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# The Beginner's Guide to Bodybuilding

Take the first step toward a better body with our 12-week program

■ By Joe Wuebben, Articles Editor

*Carpe diem.* Seize the day. However you want to say it, the time has come to take that first step toward fulfilling your long-held dream of building your body into a muscular, athletic physique. Perhaps you've been waiting for the right time, or shooting off excuse after excuse, but that won't cut it any longer. With hard work and determination, a bigger, stronger, leaner you is there for the taking, and we're here to help you get started.

The following guide has been devoted to the beginner, and those returning from an extended absence from the gym (we'll just call it a vacation — it sounds better that way, doesn't it?). In the pages that follow, you'll find everything you need to know about jumping into the bodybuilding and fitness lifestyle, including a nutrition plan, courtesy of Chris Aceto and, the beginner's 12-week weight-training program, designed by the M&F editors and Randy Leopando, BS, CSCS, director of personal training at Nutrifformance in St. Louis.

Ready to change your body, take control of your health, and create a lean and muscular physique? Let's go!

## The Beginner's Program

Before you triple-Lindy headfirst into your initial workout, think for a second: What are your goals? What do you want out of this? An aimless approach will get you nowhere, so lay out your objectives clearly. Jot down some realistic goals. Now, in case you're hazy on the meaning of *realistic*, here's what we mean: To say you want to resemble Mr. Olympia Ronnie Coleman in six

months or a year won't work. Expecting to look like the cover model on the latest issue of M&F HERS in a matter of weeks won't cut it, either. Success isn't determined by how we look compared to the most genetically gifted, but rather on how far we've come from our respective starting points.

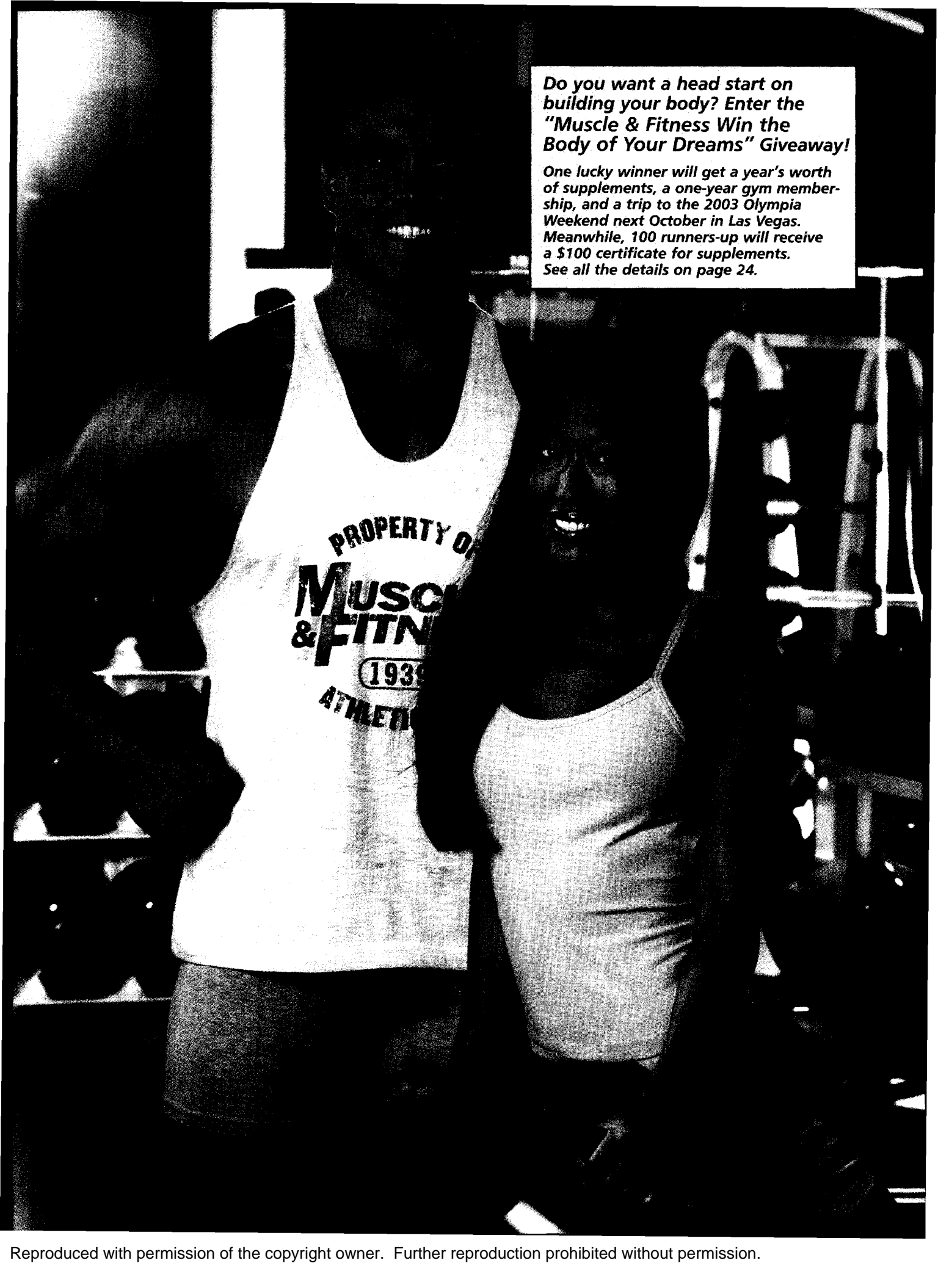
That isn't to say you can't look amazing in a year or even sooner, because you can. We wouldn't be writing this article otherwise. Our guide, however, is but a small detail in the reformation of your body. The hard work, the dedication, the changing of bad habits — that's where you come in. Take care of your end of the bargain and we promise you won't regret it.

The following program is laid out over 12 weeks — Phase I makes up weeks 1–6 and Phase II, weeks 7–12 — and will lay the groundwork of your training for years to come. Follow our instructions closely and let the building begin!

## Phase I: Muscle Coordination

The goal of Phase I is simply to introduce your muscles to the stimulus of lifting weights — a drastic change from what they're accustomed to. Volume (the amount of sets and reps you do) is fairly low and thus the workouts will be short, but every major muscle group will be accounted for and you'll get a good mix of machines and free weights. "The exercises in Phase I will consist of the basic tried-and-true movements that have been around since bodybuilding started," says Leopando. "Use these as models to mimic when you learn other exercises over time."

Photos by Robert Reiff. Hair and makeup by Wendy Doyle. Wardrobe styling by Janelle Canady.



**Do you want a head start on building your body? Enter the "Muscle & Fitness Win the Body of Your Dreams" Giveaway!**

**One lucky winner will get a year's worth of supplements, a one-year gym membership, and a trip to the 2003 Olympia Weekend next October in Las Vegas. Meanwhile, 100 runners-up will receive a \$100 certificate for supplements. See all the details on page 24.**

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# The Beginner's Guide to Bodybuilding

**WEEKS 1-3.** For Week 1, you'll be doing one set of one exercise for each major bodypart (a full-body routine) twice a week with at least one day's rest between workouts. You should complete the workout in well under 30 minutes, and will likely feel pumped to do more, but be patient; doing too much too soon can lead to injury and will have you feeling more sore the next day than you'd probably like. Just wait — before you know it you'll be performing multiple movements from various angles for each muscle group. For now, go easy.

After the first week you can step it up a bit by performing two sets of each exercise in Weeks 2 and 3, again one exercise per muscle group. If soreness isn't much of a problem and you feel up to the challenge, try getting in three workouts this week. Just be sure that you take at least one day off in between workouts.

Between sets, rest only as long as it takes to get to your next exercise. You're training a different muscle each set, so recovery is something you don't need to worry about just yet. Try to do the exercises in the order we've presented, but if for some reason you can't (maybe all the benches are being used, or someone's on the leg press), make sure you train larger muscle groups before smaller ones. For instance, avoid doing a triceps exercise before chest, or biceps before upper back. The most important thing is that you're getting all of your sets in at some point.

On each set, pick a weight that will make the last rep challenging — if No. 15 is easy, you need more weight. But don't pile on so much that you're compromising technique. It may take a couple of workouts before you have a feel for what the right weight is. Each workout, record how much weight you used, how easy or difficult it was, and whether you should add or decrease resistance for the next session. To be safe, choose a weight lighter than what you think you can do and go from there.

Regardless of the weight you use, learning how to perform the exercises correctly is your main objective (refer to our exercise descriptions to get detailed how-to instructions). Use this time to create good habits; it beats having to go back later and correct bad ones. Remember that it takes about 300 repetitions to learn how to perform an exercise correctly, but it takes more than 3,000 repetitions to correct improper form.

**WEEKS 4-6.** After just three weeks, volume is doubled for most bodyparts. But that shouldn't be a problem, since you've been preparing your body for this over the first few weeks. The original exercises will increase to three sets, plus we've added one more exercise for larger bodyparts, for a total of six sets per bodypart. Practice caution with these new ones and make sure your form is sound before increasing weight.

## Warming Up & Cooling Down

Two of the most commonly forgotten aspects of the average program, the warm-up and cool-down, are your tickets to reducing injuries and minimizing soreness. Or maybe you like muscle pulls?

**THE WARM-UP:** The first thing that most people do upon arriving at the gym is stretch. Sure, stretching is a critical part of the warm-up, but don't do it first.



*A walk or light jog is the perfect pace for warming up.*

Follow these guidelines, in order, to start your workout off right:

**1) Light Cardio (5-10 minutes):** This can be done on anything from a stair-stepper to a rowing machine; it's up to you. Make sure to go continuously for at least five minutes at an intensity that allows you to break a sweat. The objective here is to raise your body temperature and gradually prepare your body for strenuous exercise.

**2) Stretch:** The reason you shouldn't stretch before your cardio warm-up is the same reason you wouldn't try to stretch a rubber band fresh out of the freezer. The warmer the muscles are, the more elastic they'll be. This equates to both a reduced risk of injury and a more effective stretch. A full-body stretch is recommended, but oftentimes bodybuilders will stretch only the muscles they're about to train. Either way, you'll be stretching your entire body the first six weeks. After that, it's up to you.

**3) Warm-Up Sets:** Right before you start your workout, perform 1-2 sets of an exercise with lighter weight and more repetitions than your working sets. Try to hit the major muscles you're going to train that day. For push days, a couple of sets of bench presses should suffice; for pulling days, lat pulldowns or rows; and for legs, any form of squat or leg press will do. For full-body workouts (as in Phase I of the program), one set of each is recommended.

**THE COOL-DOWN:** The purpose of the cool-down is to transition your body from the rigors of strength training to a resting state. This will basically mimic the light cardio and stretching component of the warm-ups — again, 5-10 minutes of moderate aerobic activity and another 5-10 minutes of stretching. And, no, the warm-up and cool-down don't count for your cardio, which should be much more taxing.

At this stage we introduce what's called a split routine. No longer will you be doing a full-body workout; the new workouts have too much volume to maintain the needed intensity you'll have to expend. Instead, the whole-body workout gets split into two separate workouts. Workout 1 will include chest, back, traps and shoulders, while Workout 2 will hit legs, triceps, biceps, lower back and abs. Do each workout twice a week, for a total of four workouts per week. Keep rest periods between sets of the same exercise brief, around 30–45 seconds. Between exercises, rest only as long as it takes you to walk over to the next piece of equipment.

In these three weeks, reps move down to 12 per set, with the exception of lower back and abs, which typically respond better to higher reps. Therefore, increase weight accordingly (adding 5–10 pounds is a good place to start). If you can still reach 15 reps, add weight.

## Phase II: Muscle Growth

Following your graduation from Phase I, we challenge you with yet more volume and a different split routine — you'll be training the whole body over three different workouts instead of two as you did in the previous three weeks. This is commonly referred to as the "push-pull" system. Day 1 will consist of chest, shoulders and triceps (the muscles you "push" with), as well as abs; Day 2 will work your "pulling" muscles — upper back, traps, biceps and forearms; and Day 3 trains the lower body and core, where you'll hit everything below the belt, as well as abs and lower back.

By splitting the body into thirds, you can train with even greater intensity and include more volume. Of course, because of this you'll need more recovery time, so now you'll train each bodypart only once a week. Many of you will notice that as volume and intensity are progressively increased through the program, frequency (how often you train each muscle group) is gradually decreased. This is an essential component of a well-designed workout program that prevents plateaus from developing into stagnation, yet provides the essential rest period for the stimulus to lead to muscle growth.

**WEEKS 7–12.** During the week, you have some leeway as to when you lift. If you need to train Monday, Tuesday and Wednesday, fine; but if Monday, Wednesday, Friday works better, go for it. Using a training split allows you to work out on back-to-back days — while you're doing a pulling workout, for example, your pushing muscles are getting a break and, to a certain extent, a stretch.

The exercises introduced in this phase are in large part free-weight movements, so pay strict attention to form — barbells and dumbbells require you to stabilize the weight yourself without the assistance of a machine. The number of exercises per bodypart has increased, and you'll now be working in a rep range of 8–12 (except on calves, lower back and abs, which will be 12–15). Anywhere your reps fall within this range is fine. If you reach the 12th rep without a challenge, increase the weight; likewise, if you can't get eight reps with strict form, take some off. "The rep range of 8–12 is used with the intent that as you get to the last set of each exercise, you'll be able to complete only about eight reps," says Leopando.

Because you'll be using more weight, rest periods can be a bit longer, around 45–60 seconds. Give yourself 45 minutes to an hour to complete the workout.

## Beyond Our Guide

Once 12 weeks have come and gone and you've stuck to the program religiously, congratulations! But that doesn't

mean it's time to relax. You've just laid the foundation for some serious training, so don't lose your head of steam. The key to a successful program is consistency and furthering your training education. We can't teach you everything you need to know about lifting in one article, so keep reading M&F to keep your workouts fresh and innovative, and stay consistent in your training and diet. Remember, the best education is doing it yourself and finding out what your body responds to best.

Attaining your desired physique will take time. You know the cliché: Rome wasn't built in a day. Lifting, staying fit and maintaining a healthy diet is a long-term commitment. Stay focused on your short-term goals, but visualize where you'll be one, five, even 10 years down the road. Creating good habits and a healthy lifestyle starts now. Let our guide lead the way. The rest is up to you.

## Pro Advice for Beginners

You're trying to get in shape and pro bodybuilders do it for a living. So naturally, we asked them the one question we figured would benefit you the most: What is the single most important thing to remember when beginning a bodybuilding program?



**BOB CICHERILLO, IFBB pro, 2002 Night of Champions runner-up**

"A huge problem with beginners is going too heavy [with the weights they choose]. They think that because the pros go heavy, they should, too, but we didn't start out that way. What results is a never-ending cycle where their form suffers, they don't develop quality mass and they end up spinning their wheels and going nowhere. It's a bad habit that's tough to break. The beginner needs to progress naturally to avoid this domino effect. Just remember, technique is the most important thing. You can lift as much weight as you want, but without good form, you won't see results."



**LAURA MAK, IFBB fitness pro, Fitness Olympia 2001 top-10 finisher**

"My advice to a beginner would be to get some direction and work with a trainer even if it's only for one or two sessions. That way, you're sure to learn proper movements and why to train different bodyparts and exercises

together. But most importantly, it will help the beginner create good habits with correct form, which is very important in maximizing the benefits of a given exercise. As long as you're going to do it, you might as well do it right."



**GARRETT DOWNING, IFBB pro, 1999 NPC USA Heavyweight Champion**

"Consistency is the most important factor for the beginner. People typically want fast results, but it takes a lot of consistent training before you start to see changes in your body.

There is no quick fix — you need to change your diet, your lifestyle and your training habits, and be consistent with it. The longer you do this and see results from it, the more likely you'll be to stay motivated and keep going."



# The Beginner's Guide to Bodybuilding

## Phase I Exercises

Her apparel courtesy of Body & Shape and Muscle & Fitness Hers. Shoes by New Balance.  
His apparel courtesy of Muscle & Fitness and Physique Bodyware. Shoes by Reebok.



### Leg Press

#### PRIMARY MUSCLES INVOLVED:

Quadriceps, glutes

**EXECUTION:** Sit on a leg press machine and place your feet about shoulder-width apart and high on the platform. Push the platform up and release the handles. Bring the platform down slowly until your knees are just past a 90-degree angle, then push up through your heels to the starting position without locking out your knees.

**AT-HOME REPLACEMENT:** Dumbbell Squat



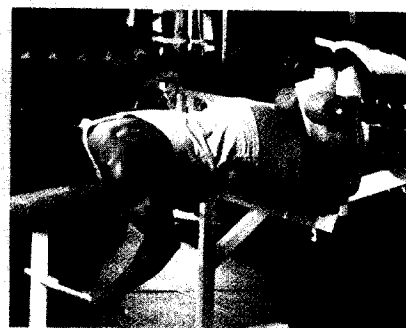
### Leg Extension

#### PRIMARY MUSCLES INVOLVED:

Quadriceps

**EXECUTION:** Adjust a leg extension machine so that your knees are just beyond the edge of the seat and lined up with the machine's axis of rotation. Keep your back flat against the pad. With the footpads resting on your lower shins, extend your knees completely by contracting your quads and squeeze for a second at the top. Lower to the starting position without letting the weight rest on the stack.

**AT-HOME REPLACEMENT:** Dumbbell Squat



### Lying Leg Curl

#### PRIMARY MUSCLES INVOLVED:

Hamstrings

**EXECUTION:** Lie facedown on a prone leg curl machine and position the pads at the back of your ankles with your knees lined up with the machine's axis of rotation. Pull your heels toward your glutes, keeping your quads and hips on the bench and grasping the handles in front of you for stability. Hold the contraction for a second and slowly lower the footpads to the starting position without letting the weight rest on the stack.

**AT-HOME REPLACEMENT:** Stationary Lunge (See Phase II, page 126, for exercise how-to.)

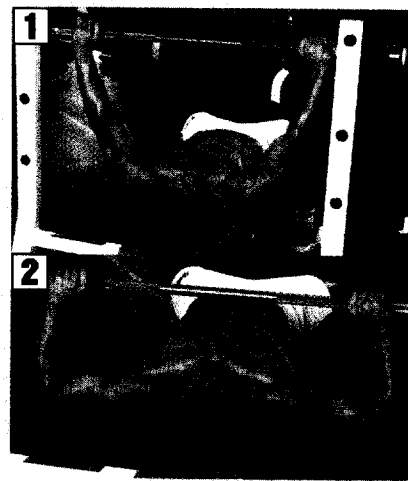
## Coming Back Strong After a Layoff

You used to hit the gym hard but then took a training sabbatical and shunned exercise altogether. We're not talking just a few weeks, either — more like a few years. Now you want to come back, which is music to our ears. But before you go picking up right where you left off x number of years ago, take the following precautions to heart.

First, good news: Even though you seem to have forgotten your way to the gym, your muscles still remember. That little thing called *muscle memory* means your muscles instinctively know how to find their way back to where they once were. No, it won't happen overnight, but you've got a jump on someone your age who has never touched a barbell before. Still, depending on the length of your leave of absence, give yourself several months of consistent training before you return to your previous strength levels.

Now that we've pumped you up with all this muscle memory talk, you'll probably want to break into your new routine with a bang. Well, not if we have anything to do with it. Now more than ever you're susceptible to muscle strains and pulls, and that's exactly what you'll encounter if you take to an advanced routine right off the bat. Your muscles and ligaments have grown accustomed to being sedentary, and a drastic increase in activity could prove traumatic. Ease your way back into it.

That's where our beginner's program comes in. Since taking it slow is your credo, our program is a spot-on match. Follow it for the next three months and see how you feel. If your muscles are begging for more after that time, challenge yourself by adding more volume and exercises. You're in no hurry, so take these first 12 weeks to reacquaint your body with lifting weights. After you've regained your past form, the sky's the limit!



### Bench Press

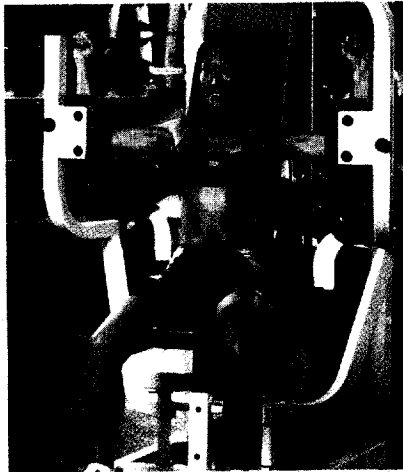
#### PRIMARY MUSCLES INVOLVED:

Pectorals

**EXECUTION:** Lie down on a flat bench and grasp the barbell just outside shoulder-width. Lift the weight off the rack and slowly lower the bar toward your lower pecs until your upper arms are just past parallel to the floor. Keeping your glutes on the bench, drive the weight back up in an arc so that the bar is over your upper chest by the end of the motion.

**HELPFUL HINT:** Always use a spotter when bench pressing to ensure safety and to monitor your form.

## The Brains Behind the Brawn — How Muscles Grow



### Pec-Deck Fly

**PRIMARY MUSCLES INVOLVED:**  
Pectorals

**EXECUTION:** Adjust the seat on a pec-deck machine so that your upper arms are parallel to the floor. With your back and forearms placed on their respective pads and your hands grasping the handles, bring your arms together by squeezing your pecs. Hold the contraction for a second and return to the starting position without letting the weight hit the stack.

**HELPFUL HINT:** To get a better contraction in your chest muscles, think about leading with your elbows and visualize your pectorals squeezing together in the center of your chest.



### Standing EZ-Bar Curl

**PRIMARY MUSCLES INVOLVED:** Biceps

**EXECUTION:** Stand holding an EZ-bar with your hands about shoulder-width apart and your knees slightly bent. Keeping your elbows tight against your sides, lift the weight toward your chest and squeeze for a second at the top. Slowly lower the weight and stop just shy of full extension to keep constant tension on the biceps.

**HELPFUL HINT:** Keep your elbows locked against your sides, as opposed to moving them forward as you lift the weight. The bar should end up at chest height, not at your chin.

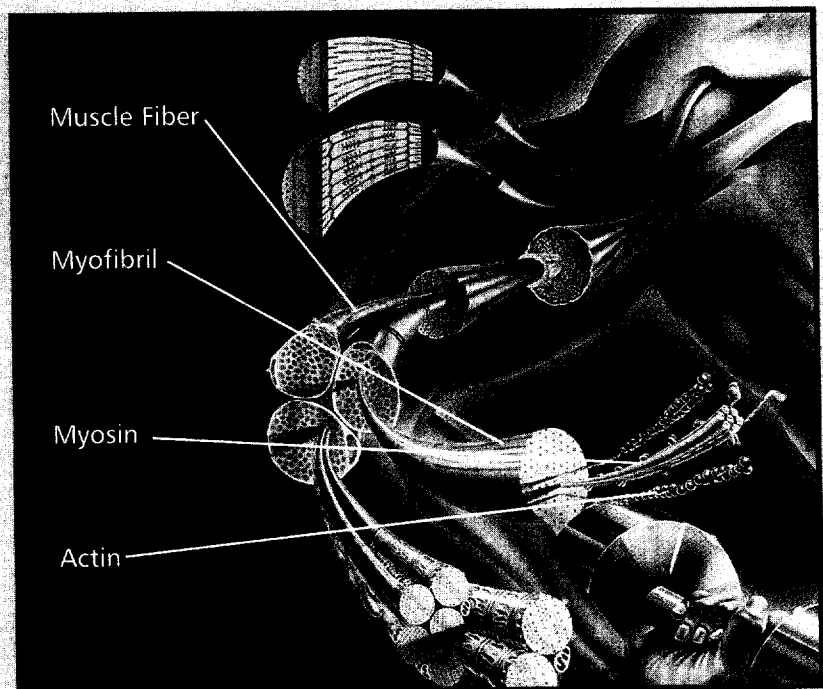
How do muscles get bigger? Good question. We preach that if you lift, eat and rest, the muscle will come. True, but the science behind it all runs deep. So much so that exercise scientists rack their brains for hours on end so that you and I can get bigger. We won't go to those lengths, but the more you know about what goes on under your skin, the more apt you'll be to pack on muscle. Here's how it works:

**YOU LIFT AND BREAK DOWN YOUR MUSCLES:** The continuous shortening (concentric) and lengthening (eccentric) of your muscles that occurs when you lift weights causes damage in the muscle tissue. Protein filaments called actin and myosin (found in the muscle fibers or cells) that cause your muscles to contract undergo microtrauma. This is actually microscopic tears in the fibers that cause the soreness you feel days after an intense lifting session. Don't worry, it isn't as bad as it sounds.

**AT REST THE MUSCLES REBUILD THEMSELVES:** In response to the damage that lifting has induced, your muscle fibers react by rebuilding themselves. But instead of simply growing back to where they were before, the fibers actually produce more actin and myosin and, as a result, become bigger. This is referred to as *hypertrophy*. In a nutshell, this is how lifting weights creates larger muscles.

**WITHOUT ADEQUATE REST MUSCLES DON'T REBUILD:** Inducing minor muscle tears is one thing; lifting excessively and not supplying your body with sufficient rest is another. Muscle fibers begin to repair themselves within minutes after damage occurs and the process can take several days. If you damage your muscles without giving them the rest they need, they won't have time to rebuild. When this doesn't happen, neither does *hypertrophy*. That's why it isn't wise to train the same muscle group two days in a row.

**PROPER NUTRITION FACILITATES THE REBUILDING PROCESS:** You know how rest aids in muscle growth, now what about nutrition? Here's how: Every process in your body, including muscle repair, requires energy (ATP). Energy is synonymous with calories, so in order to supply your muscles with the ATP needed for growth, food is a must. Then comes protein. Remember the protein filaments, actin and myosin, that are generated to create bigger muscles? Building more of these requires amino acids (since that's what they're made of), which comes from the protein you consume. So eat more protein, at least 0.8 gram per pound of bodyweight each day.



# The Beginner's Guide to Bodybuilding



## Seated Cable Row

### PRIMARY MUSCLES INVOLVED:

Latissimus dorsi, rhomboids, middle traps

**EXECUTION:** Sit on the bench, place your feet on the footrests and bend your knees slightly. Grasp the cable attachment and start with your arms fully extended, your back slightly arched and perpendicular to the floor. Pull the bar into your midsection (keeping your elbows close to your sides) and squeeze your shoulder blades together. Hold the contraction for a second and slowly return to the starting position.

**HELPFUL HINT:** Keep your torso stationary throughout the movement. Don't rock back as you pull the weight toward you, and don't lean forward on the eccentric (lowering the weight) phase.

**AT-HOME REPLACEMENT:** One-Arm Dumbbell Row



## Seated Machine Press

### PRIMARY MUSCLES INVOLVED:

Deltoids

**EXECUTION:** Adjust the seat so your upper arms are just past parallel to the floor when you grasp the handles slightly outside shoulder-width. Press the weight up powerfully just shy of locking out your elbows, then slowly return the weight to the starting position without letting the weight rest on the stack between reps.

**HELPFUL HINT:** Don't let your glutes slide forward in the seat to where you're leaning back; you're stronger in that position because the chest can assist, but that doesn't help develop your delts and it leaves your low back open for injury.

**AT-HOME REPLACEMENT:** Seated Barbell Press (or Dumbbell Press). See Phase II on page 126 for description.



## Dumbbell Lateral Raise

### PRIMARY MUSCLES INVOLVED:

Deltoids

**EXECUTION:** Sit on the end of a bench or low-back seat and hold a dumbbell in each hand with your arms extended down to your sides. With a slight bend in your elbows, slowly lift the dumbbells up and straight out to your sides until your arms are parallel to the floor. Hold for a second and lower the weights back to almost the starting position, stopping before your arms touch your sides to maintain tension on your deltoids.

**HELPFUL HINT:** Start off using very light weight on this exercise (15 pounds or less, depending on your strength level). Going too heavy will diminish technique and results.



## Lat Pulldown

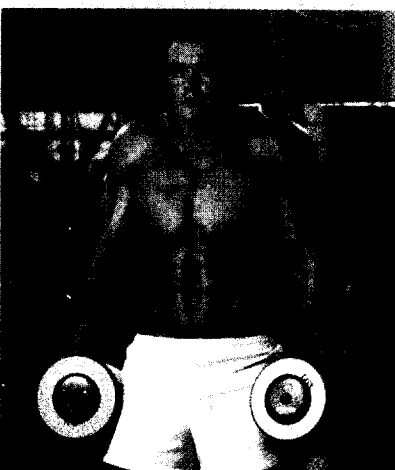
### PRIMARY MUSCLES INVOLVED:

Latissimus dorsi

**EXECUTION:** Adjust the pads at a lat pulldown station so that your knees fit snugly underneath. Grasp the bar with a wide, even grip and sit down with your arms fully extended. Lean back just slightly, arch your back, stick your chest out and pull the bar all the way to your upper chest, keeping your elbows out. Hold the contraction for a second and slowly return to the starting position.

**HELPFUL HINT:** Concentrate on using a full range of motion — this means starting with your elbows fully extended and then bringing the bar down to touch your chest on every rep. If you're unable to do this, decrease the weight.

**AT-HOME REPLACEMENT:** Dumbbell Pullover



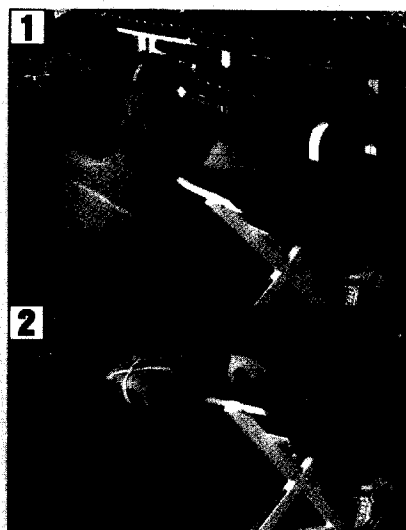
## Dumbbell Shrug

### PRIMARY MUSCLES INVOLVED:

Upper trapezius

**EXECUTION:** Stand holding a pair of dumbbells in your hands with your arms extended at your sides, your knees slightly bent and your head directed forward. Shrug your shoulders up as high as possible (picture your shoulders going past your ears). Hold at the top momentarily and lower the weights back down.

**HELPFUL HINT:** Don't use your legs to help get the weight up, and don't bend your elbows on each rep. If you aren't able to lift the weight up with your traps alone, choose lighter dumbbells.



## Back Extension

### PRIMARY MUSCLES INVOLVED:

Erector spinae (lower back)

**EXECUTION:** Lie facedown on a back extension bench with your hips just off the thigh pads to allow for a full range of motion. Place the backs of your ankles against the pads below and start with your body in a straight line with your arms crossed over your chest. Lower your torso toward the floor so that the angle at your hips is close to 90 degrees; slowly rise back up to the starting position using the muscles of your lower back.

**HELPFUL HINT:** For beginners (and most advanced lifters), there's no need to use extra weight. Your own bodyweight is enough to work the muscles sufficiently.

**AT HOME REPLACEMENT:** Superman





## Cable Pressdown

**PRIMARY MUSCLES INVOLVED:** Triceps

**EXECUTION:** Stand in front of a cable stack and grasp a V-shaped handle attached to a high pulley. Start with your arms bent just shy of 90 degrees and press the weight down, keeping your elbows tight against your sides. Extend your arms completely and squeeze your triceps at the bottom of the motion. Return to the starting position and repeat.

**HELPFUL HINT:** Keep your torso upright and back straight (not hunched over your hands) to isolate the triceps. Your waist should be bent only slightly, if at all.

**AT-HOME REPLACEMENT:** Dumbbell Kickback



## Crunch

**PRIMARY MUSCLES INVOLVED:**

Abdominals

**EXECUTION:** Lie faceup on the floor with your knees bent and your feet flat on the floor. With your hands behind your head and your elbows pointed straight out, slowly lift your shoulders off the floor by contracting your abs and pushing your lower back into the floor. Come up just to where your shoulder blades are off the floor a couple of inches and return to the starting position.

**HELPFUL HINT:** If placing your hands behind your head is too difficult, cross your arms over your chest. Make sure you perform the movement slowly both on the way up and on the way down. ▶

## The Home Edition of the Beginner's Workout

Either the commute kills you or the local gym makes your skin crawl. For whatever reason, you'd rather lift at home. No problem, assuming you have a barbell and weights, dumbbells and an adjustable bench. Transposing our beginner's program into your living room is a piece of cake. Simply substitute the following exercises for their corresponding bodyparts in the original program.

### DUMBBELL SQUAT (THIGHS)

The movement in the dumbbell squat is the same as in the Smith-machine squat described in Phase II, except you'll hold a dumbbell in each hand at your sides instead of using a Smith machine.

### INCLINE DUMBBELL FLYE (CHEST)

Lie faceup on a bench set to incline, holding a pair of dumbbells at arms' length over your chest. With your elbows slightly bent and pointing outward, and locked in that position throughout, lower the dumbbells in an arc out to your sides until you feel a good stretch in your pecs. Reverse the motion, but don't let the dumbbells touch at the top before beginning the next rep.

### ONE-ARM DUMBBELL ROW (UPPER BACK)

With one knee and the same-side hand on a flat bench and the opposite foot on the floor, hold a dumbbell in your free hand hanging toward the floor. Pull the dumbbell straight up to your waist, leading with your elbow and keeping it tight against your body, then return to the starting position. After a complete set, repeat with the other arm.

### DUMBBELL PULLOVER (UPPER BACK)

Lie back sideways on a flat bench, with your upper back supported on the bench and your feet planted on the floor. Hold a dumbbell at arms' length over your chest, cupping the inner portion of the dumbbell firmly with both hands. Keeping your elbows straight but not locked, slowly lower the dumbbell in an arc

behind you until it comes close to the floor, then flex your lats and chest to reverse the motion.

### SUPERMAN (LOWER BACK)

Lie facedown on the floor with your arms extended at your sides. Using the muscles of your lower back, slowly lift your upper body straight up until your chest is completely off the floor. Lower to the starting position without letting your chin touch the floor to rest, and repeat.

### DUMBBELL KICKBACK (TRICEPS)

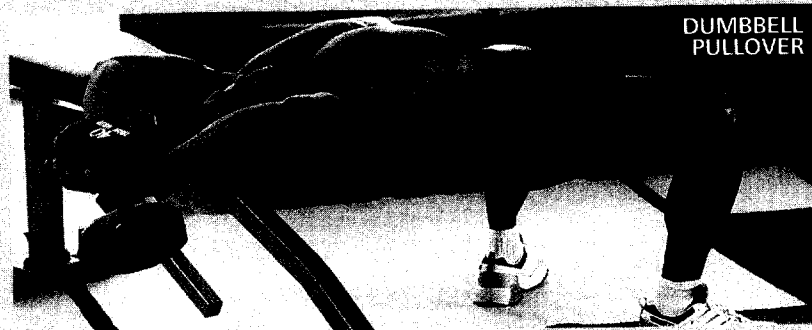
Stand as you would for the one-arm dumbbell row and hold a light dumbbell in your free hand. Start with that elbow tight against your body and the upper arm parallel to the floor (it should be flush with your torso or slightly higher). Moving only at the elbow, extend your working arm completely and squeeze the contraction at the top. Return to the starting position.

### STANDING BARBELL CURL (BICEPS)

This move is identical to the EZ-bar curl in the program, except that you'll use a straight bar. Grasp the bar with your hands at shoulder-width.

### REVERSE CRUNCH (ABS)

Lie faceup on the floor, with your arms along your sides and braced against the floor for support. Bend your knees 90 degrees and raise them up in the air, so your hips also form a 90-degree angle. Keeping both angles throughout, contract your abs to pull your hips upward until your lower back comes up a few inches off the floor. Hold for a moment, then lower and repeat.



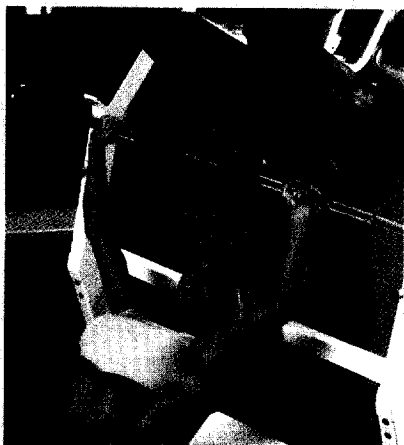
DUMBBELL PULLOVER

Per Bernal

# The Beginner's Guide to Bodybuilding

## Phase II Exercises

These exercises are introduced in Phase II.



### Incline Bench Press

**PRIMARY MUSCLES INVOLVED:**

Pectorals (upper region)

**EXECUTION:** Lie faceup on an incline bench and place your feet firmly on the floor. Grasp the barbell just outside shoulder-width and have a spotter help you unrack the weight. Slowly lower the bar until your upper arms are just past parallel to the floor, then push the weight back up in an arc without locking out your elbows.

**HELPFUL HINT:** You shouldn't be able to lift as much on the incline as on flat-bench presses, so choose a light weight initially. Since you're using a barbell, always get the help of a spotter.



### Seated Barbell Press

**PRIMARY MUSCLES INVOLVED:**

Deltoids  
**EXECUTION:** Sit on a military-press seat with a rack and grasp the barbell just outside shoulder-width. With the help of a spotter, lift the bar off the rack, then slowly lower it in front of your head until your upper arms are just past parallel to the floor. Press the weight straight up, extending your elbows just shy of locking out.

**HELPFUL HINT:** Because the shoulder joints are prone to injury, make certain you use a weight you can handle, and keep the movement steady and under control at all times.



### Bent-Over Lateral Raise

**PRIMARY MUSCLES INVOLVED:** Rear deltoids

**EXECUTION:** Stand holding the dumbbells with a neutral grip (palms facing each other) and bend forward at the hips until your torso is just above parallel to the floor. Extend your arms perpendicular to your torso with a slight bend in your elbows. Raise your arms straight out to each side and up as high as possible while squeezing your scapula together. Hold for a second as you contract your rear delts, then lower the dumbbells to the start position.

**HELPFUL HINT:** Maintain the natural arch in your back throughout the movement.



### Dumbbell Overhead Extension

**PRIMARY MUSCLES INVOLVED:**

Triceps  
**EXECUTION:** Sit on a low-back, upright seat and hold a dumbbell in your hands with your fingers intertwined. Start with your arms fully extended and the dumbbell directly over your head. Slowly lower the weight behind your head until your elbows are just past 90 degrees, then drive the weight back up, extending your elbows completely and squeezing your triceps at the top.

**HELPFUL HINT:** As with all triceps exercises, keep your elbows in as tight as possible — don't let them flare out to the sides.



### Smith-Machine Bent-Over Row (Reverse Grip)

**PRIMARY MUSCLES INVOLVED:** Latissimus dorsi, rhomboids, middle traps

**EXECUTION:** Stand with your knees bent (approximately 45 degrees) and grasp the bar with your palms facing up and shoulder-width apart. Disengage the bar and start with your arms extended, elbows tight against your body. Keeping your back flat, lean over the bar and pull it into your abdomen, leading with your elbows. Squeeze your shoulder blades together at the top and lower the weight to the starting position.

**AT-HOME REPLACEMENT:** Perform move with a barbell.



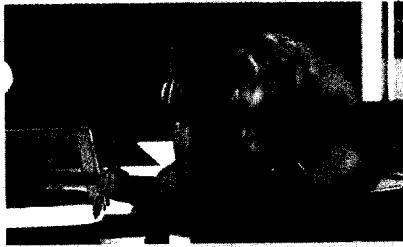
### Preacher Curl Machine

**PRIMARY MUSCLES INVOLVED:**

Biceps  
**EXECUTION:** Adjust the seat of a preacher curl machine so that the backs of your upper arms contact the pad (not just your elbows). With your arms fully extended, grasp the handles and curl the weight up as far as possible. Hold for a second while you squeeze your biceps, then lower to the starting position without letting the weight rest on the stack.

**AT-HOME REPLACEMENT:** Standing Barbell Curl

Her apparel courtesy of Body & Shape. Shoes by AVIA.  
His apparel courtesy of Muscle & Fitness. Shoes by AVIA



### Barbell Wrist Curl

**PRIMARY MUSCLES INVOLVED:** Forearms

**EXECUTION:** Sit on a flat bench and lean forward so that the backs of your forearms are in contact with the bench and your hands are just past the edge (your wrists should be in line with the edge of the bench). Hold a straight bar with your hands about 6 inches apart and, moving only at the wrists, curl the weight up and squeeze. Let the bar down until you feel a stretch in your forearms.

**HELPFUL HINT:** The range of motion here is small, but you'll feel the burn right away. Work through the burn as long as you can go all the way up.



### Smith-Machine Squat

**PRIMARY MUSCLES INVOLVED:**

Quadriceps, hamstrings, glutes

**EXECUTION:** Stand with the bar across the back of your shoulders and upper traps; keep your feet underneath you about shoulder-width apart. Disengage the bar. With your chest out and your back arched, slowly lower your body as if sitting back in a chair until your quads are parallel to the floor. Push through your heels to the standing position without locking out your knees.

**HELPFUL HINT:** Think about letting your glutes move backward as you descend, and when you return to a standing position, tense your legs as though you're trying to wipe mud off your shoes to activate the quads.

**AT-HOME REPLACEMENT:** Dumbbell Squat



### Standing Calf Raise

**PRIMARY MUSCLES INVOLVED:** Calves

**EXECUTION:** Adjust the machine to allow for a long range of motion at the ankles (up for tall people and down for those who are shorter). Place your shoulders beneath the pads and the balls of your feet on the edge of the platform. Keeping a slight bend in your knees, lift the weight up as high as possible by using your calf muscles to lift your heels. Slowly lower the weight back down until you feel a stretch in your calves.

**HELPFUL HINT:** The biggest and most common mistake when training calves is going too fast. Slow down, feel the muscles contract and squeeze your calves at the top of each rep.



### Stationary Lunge

**PRIMARY MUSCLES INVOLVED:**

Quadriceps, hamstrings, glutes

**EXECUTION:** Stand and hold a dumbbell in each hand, placing one foot in front of you and one behind (your feet should be about shoulder-width apart for stability). Bend your front leg and drop the back knee until your front thigh is parallel to the floor. Push through the heel of your lead leg to return to the starting position. After a set, switch your feet and train the opposite side.

**HELPFUL HINT:** The most important thing to remember with lunges is to make sure your front knee doesn't extend over your toes on the descent. This will help prevent knee injury.



### Vertical-Bench Knee Raise

**PRIMARY MUSCLES INVOLVED:** Abs

**EXECUTION:** Position your body on the vertical bench by letting your legs hang straight down with a slight bend in the knees, placing your forearms firmly on the arm pads and your hands grasping the handles. Raise your knees toward your chest (or as high as possible), keeping a 90-degree angle in your knees throughout. Hold at the top for a second as you contract your abs, then lower your legs to the starting position.

**HELPFUL HINT:** To hit the lower abdominals, you must curl your hips off the pad as you raise your knees.

**AT-HOME REPLACEMENT:** Reverse Crunch. **M&F**