-SHAPED BACK?

Your latissiumus dorsi, the large muscles in your back, are the focus of this workout. These muscles extend from the lower back to the upper arms. Your shoulder muscles are essential for that V-shape. The following eight exercises work these two muscle groups. Decide on your level from the following box and perform the exercises at least twice a week.

How can I turn these eight exercises into a workout?

LEVEL 1, QUICK WORKOUT
Too little time? No problem. This interval workout takes just 15 minutes. Warm up for three minutes on a stationary bike, then perform all eight exercises taking a 30-second break between each. Cool down for one minute on a treadmill. You're done!

LEVEL 2, CHIN-UP COMBO
This routine guarantees that V-shape. Warm up for five minutes on a treadmill then do exercises 1 and 6. Perform each exercise alternately, five times (six reps per set). Take a two-minute break between sets. Make your grip wider or narrower with each new set.

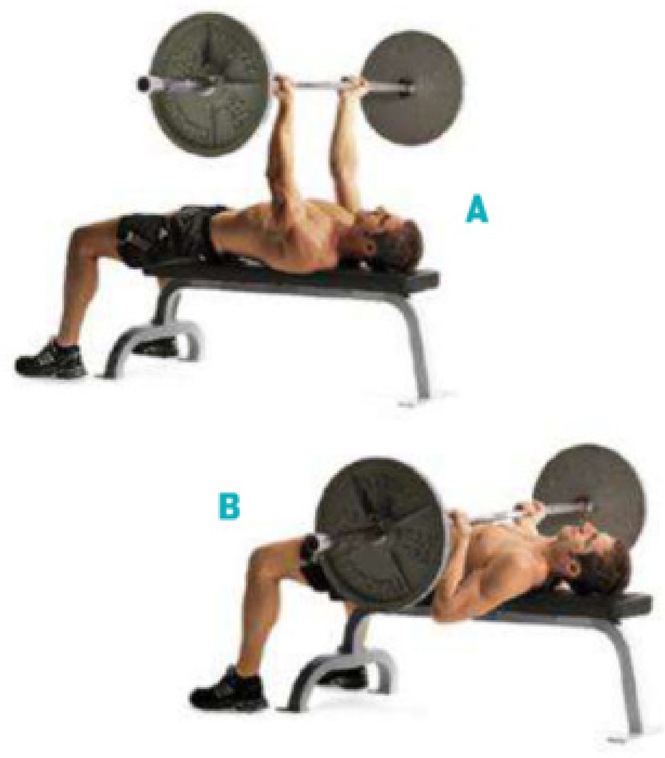
LEVEL 3, WIDE SHOULDER WORKOUT
Start with five minutes on the treadmill, then two minutes of arm circles. Now perform a sequence of exercises 2, 4, 7 and 8 (15 reps each). Take a one-minute break between exercises. Perform three sequences with a three-minute break in between.

3

1 HORIZONTAL ONE-ARM PULL-UPS
FOR SHOULDERS AND BICEPS

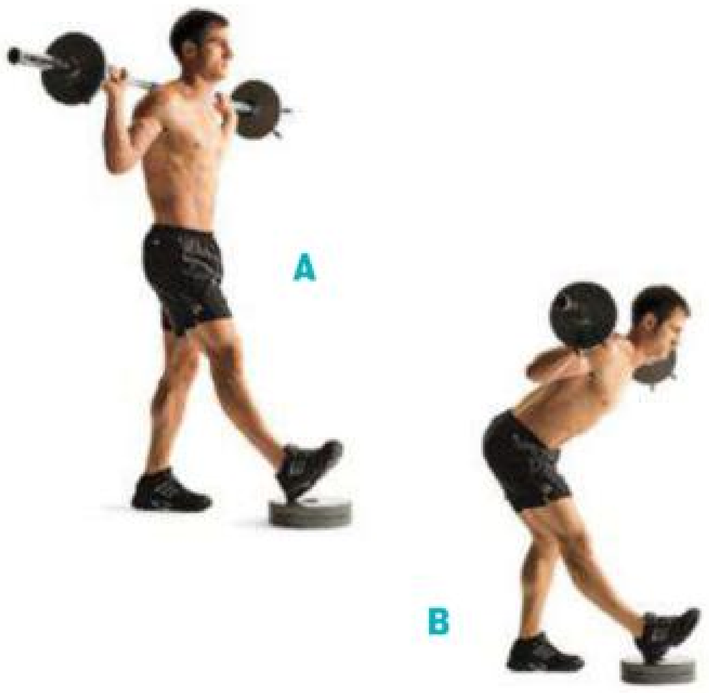
A. Attach a bar at hip height. Lie under the bar and grab it with your extended left arm. Bend your right arm, elbow facing the floor. Only your heels touch the floor; your entire body forms a straight line.
B. Pull yourself up until the left arm is bent at a right angle. At the same time, extend your right arm above the bar. Hold and then return to start.
3 sets, 6-12 reps per arm

2 INVERSE BENCH PRESSES
FOR CHEST AND BACK



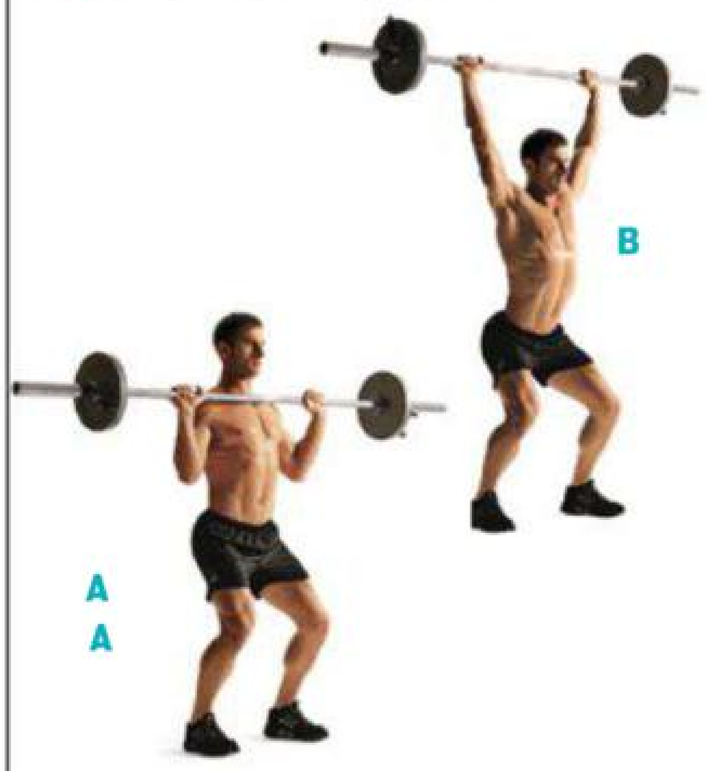
A. Lie on a bench and have someone pass you the barbell. Grab the bar with extended arms shoulder width apart, thumbs facing outward.
B. Lower your arms until the bar almost touches your chest, then extend your arms again.
2-3 sets, 10-12 reps

3 BARBELL CRUNCHES
FOR BACK AND LEGS



A. Grab a barbell about shoulder width apart and place it on your shoulders. Place the heel of your right foot on two stacked weight plates.
B. Bend your upper body forwards until you have a right angle between your upper body and right leg. Don't change your leg position.
2-3 sets, 10-15 reps per side

4 SHOULDER PRESSES
FOR SHOULDERS AND LEGS

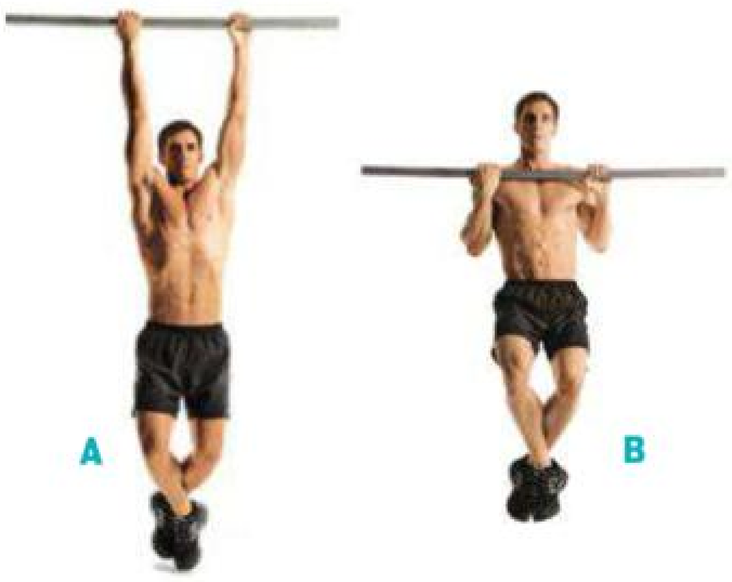


A. Grab a barbell at about shoulder width and hold it at your chest, thumbs facing inwards, knees slightly bent.
B. Press the bar upwards over your head until your arms are fully extended. Keep your back straight! Lower your arms.
2 sets, 10-15 reps

5 STEP-UPS
FOR CORE AND LEGS

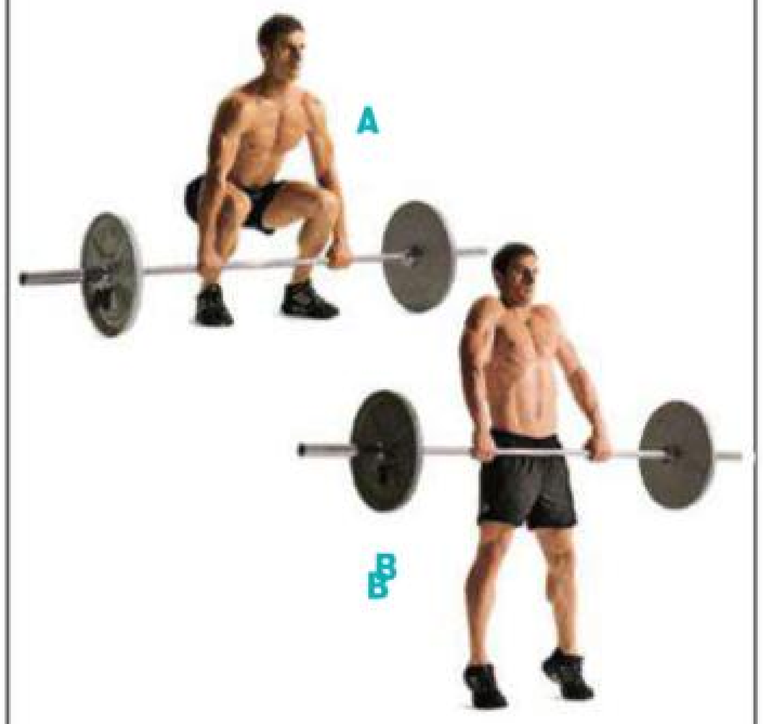
A. Grab a barbell at about shoulder width and hold at the shoulders. Stand in front of a bench. Place your right foot entirely on the bench, keeping the left foot on the floor.
B. Push through your right leg and place the left on the bench. Keep your upper body straight. Slowly bend your right leg.
2 sets, 10-15 reps per leg

6 MIXED UNDERARM CHIN-UPS
FOR ARMS AND BACK



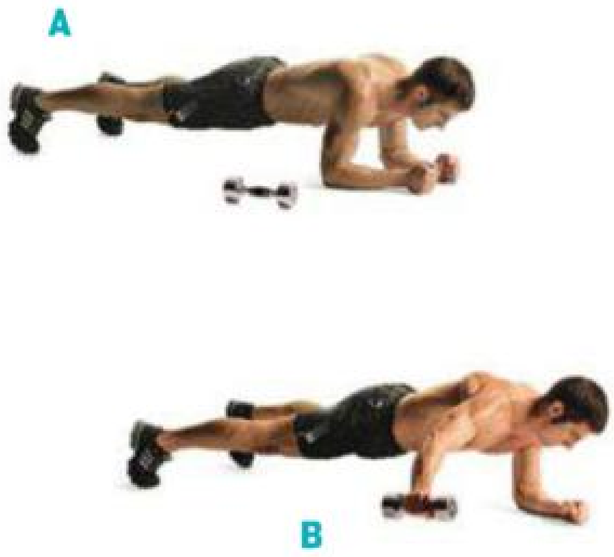
A. Grab the chin-up bar with your arms shoulder width apart. The right thumb faces out, the left in (change every set). Cross your legs and bend your knees.
B. Pull yourself slowly up until your chin is over the bar. Make sure you don't swing. Then slowly lower your body.
2 sets per hand position, 6-12 reps each

7 DYNAMIC SHOULDER LIFTS
FOR SHOULDERS, BACK, LEGS AND FEET



A. Stand in front of a barbell. Squat so your knees are at a right angle then grab the bar with your hands slightly more than shoulder width apart.
B. In one fluid movement push through your legs, stand on the balls of your feet and pull your shoulders to your ears, arms extended and head straight. Then return to start.
3 sets, 8-10 reps

8 PLANK WITH WEIGHT
FOR SHOULDERS, ABS AND CORE



A. Support yourself on your forearms, feet about shoulder width apart, elbows directly beneath your shoulders. Have a free weight beside your right arm.
B. Grab the weight with your right hand and extend your arm to the side of your body. Hold for four seconds, then place the weight on the floor.
2-3 sets, 10-15 reps per side

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MY POSTURE IS NOT GREAT. HOW CAN I STRAIGHTEN UP?

Abs in, chest out! That's the first step. If you want to stand straight you need a strong core and chest, back and shoulder muscles. The following workout offers eight strength exercises that train exactly these muscles and will help your get the best posture. Pick the workout for your time budget (see box on next page) and perform twice a week. Warm up for four minutes either on an elliptical trainer or by shadow boxing.

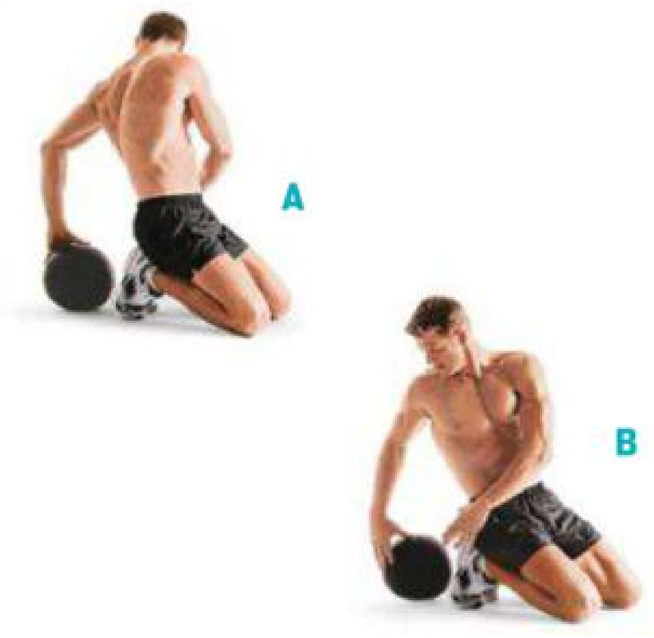
1 BARBELL ROLLS ON THE FLOOR

FOR ABS AND SHOULDERS

A. Kneel and lift your toes off the floor. Place your hands shoulder width apart on a barbell and place the bar under your shoulders. Engage your muscles the entire time.
B. Roll the bar away from your body and then with control roll it back to start position.
15-20 reps

2 CORE ROTATIONS WITH MEDICINE BALL

FOR LOWER BACK



A. Place a medicine ball on the floor and kneel in front of it. Stretch your back and move your hips counter clockwise. Place your left, then your right hand on the ball.
B. Turn your hips in the other direction and place your hands on the ball again as described above. Your head remains in the centre.
12-15 reps per side

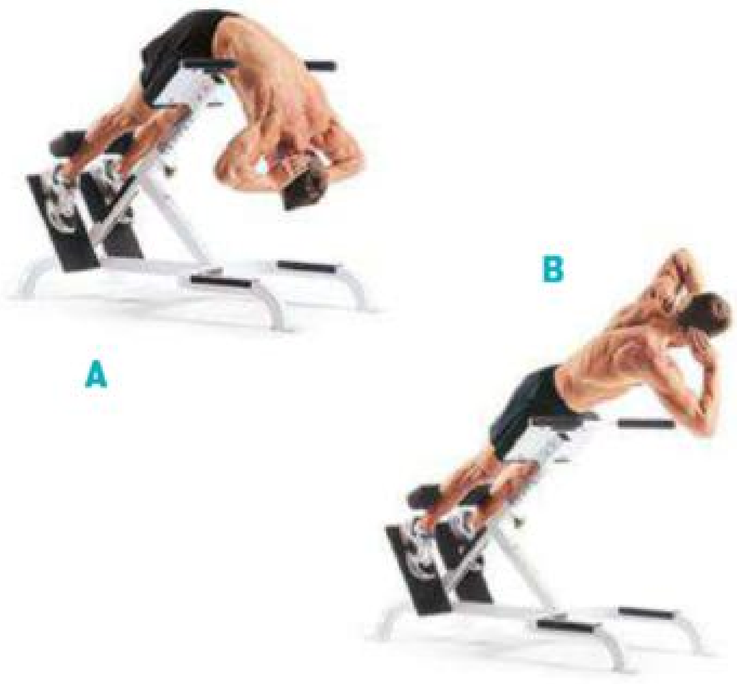
3 BARBELL SQUATS

FOR BACK, THIGHS AND BACKSIDE

A. Grab the bar with hands more than shoulder width apart, thumbs facing in. Move the bar over your head and place it on the back of your neck. Feet are shoulder width apart, back straight.
B. Keep your lower back still. Bend at the knees until the kneecaps are over the toes. Hold briefly then return to start.
8-12 reps

4 ROTATING CRUNCHES

FOR THE LOWER BACK



A. Get in position on a hyperextension bench (feet on the platform). The leg cushion is at the calves, the hip cushion at the pelvis and your hands are behind your head. Bend your upper body forward.
B. Slowly lift your upper body and turn to the side. Hold briefly then return to start.
10-12 reps per side

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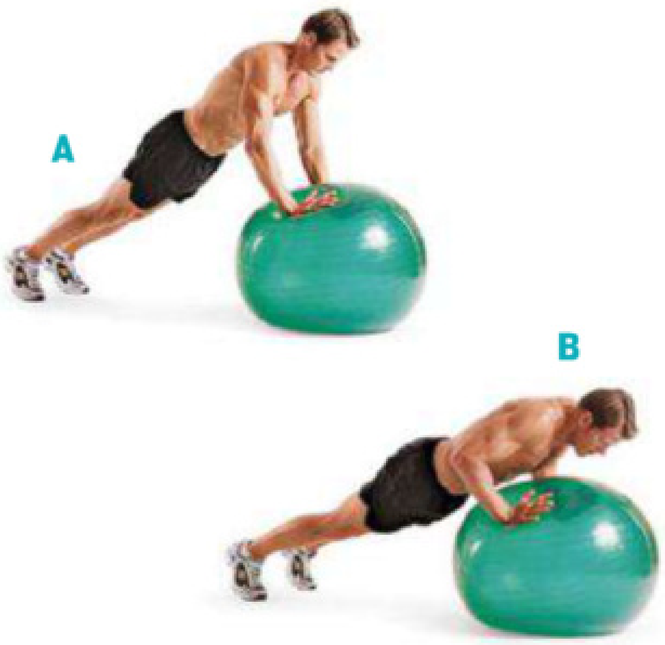
5 FIT BALL PUSH-UPS
FOR CHEST AND TRICEPS

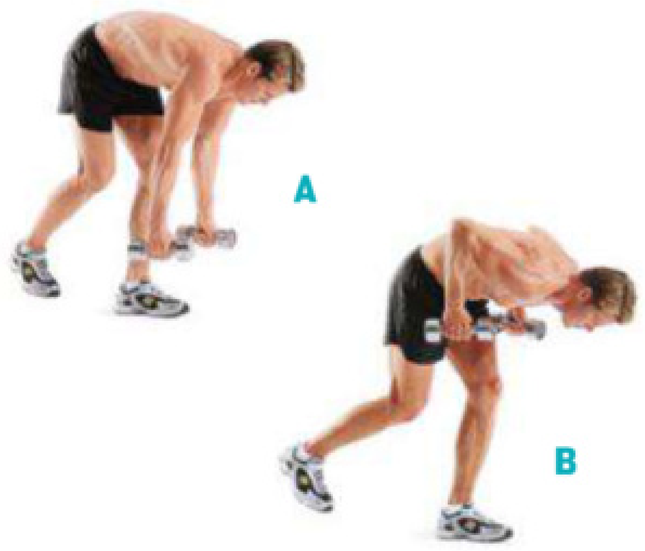


A. Place your hands shoulder width apart on the ball, feet about hip width apart. Get into push-up position. Extend your arms, keeping your entire body engaged and your back straight.

B. Bring your upper body as close as possible to the ball, hold at the lowest point, then extend arms again.

10-12 reps

6 ROWS WITH FREE WEIGHTS
FOR BACK AND BICEPS

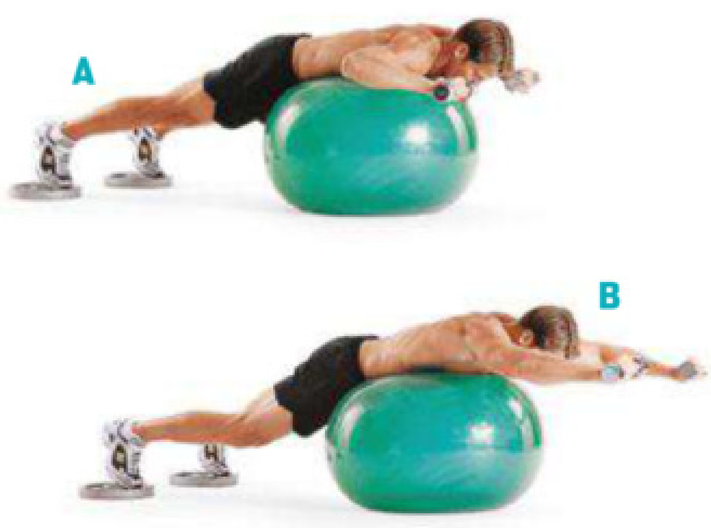


A. Take a free weight in each hand and stand on your extended left leg. The right leg is bent behind your body. Bend your upper body forward until it's horizontal and extend your arms downwards.

B. Bend your back leg some more and pull your arms up until the weights reach hip height. Hold briefly.

12-15 reps

7 FIT BALL SHOULDER PRESSES
FOR THE SHOULDERS



A. Lie on a Fit ball on your stomach with your back straight, head hanging over the ball, a free weight in each hand. Place each foot on a 5kg weight plate on the ground. Your entire body forms a straight line.

B. Move your arms slowly in front. Hold the extension and then return to start.

12-15 reps

8 BARBELL SHOULDER PRESSES
FOR SHOULDERS AND NECK

A. Grab the bar with hands slightly more than shoulder width apart, thumbs facing in. Lift the bar over your head and place it on your neck, your feet shoulder width apart, back straight.

B. Push the bar over your head, engaging the core. Hold briefly and then return to start.

10-12 reps

How can I turn these eight exercises into a workout?

LEVEL 1, 10 MINUTES
In this workout skip exercises 4, 6 and 7. Do the others once with no breaks (use the above sequence). At the end perform 30 seconds of squats then take a two minute break. Add an extra set of exercises 2 and 6.

LEVEL 2, 20 MINUTES
In this version you concentrate on exercises 3-8. Follow this sequence twice as a circuit (one set each exercise) with no breaks! After every circuit, do a plank for 30 seconds. Your body forms a straight line, weight on your forearms. Pull your belly button towards your spine. Take a one minute break before beginning the next circuit.

LEVEL 3, 40 MINUTES
This workout is a real posture booster. Perform all exercises in the sequence as a circuit (one set each). Do three rounds, with one minute of jumping rope in between. After the third round, hold a plank for as long as you can.

IS THERE REALLY A WORKOUT THAT CAN PREVENT BACK PAIN?

Of course! The main cause of the pain is a weak muscle corset around your spine. If this is true for you, you can really suffer. Statistics show that this happens to eight out of 10 men at least once in their lifetime. You need a custom program, one that strengthens all the back muscles from the lumbar region to the neck. The following workout hits all the important muscles of your back and the box below offers three various workouts for time. Important: if you have acute pain, see your doctor to get the green light before starting. Only a pain-free musculature can train effectively. Get started and get rid of the pain!

1 CHEST LAT PULLS
FOR THE ENTIRE BACK AND SHOULDERS

A. Place a training bench about 30cm in front of a cable machine. Attach a lat bar and grab it with hands more than shoulder width apart. With a straight back sit at the end of the bench.

B. Pull the bar slowly to your chest and lean your upper body back slightly. Extend your arms again.

12-15 reps

2 ROTATING CRUNCHES
FOR THE LOWER BACK

A. Get in position on a hyperextension bench (feet on the platform). The leg cushion is at the calves, the hip cushion at the pelvis. With hands behind your head, bend your upper body forward.

B. Slowly lift your upper body and turn to the side. Hold briefly then return to start.

10-15 reps per side

3 CABLE ROWS
FOR THE CORE AND UPPER BACK

A. Place a training bench in front of a cable machine. Attach the grip from exercise 1 at knee height, grab it with hands shoulder width apart and sit down. Keep your back straight and extend your arms in front.

B. Engage your core and pull the bar until it almost touches your stomach. Hold briefly then return to start.

10-15 reps

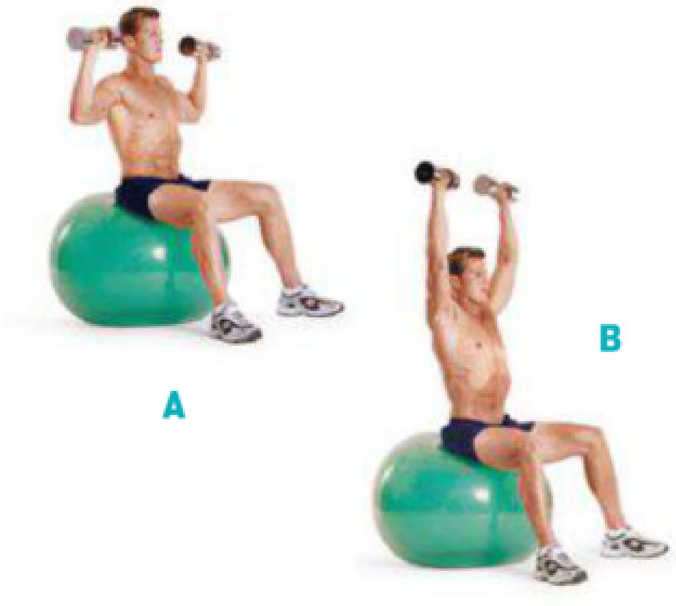
How can I turn these eight exercises into a workout?

LEVEL 1, 10 MINUTES

Pressed for time? No problem. Here's the basic program. Warm up for five minutes on an elliptical trainer or bike, then skip exercises 3, 5, and 7 and perform one set of all the others. Important: Follow the sequence above. Allow yourself a two-minute break at the end and add an extra set of exercises 1 and 2. Stretch at the end: Seated back rolls. Sit on a chair with your legs apart, shoulders tight. Bend your upper body forward and breathe in and out. Arms hang between the legs, pelvis remains straight. Relax your back muscles and hold the position for 30 seconds. Done!

4 SHOULDER PRESSES ON A FIT BALL

FOR SHOULDERS, NECK AND CORE



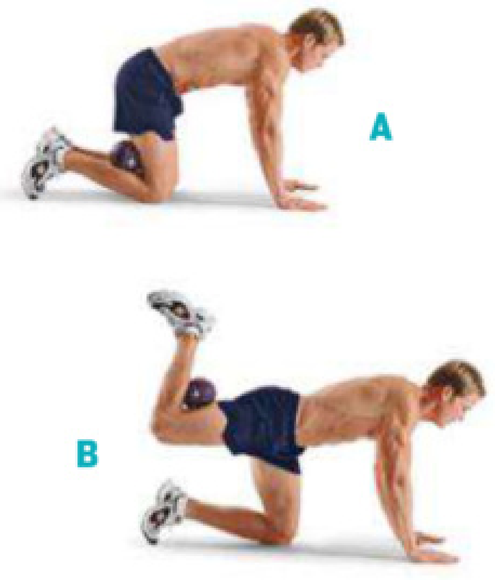
A. Sit on the ball, feet more than hip width apart. Hold two free weights with arms bent at 90 degrees beside your head, thumbs facing inward.

B. Press the weights over your head until your arms are almost fully extended. Make sure your back stays straight.

12-15 reps

5 LEG LIFTS WITH A BALL

FOR THE LOWER BACK



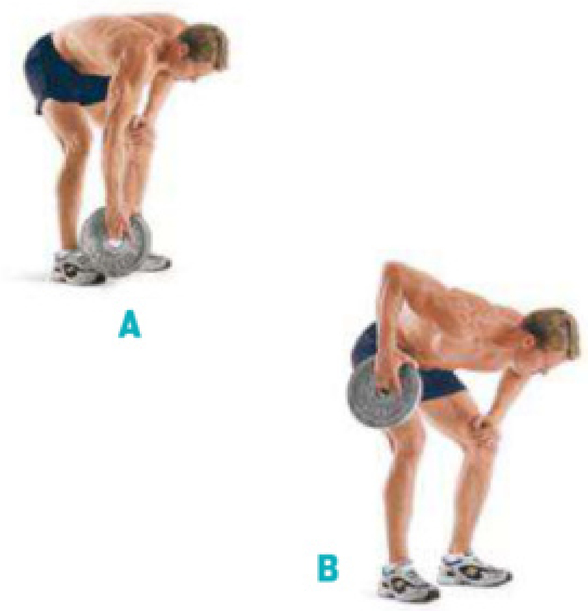
A. Kneel on all fours, arms extended, hands flat on the floor, hips at a right angle. Hold a ball (smaller than a tennis ball) in the back of your knee.

B. Lift your right thigh until it's horizontal, hold briefly then return to start. Be careful not to arch your back.

8-12 reps per side

6 ONE-ARMED ROWS

FOR CORE AND UPPER BACK



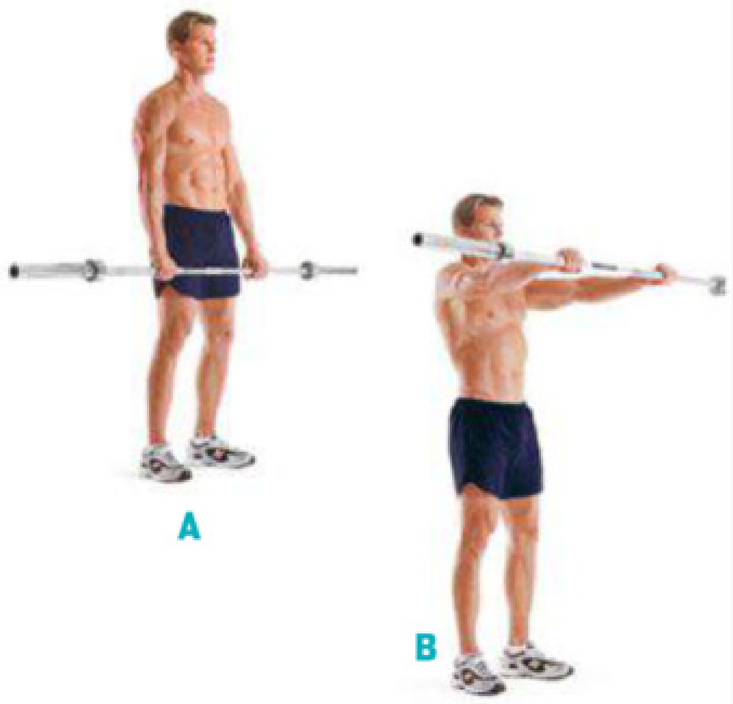
A. Hold a free weight or a weight plate in your right hand beside your body, the back of your hand facing outwards. Bend your upper body forward and support yourself with your left hand on your left knee.

B. Pull the weight as far up as possible then return to start. Keep your elbow close to your body.

10-15 reps per side

7 FRONT LIFTS

FOR THE SHOULDERS AND NECK



A. Stand straight with your feet hip width apart. Grab a barbell bar at slightly more than shoulder height and hold with extended arms.

B. In a fluid movement, lift the bar to shoulder height in front of your body and without a break return to start position.

15-20 reps

8 DEAD LIFTS WITH RESISTANCE BANDS

FOR THE LOWER BACK

A. Attach the bands at shin height. Stand up straight, feet hip width apart, arms extended down and out, thumbs facing in.

B. Bend your upper body forward until horizontal and then return to start. Your back remains straight and the bands stay taut.

15-20 reps

LEVEL 2, 20 MINUTES

All-round precautions. Warm up for 10 minutes on a bike or elliptical trainer. Concentrate on performing exercises 1-6 twice as a circuit. Between the rounds take a one-minute break and shadow box for 90 seconds in slow motion. Work without momentum and contract every muscle. If there's more left in the tank, add a set of exercises 7 and 8.

LEVEL 3, 40 MINUTES

The ultimate protection for back pain. Complete the warm-up from level 2. Perform all eight exercises as above, three sets each, then get into a plank position. Support yourself on your forearms and toes on the floor, elbows directly under the shoulders. Hold for 10-30 seconds, your body in a straight line. Pull your navel towards your spine and breathe normally. Pro-tip: put your forearms on a balance circle to challenge your core muscles more.

IS THERE A TRAINING PROGRAM FOR THE BACK THAT WORKS THE WHOLE BODY?

You need a workout that works the back and other muscles, just like the following eight exercises, which train several muscles at the same time. Every exercise activates your back and at least one other muscle. Plan to perform two or three workouts a week. Remember to warm-up for 10-15 minutes first, either on an elliptical trainer or bike.

How can I turn these eight exercises into a workout?

1. THE COMPLETE PROGRAM
This workout gets you fit all over. First warm up for 10 minutes on an elliptical trainer, then perform all the exercises in the given sequence. Perform the workout 2-3 times a week, with a day off in between.

2. THE MINIMAL VERSION
Begin with an intensive three-minute warm-up. Try running up two flights of stairs three times without a break. Take 40 seconds to breathe and then without a break perform one set of exercises 3, 4 and 8. Rest for one minute then perform the exercises again.

3. BEACH WORKOUT
This is perfect for when you're on holiday. Warm up by jogging along the sand barefoot for five minutes then jump rope over a large beach towel for one minute. Then perform two sets of exercises 1 and 3 (without weights), then do 10 explosive push-ups. Finally, jump over empty beach chairs for two minutes.

3

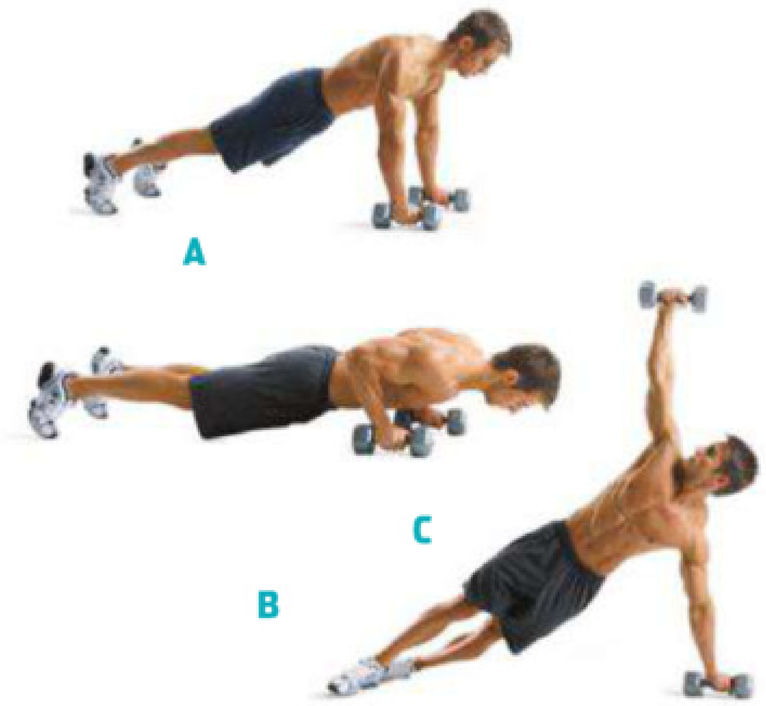
1 MOUNTAIN CLIMBERS
FOR THE ENTIRE CORE

A. Get into push-up position. Arms are extended, hands directly beneath the shoulders.
B. Lift your right toe from the floor and move to about hip position. Change legs quickly, extending the right foot back while quickly moving the left one forward.
3 sets, 10-12 reps per side

2 FREE WEIGHT SWINGS
FOR THE LEGS, BACK AND SHOULDERS

A. Stand with your legs apart and hold a free weight in your right hand in front of your body (thumbs face inwards). Support yourself with your left hand on your hip. Squat, keeping your back straight until your thighs are horizontal.
B. Dynamically stand and swing the weight to shoulder height, then return to start with a fluid movement.
2 sets per arm, 15-20 reps

3 ROTATING PUSH-UPS
FOR CHEST, BACK AND TRICEPS



A. Get into push-up position on two free weights (if necessary put a towel underneath to prevent rolling). Lower your body as much as possible, keeping your elbows close.
B. While pushing up turn at the hips. At the same time carefully lift a weight above your shoulder. Make sure your pelvis doesn't sink. Return to start.
2 sets per arm, 8-12 reps

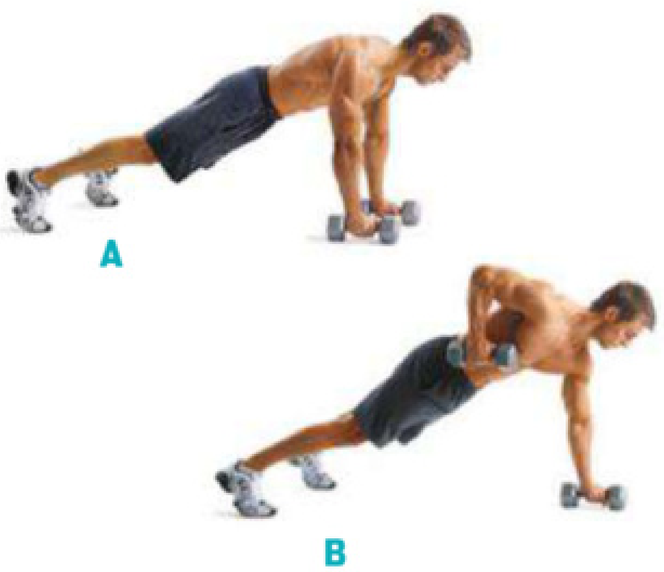
4 BENT-OVER ROWS
FOR BACK, BICEPS AND CORE

A. Grab two weights (thumbs facing inwards), extend your arms and bend your upper body forward. Bend your knees slightly and keep your back straight.
B. Pull the weights to your chest but don't change your body's position. Lower.
2 sets, 8-12 reps

5 SIDE LUNGES
FOR LEGS AND BACK

A. Stand straight with a free weight in each hand, arms at your sides and palms facing one another.
B. Take a large step to the left and crouch until the left thigh is horizontal. Bend your upper body forward and put the weights on the floor. Return to start.
2 sets, 10-15 reps per side

6 PUSH-UP ROWS
FOR CORE, BACK AND BICEPS



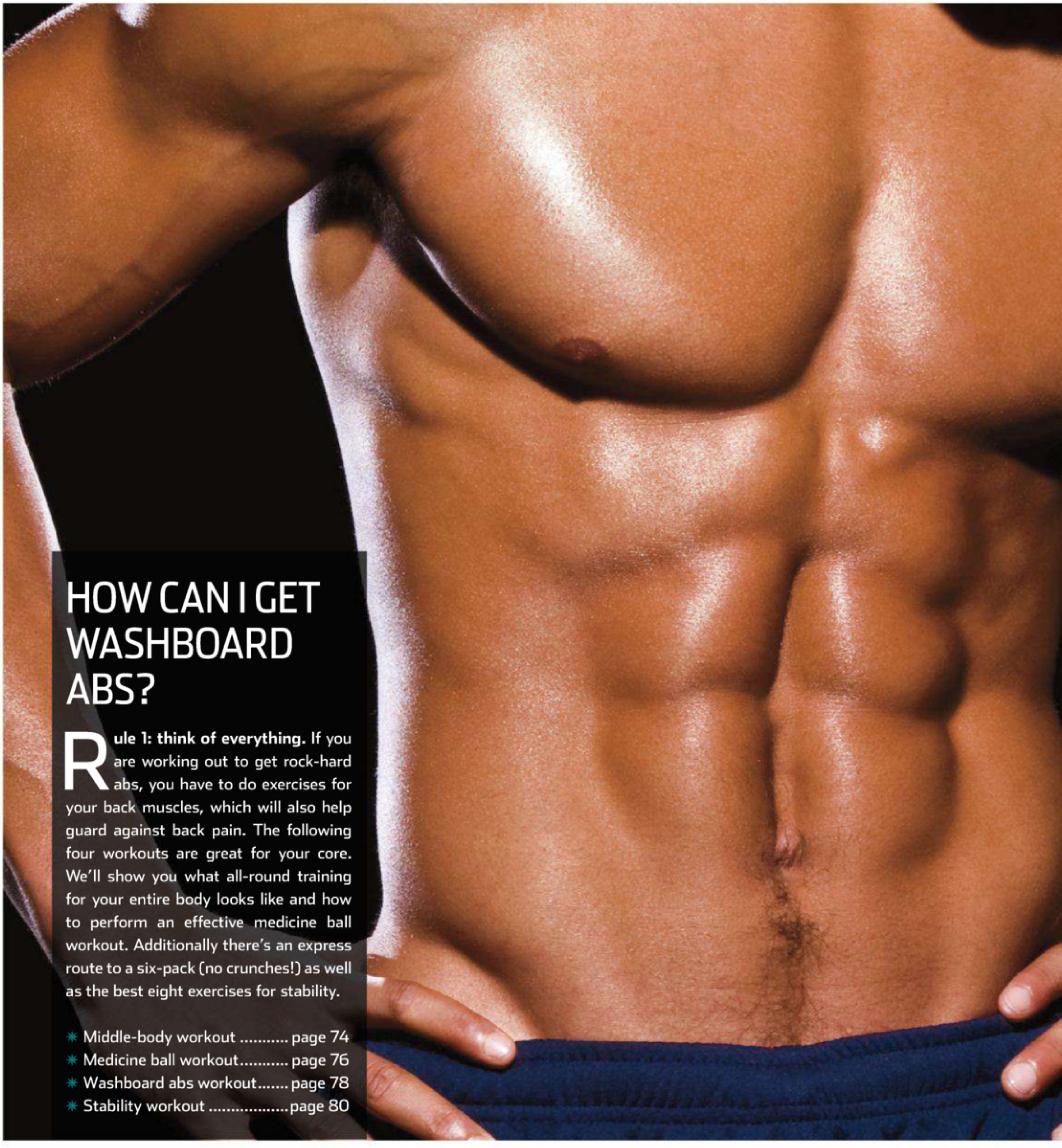
A. Get into push-up position as in exercise 3. Arms are extended; heels, knees, hips and shoulders are in a straight line.
B. Lift one weight from the floor and pull as far up as possible. Return to start and lift the other weight.
2 sets, 10-12 reps per arm

7 ROTATING LUNGES
FOR LEGS AND CORE

A. Grab a free weight with both hands and hold it horizontally in front of your chin. Stand up straight, feet about hip width apart.
B. With the right foot take a step forwards. Bend until the knee almost touches the ground and your thigh is horizontal. Turn your body to the right, keeping your back straight. Return to start.
2 sets, 10-15 reps per side

8 EXPLOSIVE NECK PRESSES
FOR SHOULDERS, TRICEPS AND LEGS

A. Hold two weights at shoulder height in front of your body. Upper arms are close to the body, palms facing one another. Stand with a straight back, feet slightly more than shoulder width apart.
B. Squat slightly.
C. Stand up with an explosive movement and in one move press the weights over your head.
2-3 sets, 15-20 reps each



HOW CAN I GET WASHBOARD ABS?

Rule 1: think of everything. If you are working out to get rock-hard abs, you have to do exercises for your back muscles, which will also help guard against back pain. The following four workouts are great for your core. We'll show you what all-round training for your entire body looks like and how to perform an effective medicine ball workout. Additionally there's an express route to a six-pack (no crunches!) as well as the best eight exercises for stability.

- Middle-body workout ..... page 74
- Medicine ball workout..... page 76
- Washboard abs workout..... page 78
- Stability workout .....page 80

WHAT'S IN IT FOR ME?

ATTENTION
Most women like ripples on men. A flat, muscular stomach indicates a healthy body.

STABILITY
Ball sport athletes know how important stability is in competition. The core provides the balance and many core exercises help coordination.

POSTURE
A corset of strong muscles decreases strain on the spine in almost every situation. You're protected from back pain and tension.

PAIN RELIEF
Your core is constantly stressed, even while sitting. Lots of office workers complain about pain. Regular core training can provide relief.

PERFORMANCE
Whether jumping, running or having sex, your abs are constantly in motion. The stronger your core, the more precise the movement.

POWER
A strong centre provides your entire body with a solid foundation. You'll be able to lift more weight when standing.

How strong are my ab muscles?

THE TEST: Lie on your back on a mat and place your heels on a chair. Lift your shoulders, touch the legs of the chair with your fingers and push back with extended arms. The lumbar spine stays on the floor. Hold.

→ **Under 45 seconds:** *Lousy – do something!*
→ **45-90 seconds:** *Average, you can improve.*
→ **Over 90 seconds:** *Great strength endurance, keep it up!*

WHICH EXERCISES GIVE ME A STRONG CORE?

Your core muscles are used in every movement, whether in sport or daily life. A middle-body workout provides more stability, prevents injury and strengthens your six-pack. The following workout offers a general overhaul for your core and the Fit ball exercises add to the fine tuning. Perform this workout 2-3 times a week with a day off in between.

How can I turn these eight exercises into a workout?

1. FULL POWER PLAN
First warm up for 10 minutes on an elliptical trainer, then perform all eight exercises in the sequence provided. Take a 30-90 second break between the sets. In a hurry? Then do only one set. Perform each rep in 6-8 seconds.

2. THE SIX-PACK STRATEGY
Shadow kick-box for six minutes, then pause for 45 seconds. Follow with 20 push-ups and 10-20 crunches then move on to exercise 6 without a break. Perform five reps with both legs, three with the left leg, three with the right. Catch your breath, then do a plank for 40 seconds (exercise 8). Take a one-minute break then start with round two. (Begin with crunches).

3. THE STRONG BACK COURSE
The ideal preventative program for back pain. Warm up with 10 minutes on a stationary bike, then perform exercises 5, 7 and 8. For exercises 5 and 7, aim for 20-25 reps, reducing the weight accordingly.

3

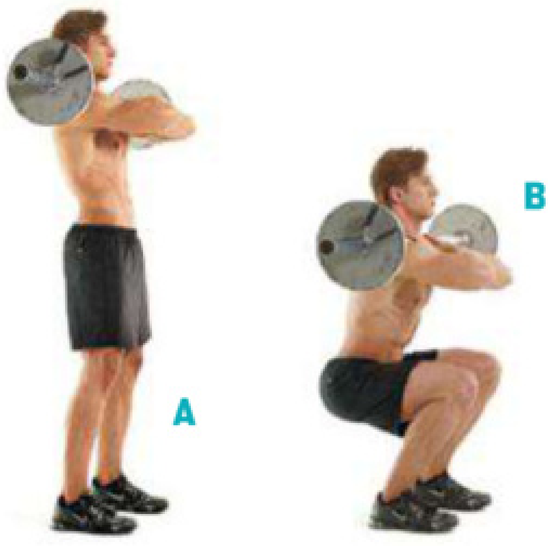
1 WIDE CHIN-UPS

FOR BICEPS, BACK AND CORE

A. Grab the bar wider than shoulder width, thumbs facing inwards. Bend your knees slightly and cross your feet.
B. Pull your body up until your chin is over the bar. Try to keep your core as tight as possible. Then slowly lower your body.
3 sets, 6-12 reps

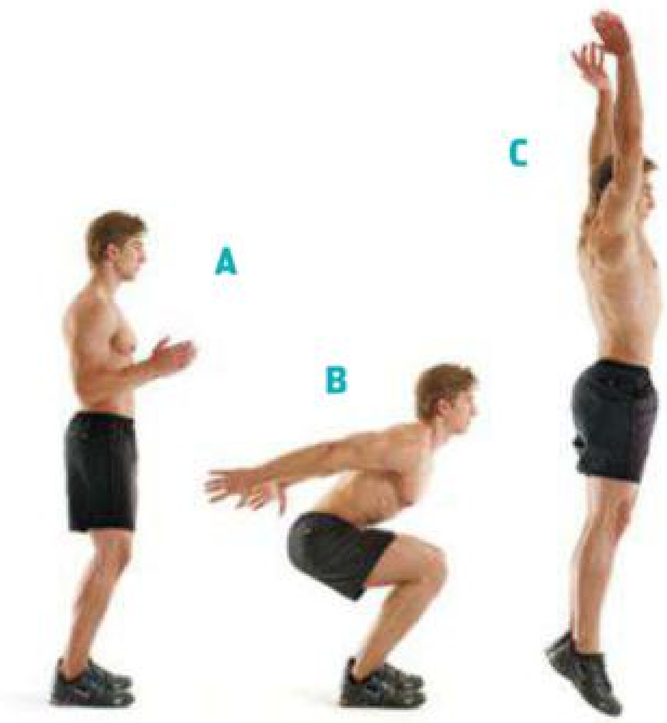
2 BARBELL SQUATS

FOR LEGS, BACK AND CORE



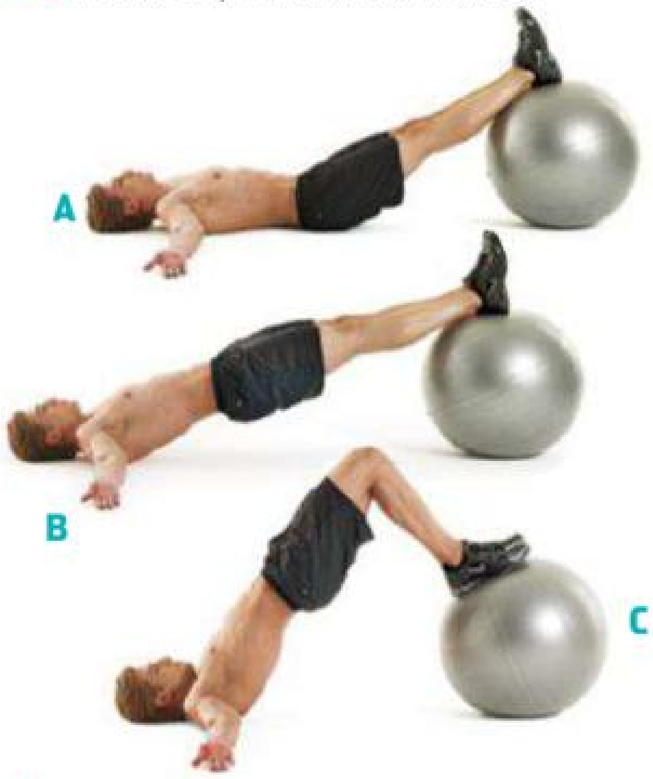
A. Place the barbell in front of your body on your shoulders and cross your hands (for an easier version, place the barbell behind your neck). Stand up straight with upper arms horizontal and feet shoulder width apart.
B. Bend at the knees until the thighs and lower legs form a 90-degree angle. Incline your upper body forwards slightly but keep your back straight. Then extend your legs again.
3 sets, 6-12 reps

3 CROUCH JUMPS
FOR LEGS AND LOWER BACK



A. Stand with feet hip width apart.
B. Crouch until your thighs are almost horizontal. Extend your arms behind your back to gain momentum.
C. Swing your arms forward and jump as high as possible with both legs. Give way in the knees when landing.
2 sets, 10-15 reps

4 PELVIC LIFTS ON A FIT BALL
FOR CORE, LEGS AND BACKSIDE



A. Lie with your back on the ground, lower legs on the Fit ball. Your arms are extended out to the sides.
B. Lift your hips until your body forms a straight line from your heels to your shoulders.
C. Pull the ball as close as possible to your body with your heels. Hold briefly then return the ball to position B. Lower your backside again.
2-3 sets, 8-12 reps

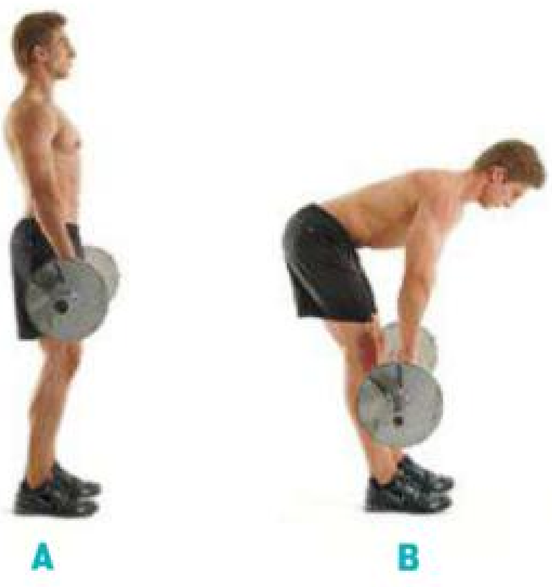
5 BARBELL ROWS
FOR BICEPS, BACK AND CORE

A. Grab a barbell with extended arms at more than shoulder width apart. Bend forward until your torso is almost horizontal.
B. Pull the bar to your chest and then lower. Keep your back straight!
2-3 sets, 8-12 reps

6 FIT BALL JACKKNIFES
FOR ABS

A. Get into push-up position, hands about shoulder width apart. Your lower legs are on the ball, entire body engaged.
B. Pull your knees to your chest until only your toes touch the ball. Push your backside to the ceiling. Return to start.
2-3 sets, 8-10 reps

7 DEAD LIFTS
FOR LEGS, BACKSIDE AND LOWER BACK



A. Stand with your feet slightly more than shoulder width apart. Hold the barbell in front of your body, thumbs facing in. The bar touches your thighs, knees are slightly bent.
B. Bend your upper body (no further than horizontal) keeping your back straight and the bar close to your body. Then stand up again with control.
3 sets, 6-12 reps

8 FIT BALL PLANKS
FOR THE CORE

Place your forearms on the ball. With your elbows directly under your shoulders, your body forms a straight line. Hold for 40-60 seconds, pausing for 30 seconds before repeating.
5-8 reps

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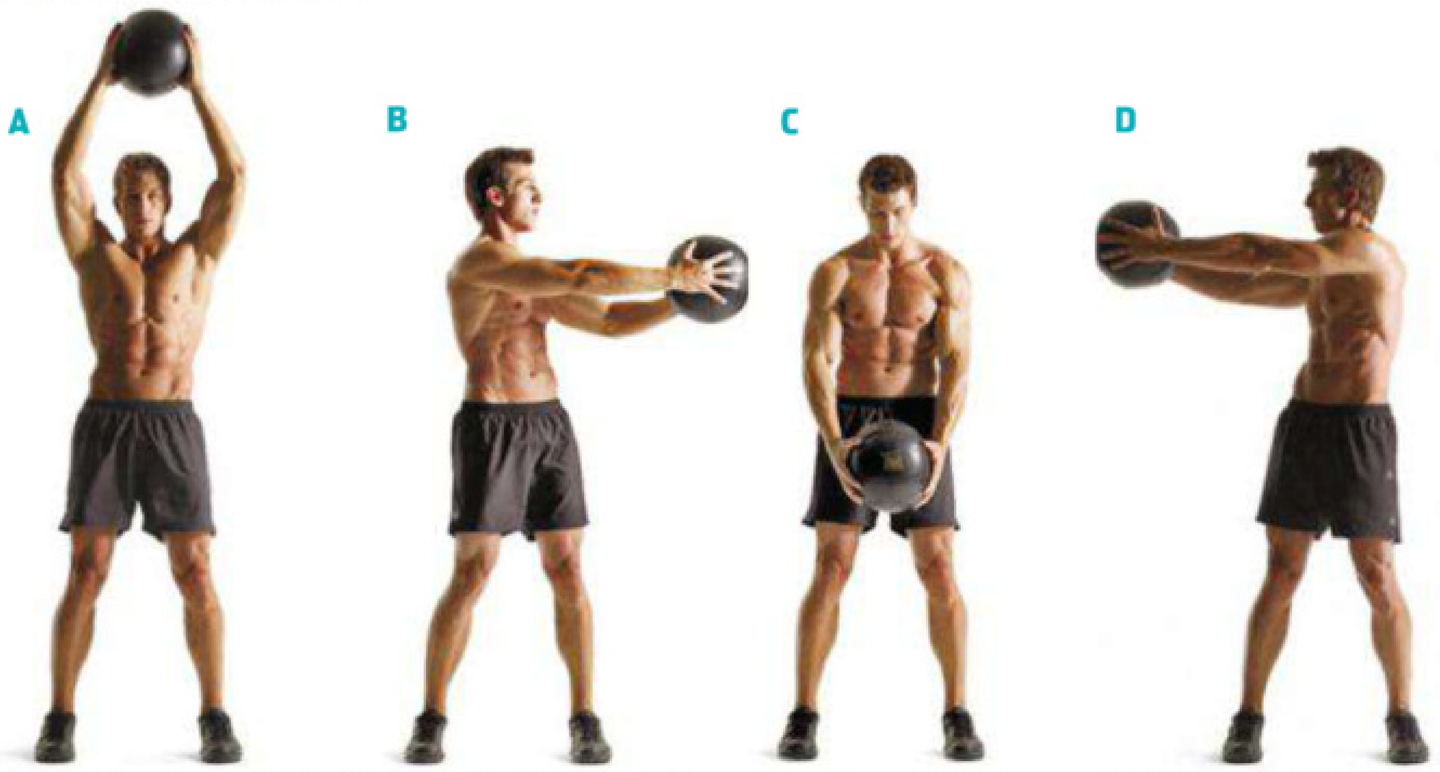
IS A MEDICINE BALL A GOOD TOOL FOR CORE TRAINING?

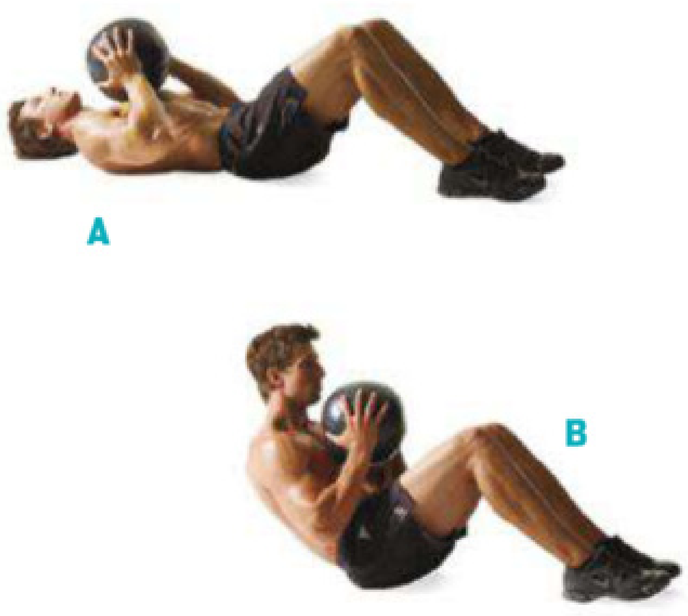
It's an excellent tool for working your core. A medicine ball isn't necessarily heavy, but as you use it most often with extended arms it's very effective for strengthening. It helps provide a strong corset of muscles around your waist, which allows fast, strong movements without loss of balance. And a well-trained core helps display your abs. Decide which workout is best for you from the box on page 77 and perform it twice a week.

1 MEDICINE BALL CIRCLES
FOR THE ENTIRE CORE



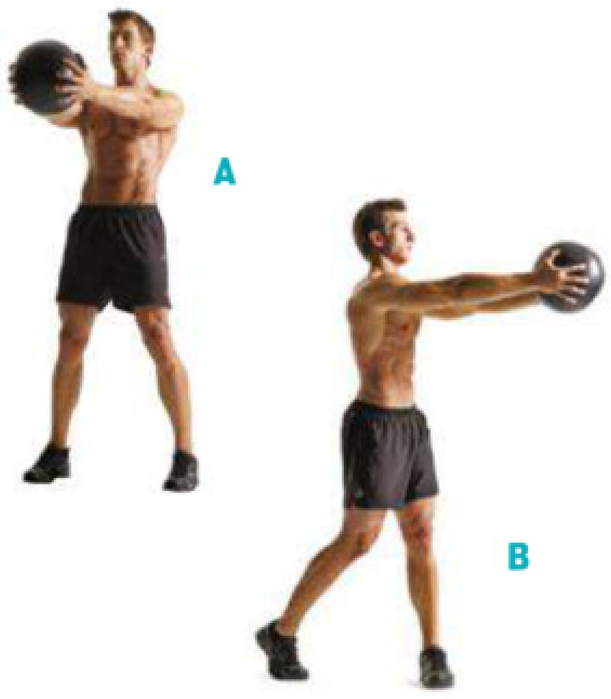
A. Stand straight with feet slightly wider than shoulder width, knees slightly bent. Hold the ball with extended arms over your head. This is also the end position.
B, C & D. Move the ball in a circle in front of your body without bending your elbows. Keep your back as straight as possible.
2 sets per direction, 10 reps each

2 BALL SIT-UPS
FOR THE ABS (RECTUS ABDOMINUS)



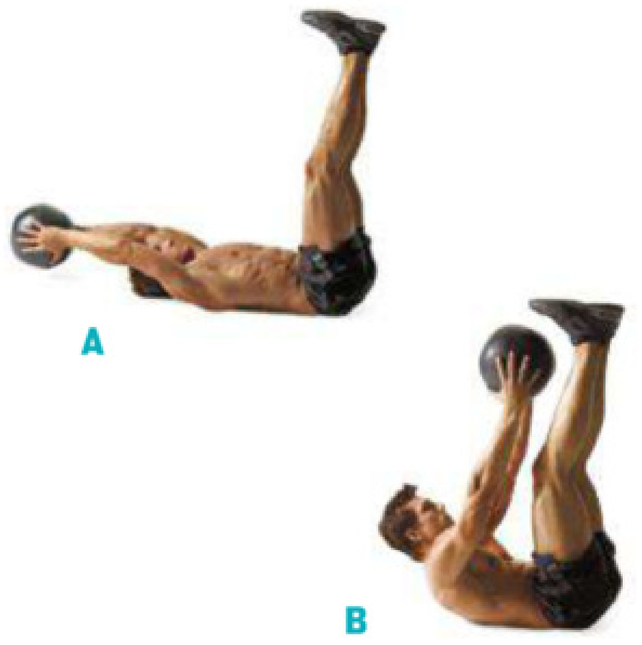
A. Lie on the floor. Hold the ball with both hands at chest height. Legs are bent at a right angle, feet flat on the floor.
B. Lift your shoulder blades and slowly raise your upper body without rounding your back. Then slowly return to start.
2-3 sets, 10-20 reps

3 STANDING ROTATIONS
FOR THE OBLIQUES



A. Stand with feet shoulder width apart, holding the ball with extended arms in front of your chest.
B. Without bending your arms turn to the left, keeping your left foot still. The right foot turns onto the toes. Hold briefly and then turn in the other direction. Keep the right foot still; turn the left with your body.
2 sets, 10 reps each

4 EXTENDED CRUNCHES
FOR THE ABS



A. Lie on your back on the ground, extend your legs upwards and hold the ball with extended arms over your head.
B. Lift your shoulders and push the ball as far as possible towards your toes. Return slowly to start position, keeping your spine extended.
20-40 reps

5 ROTATING CRUNCHES
FOR THE ENTIRE CORE

A. Sit on the floor, extend your arms and keep the ball at chest height. Lean your body back by about 45 degrees and lift your feet off the ground. Important: keep your back straight.
B. Turn your body as far as possible to the left and then right.
2 sets, 5-10 reps

6 COMBO SQUATS
FOR THE ENTIRE CORE

A. Stand up straight, feet hip width apart. Hold the ball with bent arms close to your body, just below your chin.
B. Squat, keeping your back straight, until your thighs are almost horizontal.
C. Press your heels into the ground and then stand up straight. Extend your arms and push the ball over your head. Return to start.
2 sets, 12-20 reps

7 SEATED ROTATIONS
FOR THE OBLIQUES

A. Sit down, legs extended, arms bent, ball in front of your chest.
B. Turn your upper body to the left, moving the ball behind your body and touching the ground. Repeat in the opposite direction.
2-3 sets, 8-10 reps per side

8 KNEE LIFT CRUNCHES
FOR THE ABS (RECTUS ABDOMINUS) AND OBLIQUES

A. Lie down on the floor, arms extended above your head. The ball is behind your head, not touching the floor.
B. Lift your upper body slightly while simultaneously pulling up your right knee and moving the ball to your right foot. Return to start position and repeat with the left leg.
2 sets, 8-12 reps each

How can I turn these eight exercises into a workout?

1. THE POWER PROGRAM
To prepare your core for the rotations warm up for 5 minutes on an elliptical trainer or do one minute alternating easy jumping rope and shadow boxing. Then perform one round of all the exercises. Finish with five minutes on the elliptical trainer at a low intensity or three minutes easy stair climbing.

2. THE WORKOUT FINALE
Choose three exercises for different areas of the core. Good combinations are exercises 2, 3 and 5 or exercises 6, 7 and 8. Warm up for five minutes on an elliptical trainer, keeping your core engaged, then perform one set of each exercise, completing as many reps as possible.

3. THE WASHBOARD ABS WORKOUT
Include exercises 2, 4, 5, 6 and 8 in your daily routine; 10-15 reps without a medicine ball then a 20 second break. Then perform every rep in slow motion. Ideally you'll be performing 10-20 reps. Can't manage that? Then perform the rest of the session without the ball.

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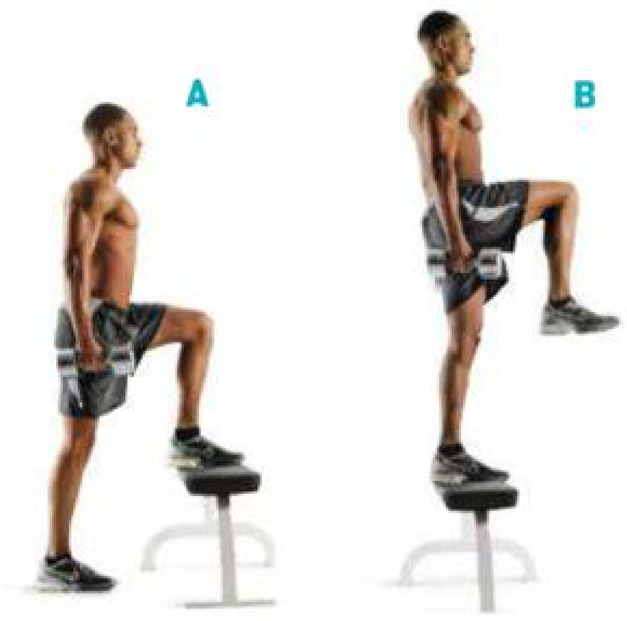
ALTHOUGH I'M TRAINING HARD I'M NOT SEEING RESULTS. HOW CAN I GET WASHBOARD ABS?

The good news is that everybody has a six-pack, you just don't often see it since it's hidden under a thin layer of fat. Lots of abs exercises won't change that. You're burning fat, but it's hard to lose that weight around your waist. Don't isolate your abs; work all your muscles together. Rule of thumb: the more muscles you work in one exercise, the faster you'll lose that belly fat. Complex movements add fine-tuning for a sculpted look. Perform this workout three times a week and you'll see results in four weeks.

1 STEP-UPS
FOR LEGS, BACKSIDE AND ABS



A. Hold two free weights beside your body and place your left foot on a bench. The right foot remains on the floor.
B. Push through your left leg, pull your right leg up, and bend at the knee until your thigh is horizontal. Hold with a straight upper body. Then bend your left leg and stand down.
2 sets per leg, 5-10 reps each

2 BENT-OVER ROWS
FOR BACK AND ABS

A. Bend your knees slightly and bend forward, keeping your upper body straight. Hold two free weights with extended arms below your knees, palms facing each other.
B. Bend your arms and pull the weights up to your chest, hold briefly then return to start.
2 sets, 10-15 reps each

3 COMBO SQUATS
FOR LEGS, BACKSIDE, ABS AND SHOULDERS

A. Stand up straight, feet more than shoulder width apart. Hold the weights at about shoulder height with bent arms, palms facing each other.
B. Squat down until your thighs are almost horizontal.
C. Push through your legs, extend your arms and push the weights over your head. Return to start position.
2 sets, 10-15 reps each

How can I turn these eight exercises into a workout?

1. STRENGTH-CARDIO WORKOUT
This strategy will melt the fat on your hips and activate your six-pack. The trick: you have to combine cardio and strength training in one workout. Start by warming up on an elliptical trainer for 10 minutes, then perform one set of exercises 1-4. Then jump on a bike for 15 minutes then perform one set of exercises 5-8. Then run on a treadmill for 15 minutes. Still not out of breath? Add an honor lap! One set of exercises 1, 3, 4 and 6 followed by 10 more minutes on a bike, elliptical trainer or treadmill. As soon as you see results increase the level to bump up your metabolism.

4 NEGATIVE BENCH PRESSES

FOR CHEST, ARMS AND ABS

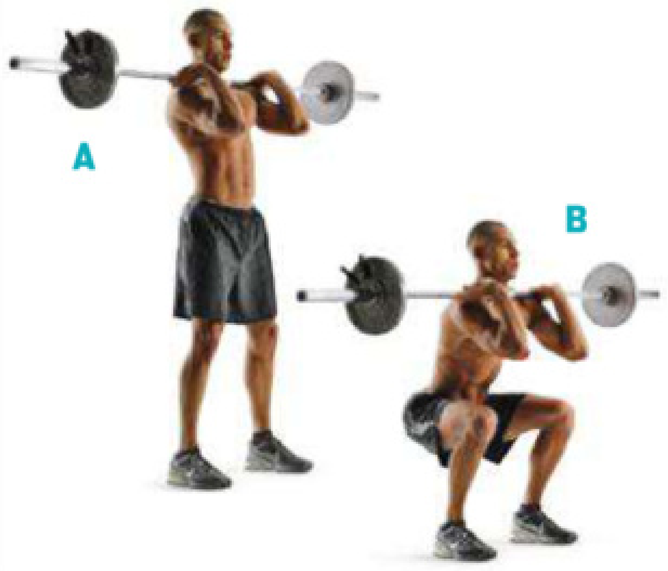
A. Lie on an incline bench with your feet flat on the floor. Hold two weights with extended arms over your chest, palms facing each other.

B. Engage your core then lower the weights to your chest. Your arms are at the side of your body. Count to five then extend your arms.

2-5 sets, 10-12 reps each

5 FRONT SQUATS

FOR LEGS, BACKSIDE AND ABS



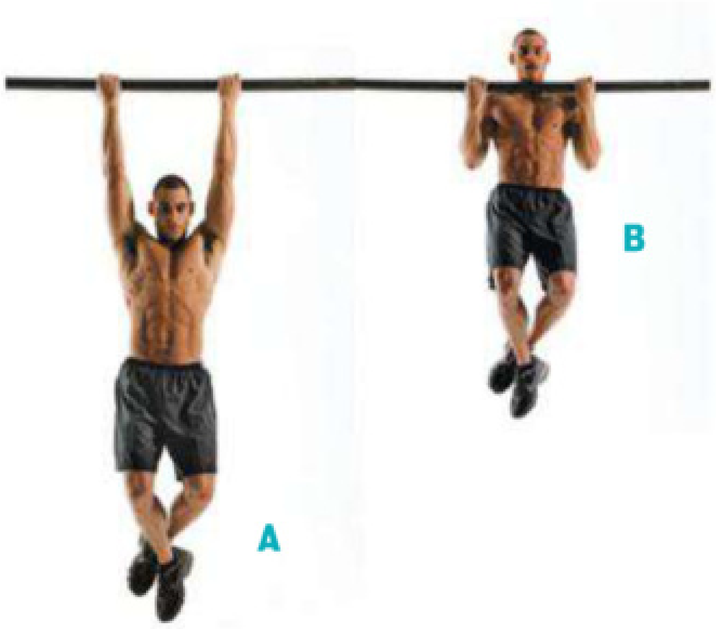
A. Stand with feet shoulder width apart, with a barbell just touching your shoulders at the front, palms upwards.

B. Squat until your thighs are horizontal. Bend your upper body slightly forward, keeping your back straight. Then push through your legs and return to start.

2 sets, 10-15 reps each

6 CHIN-UPS

FOR ARMS, SHOULDERS, BACK AND ABS



A. Grab a bar at shoulder width, thumbs facing outwards. Cross your feet, bend your knees and engage your abs.

B. Slowly lift your body and pull it upwards, hold briefly then return to start.

2 sets, 6-12 reps each

7 CROSS-OVER CABLE PULLS

FOR BACK, ARMS, SHOULDERS AND ABS

A. Attach a one-handed pull on the lower part of a cable tower and stand sideways to the tower. Hold the grip with your left hand on the right hip.

B. Pull your arm upwards and to the left so that the palm faces forward in the end position. Return slowly to start.

2 sets per arm, 10-15 reps each

8 DEAD LIFTS

FOR BACK AND ABS

A. Stand up straight, feet slightly more than hip width apart. Hold the barbell in front of your thighs, keeping your back straight.

B. Bend your knees and, keeping a straight back, incline forwards. Your pelvis moves back. Move the bar to about your knees then slowly return to start.

2 sets, 10-15 reps each

2. METABOLIC TRAINING

Are those ripples taking a long time to appear? Choose a lighter weight (about 20-30 per cent less than you can lift) then vary the tempo of your lifting: three very slow sets, two very fast, three slow, two somewhat faster. This forces the body to pull energy from the carb and fat stores so your fat burning starts sooner and your fat layer will disappear, revealing your six-pack.

3. ADVANCED COURSE

You want a six-pack fast? No problem, even a slight variation will make the exercises more difficult and challenging. Three examples: In exercise 1, extend the lifted leg, which will challenge your abs more. In exercise 5, end on the balls of your feet. That challenges your coordination. In exercise 6, lift your knees. You'll activate your deep-lying abs (transverse abdominis muscles).

WHICH EXERCISES CAN PROVIDE MORE STABILITY?

Being stable is essential, whether in competitive sports or standing in the train. This workout trains your core and leg muscles and gives your body stability. It also improves your endurance so you'll be able to last longer, whatever you're doing. Perform three workouts a week, warming up for 10 minutes before each one, ideally on an elliptical trainer.

How can I turn these eight exercises into a workout?

LEVEL 1, 15 MINUTES
Concentrate on exercises 1-4 and 7 and 8. Perform the first four without a break. To save your legs, perform one minute of push-ups followed by a one-minute break. Then repeat exercises 1-4 and 7 and 8.

LEVEL 2, 30 MINUTES
Split the workout into two circuits: 1, 3, 5, and 7, and 2, 4, 6 and 8. Perform the first circuit three times, followed by three rounds of the second. After each round, hold a plank for 30 seconds then take a 45-second break.

LEVEL 3, 45 MINUTES
Perform all the exercises in the given sequence, then jump rope for a total of five minutes: 30 seconds fast, 30 seconds easy. Then perform two more sets of each exercise.

1 SQUATS WITH BALL

FOR THIGHS, BACKSIDE AND SHOULDERS

A. Take a mid-sized ball and hold it between your knees. Stand up straight, feet about hip width apart, arms hanging at your sides.

B. Bend at the knees until your thighs are horizontal. Bend your upper body forward slightly, extending your arms in front.

10-15 reps

2 BARBELL LUNGES

FOR THIGHS, BACK AND BACKSIDE

A. Stand straight, grab a barbell with hands more than shoulder width apart and place it on the back of your neck. Feet are hip width apart and your core is engaged.

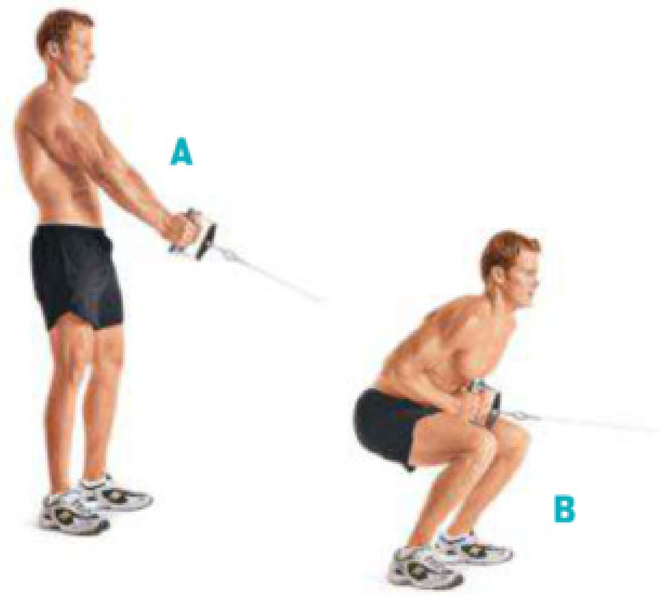
B. Take a step forward with your left foot until your leg is at a right angle. Keep your back straight. Return to start.

8-10 reps per side

3 ONE-LEGGED SQUATS
FOR THE THIGHS AND BACKSIDE

A. Stand straight with a free weight in each hand, arms beside your body. Then lift your right foot from the ground, stretch it behind and hold it in the air.
B. Bend your left knee and fold your core forward, keeping a straight back. Your arms are extended vertically in front of your body.
8-12 reps per side

4 SQUATS WITH CABLE ROWS
FOR THIGHS, ARMS, BACK AND CORE



A. Attach a V-grip at the bottom of a cable machine. Feet are shoulder width apart; back is straight. Hold the grip with extended arms about 40cm in front of your stomach.
B. Squat until your thighs are horizontal. Bend your upper body forward and pull the grip slowly to your body.
10-15 reps

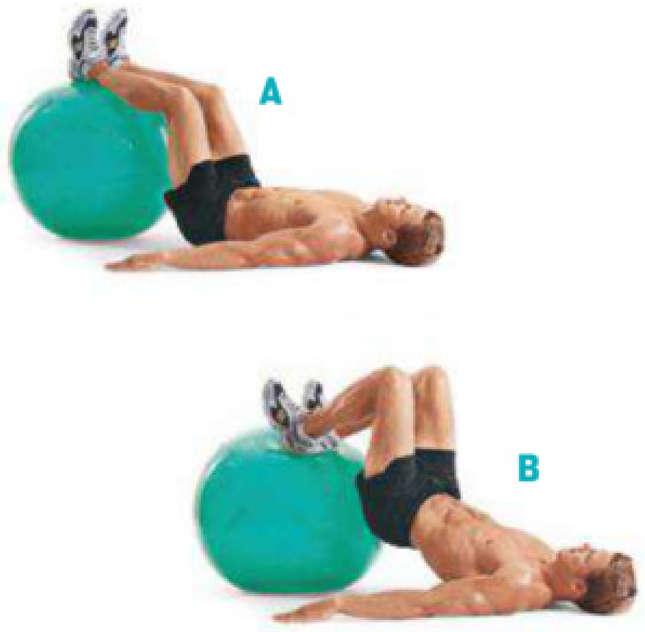
5 FIT BALL PUSH-UPS
FOR TRICEPS, CORE AND CHEST

A. Get into push-up position with your shins on the ball. Your body forms a straight line from head to feet. Hands are extended directly beneath the shoulders.
B. Lower your upper body until your nose almost touches the floor. Don't bend at the hips.
10-15 reps

6 OVERHEAD WEIGHT SWING
FOR THIGHS, SHOULDERS AND ARMS

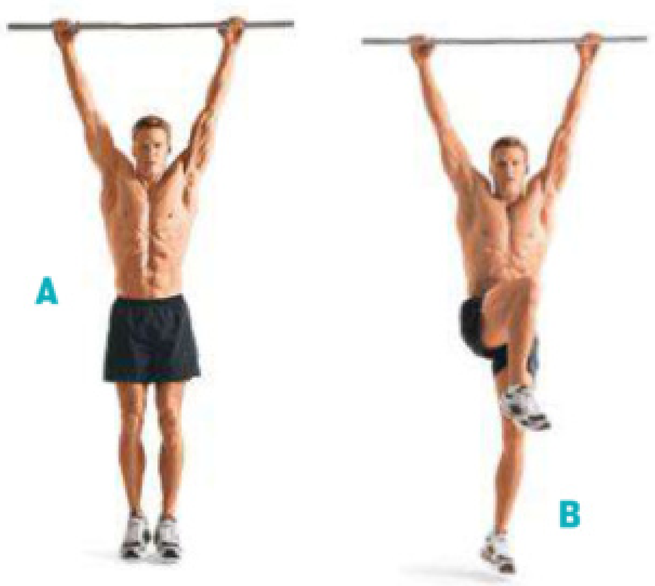
A. Grab a free weight with both hands. Stand with feet more than hip width apart; bend your knees, upper body bent slightly forward. Hold the weight between your knees.
B. Swing the weight with extended arms up over your head and push through your legs. Then return to start with a fluid motion.
15-20 reps

7 FIT BALL LEG CURLS
FOR THE BACKS OF THE THIGHS AND CORE



A. Lie on your back and bend your knees, resting your feet and calves on the ball. Keep your legs and feet close together, your arms beside your body, palms facing the ground.
B. Lift your pelvis and bend your legs. Pull the ball towards you with your heels. Hold briefly then return to start.
10-15 reps

8 KNEE LIFTS ON A CHIN-UP BAR
FOR OBLIQUES

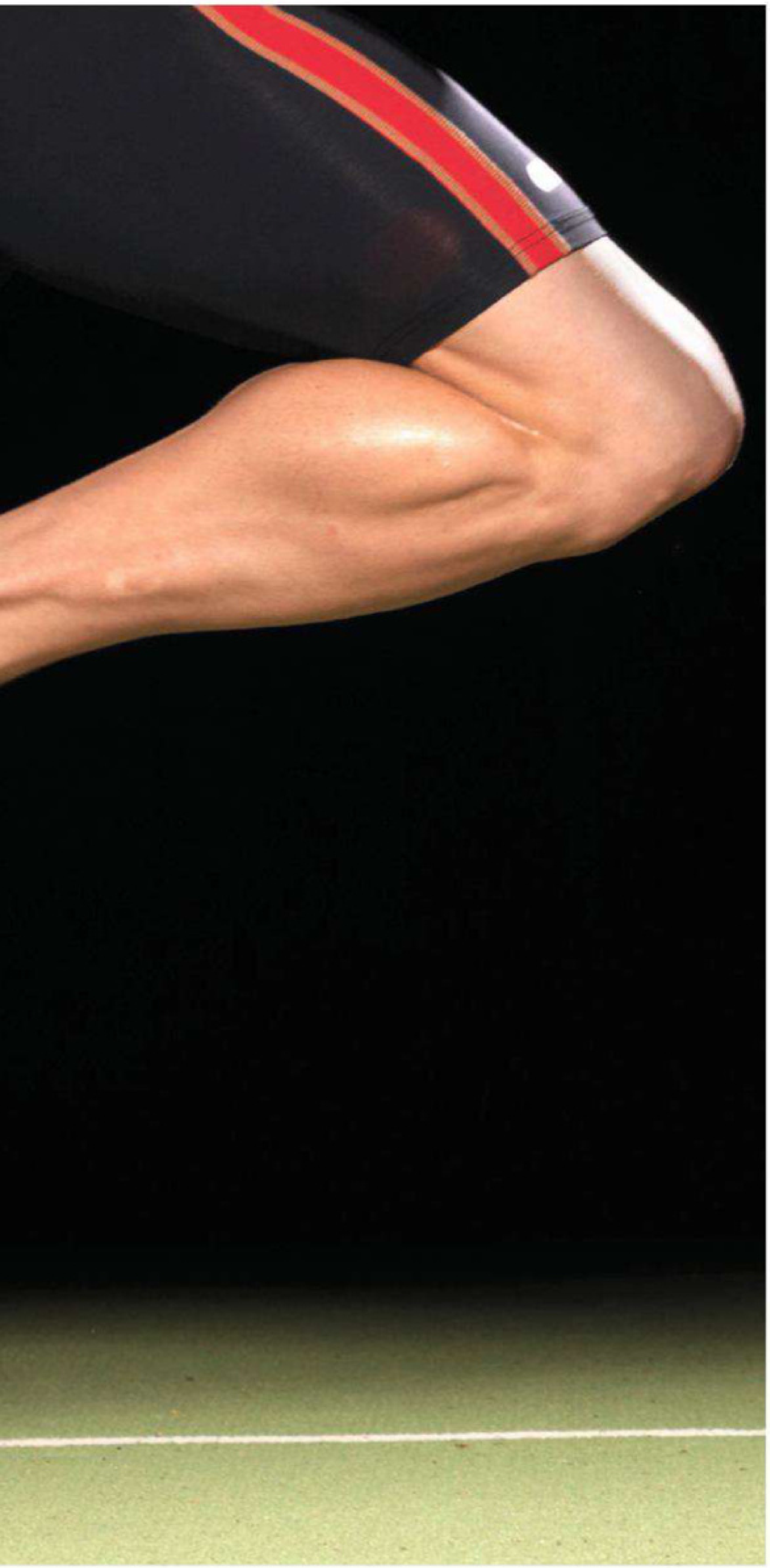


A. Stand under a chin-up bar and grasp it with hands wider than shoulder width apart, thumbs facing in. Hang with extended arms so that your feet dangle. Engage your abs.
B. Pull your right leg to your left chest until your thigh is horizontal. Slowly lower your leg.
10-12 reps per side

HOW CAN I GET STRONG LEG MUSCLES?

Congratulations! You've realised you can't skip training your legs. If you want to support your new body on strong legs they need regular attention. The four workouts on the following pages will help. Depending on the focus you can improve stability or work on speed for future runs.

- Strong legs workout ..... page 84
- Stability & flexibility workout page 86
- Runner's workout ..... page 88
- Fast legs workout ..... page 90



WHAT'S IN IT FOR ME?

OPTICAL BALANCE

An imposing upper body and thin legs disrupt your muscular balance and look ridiculous. Start training your thighs, calves and behind! Another reason is that complex leg exercises such as squats burn plenty of kilojoules. You'll strengthen your core and gain a six-pack.

STRONG LIGAMENTS AND SINEWS

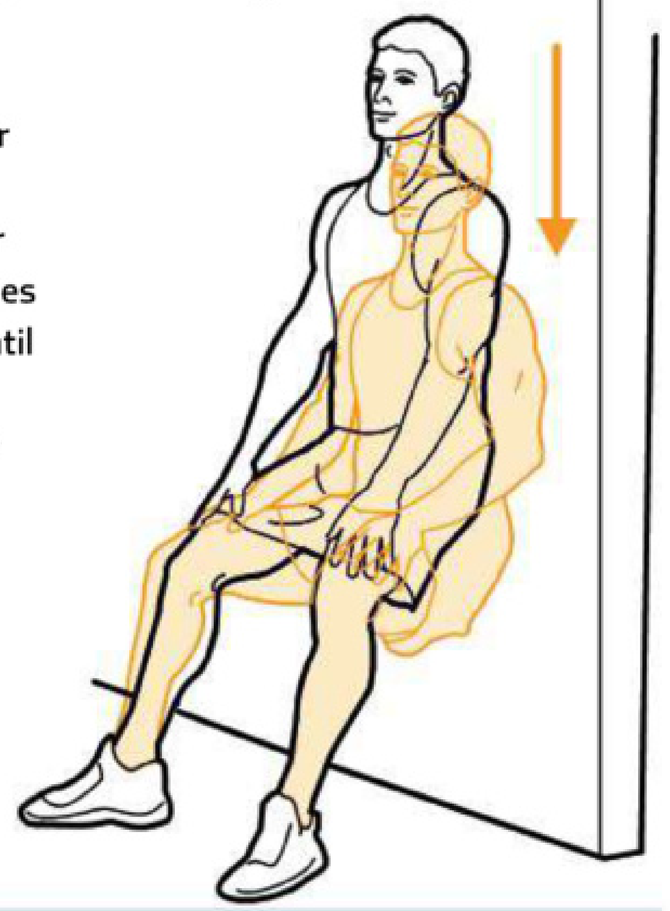
Constant sitting often leads to a weakened leg musculature. Regular calf and thigh training strengthens sinews and ligaments, makes your knees more stable and leaves you less susceptible to injury, while squats improve your circulation.

STRONG BASE

Whether you run, jump or lift heavy weights, your hips and legs provide the stability and balance. Thighs and calves are the basis for a quick take-off so training your legs will improve performance in all sports.

How strong are my thighs?

THE TEST: Lean with your back against a wall, feet slightly more than shoulder width apart. Bend your knees and move down the wall until your thighs are horizontal and at a right angle to your lower legs. Hold.



SCORE

→ **Under 30 seconds:** *Weak legs. Squats coming up!*

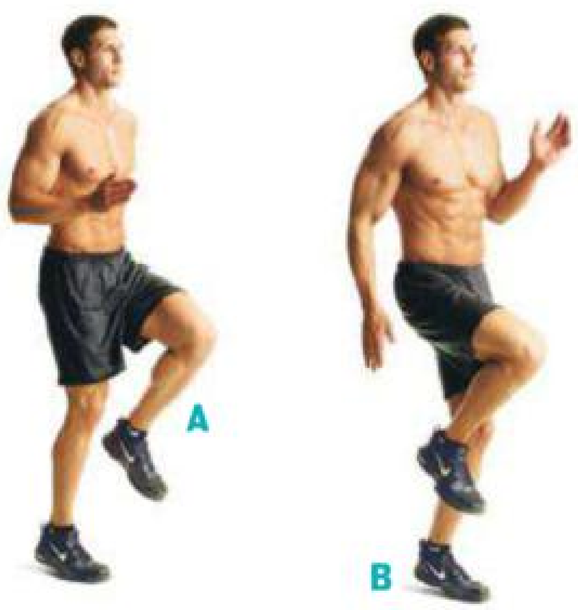
→ **30-90 seconds:** *Not bad, but there's room to improve.*

→ **Over 90 seconds:** *Well done! Great performance.*

I WANT TO HAVE STRONG, WELL-TRAINED LEG MUSCLES. HOW CAN I ACHIEVE THAT GOAL?

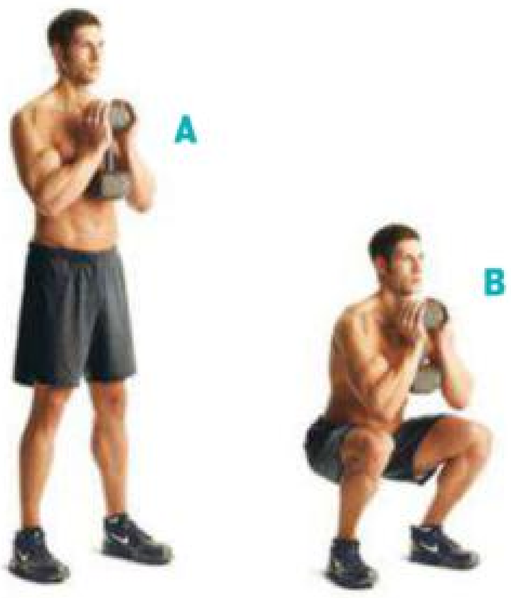
If you want to jump in with both legs, you need strong thighs and calves. This workout gives you serious leg muscles and trains your butt muscles. You'll get a strong backside, which helps with your posture. Bonus: each of the following exercises will also strengthen your upper body. You'll find three training plans in the box below. Extra tip: always engage your abs, back and behind to make the workout more intense.

1 HIGH KNEE RUNNING
FOR THE THIGHS AND ARMS



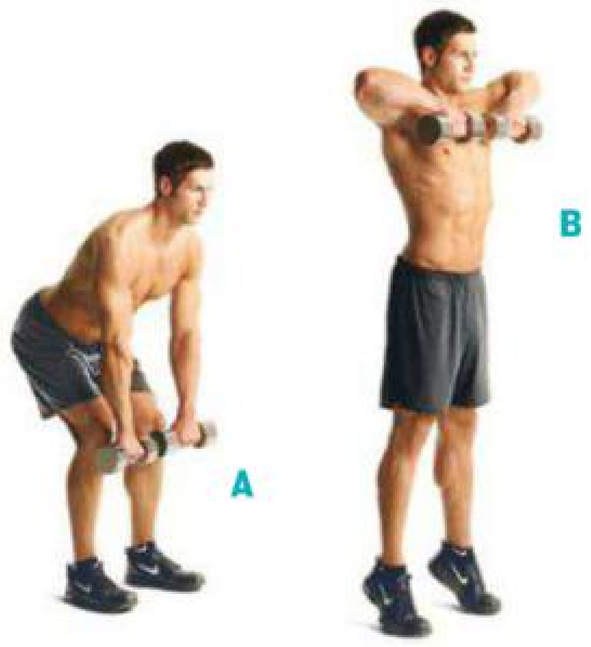
A. Stand straight, facing forward. Lift your left leg and bend your right arm.
B. Run as quickly as possible on the spot. Bring your knees up to almost horizontal and swing the opposite arm.
3 sets, each 30 seconds

2 TROPHY SQUATS
FOR THE THIGHS



A. Stand with legs shoulder width apart, holding the upper end of a free weight in front of your chest.
B. Squat with control until your thighs are horizontal. Return to start.
2-3 sets, 6-12 reps each

3 EXPLOSIVE FRONT LIFTS
FOR LEGS, BACK AND SHOULDERS



A. Grab two weights and bend forward with extended upper body. Hold the weights just below your knees. Bend slightly at the knees and keep your back straight.
B. Explosively push through and stand up on your toes while pulling the weights to your shoulders. Return to start.
3 sets, 5-8 reps each

How can I turn these eight exercises into a workout?

1. THE ALL-INCLUSIVE WORKOUT
Get your legs and circulation flowing by warming up on an elliptical trainer for 10 minutes, or run up and down the stairs 3-4 times, followed by 100 jumping jacks. Then perform all eight exercises in the above sequence with the given reps and sets. Between sets take a 30-60 second break. Cool down for five minutes with an easy run, either on the spot (exercise 1) or on a treadmill. Do the workout 2-3 times per week with 48 hours off in between. Why is the time off so important? Because that's when your muscles grow.

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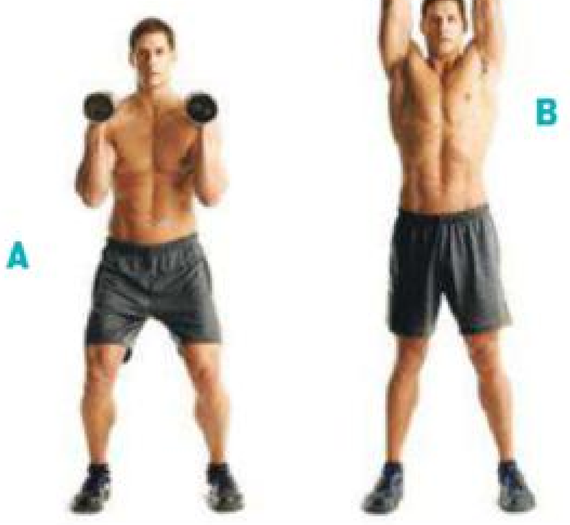
4 CROUCHING STRETCH JUMPS
FOR LEGS AND BACK

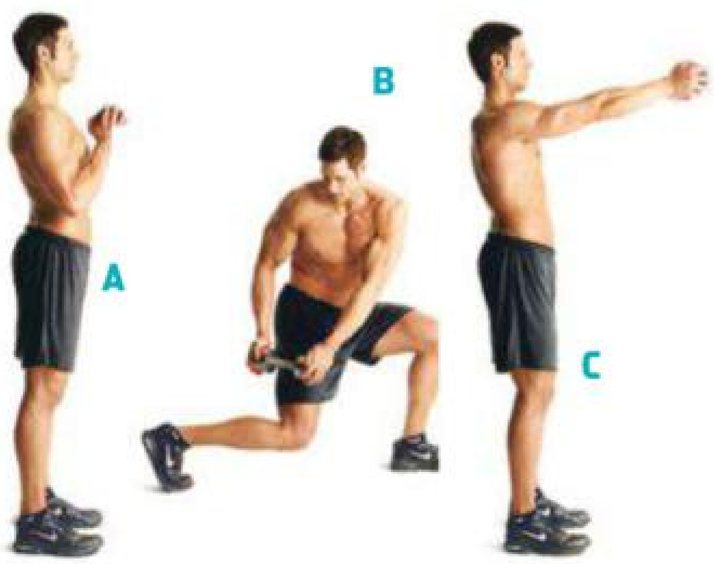
A. Place your feet shoulder width apart, upper body bent forward. Bend your knees at a right angle, arms extended behind your back. Keep your back straight.
B. Push through your legs and extend your arms above your head. Give way in the knees when you land.
3 sets, 5-8 reps

5 NECK PRESSES
FOR THIGHS AND SHOULDERS



A. Stand straight, holding two free weights in front of your shoulders (palms facing each other). Bend slightly at the knees.
B. Push through your arms and extend the weights over your head. Return to start.
2-3 sets, 6-8 reps each

6 BACKWARDS ROTATING LUNGES
FOR LEGS, BACKSIDE, CORE AND SHOULDERS



A. Stand straight holding a weight with both hands in front of your chest.
B. Take a step back and to the right, moving the weight to halfway down your right thigh.
C. Stand up again and move the weight almost to eye level with extended arms.
2-3 sets, 6-8 reps per side

7 FREE WEIGHT SWINGS
FOR THIGHS, BACK AND SHOULDERS

A. Stand with your feet more than shoulder width apart. Grab a free weight with both hands, crouch and push the weight as far back between your knees as possible.
B. Explosively stand up and swing the weight to shoulder height. Return to start.
3 sets, 5-8 reps each

8 DYNAMIC PLANKS
FOR THE OUTER THIGH MUSCLES AND CORE

A. Get into push-up position, arms extended, hands more than shoulder width apart.
B. Lift your left knee and move it towards your right elbow. Return to start and change sides.
3 sets, 6 reps per side

2. THE SPEED WORKOUT
Like speed? This workout will give you the legs for it. Begin with one set of exercises 1, 3 and 4 without a break. Take a 2-minute break then repeat in the reverse order. Time for "tapping". Stand with slightly bent knees and alternate tapping your toes as fast as possible for 10 seconds. Take a short break. Shadow box for two minutes fast.

3. THE NO-TIME WORKOUT
Not enough time? No problem with this speedy workout. Warm up by running on the spot for 30 seconds then perform 30 quick squats without weights followed by two sets of exercises 2, 6 and 8. Still too long? Do only one set. It's essential to perform the exercises correctly so give yourself 5-7 seconds per rep to avoid working with momentum. Maximum pause between sets is 30 seconds.

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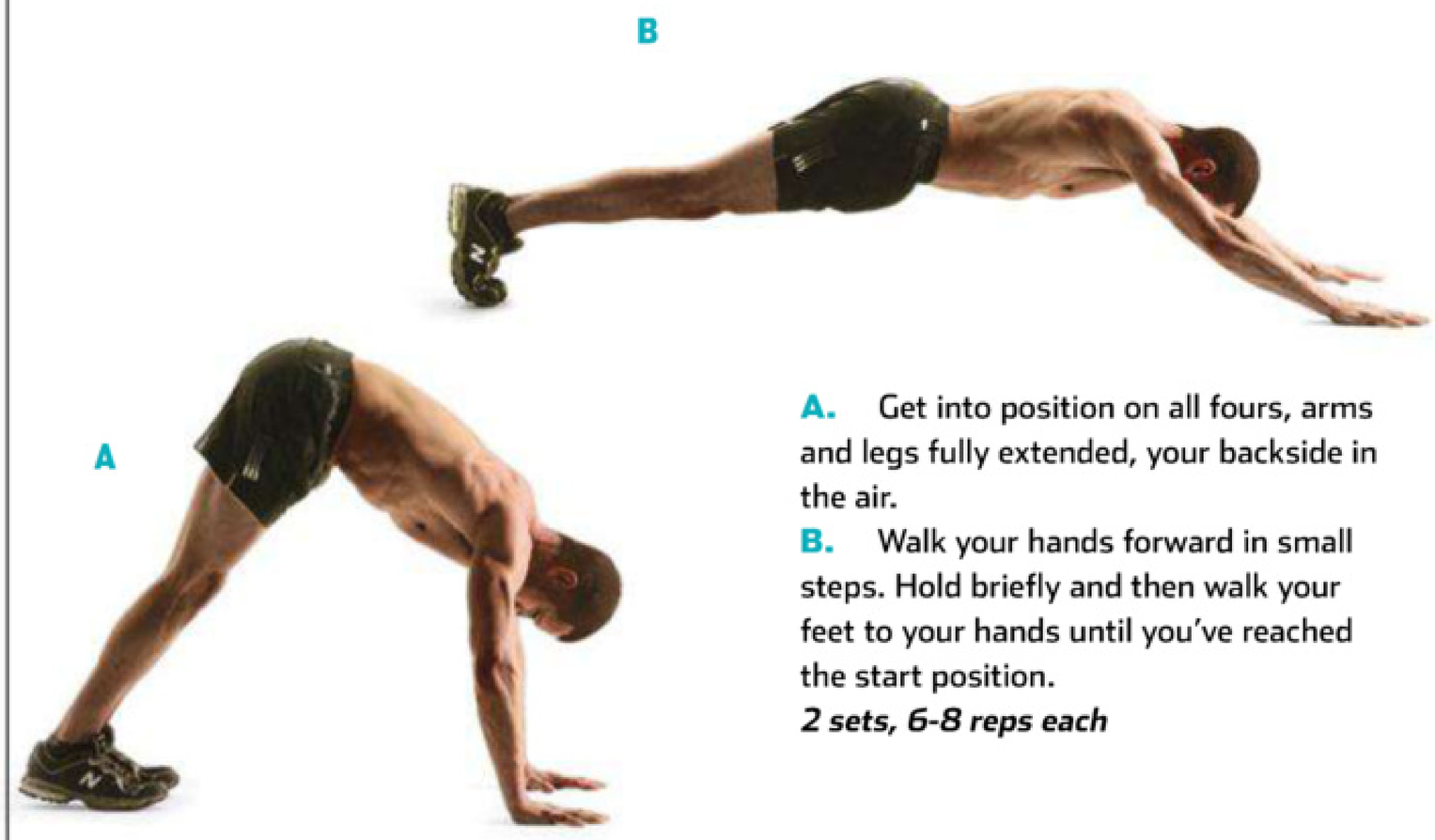
WHICH WORKOUT WILL MAKE ME STABLE AND FLEXIBLE?

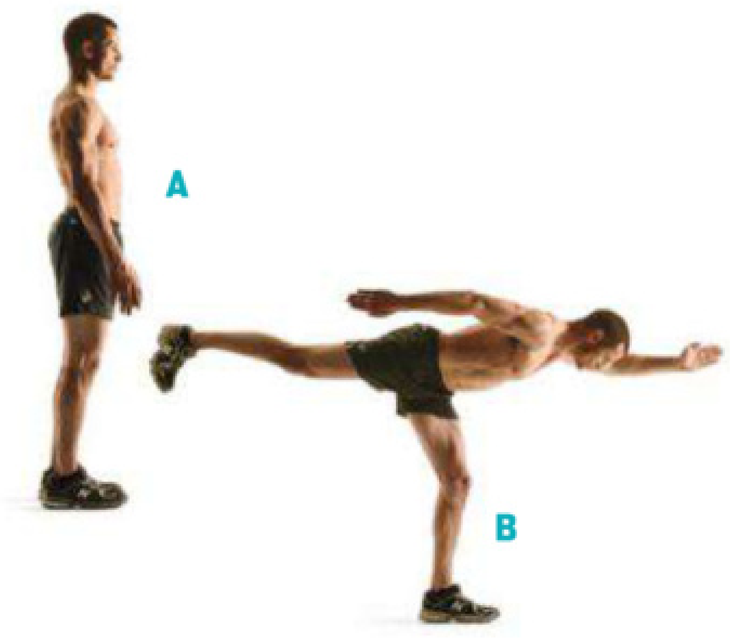
Training your thighs and calves gives a good basis. For stability and flexibility you need a special program. The following workout omits strength exercises and works on balance and reaction. The complex exercises are performed without equipment so your muscles have to learn to balance. On page 87 you'll find three programs for your individual training goals.

1 CATERPILLAR
FOR ARMS, ABS AND BACK



A. Get into position on all fours, arms and legs fully extended, your backside in the air.
B. Walk your hands forward in small steps. Hold briefly and then walk your feet to your hands until you've reached the start position.
2 sets, 6-8 reps each

2 STANDING BALANCE
FOR SHOULDERS, BACK AND BACKSIDE

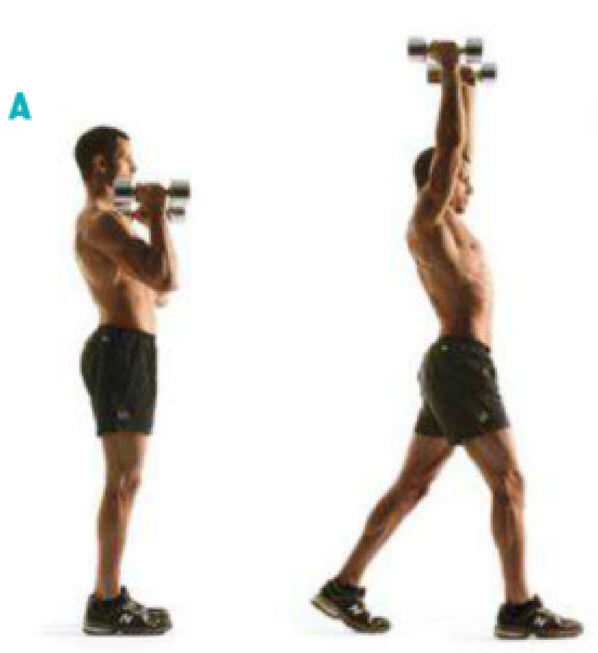


A. Stand up straight, arms at your sides.
B. Move your upper body into a horizontal position. Extend your right leg out behind you and your left arm in front so your body forms a straight line. Hold briefly then return to start.
2-3 sets, 6-8 reps per side

3 KNEELING SPRINT STARTS
FOR LEGS AND BACKSIDE

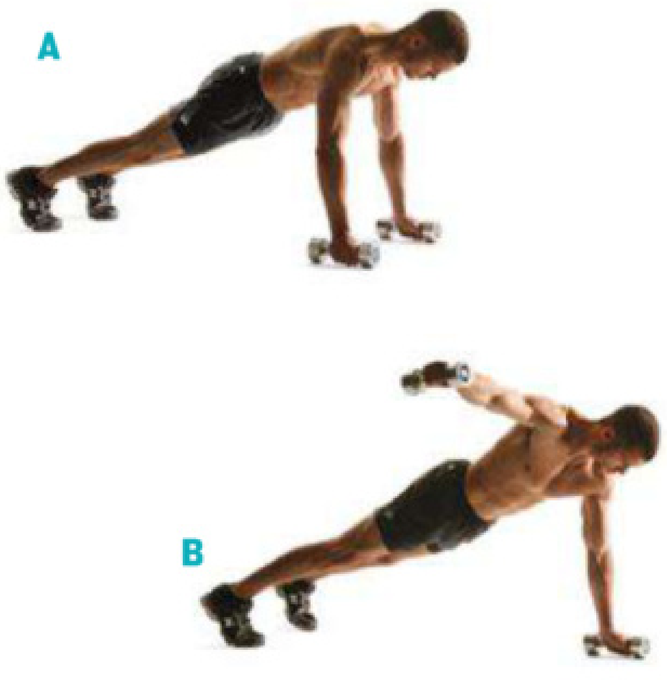
A. Kneel in front of a clear 15m long space or lane.
B. Put your right foot in front on the ground; bend your upper body forward. Bend your left arm into sprint position.
C. Push explosively up and sprint 4-5 steps. Stop, jog and return to start.
2 sets, 6-8 reps per leg

4 WALKING SHOULDER PRESSES
FOR SHOULDERS, ARMS AND ABS



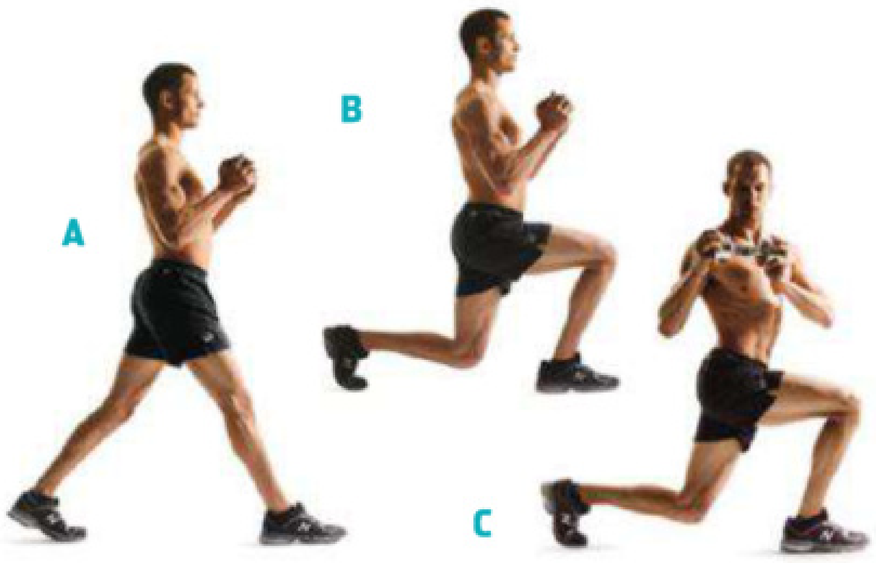
A. Hold two light (5-7kg) free weights beside your chin.
B. Every time you lift or lower the weights take a step forward.
2 sets, 12-16 reps

5 ONE-ARMED PLANKS
FOR CORE AND SHOULDERS



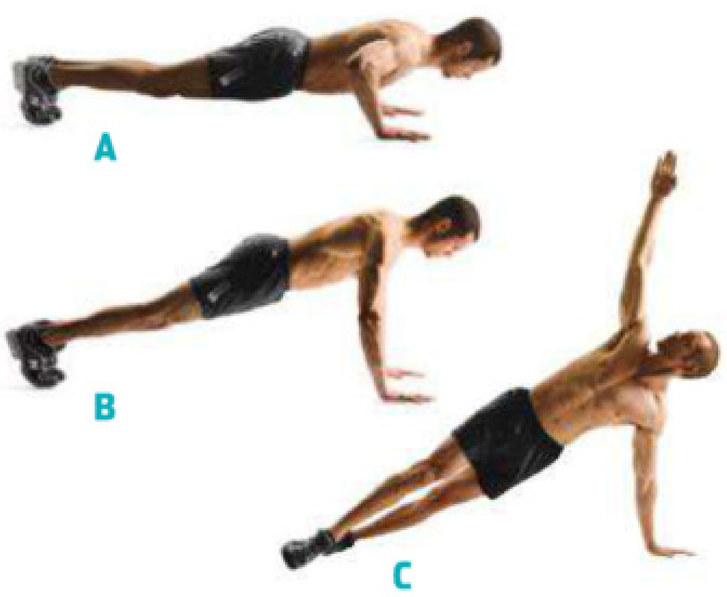
A. Hold two light (2-3kg) weights and get into push-up position.
B. Lift your right arm to the side. Hold the weight at shoulder height and then return to start. Switch arms.
2 sets, 6-8 reps each

6 ROTATING LUNGES
FOR CORE, LEGS AND BACKSIDE



A. Hold a weight at both ends and take a large step forward, keeping your upper body straight.
B. Lunge so that your left knee almost reaches the ground.
C. At the lowest point, rotate your upper body as far to the right as possible. Hold briefly; return to start and stand straight again.
2 sets, 8-10 reps per side

7 WINDMILL PUSH-UPS
FOR CORE AND ARMS



A. Get into the end position of a push-up, hands slightly wider than shoulder width apart, body close to the floor.
B. Push up slowly and shift your weight to your left hand.
C. Rotate your body to the right until both arms form a straight line. Follow your arm with your eyes. Hold briefly and return to start.
2 sets, 6-8 reps

8 TRIANGLE RUN
FOR LEGS AND BACKSIDE

A. Place three cones in a triangle about 10m apart. Start at one corner of the triangle and sprint to the next cone. Bend at the knees; touch the cone with your hand.
B. Run backwards to the third cone, touch it and then high knee skip to the start. Take a three-second break then repeat.
2 sets, 5-10 reps each

How can I turn these eight exercises into a workout?

1. FOR MORE SPEED
After a five-minute warm-up your muscles are ready to sprint. Look for a large free space and start with exercise 3 (eight reps per side). Pull your knees up with each step, which makes you faster. Then perform 10 reps of exercise 8, as quickly as possible. Run easy for 10 minutes and perform the exercises again. Cool down with a 15-minute easy run.

2. FOR MORE BALANCE
Warm up for 10 minutes on a treadmill then perform exercises 2, 4, 6 and 7, two sets each, 10 reps. The challenge: in exercise 2, bend at the knees. In exercise 4, balance on the balls of your feet to strengthen your calves. In exercises 6 and 7, close your eyes.

3. FOR MORE MOVEMENT
A strong and flexible core is the basis for every movement and the best injury prevention. The short program: 10-minute warm up on an elliptical trainer then two rounds of 12 reps of exercises 1, 2 and 6. Cool down with an easy 10-minute run on the treadmill.

IS THERE A SPECIAL WORKOUT FOR RUNNERS?

Runners will really benefit from the following strength training program. It helps to stabilise joints, ensures a strong start, and keeps you going on long runs. Plus it trains coordination, which will prevent a wrong footfall and protect you from injuries. In the following eight exercises your core is engaged, which helps with balance. Perform the workout twice a week, preferably after a 15-minute warm-up run.

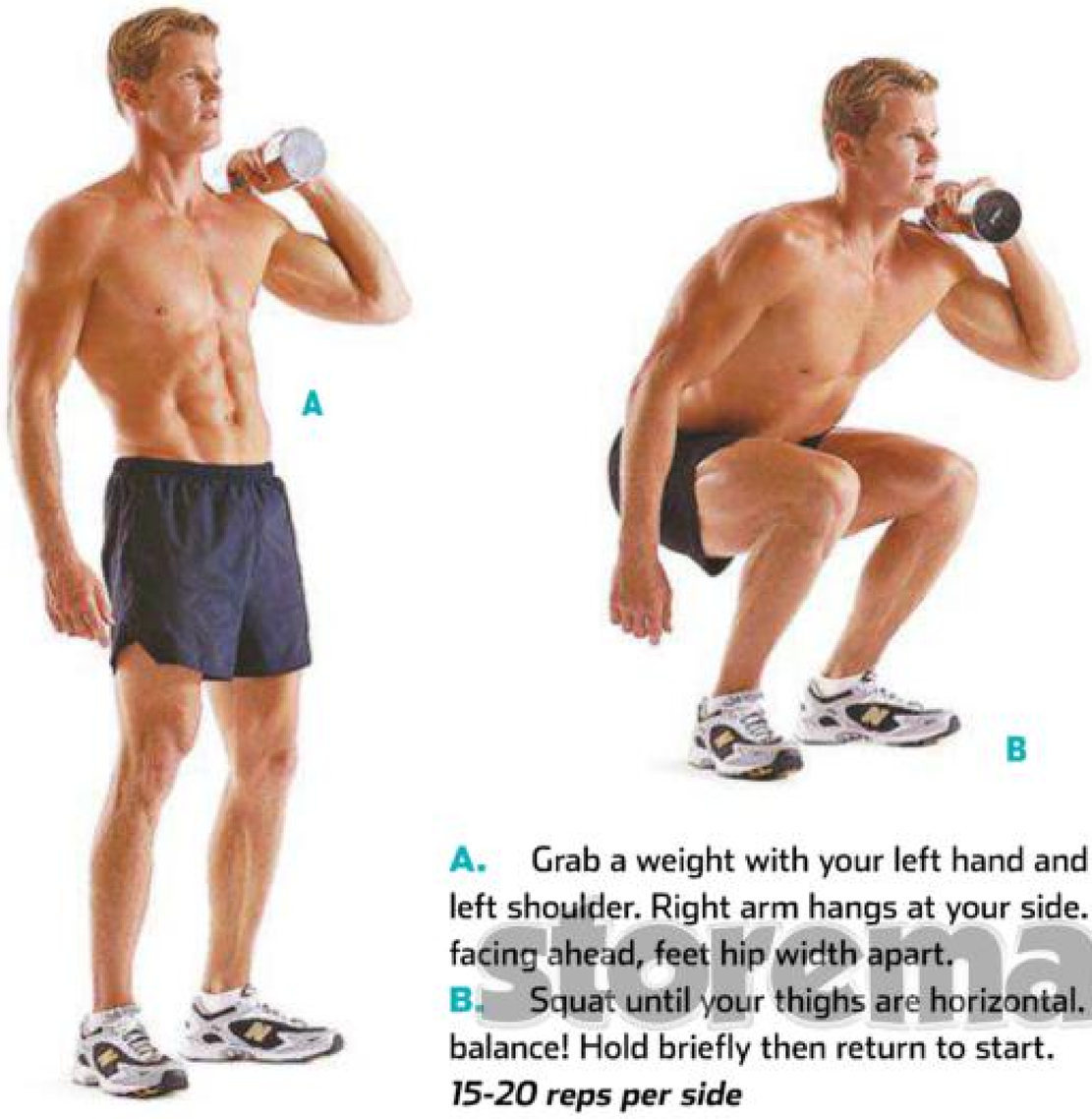
How can I turn these eight exercises into a workout?

LEVEL 1, 15 MINUTES
Here you concentrate on exercises 1, 3, 6, and 8. Perform one set of each then take a 1-2 minute active walking break. Perform another set of the exercises. Done.

LEVEL 2, 25 MINUTES
This workout includes five exercises. Start with exercise 3 and follow with exercises 2, 4, 6 and 8 (no break in between). Then take a two-minute break and perform in the same sequence again. Take a three-minute break and go through it a third time.

LEVEL 3, 45 MINUTES
The long version includes all eight exercises in the sequence above. Do two sets of all odd-numbered exercises, three sets of even numbered. Still have time and energy? Jump rope for 10 minutes before the first exercise.

1 UNBALANCED SQUATS
FOR THIGHS, SHOULDERS AND CORE



A. Grab a weight with your left hand and hold it at your left shoulder. Right arm hangs at your side. Stand straight, facing ahead, feet hip width apart.
B. Squat until your thighs are horizontal. Watch your balance! Hold briefly then return to start.
15-20 reps per side

2 STANDING SIDE BENDS
FOR ARMS, SHOULDERS AND CORE

A. Grab two light free weights and hold vertically above your head, thumbs facing in. Stand straight, feet hip width apart.
B. Engage your core and slowly bend your body to one side, keeping your back straight. Return to start.
12-15 reps per side

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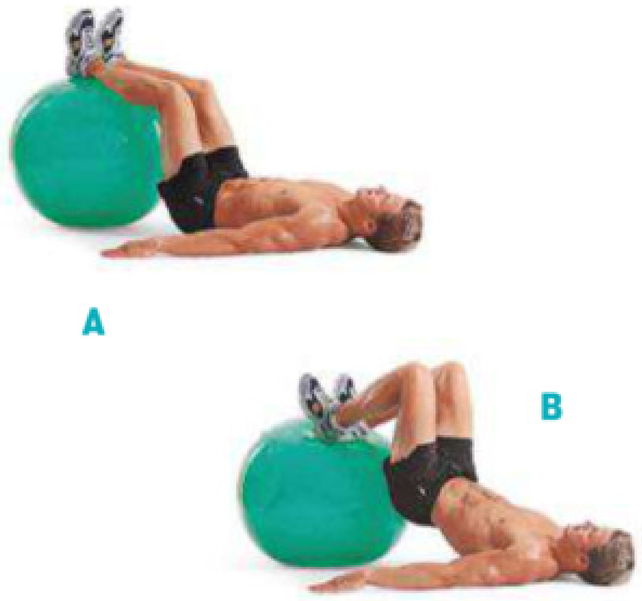
3 STEP-UPS
FOR THIGHS, CALVES AND CORE

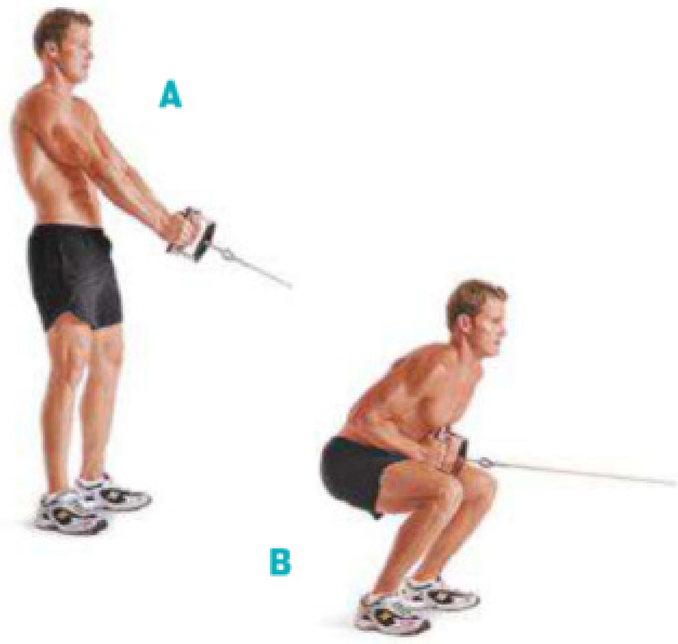
A. You'll need a 50cm high step board. Place your left foot on the step, keeping your back straight.
B. Push through your left leg until you are standing on the board. Immediately return to start and switch legs.
15-20 reps per leg

4 FIT BALL LEG CURLS
FOR HAMSTRINGS AND CORE



A. Lie on your back, calves resting on a Fit ball. Arms are at your sides on the floor. Make sure your feet and legs are together.
B. Lift your pelvis, bend your legs and move the ball as close as possible to your backside. Return to start and perform again.
12-15 reps

5 SQUATS WITH CABLE ROWS
FOR THIGHS, ARMS, BACK AND CORE

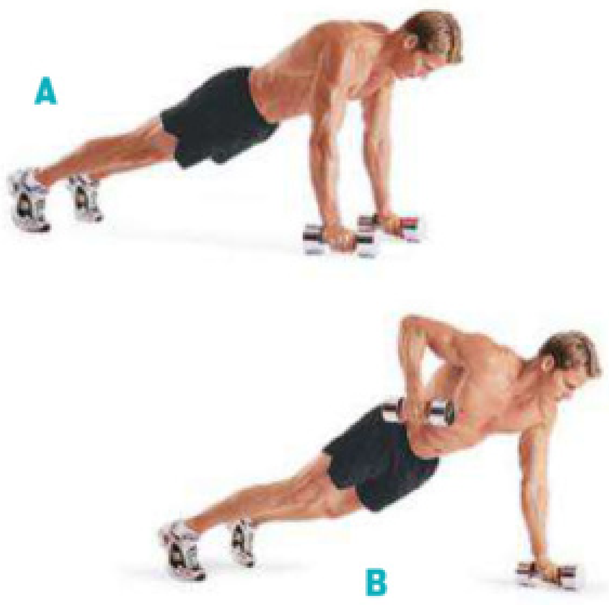


A. Attach a V-grip to the lowest hook on a cable machine (or use a resistance band). Stand in front, feet hip width apart and hold the grip with extended arms about 40cm from your stomach. Keep your back straight.
B. Get into a squat, bend your upper body slightly forward and pull the grip to your body. Keep your back straight. Return to start.
15-20 reps

6 LUNGES WITH CORE ROTATION
FOR THIGHS, CALVES, CORE AND ARMS

A. Stand with legs apart and hold a medicine ball in front of your stomach. Your front foot faces forward, back foot faces outwards.
B. Bend at the knees, extend your arms and move the ball towards your front foot. The back foot pivots on the toes. Return to start.
12-15 reps per side

7 PUSH-UP ROWS
FOR ARMS, CORE AND BACK



A. Get into push-up position on two free weights (place a towel underneath to prevent slipping). Knees, hips and shoulders form a line.
B. Lift one weight and move to beside your chest, turning your body slightly. Switch sides and repeat.
8-12 reps per side

8 CALF RAISES
FOR CORE AND CALVES

A. Stand with two medium weights beside your body, backs of your hands facing out, your feet about hip width apart and spine straight.
B. In slow motion, get up on your toes. Hold briefly then slowly return to start.
20-25 reps

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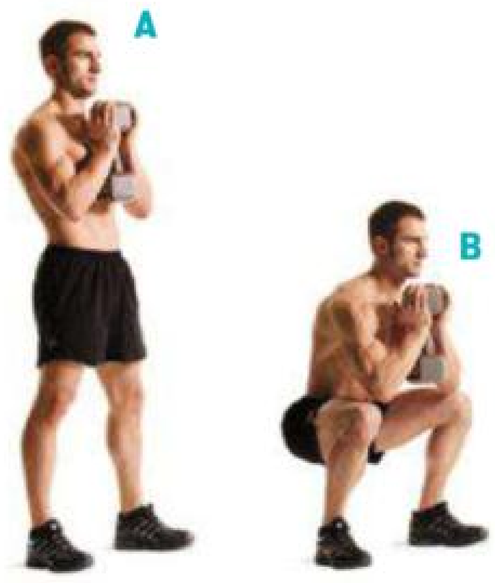
WILL TARGETING MY LEGS MAKE ME RUN FASTER?

Yes, and not only when running. Endurance helps you add an extra gear and sprint to the finish when cycling or swimming. The basis is a stable core and legs that don't tire. The following endurance/strength workout includes exercises to get your shoulders, back and arms into top form. Find the most important rules in the box on page 91. To remain a step ahead of the competition, plan on three workouts a week. You should have a day off in between for optimal recovery.

1 BARBELL SQUATS
FOR THIGHS

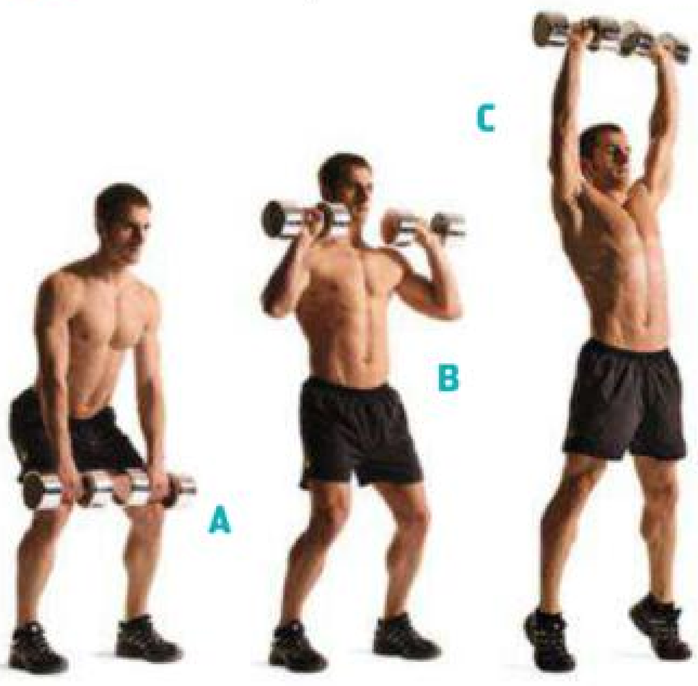
A. Stand straight, feet shoulder width apart, back straight. Place the bar across the front of your shoulders, palms facing up.
B. Slowly and carefully squat until your thighs are horizontal. Don't arch your back. Slowly return to start.
2-3 sets, 15-20 reps each

2 FREE-WEIGHT SQUATS
FOR THIGHS AND CALVES



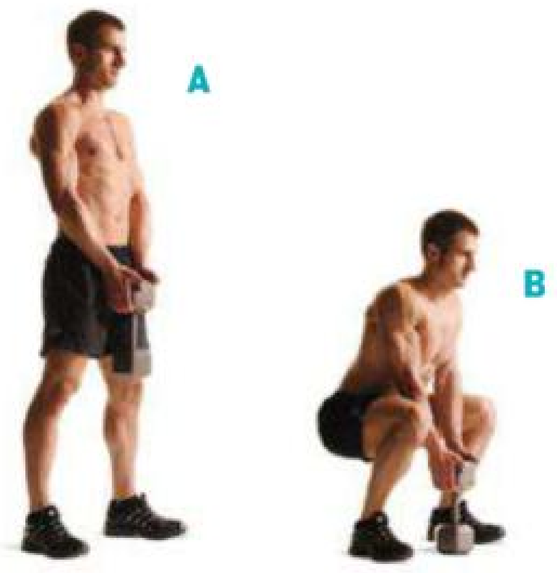
A. Stand with your feet more than hip width apart. Hold one end of a free weight with both hands, keeping it close to your chest.
B. Slowly move into a squat until your thighs are horizontal. Return to start.
2-3 sets, 15-20 reps each

3 EXPLOSIVE NECK PRESSES
FOR SHOULDER, ARMS AND CALVES



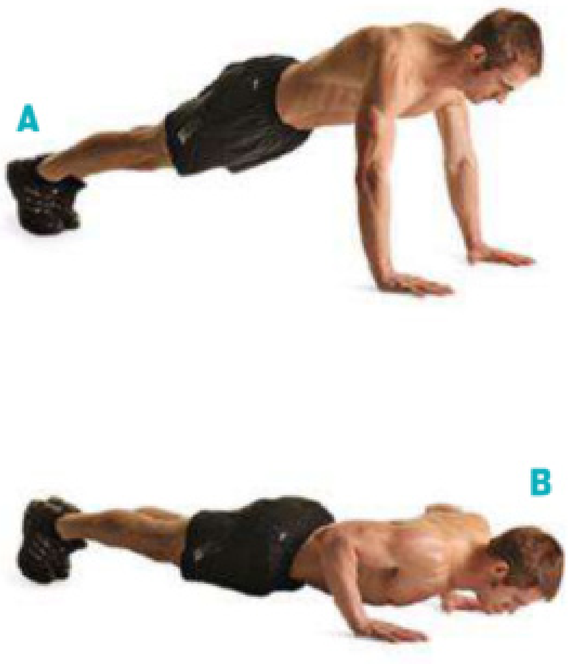
A. Stand with feet hip width apart. Bend your upper body forwards slightly, legs bent. Hold two weights with extended arms at your knees, thumbs facing in.
B. Bend your arms and with momentum bring the weights to chin height.
C. Continue with momentum and push the weights vertically over your head while rising up on your toes. Return to start.
2 sets, 15-20 reps each

4 DYNAMIC DEAD LIFTS
FOR LEGS AND CORE



A. Stand straight, feet hip width apart. As in exercise 2, hold one end of a weight in front of your body with extended arms.
B. Squat, touch the weight to the floor then quickly return to start.
2 sets, 15-20 reps each

5 PUSH-UPS
FOR CHEST AND ARMS

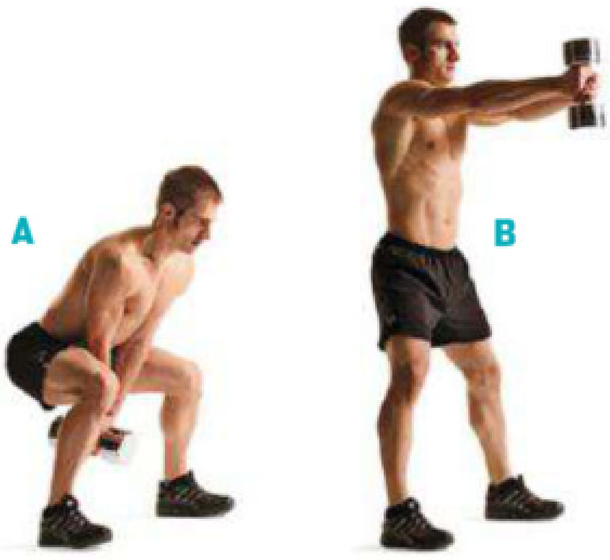


A. Place hands about shoulder width apart on the floor, arms extended, head to feet forms a straight line.
B. Bend your arms until your chest almost touches the floor. Hold briefly then slowly push yourself up.
2 sets, 10-15 reps each

6 CHIN-UPS
FOR BACK, SHOULDERS AND ARMS

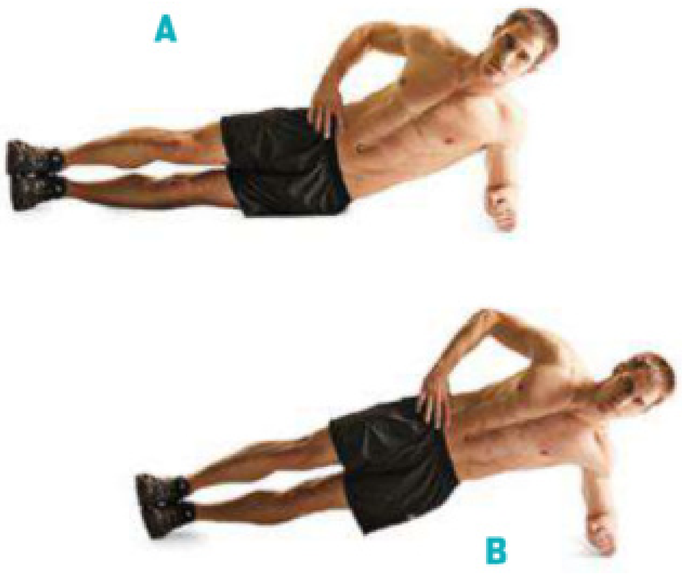
A. Grab the chin-up bar with as wide a grip as possible, thumbs facing in. Cross your feet and look straight ahead.
B. Slowly and with control pull your chin up over the bar. Hold briefly then lower the body in slow motion.
2-3 sets, 10-15 reps

7 WEIGHT FOLLOW-THROUGHS
FOR SHOULDERS



A. Take a wide stance and grab a free weight with both hands. Squat and push the weight through your legs as far as possible.
B. Stand up and lift the weight to shoulder height. Return to start.
2-3 sets, 15-20 reps each

8 SIDE PLANKS
FOR THE ENTIRE CORE



A. Lie on your side, supported on your left arm, elbow directly under your shoulder. Place your right arm on your hip.
B. Lift your hips until your body forms a line. Hold for 10-20 seconds then return to start. Take a 30-second break before the next rep.
2-3 sets, 5 reps each

How can I turn these eight exercises into a workout?

1. SPRINT BETTER
Improve your sprinting by doing five rounds. Round 1: One set of exercises 2, 3 and 4 without a break, 8-12 reps then a two-minute break. Round 2: Same as round 1, only in reverse. Round 3: 25 jumps (from position B in exercise 2 but without weights and with hands behind your head), two-minute break. Rounds 4 and 5: Same as round 3.

2. SWIM FASTER
Perform one set of exercises 3, 6 and 7 then perform this exercise with a resistance band: attach the band at stomach height and wrap the end around your hand. Bend your upper body forward until it's almost horizontal. Extend your arms, tighten the band and move as if swimming freestyle. Repeat 2-3 times.

3. OVERALL TRAINING
Perform your workout in the garden or at the beach or park. Do exercises 2 and 4 with a full beverage cooler bag. Use plastic bottles full of sand for number 3 and 7. An air mattress will make side and lying exercises (5 and 8) more intense.

I WANT MORE MUSCLE FROM HEAD TO FOOT. WHAT DO I NEED TO DO?

Total body training leads to a muscled body. These workouts may seem intense but you get great results. The following six workouts train all the important muscle groups. For those in a hurry the express workout activates all your muscles in five minutes.

- Beach body workout ..... page 94
- No-weights workout ..... page 96
- Express workout ..... page 98
- Strength-cardio workout ..... page 100
- No-flab workout..... page 102
- No more injuries workout .... page 104

WHAT'S IN IT FOR ME?

YOU'LL LOOK BETTER

It's great to have big biceps but the whole package has to match. Train from head to foot for the right proportions.

YOU'LL IMPROVE YOUR FITNESS

More muscle mass improves your performance in all sports.

YOU'LL INCREASE YOUR ENDURANCE

The strength-cardio workout in this chapter will improve your endurance and the blood flow to your muscles.

YOU'LL ELIMINATE WEAKNESSES

Training your whole body forces you to work on all your muscles for optimum strength.

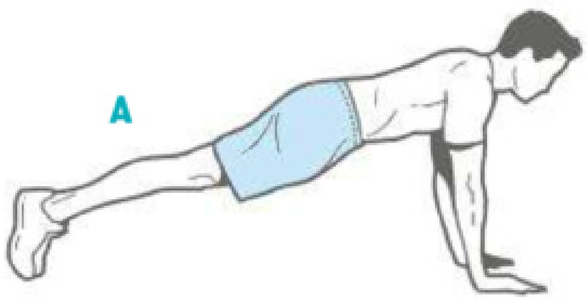
YOU'LL REMAIN MOBILE

Over time we lose flexibility in our hips and shoulders. Regular workouts protect you from this loss.

YOU'LL TRAIN MORE EFFICIENTLY

The following workouts contain lots of complex exercises, which challenge several muscle groups. You'll use your time more effectively.

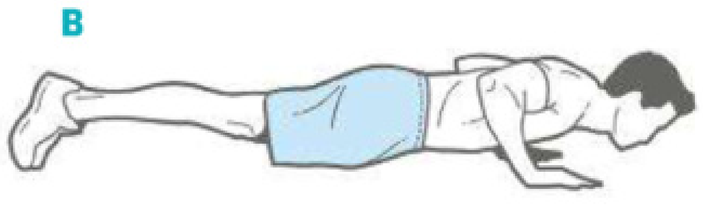
How good is my endurance?



THE TEST: PUSH-UPS

A. Your arms are almost fully extended, hands are below your shoulders. Keep your back straight so your head, backside and heels form a straight line.

B. Bend your arms and lower your chest to the floor. Push up again. How many can you do?

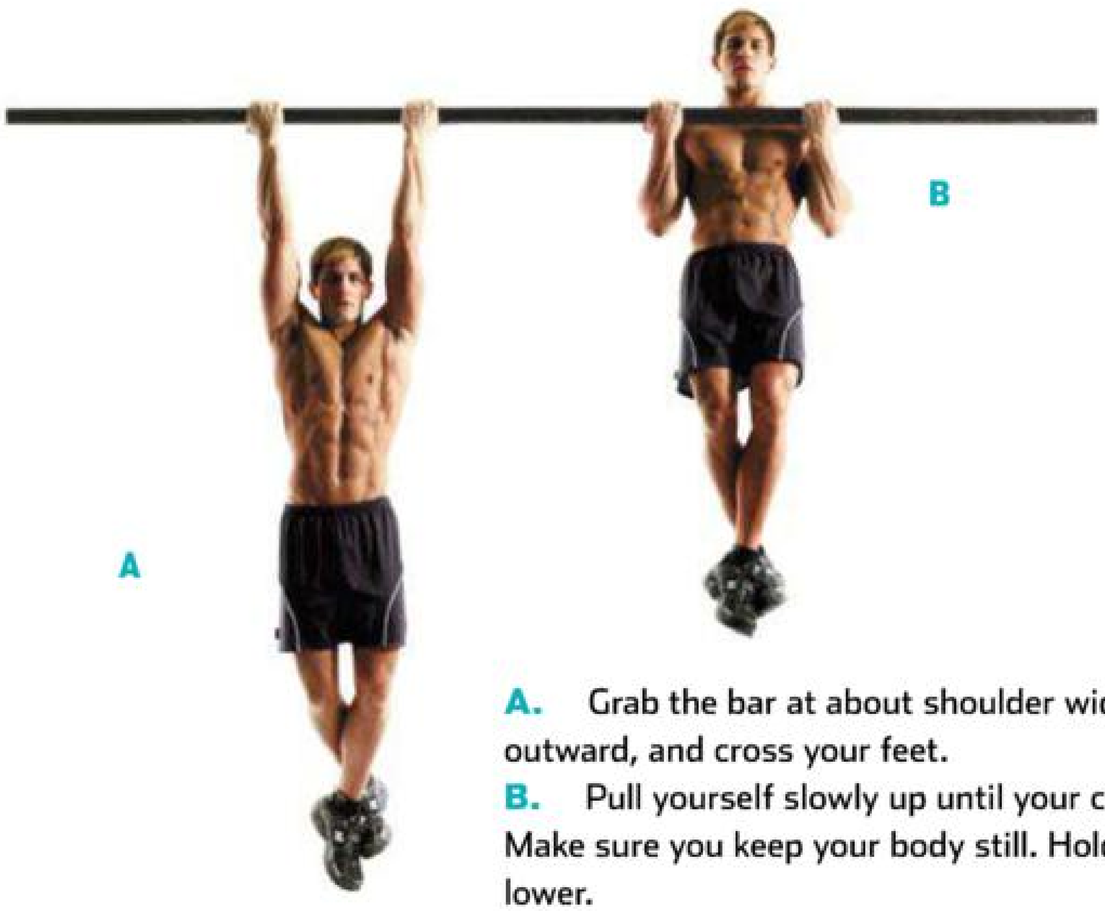


- **Under 20:** *Very weak.*
- **20-40:** *Okay, but you can do more.*
- **Over 40:** *Wow, you're a powerhouse!*

HOW CAN I GET A BEACH BODY?

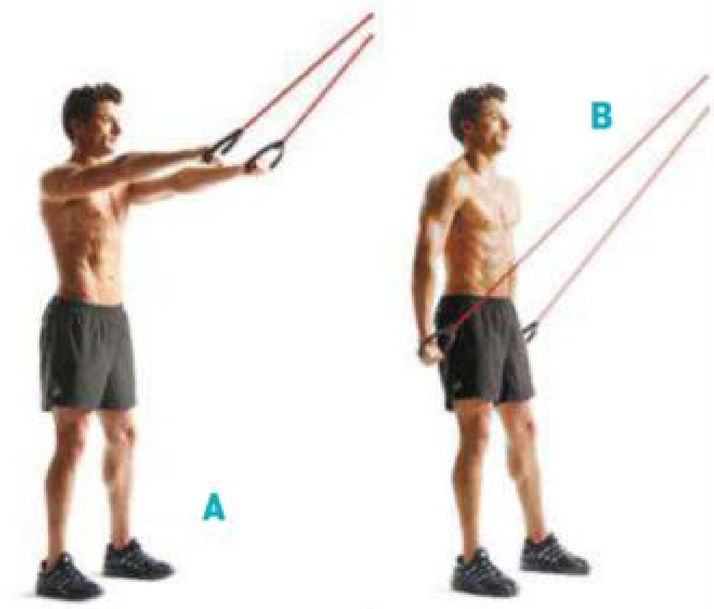
We assume you mean the classic beach body: extra-large arms, a six-pack and strong legs. Think it's unattainable? No way! Your goal is closer than you think. All you need are regular workouts with the following eight exercises. This training is designed to challenge your entire body from head to toe. A great side effect is your core gets a general overhaul. If you're serious, check out the box on page 95 for three workout options. Perform 2-3 workouts a week and grab your swimmers.

1 UNDERHAND GRIP CHIN-UPS
FOR THE UPPER BACK, BICEPS AND SHOULDERS



A. Grab the bar at about shoulder width, thumbs facing outward, and cross your feet.
B. Pull yourself slowly up until your chin is over the bar. Make sure you keep your body still. Hold briefly then slowly lower.
2 sets, 8-15 reps each

2 PULLOVERS
FOR UPPER BACK AND SHOULDERS



A. Attach a resistance band to a chin-up bar, grab both ends and stand up straight, arms extended in front.
B. Pull the grips beside your body without bending your arms, keeping your back straight. Return to start.
2 sets, 15-20 reps each

3 EXPLOSIVE PUSH-UPS
FOR CHEST AND TRICEPS

A. Place two steps about shoulder distance apart. Get between them in push-up position and lower your body.
B. Extend your arms explosively and move your upper body, placing your hands on the boards. Give way at the elbows to cushion. Push off and return to start position.
2 sets, 8 to 12 reps each

4 BENCH PRESSES
FOR CHEST AND TRICEPS

A. Lie on your back on a bench, feet flat on the floor. Hold two weights with arms bent at right angles just over your chest, thumbs facing in.
B. Extend your arms and press the weights over your chest. Hold briefly then return to start. Important: don't arch your back!
2-3 sets, 8-12 reps each

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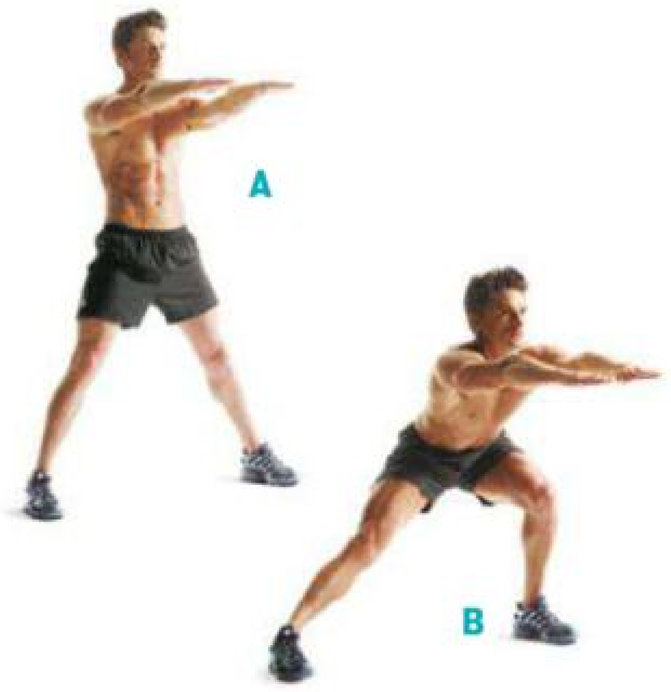
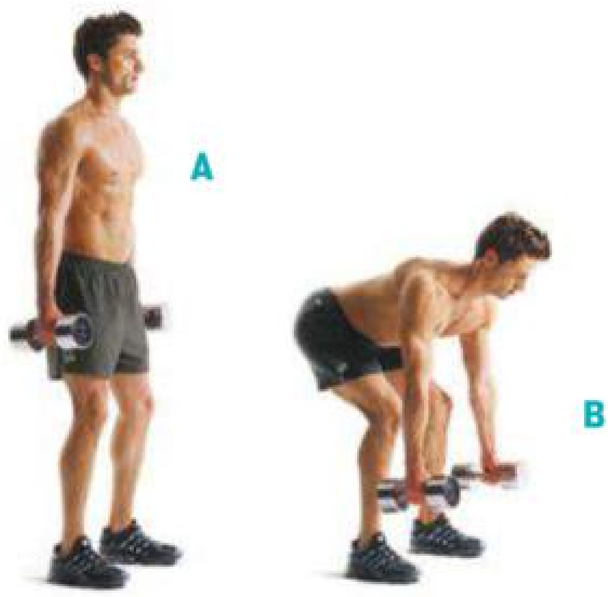
5 SIDE SQUATS
FOR LEGS AND BACKSIDE



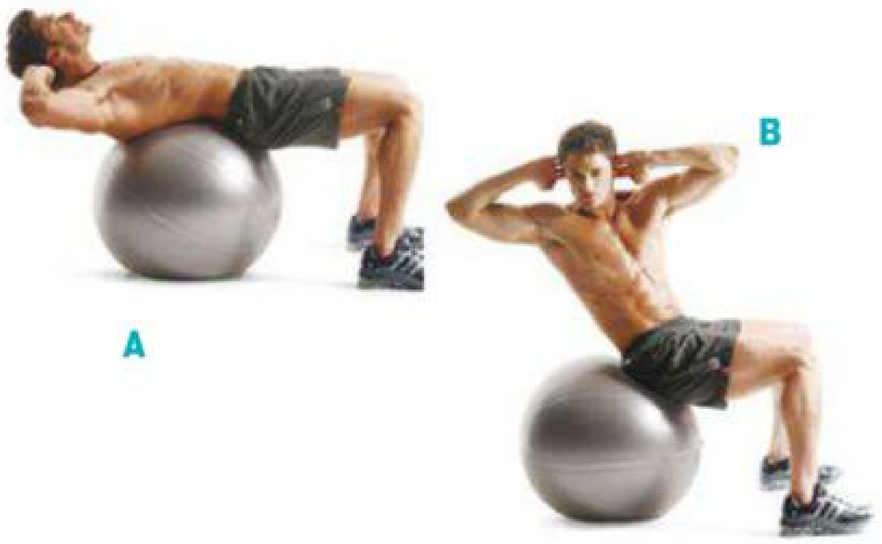
A. Stand straight, arms extended in front, feet much wider than shoulder width apart. Keep your back straight.
B. Push your hips back and to the left, bending your left leg and keeping your right extended. Bend your upper body slightly forward. Squat until your left thigh is horizontal. Hold briefly then return to start.
2 sets, 12-15 reps each

6 DEAD LIFTS
FOR THE LOWER BACK



A. Stand straight, feet about hip width apart. Hold free weights at your sides, palms facing one another, back straight.
B. Slowly lower your upper body until it's almost horizontal, keeping your back straight and your legs slightly bent. Return to start position.
2-3 sets, 10-15 reps each

7 FIT BALL ROTATING CRUNCHES
FOR THE OBLIQUES



A. Lie on a Fit ball, back and hips on the ball, feet shoulder-width apart. Put your hands at your temples, elbows out.
B. Lift your body slowly up and rotate to the right. Keep your back engaged and straight. Return to start.
2 sets, 8-12 reps per side

8 CABLE SIT-UPS
FOR THE ENTIRE CORE

A. Attach a cord grip to the upper hook on a cable machine. Stand so the machine in on your left, feet shoulder width apart. Grab the grip with both hands over your head, arms fully extended.
B. Pull the grip to your right foot and with control return to start.
2 sets per side, 10-15 reps

How can I turn these eight exercises into a workout?

1. THE STANDARD PLAN
Get a beach body by first warming up on an elliptical trainer for 10 minutes. If you're at home, do running knee lifts in place, arm circles or swimming motions with a resistance band. Then perform all eight exercises as above. Take a 30-60 second break between exercises.

2. THE PRO VERSION
Exercise 1: Hold a weight between your feet. Exercise 2: After half the reps take a step back. Exercise 3: Clap in the air. Exercise 4: Turn the palms to each other after pressing up. Exercise 5: Place a barbell on your shoulders. Exercise 6: In position B add some flys. Exercise 7: Hold the upper position for two seconds. Exercise 8: Pull the grips apart and hold the position for as long as it feels good.

3. THE LUNCHTIME WORKOUT
Warm up by doing 50 quick push-ups from your knees. Follow this with one set of exercises 3, 5 and 7 then take a 30-second break. In the second round only do exercises 5 and 7, switching sides.

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IS THERE A TOTAL BODY WORKOUT WITHOUT WEIGHTS?

Sure, you can skip the weights. Your own body weight provides an ideal way to train. The range of movement isn't limited as it is when you use a machine or hand weights. You challenge muscle coordination, which contributes to strength and prevents imbalance. You can perform the following eight exercises anytime, anywhere. All you need is a chin-up bar, a Fit ball and the directions in the box.

How can I turn these eight exercises into a workout?

1. FIT FROM HEAD TO TOE
Warm up for 10 minutes on a treadmill or bike. Take a one-minute break between the eight exercises. Cool down for five minutes on a bike.

2. MUSCULAR UPPER ARMS
Perform exercises 1, 2, 4, 6 and 9 as a circuit (three rounds). Do one set of each exercise but don't pause for more than one minute between sets. After every round take a three-minute break.

Perform the exercises as slowly as possible (four seconds per rep).

3. BURN MORE FAT:
Start with a 15-minute warm-up on a treadmill then perform exercises 1, 3, 5, 7 and 8 in that sequence (five reps more than suggested). Take a maximum 30-second break between exercises. Then do 10 minutes on the bike. Finally, repeat the exercises then run for at least 10 minutes.

1 NARROW PUSH-UPS
FOR SHOULDERS AND ARMS

A. Get into push-up position, legs close together, hands less than shoulder width apart flat on the floor. Legs, upper body and head form a straight line.
B. Bend your arms until your head almost touches the floor then push your body up again.
2-3 sets, 10-15 reps each

2 SQUATS
FOR LEGS AND LOWER BACK

A. Stand straight, legs more than shoulder width apart. Palms behind your head, elbows facing outwards.
B. Bend at the knees until your thighs are almost horizontal. Keep your upper back straight. Push up through the legs.
2-3 sets, 10-15 reps

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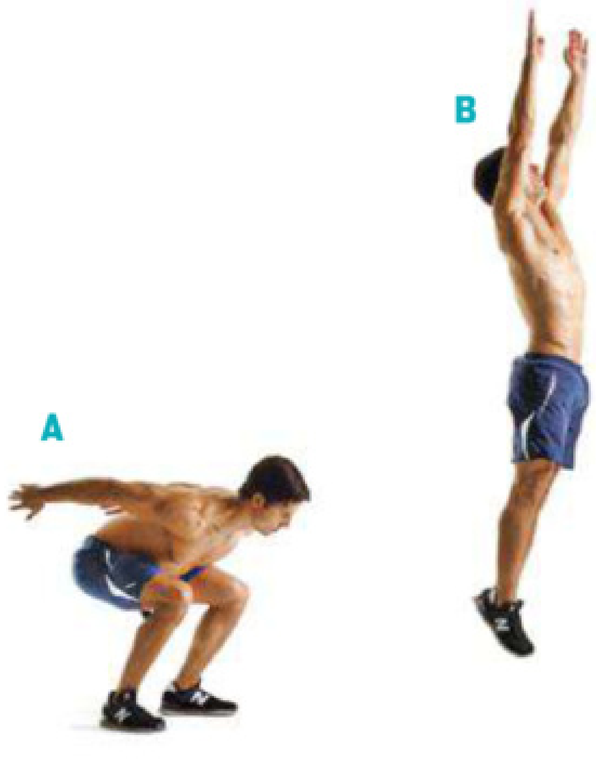
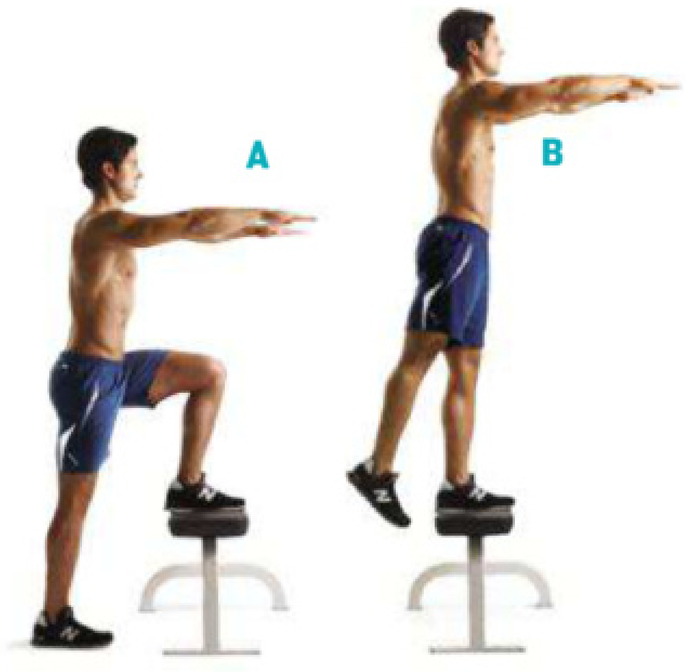
3 EXTENDED CROUCH JUMP
FOR LEGS, CHEST AND ARMS



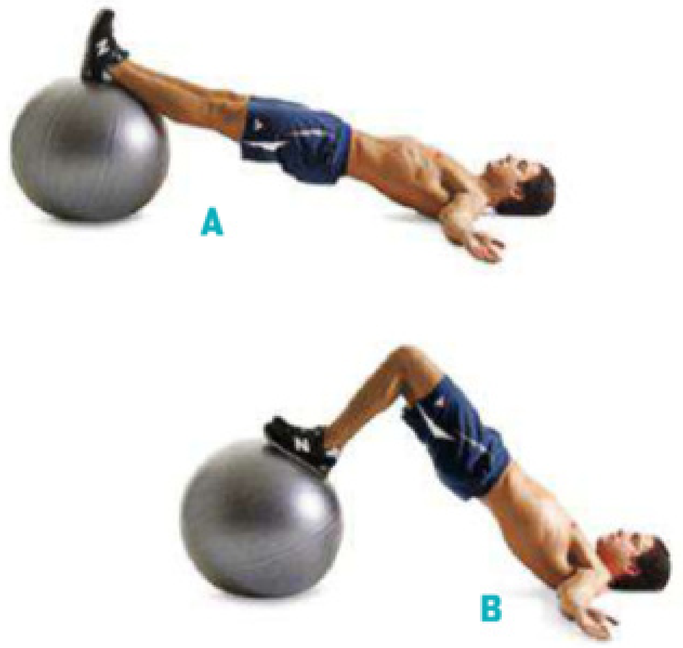
A. Bend at your knees at slightly more than 90 degrees. Bend your upper body forward, keeping your back straight. Extend your arms behind you, the backs of your hands facing out.
B. Press through your knees and jump as high as possible. Pull your arms up and extend them over your head.
2 sets, 10-15 reps each

4 STEP-UPS
FOR ARMS, LEGS AND BACKSIDE



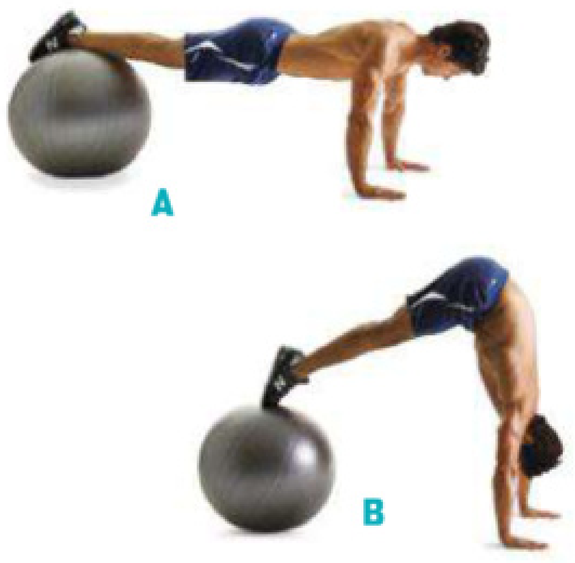
A. Stand in front of a bench. Place your left foot on the bench, right foot remaining on the floor. Extend your arms in front, palms facing the floor.
B. Push through your left leg. Keep the right foot in the air. Keep your upper body straight, arms extended in front. Return to start.
2 sets, 10-15 reps per leg

5 FIT BALL SIT-UPS
FOR LEGS, ABS AND BACK



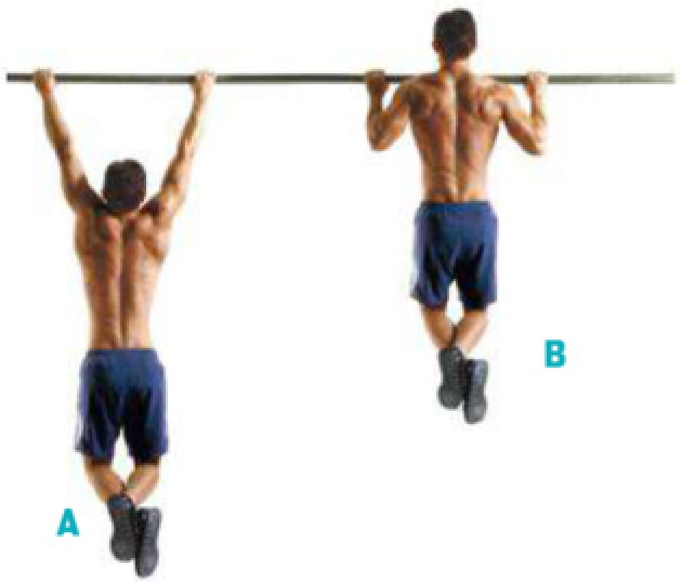
A. Place your calves on a Fit ball. Your shoulders, back of your head and upper back touch the ground.
B. Lift your pelvis and bend your legs until there's a right angle between your upper and lower legs. Don't bend at the hips. Soles of your feet rest on the ball. Return to start.
2-3 sets, 10-12 reps each

6 FIT BALL PUSH-UPS
FOR SHOULDERS, ARMS AND LEGS



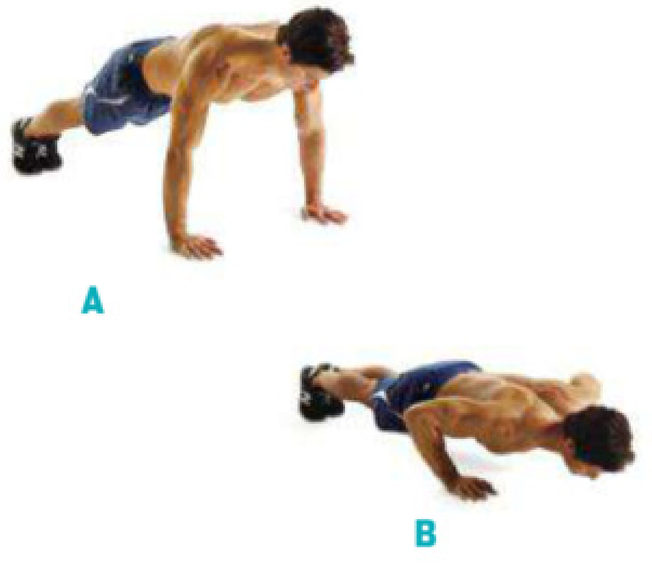
A. Place your shins on the Fit ball, hands on the ground. Your head, upper body and legs form a straight line.
B. Pull your knees in the direction of your upper body until there's a right angle between your legs and upper body and only your toes are touching the ball. Return to start and lower your upper body.
2 sets, 10-15 reps each

7 CHIN-UPS
FOR ARMS, SHOULDERS, ABS AND BACK



A. Grab the chin-up bar at more than shoulder width, thumbs facing inward. Bend your knees slightly and cross your lower legs.
B. Pull your body slowly and evenly up until your chin is over the bar. Make sure your body doesn't swing. Return slowly to start.
3 sets, 6-12 reps

8 CLASSIC PUSH-UPS
FOR SHOULDERS AND ARMS



A. Place your hands shoulder width apart flat on the floor, arms straight, inner edges of the feet touching. Your upper body, head and legs form a line.
B. Bend your arms as deeply as possible. Your head, legs and upper body maintain the straight line. Push up through your arms.
2-3 sets, 15-20 reps

WORKOUTS WHOLE BODY

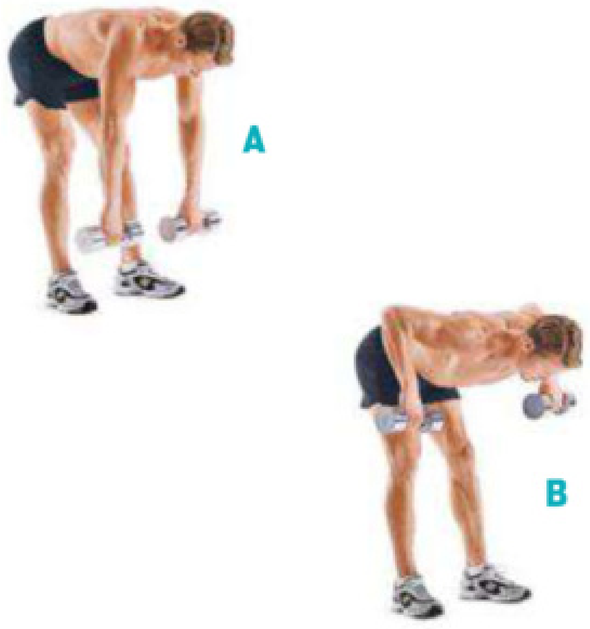
I DON'T HAVE TIME FOR LENGTHY STRENGTH WORKOUTS. HOW CAN I BUILD MUSCLE WITHOUT A BIG COMMITMENT?

Stop the excuses! You can build muscle quickly with the right exercises. Five minutes per day, five days a week doing this express workout is enough to get you on your way. If you have 10-15 minutes, perform three or four workouts. Important: work your entire body in that time to exercise the maximum number of muscles. Learn how to get the most from your muscles in the least time in the box below. What are you waiting for?

1 LUNGES WITH BICEP CURLS
FOR LEGS, BICEPS AND TRICEPS

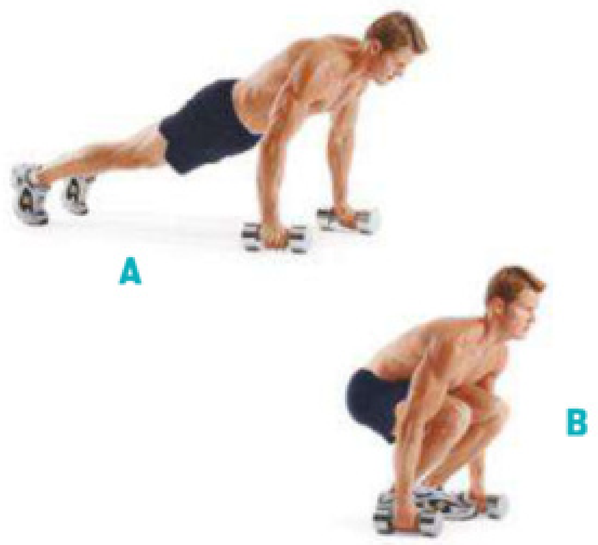
A. Grab a free weight with each hand and let them hang at your sides. Stand straight, palms facing your body, feet shoulder width apart.
B. Lunge and bend your arms, raising the weights to chest height. Now the thumbs face in.
8-10 reps per side

2 BILATERAL ROWS
FOR BACK AND BICEPS



A. Bend your upper body forward until it forms a 90-degree angle with your legs. Hold a free weight in each hand, hanging in front. Look down.
B. Bend your arms and pull the weight up to your sides. Hold briefly then slowly lower the arms.
10-15 reps

3 CROUCHES FROM PUSH-UPS
FOR CHEST, CORE, BICEPS AND TRICEPS



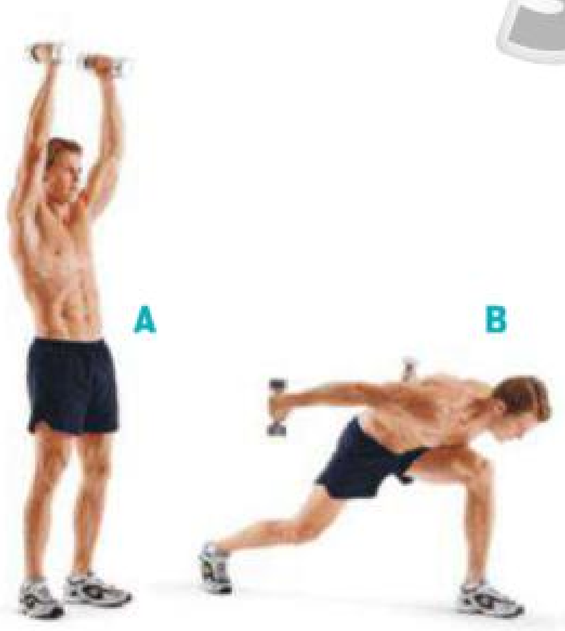
A. Get into push-up position on two free weights. Hands are at chest level, slightly more than shoulder width apart. Legs, upper body and head form a straight line.
B. Pull your legs forward explosively and land in a crouch. Jump back.
8-12 reps

How can I turn these eight exercises into a workout?

LEVEL 1, FIVE MINUTES
Even if you're pressed for time, don't skip the warm up: 30 seconds jumping rope or knee lifts in place. Perform all the exercises without a break, exercises 1-3 for 40 seconds (don't exceed the given reps). Now perform exercises 7 and 8 for 30 seconds. The remaining three exercises are done for 40 seconds per exercise. That's it! If you have another minute, add 60 seconds of push-up rows. Get into push-up position on two weights. Arms extended, body forms a straight line. Lift one weight from the floor and raise it as high as possible. Return to start, switch arms.

4 LUNGES WITH SWINGING ARMS

FOR SHOULDERS, BACK AND LEGS



A. Stand straight with feet shoulder width apart. Hold two weights with extended arms over your head, palms facing each other.

B. Lunge forward and bend your upper body, extending your arms behind. Return to start.

8-10 reps per side

5 INCLINE BENCH PRESSES

FOR CHEST AND TRICEPS

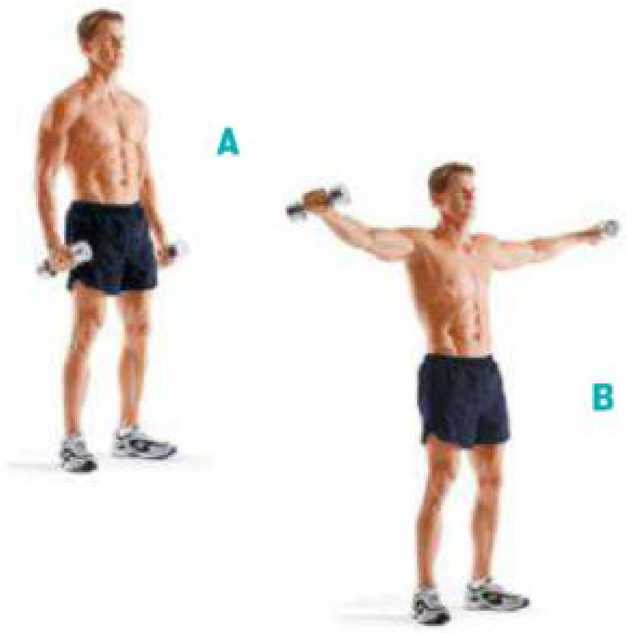
A. Lie with your back on an incline bench and hold two weights with extended arms over your head. Push your shoulder blades together, feet flat on the floor.

B. Slowly lower the weights to beside your chest. Then press up again.

10-15 reps

6 STANDING SIDE LIFTS

FOR THE SHOULDERS



A. Hold a free weight in each hand at your sides, palms facing in. Stand straight, feet about shoulder width apart.

B. Move your arms out to the sides to shoulder height. Hold briefly then return to start.

8-12 reps

7 CRUNCHES WITH EXTENDED ARMS

FOR THE ABS

A. Lie on the ground with a free weight in each hand, legs bent and feet flat on the floor. Extend your arms behind your head so your body forms a straight line from head to foot.

B. Lift your head and shoulders from the ground and roll towards your pelvis. Slowly return to start.

15-20 reps

8 SIDE CRUNCHES

FOR THE OBLIQUES

A. Lie on your back holding a weight with both hands on your chest. Legs are bent, feet flat on the floor.

B. Lift your shoulders and turn your body to the left. Then slowly return to start and repeat on the other side.

10-15 reps per side

LEVEL 2, 10 MINUTES

Start with the same warm-up as in level 1 then perform exercises 1-8 without a break. Split exercises 1, 2, 3, 5, 6 and 7 into two parts. Do the first half for 30 seconds, take 10 deep breathes and add 20 seconds. Follow with the next exercises. Skip exercises 4 and 8. Still have some time? Get into plank position and hold for as long as you can. Important: don't let your pelvis drop.

LEVEL 3, 15 MINUTES

Warm up by jumping rope for 30 seconds, then perform all the exercises in the given sequences, pausing for 20 seconds between each. Performs two rounds. In the second round, reduce the weight with each exercise and add 2-4 reps. This intensity technique really works your muscles. Bonus exercise: do as many push-ups as possible in 60 seconds.

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WHICH WORKOUT BEST IMPROVES STRENGTH AND FITNESS?

If you want to get your heart rate going when strength training, you need to up the number of reps. Keep breaks short to keep circulation flowing. The following workout offers the ideal exercises for your entire body. An additional advantage is that you'll improve circulation in the muscles, one of the most important conditions for effective muscle growth. Do this workout twice a week after warming up for 10 minutes.

How can I turn these eight exercises into a workout?

LEVEL 1, 15 MINUTES
Do the exercises one after another – the break between them should be no longer than 20 seconds. After four exercises, shadow box for 90 seconds then perform the next four exercises. Still have time? Repeat exercises 2 and 5.

LEVEL 2, 40 MINUTES
Divide the workout into three sections: 1-3, 2-4-5 and 7-8. Perform the exercises in groups 1 and 3 first. Take a 30-second break then do the 2nd and 3rd group. Take a 60-second break before starting over again. Perform three rounds.

LEVEL 3, 60 MINUTES
Do three rounds of exercises 1-8 then perform exercises 1-6 as a pyramid at a 10-second pace. How does that work? Exercise 1: 60 seconds, exercise 2: 50 seconds, exercise 3: 40 seconds and so on. After exercise 6 (10 seconds) start over again.

3

1 WIDE SIDE JUMPS
FOR LEGS AND CORE

A. Stand with feet shoulder width apart, bend your upper body slightly forward and extend your arms down.
B. Jump to the right and land on your right leg. The fingertips of your right hand touch the floor. Push up and jump to the left, left fingertips touching the floor. Keep going.
15-20 reps per side

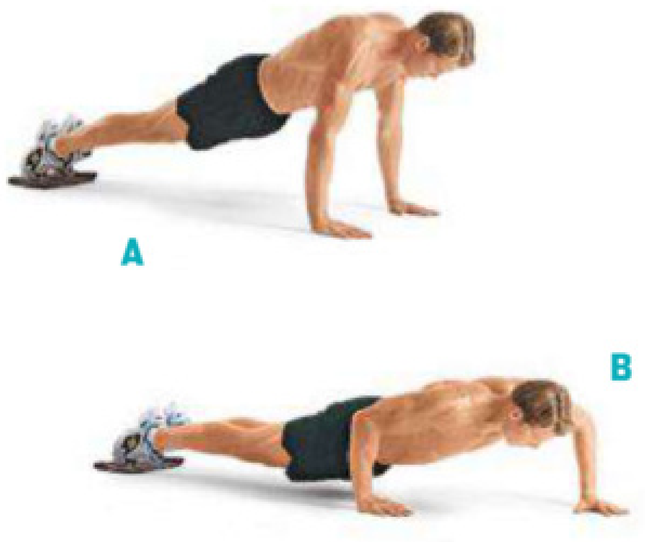
2 LUNGES
FOR LEGS, BACKSIDE AND CORE

A. Stand straight and let your arms hang at your sides, feet about hip width apart, looking straight ahead.
B. Lunge forward with your left leg until the thigh is almost horizontal and your fingertips touch the floor. Stand straight again. Important: keep your knee behind your fingertips.
20 reps per side

3 SKATING JUMPS
FOR LEGS, CORE AND ARMS

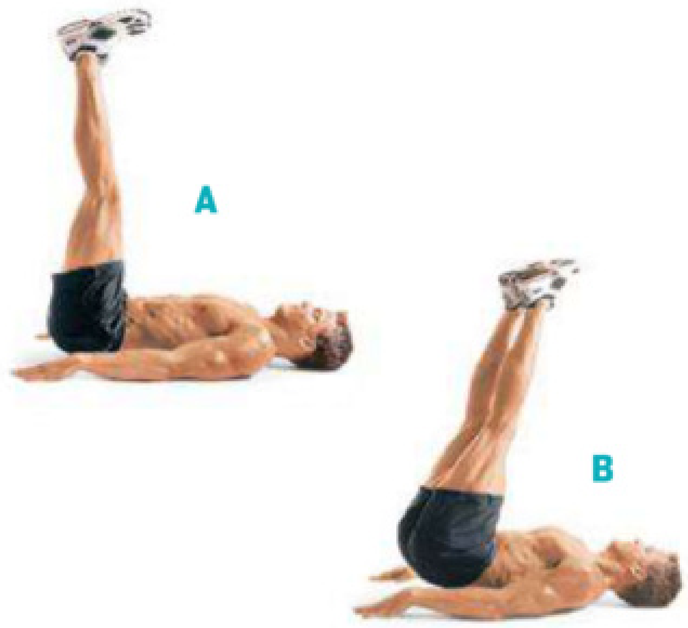
A. Crouch down as if you were going to sit on a chair. Bend your upper body slightly forward, arms at your sides.
B. Jump up and land on your right leg. Push your hips to the right and swing your arms as if ice skating. Jump again and land on your left.
15-20 reps per side

4 CROCODILE PUSH-UPS
FOR CHEST, ARMS AND SHOULDERS



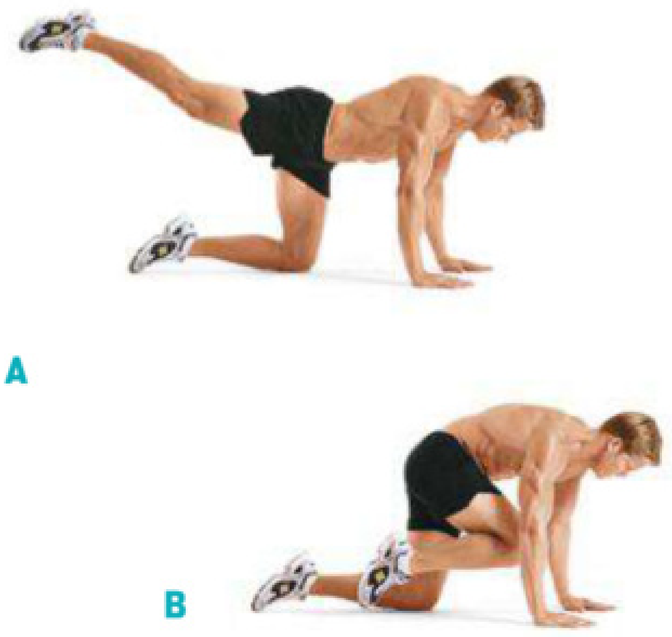
A. Get into push-up position. Legs, hips and head form a straight line. Place your feet on a folded towel.
B. Place your left hand a few centimetres further in front and lower your chest. Push up and then move your right hand in front, continuing to walk slowly through the room like a crocodile. Pull the towel along under your feet.
20-25 reps

5 HIP LIFTS
FOR THE OBLIQUES



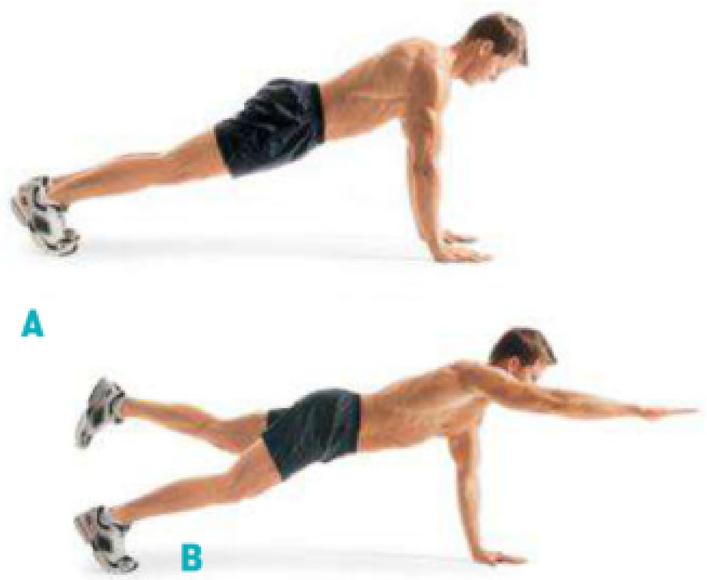
A. Lie on your back, arms beside your body. Extend your legs up vertically, soles of your feet facing the ceiling.
B. Engage your core. Lift your hips from the floor and point your toes to the ceiling. Repeat without returning your hips to the floor.
15-20 reps per side

6 KICK BACKS
FOR BACKSIDE AND CORE



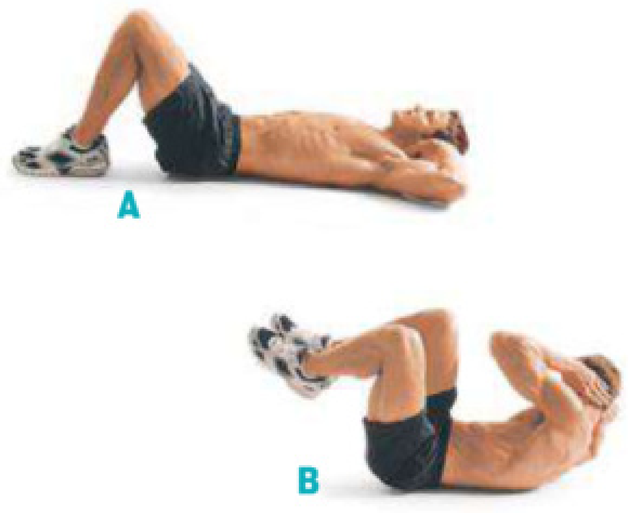
A. Get on all fours then extend your right leg as far as possible behind and up.
B. Move your right leg forward to your left elbow in a fluid movement. Hold briefly and return your leg to start position.
15-20 reps per side

7 TWO-POINT PLANKS
FOR ARMS, LEGS AND BACK



A. Get into push-up position. Your body forms a straight line from heel to shoulders. Arms are straight.
B. Lift your right arm and left leg at the same time until they are horizontal. Hold 5-10 seconds, change sides and repeat.
5-8 reps per side

8 SIDE CRUNCHES
FOR THE OBLIQUES

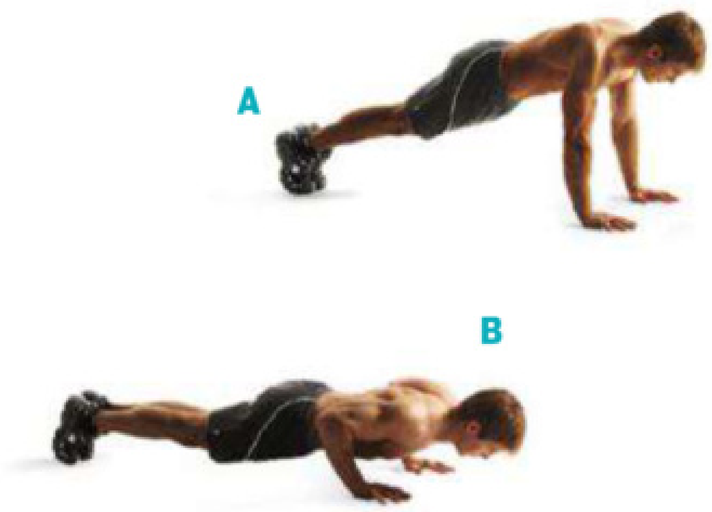


A. Lie on your back, legs bent, feet flat on the floor. Place your hands behind your head.
B. Lift your knees and shoulders at the same time, turning your body to the right and reaching your left elbow to your right knee. Hold briefly and return to start. Repeat on the other side.
15-20 reps per side

I HAVE DEFINITE WEAKNESSES IN MY BODY. HOW CAN I TARGET IMPROVING THEM?

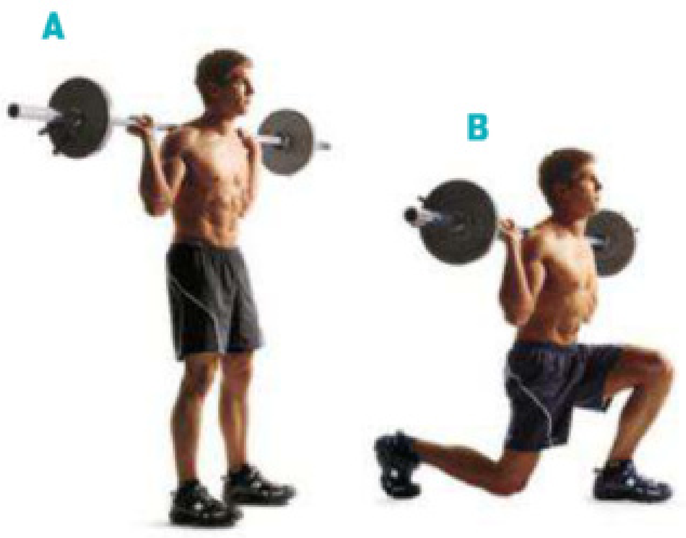
Everyone has physical weaknesses but you can counteract them with the right exercises. The trick: complex exercises promote coordination and work more muscle groups at the same time. You'll improve the teamwork of your muscles and weaknesses will disappear. A further advantage is if you're pressed for time you can do this workout in less than 15 minutes. The box below provides you with three individual plans to help you turn those weaknesses into strengths.

1 PUSH-UPS (HELD)
FOR CHEST AND TRICEPS



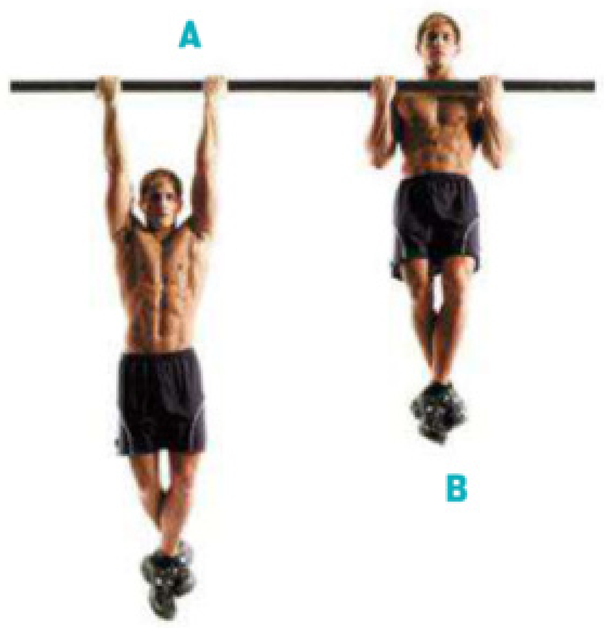
A. Get into push-up position; hands slightly more than shoulder width apart, body forms a straight line from head to foot.
B. Lower you upper body as far as possible, keeping your hips in the straight line. Hold briefly then stretch your arms again.
2-3 sets, 10-20 reps

2 BACKWARDS LUNGES
FOR LEGS AND BACKSIDE



A. Place a barbell at the back of your neck. Stand straight, feet shoulder width apart.
B. Take a large step back with your left foot. Bend at the knees until the front thigh is almost horizontal and the back knee almost touches the ground. Stand up straight again and switch sides.
2 sets, 10-15 reps

3 EXPLOSIVE CHIN-UPS
FOR BICEPS AND UPPER BACK.

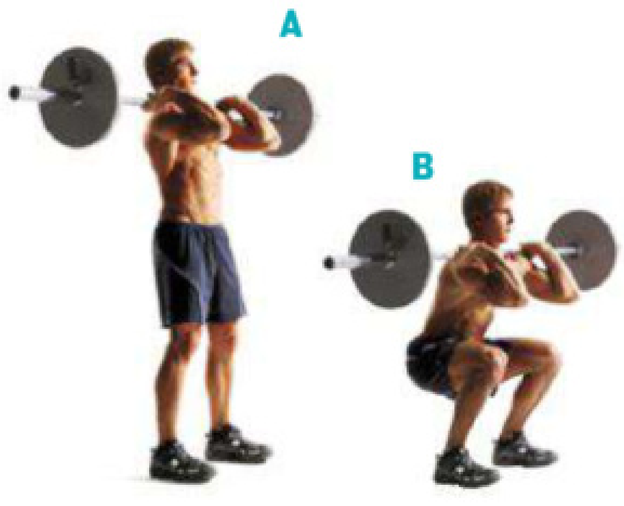


A. Grab the bar at shoulder width, thumbs facing out, knees slightly bent, feet crossed.
B. Pull your chest up above the bar as quickly as possible. Hold briefly and return to start in slow motion. Important: warm up your arms and back first; lat pulls are a good option (10 reps at 60 per cent maximum weight).
2-3 sets, 10-15 reps

How can I turn these eight exercises into a workout?

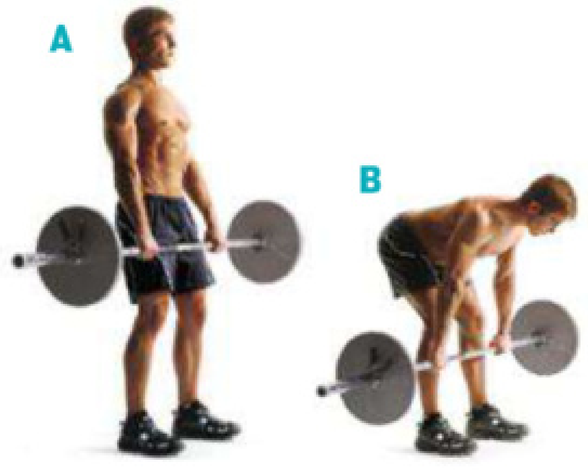
1. STRONG IN NO TIME
You can do this workout in just 13 minutes. Warm up for three minutes (running and shadow boxing) then perform one set of each exercise (12 reps) without a break. If you have more time, do more sets. Warm up for 15 minutes on a treadmill or an elliptical trainer then perform all the exercises as shown. Plan on doing this workout three times a week with a day off in between for recovery. On the days off, add a light cardio workout.

4 FRONT SQUATS
FOR LEGS, BACKSIDE AND SHOULDERS



A. Support a barbell on your shoulders at the front. Lift your upper arms until they are almost parallel to the floor. The bar will roll slightly in the direction of your fingertips.
B. Squat until your thighs are horizontal. Your knees shouldn't move in front of your toes. Return to start.
2 sets, 8-12 reps

5 DEAD LIFTS
FOR LEGS, BACKSIDE AND LOWER BACK

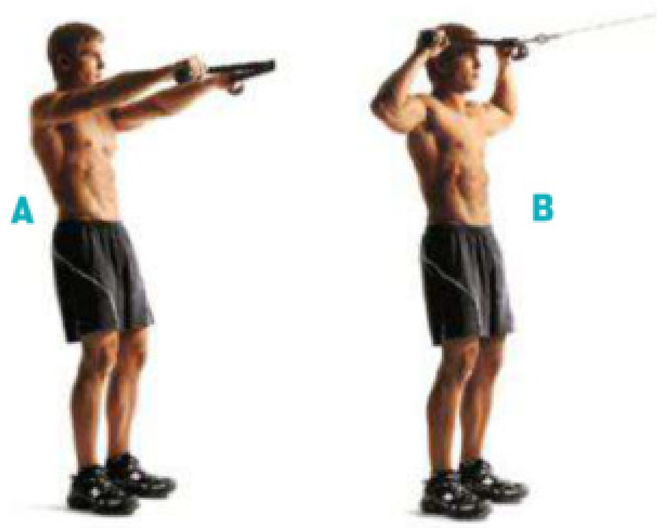


A. Stand with feet shoulder width apart and hold a barbell in front of your body. Thumbs face in, knees slightly bent.
B. Bend your upper body forward (not further than horizontal), keeping your back straight and the bar close to your body. Return to start.
2 sets, 12-15 reps

6 FRENCH PRESS
FOR TRICEPS AND CHEST

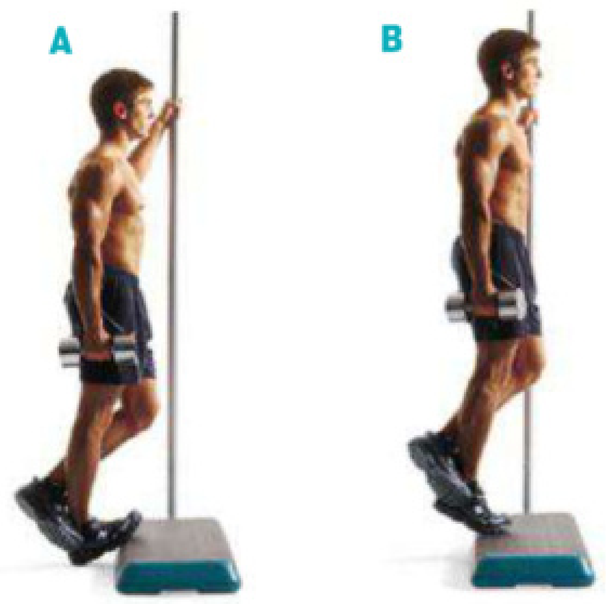
A. Lie on your back on a bench with a barbell held in the middle (try an EZ-bar). Hold the weight with extended arms over your chest, thumbs facing inwards.
B. Bend your elbows and lower the weight until your forearms are horizontal. Hold briefly then return to start.
2 sets, 8-12 reps

7 CABLE WINCHES
FOR ARMS, SHOULDERS AND BACK



A. Attach a rope grip at the top of a cable tower. Grab the ends and extend your arms in front of your body. Move back until the cable is taut. Lean back slightly but keep your back straight.
B. Pull the rope to your chin then rotate your shoulders slowly until your hands are at ear height. Return to start.
2 sets, 15-20 reps

8 HEEL LIFTS
FOR THE CALVES



A. Grab a weight with your right hand. Stand on a step on your right toes, your left foot behind the right. Hold onto something with your left hand, keeping your body straight. Lower your right heel as far as possible.
B. Go as far up as possible on your toes then return to start.
2-3 sets per side, 15-20 reps

2. TAUT LEGS
Here's how to strengthen your fundamentals and maintain stability. Warm up for 5-10 minutes on a treadmill, elliptical trainer or bike. If you don't have equipment try stair climbing. Start with a total body circuit of exercises 2, 4 and 8 (total 3 rounds). To work on speed, perform 15 explosive jumps from a squat, if possible on grass or barefoot on a soft mat. Tip: imagine you are pushing the ground away.

3. STRONG LOWER BACK
This is the best prevention against back pain. First warm up for five minutes on a bike or attach a resistance band to something stable and sit on the floor with a band end in each hand and row for 15 minutes. Then perform 2-3 sets of exercises 3, 5 and 7. Hold a plank for 20-30 seconds with your body in a straight line, only your elbows and toes touching the floor. Engage your core muscles.

WHAT TYPE OF TRAINING WILL PROTECT ME FROM INJURY?

You can prevent injury with these eight exercises. The workout is based on training your entire body at least twice a week, not just one or two areas. You'll prevent weak spots from cropping up, which may be susceptible to injury. Careful: if you start without a warm-up you're risking muscle tears or pulls. Jump rope for five minutes or run on a treadmill for 15 to prepare.

1 PUSH-UP ROWS WITH WEIGHTS

FOR CORE, BACK AND ARMS

A. Get into push-up position holding two weights. If the floor is slippery place a towel underneath to prevent the weights slipping. Knees, hips and shoulders form a straight line.
B. Lift one weight and move it to beside your chest, turning your body slightly. Return to start and switch sides.
10 to 15 reps per side

2 FIT BALL PUSH-UPS

FOR THE CHEST

A. Get into push-up position on a Fit ball: feet hip width apart, hands shoulder width apart on the ball, arms extended. Keep your back straight, core engaged.
B. Lower your upper body as close as possible to the ball. Hold at the lowest point. Extend your arms again.
12-15 reps

3 SHOULDER ROTATIONS WITH WEIGHTS

FOR NECK AND SHOULDERS

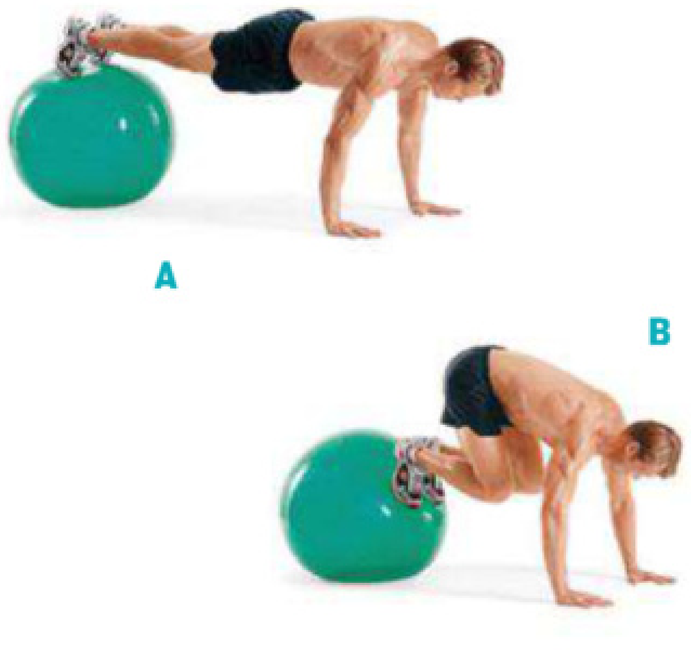
A. Take a weight in each hand. Stand with feet hip width apart, keeping your back straight. Hold your elbows at your sides, upper arms horizontal, forearms hanging relaxed below.
B. Your upper arms don't move. Rotate your forearms up until they are almost vertical.
15-20 reps

4 STEP LUNGES WITH WEIGHTS

FOR THIGHS AND CALVES

A. Place a 20cm high step about two foot lengths in front of you. Stand with feet at shoulder width, a weight in each hand, arms at your sides.
B. Lunge with your left foot and place it on the step; bend your right leg. Keep your back straight. Return to start and switch legs.
10-15 reps per side

5 FIT BALL JACKKNIFES
FOR THE LOWER ABS



A. Get into push-up position on a Fit ball. Toes rest on the ball, hands on the ground beneath your shoulders.
B. Pull your knees (and the ball) as far as possible in the direction of your upper body. Keep looking at the ground.
10-15 reps

6 FRONT LIFTS WITH WEIGHT PLATE
FOR NECK AND SHOULDERS

A. Stand up straight, feet about hip width apart. Hold a weight plate in front of your body with extended arms. Look ahead, keeping your back straight.
B. Lift the plate slowly and with control to shoulder height. Hold briefly and then slowly lower.
12-15 reps

7 FIT BALL CRUNCHES WITH WEIGHTS
FOR THE UPPER ABS

A. Grab a weight with each hand. Lie on your back on a Fit ball, legs bent, feet flat on the floor, back stretched over the ball.
B. Raise your upper body so your lower back remains on the ball. Keep your muscles contracted. Return to start.
15-20 reps

8 STEPBOARD STEP-UPS
FOR CALVES, THIGHS AND CORE

A. Place several step boards on top of one another until you reach 50cm high then place one foot on the step. Stand with your back straight.
B. Push through your thigh until you are standing on the step with one leg. Return to start then switch legs.
10-15 reps

How can I turn these eight exercises into a workout?

LEVEL 1, 15 MINUTES
No time? Okay, here's the short program. You need a quick warm-up of three minutes jumping rope. Then perform exercises 1, 3, 5, 7, 2, 4, 6 and 8 in that order without a break. You won't be working similar muscles close together.

LEVEL 2, 30 MINUTES
Do the circuit twice in the sequence above (1-8) and pause 20 seconds between exercises. After the first round, get into a plank. Make sure your weight is on your elbows not your hands and that you're engaging your abdominals.

LEVEL 3, 50 MINUTES
After warming up, perform the circuit as in Level 1. Then hold a plank for one minute and repeat the exercises as given above (1-8). Pause for 20 seconds between the exercises. Then do another one-minute plank followed by a circuit of exercises as in level 1 and you're done!

NUTRITION

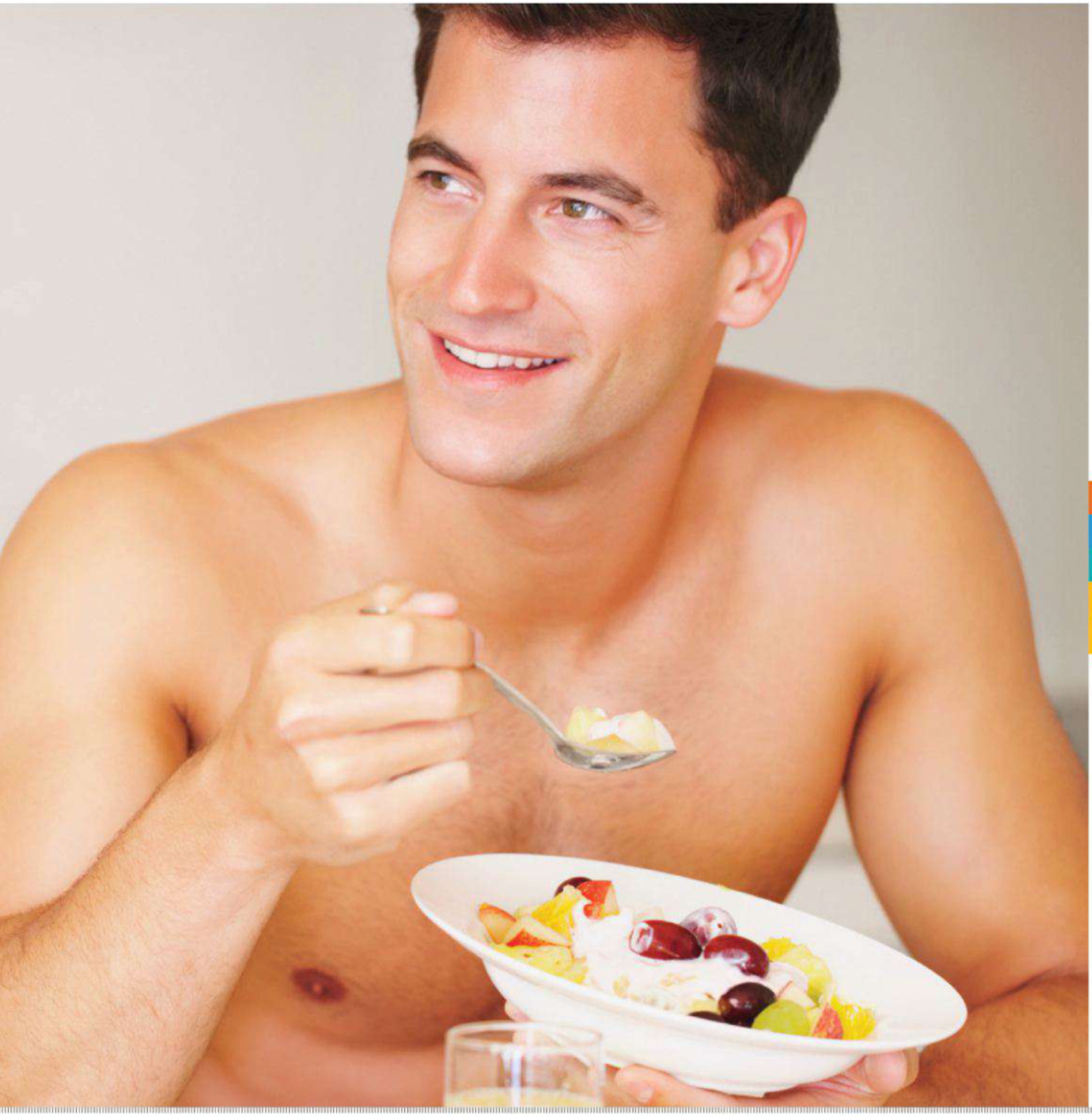
Successful strength training requires a well-balanced diet with the right ratio of protein, fat

4

WHAT SHOULD I EAT TO HELP MY MUSCLES GROW?

The most important nutrient is protein. It's fuel for your muscles, which are made of protein. The catch: our bodies store fats and carbohydrates, not protein. Protein aids muscle growth but a lack of protein can lead them to deteriorate. You need a protein-rich diet of fish, meat, eggs and unsweetened dairy products to help muscles grow. Protein also assists recovery and the healing of injuries. It stabilises your blood-sugar levels and activates your metabolism. Studies have shown that a protein-rich diet is good for your heart and helps you lose body fat.

and carbohydrate. Here's your power food!



WHICH FOODS HAVE THE MOST PROTEIN?

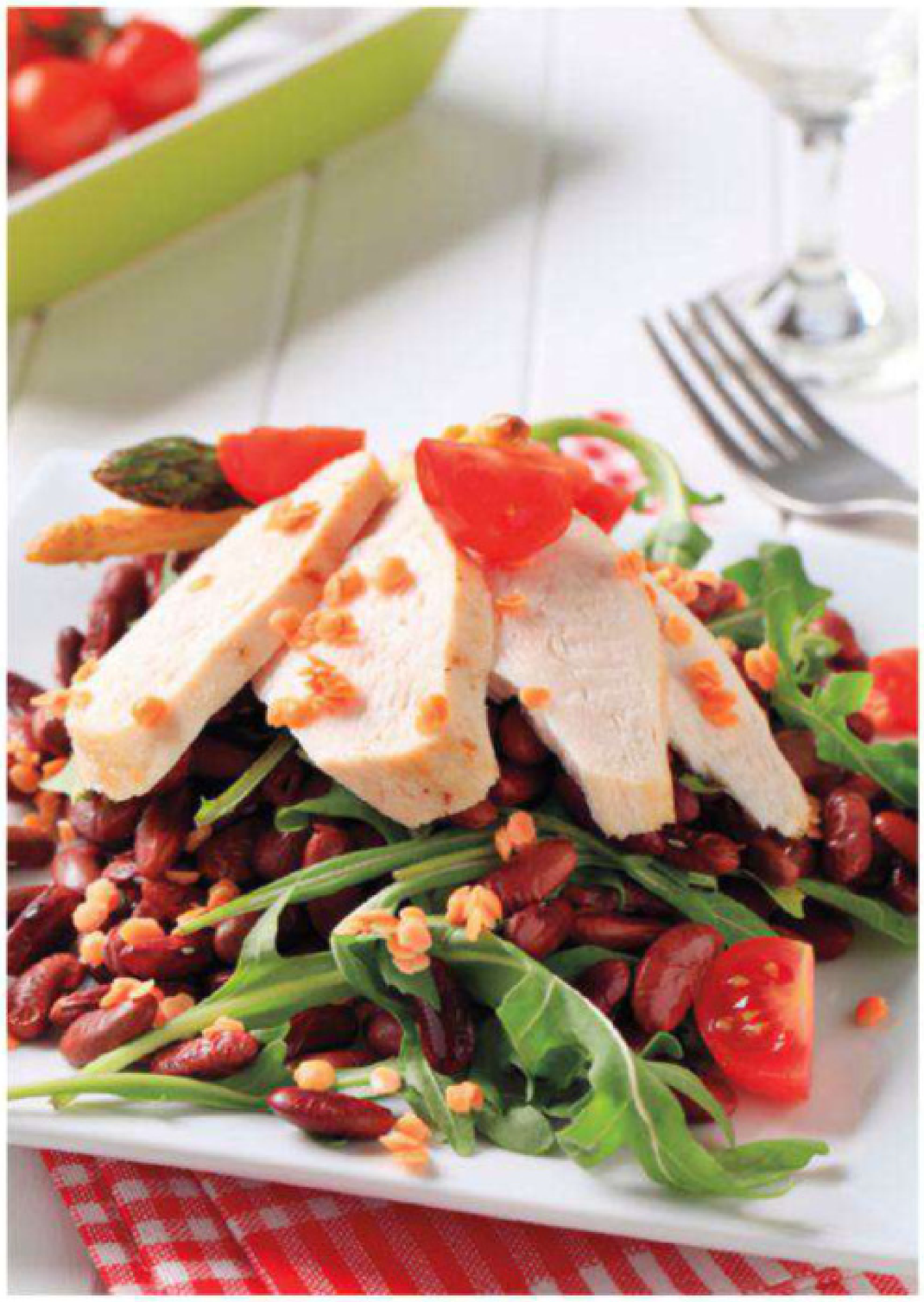
You should eat 1.2 to 1.5g of protein per kilo of bodyweight per day. These four foods increase muscle mass and add variety to your diet.

Eggs: It's a myth that egg yolk raises your cholesterol, there's no better amino acid combination than egg white and yolk. There is a risk of salmonella, however, so if you're eating soft-boiled eggs make sure they are fresh.

Legumes: Kidney beans, chickpeas, white beans or red lentils in your salad will keep your energy level high on account of their high protein content. The fibre improves digestion and lowers your blood lipids, and legumes are cheaper than meat and fish.

White meat: Turkey, lean pork and chicken are delicious, have little fat and make you feel full. Low-fat meat dries out if it's overcooked so watch it closely and try marinating it in a mix of lemon juice, thyme and olive oil.

Fish: Salmon (smoked or natural), mackerel, tuna and prawns taste delicious and are very healthy. Fish also provides you with nutrients you might otherwise not get, such as iodine, vitamin D and omega-3 fatty acids.



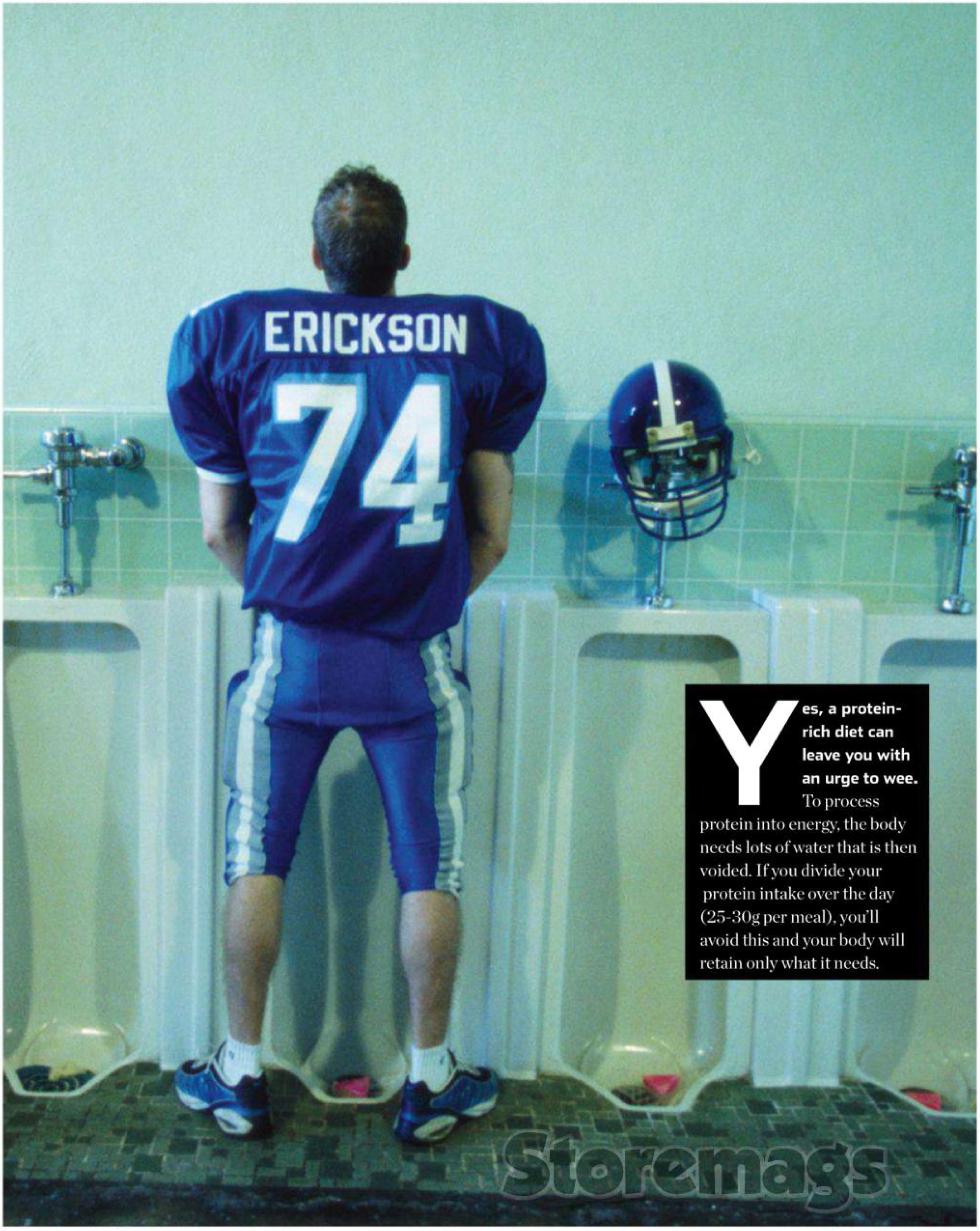
WHAT SHOULD I LOOK FOR WITH A PROTEIN-RICH DIET?

Make sure you take in enough Vitamin B6, which your body needs in proportion to your protein intake. So the more protein in your diet, the more B6 you need. We recommend 0.02mg of B6 for every gram of protein. It's important to maintain a balanced diet, though, so don't take artificial B6. Better to eat walnuts, sesame seeds and sunflower seeds as snacks or in salads.

Does protein make my muscles automatically grow faster?

Unfortunately it's not that easy. Protein is an essential building block, and strength training increases your protein needs, but you can cover that with a well-balanced diet. A protein shock of amino acids and a protein shake doesn't automatically lead to muscle mass: with 1.5-2g protein per kilo you're at your limit, even with four workouts a week. You'll excrete unnecessary power foods.

It's better to look at the amount of essential amino acids and the biological value in the foods you buy. The best foods are eggs, nuts, fish, meat, beans and dairy products. Tip: protein from different sources can complement and enhance your diet. Try eggs with potatoes, or a mixture of beans and corn or milk and wheat (such as in muesli).



Yes, a protein-rich diet can leave you with an urge to wee. To process protein into energy, the body needs lots of water that is then voided. If you divide your protein intake over the day (25-30g per meal), you'll avoid this and your body will retain only what it needs.

Storemags

NUTRITION

Are carbohydrates important for nutrition?

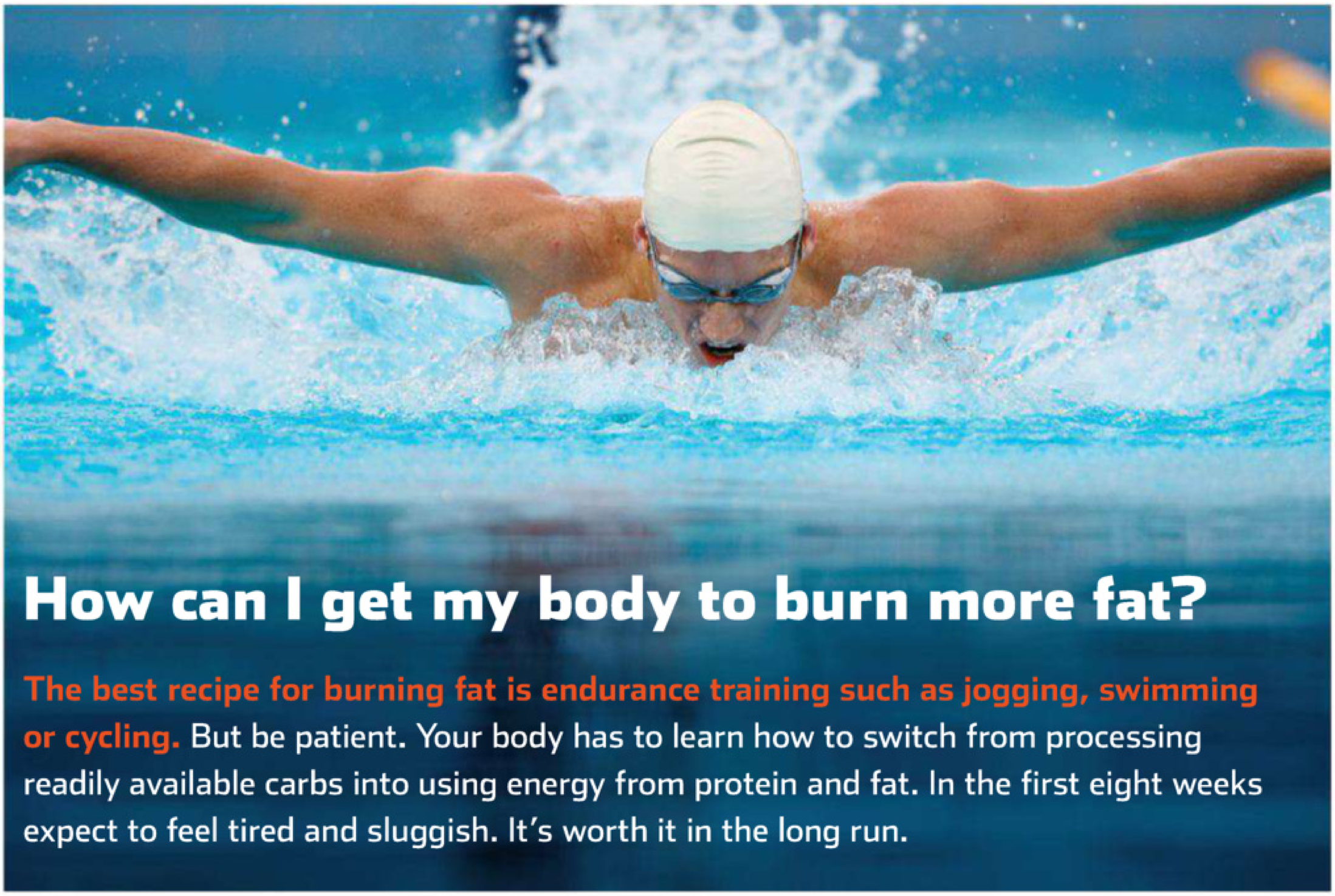
Your body needs carbohydrates for energy but most people eat too many. Several studies at the best universities have shown that too many carbohydrates make you sick and fat, and that athletes perform worse after eating too many carbs. Nutritionists used to believe that carbs led to improved athletic performance but that was a mistake! Include more protein and healthy fats in your diet.

CAN I SKIP EATING CARBS?

No, you still need to eat carbohydrates. Keep about 150g of muscle fuel as complex carbohydrates (wholemeal pasta or rice) in your daily meal plan. It's best to eat them after a strength workout, as your stores will be low and your six-pack feels visible. Don't forget the protein.

Do I have to avoid fat?

No! Fat is an energy-rich nutrient, which hardly raises your insulin levels. Since you're lowering your carb intake, you need an energy replacement. If you don't eat enough fat, your body loses valuable muscle protein as an energy source. You'll find healthy fat in salmon, mackerel, nuts and linseed oil.



How can I get my body to burn more fat?

The best recipe for burning fat is endurance training such as jogging, swimming or cycling. But be patient. Your body has to learn how to switch from processing readily available carbs into using energy from protein and fat. In the first eight weeks expect to feel tired and sluggish. It's worth it in the long run.

Which foods should I include in my diet?

These 10 foods are guaranteed to help build muscle.

Eggs: Natural protein with high nutritional value.
Oats: In muesli or porridge.
Poultry: Easily digestible protein that doesn't bog you down.
Bananas: An ideal snack with lots of carbs and vitamins.
Cottage cheese: Lots of protein and good for on the go.
Rice cakes: Add ricotta or marmalade for a quick dessert.
Cocoa: Good after a workout instead of a shake.
Potatoes: Rich in easily digestible carbohydrates.
Nut spread: Lots of kilojoules and valuable fats.
Cherry juice: Decreases the risk of muscle pain.

I'm training hard so why aren't my muscles growing?

You're probably not eating enough. If you are athletic, you need more energy (up to 2400 kilojoules more). The basic rules for muscle building are eat regularly, favouring protein-rich foods like dairy products, fish and eggs; cut down on carb-rich foods such as rice, bread and pasta and substitute fruits and vegies; and drink at least two litres of water a day. To work out how many kilojoules you need, keep a food diary for a week, noting everything you take in. Weigh yourself at the same time each day. Your daily requirement is how many kilojoules you need to maintain that weight.

WHAT DOES "HIGH QUALITY" PROTEIN MEAN?

High quality proteins are those that fulfill the needs of the body; animal protein is better than vegetable protein in this case. A higher biological value means more body protein that can be made by food protein. Eggs (including the yolk) have a biological value of 100.

WHICH TYPES OF FISH DO YOU RECOMMEND?

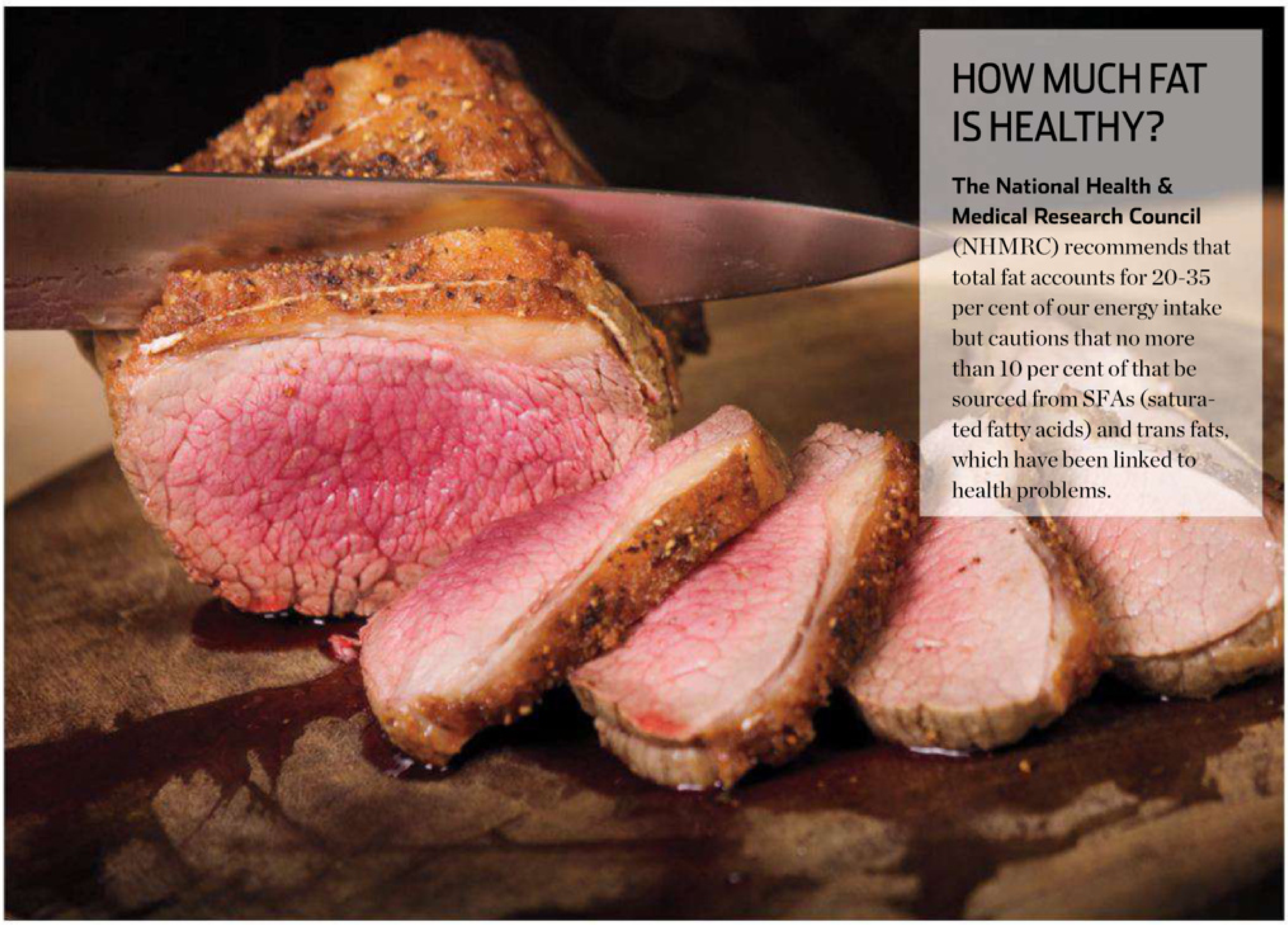
Eat fish with a high amount of omega-3 fatty acids such as tuna or fresh salmon. Freshwater fish such as trout also contains proteins and little fat. Tip: eat fish at lunch. You'll eat 11 per cent fewer kilojoules than if you ate meat. Fish takes longer to digest and will keep you feeling full for longer. Our suggestion: steam it instead of sautéing or frying. You'll retain more of the biological value.

Are all types of meat equally good for building muscle?

The less water in the meat, the higher the amount of protein and the better the meat for muscle growth. Don't eat only chicken and lean beef; try some venison, pork and rabbit. Important: cook your meat thoroughly, which helps the uptake of amino acids by starting the process of denaturing; a type of pre-digestion. The body can then better process the proteins.

WHICH TYPES OF POULTRY ARE BEST FOR ATHLETES?

Chicken and turkey are both very lean. Different cuts vary in fat content. The breast is the most expensive but you can do a lot with a lean skinless breast; stuff it, grill it or bake it. The legs are cheaper but have more fat. Skip the fatty skin.



HOW MUCH FAT IS HEALTHY?

The National Health & Medical Research Council (NHMRC) recommends that total fat accounts for 20-35 per cent of our energy intake but cautions that no more than 10 per cent of that be sourced from SFAs (saturated fatty acids) and trans fats, which have been linked to health problems.

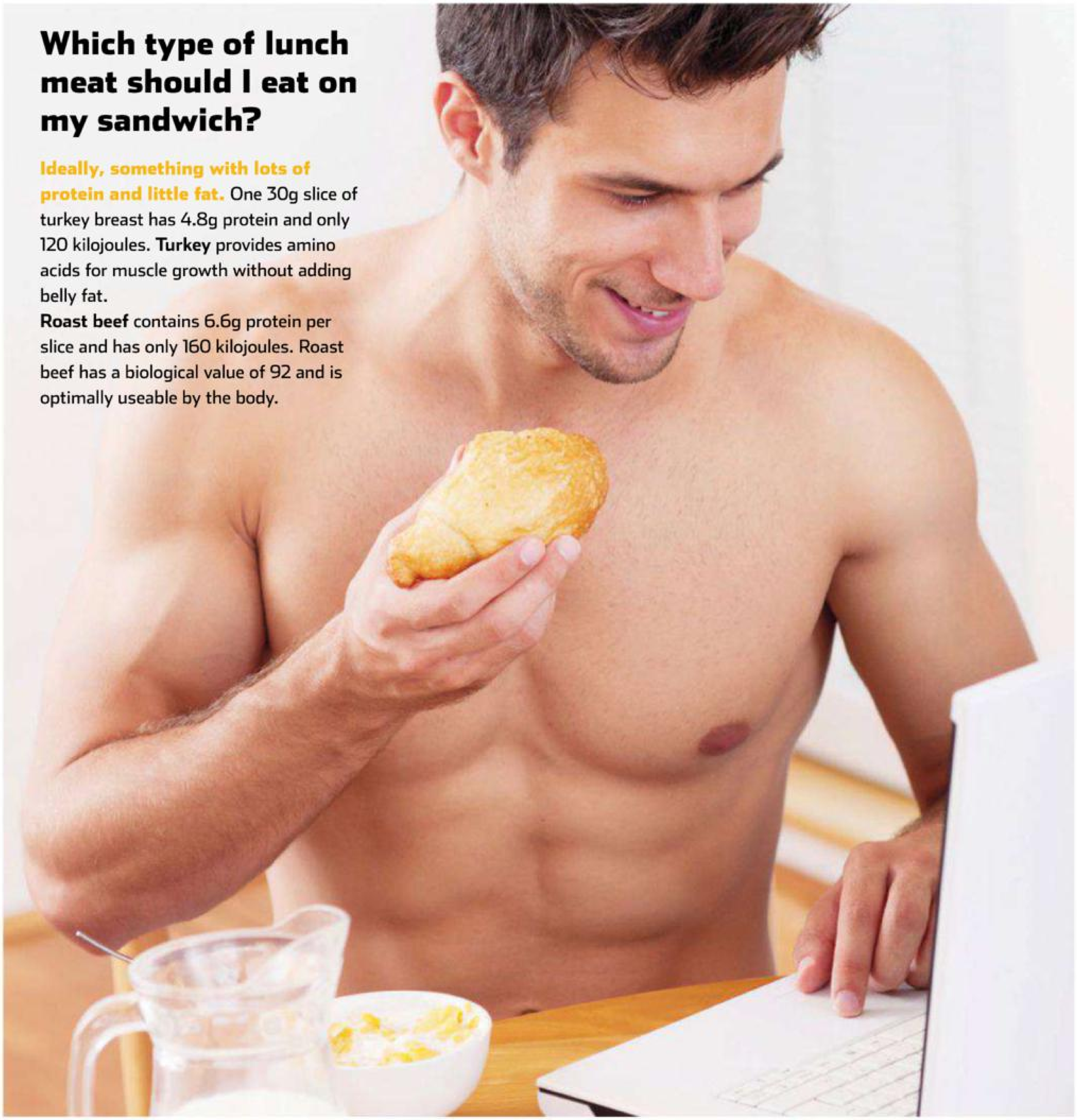
Which cheese has the most protein?

Cottage cheese is very rich in protein and low in kilojoules thanks to the water content. Also good is mozzarella (5.4g protein per 30g with 5.7g fat) and gouda (7.4g).

Which type of lunch meat should I eat on my sandwich?

Ideally, something with lots of protein and little fat. One 30g slice of turkey breast has 4.8g protein and only 120 kilojoules. **Turkey** provides amino acids for muscle growth without adding belly fat.

Roast beef contains 6.6g protein per slice and has only 160 kilojoules. Roast beef has a biological value of 92 and is optimally useable by the body.



SHOULD I AVOID SOFT DRINKS TO GET A SIX-PACK?

It's a good idea. Sugary beverages such as juice or soft drink trick your blood sugar into thinking it has energy. But the reality is different: consuming too much sugar prevents the uptake of muscle-building amino acids and steals building material you need for your workout. You're taking in kilojoules that your body won't use up so you'll have a belly instead of abs. Opt for water or low-sugar sports beverages instead.

Storemags

WHY AM I HUNGRY DURING TRAINING?

That's a signal that your blood sugar level is low because your muscles have used up the glycogen (the carbohydrates stored in your body). Your body will look for energy from your muscle proteins so your muscles will get smaller, not bigger. **Tip: eat a banana 30 minutes before your workout.**

Is it better to work out on an empty stomach?

No. If you're hungry your body is running on empty and that's not good. Hard work requires quick energy, which your body has to be able to get from its carbohydrate stores. It's a good idea to eat a meal 2-3 hours before you work out. You'll metabolise less fat during your training but afterwards you'll burn more. The reason: a large part of the energy that your body needs for recovery comes from fat. Sports science calls this the afterburn effect and it lasts for up to 72 hours after a workout.

Does coffee speed up my metabolism?

Yes, but you should drink less before intensive training. Go to bed early, since a longer, relaxing sleep helps the body to release growth hormones. Without them, you'll only be dreaming of muscles.

WHICH FOODS SUPPORT RECOVERY?

Eat a handful of almonds over the course of the day. Think of every almond as a tasty and healthy alpha-tocopherol pill. Alpha-tocopherol is a form of vitamin E, which is readily absorbed by the body. Vitamin E functions as an antioxidant and can prevent cell damage after a hard workout. The less damage done to muscle cells by free radicals, the more quickly they recover after a workout and grow. PS: Don't worry, you won't gain weight by adding a few almonds to your diet.

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What is a good snack?

It should be high in protein, light and delicious. Here are a few suggestions:

On the go: Nuts and bananas. Highly nutritious, easy to toss in your bag, and you can snack anywhere without feeling guilty.

Good forever: Canned tuna. Add freshly ground pepper and a pinch of sea salt for a delicious snack. And no carbs!

Energy boost: Wholegrain sourdough toast with peanut butter will satisfy by giving you a protein hit and a good dose of complex carbohydrates. The sourdough makes it low GI, too.

ARE SANDWICHES GOOD FOR ATHLETES?

Depends on the filling. Avoid fatty salami and cheese and follow our muscle-building recipes.

Muscle fish burger: Roast some snapper and pack into a sesame roll with white cabbage strips, sliced tomato and chopped coriander. Mix together mayonnaise, lime juice, chili powder and garlic as a dressing. It's an ideal snack for after training, with good protein from the fish to build muscles.

***Men's Health* baguette:** Place some prosciutto on half of a baguette. Add some rocket and green asparagus (steamed or grilled) and some olive oil, Dijon mustard and lemon juice. Asparagus is rich in folic acid, which is essential for cell division and muscle growth.

Toast with bacon and banana: Spread a piece of toast with peanut butter; add bacon and banana. Careful! This one is just for athletes who need lots of kilojoules. Bananas deliver potassium, an essential mineral for muscle growth.

Biceps baguette: Mix canned tuna with black olives and capers and spread on a baguette. Add fresh lettuce, tomato, hard-boiled egg, steamed green beans and a squirt of lemon juice. Tuna provides omega-3 fatty acids, which protect the heart and blood vessels. It's high in protein and ideal with eggs.

CAN I ENJOY JUNK FOOD ONCE IN A WHILE?

Enjoy is the right word. Every once in a while you can treat yourself because forbidding food is the surest way to think about it all the time. Allowing these occasional treats stops them being tempting. The same goes for sweets: generally okay but not too many. If you're working on a six-pack, then eat sweets in the morning. In the afternoons and evenings try to eat protein-rich meals.

WHAT'S BETTER FOR MY MUSCLES, MILK OR SOY MILK?

Low fat or skim milk after training gets your muscles growing. It's twice as effective as soy milk and has the same amount of protein. Researchers believe it's because the protein in cow's milk is digested more slowly and the muscles benefit from receiving the nutrients over a longer time period.

I'm a vegetarian. How can I get iron in my diet?

Iron transports oxygen into red blood cells, which deliver the oxygen to the muscles. The problem for vegetarians and vegans is that our bodies can't use plant iron as effectively as iron from animal sources. Luckily, vitamin C can process plant iron so it's as readily available as animal iron. If you combine your iron with lemon, your muscles can use the iron from spinach the same way as it can use iron from meat, so 200g of spinach can provide the same amount of iron as 150g of roast beef.

Five-minute recipe: Heat 2 tablespoons of olive oil in a large pan. Add 3 garlic cloves and sauté. Add 200g of chopped English spinach. Sauté for four minutes; stirring constantly. Add 2 diced dried tomatoes, the juice of ½ a lemon and season to taste with salt and pepper.

Do I really have to eat fish?

Scientists recommend eating fish twice a week because the omega-3 fatty acids help reduce inflammatory processes in the body and encourage recovery and muscle growth.

IS THERE A HEALTHY ALTERNATIVE TO RICE?

Yes, quinoa is a South American grain that is gluten-free, low in carbs and has more protein than rice. The seed from the Andes, also called Incan gold, has three excellent qualities for muscle growth. It provides high-quality protein from a plant source so it's perfect for vegetarians, and it's also rich in magnesium and lysine. The mineral magnesium has a key role in muscle contractions and the amino acid lysine is an essential muscle builder. Serve with some lean chicken and vegetables for a muscle-building meal.

Are shakes with raw eggs effective?

No, raw eggs don't make you strong or healthy, just the opposite: even if they are very fresh, the avidin in egg whites can cause digestive problems. Your body needs cholesterol, but not raw eggs.

I'm always in a rush. Any quick fish suggestions?

Here are three quickly prepared meals for you and your muscles.

15 minutes: Tuna & potato salad. Boil two medium potatoes and one egg. Sear 200g tuna steak (one minute per side) and remove from pan. Finely chop and mix 20 black olives, 5 cherry tomatoes, ¼ cucumber, 3 sardine filets and a handful of parsley. Slice the egg and potatoes, toss and season. Serve with tuna.

14 minutes: Baked mackerel. Preheat the oven to 200°C. Spread 100g smoked mackerel filets with mustard and dip in 1 tablespoon of breadcrumbs seasoned with 1 tablespoon of chopped rosemary, salt and pepper. Bake for eight minutes and serve on a slice of rye bread with lettuce leaves.

5 minutes: Smoked fish with cream cheese. Chop 100g smoked trout and place in a bowl. Mix with 100g low-fat cream cheese, a dash of Tabasco, a tablespoon of horseradish and juice from ½ a lemon and ½ a lime. Season with salt and pepper. Serve with two quartered tomatoes and two slices of wholegrain toast.

Does pineapple really help me get a six-pack?

Yes, it's full of bromelain, an inflammation-reducing enzyme that helps your digestion and prevents bloating. It stops the peptide bradykinin from dilating the blood vessels so less water is distributed into the nearby tissue and your six-pack becomes more visible. Pineapple promotes protein digestion in the stomach, which helps process muscle-building protein.

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Which foods are good for building muscle?

Shellfish: Oysters deliver about 13g protein per 100g, prawns 21g protein and mussels about 26g protein, all almost without fat.

Couscous: A carb alternative to pasta and potatoes. This durum wheat grain is easy and quick to prepare, but go easy on the butter and salt.

Plums: This fruit supports recovery and is rich in antioxidants, which you lose when you are training hard.

Cornflake chicken: Poultry is an excellent source of protein; here's how to make it into a tasty power meal. Coat a skinless chicken breast in beaten egg then roll it in a mixture of crushed cornflakes, salt, pepper and herbs. Bake for 20 minutes at 180°C until golden brown and cooked through.

HOW CAN A VEGETARIAN GET GOOD PROTEIN?

If you don't eat meat then you have to eat dairy products, grains, legumes and soy. Aim for a combination of different proteins (rice and beans). Amaranth muesli is also good.

Can I enjoy fast food once in a while?

Yes, but make the right choices! Sushi is good. Maki (nori seaweed) filled with rice and nigiri (fish on rice) with salmon and tuna offers healthy protein but significantly fewer kilojoules than a burger. The fish provides valuable fatty acids and iodine.

NUTRITION

WHICH MEAT MEALS ARE GOOD FOR MY MUSCLES?

Here are three tasty options that are quick and easy to prepare.

13 minutes: Chicken kebabs. Dice 100g chicken breast and fry in a nonstick pan with half a sliced onion. At the same time, warm a tortilla or piece of pita bread in the oven. Fill with the chicken mixture, lettuce, tomato slices, avocado, mayonnaise, fresh coriander and chilli sauce.

12 minutes: Pork & capsicum stirfry. Bake 200g red and yellow capsicum strips in the oven at 200°C for 10 minutes. In a nonstick pan sauté 150g sliced pork fillet with 1 teaspoon each of paprika and cumin, and 1 clove of crushed garlic for 5 minutes. Enjoy with a pinch of thyme.

8 minutes: Ham & fig salad. Chop 50g ham and sauté in olive oil. Add three quartered fresh figs and heat. Toss some lettuce with oil and vinegar and place on a plate before adding the ham mixture. Sprinkle with feta to serve.

CARBS WITH PROTEIN AND FAT? CAN I COMBINE?

Nein, Sie sollten Kohlenhydrate nicht mit Eiweiß und Fett kombinieren. Eine Ausnahme ist Käse, da es fast kein Kohlenhydrate enthält. Die Aminosäuren im Protein verlangsamen die Aufnahme der Kohlenhydrate, sodass weniger Insulin ausgeschüttet wird. Fett hat den gleichen Effekt. Ballaststoffe in Gemüse verhindern diesen Effekt nicht, aber Gemüse enthält fast keine Kohlenhydrate.

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Can green foods help my muscles?

Broccoli helps your muscles. It provides 350mg potassium per 100g, which helps your muscles contract. And broccoli has twice as much vitamin C than oranges (115mg per 100g). It prevents infection and keeps you healthy so you can continue training.

Watercress is packed with vitamin C and iron. Vitamin C protects you from oxidative cell damage and iron reduces muscle tiredness when you're training hard.

Green tee has a high concentration of catechins (antioxidants in plants). These speed up your metabolism and help with fat burning.

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IS ISOLEUCINE A GOOD SUPPLEMENT?

Branch-chained amino acids such as isoleucine, leucin and valine are often recommended as muscle supplements. No muscle growth effect has been proven, though. These amino acids are found in dairy products and meat, and are essential for humans. Amino acids prevent protein being destroyed during intense stress. Because amino acids are the building blocks of protein, a well-balanced diet can cover your needs so you don't have to overdose on supplements. Taking more than 6g per kilo body weight can cause digestive issues and diarrhoea. A dose also stresses the kidneys because, just like taking in too much protein, there's an accrual of nitrogen. Stay hydrated!

What should I watch out for in supplements?

It depends on your needs. You can get maximum biological value through proteins that contain more components. The higher the biological value the better the ingested protein is processed into body protein. For stress and recovery look for whey proteins or branch-chained amino acids (BCAA). Whey protein works best during training, branch-chained amino acids after a workout. Check that the protein or amino acid content is more than 90 per cent.

HOW ARE SUPPLEMENTS MADE?

The protein comes from milk, eggs or soy. Milk delivers two different types, whey protein and casein. Whey protein is a greenish-yellow liquid separated during cheese making. Casein is the main protein in cheese.

Are there legal supplements that are suitable for muscle growth?

Building muscle mass requires energy. As long as you eat a well-balanced diet you don't need supplements. These materials can add a boost if you want to be Mr Universe.

• The pancreas, liver and kidneys produce creatine. The body needs about 2g per day. Half is made; the other half comes from food. If you give your muscles a creatine boost, they can work at a higher level. An additional amount of creatine improves muscle performance but only in people who are responsive to it. Test if you are by taking 5g four times a day and drinking 500-750ml water directly after a workout. Weigh yourself with the same training and diet after a week. The supplement is working if you've added about 1.5kg. Watch for possible side effects such as muscle cramps if you don't drink enough (you risk kidney damage with an overdose). After six weeks, stop the creatine supplement to speed up your own production.

• Proteins are nitrogen-containing molecules composed of amino acids. They are a source of nutrients but also an important building block for cells, especially for the muscles. Strength training increases the turnover of protein and there is more construction occurring than usual. Protein after training can improve muscle growth and recovery. Taking in 1.2-2g per kilo of body weight should have no effect on the kidneys but watch your urine. Is it dark yellow? Then drink more water!

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I'm diabetic. What should I watch for when working out?

It may happen that you begin your workout with a good blood sugar level and then it sinks. You should have a shake, fruit or dried fruit at hand. The latter is ideal because it's not affected by heat or cold. Studies have shown that your blood sugar level doesn't only react to carbohydrates; it can rise 6-7 hours after taking in protein. Eat meat at lunch and avoid protein in the evening. It's also been shown that the intake of carbs and protein together has a bigger effect on your blood sugar level than the intake of carbs alone. Eat your carbs and protein separately and choose wholemeal bread and pasta because your body digests wholegrain carbs more slowly. That speeds up your metabolism and keeps your blood sugar level constant. If you have diabetes, visit a doctor before you start a training program and test your blood sugar level during your workout.

WHAT IS AN ANABOLIC DIET?

Body builders like this carb-rich diet. The goal is increased muscle and reduced fat. No carbohydrates are eaten for 5-6 days and on the last day of the week the carb stores are filled. Avoid this radical plan. Your body notices every lack of nutrient so when you eat carbs again they will be stored in your fat depots and you'll suffer from the yo-yo effect.

SHOULD I TRY LOW-PRICE SUPPLEMENTS FROM UNKNOWN PRODUCERS?

Avoid them if you value your health. Well-known brands have built a good reputation and depend on it. These firms want to produce and maintain the high quality of their product. On the other hand, lesser-known brands have no reputation to lose and may mix unhealthy ingredients in their supplements.

Can protein supplements have side effects?

It's possible because protein is a cause of allergies. Your body may mistake nutritional protein with the protein of illness-causing bacteria. Symptoms may include swollen mucus membranes in the mouth and pharynx, nausea, vomiting, diarrhoea and asthma, joint illnesses and eczema. If you're unsure, consult a doctor.

WHAT CAN I DO ABOUT CRAMPING?

Vary your training: Cramps usually occur where a muscle is constantly contracted by two joints, such as the calves. Tired muscles are especially susceptible.

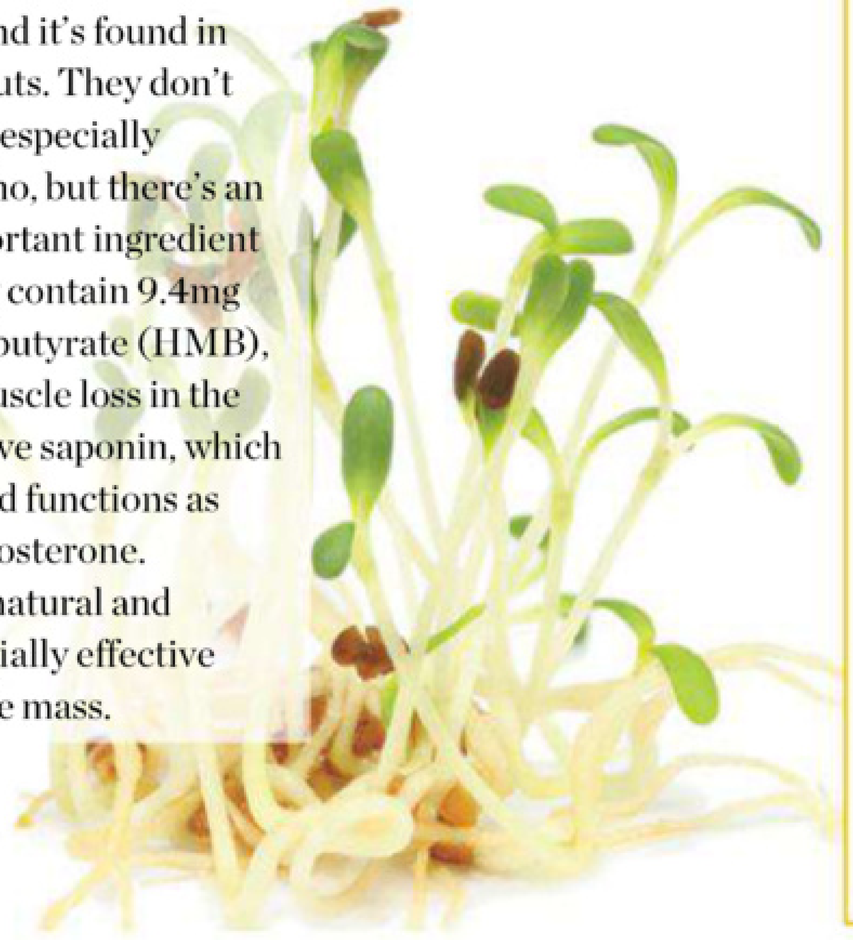
Stay hydrated: Look for isotonic drinks. The electrolytes fill up the empty mineral stores. If you cramp often, buy mineral water with sodium.

Crack some nuts: A handful of salted peanuts balances out mineral loss (potassium, sodium, magnesium).

Avoid alcohol: Alcohol removes minerals such as sodium, magnesium, potassium and chloride from the body. Potassium is essential for nerve transmission and if stocks are low your body can't control the muscles properly.

Is there a legal anabolic steroid?

Yes, and it's found in sprouts. They don't look especially macho, but there's an important ingredient for real men. They contain 9.4mg of hydroxymethylbutyrate (HMB), which prevents muscle loss in the body. Plus they have saponin, which contains alfalfa and functions as a precursor to testosterone. Testosterone is a natural and legal steroid especially effective for building muscle mass.



My muscles don't want to grow. Is there a powder that can help?

For hard gainers such as yourself it can be difficult to add muscle mass. These two supplements may help you on your way, but go easy.
Protein powder: A fast and easy option for muscle growth, protein powder should include lactalbumin (whey protein) and egg protein. Casein (milk protein) should be the second or third ingredient.
Weight gain powder: This powder contains proteins and carbohydrates and additional fat. It's great for supplementing regular balanced meals.

CAN'T I LOSE WEIGHT TO DISPLAY MY SIX-PACK?

No, starving yourself won't make you look better! You'll see the weight loss in your face first. The most stubborn weight is right above your six-pack. You have to keep up your training, eat right and have patience to lose this layer of padding.

I'VE BEEN TRAINING FOR THREE YEARS. WHY DON'T I SEE ANY RESULTS?

Maybe you are one of those people everyone is jealous of; you never gain any weight no matter how hard you train or how much you eat, which makes you a hard gainer. You'll have to eat your way into a higher weight class to gain muscle. The first commandment is to eat regularly so your body has enough energy. Eat every 2-3 hours, which is not easy in the beginning. Your stomach needs time to get accustomed to the amounts that you're eating but you certainly don't need to eat a full plate every time. Three main meals and 3-4 small snacks during the day are sufficient. Look to add 2000 kilojoules to your daily requirements.

I'M A HARD GAINER. DO I HAVE TO EAT MORE FATTY FOODS TO GAIN WEIGHT?

A well-balanced diet includes fat. The ideal amount is 20 per cent of your daily energy requirements but don't grab pizza and hot chips; look for high quality fat sources. The higher nutrient density strengthens the circulatory system and aids recovery. And 60 per cent of your daily needs should be from carbs because a fast metabolism like yours burns a lot of carbs. If your body doesn't have carb energy, it will take the protein and you won't have it for your muscles.

As a hard gainer, what should I watch for in my diet in order to gain muscle?

Think about protein: Each meal and snack should contain 30-50g of protein.
Never train on an empty stomach: Fill up your protein and carb stores with an easily digestible snack, such as a banana, one hour before your workout.
First aid: Imediately after training your body needs carbs and protein. Have a shake before you shower!
Recharge: Is your main meal on the table an hour after training? That's good. Have the most protein and carbs of your day at this time.
Bedtime snack: You'll prevent your body from eating up muscle overnight.

As a hard gainer which foods should be in my daily diet?

	BREAKFAST	SNACK	LUNCH	SNACK	POST WORKOUT	DINNER	SNACK
A typical daily plan for hard gainers includes seven meals. Drop one meal on a workout-free day.	6-8 tbsp fruit muesli without sugar, 1-2 containers whole-milk yoghurt OR waffles made from 4-6 tbsp oats, 1-2 egg yolks, 3-5 egg whites, 2 tbsp sunflower seeds, 2 tbsp sultanas.	250g cottage cheese with 1 apple, 2 tbsp sultanas, 1 tbsp linseed oil OR 3 wholegrain rice cakes spread with cottage cheese and 1 tsp marmalade or honey.	250-300g poultry or fish with salad and potatoes, rice or pasta OR 1 can tuna in water, 2 tbsp olive oil and 1-2 slices wholegrain bread.	1 container cottage cheese with 2 tbsp sultanas and 1 tbsp linseed oil OR 1 banana and 1 handful nuts.	500ml whole milk with 3-4 tbsp cocoa powder, 1 banana and 10 dried dates OR 1 premade protein shake.	250-300g poultry, meat or fish with salad and potatoes, rice or pasta OR 2-3 hard-boiled eggs, 2-3 slices wholegrain bread and steamed vegetables.	100g Emmentaler or Gouda cheese OR handful unsalted nuts.

GLOSSARY ALL THE IMPORTANT TERMS FOR MUSCLE GROWTH

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Amino acids is used as a synonym for proteinogenic amino acids, which function as the building blocks of protein. There are also non-proteinogenic amino acids.

★

Basal metabolic rate is the amount of energy a person needs at rest.

Biological value is a measurement of the amount of essential amino acids in a food. The higher the value, the better the body can process the food protein for use. Eggs have a biological value of 100. Other foods with high biological values include milk, dairy products, meat, fish, grains and potatoes.

BMI is an abbreviation for body mass index. A rough estimate of your body composition, it is determined by height and weight. More telling is waist circumference. A waist circumference of more than 94cm is overweight according to the World Health Organisation (WHO); more than 102cm is obese.

★

Carbohydrates together with fats and proteins are the most important energy source for your body. They are stored as glycogen.

Cardio training is a synonym for endurance training. The goal is to improve performance over the long term.

Complex moves are combinations of one or more weight exercises. The movement challenges more than one muscle group and improves coordination.

Cooldown is the phase at the end of a workout used to lower the heart rate.

Coordination describes the harmonious working of the muscles and nerve systems within a movement.

Core muscles are the muscles in the centre of the body, the abdominal muscles and those of the lower back, responsible for posture.

Cottage cheese is a healthy fresh cheese because 100g of cottage cheese contains only 360 kilojoules, 11.9g protein, 2.3g carbs and 3.9g fat. It's the ideal snack and won't make you fat.

Crunch is a very simple and effective abs exercise. There are different types of crunches.

★

End contraction or highest contraction is the holding of the contraction at the highest point of the exercise. An important method of increasing workout intensity.

Endurance training is training that can help the body improve performance over an extended time. Endurance training is also known as cardio training.

Energy balance is made up of used energy (basal metabolic rate plus expended energy) and the energy taken in through food. A positive energy balance means weight gain; a negative energy balance means weight loss.

★

Fat is the best energy source for your body. You need 37 kilojoules to burn 1g of it so you have to work long and hard to lose fat. Fat is also a flavour source and plays an essential role in vitamin uptake.

Fatty acids are naturally occurring fat components. They are divided into saturated, monounsaturated and polyunsaturated. Fats good for the body are mono-unsaturated fats (olive oil) and polyunsaturated fats (found in nuts). Saturated fats found in animals are less healthy.

Fat burning is the process of making fats available for energy. The fat can come from the fatty tissue as well as foods.

Fat metabolism is the process by which the body breaks down fat during digestion.

Fibre refers to the indigestible components of food, mostly carbohydrates. It is found in grains, vegetables, fruit and legumes. Fibre gives you a feeling of satiety and improves digestion.

★

Glucose is a simple sugar and carbohydrate. Glucose is also called dextrose.

Glycogen is a carbohydrate from glucose that the body gets from food and stores in the liver and muscles.

Glycogen stores refers to the glycogen stored in the form of carbohydrates in the body. They are found about 2/3 in the muscles and 1/3 in the liver. For endurance they deliver about 90 minutes of energy.

★

Hard gainer refers to a person with a fast metabolism who may need up to 20,000 kilojoules per day. They have difficulty gaining weight and muscle mass. Possible causes include stress, metabolic illness or overtraining.

Heart rate is the number of heart beats per minute. It's dependent on your physical exertion, age and physique. Your maximum heart rate depend on your age and fitness level.

Hunger occurs in your brain. Even though contractions in the stomach increase when you are hungry, the fullness of the stomach is not alone in determining hunger. Deciding factors are insulin and glucose levels.

Hypertrophy is the weight gain or growth in size of organs or tissue through cell enlargement. The muscle cells become larger and more resilient.

Hypertrophy training is strength training with the goal of muscle growth through muscle tissue growth, although the number of tissues doesn't increase.

★

Imbalance refers to a muscular unevenness between the agonist and antagonist muscles (for example back and chest muscles) as a result of lack of movement or one-sided movement, lack of recovery, incorrect movement or injury. Imbalance can lead to muscle pain, muscle coordination problems and function disturbances, stress on the sinews and joint cartilage damage. Stretching and strength training can help.

Insulin is a hormone produced in the pancreas when sugar is introduced which regulates blood sugar levels. A constantly high blood sugar level fattens the fat cells and prevents fat loss, while fat is released at a low blood sugar level.

Isometric exercises are exercises in which the muscle is contracted but not moved. They save time and can be done anywhere.

Intensity is the amount of physical exertion that a body expends during training. The higher the intensity the more strenuous the workout.

★

Kilojoule is a unit of energy and one kilojoule is equal to 0.2 calories. The recommended average daily intake for an Australian adult is 8,700 kilojoules.

★

L-carnitine is a substance needed to get energy from fat. The body can produce it but it is taken in from food, mainly meat. Faster muscle growth through L-carnitine supplements has not been scientifically proven.

Low fat is a term used (according to Australian standards) for foods that contain less than 3g of fat per 100g.

★

Metabolism is the process in which substances in the body are broken down, transported or built up.

Minerals are inorganic nutrients that the body cannot produce so must obtain though nutrition.

Mitochondria produce energy in

the cells so the muscles can contact. They are the energy centres of the cells.

Muscles are contractile organs that are responsible for the movement of the human body and organs. Humans have about 650 muscles (about 50 in the face).

Muscle aches occur not due to the build-up of lactic acid as often thought but due to small tears. These micro-tears produce pain.

Muscle tone refers to muscles in their tensed state.

★

Nutrients is the name for all valuable building materials that come from food. Only fat, protein and carbohydrates deliver energy.

★

Overtraining occurs when the workout is too intense and the recovery time too short, leading to a drop in performance level.

★

PAL (physical activity level) is a measure of a person's physical activity level. It is used in conjunction with basal metabolic rate to determine one's individual energy needs.

Protein is an important basic nutrient, especially for muscle building. The large molecules of amino acids are the building blocks for muscles and other body structures.

Protein powder is a nutritional supplement usually made from soy, pea, wheat or potato flour.

★

Regeneration refers to the recovery of the body from exertion. During this time, damaged tissue is replaced with healthy cells through nutrition or sleep.

Repetitions (reps) is the number of times you perform an exercise. Many reps after another make up a set.

Resistance band is a flexible latex band used as an aid for strength training.

★

Set describes the repetitions done one after another of a certain exercise. In multi-set training you perform one set of 6-15 reps, pause and repeat a second or third set. In one-set training you work the muscles to failure.

Six-pack is the term for the six muscles of your abdominals. Every man has a six-pack; it's often hidden under fat.

Smoothies are creamy drinks often made with fresh fruits mixed with juice and yoghurt or protein powder.

Stored fat is extra fat not used as energy. It's stored in the fat cells and can be used if needed. It represents the last fat reserves.

Stretching refers to the stretching of muscles with the goal of improving flexibility.

Super compensation is a training phenomenon in which the body exceeds its previous training level.

Fit ball is a large exercise ball (about 85cm in diameter) used in strength training.

★

Training plan is a systematic program designed to reach a training goal.

★

Warm-up refers to the warming up of the muscles to prepare them for a workout.

Weight gain powder refers to a nutrition powder containing plenty of carbs, proteins and fats.

Workout is an exercise session for strength and endurance training.

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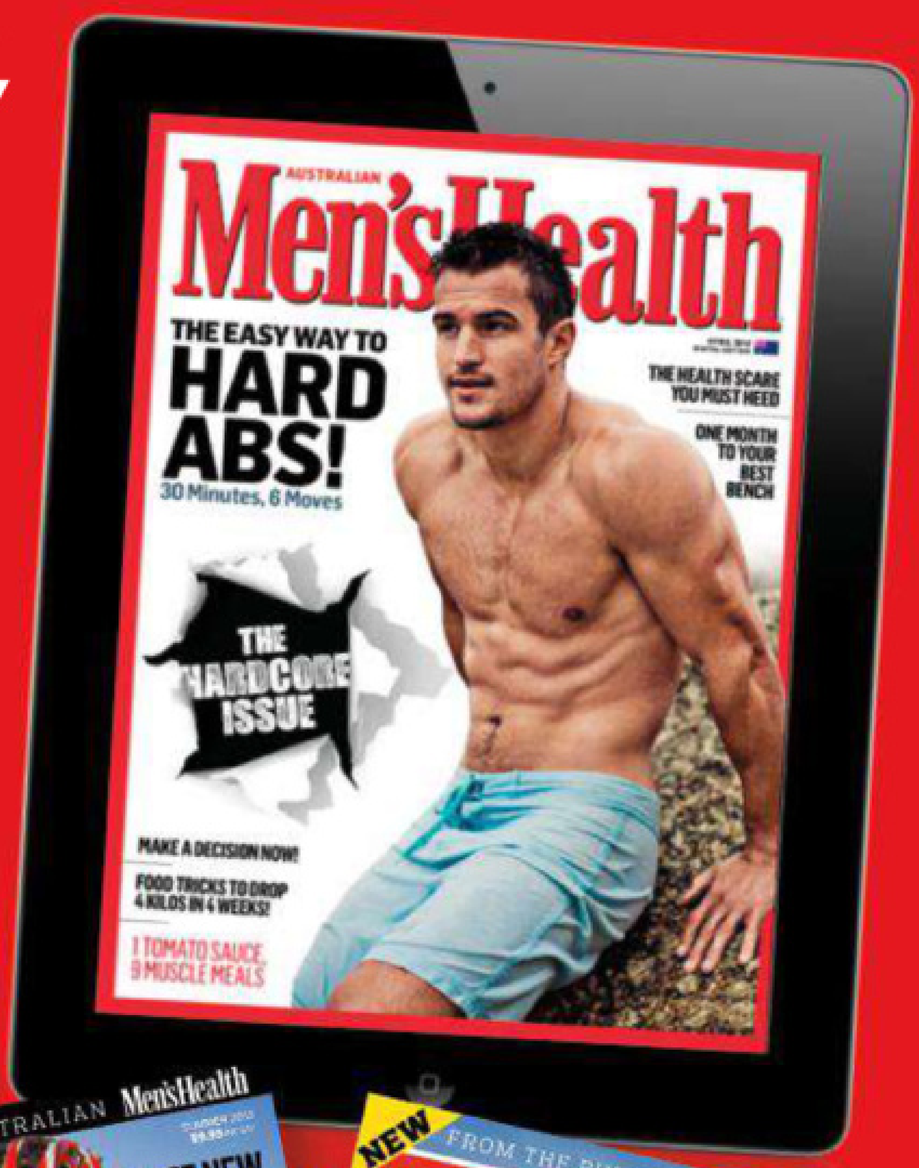

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