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**16**  
Dexter's  
Workout



**30**  
At-Home  
Delts



**42**  
Beginner  
Back



**68**  
Jay's  
Legs

- 8** Editorial:  
More Ways to Use 101 Workouts

## CHAPTER 1: CHEST

- 10** Beginner Programme  
**12** 15-Minute Routine  
**14** At-Home Training  
**16** Advanced Routine: Dexter Jackson  
**18** Advanced Routine: Omar Deckard  
**20** Advanced Routine: Nasser El Sonbaty  
**22** 7 Specialised Routines

## CHAPTER 2: DELTS

- 26** Beginner Programme  
**28** 15-Minute Routine  
**30** At-Home Training  
**32** Advanced Routine: Günter Schlierkamp  
**34** Advanced Routine: Bob Cicherillo  
**36** Advanced Routine: Craig Titus  
**38** 7 Specialised Routines

## CHAPTER 3: BACK

- 42** Beginner Programme  
**44** 15-Minute Routine  
**46** At-Home Training  
**48** Advanced Routine: Mike Dragna  
**50** Advanced Routine: Garrett Downing  
**52** Advanced Routine: Dorian Yates  
**54** 7 Specialised Routines

## CHAPTER 4: LEGS

- 58** Beginner Programme  
**60** 15-Minute Routine  
**62** At-Home Training  
**64** Advanced Routine: Shawn Ray  
**66** Advanced Routine: Milos Sarcev  
**68** Advanced Routine: Jay Cutler  
**70** 7 Specialised Routines



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## CHAPTER 5: BICEPS

- 74** Beginner Programme
- 76** 15-Minute Routine
- 78** At-Home Training
- 80** Advanced Routine: Mike Matarazzo
- 82** Advanced Routine: Chris Cormier
- 84** Advanced Routine: Aaron Maddron
- 86** 7 Specialised Routines



## CHAPTER 6: TRICEPS

- 90** Beginner Programme
- 92** 15-Minute Routine
- 94** At-Home Training
- 96** Advanced Routine: Lee Priest
- 98** Advanced Routine: Victor Konovalov
- 100** Advanced Routine: Darrem Charles
- 102** 7 Specialised Routines



## CHAPTER 7: ABDOMINALS

- 106** Beginner Programme
- 108** 15-Minute Routine
- 110** At-Home Training
- 112** Advanced Routine: Stan McQuay
- 114** Advanced Routine: Mike Vrabel
- 116** Advanced Routine: Richard Jones
- 118** 7 Specialised Routines



## CHAPTER 8: UPPER BODY

- 122** Beginner Programme
- 124** Advanced Programme
- 126** 20-Minute Routine
- 128** At-Home Training
- 130** Power & Strength Routine

## CHAPTER 9: FULL BODY

- 132** Beginner Programme
- 134** Advanced Programme
- 138** 20-Minute Routine
- 140** At-Home Training
- 142** Power & Strength Routine



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# 101 WORKOUTS, EVEN MORE WAYS TO USE THEM

**WHETHER YOU'VE JUST** decided to begin a weight-training programme or you've been hitting the gym for years, one thing is certain: when it comes to your workouts, you can never have too many options.

That's where this publication comes in. Here we cut to the chase — 101 different programmes delivered straight to you from the exercise experts at MUSCLE & FITNESS. Whether you want to work your whole body at once or focus on any of the seven major muscle groups, you'll find a routine for every need, for any day of the week.

You can use *101 Workouts* in a number of different ways. For example:

**1)** Create an all-new bodypart training split based on your goals and your situation. For example, if you only can work out at home:

Monday: Chest (p. 14) & Triceps (p. 94)

Tuesday: Legs (p. 62)

Wednesday: Off

Thursday: Back (p. 46) & Biceps (p. 78)

Friday: Shoulders (p. 30) & Abs (p. 110)

**2)** Introduce some variety into your training programme, or focus on a particular bodypart that needs attention. Sometimes, the best way to kick yourself into gear and beat boredom is to try something new. If it's back day, turn to the back chapter on page 42 and choose one of the 13 workouts you'll find there, just for today. Or maybe your delts just aren't growing, so give them a nudge with the special shock routine on page 40.

**3)** Choose one of the full-body routines, starting on page 132, and do it 1–3 times per week. Or pick an upper-body workout from Chapter 8 and a leg workout from Chapter 4 and do each 1–2 times per week (for example, Monday and Thursday do the upper-body routine, and Tuesday and Friday perform the legs routine). Just like that, you're covered!

**4)** Perhaps you don't want to overhaul your whole training routine but only tweak it a little. In that case, try some new exercises. With almost 200 fully illustrated moves in this guide, you can trade out an exercise or two in your current workout. Introducing variety into your routine is key to growth, whether in the form of new exercises, set and reps schemes, or training techniques.

You'll find plenty of new ideas on all those fronts in *101 Workouts*.

All told, there are years' worth of workouts in this book. I firmly believe it could become the most valuable fitness resource you've ever owned.

*Michael Bey*

Deputy Editor, MUSCLE & FITNESS magazine



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**FOR MOST GUYS, "CHEST DAY" IS** the best day of the week, training-wise. Here we set you on the right path in your chest quest with a machine-heavy routine that primes your pectorals for more specialised training down the road.

Some things to keep in mind...

➔➔ As a beginner, err on the light side when choosing a weight. If you can't finish the listed reps, it's too heavy.

➔➔ As a note for here and throughout the issue, if you see a decreasing rep scheme, pyramid up the weight each set; if the reps are the same set to set, choose one challenging weight and use it for all the listed sets of that exercise.

## #1

EXERCISE	SETS	REPS
<b>Smith-Machine Incline Press (or) Decline Barbell Press*</b>	<b>3</b>	<b>15, 12, 10</b>
<b>Machine Pullover</b>	<b>2</b>	<b>10</b>
<b>Pec-Deck Flye</b>	<b>2</b>	<b>10</b>
<b>Push-Up (or) Parallel-Bar Dip*</b>	<b>2</b>	<b>10</b>

**\* On your first and last exercise, switch back and forth between the two listed options, workout to workout.**



## DECLINE BARBELL PRESS

**START:** Lie back on a bench set to about a 30–40 degree decline. Grasp the barbell with an overhand, slightly wider than shoulder-width grip. Lift the bar from the supports and hold it over your lower chest, arms extended.

**MOVE:** Lower the barbell to your chest, touching down to your lower pecs lightly before pushing the bar back up to full extension.



## SMITH-MACHINE INCLINE PRESS

**START:** Position yourself on an incline bench (about 45 degrees) so that the bar touches the top of your chest just below your collarbone. Once your position is set, get up and load the bar, then lie back onto the bench and grasp the bar with a slightly wider than shoulder-width grip.

**MOVE:** Press the bar straight up, stopping just short of elbow lockout. (Feel your pecs contract to bring your arms up above your torso.) Pause at the top and lower the bar under control to your upper chest.



## MACHINE PULLOVER

**START:** Sit in a pullover machine, grasping the handles with both hands while placing your elbows against the elbow pads.

**MOVE:** Bring the handles down in front of your torso, pause for a moment, then return back to the start under full control. To keep your pecs active, put more emphasis on pushing the bar down with your hands, rather than leading with your elbows pressing against the pads. In addition, actively flex your entire chest as you pull the bar down; using this “flexing” technique on all your chest exercises will help you develop the mind/muscle link that in time gives you pinpoint control over your muscles and their actions.



## PEC-DECK FLYE

**START:** Sit in a pec-deck station, placing your elbows and forearms on the pads. For best results, position your arms so that your elbows fall just below your shoulders, and limit the stretch to just behind your chest.

**MOVE:** Squeeze your pecs to bring the pads together in front of your chest. Flex your chest hard at the moment in the exercise when your elbows are together and always lower the weight under strict control. Don't bounce.



## PUSH-UP

**START:** The traditional “drop-and-give-me-50” push-up is done with a flat back and hands just outside your shoulders (on steps or the floor).

**MOVE:** Press to full extension, keeping your elbows pointing out, and lower under control. Don't sag in the middle.



## PARALLEL-BAR DIP

**START:** Grasp the bars with your arms extended and locked. Lean forward, bend your knees and cross your legs.

**MOVE:** Keep your elbows out to your sides as you lower yourself down, dropping until your upper arms are about parallel to the floor. Squeezing your palms toward each other in an isometric fashion, begin pressing back up until your arms are again fully extended. Be sure to keep leaning forward or the exercise focus will shift more to your triceps.



**DO YOU ALWAYS FIND YOURSELF** short on time? No problem — we give a 15-minute workout for every bodypart in this issue, starting with chest.

➡➡ The first two exercises and the last two are compound sets, which are two exercises for the same bodypart done back to back with no rest in between. For instance, on your first set you'll do the Smith-Machine flat-bench press for 12 reps, then immediately pick up two dumbbells for 8 reps of the neutral-grip flat-bench press.

➡➡ Rest 30–60 seconds between compound sets (by the way, this general guideline applies to all compound sets within this book).

## #2

EXERCISE	SETS	REPS
<b>Smith-Machine Flat-Bench Press (compound set with)</b>	<b>3</b>	<b>12, 10, 8</b>
<b>Neutral-Grip Flat-Bench DB Press*</b>	<b>3</b>	<b>8</b>
<b>Seated Chest Press</b>	<b>2</b>	<b>15</b>
<b>Exercise-Ball DB Flye (compound set with)</b>	<b>2</b>	<b>12, 10</b>
<b>Exercise-Ball Push-Up</b>	<b>2</b>	<b>To failure</b>

\* For the Smith-Machine press, pyramid the weight up, choosing a higher weight for each set; on the dumbbell press, choose a challenging weight and stick with it for all three sets.

Note: Here and elsewhere throughout this book, DB stands for dumbbell



## SMITH-MACHINE FLAT-BENCH PRESS

**START:** Position yourself so the bar lands at the middle of your chest. Then get up, load the appropriate weight, lie back on the bench and grasp the bar with a slightly wider than shoulder-width grip.

**MOVE:** Keep your elbows pointing outward as you press the bar straight up. Pause at the top, then lower the bar until it lightly touches your chest. If you reach failure without a spotter, simply rack the bar on the closest hook.

## NEUTRAL-GRIP FLAT-BENCH DUMBBELL PRESS

**START:** Grasping two dumbbells, lie on a flat bench and turn your wrists so they face each other, hands at each side of your torso.

**MOVE:** Press the dumbbells upward, allowing them to naturally move toward each other at the top (without touching). Then reverse the move back to the start, getting a good pectoral stretch at the bottom.





## SEATED CHEST PRESS MACHINE

**START:** Position the handles of the machine so they line up with your mid to upper chest, sit back in the seat and grasp the handles with an overhand grip.

**MOVE:** Press the handles straight out in front of you until your arms are fully extended but not locked, then slowly bring your hands back toward your chest without letting the weights touch the stack.



## EXERCISE-BALL DUMBBELL FLYE

**START:** This exercise is similar in execution to the flat-bench flye, except that here your body works harder to keep you stabilised. Grab two dumbbells and lie back on a ball so that you face the ceiling. Extend the dumbbells out to each side of your body, maintaining a slight bend in your elbows to protect them from hyperextension.

**MOVE:** Without altering the angle in your elbows, bring the dumbbells up in an arc toward each other, stopping just short of touching over your chest. Lower them back along the same path to the start. To get more upper-chest emphasis, lower your hips toward the floor and perform in the same manner.

## EXERCISE-BALL PUSH-UP

**START:** This one will really work your shoulder stabilisers and improve your strength, balance and muscular coordination. Make sure the ball is fairly secure, and with your hands on the ball and feet on the ground, get into push-up position.

**MOVE:** Keeping your body straight as a plank, lower your chest to the ball by bending your elbows (let them point outward as you descend). Once you reach the bottom, press yourself back up to the start.



ROBERT REIFF



**WHETHER YOU ALWAYS WORK OUT** at home, or you have an adjustable bench, a barbell and dumbbells at home for days you don't feel like trekking to the gym, we offer you effective workouts with minimal equipment.

➤➤ Don't do the incline barbell press at home unless you have a spotter; if you're by yourself, replace this with dumbbell incline presses, which are just as effective.

➤➤ If your bench doesn't decline, try putting a 45-pound plate under one end of the bench (don't stack plates more than one high, for safety reasons).

## #3

EXERCISE	SETS	REPS
Incline Barbell Press*	4	15, 12, 10, 8
Incline DB Flye**	3	8, 10, 12
One-Arm DB Flat-Bench Press**	2	8, 10
Decline-Bench DB Flye**	3	10, 12, 15

\* Pyramid up the weight each set.  
 \*\* For these exercises, start with the heaviest weight you can, and drop the weight on each successive set.



Whether barbell or dumbbell, incline presses target the often-lagging upper pec region.

### INCLINE BARBELL PRESS

**START:** Lie on an incline bench and grasp the racked barbell with a moderate-width grip, palms facing the ceiling. Lift the bar off the rack and raise it until your arms are fully extended.

**MOVE:** Bend your elbows to lower the bar to just below your neck; at the bottom, your elbows should be out and away from your body but slightly in front of your shoulders. Contract your chest muscles and extend your elbows to press the bar up until your elbows are almost locked out.





## **INCLINE DUMBBELL FLYE**

**START:** Set an incline bench at a 45-degree angle. Grasp a pair of dumbbells and sit on the bench so that your back is flush against the pad. To start, raise the weights directly over the centre of your upper chest so that your arms are nearly straight, palms face each other and the dumbbells touch.

**MOVE:** Keep your elbows bent slightly throughout and begin lowering the dumbbells out and down to your sides in an arc. When your upper arms are in roughly the same horizontal plane as your torso, your palms should face the ceiling. Retrace the same path to raise the weights, squeezing them together by forcefully contracting your chest muscles.



## **ONE-ARM DUMBBELL FLAT-BENCH PRESS**

**START:** Grasp a dumbbell and lie face up on a flat bench. Extend your arm to lift the weight directly above your chest.

**MOVE:** Bend your elbow to lower the dumbbell to a point just outside of but in the same horizontal plane as your chest. Your elbow should be out to your side and slightly in front of your shoulder joint. Press the weight back up and in by simultaneously squeezing your pec and fully extending your arm. Finish your reps and repeat with your other arm.

## **DECLINE-BENCH DUMBBELL FLYE**

**START:** Lie on a decline bench holding a dumbbell in each hand. To start, raise the weights directly above the lower half of your chest so that your arms are nearly straight, your palms face each other and the dumbbells touch.

**MOVE:** Keep your elbows bent slightly throughout and begin lowering the dumbbells out and down to your sides in an arc. When your upper arms are in roughly the same horizontal plane as your torso, your palms should face the ceiling. Raise the weights back up in an arc, retracing the path of descent. Squeeze the weights up and together by forcefully contracting your chest muscles.



ROBERT REIFF



**WINNER OF THREE PROFESSIONAL** bodybuilding shows during the first three months of 2004, Dexter Jackson has risen to elite status in the sport. At 5'6", 225 pounds, "The Blade" beats larger competitors with his amazing symmetry and unwavering conditioning.

In his chest routine, Dex takes advantage of compound-setting to really burn in the muscle detail.

➤➤ For pressing movements, Dexter likes using an explosive upward motion and a controlled descent. On flyes, he uses a methodical, even cadence throughout.

➤➤ He's also a fan of machines for their stability — when moving heavy weight, a fixed range of motion brings a welcome level of safety to the exercise.

## #4

EXERCISE	SETS	REPS
Flat-Bench Barbell Press	4*	6-10
Hammer-Strength Incline Machine Press (compound set with)	3	6-10
Cable Crossover	3	6-10
Smith-Machine Incline Press** (compound set with)	3	6-10
Flat-Bench DB Flye	3	8-10

**\*Does not include four warm-up sets of 10-12 reps with a lighter weight. \*\* See page 10 for description.**

### FLAT-BENCH BARBELL PRESS

**START:** "Barbell presses are the quintessential mass-builder," Dexter says. "I always put them first in my routine so I can go as heavy as possible." Lie face up

on a bench with your feet flat on the floor. Grasp the barbell with an overhand grip, your hands slightly wider than shoulder-width apart.

**MOVE:** Unrack the bar and slowly lower it toward your chest. Keep your wrists aligned with your elbows and your elbows pointed out to your sides. When the bar just touches your chest, press back up explosively, driving the weight away from you until you almost lock it out.



### HAMMER-STRENGTH INCLINE MACHINE PRESS

**START:** Adjust the machine so your back rests comfortably against the pad and your feet are flat on the floor. The handles should be aligned right at or just below shoulder level when you sit down.

**MOVE:** Using an explosive motion, concentrate on flexing your pectorals as you press the handles away from you. Avoid locking out your elbows at the top. "Don't forget to squeeze your chest hard at the peak of the contraction," Dexter says. "Just because you're not locking out doesn't mean you can't concentrate and contract at the top." Slowly reverse the motion — for full development, contracting the working muscles on the ascent and controlling the descent is an absolute necessity — and go right into the next rep.

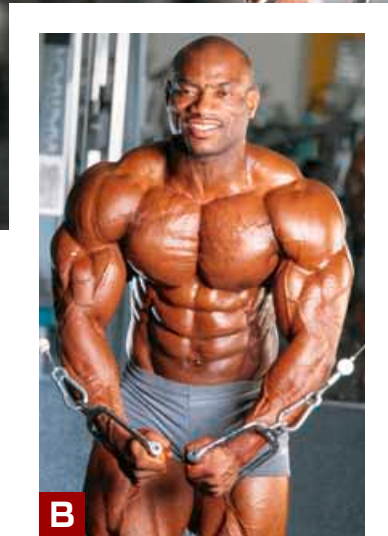


**A**

## CABLE CROSSOVER

**START:** Attach handles to the upper or lower pulleys on a cable machine. Stand in the direct centre of the machine with your knees slightly bent, your focus forward and your stance stable. Shift your weight to the front to help maintain your position during each rep. Grasp the handles with your palms facing each other and bend your elbows slightly.

**MOVE:** In a simultaneous downward/inward motion, bring the handles to a point in the front of your midsection, keeping your arms slightly bent. Pause a moment and squeeze out a peak contraction before slowly allowing the handles to return to the start position, resisting the weight as you do so.



**B**



**A**



**B**

## FLAT-BENCH DUMBBELL FLYE

**START:** Lie on a flat bench with your feet on the floor and your back pressed against the pad. Begin with your arms straight up from your shoulders, and the weights directly over your chest. Your palms should face each other and your elbows should be slightly bent.

**MOVE:** Slowly lower your arms out to your sides until your wrists come to about shoulder level or slightly above, then bring your arms back toward the midline of your body, focusing on using the centre of your chest to draw them back together. "My repetition speed is the same on both the positive and negative portions for flyes," Dexter notes.

ROBERT REIFF



## CALIFORNIA'S OMAR DECKARD

knows size. Competing at a massive 260 pounds, the super heavyweight built his foundation by training like a powerlifter. Now his routine reflects a mix of those strength-lifting concepts and the higher-rep sets needed to bring about a muscle pump.

➤➤ “Your first exercise is the most important one in your workout because that’s when you’ll be able to push yourself the hardest,” Omar says. “Choose mass movements like the bench press to start.”

➤➤ To build your pecs, a squeeze at the apex of every rep is vital.

## #5

EXERCISE	SETS	REPS
<b>Flat-Bench Barbell Press*</b>	<b>3</b>	<b>warm-up</b>
	<b>2</b>	<b>10, 6</b>
<b>Incline DB Press</b>	<b>4</b>	<b>12-15</b>
<b>Pec-Deck Flye</b>	<b>3</b>	<b>10-15</b>
<b>DB Pullover</b>	<b>3</b>	<b>6-8</b>

\* Find a description of this exercise on page 16.



## INCLINE DUMBBELL PRESS

**START:** Lie squarely on the incline bench, which should be set at a fairly low angle. Hold the dumbbells just outside your shoulders.

**MOVE:** Forcefully press the weights up in an arc until your arms are fully extended above your chest. Reverse the motion, being sure not to overstretch your shoulders by lowering the weights below chest level.





## PEC-DECK FLYE

**START:** This version of the pec-deck flye machine has handles instead of elbow pads. (Both versions of the pec deck are effective, acceptable choices.) Adjust the seat so that your shoulders, elbows and hands are on the same horizontal plane after you grab the handles.

**MOVE:** With your back squarely against the pad, forcefully bring the handles all the way together, making sure to keep your elbows up to make the movement more efficient and to reduce the risk of injury. Reversing the motion, allow the handles to go back to a point at which you feel a strong stretch in your pecs before beginning your next rep.



## DUMBBELL PULLOVER

**START:** Lying across a flat bench, keep your glutes low, which affords you a greater stretch.

**MOVE:** Holding the inside edge of a dumbbell at arm's length overhead, allow the weight to go behind you, keeping your arms straight, stretching your pecs and lats but keeping your hips down. Reversing direction, pull the weight back up, breathing out only after reaching the uppermost position to ensure that your core is stable throughout the movement.

ROBERT REIFF



**ONE OF THE MOST POPULAR** competitors in the IFBB, Nasser El Sonbaty has heaved plenty of weight in his 15 years as a pro. Like most of his peers, he changes his workouts often, but this particular routine is a great example of how he combines presses and flyes for a more intense, and thus more productive, session.

➔ “A technique that works well for me is rest/pause,” Nasser explains. “I may do a set of 6–10 reps on an incline dumbbell press, pause for 10 seconds, do another 4–5 reps, rest again and finish with 1–3 reps.”

➔ Nasser recommends choosing a heavy weight, but not so heavy that you can't get at least 6 reps in the set.

## #6

EXERCISE	SETS	REPS
<b>Incline DB Press*</b> (compound set with) <b>Flat-Bench DB Flye</b>	<b>4</b>	<b>6–10</b>
<b>Decline DB Press</b> (compound set with) <b>Decline DB Flye</b>	<b>3</b>	<b>6–10</b>
<b>Standing Cable Crossover**</b>	<b>2–4</b>	<b>8–15</b>

\* Find a description for this exercise on page 18.  
\*\* Find a description for this exercise on page 17.



### FLAT-BENCH DUMBBELL FLYE

**START:** With a dumbbell in each hand and a slight but unchanging bend in your elbows, lie on a flat bench and allow the weights to travel out and away from your body in a wide arc.

**MOVE:** Feel the stretch, then contract your pecs to forcefully raise the weights overhead while keeping the angle in your elbows nearly constant.



“Think ‘squeeze the pecs’ at the top of presses and flyes,” Nasser says.

A





**B**



**A**

## DECLINE DUMBBELL FLYE

**START:** When he does the decline press with dumbbells, Nasser will go right into the decline flye as the second half of a compound set. With a weight heavy enough for presses, he doesn't get a really deep stretch at the bottom but still strives for a decent range of motion. Lie back on a decline bench and hold a pair of dumbbells overhead, keeping your hands in a neutral (palms-facing) position.

**MOVE:** Maintaining a slight bend in your elbows throughout, power the weights up in a wide arc, keeping constant tension on your chest by not locking out at the top nor allowing the weights to rest against each other. When lowering the weights, fight gravity to gain the benefit of the negative.



**A**

## DECLINE DUMBBELL PRESS

**START:** Lie back on a decline bench and hold the weights directly over your pecs.

**MOVE:** Resist the negative as you lower the dumbbells until they just touch your lower-chest region. In a forceful movement, power the weights up but don't lock out. "I think 'squeeze the pecs' at the top," Nasser adds.



**B**

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### MORE WORKOUTS TO TRY:

**#7)** You can use this routine, which hits the upper chest hard, in combination with...

**#8)** ...this lower-chest programme. If you train chest twice per week, do #7 the first time and #8 the second. Or just rotate between them from workout to workout.

Also, if you're not familiar with a drop set, here's how it works: in your last set, complete the prescribed number of reps (in these two cases, 10); then immediately drop the weight and do 5 or so more reps.

**#9)** If you're all about moving more weight in your bench press, this no-frills routine is aimed squarely at strength.

**#10)** Up for the challenge? Using the Swiss ball, you can improve your balance and coordination as you improve your pecs.

**#11)** If you'd like a fast and simple workout, take advantage of the Smith Machine, which is perfect for pressing. On the "Smith Push-Up (feet up)" set the bar to about hip height, then place the tops of your feet on the bar and your hands on the floor.

For the feet-down version, turn around, grasp the bar with both hands and get into push-up position with both feet on the floor.

**#12)** This high-rep routine will improve your muscle hardness.

**#13)** If your triceps often overpower your pecs, try pre-exhaust, where you hit your pectorals with an isolation move first (no direct arm involvement) followed by a compound move.

## #7 UPPER CHEST EMPHASIS

EXERCISE	SETS	REPS
Incline Barbell Press	4	12, 10, 8, 6
Incline Cable Flye*	3	10, 10, 8
Seated Chest Press	3	10†
Feet-Elevated Push-Up	2	15

\* Place an incline bench in a cable station.

† Last set, do a drop set [see text at left for details].

## #8 LOWER CHEST EMPHASIS

EXERCISE	SETS	REPS
Decline Barbell Press	4	12, 10, 8, 6
Decline Cable Flye	3	10, 10, 8
Flat-Bench DB Press	3	10†
Exercise-Ball Push-Up	2	15

† Do drop set on last set.

## #9 POWER UP YOUR BENCH PRESS

EXERCISE	SETS	REPS
Barbell Bench Press	8	*
Flat-Bench DB Press	4	10, 8, 5, 5
Incline or Decline Cable Flye†	2	12

\* 15, 12, 10, 8, 5, 3, 2, 1; pyramid up the weight each set.

† Rotate incline and decline every other workout.



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## #10 SHOCK ROUTINE

EXERCISE	SETS	REPS
Swiss-Ball DB Press*	4	12, 10, 8, 8
Swiss-Ball DB Flye*	3	12, 10, 10
Incline DB Press	3	10, 8, 6
Parallel-Bar Dip	2	To failure

\* Same as the bench version, except you lie on a Swiss ball.

## #11 SMITH MACHINE

EXERCISE	SETS	REPS
Decline Smith Press	4	12, 10, 8, 8
Flat-Bench Smith Press	4	10, 10, 8, 6
Incline Smith Press	4	10, 10, 8, 6
Smith Push-Up (feet up) (compound set with)	2	12-15
Smith Push-Up (feet down)	2	12-15

## #12 HIGH DEFINITION

EXERCISE	SETS	REPS
Multi-Angle DB Press	3	18*
Hammer-Strength Press	3	12-15
Tri-Set:†		
Pec-Deck Machine	4	12
DB Pullover	2	12
Push-Up	2	15-30

\* Adjust the incline 3 times during set; start at 30 degrees, then 45, then 60. Do 6 reps per angle. † Like a compound set, except with three exercises.

## #13 PRE-EXHAUST

EXERCISE	SETS	REPS
Incline DB Flye	3	15, 12, 10
Incline Barbell Press	3	8, 10, 12*
Pec Deck Flye (compound set with)	3	12
Seated Chest Press	3	8, 10, 12*
DB Pullover	2	12, 8

\* In this book, a reverse rep scheme means you should reverse-pyramid your weights, starting with a heavy weight first and going lighter each subsequent set.

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Pro-MR	20 Sachets	£38.49	£29.99
Pro-MS	15 Sachets	£27.99	£21.99
Pro-Lean SF	80 Capsules	£24.99	£19.49
Pro-Amino	500 Capsules	£28.99	£23.00
Pro-Bar II	24 Bars	£52.49	£40.99
Pro-Vital	30 Day Supply	£34.99	£27.89
Pro-Recover	1.2kg Tub	£24.99	£19.89

AST Nutrition		RRP	Our Price
VP2	32 Servings	£34.99	£27.99
CLA 1000	90 Capsules	£24.99	£19.99
GL3	300g Tub	£32.99	£26.39
GL3	600g Tub	£54.99	£43.99
Creatine HSC	4lb Tub	£34.99	£27.99
Ny-Tro Pro 40	20 Sachets	£39.99	£31.99
Micronised Creatine	1000g	£49.99	£39.99
Micronised Creatine	550g Tub	£29.99	£23.99
VyoPro Bars	12 bars	£19.99	£15.99
Shaker Cup		£4.99	£3.50

Maximuscle		RRP	Our Price
Cyclone	1.2kg Tub	£39.99	£31.99
Viper	1kg Tub	£19.99	£15.99
Promax	908g Tub	£31.99	£25.59
Progain	2kg Tub	£31.99	£25.99
Creatamax 8000GL	1064g	£44.99	£35.99
Slim Meal	1.2kg Tub	£39.99	£31.99
ALC-1000	60 Capsules	£34.99	£25.99
Thermobol	90 Capsules	£34.99	£27.99
Recover	1kg Tub	£21.99	£17.59
Fattack	120 Capsules	£34.99	£27.99

Reflex		RRP	Our Price
Instant Mass	2.7kg Tub	£37.99	£27.99
Instant Whey	5lb Tub	£39.99	£31.99
Natural Whey	5lb Tub	£44.99	£34.99
Tri Matrix	50 Servings	£49.99	£39.89
Progen	20 Sachets	£37.99	£29.99
Micro Whey	5lb Tub	£54.99	£43.89
Micellar Casein	908g Tub	£24.99	£19.89
Nexgen	120 Capsules	£11.99	£9.49
Creapure Creatine	500g Tub	£19.99	£15.89
Bulgarian Tribulus	90 Capsules	£29.99	£23.99

Prolab		RRP	Our Price
N-Large 2	3.8lb Tub	£25.99	£20.80
N-Large 2	6lb Tub	£35.99	£28.80
Pure Whey	5lb Tub	£40.99	£32.79
Cuts III	120 Capsules	£19.99	£15.99
Optima Bolan	200 Capsules	£34.99	£27.99
Advanced Whey	908g + 100g Creatine free	£32.99	£26.40
Glutamine	300g + 100g free	£32.99	£26.39
Lean Mass Matrix	20 Sachets	£49.99	£39.99
Training Paks	30 packs per tub	£19.99	£16.99
Caffeine	100 Capsules	£8.99	£7.20

SAN Nutrition		RRP	Our Price
Infusion	2.4lb Tub	£49.99	£30.99
V12 Turbo	624g Tub	£49.99	£38.99
Volu-Mass	2lb Tub	£29.99	£22.99
Full Impact Bolt	650g Tub	£79.99	£62.99
Endotest	90 Capsules	£39.99	£30.99
Tight	60 Capsules	£34.99	£29.99
Myrodrive	2414g Tub	£59.99	£46.99
Shredded	70 Capsules	£24.99	£19.99
Methoxybol VII	100 Capsules	£49.99	£38.99
T100	60 Capsules	£69.99	£52.99

MET-Rx		RRP	Our Price
Protein Plus	908g Tub	£29.99	£25.99
Creaphos	500g Tub	£29.99	£22.99
Met-Rx	20 Sachets	£39.99	£30.99
Met-Rx	60 sachets	£99.99	£78.99
Protein Plus Bars	12 bars	£29.99	£25.99

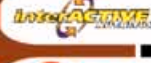
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Plasma Expander	1.5kg	£49.99	£39.99
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Elite Whey	5.5lb Tub	£34.99	£27.99
ISO-90	4.4lb Tub	£34.99	£27.99
Lean System X	120 Capsules	£29.99	£23.99
Exite	90 Capsules	£34.99	£23.99

IDS		RRP	Our Price
1-AD	60 Capsules	£59.99	£39.99
4-Diol Extreme	60 Capsules	£49.99	£39.99
Carb Shuttle	120 Capsules	£34.99	£27.99

MRM		RRP	Our Price
Metabolic Whey	5lb	£39.99	£30.99
H2O Lean	60 Caps	£24.99	£19.99
Metabolic Pump	195g	£34.99	£27.99
Metabum-XTP	90 Caps	£39.99	£31.99
Tribplex 750	60 Caps	£24.95	£19.99
BCAA + G	180g	£24.99	£21.99
CreActiv	2.1lb Tub	£29.95	£23.99
Response Bars	12 bars	£19.99	£15.99
Meta Meal Deluxe	20 Sachets	£39.99	£31.99
ECDY-20	90 Caps	£39.99	£19.99

MuscleTech		RRP	Our Price
Cell-Tech	2lb tub	£29.99	£23.49
Cell-Tech	4lb tub	£49.99	£39.99
Cell-Tech	7lb tub	£79.99	£63.99
Nitro-Tech	908g tub	£39.99	£31.99
Nitro-Tech	1814g tub	£69.99	£55.99
Nitro-Tech Bars	12 bars	£41.99	£33.59
Meso-Tech Bars	12 bars	£29.99	£23.99
Meso-Tech	14 Sachets	£39.99	£31.95
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## THE THREE-HEADED SHOULDER

muscle needs attention from multiple angles to fully develop. The anterior head is best hit with front raises. The middle head is worked via standing and seated lateral raises, while the rear delt is targeted when you do bent-over laterals and certain reverse-flye and row-type motions. While presses primarily work the front head, they do involve all three heads in the lift.

➡➡ Momentum is the enemy of a shoulder exercise — control the weights to ensure other muscles don't take over.

➡➡ The latter three exercises can be done in any order; ideally, the sequence should be changed regularly.

# #14

EXERCISE	SETS	REPS
<b>Smith-Machine Shoulder Press</b>	<b>3</b>	<b>15, 12, 10</b>
<b>Wide-Grip Upright Row</b>	<b>2</b>	<b>12</b>
<b>One-Arm DB Lateral Raise</b>	<b>2</b>	<b>10</b>
<b>One-Arm DB Front Raise</b>	<b>2</b>	<b>10</b>
<b>One-Arm Bent-Over DB Lateral Raise</b>	<b>2</b>	<b>10</b>



## SMITH-MACHINE SHOULDER PRESS

**START:** Position an adjustable bench to 90 degrees, and place it within the apparatus so that the bar lowers just in front of your face. Grasp the bar outside shoulder-width and unlatch it from the safety supports.

**MOVE:** Lower the bar to about chin height, then flex through your shoulders and forcefully press it up. Keep your elbows under the bar during each rep.

## WIDE-GRIP UPRIGHT ROW

**START:** Stand holding a barbell in front of you with a slightly wider than shoulder-width grip and your arms extended. Bend your knees slightly.

**MOVE:** Lift the bar up close to your body, concentrating on your delts, until your upper arms are parallel to the floor. Lower the weight under control — don't let it drop — to full elbow extension.







## ONE-ARM DUMBBELL LATERAL RAISE



**START:** Stand holding a dumbbell in your right hand with your arm by your side. Hold onto a solid structure with your left hand for support.

**MOVE:** With your elbow fixed in position, lift the weight up until your arm is parallel to the floor, then return to the start. Repeat for reps, then switch arms.



## ONE-ARM DUMBBELL FRONT RAISE

**START:** Stand holding a dumbbell in your right hand as you did for lateral raises. Start with the dumbbell in front of you, lightly touching your thigh.

**MOVE:** Lift the dumbbell straight in front of you until your arm is parallel to the ground. Slowly lower the weight and repeat. Complete all reps, then switch arms.

## ONE-ARM BENT-OVER LATERAL RAISE

**START:** Lean forward at the waist, place your left hand on a bench for support, and hold a dumbbell in your right hand with your arm extended.

**MOVE:** Raise the weight straight out to the side until parallel to the floor. Repeat for reps and switch arms.





## FOR A KILLER SHOULDER SMACK

in 15 minutes flat, head to the cable station. Start with rear delts, then move on to the middle delts, and finally blast the front delts. This order is deliberate, as most people's rear-delt development lags behind, while the front delts are the strongest of the three because of the additional work they get during presses on chest day.

➤➤ Perform these as a circuit, moving from exercise to exercise with no rest.

➤➤ These are built on a reverse-pyramid system where, after one warm-up set, you start with your heaviest weight and drop the poundage 10%-20% or so each subsequent set.

# #15

EXERCISE (PERFORM AS A CIRCUIT)	SETS	REPS
Standing Cable Reverse Flye	4	15, 8, 10, 12
Standing Behind-the-Back Cable Raise	4	15, 8, 10, 12
Standing Rope Cable Raise (or) Standing One-Arm Cable Raise	4	15, 8, 10, 12

**Do the three exercises in this circuit back-to-back-to-back with no rest in-between; between each circuit, rest 30-60 seconds. After a warm-up circuit of light weight, start heavy and drop the weight each successive set.**



A



B

## STANDING CABLE REVERSE FLYE

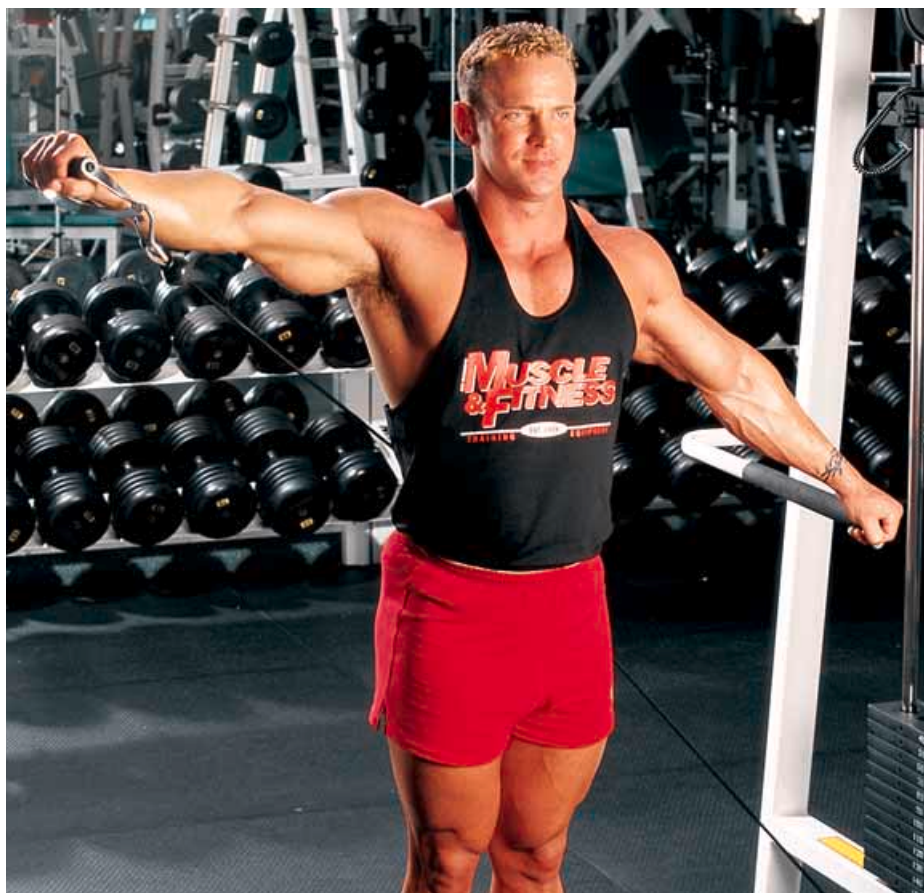
**START:** Stand in the centre of a cable crossover apparatus. Start with hands crossed in front of you at shoulder height with the left high cable in your right hand, the right in your left hand.

**MOVE:** Using your rear delts, pull your elbows out and back as far as possible, then return to the start.

## STANDING BEHIND-THE-BACK CABLE RAISE

**START:** Having the cable go behind your back instead of to the front helps eliminate cheating. Take a step forward so the cable runs behind you without hitting your body.

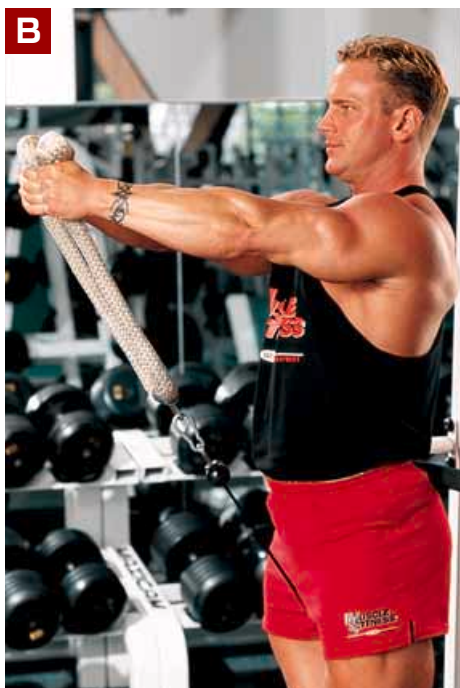
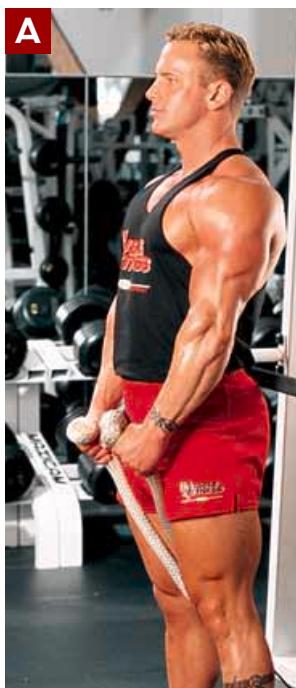
**MOVE:** Keeping your torso erect and arm straight, lift the handle out in an arc until your hand is level with your delt. Lower back to the start.



## STANDING ROPE CABLE RAISE

**START:** Stand with the low pulley just behind you, the cable running through your legs. Hold the rope with a neutral (palms facing each other) grip.

**MOVE:** In a smooth motion, lift the rope straight out in front of you, keeping your arms straight throughout.



## STANDING ONE-ARM CABLE RAISE (D-HANDLE)

Use this one-hand variation of the rope cable raise if you have one delt that's a lot stronger than the other — this way, that stronger side can't compensate for the weaker one by pulling more of the load.

ROBERT REIFF



### DUMBBELLS ARE WELL-SUITED

for working the delts, making shoulders the perfect at-home workout. Here, we build a workout around three unique and very effective moves advocated by top IFBB fitness competitor and model Beth Horn.

➔➔ Control is vital in this routine. Don't throw the weights around — perform the up and down slowly and deliberately.

➔➔ Don't dawdle. To finish in 15 minutes or less, you'll need to keep rest periods to about 30 seconds max between sets.

# #16

EXERCISE	SETS	REPS
Palms-Facing Overhead DB Press	3	10
DB Lateral Raise-Horizontal Shoulder Adduction	3	12
Incline Cross-Body Rear Delt Raise	3	10-12



### PALMS-FACING OVERHEAD DUMBBELL PRESS

**START:** Sit upright, upper arms parallel to the floor, elbow joints bent 90 degrees and feet planted firmly on the floor.

**MOVE:** Keeping your shoulders back and abs tight, extend your elbows to press the dumbbells overhead, maintaining a constant distance between the weights throughout the ascent. The range of motion is less than when the palms face forward, but it's more natural, Beth says. For example, you don't experience that "popping" sensation near the top of the press, which is what often happens in the shoulder's ball-and-socket joint when you complete a palms-forward rep.

## DUMBBELL LATERAL RAISE-HORIZONTAL SHOULDER ADDUCTION

**START:** "In the start position, I hold two dumbbells at my sides at arms' length, palms facing in," Beth says. "Maintaining a slight bend in my knees and waist to keep pressure off my low back, I lean forward very slightly."

**MOVE:** Raise the dumbbells directly out to your sides, keeping your elbows bent 5–10 degrees. Stop once your arms are parallel to the floor, and bring the dumbbells together in front of you while keeping your arms parallel to the floor, an active range of motion called horizontal shoulder adduction. Once your arms are extended directly out in front of you and the weights are only a few inches apart, retrace that movement to return to the top point of the lateral raise: arms out to the sides, elbows slightly bent. Then lower the weights back down to your sides.



## INCLINE CROSS-BODY REAR DELT RAISE

**START:** Set an incline bench at 30–40 degrees and lie on the long pad so that one side of your body is flush against it. Position your non-working arm so that the lower half supports your head; position your working arm, dumbbell in hand, to hang across your body, your elbow slightly bent and your palm down.

**MOVE:** Contract your shoulder to lift the dumbbell upward, keeping your upper arm moving through the same diagonal plane throughout, so that it always forms a 90-degree angle with your torso. Retrace the movement back to the start position.

ROBERT REIFF



## IF BODYBUILDING CONTESTS WERE

judged solely on popularity, Günter Schlierkamp would never lose. With his easy-going smile and incredibly approachable demeanour, the German giant has won countless fans the world over. He used this particular routine in preparation for his 2002 GNC Show of Strength victory.

➡➡ “In the past, I’d try to go much heavier but I’d lose my form,” Günter says. “Now I concentrate more on feeling the muscles. [If I happen to fall back into bad habits] I go 10–20 pounds lighter on the next set.”

## #17

EXERCISE	SETS	REPS
Seated One-Arm DB Lateral Raise	4	15, 12, 8–10, 6
Seated DB Press	4	12, 8–10, 8, 6
DB Upright Row	4	15, 12, 8, 5–6
Incline-Bench Bent-Over Lateral Raise	4	15, 10–12, 10–12, 10–12

Günter also includes smith machine full- and partial-range presses in his shoulder workout, either near the beginning (after seated lateral raises) or as a final burnout exercise.

## SEATED ONE-ARM DUMBBELL LATERAL RAISE

**START:** Günter likes to begin with this middle-delt exercise instead of the heavy presses he used to do, and his shoulder twinges are a thing of the past. Sitting erect at the end of a flat bench with a dumbbell in each hand, angle the thumb on your working arm down, little finger up. Maintain this hand position throughout the movement to place stress on your delt.

**MOVE:** Power the weight up, keeping a slight bend in your elbow. At the top, with your elbow just above shoulder height, reverse direction and lower the weight under control. To keep stress on the muscle, stop short of fully relaxing your arm before beginning the next rep. Repeat for reps, then switch arms.



## SEATED DUMBBELL PRESS

**START:** Sit on a straight-back bench with your feet firmly planted on the floor. Begin with your elbows at shoulder level but slightly forward, forearms angled in slightly so that the inner plates of the dumbbells are directly above your delts.

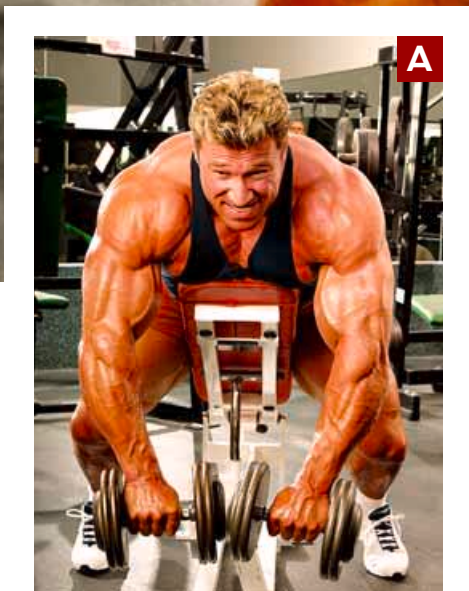
**MOVE:** With your knuckles pointed at the ceiling, push the weights straight up, stopping short of locking out your elbows. Then control the dumbbells all the way down until your upper arms are parallel to the floor or slightly lower, the weights at approximately ear level.



## DUMBBELL UPRIGHT ROW

**START:** Stand with your chest lifted, holding the weights in front of your thighs, palms facing your legs and elbows slightly bent.

**MOVE:** Bring your elbows up and out to your sides as you lift the dumbbells, keeping your wrists straight. When your elbows reach shoulder level, the inside plates of the dumbbells at your armpits, reverse direction and lower the weights under control to the start.



## INCLINE-BENCH BENT-OVER LATERAL RAISE

**START:** Günter straddles an incline bench and leans his chest against the pad. "You want your torso to be almost parallel to the floor so you hit your rear delts as you lift the weights out to each side," he says. At the start, his arms hang down with a slight bend in his elbows.

**MOVE:** Günter leads with his elbows to lift the dumbbells out to his sides to shoulder level. He explains that it's important to bring your elbows straight out from the shoulder rather than lifting them rearward, which would recruit more of your upper back than your rear delts.

ROBERT REIFF



### ONE WORD TO DESCRIBE BOB

Cicherillo? Persistent. After 13 years battling for his pro card in the amateur ranks, Chick finally broke through at the 2000 NPC USA Championships. He brings the same state of mind to the gym, training hard 'n' heavy for that polished look.

➡➡ "When training shoulders, use your chin as a guide," Cicherillo instructs. "I begin and end my overhead presses at my chin, and bring upright rows to a point just underneath my chin."

➡➡ He also gives delts their own training day, rather than pairing them with chest, triceps or another bodypart, to give them his utmost attention.

# #18

EXERCISE	SETS	REPS
<b>Seated Machine Press</b>	<b>3*</b>	<b>12-15</b>
<b>Bent-Arm DB Lateral Raise</b>	<b>3</b>	<b>12-15</b>
<b>Bent-Over DB Lateral Raise**</b>	<b>3</b>	<b>12-15</b>
<b>EZ-Bar Upright Row</b>	<b>3</b>	<b>12-15</b>

\* Does not include 2-4 warm-up sets of 12-20 reps.  
 \*\* This exercise is shown in Craig Titus' workout on page 37.

## SEATED MACHINE PRESS

**START:** "I like to begin my workout with a power motion like overhead presses to get the muscles moving and the blood going," Bob says. "I sit on a bench with a backrest and grasp the handles with my hands just outside shoulder-width apart, or even a bit wider."

**MOVE:** "I begin with the handles precisely at chin level and use my chin as a guide throughout the exercise. I press the weight up and over my head at a steady rate of speed – not too fast, and nothing explosive. I come to a full extension overhead without locking out, then slowly come back to the start, lowering the weight only to chin level."





## BENT-ARM DUMBBELL LATERAL RAISE

**START:** "I begin with the dumbbells to the sides of my thighs with my palms facing my body," Bob says. "It's nearly impossible to cheat because this position totally isolates the middle delt and keeps you from using your back or traps to help with the lift."

**MOVE:** Slowly raise the dumbbells up and out, making sure your elbows are always higher than the weights. Pause a moment at the top before slowly returning to the start.



## EZ-BAR UPRIGHT ROW

**START:** "Standing with my knees slightly bent, I hold the bar with my shoulders down and my focus forward," Bob explains.

**MOVE:** "Leading with my elbows, I lift the bar straight up, keeping it close to my body, until my wrists come underneath my chin. I pause a moment and squeeze hard in this top position before slowly lowering the bar back to the start."



**"I'm a big believer in training delts hard, because the wider they are, the smaller your waist looks," Bob says.**



**CRAIG TITUS MAY HAVE A** reputation as bodybuilding's "bad boy", but his training programme is all good if you want to get bigger and stronger.

➔ Titus' training motto: go intense or go home. "But intensity doesn't necessarily mean maxing out," he says. "I used to lift as heavy as possible, which was plain stupid. Now I train smarter: I use moderate to heavy weights with higher reps and focus on forcing as much blood into the muscle as possible."

## #19

EXERCISE	SETS	REPS
Seated DB Press	3*	12-15
One-Arm Lateral Raise	4	12-15 each arm
Bent-Over Lateral Raise	4	15-20
One-Arm Front Raise	4	15-20
DB Shrug	5	10-15

\*Doesn't include two warm-up sets of 12-15 reps.

### SEATED DUMBBELL PRESS

For a full description, see Günter's workout on page 32.



### ONE-ARM LATERAL RAISE

**START:** "Although lateral raises are traditionally done with both arms simultaneously, I like to single them out to focus on individual shoulder development and strength," says Craig. "It also allows me to extend my rep range by 5-6 reps." Stand with your feet shoulder-width apart for balance, and hold a pair of dumbbells outside your thighs (the second dumbbell is for balance purposes) with your elbows slightly bent and your palms facing inward.

**MOVE:** With your upper body steady, slowly lift one dumbbell up and out to the side until it comes to a level slightly above your shoulder. Pause for a moment and lower it back down to the start. Complete all reps for one arm before starting with the other arm.

## BENT-OVER LATERAL RAISE

**START:** Stand with your knees slightly bent and, holding a pair of dumbbells in front of you with your palms facing each other, bend forward from the hips like a jackknife, keeping your back flat and your head up. Allow your arms to hang straight down from your shoulders and bend your elbows slightly.

**MOVE:** Slowly lift the dumbbells up and out to the sides of your body, pulling through the rear delts and rhomboids. Pause a moment at the top of the motion before slowly lowering the weights back down to the start. "Avoid the use of momentum by lifting the dumbbells slowly and deliberately, and imagining the distance between your shoulder blades getting smaller as you raise the weights," Craig recommends.



## ONE-ARM FRONT RAISE

**START:** Stand with your knees slightly bent, your back straight and your focus forward. Hold a pair of dumbbells at your thighs with your palms facing your body.

**MOVE:** Imagining that your shoulder is the only point in your body that is mobile, slowly lift one dumbbell in front of you, raising it to a level slightly above your delts. Pause for a moment at the peak contraction before slowly lowering the weight back to the start. Repeat with the other arm. "Try doing three reps with one arm, then three on the other," Craig suggests. "Alternate like that until you get 15–20 reps on each arm. That's one set, and one killer burn."

## DUMBBELL SHRUG (PICTURED ON PAGE 51)

**START:** At the end of every shoulder workout, Craig invariably performs five sets of dumbbell shrugs to smack the muscle that sits between his delts — the traps. Stand comfortably upright, feet a little less than shoulder-width apart, and hold a pair of dumbbells at your sides.

**MOVE:** Slowly shrug your shoulders to lift the dumbbells. Be careful not to bend your elbows as you lift the weights. At the top, pause for a moment and contract hard through your traps and rhomboids before slowly lowering the weights back to the start.



### MORE WORKOUTS TO TRY:

**#20)** As each focuses on one of the three delt heads, you can use #20, #21 and #22 in concert; rotate between the three every shoulder workout.

**#21)** Here you hit middle delts first while you're fresh. The reverse pec-deck machine in this workout can be found in most gyms; it is a pec deck where you can adjust the handles, sit backward in the machine, extend your arms and perform what essentially looks like a reverse flye. If you don't have access to this machine, any variation of a bent-over dumbbell lateral will suffice.

**#22)** The front delt usually gets a lot of work during any shoulder or chest workout, but in combination with 20 and 21, this front-focused routine works well.

**#23)** If you're noticeably weak in your presses, here's your chance to rectify the situation. Once you can handle more weight, you should find that muscle growth comes easier to your delts, even after you switch to another routine.

**#24)** Using stability-building Swiss ball moves and isometric holds, this workout is a way to break out of your comfort zone and start growing again.

**#25)** Once you have some shoulder bulk, carve those delts into cannonballs.

**#26)** This is for those ready to take their efforts to the next level.

## #20 REAR DELT EMPHASIS

EXERCISE	SETS	REPS
Bent-Over Lateral Raise	4	10-12
EZ-Bar Upright Row	3	10-12
Smith-Machine Press	3	10, 8, 6
One-Arm Lateral Raise* (compound set with)	2	10
One-Arm Front Raise*	2	10

\* Use a lower-pulley cable and a D-handle attachment.

## #21 MIDDLE DELT EMPHASIS

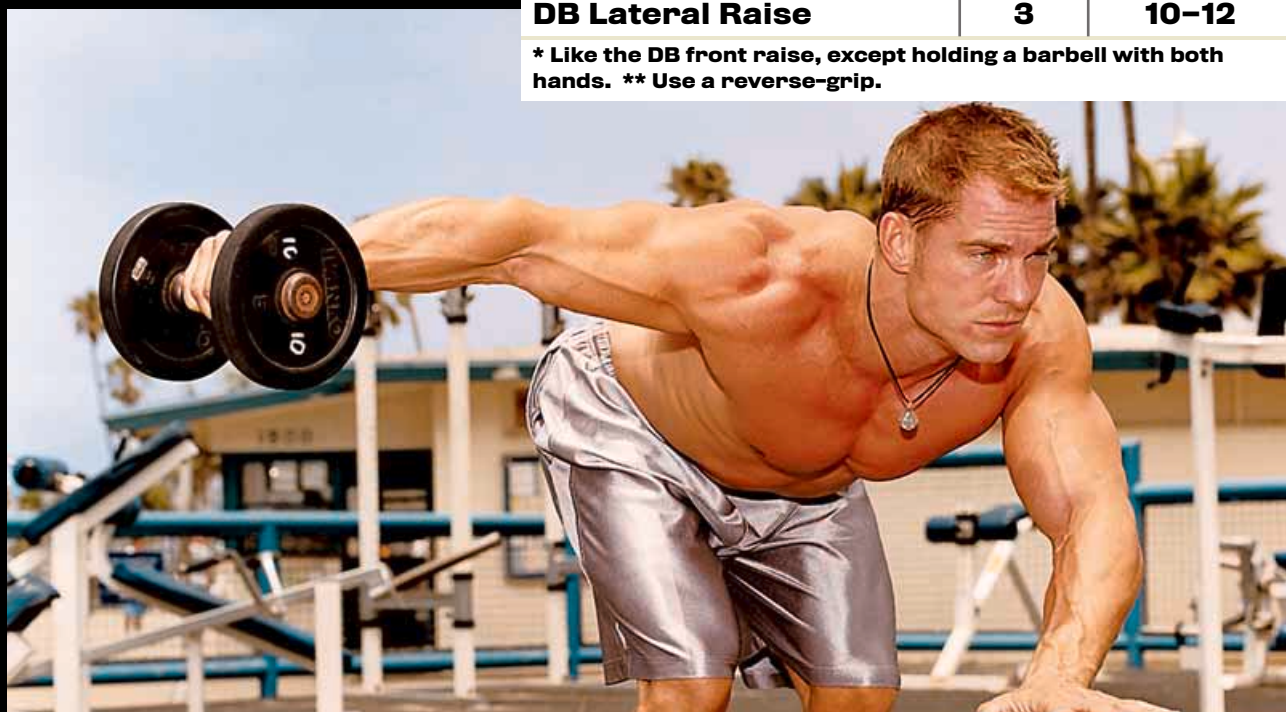
EXERCISE	SETS	REPS
Seated DB Lateral Raise (compound set with)	3	10-15
DB Lateral Raise	3	10
Arnold Press*	4	12, 10, 8, 6
Reverse Pec-Deck	2-3	10-12

\* Like a regular DB press, except at the bottom you start with your palms facing you, twisting your wrists as you press so your palms face forward at the top.

## #22 FRONT DELT EMPHASIS

EXERCISE	SETS	REPS
Barbell Front Raise*	3	12, 10, 8
Smith-Machine Press**	4	12, 10, 8, 6
Upright Cable Row (compound set with)	3	10-12
DB Lateral Raise	3	10-12

\* Like the DB front raise, except holding a barbell with both hands. \*\* Use a reverse-grip.



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### #23 POWER & STRENGTH

EXERCISE	SETS	REPS
Upright DB Row	3	15, 10, 8
Seated Barbell Press	5	10, 10, 8, 5, 3
Standing DB Press	3	10, 8, 6
Leaning Lateral Raise†	2	10-12
Standing Cable Reverse Flye	2	10-12

† Grasp a stationary object, lean away from it and perform DB lateral raises with your free hand.

### #24 SHOCK ROUTINE

EXERCISE	SETS	REPS
Standing Barbell Press	4	12, 10, 8, 6
Swiss-Ball DB Press* (compound set with)	3	8, 10, 12
Swiss-Ball DB Lateral Raise*	3	8, 10, 12
DB Lateral Raise†	2	8
Bent-Over Lateral Raise†	2	8

\* Perform presses and laterals while seated on a ball.

† Hold the top position of every rep for 5 full seconds.

### #25 HIGH DEFINITION

EXERCISE	SETS	REPS
Seated DB Press (compound set with)	4	15-20
EZ-Bar Upright Row	4	15-20
Alternating set:*		
DB Dual Front Raise	3	12
DB Lateral Raise	3	12
Reverse Pec Deck	2	15

\* Do one front raise (raising both DB's at the same time), then one lateral raise, and continue alternating.

### #26 ADVANCED

EXERCISE	SETS	REPS
One-Arm DB Press*	4	12, 10, 8, 8
Multi-Grip Upright Row†	3	12, 10, 8
Behind-The-Back Cable Raise	3	10
Incline Cross-Body Rear Delt Raise	3	10

\* Like a seated DB press, except you perform with one arm at a time. † First half of set, use a just-outside-shoulder-width grip; second half, move your hands just inside shoulder-width.



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**YOU'LL NEVER BUILD A THICK, strong back** unless you create a foundation with basic, tried-and-true exercises. This routine combines four of the best. Use this for at least three months, once per week, before moving on to a more advanced programme.

➤ For the bent-over row, start light and increase the weight slightly set-to-set.

➤➤ For the remaining three exercises, choose a weight with which you can get 12 reps, but is challenging enough that you couldn't get more than 2-3 reps beyond that if you continued the set.

## #27

EXERCISE	SETS	REPS
<b>Bent-Over Barbell Row</b>	<b>3</b>	<b>15, 12, 10</b>
<b>Wide-Grip Seated Cable Row</b>	<b>2</b>	<b>12</b>
<b>One-Arm DB Row</b>	<b>2</b>	<b>12</b>
<b>Wide-Grip Pulldown To Front</b>	<b>2</b>	<b>12</b>



### BENT-OVER BARBELL ROW

**START:** Bend forward from the hips, keeping your torso just above parallel to the floor and your chest lifted to maintain the natural arch in your back. Take an overhand grip on the bar, hands just outside shoulder-width.

**MOVE:** Strongly pull the bar into your abs, contract your lats and middle-back muscles hard, then slowly lower the bar all the way down to full arm extension.



## WIDE-GRIP SEATED CABLE ROW

**START:** Sit at a row station and take a shoulder-width, palms-down grip on a straight bar. Bend your knees slightly and keep your back straight.

**MOVE:** Pull the bar all the way to your upper abs and squeeze your lats. Then slowly return the bar to the start, leaning forward just a bit to stretch your lats, but not so much that it causes you to round your lower back.



## WIDE-GRIP PULLDOWN TO FRONT

**START:** Take a wide grip on the bar and position yourself on the seat with your chest up. Lean back slightly.

**MOVE:** Squeeze your lats to initiate the movement, pulling the bar down in a smooth motion to nearly touch your upper chest. Hold the peak contraction for a moment, then slowly return the bar all the way up to get a good stretch through the working muscles. Don't rock back and forth as you rep — stay relatively upright throughout.



## ONE-ARM DUMBBELL ROW

**START:** Grasp a dumbbell in one hand and rest your free hand on a bench, keeping your chest slightly lifted as you bend forward from the hips, one foot just ahead of the other for balance.

**MOVE:** Keeping your torso stable throughout the movement, pull the dumbbell all the way up to touch your chest, moving your shoulder backward as your elbow comes toward the ceiling. Then lower the dumbbell straight down to the start position.

ROBERT REIFF



## CABLES GIVE THE BENEFIT OF

speed — handles and weight selection are very easy to change — and provide continuous tension on your muscles.

➡➡ The pulldown-to-front and standing pulldown compound set is configured to take advantage of the slightly easier second exercise. Once you tire on the seated pulldown, you put your body in a better leverage situation by standing, giving you the ability to power out some reps before your lats give out.

➡➡ For the standing pulldown, if you have trouble getting to failure, try this trick — when you get to 12 reps, *increase* the weight and continue repping.

# #28

EXERCISE	SETS	REPS
<b>Incline Cable Row</b>	<b>3</b>	<b>15</b>
<b>Pulldown to Front* (compound set with)</b>	<b>2</b>	<b>15</b>
<b>Standing Pulldown</b>	<b>2</b>	<b>To failure</b>
<b>One-Arm Cable Row</b>	<b>2</b>	<b>15**</b>

\* See exercise description on previous page.

\*\* Within each set, drop the weight 3 times; once after the first 5 reps, then again after 5 more, and one more time for the final 5 reps.



## INCLINE CABLE ROW

**START:** Place an incline bench so that the higher end is near the low pulley. Set the angle at about 30–45 degrees. Grasp the rope attachment with both hands facing in and sit facing the weight stack, leaning forward against the angled bench. Keep your chest up with a slight arch in your back, and let the rope pull your shoulder blades forward into stretch.

**Move:** Pull on the rope, moving your elbows straight back. Pinch your shoulder blades together as your hands move out to your sides, contract your lats briefly at the end of the move, and return to the start.







## STANDING PULLDOWN

**START:** Standing puts you in a stronger position, so you can continue lifting despite being fatigued from the seated pull-downs. Grasp a long pull-down handle about 4 inches wider than shoulder-width with an overhand grip. Bend your knees slightly, keep your back arched and chest up, and press your lower thighs, just above the knees, into the padded seat for stability.

**MOVE:** Lean back about 10 degrees and slowly pull the bar toward your mid-chest. As you reverse the movement, concentrate on making your back do the work. Stretch your lats at the top and pull again.



## ONE-ARM CABLE ROW

**START:** Grasp a D-handle on a low pulley with your palm facing your body. Grasp the support bar with your free hand to stabilize yourself and lean forward about 45 degrees. Use a split stance: the foot of the side you're working should be back while the other is forward. Keep your chest up, shoulders squared and a slight arch in your back.

**Move:** Pull the handle into the side of your waist until your elbow is past your body. When you return to the starting position, go for a deep stretch.

ROBERT REIFF



**BIG BACKS ARE BUILT WITH BIG** rows. This routine includes three rowing variations, all designed to give you development from your mid-back out to your lats, providing ample width and depth in the process.

➔ If you don't have a pull-up bar at home, but you do most or all of your workouts there, consider installing one. No other bodyweight exercise is as valuable in a training regime than the pull-up. You can also use it during your arm workouts — a close, hammer-style (palms-facing) grip is a great move for your back and biceps.

## #29

EXERCISE	SETS	REPS
<b>Pull-Up*</b>	<b>3</b>	<b>10</b>
<b>One-Arm DB Row†</b>	<b>3-4</b>	<b>10-12</b>
<b>Palm-Rotation Row</b>	<b>3-4</b>	<b>10-12</b>
<b>Bent-Over Reverse-Grip Row</b>	<b>3</b>	<b>10, 8, 6</b>

\* If you have a pull-up bar at home; otherwise, go right to the second exercise. See exercise on page 50.  
† Knee-on-bench variation.



### ONE-ARM DUMBBELL ROW (KNEE ON BENCH)

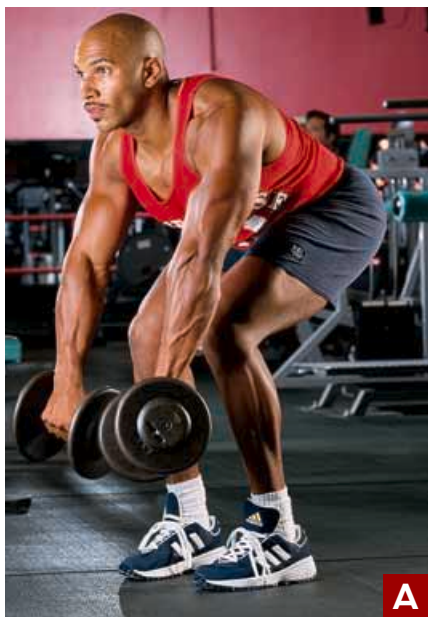
This move is the same as the one-arm row depicted on page 43, but instead of keeping both feet planted on the floor, you'll place the knee opposite your working arm on a flat bench. You should try both styles to determine which feels most comfortable to you; both are equally effective at hitting the intended target.



## PALM-ROTATION ROW

**START:** Grasp a dumbbell in each hand with an overhand grip and straighten your arms. Bend over and bend your knees, keeping the arch in your back tight and your chest out throughout the exercise.

**MOVE:** Lift the dumbbells to each side of your torso, twisting your palms as you go so your palms face forward at the top. Your elbows should be moving straight toward the ceiling as they bend. From the top, reverse the movement, twisting your hands into the palms-back position at the bottom.



## BENT-OVER REVERSE-GRIP ROW

**START:** Bend at your hips and, keeping the arch solid in your lower back, grasp a barbell with a shoulder-width (or slightly wider) reverse grip.

**MOVE:** Bring the barbell straight up toward your abdomen, driving your elbows straight upward. Your shoulders should rotate slightly back on the ascent. Pause for a second at the top, squeezing your back muscles hard, then lower the bar back to the start. Don't let the bar touch down to the floor between reps. Although the athlete is shown here using a raised box, it's not necessary, as you can also easily do this exercise from the floor.





**HAWAIIAN MIKE DRAGNA DOESN'T** take the laid-back, island-style approach to his back workout. This IFBB pro goes nose-to-the-grindstone with four moves designed to add slabs of thickness while carving in the topography-map detail coveted by bodybuilders (and anyone who wants a more impressive rear view). ➤➤ “Concentration is key when training your back,” Dragna states. “Always focus on your back muscles when pulling the weight instead of letting your arms do the work.”

## #30

EXERCISE	SETS	REPS
<b>Reverse-Grip Pulldown</b>	<b>4*</b>	<b>12-15, 12-15, 6-8, 6-8</b>
<b>T-Bar Row</b>	<b>2</b>	<b>6-8</b>
<b>Seated Cable Row</b>	<b>2</b>	<b>6-8</b>
<b>Hammer-Strength Row</b>	<b>2**</b>	<b>6-8</b>

\* The first two sets are warm-ups.  
\*\* Per side.



### REVERSE-GRIP PULLDOWN

**START:** Place your legs snugly under the pads on a pull-down machine and position your hands approximately 8 inches apart on the bar, palms facing you.

**MOVE:** Keeping your torso perpendicular to the floor and your back slightly arched, slowly pull the bar downward, focusing on your back muscles the entire time, until the bar touches your chest. At this point, squeeze your shoulder blades together for maximal contraction. Return to the starting position, extending your arms completely at the end of each rep to achieve a full stretch.



To maintain his training momentum, Mike only rests 60 seconds between sets.

## T-BAR ROW

**START:** With your feet shoulder-width apart and your knees slightly bent, take a wide, overhand grip on the handles. Keep your back arched throughout the movement.

**MOVE:** Slowly move through a full range of motion, pulling all the way to your chest at the top and lowering to a full stretch at the bottom.

## SEATED CABLE ROW

**START:** Using a narrow-grip handle, keep your knees slightly bent with your feet flat on the platform in front of you for stabilisation.

**MOVE:** With your torso perpendicular to the floor and your eyes straight ahead, pull the handle toward your midsection, again focusing on driving your elbows back until the handle touches your navel. After squeezing your shoulder blades together at the peak of contraction, slowly return to the starting position, leaning slightly forward with your arms extended at the end of each rep to stretch your lats completely.



## HAMMER-STRENGTH ROW

**START:** Adjust the seat so that your forearms are parallel to the floor and your chest touches the pad in front of you.

**MOVE:** Hold onto the grips with both hands while pulling with only one side. (Keeping hold with the opposite hand keeps your torso stable during the contraction.) Concentrate on the muscles of the middle back as you pull the handle toward your chest as far as possible without rotating your torso. Complete a full range of motion by slowly lowering the weight until your arm is fully extended. "You can either alternate arms every other rep or do each side separately," Mike suggests. "Try changing your routine by incorporating both."

ROBERT REIFF



## KNOWLEDGEABLE, PERSONABLE

and — well, impressive from any angle, IFBB pro Garrett Downing knows what it takes to get the most out of his back workout. This back and trap combo programme is multi-faceted, leaving no corner of Garrett's back untouched.

➡➡ Garrett does his pull-ups “dead-hang” style, where he lets his arms go completely straight between reps. That way, he gets a complete range of motion. Cutting reps short on the pull-up by not coming all the way down makes it easier, but easier is definitely not better in this case.

➡➡ “Always hit a different area of your back by alternating exercise choices and order,” Garrett says.

## #31

EXERCISE	SETS	REPS
<b>Pull-Up</b>	<b>4</b>	<b>10-12</b>
<b>T-Bar Row*</b>	<b>5</b>	<b>8-10</b>
<b>Seated Cable Row*</b>	<b>4</b>	<b>10-12</b>
<b>Hammer-Strength Row Machine*</b>	<b>4</b>	<b>8-10</b>
<b>Close-Grip Pulldown</b>	<b>4</b>	<b>10-12</b>
<b>Pulldown to Front**</b>	<b>4</b>	<b>12-16</b>
<b>DB Shrug</b>	<b>4</b>	<b>10-12</b>

\*See exercise descriptions on page 49.  
\*\*See exercise description on page 43.



## PULL-UP

**START:** “First, I usually use straps [not shown] to reinforce my grip, because although I’m strong enough to hold myself, my grip just goes,” Garrett says. “I hang from the bar with a slightly wider than shoulder-width grip.”

**MOVE:** With a slight arch in your lower back, pull yourself up without using any extra body momentum, then lower yourself back to the start. “At the top, I like to barely touch my chest to the bar, which helps to ensure I go through a full range of motion,” Garrett adds.





## CLOSE-GRIP PULLDOWN

**START:** Attach a hammer-style bar to a pulldown station and sit in the seat, grasping the handles so your palms face each other.

**MOVE:** "I smoothly pull the weight down to my chest, keeping my back arched a little bit to make sure all the emphasis is on my lower lats," Garrett says. "With this movement, like most back exercises, it's not really about the weight but more about getting your form down, and squeezing and contracting. I just rely on good technique and squeeze through the entire movement."



## DUMBBELL SHRUG

**START:** Garrett finishes off his back with trapezius work. "Shrugs are always last; if I did them in the beginning, it would adversely affect the rest of my strength movements," he explains. Grasp two heavy dumbbells and stand in a comfortable, shoulder-width stance.

**MOVE:** "I hold the dumbbells at my sides, and let them extend as far downward as I comfortably can," he says. "I'll let them drop down to my thighs, then I'll pull my shoulders straight up toward my ears and hold for a two-count before slowly lowering the weights."

ROBERT REIFF



## SIX-TIME MR. OLYMPIA DORIAN

Yates was nicknamed The Shadow. Could it be because his billowing lats cast darkness for miles whenever the mighty Brit walked onto a bodybuilding stage? This is the back workout Yates used in preparation for his final Olympia win in 1997.

➤➤ “I train my back separately — never with other bodyparts,” Yates says. “When you work out with really heavy weights and out-of-this-world intensity, doubling up bodyparts is impossible.”

➤➤ “If you can't pause with a weight in the fully-contracted position, you're going too heavy,” Dorian says. “Don't let momentum be the force that moves your weights; be a master of form.”

## #32

EXERCISE	SETS	REPS
Machine Pullover	1*	6-8
Reverse-Grip Pulldown	1**	6-8
Bent-Over Barbell Row	1**	6-8
One-Arm Machine Row	1	6-8
Seated Cable Row	1	6-8
Weighted Back Extension†	1**	8-12
Deadlift	1**	6-8

\* Also do 2 warm-up sets. \*\* Also do 1 warm-up set.

† This move is like the extension on page 123, except you hold a weight plate to your chest during the exercise.

See the machine pullover on page 11; the bent-over row on page 42; and the deadlift on page 61.



## REVERSE-GRIP MACHINE PULLDOWN

**START:** Dorian uses a Hammer-Strength machine for this move. Set yourself firmly in the machine, set the pads onto your knees and take a reverse grip on the handles.

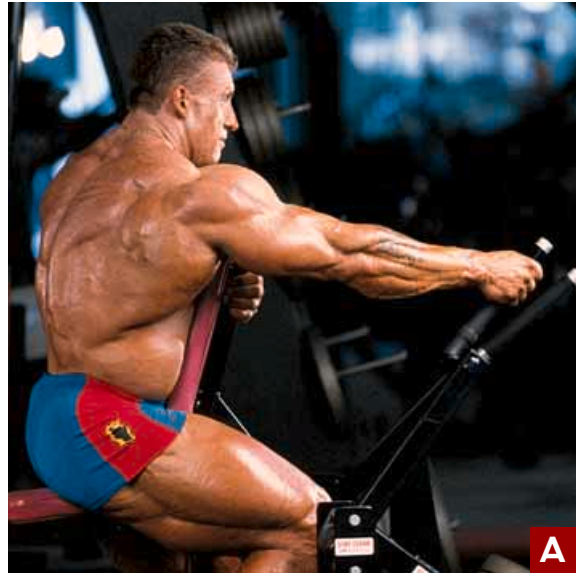
**MOVE:** Pull the handles down toward your chest, using a moderate rate of speed to minimise cheating, ensuring that your lats bear the brunt at every point during the movement. Contract your lats at the bottom, and control the weight during its ascent to the top position. Don't let the weight touch down between reps, to keep the tension on throughout the exercise.





## WIDE-GRIP SEATED CABLE ROW

**START:** For full description, see page 43.



**A**



**B**



**C**



## BENT-OVER BARBELL ROW

**START:** For full description, see page 42.

## ONE-ARM MACHINE ROW

**START:** Dorian includes this exercise in his back arsenal because it enables him to work one side at a time, allowing for a fuller range of movement over free-weight rows. Sit with your upper body against the pad and grasp one handle.

**MOVE:** Pull the weight back without twisting your torso until your elbow is as far back as possible and you feel your lat under maximum stress. Release the weight slowly to complete the rep.

CHRIS LUND



### MORE WORKOUTS TO TRY:

**#33)** This routine can be paired with #34; rotate between the two every other back workout for a balanced attack.

**#34)** This or workout #33 can also be used in conjunction with a regular mass or strength-building back workout, if either your lats or your back thickness is lacking (do the appropriate workout on a different day during the week from your regular back-training session).

**#35)** Don't miss a back workout because you're short on time. This fast-paced circuit can be done in 15 minutes.

**#36)** Craft peaks, valleys and striations with this high-rep workout.

**#37)** Increase your strength levels with this programme, built around one of the best all-around exercises ever created, the barbell deadlift. Work your way down to singles (a one-rep set) on this lift, pyramiding up the weight for each set. Strive for incremental strength increases workout-to-workout.

**#38)** If your back is a stubborn muscle group for you, give it some shock therapy in the form of this routine. It hits your back from numerous angles, and brings on the muscle failure via a killer compound, drop set combination.

**#39)** With this carefully blended workout, you can build a solid foundation of muscle mass.

## #33 MAXIMUM WIDTH

EXERCISE	SETS	REPS
Pull-Up	4	12, 10, 8, 8
Standing Pulldown	4	10-12
Wide-Grip Seated Cable Row	4	10-12
Straight-Arm Pulldown*	3	10-12

\* Like the pressdown on page 91, except you keep your arms straight throughout instead of bending your elbows.

## #34 MAXIMUM THICKNESS

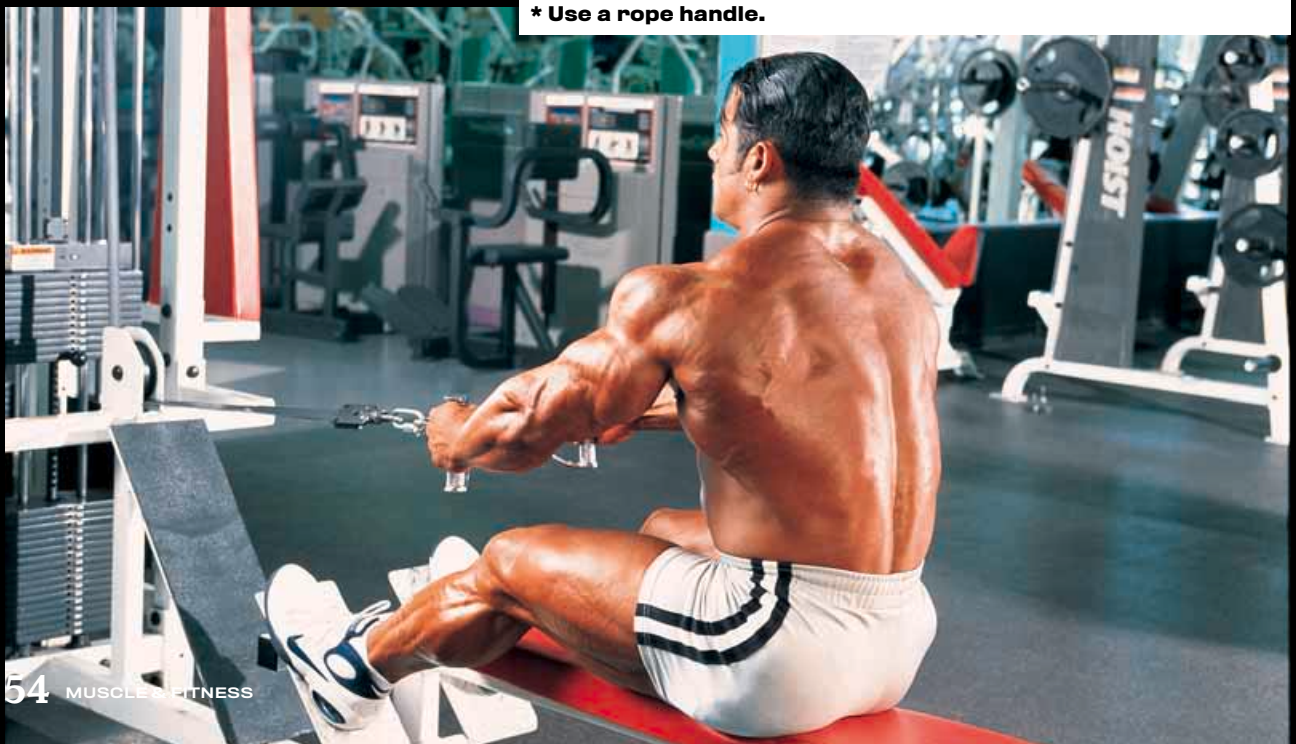
EXERCISE	SETS	REPS
Close-Grip Pulldown	4	12, 10, 8, 8
One-Arm DB Row	4	10, 10, 8, 8
Seated Cable Row	4	10-12
Back Extension*	3	12-15

\* See description on page 123.

## #35 FOUR-MOVE CIRCUIT

EXERCISE	SETS	REPS
Palm-Rotation DB Row	4	12, 12, 10, 8
Seated Cable Row*	4	12, 12, 10, 8
Wide-Grip Pulldown	4	12, 12, 10, 8
Reverse-Grip Pulldown	4	12, 12, 10, 8

\* Use a rope handle.





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### #36 HIGH DEFINITION

EXERCISE	SETS	REPS
Smith-Machine Bent-Over Barbell Row*	4	12-15
Wide-Grip Pulldown	3	12-15
One-Arm Cable Row	3	12
Back Extension	3	15

\* Like the barbell row on page 42, except done in a Smith Machine; set the safety stops all the way to the floor.

### #37 POWER & STRENGTH

EXERCISE	SETS	REPS
Deadlift*	6	12, 10, 8, 6, 3, 1
Bent-Over Barbell Row	4	10, 8, 6, 5
Reverse-Grip Pulldown	3	10, 8, 8
Good Morning†	3	10

\* See description on page 61

† See description on page 131.

### #38 SHOCK ROUTINE

EXERCISE	SETS	REPS
Weighted Pull-Up*		30
One-Arm Machine Row	4	15, 12
Bent-Over Reverse-Grip-Row† (compound set with)	4	6-8
Close Hammer-Grip Pulldown†	4	12-15
Good Morning	3	10

\* Like the pull-up, except you use a special belt harness to suspend weight plates from your waist. † Do a drop set on the last set.

### #39 PURE MASS

EXERCISE	SETS	REPS
T-Bar Row	4	12, 10, 8, 6
Hammer-Strength Row	4	10, 10, 8, 6
Pull-Up	3	12, 10, 8
Seated Cable Row	3	10-12

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**IF YOU'VE NEVER WORKED LEGS** before, this routine is just what you need for a good start. Created around machine moves, it allows your body to gradually adapt to the new muscle stimulus you're giving it.

➡➡ Don't go overboard on your weight selection. As a beginner, lighter is better; it's more vital that you learn good form early. Once you teach yourself bad habits, they're very difficult to break.



## SMITH-MACHINE SQUAT

**START:** Stand with the bar across your shoulders and traps, grasping it just outside your shoulders. Twist the bar to unrack it.

**MOVE:** With your chest high, head up and back slightly arched, bend your knees and hips as if you're sitting back in a chair until your thighs are parallel to the floor. Reverse the motion by driving through your heels and pressing your hips forward to return to the starting position.

# #40

EXERCISE	SETS	REPS
Smith-Machine Squat	3	15, 12, 12
Leg Extension	2	10-12
Lying Leg Curl	2	10-12
Standing Calf Raise	2	15



## LEG EXTENSION

**START:** Adjust the seat backrest (if so equipped) and footpad so your knees are at the edge of the bench and your ankles are just below the footpad/rollers. Sit back against the backrest, if applicable.

**MOVE:** Grasp the handles or the bench edges behind your hips and keep your upper body stable as you straighten your legs in a smooth movement until fully extended. Contract your quads at the top and lower under control. For full benefits, don't let the weight touch down between repetitions. Keep the motion fluid and concentrate on feeling the muscle work.





## LYING LEG CURL

**START:** Lie face down on a leg-curl machine and position your Achilles' tendons below the padded lever, your knees just off the edge of the bench. Grasp the bench or the handles for stability. Make sure your knees are slightly bent to protect them from over-extension.

**MOVE:** Raise your feet toward your glutes in a strong but deliberate motion, squeezing the muscles at the top, then lower to the start position. Keep your hips down on the bench; letting them rise to get more leverage will take emphasis away from the hams. A good mental trick on hamstring moves is to think of them like the biceps of your arm; on each rep, you want to flex them into a tight ball, then release.



## STANDING CALF RAISE

**START:** Stand squarely beneath the shoulder pads of the calf-raise machine, with the balls of your feet at the edge of the foot rest. (Note: The exercise is shown on the Smith machine here.)

**MOVE:** With your legs straight, lower yourself to stretch your calves, then rise as high as you can, squeezing the muscles.





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➔➔ Set up for both exercises in the first compound set before beginning. This means having the step-up box and dumbbells next to the squat rack before you start your squats. (On the second compound set, you need nothing except your own body for the mountain climbers, so any potential equipment problems are eliminated.)

## #41

EXERCISE	SETS	REPS
<b>Walk/Jog 3 minutes on treadmill</b>		
<b>Barbell Squat (compound set with)</b>	<b>3</b>	<b>12, 10, 8</b>
<b>DB Step-Up</b>	<b>3</b>	<b>10 per leg</b>
<b>Traditional Deadlift (compound set with)</b>	<b>3</b>	<b>12, 10, 8</b>
<b>Mountain Climber</b>	<b>3</b>	<b>30-60 seconds</b>



### BARBELL SQUAT

**START:** Step under the bar in a shoulder-width stance, and keep your elbows back to form a ridge along your upper back where the bar can sit.

**MOVE:** Keeping your head up and your body tensed, bend at the knees and let your glutes track backward to lower yourself. At the point where your thighs are parallel to the floor, reverse direction, driving up forcefully through your heels to a standing position.

### DUMBBELL STEP-UP

**START:** Place a knee-high step in front of you and grasp a dumbbell in each hand. Stand with your feet in a comfortable shoulder-width stance.

**MOVE:** Step forward with one leg onto the step and drive through that thigh to bring your body upward. Bring the trailing leg to the top of the step and stand on the box, then step back with the opposite leg to the floor and lower yourself. Be sure to keep your lower back in its natural arch and your upper body upright through the whole movement. (If you prefer, instead of alternating legs, you can complete all reps for one leg, then do all your reps for the other — in this case, your working leg steps onto the bench and also steps back to the floor.)





## TRADITIONAL DEADLIFT

**START:** The deadlift is often thought of as a back exercise — and it is, but it's also an incredible leg-builder, as you're essentially dropping into a squat in the bottom position. Grasp a barbell with a mixed grip (one palm forward, one back — this helps you maintain your grip on the barbell during the exercise). Bend deeply at your knees, look up and make sure you maintain the natural curve in your lower spine. (In fact, the minute you start losing control over your lower back and round forward, stop the set!)

**MOVE:** Keep your abs pulled in tight and tense your entire body, then drive through your heels to straighten your knees and bring your hips forward until you are in a standing position. Once standing, bring your shoulders back slightly and pause. Lower the barbell along the same path (close to your body all the way down) to the floor. Touch the plates lightly to the floor and begin your next rep. As a final note, don't make the common mistake of using too much lower back; bend deeply at the knees on each rep, and, as mentioned above, keep your lower spine arched.

## MOUNTAIN CLIMBER

**START:** Get into a push-up position, placing both hands about shoulder-width apart on the floor and set your feet so you're on your toes.

**MOVE:** Without moving your hands, bring one leg forward, then start alternating your foot position, pushing up off the floor with your feet and switching foot position, one forward, one back, as quickly as you can for the prescribed time.



ROBERT REIFF



### LEGS ARE THE HARDEST BODYPART

to train at home. And there's so much great equipment available at the gym — power racks, leg presses, hack squats, leg extensions . . . you get the idea. However, as this routine proves, training legs at home is far from impossible.

➔➔ The front squat was included instead of the rear squat because if you're a seasoned lifter, you can "clean" the barbell into place if you don't have a rack. If this isn't an option for you, replace this move with dumbbell squats, in which you hold a dumbbell at each side to do the exercise.

# #42

EXERCISE	SETS	REPS
Front Barbell Squat	4	15, 12, 10, 8
DB Split Jump	2	12
One-Leg DB Squat (or) Sissy Squat	3 3	10 per leg 12
Lying DB Leg Curl*	3	10-12

\* See this move on page 68.



## FRONT BARBELL SQUAT

**START:** In an upright, shoulder-width stance, take a barbell from a rack (or have a spotter help you), letting it rest along your upper chest. Grasp the bar with an Olympic-style grip, where you hold the bar in place with the ends of your fingers. This position can be stressful on your wrists, but stretching them out and slowly increasing the weight you use will help you adapt to this in due time. In addition to providing the most control over the bar, holding the bar in this manner also allows you to handle more weight and squeeze out more reps.

**MOVE:** Perform a basic squat, bending your knees and driving your hips back to lower yourself until your thighs are parallel to the floor or slightly beyond. (Look forward and maintain the natural arch in your back throughout the squat). Think of the movement like sitting back into a chair. From the bottom, drive back up through your heels to the start position.



## DUMBBELL SPLIT JUMP

**START:** Grasp a dumbbell in each hand and step into a lunge position, one foot forward (that knee bent 90 degrees), the back leg nearly straight, toe down, knee not touching the ground.

**MOVE:** Push explosively off the ground using both legs and switch foot position mid-air, landing with your other foot forward. Repeat for reps — one full rep is two jumps.

## ONE-LEG DUMBBELL SQUAT

**START:** Stand on a bench set next to a stationary object you can hold onto. Grasp a dumbbell in your free hand, step to the side of the bench so one leg is in the air (with no bench beneath it, as shown).

**MOVE:** As in a two-leg squat, keep your head up and back arched as you bend at the knee to lower yourself, moving your hips backward until your working thigh reaches a point parallel with the floor. From there, drive up through your heel back to a standing position. Move slowly and deliberately (especially in the deep position). Your non-exercising leg can be kept either in front of your body, which is better, or behind. To get the hang of the movement, work without the dumbbell for your first few leg workouts.



## SISSY SQUAT

**START:** Grasp a stationary object with both hands and lean back with your body straight and knees extended.

**MOVE:** Let your knees bend and extend out in front of you and lean back as your torso descends. Slight changes in body position, such as leaning back further, can make this movement much harder. As your knees come forward, your heels will come up off the ground. At the bottom, simultaneously push down through your feet and drive your hips forward and up.



## ARGUABLY THE BEST PRO

bodybuilder to have never won the Mr. Olympia (he finished in the top 5 for 12 years straight, 1990–2001), Shawn Ray is a guy you want to listen to when training advice is being dispensed.

➤➤ “I never map out my workouts, and that’s probably why my workouts are so fresh,” Shawn says. “The most consistent thing I do on leg day is a few light leg extensions first to warm up the muscles and get the blood moving.”

➤➤ Although Shawn performs regular hack squats, he also likes reverse hack squats, where you stand in a regular hack machine backward.

# #43

EXERCISE	SETS	REPS
Unilateral Leg Extension*	4	20
Barbell Lunge	4	12
Leg Press (or) Hack Squat	4	15
Leg Extension	4	12

\* See exercise description on page 66.

This is just a sample workout from Shawn; a firm believer in instinctive training, he changes his workout each time he goes to the gym.



## BARBELL LUNGE

**START:** Adjust a barbell across your shoulders and traps so it rests comfortably, and focus your gaze forward. Start with both feet together, abs tight and back straight and strong.

**MOVE:** From this standing position, step forward with one foot, leading with your heel, and lunge down toward the floor, maintaining control over the speed of your descent. Lower yourself until your opposite knee almost touches the floor, then push back off your lead foot, returning to the start position. Complete all repetitions on one side before switching to the other.



## LEG PRESS

**START:** Begin the exercise with your feet shoulder-width apart in the centre of the foot plate.

**MOVE:** Slowly lower the weight, bringing your knees toward your chest but stopping before your hips curl off the pad. Keep your lower back pressed against the seat back throughout the movement. Pause a moment before pressing through your heels to return the weight to the start position. "I see a lot of people pressing on their knees with their hands to move the weight back up," says Shawn. "Let your legs do all the work or you're cheating yourself of the full potential of the exercise."

## HACK SQUAT

**START:** Stand with your feet slightly forward of your body and adjust your torso so the pads rest comfortably on your shoulders.

**MOVE:** Lean into the machine so your back is entirely supported and unlock the weight stack, slowly squatting down until your hips and knees are at, or just below, 90-degree angles. From here, stand back up by pressing through your heels to lift the sled.

Come almost to a full extension at the top without locking out your knees before descending again into your next repetition. "I'm pretty consistent on my rep speed," Shawn notes.

"I keep constant tension on my legs and maintain a continual motion throughout the set."



A



B



A



B

## LEG EXTENSION

**START:** Adjust the machine so your back is fully supported and your legs rest comfortably over the seat; the footpad should touch just above your ankles. Grasp the handles at your sides.

**MOVE:** Flex hard through your quads to raise the weight stack, kicking your legs straight out in front of you. Squeeze your quads at the top of the movement before slowly returning to the start position, keeping a constant tension throughout the motion by not letting the weights hit the stack.



## MILOS SARCEV, THE MAN WHO

has competed in more pro bodybuilding shows than anyone in history (72 in a span of 12 years), knows a thing or two about mental toughness. He's also come back from a devastating knee injury in 2002. Workouts like this show he has no intentions of letting up.

➤➤ Warm up is key. "I always begin my leg workout with 10 minutes of cardio, then I move to leg extensions to further warm up my muscles," Milos says.

➤➤ Change is good, he adds. "It's insanity to do the same thing over and over and expect results. Change your routine often to keep making progress."

# #44

EXERCISE	SETS	REPS
Unilateral Leg Extension	3	15, 12, 10
Barbell Squat	5*	10, 10, 8, 6, 5
Unilateral Leg Press (or) Leg Press (both legs)**	3 3	10, 10, 8 10
Hack Squat***	3	10

\* The first two sets are warm-ups.

\*\* Milos alternates weekly between unilateral and two-legged leg presses. For two-legged press description, see previous page.

\*\*\* On unilateral leg press weeks, Milos does drop sets instead of straight-weight sets of hack squats. For hack squat description, see previous page.



## UNILATERAL LEG EXTENSION

**START:** Adjust the machine so your back and legs are fully supported. Hook both feet underneath the roller, but use only one at a time to lift the weight.

**MOVE:** Inhale and slowly contract your working quad to lift the roller until your leg reaches full extension. Exhale and squeeze for one count at the top before slowly lowering to the start. Complete all reps on one leg before switching to the other.





## BARBELL SQUAT

**START:** Balance a barbell across your traps and stand with your feet slightly wider than shoulder-width apart.

**MOVE:** Keeping your head up and your shoulders back, squat down, kicking your hips behind you as if you were sitting in a chair. When your thighs reach parallel to the floor or slightly below, power back up to the start, stopping just short of locking your knees. (This move is also on page 60.)



## UNILATERAL LEG PRESS

**START:** Place one foot high on the platform, keeping the other flat on the floor for stability, and unlock the handles.

**MOVE:** Slowly lower the platform toward your body, keeping your foot flat and your back pressed into the seat until your knee comes close to touching your shoulder. Press back up forcefully and stop just before locking out your knee. Repeat for reps, then switch legs. "I see so many people doing 1,000-pound, one-inch leg presses," Sarcev says. "That won't help you develop anything but a big ego. [Use] a full range of motion."



**"If you finish this workout without being sick to your stomach, you didn't do it right!" Milos says.**



### THREE-TIME ARNOLD CLASSIC

champ Jay Cutler is a superhuman figure in an otherworldly sport. With a quiet intensity, he has expanded the bounds of human potential. Now he helps you expand the bounds of your leg development with this hamstring-focused routine.

➤➤ “Weight is not a priority,” Jay says. “Hams don’t respond as much to heavy weight as they do to tight form.”

➤➤ Include stiff-legged and curling moves in any ham routine. “This ensures you work the hams from both the hip and knee joint.”

# #45

EXERCISE	SETS	REPS
Lying DB Leg Curl*	2-3	8-12
One-Legged Machine Curl	2-3	10-12
Romanian DB Deadlift	5	8-12

\* Perform 2-3 warm-up sets before performing the 2-3 working sets.

## LYING DUMBBELL LEG CURL

**START:** Place a dumbbell at the foot of the bench so you can clamp it between your feet before you lower yourself down (or, if you have a partner, he or she can help you by putting the dumbbell in place when you lie down). “I lie face down on a bench with my kneecaps just over the edge,” Jay explains. “I place my hands on the floor or grasp the front legs of the bench for stability. In the start position your body should be in a straight line, with your hips down and your hamstrings almost fully extended — keep just a slight bend in your knees.”

**MOVE:** Allow the tops of your quads to dig into the bench as you slowly bring the weight up until your lower legs are fully upright. Don’t bring the weight much beyond that or you’re going to lose tension on your hams. When you get to the fully upright position, squeeze and hold for a count of one. Then as you come back down, hold your hamstrings tight as you let the weight stretch them, fighting against gravity. Keep lowering the weight until your lower legs are just short of parallel.







A



B

## ROMANIAN DUMBBELL DEADLIFT

**START:** Stand on a bench or box, and hold a dumbbell in each hand. Your shoulders should be rotated back, and your lower back should be in its natural arch.

**MOVE:** Maintaining the arch in your lower back and holding your hamstrings taut, bend from the hips, feeling a stretch in your glutes and hams. "You want to avoid relaxing your hamstrings," Jay cautions. "That transfers the effort to other body parts and reduces hamstring stimulation." Lower your upper body and keep your head up as you allow the dumbbells to naturally come out to your sides. Then bring your torso back up, going through the same track of motion in reverse.



A



B

## ONE-LEGGED MACHINE CURL

**START:** Using either a standing or supported one-legged curl machine, step into the machine with one leg under the pad.

**MOVE:** Bring the weight up slowly, stopping at the point where you feel a maximal contraction in your hamstrings. "Some guys bring the weight up really fast and let it bounce off their butt, then catch it on the way back down. That's terrible form, and it's a good way to pull a hammy or throw out your lower back," Jay cautions. At that point of maximal contraction, squeeze and hold for a count of one, then slowly lower the weight. Avoid letting the weight touch down to the stack at the bottom.

ROBERT REIFF



### MORE WORKOUTS TO TRY:

**#46)** As #46, #47 and #48 all emphasise different parts of your thigh, they work well together. Rotate between the three every leg workout (for instance, if you work legs twice per week, do #46 Monday, hit #47 Thursday and #48 the following Monday).

**#47)** If your hams lag behind your quad development, you can do this ham-focused workout in addition to a regular leg workout each week.

**#48)** The adductor machine mentioned is the one you place your inner knees against pads and squeeze your thighs together against resistance. The abductor machine is where you place the outside of your knees against pads and open your thighs against resistance.

**#49)** Not only will this workout improve your squat, but it will build mass simultaneously. The superset is the same as a compound set, except it involves two opposing muscle groups (in this case, quads and hams).

**#50)** This is for those of you who want to refine your thigh muscles. For the bench jump, stand next to the long side of a flat bench, leap onto the bench with both feet, then jump backward to the floor. As you become more adept, go faster.

**#51)** If your quads outmuscle your hams, this routine will help even the score.

**#52)** Tack this onto your leg workout, or use by itself.

## #46 QUADS EMPHASIS

EXERCISE	SETS	REPS
Leg Press	5	15, 12, 10, 8, 6
Barbell Step-Up†	3	10-12
Hack Squat	3	10-12
Leg Extension	3	10-12

† Like DB step-up on page 60 except using a barbell.

## #47 HAMSTRINGS EMPHASIS

EXERCISE	SETS	REPS
Romanian Deadlift	4	12, 10, 8, 6
Leg Curl*	3	10-12
Unilateral Lying Leg Curl†	2	15, 10

\* Seated or standing. † One leg at a time.

## #48 WIDTH EMPHASIS

EXERCISE	SETS	REPS
Smith-Machine Squat	4*	10
Side Lunge†	4	12
Adductor Machine (compound set with)	3	6-8
Abductor Machine	3	12-15

\* Two sets with feet 4-6 inches apart; two sets with feet just outside shoulder-width. † Similar to lunge on p. 64, but step out to each side rather than forward.





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### #49 POWER UP YOUR SQUAT

EXERCISE	SETS	REPS
Leg Extension	2	15
Barbell Squat	8	15, 12, 10, 8, 5, 5, 3, 1
Leg Press	4	12, 10, 8, 8
Leg Extension (superset with)	2	12
Seated Leg Curl	2	12

### #50 HIGH DEFINITION

EXERCISE	SETS	REPS
Leg Press Machine	4	15-20
Split Squat*	3	15
Tri-Set:		
Hack Squat	3	12-15
Alternating DB Lunge	3	10†
Bench Jump	3	15

\* Like barbell lunge on page 64, except you stay in the forward position and squat up and down (no stepping forward or back).  
† Per leg.

### #51 PRE-EXHAUST

EXERCISE	SETS	REPS
Leg Extension	3	12-15
Smith-Machine Squat	4	8, 10, 12, 15
Leg Press (or) Hack Squat	3	12-15
Lying Leg Curl (compound set with)	3	12-15
Romanian Deadlift	3	10, 10, 8

### #52 CALF ROUTINE

EXERCISE	SETS	REPS
Standing Calf Raise	4	25, 20, 15, 10
Donkey Calf Raise Machine	2	20, 15
Seated Calf Raise	3	20, 15, 10





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## THIS BEGINNER BICEPS ROUTINE

is built around three can't-miss movements. If you want big bi's, you'll want to get familiar with these moves and keep them close at hand as you build your arm-training arsenal.

➡➡ In all your biceps exercises, do your best to eliminate momentum. Don't rock your body forward to initiate a rep, and don't swing the weights up.

➡➡ This workout also includes forearms; building strength in your forearms helps on numerous other exercises, especially back moves. Ideally, you should continue to train forearms for as long as you weight-train.

## #53

EXERCISE	SETS	REPS
Standing Barbell Curl	3	12, 10, 10
EZ-Bar Preacher Curl	2	10
Alternate Incline DB Curl	2	10
<b>Forearms:</b>		
Reverse Wrist Curl	1	12
Wrist Curl	1	12

## STANDING BARBELL CURL

**START:** With your knees slightly bent and your feet about hip-width apart, grasp a barbell with a shoulder-width, underhand grip. Let the bar hang to your thighs. Keep your abs pulled in and your elbows stationary.

**MOVE:** Without swaying, slowly curl the bar in an arc toward your shoulders as you exhale. Pause at the top of the movement, squeeze your biceps and slowly lower the bar almost to the start. Don't lift the bar completely to your shoulders, and don't let it touch your thighs at the bottom in order to keep continuous tension on the biceps.



## EZ-BAR PREACHER CURL

**START:** Position the seat height so your armpits are flush against the pad. Place your feet forward to help stabilize your body, and grasp the EZ-bar with an underhand grip so your little fingers are higher than your thumbs (your palms supinate out). This helps keep your elbows in and better isolates the lower biceps.

**MOVE:** Slowly raise the bar to shoulder level, pause and squeeze your biceps, then lower the bar to just short of elbow lockout.

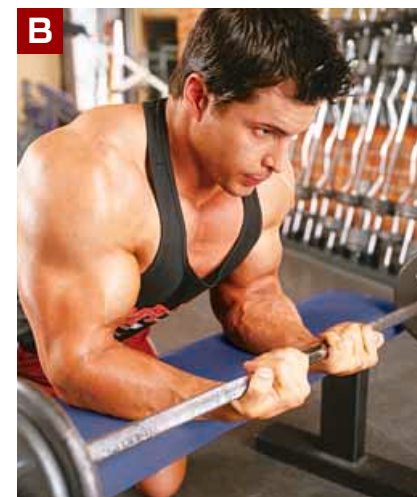




## ALTERNATE INCLINE DUMBBELL CURL

**START:** Set an incline bench to about a 45-degree angle. With a dumbbell in each hand and using a neutral grip (palms facing each other), let your arms hang straight down below your shoulders.

**MOVE:** Keeping your elbow still, slowly bring your right hand up, turning your hand as you lift so your palm faces your shoulder. Pause and squeeze the biceps at the top, then lower the weight slowly to the start. Repeat with your left hand to complete one rep.



## REVERSE WRIST CURL AND WRIST CURL

**START:** Grasp a straight bar with an overhand grip, hands about 10 inches apart. Kneel on the floor along one side of a flat bench. With your forearms on the bench, let your hands and wrists hang over the edge.

**MOVE:** Curl your hands up as high as possible, then lower the weight to the start position. To maximise your range of motion, keep your thumbs on the underside of the bar. Repeat for reps, then use an underhand grip with your hands about 4 inches apart (thumbs under the bar) and perform the same movement.





**WHEN YOU DON'T HAVE TIME ON** your side, the cable apparatus can be your best friend. Easy to use and adjust, and with myriad options built in, cables can provide a rock-solid workout.

➡➡ The high-cable curl is basically a double-biceps posing shot against resistance. Take advantage of the feel of this by squeezing your biceps hard as you slowly approach the peak of every rep. Done quickly and ballistically, you won't get much from this, but if you take the time to do it deliberately, the pump can be unbelievable.

➡➡ The three different grips used in this routine (palms up, palms facing and palms down) attack your arms from three important angles.

## #54

EXERCISE	SETS	REPS
<b>Two-Arm High-Cable Curl</b>	<b>3</b>	<b>10</b>
<b>Standing Cable Curl With Rope</b>	<b>2</b>	<b>10-5-5 To failure*</b>
<b>Reverse EZ-Bar Curl</b>	<b>3</b>	<b>10, 8, 6**</b>

\* Each of the two sets is a drop set. Do 10 reps, drop the weight, do 5, drop the weight, do 5, drop one more time and go to failure on the last drop. Don't rest between drops; rest one minute before starting the second set. The second time through, you'll use less weight for each set.  
 \*\* Pyramid up the weight each set.



### TWO-ARM HIGH-CABLE CURL

**START:** Stand between two cable stations, gripping stirrup handles attached to the upper pulleys. Your body looks like a perfect T in the starting position.

**MOVE:** Curling the handles in, supinate your forearms slightly so that your little fingers, rather than your knuckles, come closest to your ears, and squeeze your biceps hard before fully extending your arms back to the start.

## STANDING CABLE CURL WITH ROPE

**START:** Grasp a rope handle attached to the low pulley of a cable machine, with your palms neutral, knees slightly bent and feet shoulder-width apart. Grab the rope right at its ends, not higher up, to ensure that you can perform the exercise through a full range of motion.

**MOVE:** Flex your arms and bend your elbows powerfully, keeping them stationary at your sides as you do so. Bring your hands all the way up to your shoulders (as close as you can without shifting your elbows forward) and pause for a second at the top. Lower the rope, stopping short of fully extending your arms to keep constant tension on the muscles, and go right into the next repetition.



## REVERSE EZ-BAR CURL

**START:** Take a shoulder-width stance, knees slightly bent and back straight, and grasp an EZ-bar with an overhand grip. (In the photo shown, the athlete's thumbs aren't wrapped around the bar, but for better safety and control we recommend that you do put your thumbs under the bar.)

**MOVE:** Curl the weight up, contracting forcefully at the top, then lower the bar under control to a point just shy of full extension, maintaining tension in your arms. As shown in the photo to the left, if you have one handy, a spotter can help you through a few forced reps at the end of a set when you can't complete another rep with good control on your own.





**A LITTLE CREATIVITY CAN GO A** long way when you work bi's at home. With a few twists to some old favourites, this routine packs a huge punch and is worthy of home or gym use.

➔➔ The basic movement of any biceps exercise is a curl, but there are two significant ways you can alter your attack for complete development. One is through different grips (for instance, the three underhand grips of the first exercise, or the palms-facing grip of the hammer curl); and the other is through putting your biceps on stretch, as in the incline curl, which can lead to a stronger contraction during the lifting phase of the rep.

# #55

EXERCISE	SETS	REPS
<b>3-Grip Barbell Curl</b>	<b>3</b>	<b>6</b> per grip per set
<b>Seated Barbell Curl</b>	<b>3</b>	<b>8, 6, 6*</b>
<b>Dual DB Hammer Curl</b>	<b>2</b>	<b>10, 8*</b>
<b>Multi-Angle Incline DB Curl</b>	<b>4**</b>	<b>8-10</b>

\* Pyramid up the weight each set.  
 \*\*Set 1: 30-degree angle; Set 2: 45-degree angle; Set 3: 60-degree angle; Set 4: 90-degree angle.

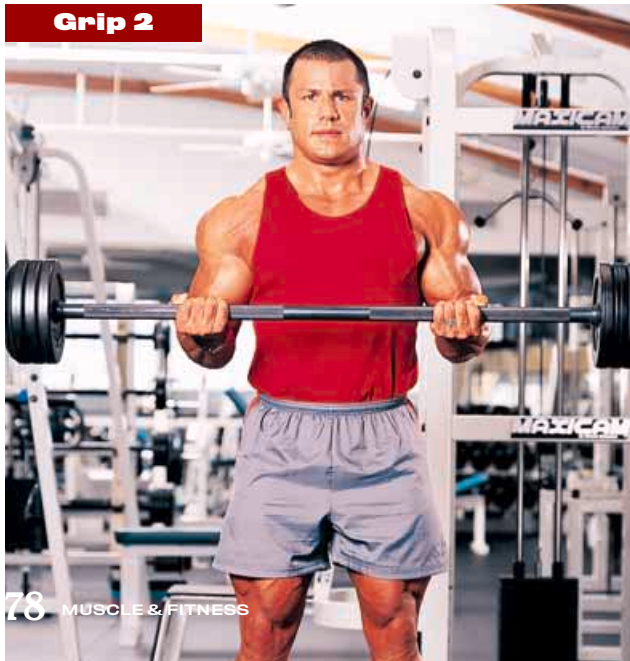
**Grip 1**



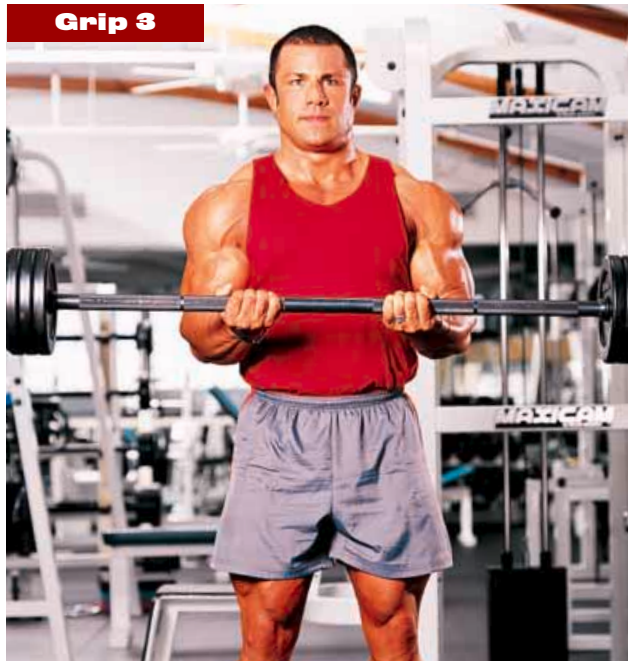
## 3-GRIP BARBELL CURL

**START:** Stand upright and grasp a barbell with a slightly wider than shoulder-width, underhand grip.  
**MOVE:** With your elbows fixed at your sides, curl the bar until your forearms are vertical. Lower until your arms are fully extended. Complete 6 reps, rest a minute, then adjust your grip to shoulder-width for 6 more reps. Rest again and adjust so your hands are 4-6 inches apart, and perform 6 reps.

**Grip 2**



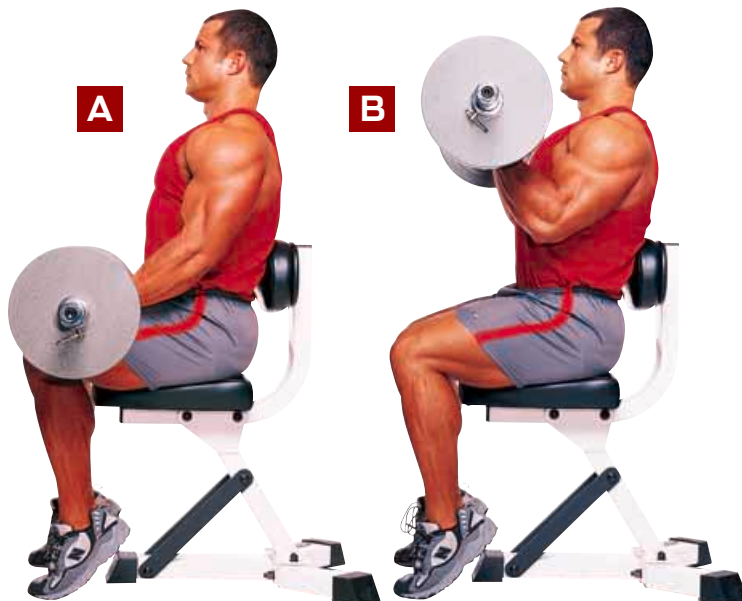
**Grip 3**



## SEATED BARBELL CURL

**START:** Load a barbell with 10–20 pounds more than you can do for 6–8 reps of regular barbell curls. Sit on a short-back bench or an adjustable bench set to 90 degrees and rest the bar on your thighs.

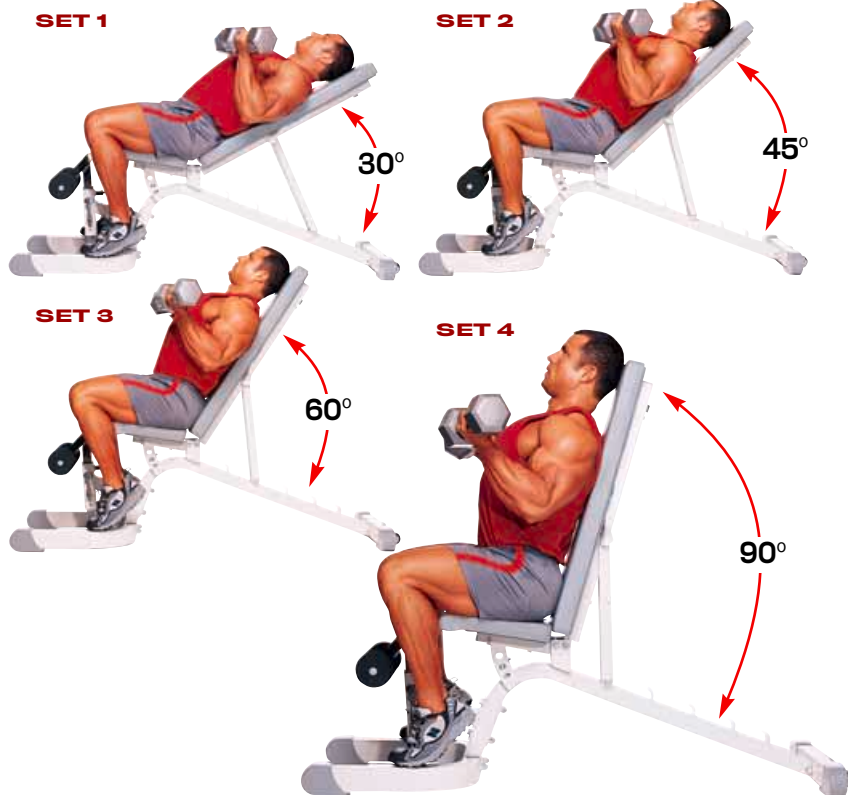
**MOVE:** With an underhand, shoulder-width grip, curl the weight toward your shoulders, keeping your torso perpendicular to the floor (don't lean back). Slowly lower the weight and repeat. To keep constant tension on your biceps, don't let the bar rest on your thighs between reps. Stop it just before it touches your legs.



## DUAL DUMBBELL HAMMER CURL

**START:** Stand erect, holding a pair of dumbbells by your sides with your palms facing each other.

**MOVE:** Curl both dumbbells toward your shoulders without turning your wrists or letting your elbows move forward. Extend your elbows to slowly return to the start.



## MULTI-ANGLE INCLINE DUMBBELL CURL

**START:** Grasp a pair of dumbbells and lie back on an incline bench set at about 30 degrees, allowing your arms to hang straight down toward the floor by your sides. Use a neutral grip, with your palms facing in.

**MOVE:** Keeping your shoulders back and upper arms in a fixed position perpendicular to the floor, lock your elbows at your sides and curl both dumbbells toward your shoulders. Turn your little fingers up and continue to curl until you reach a peak contraction in your biceps. Reverse along the same path and repeat for reps. For subsequent sets, adjust the incline bench to 45, 60 and finally 90 degrees for the fourth set.

JOAQUIN PALTING



### YOU CAN COUNT ON IFBB PRO

Mike Matarazzo to give it to you straight. Battling in the pro ranks since 1991, he knows what it takes to build better biceps, starting with the routine here.

➡➡ Throughout the workout, keep your mind on the task at hand. "Focus on making the muscles as big and strong as possible," Mike says. "Tune out your surroundings and concentrate solely on the deep contraction of the muscle as you rep."

# #56

EXERCISE	SETS	REPS
Seated Alternate DB Curl	4	10-12
One-Arm DB Preacher Curl	4	10-12
Standing EZ-Bar Curl	4	10-12
One-Arm Cable Curl	4	to failure

## SEATED ALTERNATE DUMBBELL CURL

**START:** Sit at the edge of a flat bench with your arms fully extended and a dumbbell in each hand.

**MOVE:** Slowly curl one arm up while supinating your wrist. After you lift the weight as high as possible and reach full contraction of the biceps, lower the weight back down, maintaining tension within the muscle all the way. Do the same with the opposite arm, alternating arms for reps. "Your elbows should remain stationary throughout the exercise, eliminating any unwanted help from the shoulders," Mike recommends.



## ONE-ARM DUMBBELL PREACHER CURL

**START:** Grasp a dumbbell in one hand and place the back of your upper arm flush against the angled side of the preacher-bench pad. Brace yourself with the opposite arm for stability.

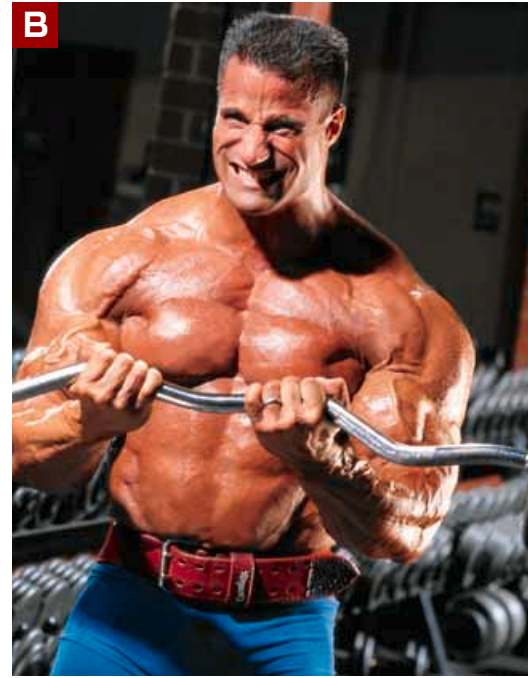
**MOVE:** Lift the weight toward you, keeping your elbow in contact with the pad the entire way. Don't go fast; if you don't feel tension building in your biceps, you're swinging the weight instead of using the muscle to do the work. Once you reach the top — stop just short of your forearm going perpendicular to the floor to maintain tension — lower the weight until your elbow is just short of full extension. Complete one set with that arm and switch to the other.



## STANDING EZ-BAR CURL

**START:** Stand with your feet shoulder-width apart and your knees slightly bent, and grasp an EZ-bar with a hip-width grip.

**MOVE:** Initiate the movement with both arms fully extended and your elbows tight against your body. As you lift the weight, focus on keeping your elbows near your sides, resisting the urge to flare them out or shift them too far forward or back. After a two-second squeeze at the top, slowly lower the bar to the start position, straightening your arms completely at the bottom.



**“Don’t try to impress people by lifting huge amounts of weight,” Mike says. “Pick a weight you can handle and control it.”**



## ONE-ARM CABLE CURL

**START:** Stand facing a cable stack and hold a low pulley handle in one hand. Turn your wrist out by shifting your body slightly sideways. Your working arm should still face the weight stack so the movement occurs in a vertical plane, not across your body.

**MOVE:** Slowly curl the handle up, concentrating solely on your biceps; hold the contraction at the top. For balance and stability, keep a slight bend in your knees and lean in toward the weight stack. “Turning your wrist out at the top will place the emphasis squarely on the biceps, increasing the peak contraction,” Mike says.



ROBERT REIFF



### FOUR-TIME IRONMAN PRO CHAMPION

Chris Cormier, one of the elite competitors in the pro ranks, boasts a bodybuilding résumé almost as bulky as his arms.

➤➤ When training bi's, Chris goes for the pump. "You need to flush blood into the biceps to get the shape," he says. "I never go lower than eight reps."

➤➤ Chris also "pumps" up the intensity. "I try to make it hard for myself," he says. "Toward the end of a set, when the muscle is fatigued, I start to squeeze the biceps even harder."

# #57

EXERCISE	SETS	REPS
Standing Alternate DB Curl	2 4	warm-up 12-15
Machine Curl	4	12-15
DB Concentration Curl	4	12-15

Chris substitutes other biceps exercises depending on his energy and the availability of equipment, including standing cable curls and one-arm preacher curls.



## DUMBBELL CONCENTRATION CURL

**START:** Sit at the end of a bench, plant your elbow against your inner thigh and let your arm hang straight down.

**MOVE:** Using strict form, contract your biceps to curl the dumbbell up, then lower it under control all the way down. "You can also do this standing up like Arnold used to do it, with one arm on the dumbbell rack for support and just letting your working arm hang in the air," Chris says. "The key is to keep the line from your shoulder to your elbow vertical and don't let it swing. I actually do these both ways."

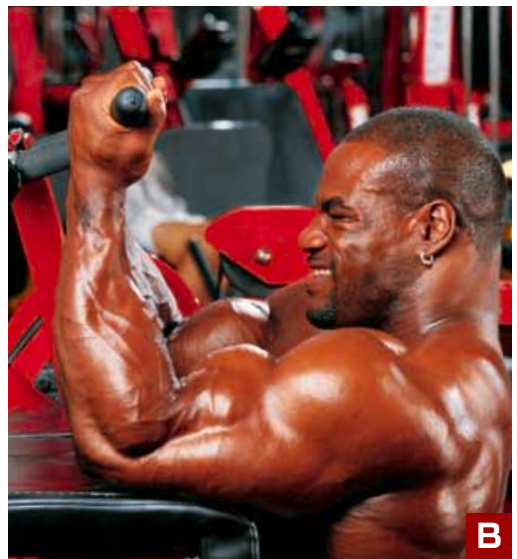


## STANDING ALTERNATE DUMBBELL CURL

**START:** Stand in front of the mirror and hold two dumbbells at your sides, palms facing your sides.

**MOVE:** Keeping your wrists aligned with your forearms, use a full range of motion as you curl one weight at a controlled tempo to your shoulder. Then lower and repeat with the opposite arm. One curl with both arms equals one rep.

**Chris' advice for building a peak? "Go as heavy as you can, but still get those high reps," he says.**



## MACHINE CURL

**START:** Sitting in the machine so your arms rest firmly on the horizontal pad, keep your wrists, elbows and delts in straight lines.

**MOVE:** "When I curl the weight up, it's a very controlled movement," he says. "Try to keep it as strict and hard as possible: Fully extend all the way out to stretch your bi's, then curl up as far as you can and squeeze. Toward the end of my workout, I'll sometimes hold and squeeze for 2-3 seconds, then bring the weight down very slowly."

ROBERT REIFF



**AARON MADDRON BELIEVES** in the maxim of “short, sweet and intense” for his biceps training. “I think it’s a mistake to do too much in one workout,” the IFBB pro states. “If you feel the need to increase your workload, you’re better off training your biceps again later in the week than trying to annihilate them all at once.”

➡➡ He recommends a slow descent on the negative part of each rep, taking 2–3 times as long on the descent as on the ascent.

➡➡ For his working sets, Aaron starts with his heaviest weight for 6–8 reps, then decreases the weight if necessary to still get 6–8 reps in the following set.

## TO-THE-FRONT HAMMER CURL

**START:** Stand holding a pair of dumbbells at your sides, palms facing each other.

**MOVE:** Curl one of the dumbbells straight up in front of your chest without twisting or bending your wrist. As you approach a fully contracted position, lean slightly into the dumbbell to make sure that your arm and the weight clear your body. After squeezing the muscle hard, lower the weight down slowly. Once that dumbbell reaches a resting position, begin curling with the other arm.



## #58

EXERCISE	SETS	REPS
<b>To-The-Front Hammer Curl</b>	<b>1</b> <b>2</b>	<b>warm-up</b> <b>6–8</b>
<b>Standing Barbell Curl* (or) One-Arm Preacher Curl**</b>	<b>2</b>	<b>6–8</b>
<b>Standing Concentration Curl (or) Standing One-Arm Cable Curl</b>	<b>2</b>	<b>10–12</b>

**\*See exercise description on page 74.**  
**\*\*See exercise description on page 80.**



## STANDING CONCENTRATION CURL

**START:** "I saw Arnold doing these years ago in *Pumping Iron*," Aaron recalls. "Rather than sitting on a bench and using the inside of his thigh to support his elbow, he'd lean over and just let his arm hang down. I tried it and I really like it. With my feet shoulder-width apart, I bend my knees and lean forward at the waist, keeping my back flat. Using my other arm for support — I either rest it on my thigh or grab a rack or a bench — I let the dumbbell hang straight down, thumb facing forward."

**MOVE:** Curl the weight up across your body. Once the dumbbell is right in front of your chin, contract your biceps even harder, then lower the weight straight back down.



## STANDING ONE-ARM CABLE CURL

**START:** "I stand sideways to a cable stack and grasp a handle attached to the high pulley," Aaron explains. "In the start position, my arm is almost fully extended, although not locked out."

**MOVE:** From there, curl the handle inwards until your biceps is fully contracted and the handle approaches your head. After squeezing out a peak contraction, slowly release and return the handle to near-full extension. Your upper arm and elbow shouldn't move during the exercise, and your elbow should stay in alignment with your shoulder.

IRVIN GELB



### MORE WORKOUTS TO TRY:

**#59)** Take no prisoners on biceps day. You can hit your biceps hard, and from all angles, with this expert-crafted workout.

**#60)** This routine employs the forced reps technique, in which a partner gives you just enough assistance to help you finish a rep when you can't complete any more on your own.

**#61)** This workout contains some basic power moves — push yourself hard, lift as much as you can with good form, and strive for incremental strength increases from week to week.

**#62)** As the name implies, this programme is constructed to shock your biceps out of their doldrums and put them on track to new growth.

**#63)** Burn in the detail with this high-rep regime. Don't let yourself get lazy — as you would in a strength-building, low-rep regime, take your time on every rep, slowly contracting and releasing your biceps on each repetition.

**#64)** Do these moves as a circuit — one time through all four exercises equals one "set". Try not to rest any longer than it takes to move from exercise to exercise within the circuit-training set, and rest 30–60 seconds between each circuit.

**#65)** There's always enough time for your biceps with this super-fast routine.

## #59 MASS BUILDER

EXERCISE	SETS	REPS
EZ-Bar Preacher Curl	4	12, 10, 8, 6
3-Grip Barbell Curl	3	12*
Seated Dual Hammer Curl†	3	10, 8, 8
DB Concentration Curl	2	12, 10

\* Four reps per grip; see description on page 78.

† Like hammer curl on page 79, except seated on a bench.

## #60 "FORCED" GROWTH

EXERCISE	SETS	REPS
Standing EZ-Bar Curl*	4	15, 10, 8, 8
Standing Dual DB Curl	3	8-10
Machine Curl*	3	10

\* Have a partner help you through 2-3 forced reps on the last two sets.

## #61 POWER & STRENGTH

EXERCISE	SETS	REPS
Standing Barbell Curl	5	12, 10, 8, 5, 3
Close-Hammer-Grip Pull-Up**	3	10, 8, 6
Incline DB Curl	3	10, 8, 8
Reverse-Grip Cable Curl†	2	10, 8

\*\* Like regular pull-up, except with a close, palms-facing grip.

† Use a short straight bar attachment to a low-pulley; grasp the bar with an underhand grip and perform a curl.







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## #62 SHOCK ROUTINE

EXERCISE	SETS	REPS
Power-Rack Barbell Curl*	4	15, 10, 8, 6
Dual DB Hammer Preacher Curl**	4	8, 8, 10, 12
Seated Barbell Curl (compound set with) Alternate DB Curl	3	10
	3	To Failure

\* Set the safety bars in a power rack to just below the height of your hips. Do standing barbell curls with a heavier weight than usual, and rest the bar on the safeties between reps. \*\* Hold DBs with a hammer grip and curl both arms simultaneously.

## #63 HIGH DEFINITION

EXERCISE	SETS	REPS
Standing EZ-Bar Pole Curl*	3	20, 15, 12
Standing DB Hammer Pole Curl*	3	20, 15, 12
Lying Cable Curl†	3	15
Cable Concentration Curl	3	15

\* Stand with your back to a pole or wall while repping.

† Lie on the ground in front of a cable station, grasp a short straight bar attached to a low pulley, and do curls.

## #64 FOUR-MOVE CIRCUIT

EXERCISE	SETS	REPS
Standing EZ-Bar Curl	4	12, 10, 8, 8
Seated Alternate DB Curl	4	12, 10, 8, 8
Rope Hammer Cable Curl	4	10
Reverse EZ-Bar Curl	4	8

Perform these exercises back-to-back with no rest in between; rest 30-60 seconds between circuits.

## #65 5-MINUTE

EXERCISE	SETS	REPS
<b>Tri-Set:</b>		
Reverse Incline-Bench EZ-Bar Curl*	2	12, 10
Dual Incline DB Curl†	2	12, 10
Two-Arm High-Cable Curl	2	12, 10

Perform as a tri-set, back-to-back-to-back with no rest in between; rest 30-60 seconds between tri-sets. Pyramid up the weight each set. \* Stand or sit backwards on an incline bench, your chest against the pad, your arms hanging straight down toward the floor. Grasp an EZ-bar and curl.

† Curl both DBs at the same time.





### TURNING YOUR TRICEPS INTO

well-defined horseshoes (the shape the muscle takes when developed) means moving some good old-fashioned heavy weight. First, though, you need to learn these key moves to lay a foundation.

➤➤ Don't let your hands touch together on the close-grip press — if your grip is too close you'll put unnecessary stress on your wrists.

➤➤ Stand straight up on the cable pressdown; don't lean forward to complete your reps.

# #66

EXERCISE	SETS	REPS
Close-Grip Bench Press	3	15, 12, 10
Machine Dip	2	10
Straight-Bar Cable Pressdown	2	10
Close-Grip Push-Up	1	8-10



## CLOSE-GRIP BENCH PRESS

**START:** Lie face-up on a flat bench and grasp the barbell with your hands 6–12 inches apart.

**MOVE:** Press the bar directly over your chest to just short of lockout. Lower the bar slowly, keeping your elbows as close to your sides as possible. At the bottom of the movement, your elbows should be a little lower than your shoulders. Keep the motion controlled, and don't overarch your back to get the bar up.

## MACHINE DIP

**START:** Grasp the handles with your palms facing your body. Keep your feet flat on the floor, and your glutes, back and shoulder blades pressed against the support pad.

**MOVE:** With your arms close to your sides throughout (elbows pointed straight back behind you), press the handles down to just short of lockout. Then slowly bring the handles back up so your elbows are at about chest level.







## STRAIGHT-BAR CABLE PRESSDOWN

**START:** With a slight bend in your knees, stand erect facing a high-cable pulley. Grasp a short straight bar with your hands placed 6–8 inches apart palms-down, and bend your elbows to 90 degrees.

**MOVE:** Keeping your elbows stationary near your sides, slowly straighten your arms. Pause at full extension and squeeze your triceps, then slowly return to the start position.



## CLOSE-GRIP PUSH-UP

**START:** Lie face down on the floor in a push-up position, placing your hands a few inches apart. Raise your body by extending your arms and coming up on your toes.

**MOVE:** With your forehead facing the floor and your abs pulled in, lower your body by bending your elbows. Stop the motion when your upper arms are about parallel to the floor, and reverse to the start. Avoid the tendency to lock out your elbows at the top and rest, instead keeping continuous tension on your triceps.



RICK SCHAFF



### CABLES ARE AN EXCELLENT TOOL

to carve out your triceps. They provide for multiple variations, three of which are outlined here.

➤➤ On triceps exercises such as the overhead rope extension, it's important you keep your upper arms from moving. Lock your arms into place at your shoulders, so the only action is taking place at your elbow. When you have movement at the shoulder joint, it means other muscles are kicking in to assist the triceps.

➤➤ In the compound set, it's best to use the D-handle cable attachment, so you can switch between the two exercises seamlessly.

# #67

EXERCISE	SETS	REPS
<b>Overhead Rope Extension</b>	<b>4</b>	<b>15, 12, 10, 10*</b>
<b>Cable Concentration Extension (compound set with)</b>	<b>3</b>	<b>8, 10, 12**</b>
<b>Cable Kickback</b>	<b>3</b>	<b>8, 10, 12**</b>
<b>(Optional) Close-Grip Push-Up***</b>	<b>1</b>	<b>To failure</b>

\* Pyramid the weight up each set.  
 \*\* Pyramid the weight down each set.  
 \*\*\* See exercise description on previous page.



## OVERHEAD ROPE EXTENSION

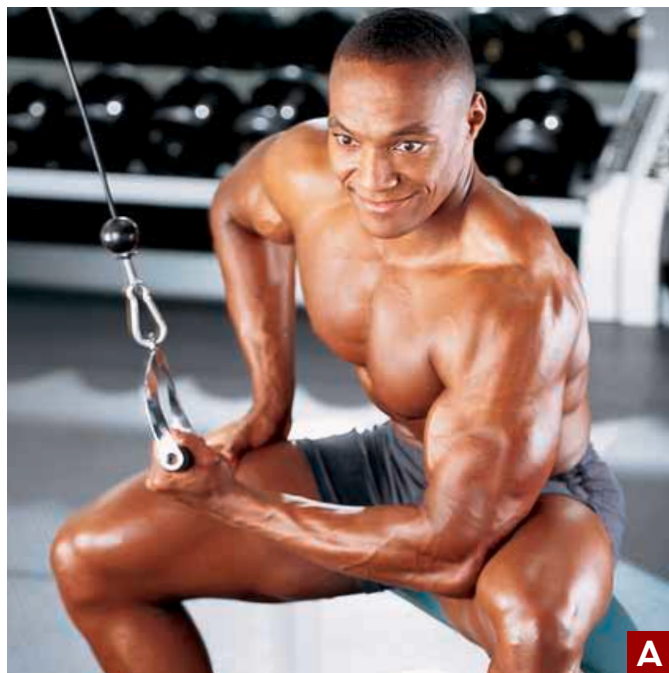
**START:** Attach a rope to the high-cable pulley. Grasp the rope just behind your head with a neutral grip and stand with your back to the weight stack, feet about 18 inches apart with one in front of the other for balance. Maintain a slight bend in your waist, holding your torso angled forward.

**MOVE:** Move only from the elbows as you press your arms to full extension, ending where your hands are about on the same plane as your ears.

## CABLE CONCENTRATION EXTENSION

**START:** Attach a single-handle grip to the high pulley. Grasp the handle and sit on a flat bench, resting the back of your upper arm against the inside of your thigh (left arm, left thigh). Your elbow should be just below the level of your knee.

**MOVE:** Extend your arm fully, then hold the tension in your triceps as you slowly return to the start position. Reverse positions to work your opposite arm.



## CABLE KICKBACK

**START:** Face the weight stack, and bend from the waist so that your torso is about parallel to the floor. Grasp a D-handle attached to a low pulley (the D-handle is preferred because it makes for an easier transition in this particular compound set, although the no-handle variation is depicted in these photos). Raise your elbow so that your upper arm is parallel to the floor and your elbow is bent 90 degrees, tucked into your side.

**MOVE:** Extend your arm until your forearm and upper arm are aligned, squeeze at the point of peak contraction and release under control to the start.

PER BERNAL



# TRICEPS

## AT HOME

**YOU HAVE ALL KINDS OF BARBELL,** dumbbell and body weight variations of triceps exercises to choose from for use at home. Any of these particular three can be swapped for another non-machine move found in this chapter when you want to introduce a little variety. In the meantime, *tri* this one on for size.

➤➤ The close-grip dumbbell press is a perfect replacement for the barbell version when you don't have a spotter handy at home or in the gym.

➤➤ If you're up for the challenge, go for failure on all three bench-dip sets.

### #68

EXERCISE	SETS	REPS
Close-Grip DB Press	4	12, 10, 8, 6
One-Arm DB Extension	3	10-12
Bench Dip	3	10



### CLOSE-GRIP DUMBBELL PRESS

**START:** Lie back on a flat bench, holding two dumbbells at your chest with a hammer-style (palms-facing) grip.

**MOVE:** Press the dumbbells straight overhead until your arms are straight, flexing your triceps to initiate and complete the move. Don't let the dumbbells come together at the top — keep a couple of inches between them all the way up and all the way down. Bring the weights back down toward your chest and repeat. If you'd like to work stabiliser muscles along with your tri's, attempt this move one arm at a time.





**A**



**B**

## ONE-ARM DUMBBELL EXTENSION

**START:** Lie on a flat bench and hold a dumbbell in one hand, palm facing down. Extend your elbow so the dumbbell is straight up toward the ceiling.

**MOVE:** Without letting your upper arm move (it should continue pointing straight up), bend at the elbow to bring the dumbbell down across your body toward the opposite side of your chest. Stop your downward motion when your elbow reaches 90 degrees — don't let the dumbbell touch down to your chest — and reverse to bring your arm back up into the start position.



**A**



**B**

## BENCH DIP

**START:** Get into dip position, placing your hands at the edge of a flat bench and straightening your elbows.

**MOVE:** Bend your elbows to drop your lower body below the level of the bench. Stop when your elbows reach 90 degrees (don't let your glutes touch down to the floor), then straighten your arms to return to the start.

ROBERT REIFF



### AWESOME AUSSIE LEE PRIEST IS

all about volume in his training. Known for doing 20 or more sets per bodypart (a strategy also employed by Arnold Schwarzenegger himself), Lee leaves no muscle fibre unturned in his session.

➡➡ “Because pressdowns are more of a shaping exercise for me, sometimes I do them first for a warm up, especially if I’m going heavy for the rest of my routine,” Lee says.

➡➡ Don’t train chest the day after a triceps workout — it’ll affect your pressing strength.

## #69

EXERCISE	SETS	REPS
Seated Overhead DB Extension	5	6–8
EZ-Bar Close-Grip Bench Press	5	6–8
Lying French Press	5	6–8
V-Bar Pressdown	5	6–8

Lee sometimes adds a fifth triceps exercise and reduces his sets per movement to four.



### SEATED OVERHEAD DUMBBELL EXTENSION

**START:** Sit on a low-back chair and hoist a dumbbell overhead, holding it with both hands, palms cupped against the upper inside plates.

**MOVE:** Using a slow, continuous motion, keeping your upper arms right beside your head, lower the dumbbell behind your head, then lift it back to full extension. “You pivot from the elbows,” he explains. “Don’t go too deep, or you’re going to irritate the tendons in your elbows.” At the bottom, Lee’s forearms are slightly above parallel to the floor.



### EZ-BAR CLOSE-GRIP BENCH PRESS (FEET UP)

**START:** “I normally use the EZ-bar here because it takes some of the strain off my wrists if I go heavy,” says Lee. “The straight bar tends to bend your wrists back more.” Lie back on a bench and grasp an EZ-bar on the inner curl.

**MOVE:** Press the weight up in a forceful motion, then come down so your hands just touch your chest. Although Lee has his feet up on the bench here and on the lying French press, he says that it’s generally a good idea to keep your feet on the floor for stability. “When I’m going light, I tend to put my feet up,” he notes. “When I’m going heavy, I keep my feet on the floor.”

## LYING FRENCH PRESS (FEET UP)

**START:** Lie face-up on a flat bench, holding an EZ-bar at arms' length above you.

**MOVE:** Keeping your upper arms as still as possible and hinging just at the elbows, bring the bar down to your forehead, then push it straight back up. Lee will sometimes superset this movement with a set of 6–8 reps of close-grip bench presses with the same bar “to really flush the muscle and pump as much blood into it as possible.”

A



B

## V-BAR PRESSDOWN

**START:** Attach a V-bar to an upper pulley and grasp it overhand, forearms parallel with the floor.

**MOVE:** Press downward forcefully by flexing your triceps, bringing the bar toward your thighs. At the bottom, squeeze for a second for a strong contraction.



A



B

ROBERT REIFF



### THREE-TIME WHEELCHAIR

Nationals champ Victor Konovalov hasn't let an unfortunate dirt-bike accident at age 19 derail his will. This top-level body-builder built an incredible upper body with some basic and slightly modified moves.

➡➡ "Before you initiate a rep, visualise yourself going through it," Victor says. "When you get tired, it's easy to lose your focus and intensity. Visualisation helps me ensure that every rep is the same."

➡➡ He also believes in trying numerous angles in your workout. "Each new angle targets the muscle somewhat differently."

## #70

EXERCISE	SETS	REPS
One-Arm Pressdown	3-4	6-8*
Incline Overhead Dual DB Extension	3-4	6-8*
Incline Overhead EZ-Bar Extension	3-4	6-8*

\* Victor alternates this rep range with weeks when he uses lighter weights for sets of 10-15 reps, which he feels helps develop muscle tone. He also supersetts his triceps with his biceps workout on occasion.



"I use a moderate rep speed," Victor says. "Sometimes I close my eyes and try to feel the muscle fibres squeezing."

### ONE-ARM PRESSDOWN

**START:** Position yourself close to the weight stack and grasp a D-handle attached to a high pulley using an overhand grip. Use your free hand to grasp the frame of the machine for balance.

**MOVE:** Bring your working elbow in to your side and bend it 90 degrees to start. "When I'm pronated (palm down), I tend to feel it in the lateral, or outside, head more," says Victor. "As I press down, I push more through my index finger and thumb, which pronates my wrist even more." When your arm is at full extension at the bottom of the rep, allow the handle to come back up slowly.





## **A** INCLINE OVERHEAD DUAL DUMBBELL EXTENSION

**START:** Recline on an incline bench and raise two dumbbells overhead, palms facing the ceiling.

**MOVE:** Bend your elbows to begin slowly lowering the weights until they're behind your head. Get a nice, deep stretch at the bottom, supinate your wrists so that your palms face each other, and then push the weights back up to full extension, turning your wrists so they face upward once you reach the top position in preparation for the next rep. If he senses an imbalance developing between his triceps, Victor performs this exercise one arm at a time instead.



## **B** INCLINE OVERHEAD EZ-BAR EXTENSION

**START:** This exercise closely resembles the dumbbell extension, but Victor finds that using the EZ-bar allows him to go heavier. Grasp an EZ-bar at the inner curve of the bar and lower it behind your head.

**MOVE:** Extend your elbows and drive the bar up to full lockout. "With the dumbbell version, you're forced to use a lot of stabiliser muscles," Victor notes. "It's easier to focus on just pushing weight with the EZ-bar, and it's easier to control."



ROBERT REIFF



### TRINIDAD'S DARREM CHARLES

has to work his triceps hard to keep them in balance with his softball-sized biceps. This routine helps him do just that — and it can do wonders for your arms as well.

➤ A typical triceps workout shouldn't take longer than 30 minutes, according to Darrem. "Hit your tri's hard, then give them rest," he says.

➤ He also uses partials at the end of his workout occasionally. "For instance, on pressdowns, do 10 full reps, then pump out some one-quarter reps until your tri's are absolutely burning."

# #71

EXERCISE	SETS	REPS
Rope Pressdown	4	12, 10, 8, 6
Lying French Press	4	12, 10, 8, 6
DB Kickback	3-4	To failure



### ROPE PRESSDOWN

**START:** Attach a rope handle to an upper pulley and stand upright, grasping one end of the rope firmly in each hand.

**MOVE:** With your back tight in its natural arch and your elbows close to your sides, flex your elbows and bring the rope down to full extension. "To get maximum results out of each set, try holding your arms at the bottom of the movement in the straight and locked position for a full two seconds," Darrem suggests. "It's not easy, but it's the difference between simply performing a rep and making every rep count."





## LYING EZ-BAR FRENCH PRESS (FEET ON FLOOR)

**START:** "Use a flat bench and an EZ-bar; have a training partner hand you the weight," Darrem says. "Find a hand position that's most comfortable within shoulder-width distance." Lift the bar almost straight overhead, so your arms are just slightly angled back.

**MOVE:** Lower the bar from the overhead position down toward the upper part of your forehead — only your forearms should be moving, while your shoulders and upper arms remain stationary. Control is crucial on this move; if you don't have a spotter and you suddenly reach muscle failure, you can bail by leaving yourself enough bench room above your head (not shown in these photos) to set the bar down. You can also try this on a decline bench.



## DUMBBELL KICKBACK

**START:** Grasp a dumbbell and straddle a flat bench. Take a stable position so you can't swing the weight up, and hold your working arm adjacent to your body.

**MOVE:** Extend at your elbow until your arm is straight back, then reverse to the start. "Control the motion to ensure that your triceps do all the work, and take each set to failure," Darrem says. "Once the muscle begins to fatigue, I'll continue with partial reps — I don't stop until the muscle is completely depleted of strength and my triceps are on fire."



PER BERNAL



# TRICEPS

## SPECIALISED ROUTINES

### MORE WORKOUTS TO TRY:

**#72)** More mass. 'Nuff said.

**#73)** This routine employs the forced reps technique to pound your triceps. In a forced rep, a partner gives you just enough assistance to help you finish a rep when you can't complete any more on your own. For the cable pressdown, your partner should grasp the cable just above the handle and pull downward to help you.

**#74)** If you want more than just muscles for show, go for this power-packed workout. Try to move as much weight as you can in the smith-machine close-grip bench press, pyramiding up each set and continually striving to lift more weight from week to week.

**#75)** So your triceps won't grow no matter what you've tried? This'll whip 'em into shape.

**#76)** If you have plenty of arm mass, but you don't have the cuts and striations to go with it, this high-definition routine will etch in the detail you're seeking.

**#77)** A circuit workout will get your blood pumping — and even more importantly, get blood pumping into your muscles, prompting all the essential growth processes.

**#78)** When time is of the essence, this triceps routine will come in handy.

## #72 MASS BUILDER

EXERCISE	SETS	REPS
Close-Grip DB Press	4	12, 10, 8, 6
Lying EZ-Bar French Press	3	10, 8, 8
Seated Overhead DB Extension	3	10
Weighted Dip*	2	To failure

\* Similar to the version on page 95, except you put your feet up on a bench. Place a weight plate on your lap, and when you reach failure, drop the plate and continue repping until failure again.

## #73 "FORCED" GROWTH

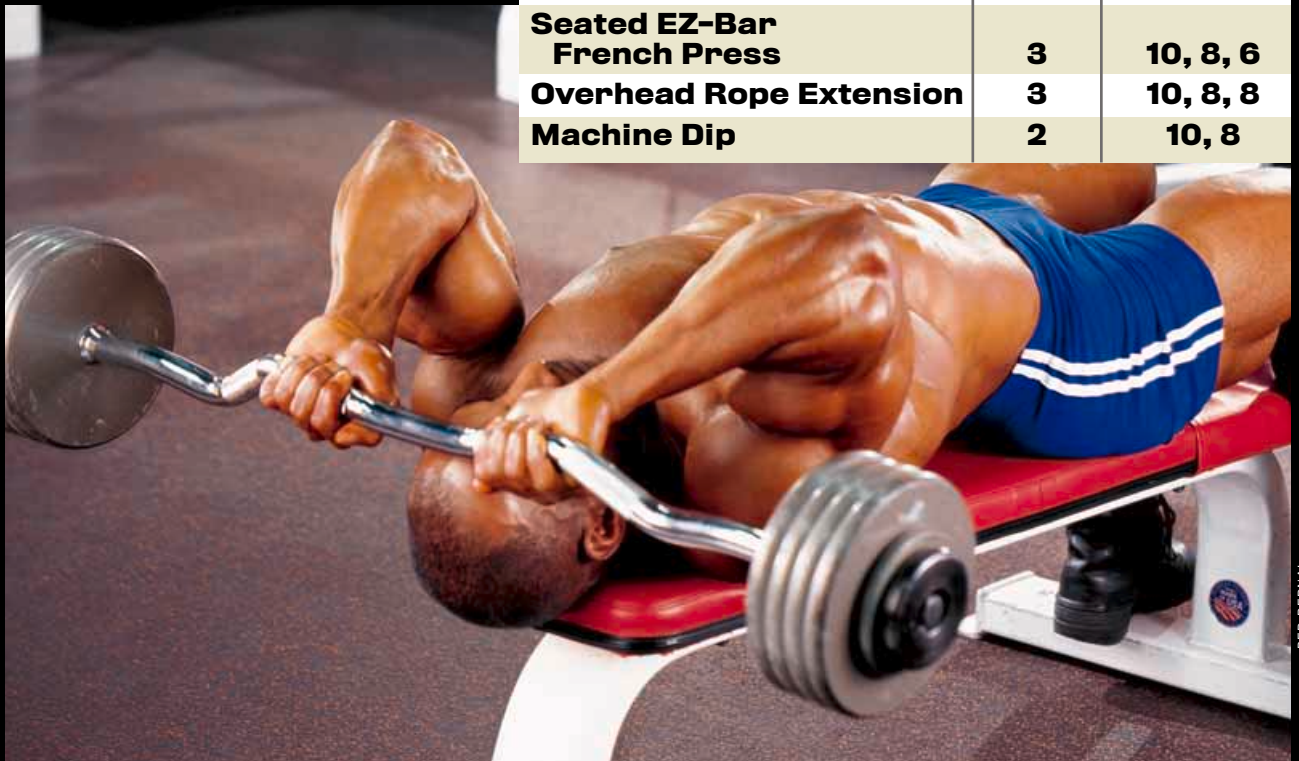
EXERCISE	SETS	REPS
Close-Grip Bench Press*	4	15, 10, 8, 8
Cable Pressdown*	3	8-10
Dual DB Kickback†	3	10

\* Have a partner help you through 2-3 forced reps on the last two sets.

† Stand and bend at the hips while keeping your back arched, and complete a kickback with both arms simultaneously.

## #74 POWER & STRENGTH

EXERCISE	SETS	REPS
Close-Grip Smith-Machine Press	5	12, 10, 8, 5, 3
Seated EZ-Bar French Press	3	10, 8, 6
Overhead Rope Extension	3	10, 8, 8
Machine Dip	2	10, 8



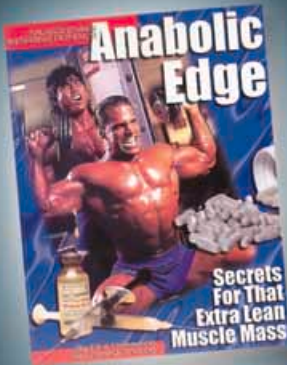
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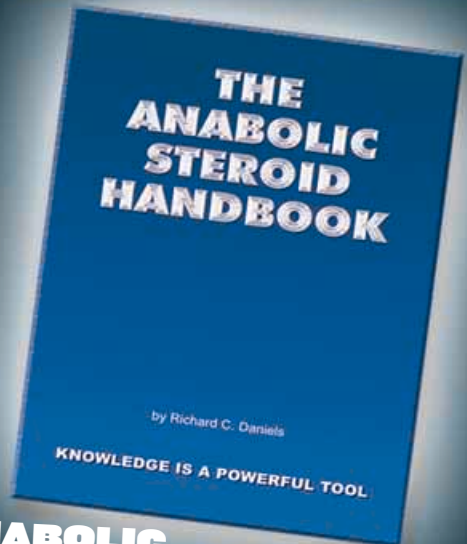
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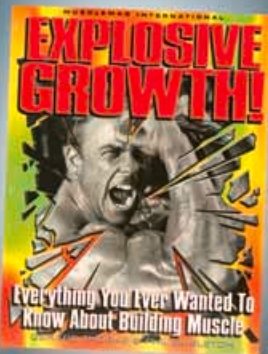
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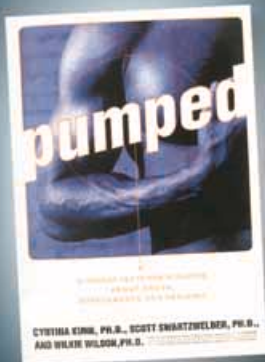
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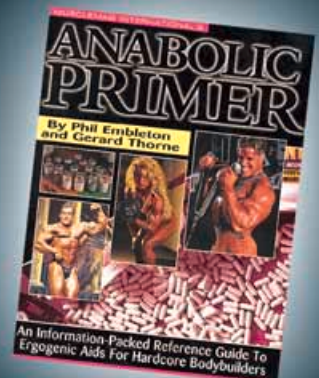
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### #75 SHOCK ROUTINE

EXERCISE	SETS	REPS
Decline French Press	4	15, 10, 8, 6
Standing Overhead Rope Extension*	4	6, 8, 10, 12
Parallel-Bar Dip (compound set with)	3	10
Close-Grip Push-Up	3	To failure

\* Similar to an overhead DB extension; stand with your back to a cable weight stack and grasp a rope handle with both hands. Extend your arms straight up toward the ceiling on each rep.

### #76 HIGH DEFINITION

EXERCISE	SETS	REPS
½-Rep Close-Grip Bench Press	4*	25-30
V-Bar Pressdown	3	20, 15, 15
Reverse-Grip Pressdown**	3	20, 15, 15
Cable Concentration Extension	3	15†

\* Pulse reps – only do the bottom half of each rep. \*\* Same as cable pressdown but hold the bar underhanded. † Per arm.

### #77 FOUR-MOVE CIRCUIT

EXERCISE	SETS	REPS
Reverse Close-Grip Bench Press*	4	12, 10, 8, 8
Lying EZ-Bar French Press	4	12, 10, 8, 8
Incline Overhead Dual DB Extension	4	12, 10, 8, 8
Close-Grip Push-Up†	4	10

\* Use a shoulder-width, underhand grip on bar.

† Perform with hands on a flat bench and feet on floor.

### #78 5-MINUTE

EXERCISE	SETS	REPS
Tri-Set:		
Standing EZ-Bar French Press	2	12, 10
Triceps Extension Machine*	2	12, 10
Parallel-Bar Dip	2	12, 10

Perform as a tri-set, back-to-back-to-back with no rest in-between; rest 30-60 seconds between tri-sets. Pyramid up the weight each set. \* Found at most gyms.

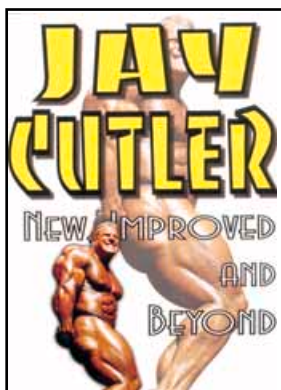
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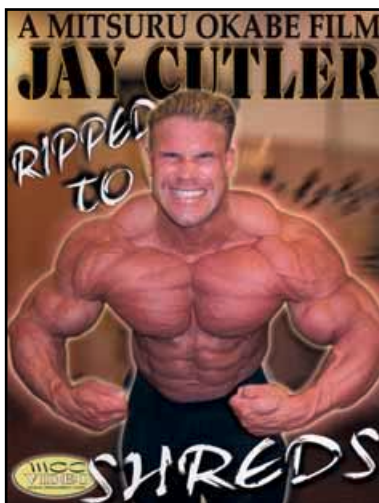
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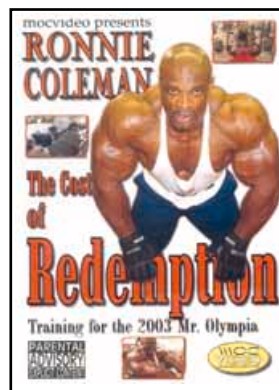
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196 minutes. Single disc region free.  
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## ABS ARE AN INCREDIBLY POPULAR

bodypart among those who train, and there's little doubt why: everyone wants that six-pack. Here's how you can get started on the way to yours.

➡➡ This routine is built to work your lower abs first, followed by your upper-ab region and finally the sides of your midsection, known as the obliques. Lower abs come first because they're usually the weakest part of most people's midsections.

➡➡ More is not necessarily better; don't overextend yourself in your first few sessions by adding sets or reps.

## SCISSOR KICK

**START:** Lie on your back with your arms by your sides, palms facing down, legs extended with a slight bend in your knees.

**MOVE:** Lift your heels off the floor about 6 inches, then make small, rapid, alternating up-and-down scissor-like motions as you lift each leg about 45 degrees into the air and lower each until your heel is a few inches off the floor. While the pace of the scissor motion is fairly rapid, take about two seconds total to complete the full upward and downward movements.

# #79

EXERCISE	SETS	REPS
Scissor Kick	2	10-15
Curl-Up	2	10-15
Side Jackknife	2	10-15



**B**

## CURL-UP

**START:** Lie on your back with your feet flat on the floor and knees bent about 60 degrees. Position your arms next to your hips, palms down.

**MOVE:** Curl your torso up, sliding your hands toward your feet as your shoulder blades lift off the floor. Slowly return to the start position. To decrease difficulty, keep your hands close to the floor. If that's still too tough, rest your hands on the floor.



## SIDE JACKKNIFE

**START:** Lie on your right side, keeping your left leg over your right one, bending your knees slightly. Place your right hand in a comfortable position; rest your left hand behind your head.

**MOVE:** As you pull with your obliques, bring your torso and left leg together. Hold the contraction briefly and lower slowly. Do reps to both sides to complete one set. **Tip:** Try holding your floor-side hand on your obliques to feel them contract; this keeps your mind on the muscle action.



GREG ZABILSKY



## YOU CAN GET A GOOD AB WORKOUT

in 15 minutes; the key is to squeeze as much intensity as you can into that time. This high-impact regime does just that.

➔➔ In the knees-down variation of the Swiss-ball roll out, do the same exercise shown, but with both knees on the floor.

➔➔ Six-time Ms. Olympia Cory Everson (shown in these photos with trainer Jeff Page) uses these moves in her own workout she recommends training your core (abs and lower back) twice per week.

# #80

EXERCISE	SETS	REPS
Swiss-Ball Roll Out*	3	20
Ball Passing	2	20
Cycling with Ball	2-3	20**
Standing Rotation	2	20**

\* Beginners should use the knees-down variation.  
\*\* Per side.



## SWISS-BALL ROLL OUT

**START:** Kneel in front of the ball, resting your forearms on it, fingers interlaced. Then lift up your knees to extend your legs behind you.

**MOVE:** Without arching or rounding your lower back, move your arms in front of you to roll the ball forward, forcing virtually all the muscles of your torso to work, including the deep core muscles, abs and obliques. Pause momentarily and then roll the ball back in towards your body.





**A**



**B**

## BALL PASSING

**START:** Lie on your back with your legs and arms extended; hold a Swiss ball in your hands.

**MOVE:** Raise the ball overhead with your arms while simultaneously bringing your legs toward it. When your hands and feet meet, pass the ball from the former to the latter. Without pausing, lower your arms and legs back down. Continue in alternating fashion.

## CYCLING WITH BALL

**START:** Begin in the jackknife position used for the V-up and hold a medicine ball against your chest.

**MOVE:** As you extend one knee, flex the other to bring your kneecap toward your body while you bring the ball over to that side. Reverse knee positions, shifting the ball over to that side to "meet" the opposing knee. Continue in alternating fashion.



**A**



**B**

## STANDING ROTATION

**START:** Stand straight, knees slightly bent, holding a medicine ball with both hands in front of your forehead. Your training partner assumes the same position behind you, without a ball.

**MOVE:** Keeping your lower body in place, rotate your torso to one side and pass the ball high to your partner, who has simultaneously rotated in that same direction. Then rotate in the other direction and receive the ball back from your partner, this time in a lower position (hands at your waist rather than shoulder level). Continue passing and receiving the ball in this fashion for the desired number of reps. Then do the same number of reps beginning with the ball high on the other side.



**A**



**B**



**C**

ROBERT REIFF



**WHETHER YOUR "HOME" IS ALONG** a stretch of beautiful beaches, or in a slightly less spectacular locale, the same truth applies — you can do these moves almost anywhere, meaning you have no excuse to miss any more ab workouts.

➡➡ This is a circuit, which means you go from exercise to exercise with no rest in-between. So you'll do 20 hip thrusts followed immediately by 20 straight-leg crunches, and then the reverse crunch and crossover in short order. Rest 30 seconds and repeat the sequence again twice.

## #81

EXERCISE	SETS	REPS
Hip Thrust	3	20
Straight-Leg Crunch	3	20
Reverse Crunch	3	20
Crossover Crunch	3	20 per side

**Do all four exercises as a circuit with no rest between movements. After you finish the circuit, rest 30 seconds and repeat two more times.**



### REVERSE CRUNCH

**START:** Lie face-up on the ground with your hands extended at your sides, feet up and thighs perpendicular to the ground.

**MOVE:** Slowly bring your knees toward your chest, lifting your hips and glutes off the ground, and try to maintain the bend in your knees throughout the movement. Return under control.





**A**



**B**

## STRAIGHT-LEG CRUNCH

**START:** Lie face up on the ground with your legs straight up in the air, which requires your lower abs to work isometrically. Cup your hands behind your head.

**MOVE:** Curl up as high as you can to bring your shoulder blades up, simultaneously pressing your lower back into the ground. Don't pull on your head in an effort to go higher.



**A**



**B**

## HIP THRUST

**START:** Lie face-up on the ground with your arms spread slightly, palms down to provide balance. Lift your legs to nearly perpendicular to the ground.

**MOVE:** Raise your hips and glutes straight up off the ground by using your abdominals — imagine trying to touch the ceiling with the soles of your shoes — then lower your hips back to the start position.

## CROSSOVER CRUNCH

**START:** Lie face-up on the ground, knees bent about 60 degrees and feet flat. Cross your left ankle over your right knee. Cup your hands behind your head.

**MOVE:** Curl up as high as you can, bringing your shoulder blades off the ground, simultaneously trying to bring your right elbow across your body toward your left knee. Do all your reps for one side before switching to the other.



BLAKE LITTLE



## 2002 NPC USA MIDDLEWEIGHT

champion Stan McQuay has the abs every man envies: ripped and deeply etched, a flawless example of what a midsection can look like with good training and a solid diet (and good genetics, of course). Try his strategy and see how far you can go.

➤ Although not shown here, Stan recommends using wrist straps to help maintain your grip on the hanging leg raise.

➤ Stan works his abdominals five days a week, at the end of his workouts.

# #82

EXERCISE	SETS	REPS
Hanging Leg Raise	4	20
Crunch	4	20-30
V-Up on Bench	3	20-30
Standing Oblique Cable Crunch	3	20 per side



## HANGING LEG RAISE

**START:** Hang vertically from a chin-up bar with your knees slightly bent.

**MOVE:** Slowly lift your legs until they come past parallel to the floor, your body forming an "L". Hold for a count at the top before slowly lowering your legs back to the start and moving into the next rep. To keep from swinging, don't drop your legs all the way back down.



## CRUNCH

**START:** Lie on the floor with your knees bent, feet and lower back flat.

**MOVE:** With your hands cupped loosely behind your neck, contract through your abs to lift your shoulders and upper back off the floor. Hold the top for one count before slowly lowering back to the start, making the negative portion of the rep as slow and deliberate as the positive portion.



## V-UP ON BENCH

**START:** Sit in the middle of a bench with your hands grasping the edges and your feet off the ground.

**MOVE:** Bring your knees into your chest while keeping your back straight and abs tight, simultaneously curling your upper body forward to form a "V". Return your legs and torso to the start position and repeat for reps.



**"Hit all three sections of your abs every time you train," Stan advises.**

## STANDING OBLIQUE CABLE CRUNCH

**START:** Attach a D-handle to the upper pulley, standing a few feet away with your right side and arm facing the weight stack. Grip the handle with your right hand, palm up, and bring it toward your temple, firmly holding it in this relative position throughout.

**MOVE:** Contract through your obliques, pulling down through your ribcage and serratus muscle, pausing a moment at the peak contraction before slowly returning to the start. At the top, you can hyperextend slightly to get a good stretch through your side before beginning the next repetition.





## GOOD LOOKS AND ABS LIKE THESE?

Some dudes have all the flippin' luck. Amateur bodybuilder and aspiring fitness model Mike Vrabel obviously has been paying his dues in the gym. Sure, you can hate him, but it can't hurt to take his advice in the meantime, right?

➤➤ "If abs are what you want, work them first," Mike says. "When I'm trying to shape my abs and really bring them out, that's what I do."

➤➤ Focus on making each repetition perfect — 20 great reps are better than 100 poorly executed ones.

# #83

EXERCISE	SETS	REPS
Leg Raise	3	20
Hanging Knee Raise	3	20
Decline Crunch	3	15-25
Twisting Crunch	3	30



## LEG RAISE

**START:** Mike likes to hit the lower portion of his abs up front in his routine, so he performs this movement first. Lie down, head on the floor, and place your hands under your glutes to stabilise your torso.

**MOVE:** Begin the movement with your legs extended about 6 inches above the floor. "With my knees soft [not locked out], I raise my legs up toward the ceiling, then lower them slowly to the start position." Mike stresses feeling the negative on the downward motion, and keeping tension on the muscle every inch of the way. "It's not a major ab builder, but it's a great warm up for my next exercise, hanging knee raises, which also focus on my lower abs."



**"Get to the point where you feel that burn — and then push to get maybe five more reps after that," Mike says.**





**B**

## HANGING KNEE RAISE

**START:** For this move, set your elbows within the hanging sleeves and begin with your torso completely straight and knees slightly bent.

**MOVE:** Lift your legs, bending your knees on the way up while slightly rounding your lower back and bringing your glutes forward. When your quads reach a point just above perpendicular to your torso, pause, then lower your legs.



**A**

## DECLINE CRUNCH

**START:** Mike likes to lie flat and stretch out his abs before beginning the movement. "My hands are behind my head, my elbows pointed out. Keep a loose grip behind your head and focus on holding your elbows out so you don't use your hands to jerk your neck up, which people tend to do when their ab muscles are fatigued. I stay focused on keeping my neck aligned with my spine throughout the movement."

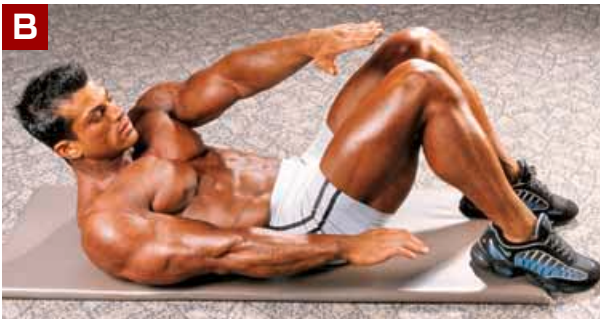
**MOVE:** Raise your torso just short of sitting up to maintain stress on your abs, pause briefly, then slowly lower your torso about three-quarters of the way down before starting the next rep.



**A**



**B**



## TWISTING CRUNCH

**START:** Lie on your back, knees bent, arms extended a few inches off the floor alongside your hips.

**MOVE:** Raise your left shoulder blade off the floor as you reach with your left arm across your torso to your right knee, return to the start and do the same for the opposite side. Continue alternating, right side, then left, until you complete the set.

ROBERT REIFF



## WINNING HIS PRO CARD AT THE

2003 NPC USA Championships in Las Vegas, Richard Jones is looking to make a big impact in the IFBB ranks. With great symmetry and a cut-to-the-bone six-pack, you'd be wise to not bet against him.

➡ This is Richard's pre-contest ab workout he pairs it with cardio in the morning.

➡ Off-season, he drops the rope crunch and bumps up his repetitions.

# #84

EXERCISE	SETS	REPS
Ab Wheel	4	To failure
Rope Crunch	4	25
Hanging Leg Raise	4	20-25
Seated Knee-Up	4	10



## AB WHEEL

**START:** "This is a hard exercise, so I get it out of the way first," Richard says. "I don't count reps on this." Centre the ab wheel about 4-6 inches in front of your knees, which are slightly apart. Your arms should be straight down from your shoulders, elbows slightly bent.

**MOVE:** Slowly roll the wheel out in front of you. "Don't go too far out the first time until you build some strength in your abs and auxiliary muscles: your back and triceps," Richard cautions. "I get a nice stretch all the way out; my torso ends up probably 2-3 inches off the floor."



## ROPE CRUNCH

**START:** Facing the cable station on your knees, grasp the ends of the rope and bring your hands down to the top of your head, where they remain fixed throughout the movement.

**MOVE:** Bring your elbows toward your knees, squeezing your abs as you exhale, and return under control to the start. "I try to keep my hips stable because I want to focus on contracting and stretching my abs. I don't want to incorporate my lower back, lats or triceps," Richard says.





**A****B**

## HANGING LEG RAISE

**START:** "These are tough, but they hit the whole abdominal wall, with emphasis on the lower-ab region," Richard points out. Place your hands roughly shoulder-width apart on the bar and hang in a vertical position, torso erect.

**MOVE:** Contract your abs while lifting your straightened legs up to horizontal, then slowly lower your legs until your body returns to vertical before beginning the next rep. "I perform every rep this way — slowly and with control. The faster you perform it, the more momentum builds, which lessens the tension on the abs," he adds.

## SEATED KNEE-UP

**START:** "At this point my abs are pretty fried, so I don't need a whole lot of reps," Richard explains. Sit crosswise, glutes slightly off the bench, hands gripping it just outside your hips. Lean back and raise your legs off the floor, knees slightly bent, to start.

**MOVE:** After leaning your torso forward while bringing your knees toward your chest, crunch your abs at the top, then slowly return to the start position.

**A****B**

"For a nice set of abs, you don't need to *build* them, you need to *burn* them," Richard says.



## MORE WORKOUTS TO TRY:

**#85)** This workout is built to be paired with #86 and #87 for a three-times per week ab thrash. Each is quick and can be tacked onto the beginning or end of another body part routine.

**#86)** This routine can also be used in conjunction with a full ab routine, if your lower abs are weak or lagging. For instance, do your regular ab workout on Monday, then come back later in the week with this.

**#87)** These moves, or any ab exercise that involves a twisting motion, will work your obliques, which are along each side of your “six-pack” muscles.

**#88)** If you want a flat midsection, stick to body weight exercises. If you want a contoured middle, complete with plateaus and deep ridges like you see on bodybuilders, try this resistance-based routine that kicks up your strength levels in the process.

**#89)** Bored with your routine? A circuit can be a great way to break out of a training rut.

**#90)** If you’re in fat-burning mode, try this high-rep workout.

**#91)** If the gym’s closing in five minutes, here’s your chance to fit abs in before the doors are locked.

## #85 UPPER AB EMPHASIS

EXERCISE	SETS	REPS
V-Up	3	12-15
Decline Crunch	3	12-15
Swiss-Ball Crunch	3	12-15

## #86 LOWER AB EMPHASIS

EXERCISE	SETS	REPS
Reverse Crunch on Incline Board*	3	12-15
Hanging Leg Raise†	3	12-15
Hip Thrust	3	12-15

\* Lie on an incline board so your head is above your feet, hold on to the bench with both hands and perform reverse crunches.

† You can also use a vertical bench.

## #87 OBLIQUE EMPHASIS

EXERCISE	SETS	REPS
Hanging Knee Raise To Side	3	12-15
Crossover Crunch	3	12-15
Side Jackknife	3	12*

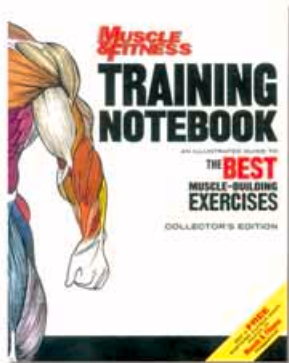
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### #88 POWER & STRENGTH

EXERCISE	SETS	REPS
Rope Cable Crunch	3	12-15
Weighted Decline Crunch*	3	10-12
Swiss-Ball Roll Out	3	15-20
Standing Oblique Cable Crunch	2	12-15

\* Hold a weight plate to your chest while repping.

### #89 4-MOVE CIRCUIT

EXERCISE	SETS	REPS
Incline-Bench Leg Raise*	4	15
Crunch	4	15
Decline Twisting Crunch†	4	15
Reverse Crunch	4	15

\* Lie on an incline board so your head is above your feet, hold the bench with both hands, and perform leg raises.

† Combine the decline and twisting crunch on p. 115.

### #90 HIGH DEFINITION

EXERCISE	SETS	REPS
Hanging Leg Raise (compound set with)	3	12-15
Hanging Knee Raise	3	12-15
Twisting Straight-Leg Crunch (compound set with)	3	20-30
Hip Thrust	3	20-30

### #91 5-MINUTE

EXERCISE	SETS	REPS
Tri-Set:		
Seated Knee-Up	3	20
Arms-Overhead Crunch*	3	20
Cycling with Ball	3	15†

Move from exercise to exercise with no rest in-between; rest 30 seconds between tri-sets. \* This is a crunch with your arms straight up (upper arms alongside your head). † Per side.

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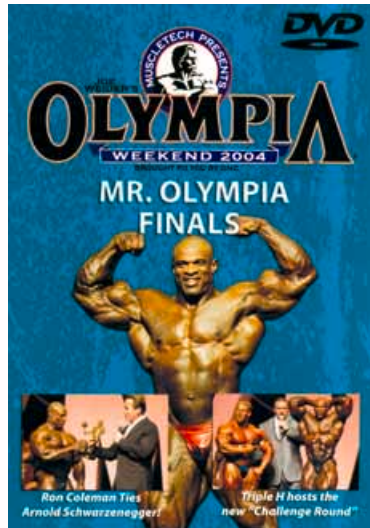


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## PAIR THIS UPPER-BODY ROUTINE

with the legs workout on page 58 for a complete programme. You can do each workout either once or twice per week. For instance, on Mondays and Thursdays, do this workout; on Tuesdays and Fridays, perform the beginner leg workout.

➔ Splitting your body over two workouts, instead of following a full-body programme, allows you to hit all your bodyparts with more energy. A full-body programme is still effective, and is perfect for those who are extremely short on time, but if you have the option, go with an upper/lower or a bodypart-driven split.

➔ Your first time through this workout, use extremely light weights and concentrate on getting used to the equipment and the movements.

# #92

EXERCISE	SETS	REPS
<b>Hammer-Strength Chest-Press Machine</b>	<b>2</b>	<b>12</b>
<b>One-Arm DB Row</b>	<b>2</b>	<b>12</b>
<b>Seated Machine Press</b>	<b>2</b>	<b>12</b>
<b>Back Extension</b>	<b>2</b>	<b>15</b>
<b>Cable Pressdown*</b>	<b>2</b>	<b>12</b>
<b>Machine Curl</b>	<b>2</b>	<b>12</b>
<b>Barbell Wrist Curl**</b>	<b>1</b>	<b>12</b>
<b>Supported Crunch</b>	<b>2</b>	<b>15</b>

\* See full description on page 91.  
\*\* See full description on page 75.



## HAMMER-STRENGTH CHEST-PRESS MACHINE

**START:** Situate yourself on the bench so that when you grasp the handles, your elbows are in a direct line with your hands. Keep your chest forward as much as possible.

**MOVE:** To raise the weight, forcefully push the handles to full extension (just short of elbow lockout), then reverse the motion. Don't let the weight rest at the bottom. Keep your elbows out away from your body, not pressed to your sides, to increase the action of the pecs and decrease the involvement of the triceps.

## ONE-ARM DUMBBELL ROW

See description on page 43.



**A**

## SEATED MACHINE PRESS

See description on page 34.

**B**

## BACK EXTENSION

**START:** Lie face down on a back-extension bench with your heels under the footpads.

**MOVE:** With your body straight, head neither flexed forward nor extended backward, and your arms crossed over your chest, lower your torso so your body forms an angle that approaches about 90 degrees. Use a smooth motion to rise back up to the starting position.

## MACHINE CURL

See description on page 83.



## SUPPORTED CRUNCH

**START:** Lie on your back with your knees flexed to 90 degrees, your ankles and feet resting on a flat bench and your hands behind the base of your neck for support.

**MOVE:** Lift your shoulders off the floor and crunch your ribs and hips toward each other. Hold for a beat, then reverse the motion. Don't allow your shoulders to touch the floor until the end of the set.

PER BERNAL



## PUSH YOURSELF TO THE LIMIT

with this challenging high-energy routine. This workout can be used in conjunction with one of the leg routines in chapter 4, or it can be used as a one-time shocker. If you're in the training doldrums, this will knock you right out of them by introducing your body to some very different types of exercises.

➔➔ If you're not already familiar with some or all of these moves, go light and take extra care to learn the form. Any of these can be a valuable addition to your current programme if you learn how to do them correctly the first time. Getting sloppy, though, will only leave you open for injury.

## #93

EXERCISE	SETS	REPS
Power Pull or Hang Clean	4	10, 8, 8, 5
Push Press	4	10, 8, 8, 5
Drop Push-Up	3	10, 10, 8
Weighted Pull-Up*	3	10, 8, 5
Standing Barbell Curl**	3	10, 8, 5
Hanging Leg Raise	3	10

\* Perform just like pull-ups on page 50, but use a special belt to attach a 25, 35, or a 45-pound plate to your waist.

\*\* See description on page 74.



## POWER PULL

**START:** Hold a barbell across your thighs with a shoulder-width or wider grip.

**MOVE:** Keeping your back in its natural arch, bend your knees and hips slightly to assume the start position. Forcefully extend your hips and push off the balls of your feet to initiate the upward movement of the bar. Shrug your shoulders and bend your elbows to pull the bar up under your chin.



## PUSH PRESS

**START:** Assume a front-squat starting position.

**MOVE:** Bend slightly at the knees and then explode upward onto the balls of your feet, simultaneously pressing the bar overhead. Hold this position for a split second before returning to the bent-knee position.

## DROP PUSH-UP

**START:** Arrange two steps about three feet apart. Place a hand on each step and assume the starting position by raising your torso into the up position of a push-up.

**MOVE:** Lift your hands off the steps so that your torso falls toward the floor, absorbing the impact of the descent with your hands and assuming the down position of a push-up. Immediately explode up and off the floor to return to the starting position. Increase the step height as you improve your power and strength.



## HANGING LEG RAISE

See description on page 112.



## HANG CLEAN

This is a bit more complicated than the power pull. Begin in the same position as a power pull and raise the bar in the same manner as in that exercise, but once you've shrugged as high as you can, quickly bend your knees and rotate your elbows under the bar so that you catch the weight on your front delts. (This position will resemble the start position of the front squat.) Return to the start position.

ROBERT REIFF



## SPEED IS BUILT INTO THIS ROUTINE

via supersets, where you do the moves listed back-to-back with no rest in-between. This training protocol allows you to hit two opposing muscle groups at the same time.

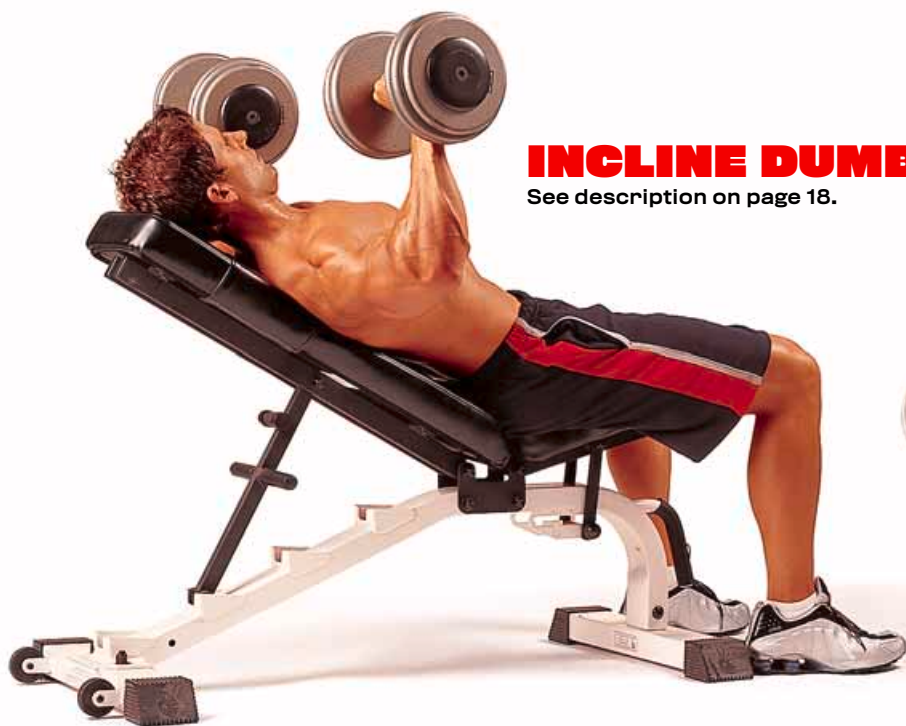
➡➡ Have the weights and benches (if applicable) set up for your second exercise before you begin your first. For the incline press, have your weights for the row right next to the bench, so you can jump right from one to the other.

➡➡ For the final exercise, you can either do the crunch and reverse crunch as its own compound set if adding a few extra minutes isn't an issue for you, or you can switch between the two moves, workout-to-workout.

# #94

EXERCISE	SETS	REPS
<b>Incline DB Press (superset with) DB Bent-Over Row*</b>	<b>2</b>	<b>10</b>
<b>Seated DB Press (superset with) DB Shrug</b>	<b>2</b>	<b>10</b>
<b>Standing Alternate DB Curl (superset with) Lying DB French Press</b>	<b>2</b>	<b>10</b>
<b>Crunch or Reverse Crunch</b>	<b>2</b>	<b>20</b>

\* Like the bent-over barbell row on page 42, except you hold two dumbbells instead of a bar.



## INCLINE DUMBBELL PRESS

See description on page 18.



## SEATED DUMBBELL PRESS

See description on page 32.

## DUMBBELL SHRUG

See description on page 51.



## STANDING ALTERNATE DUMBBELL CURL

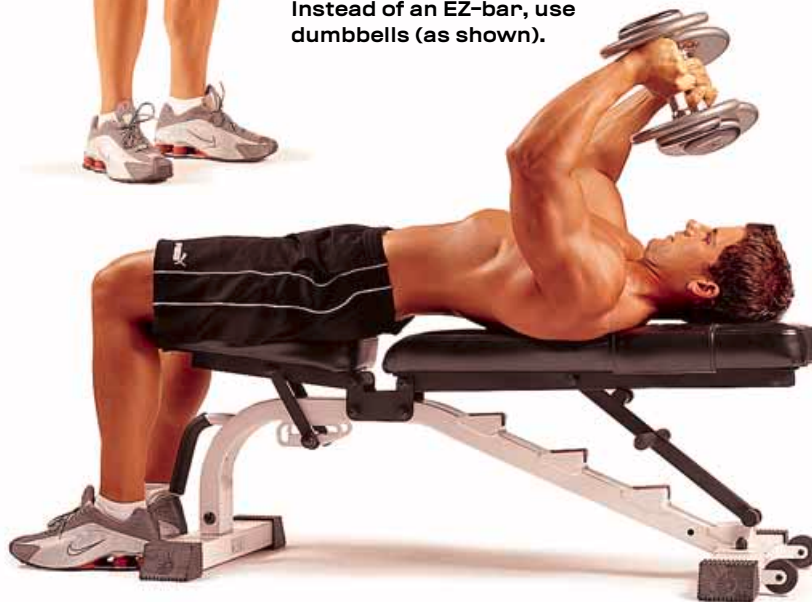
See description on page 83.



## LYING DUMBBELL FRENCH PRESS

See description on page 97.

Instead of an EZ-bar, use dumbbells (as shown).



## CRUNCH

Crunch description is on page 113; reverse crunch description is on page 110.



LIKE THE 20-MINUTE WORKOUT, this programme takes advantage of supersets. However, if workout time isn't a concern for you, you have the option of doing all of these exercises as straight sets rather than supersetting them. Either way, this workout will build some serious muscle.

➔ Yes, this workout says "At-Home", but don't be afraid to take this bad boy to the gym with you. It is a solid programme for either locale.

## SEATED DUMBBELL PRESS

See description on page 32.



## #95

EXERCISE	SETS	REPS
<b>Barbell Row</b> (superset with) <b>Incline DB Press</b>	3	8-12
<b>Flat-Bench Press</b> (superset with) <b>One-Arm DB Row</b>	2	8-12
<b>Seated DB Press</b> (superset with) <b>Mixed-Grip Barbell Shrug</b>	3	8-12
<b>Bent-Over Lateral Raise</b> (superset with) <b>Upright Row</b>	2	8-12
<b>Alternate DB Curl</b> (superset with) <b>DB Kickback</b>	2	8-12
<b>Seated Knee-Up</b> (superset with) <b>Crunch</b>	2	20
	2	20

Example of a superset: do the barbell row for 8-12 reps, followed immediately (no rest) by 8-12 reps of the incline press. That's one superset. Then rest 30-90 seconds and repeat the process. Once you complete three supersets, move onto the next superset combo – flat-bench presses and one-arm rows. The Incline DB Press is on page 18; the Crunch is on page 113.

## MIXED-GRIP BARBELL SHRUG

**START:** Grasp a barbell with a mixed grip (one hand over, one under) to help you with a heavier weight.

**MOVE:** The shrug is a simple up-and-down movement; don't roll your shoulders – it doesn't provide any added muscular stimulus and actually increases the chances of injury. When shrugging, keep your arms as straight as possible as you try to touch your traps to your ears.





## **BENT-OVER LATERAL RAISE**

See description on page 37.

## **UPRIGHT ROW**

See description on page 35.  
(Replace the EZ-bar with a barbell.)



## **BARBELL ROW**

See description on page 42.

## **ONE-ARM DUMBBELL ROW**

See description on page 43.



## **BENCH PRESS**

See description on page 16.

## **DUMBBELL KICKBACK**

See description on page 101.



## **SEATED KNEE-UP**

See description on page 117.



PER BERNAL



## PURE, BRUTE STRENGTH IS BORN

from the kind of power-moves you'd observe in an Olympic-lifting training facility. These aren't your typical mass-building exercises that target a specific muscle group while trying to minimise ancillary involvement. They require explosive precision, and an all-out engagement of multiple muscle groups in order to complete the lift. The result, however, is dense, thick-to-the-bone muscle development.

➔ If possible, do this routine with a partner, who can keep a watchful eye on your form.

➔ If you want to take it to another level after 3-4 weeks, add an extra high-power 3-rep set to the first four exercises.

# #96

EXERCISE	SETS	REPS
High-Pull Snatch	4	10, 10, 8, 6
Power DB Raise	4	10, 8, 8, 6
Deadlift	3	10, 8, 6
Flat-Bench DB Press	3	10, 8, 6
Barbell Good Morning	2	10
Close-Grip DB Press	2	10
Alternating DB Curl	2	10

The Deadlift is on page 61; the Flat-Bench DB Press is on page 12; the Close-grip DB Press is on page 94; and the Alternating DB Curl is on page 75.



## HIGH-PULL SNATCH

**START:** Stand holding either dumbbells or a barbell at arms' length. Then bend at your knees and waist so that the weight rests at knee level.

**MOVE:** Extend at your ankles, knees and hips, as if jumping, to lift the bar up to your neck, pulling your elbows back at the top. Rather than stopping here, raise the weight overhead in one continuous motion by rolling your wrists back and pushing the bar overhead. Lower the bar to return to the start position.



## POWER DUMBBELL RAISE

**START:** Stand erect holding a pair of dumbbells at your sides, knees slightly bent, feet shoulder-width apart and toes slightly pointed out.

**MOVE:** Bend your knees slightly and then straighten them as you raise the dumbbells up toward your armpits. As the weights approach that position, push off the balls of your feet.



## BARBELL GOOD MORNING

**START:** Stand with a barbell resting across your traps.

**MOVE:** Keep your knees loose and lean forward at the waist until your torso is almost parallel to the ground, maintaining a neutral spine position as you descend. Return to the start position. On this exercise, it's essential you maintain a tight, arched lower back; if your back rounds at any point during a repetition, you put your spine at risk for injury.

ROBERT REIFF



## WORKING YOUR WHOLE BODY

in one workout is perfect for beginners and people on the go. If you only have a couple of hours per week to dedicate to your training, a wholebody programme like this one can keep you fit.

➡➡ This programme is a mix of machine and free-weight (barbell and dumbbell) exercises. While machines offer a lot of benefits to beginners because of their safety and the controlled movement patterns, it's also important to get your body accustomed to free weights. Doing a little of each is a good bet for faster advancement.

➡➡ Don't forget to breathe! Advanced bodybuilders and strength-training athletes learn to adjust their breathing patterns on exercises depending on the particular move, but beginners should simply follow this rule: breathe out as you pass the most difficult part of the move, breathe in as you return to the start.

# #97

EXERCISE	SETS	REPS
Leg Press or Split Squat	2	12-15
Hammer-Strength Incline Machine Press (or) Incline DB Press*	2	12-15
Machine Row	2	12-15
Seated Machine Press**	2	12-15
Barbell Preacher Curl	2	12-15
Seated Overhead DB Extension	2	12-15
Seated Calf Raise	2	12-15
Supported Crunch†	2	12-15

Perform this workout on three non-consecutive days each week. Before you begin, warm up with 10 minutes of cardio activity, such as a light jog. \*See description on page 18. \*\*See description on page 34. †See description on page 123.

## LEG PRESS

See description on page 65.



## SPLIT SQUAT

**START:** At the beginning, use just your body weight so you learn the movement. Stand with both feet together, then take a giant step forward with your right leg. Your left heel will lift off the floor.

**MOVE:** Drop your body downward by bending your right knee and lowering your left knee toward the floor. Reverse the motion and press back up into a standing split squat. Complete all reps for one side, then switch to the other.





## HAMMER-STRENGTH INCLINE MACHINE PRESS

See description on page 16.



## MACHINE ROW >>

**START:** Sit with your chest against the support pad and take an overhand or hammer grip on the handles.

**MOVE:** Keeping your chest lifted, maintain the natural curve in your low back as you squeeze your shoulder blades together and pull the handles toward your sides. Slowly lower the weight and repeat. As on all machine moves, don't allow the weight stack to touch down between reps.

## BARBELL PREACHER CURL

**START:** Set the seat height so that when you sit down, the arm rest is slightly below shoulder level. Take an underhand grip on a barbell and place the backs of your upper arms firmly against the pad.

**MOVE:** Slowly curl your arms and raise the weight to a point where your elbows are just a bit beyond 90 degrees. Flex at the top of the movement, then slowly lower the weight.



## SEATED OVERHEAD DUMBBELL EXTENSION

See the dumbbell extension on page 96, but use one dumbbell at a time.



## SEATED CALF RAISE

**START:** Sit in the machine and place the balls of your feet on the platform so that your heels hang off the edge.

**MOVE:** Raise your heels as high as possible and release the safety bar. Lower your heels as far as you can, then reverse the motion and raise your heels as high as possible.





**DUMBBELLS AND AN ADJUSTABLE** bench. Just because this is an “advanced” workout doesn’t mean you need any fancy machines. Yes, with minimal equipment, you can thoroughly thrash your body, top to bottom, and spark it to grow like never before. In this workout, we’ve combined top-notch exercises to create multi-dimensional compound moves that’ll energise your neural pathways and engage your muscles in new, innovative ways.

➡➡ Take plenty of time to complete this workout the first few sessions. Be patient with the exercises, err on the side of lighter weights at the start, and take ample rest periods — up to three minutes — between sets. As you get more adept at the moves, work on gaining strength in the lifts and shortening your rest period down to 60–120 seconds.

## #98

EXERCISE	SETS	REPS
<b>DB Squat + Overhead Press</b>	<b>3</b>	<b>10, 8, 6</b>
<b>DB Push-Up + Row</b>	<b>3</b>	<b>10, 8, 6</b>
<b>DB Deadlift + Upright Row</b>	<b>3</b>	<b>10, 8, 6</b>
<b>DB Pullover + Press</b>	<b>3</b>	<b>10, 8, 6</b>
<b>Woodchopper</b>	<b>3</b>	<b>15, 12, 10</b>
<b>DB V-Sit</b>	<b>3</b>	<b>12, 10, 8</b>
<b>Standing Alternate DB Curl</b>	<b>2</b>	<b>10, 8</b>
<b>DB Kickback</b>	<b>2</b>	<b>10, 8</b>

**Rest 1–3 minutes between sets.**



**A**

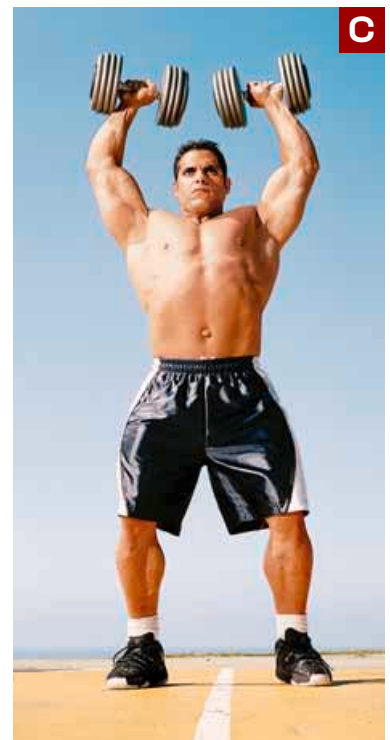
## DUMBBELL SQUAT + OVERHEAD PRESS

**START:** Hold two heavy dumbbells at shoulder level. Keep your lower back arched, feet just outside shoulder-width apart, toes pointed out slightly.

**MOVE:** Squat down, holding the dumbbells in position. Pause at the bottom (thighs parallel to the floor), then drive back up to the start. When your knees are almost fully extended, press the dumbbells overhead. Slowly lower the dumbbells back to shoulder level and begin the next rep.



**B**



**C**



## DUMBBELL PUSH-UP + ROW

**START:** Place two dumbbells about shoulder-width apart on the floor. From a push-up position (feet 1-2 feet apart), align the weights directly below your shoulders and grip them securely.

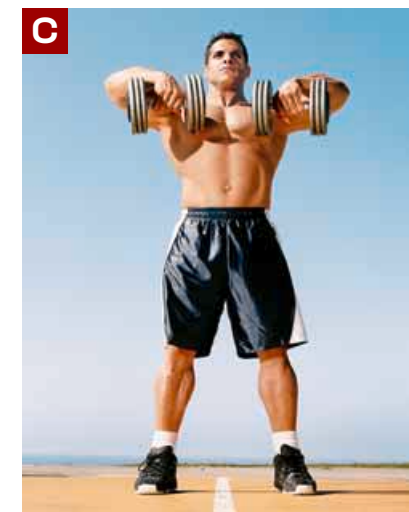
**MOVE:** Press up until your elbows are fully extended. Shift your body weight to your right arm and row the left dumbbell up to your left side, then lower it and repeat with the other side. Complete the push-up (lower yourself down) to complete one rep.



A



B



C

## DUMBBELL DEADLIFT + UPRIGHT ROW

**START:** Grasp two heavy dumbbells with an overhand grip (palms facing your quads), feet shoulder-width apart, knees slightly bent, chest raised, shoulders retracted and your low back slightly arched.

**MOVE:** Complete a traditional deadlift, bending at your knees while lowering your hips toward the floor; at the bottom, you should be in a full squat. As you drive through your legs to return to the start position, extend the movement by adding an upright row. Keep the weights close to your body, pulling them higher than mid-chest level. Your elbows should be higher than your hands during this portion of the movement. Slowly lower the weights to your sides >>

DALE GOLD



**A****B**

### WOOD-CHOPPER

**START:** Stand with your feet about shoulder-width apart and grasp a light dumbbell in both hands, holding it outside and above your right shoulder. Flex your knees slightly, taking an athletic "ready" position. Pull your abs in and keep your elbows bent slightly.

**MOVE:** Pull the dumbbell diagonally across your body until it's beside your left hip. Reverse direction, returning to the start. Repeat for reps, then switch sides. Move deliberately but not explosively (about 2-3 seconds on both the

concentric and eccentric portions of each rep). Don't flex forward with your spine when doing this or any rotational work for the obliques.

### DUMBBELL KICKBACK

See description on page 101.







## DUMBBELL PULLOVER + PRESS

**START:** Grasp a dumbbell in each hand and lie face-up on a flat bench with your feet planted on the floor. Extend your arms toward the ceiling from your shoulders, elbows slightly bent and palms forward.

**MOVE:** Let the weight of the dumbbells slowly pull your arms behind your head as you twist your wrists inward. At the bottom, the dumbbells will be just below the level of the bench. Contract your pecs and lats to pull your arms back up to the start, then bend your elbows to lower the dumbbells toward the outside of your chest. Press them back up and begin the next rep.

C



A

B



## STANDING ALTERNATE DUMBBELL CURL

See description on page 83.



## DUMBBELL V-SIT

**START:** Lie face-up on a flat bench. Hold a relatively light dumbbell with both hands, arms fully extended overhead.

**MOVE:** Contract your abs to flex your spine, slowly drawing your hips and shoulders off the bench. Crunch hard until your feet and hands point at the ceiling, and your body is in a "V" position. Return to the start.



## TWO CIRCUITS – ONE HELLUVA

full body workout. In this programme, you'll complete two separate circuits of four exercises each. Made up of basic bread-and-butter moves, the learning curve isn't too tough, meaning most intermediates can jump right into this and start seeing results quickly.

➤➤ If you want to use this as your one and only workout, complete it 2-3 times per week on non-consecutive days (for instance, Monday, Wednesday and Saturday).

➤➤ Or you can use it in conjunction with a regular body part split. If you do a four-day split over the course of a week (for instance, chest and back on Monday, legs on Tuesday, delts and abs on Thursday and arms on Friday), you can do this on the weekend as an extra boost to your training. (We only recommend that approach if you're in a get-lean mode; for those trying to gain mass, that may be overdoing it.)

## BENT-OVER BARBELL ROW

See description on page 42.

# #99

EXERCISE	SETS	REPS
<b>Circuit 1:</b>		
<b>Bent-Over Barbell Row</b>	<b>2</b>	<b>10</b>
<b>Leg Press</b>	<b>2</b>	<b>10</b>
<b>Lying Leg Curl</b>	<b>2</b>	<b>10</b>
<b>Crunch</b>	<b>2</b>	<b>15</b>
<b>Circuit 2:</b>		
<b>Flat-Bench DB Press</b>	<b>2</b>	<b>10</b>
<b>Standing Barbell Press</b>	<b>2</b>	<b>10</b>
<b>Barbell Curl</b>	<b>2</b>	<b>10</b>
<b>Lying French Press</b>	<b>2</b>	<b>10</b>

**Complete the first circuit twice through, then move on to the second circuit. Don't rest between exercises within the circuit, and rest one minute between circuits.**





## CRUNCH

See description on page 113.



## STANDING BARBELL PRESS

**START:** Take an overhand grip on a barbell, just outside shoulder width. Hold it at your clavicles.

**MOVE:** Press the bar straight overhead, stopping just short of elbow lockout. Then lower back to your upper chest/clavicle region and repeat.



## LYING BARBELL FRENCH PRESS

See description on page 97; here you use a barbell instead of an EZ-bar, although either is acceptable.

ROBERT REIFF



WITH THIS ASSORTMENT OF barbell and dumbbell exercises, you'll definitely be breaking a sweat in your home gym. But that kind of focused work is what gets results.

➡➡ The routine is front-loaded with exercises that will require the most energy output — the deadlift, split squat and high pull. These will get your heart pumping and your body primed for action.

➡➡ Here, as with all the workouts included in this book, you should take the time to warm up, at least 5–10 minutes of easy cardio, and 3–5 extremely light sets of the first few exercises before getting into the working sets.



## DEADLIFT

**START:** Stand with your feet shoulder-width apart. Keeping your head up and your back slightly arched, bend your knees and grasp the barbell with an overhand or alternating grip.

**MOVE:** Push through your heels to drive the weight up with your legs. With your chest out and back straight, contract your hamstrings and pull your hips forward to stand erect. Set the barbell on the floor (make sure it's padded) after every rep; the reset will help you maintain good form.

# #100

EXERCISE	SETS	REPS
<b>Deadlift</b> (superset with) <b>DB Split Squat</b>	3	15, 6–8
<b>High Pull</b> (superset with) <b>Multi-Angle DB Press</b>	2	6–8
<b>Incline DB Row</b> (superset with) <b>Arnold Press*</b>	2	8–12
<b>Decline French Press</b> (superset with) <b>Dual Incline DB Curl**</b>	2	8–12
<b>Single-Leg Calf Raise</b> (superset with) <b>Crossover Crunch†</b>	2	8–10
	2	12–20

**Example:** do the deadlift for 6–8 reps, followed immediately (no rest) by 12–15 reps of the dumbbell split squat: that's one superset. Then rest 30–90 seconds and repeat the process. Once you complete three supersets, move onto the next superset combo — high pulls and multi-angle dumbbell presses.

\*See description on page 38. \*\*See description on page 88. †See description on page 111.



## DUMBBELL SPLIT SQUAT

This is the same exercise as shown on page 132 (beginner workout in full body), except shown here with dumbbells instead of the body weight-only version.





## HIGH PULL

**START:** The first part of the movement is the same as for the deadlift.

**MOVE:** When the bar reaches thigh level, explosively move it upward by extending the hip, knee and ankle joints in a jumping motion. When you reach full extension, shrug your shoulders, then pull with your arms, bringing the bar as high as possible. Slowly lower the bar and reset.

## MULTI-ANGLE DUMBBELL PRESS >>

**START:** Hold two dumbbells and lie face-up on a flat bench (not pictured), holding the weights overhead.

**MOVE:** Do six presses, increase the angle of the bench to a 30-degree incline (shown in photo) and continue. After up to six more reps, increase the angle of the bench once again to 60 degrees. Repeat. Rest only as long as it takes to adjust the bench.



## SINGLE-LEG CALF RAISE

**START:** Step onto a raised surface with your heel off the edge, and hold a dumbbell at your side with your palm facing your body, placing your opposite hand on a stationary object for support. Lift your opposite leg off the floor.

**MOVE:** Press up onto the ball of your foot, hold the contraction and lower to the start.

## DECLINE FRENCH PRESS

**START:** Lie face-up on a slightly-declined bench. Take an overhand grip on an EZ-bar and lift it into position over your forehead, your arms straight.

**MOVE:** Bend your elbows and lower the weight behind your head, then flex your tri's to return to the start.



## INCLINE DUMBBELL ROW

**START:** Grasp a dumbbell in each hand and straddle an incline bench, pressing your chest against it.

**MOVE:** With your palms facing inward and elbows close to your body, pull the weights as high as possible, squeezing your shoulder blades together at the top.



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➡ Many of these exercises work multiple major muscle groups at once (for example, the first move hits your thighs, delts and core), and they build explosive strength at the same time.

➡ While we've stressed slow, deliberate motions for most of the exercises in this book, in this power routine you want to "explode" through the positive contraction. For example, on the decline barbell press, bring the bar down carefully to your chest, then push as hard and as quickly as you can to lift the bar straight up. (Inward/outward rotation is an exception to this.)

## #101

EXERCISE	SETS	REPS
Squat Jump-Push Press	4	12, 10, 8, 6
Squat-Upright Row	3	10, 8, 6
Romanian Deadlift*	3	10, 8, 6
Decline Barbell Press**	3	10, 8, 6
Inward/Outward Rotation	2	20
EZ-Bar Preacher Curl†	2	10, 8
Seated EZ-Bar Overhead Extension††	2	10, 8

\* This move is similar to the Romanian dumbbell deadlift on page 69, except you hold a barbell in front of you, using a shoulder-width grip on the bar. \*\* See description on page 10. † See description on page 74. †† Similar to the overhead dumbbell extension on page 96, except you use an EZ-bar (palms angled in) instead of a dumbbell.



## SQUAT JUMP-PUSH PRESS

**START:** Stand up straight holding dumbbells at shoulder level, so your palms face each other.

**MOVE:** Descend into a full squat and then explode upward, jumping out of the squat as you press the weights to full extension. As you land, lower the weights back to your shoulders, making sure to bend your knees to "catch" them smoothly. Descend immediately into another rep. The movement is continuous; you shouldn't come to a stop until the set ends.



**A**



## INWARD/OUTWARD ROTATION

**START:** Stand up straight holding dumbbells upright at your chest and shoulders, elbows bent and fists facing each other.

**MOVE:** Extend the dumbbells out to your sides and arc them together in front of you (your arms are still fully extended). Bend your elbows to pull the dumbbells back into your chest. Do 10 reps using this technique and, without stopping, do the same number of reps in reverse, pressing the dumbbells forward and then bringing them out to your sides in an arc.



**B**



ROBERT REIFF

## SQUAT-UPRIGHT ROW

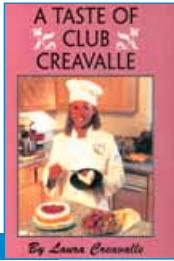
**START:** Stand up straight holding a pair of dumbbells at arms' length in front of your thighs, palms facing your body.

**MOVE:** Bend your knees until your thighs are parallel to the floor. As you descend, pull the dumbbells up to the level of your collarbones. Straighten your arms and legs simultaneously to return to the start position.



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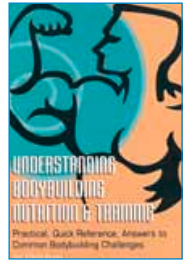
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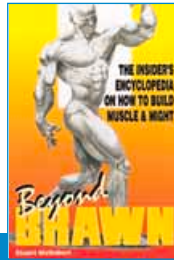
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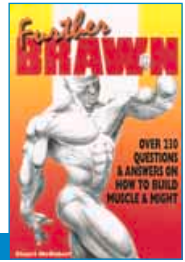
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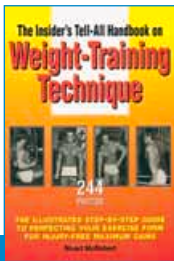
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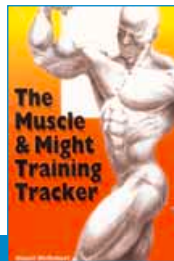
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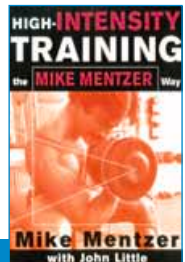
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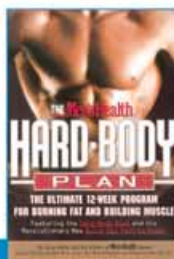
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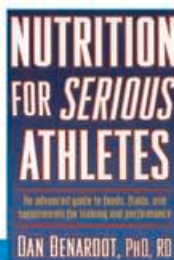
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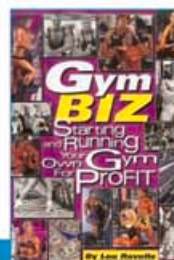
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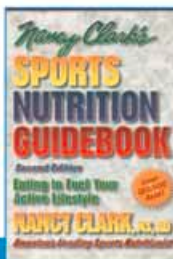
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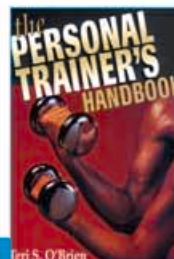
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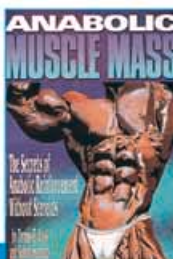
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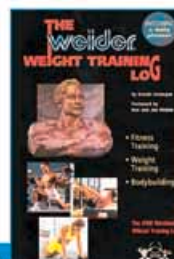
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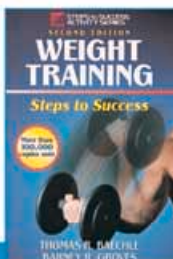
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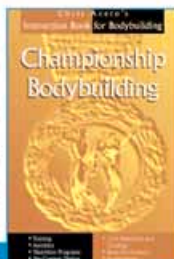
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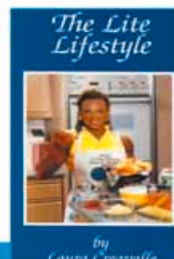
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