

HOW IT WORKS

We recommend following the Carb Nite Solution, a diet plan described on p.126. This approach will result in pure fat loss and maintenance of your hard-earned muscle. In the gym, you'll follow the workouts offered on the next few pages. Your goal is to stimulate your central nervous system (CNS) – your muscles' control centre – without overly taxing it. Your CNS needs carbs to recover, so it doesn't pay to risk denying it the nutrients it needs. To get your CNS to activate muscle without burning it out, use partitioned set ramping – a series of low-rep sets that get progressively heavier (see "Plans of Attack" below). For low-carb dieters, this yields better results than performing multiple heavy sets with the same load. Follow the program and you'll see your six-pack within weeks.

DIRECTIONS

FREQUENCY:

● Perform each workout (Day 1, 2, 3 and 4) once a week.

TIME NEEDED:

● 60 minutes.

HOW TO DO IT:

● On Day 1, perform 1A and 1B as a superset. Do one set of A, then one set of B. Rest and repeat for all the sets. Treat all other exercises as straight sets, completing all the sets for one move before going on to the next. Make sure you note which training method to apply to each set (see "Plans of Attack" at right for descriptions of each technique).

DAY 1

1A

DUMBBELL LUNGE (STD)

[NOT SHOWN]

SETS: 4 REPS: 20

● Step forward and lower your body until your front thigh is parallel to the floor.

1B

CABLE CRUNCH (STD)

[NOT SHOWN]

SETS: 4 REPS: 20

● Use the rope handle and pull it behind your neck. Kneel and crunch.

2

ROMANIAN DEADLIFT (STD)

SETS: 2 REPS: 8

● Hold a barbell against the front of your thighs. Bend your hips back until you feel your lower back is beginning to lose its arch. Squeeze your glutes and hamstrings to come back up.

3

LEG PRESS (PSR)

[NOT SHOWN]

SETS: 3 REPS: 4, 4, 4, 4

● Use the leg-press machine and bend your knees until they're at 90 degrees. Don't let your lower back come off the pad.

4

LEG CURL (STD)

[NOT SHOWN]

SETS: 3 REPS: 6-8

● Lie down on a leg curl machine and secure your ankles. Make sure the axis of the machine lines up with your knees. Curl your legs.

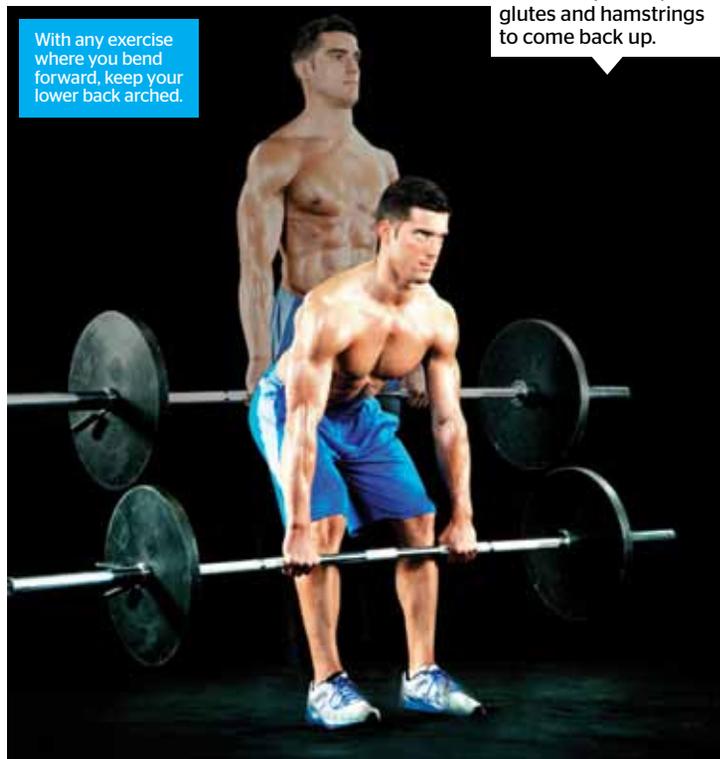
5

CALF RAISE IN LEG PRESS (STD)

[NOT SHOWN]

SETS: 3 REPS: 6-8

● Use a 45-degree leg-press machine and place the balls of your feet on the plate. Perform calf raises as normal.



PLANS OF ATTACK

How to perform the exercises for maximum effect.

You'll use one of these five different methods to complete the exercises.

● **Partitioning set ramping (PSR)** Choose a weight that's 30 percent of your max and perform three reps (or whatever specific number the exercise calls for). Without resting, go up in weight to a load that's 50 percent and perform another three reps. Then go to 75 percent, and then 90 percent. All of this is one set. Rest as needed and repeat for the prescribed sets.

● **Negative (NEG)** Focus only on the negative (lowering) portion of the movement. For example, for the dragon flag on page 125, powerfully swing your legs up in the air to the top position of the rep and then slowly lower them back to the bench, taking up to three full seconds on the negative.

● **Fast (FST)** Perform each rep as explosively as possible.

● **Drop set (DROP)** Perform the set normally and then reduce the weight 10 percent to 20 percent so you can get another few reps. You should take no more than 20 seconds to reduce the load.

● **Standard (STD)** Complete your set in the regular fashion, lifting and lowering with a smooth, controlled tempo.

DAY 2

1

PUSH PRESS (PSR) [NOT SHOWN]

SETS: 3 REPS: 3, 3, 3, 3, 3

- Hold a barbell at shoulder level with hands shoulder-width apart. Dip your knees and use momentum to power the bar overhead.

2

ONE-ARM DUMBBELL UPRIGHT ROW (STD)

SETS: 2 REPS: 8

- Raise your arm up and back as if you were going to elbow someone standing behind you. Your upper arm should be parallel to the floor in the top position.

3

BENT-OVER LATERAL RAISE (STD) [NOT SHOWN]

SETS: 3 REPS: 10

- Hold a dumbbell in each hand and bend forward at the hips so your torso is parallel to the floor. Raise the weights to 90 degrees.

4

SHRUG (DROP) [NOT SHOWN]

SETS: 4 REPS: 10

- Hold the bar with a shoulder-width grip and shrug your shoulders as high as you can. Perform 10 reps, reduce the load and repeat.

5

DUMBBELL FLOOR PRESS (STD) [NOT SHOWN]

SETS: 3 REPS: 4-8

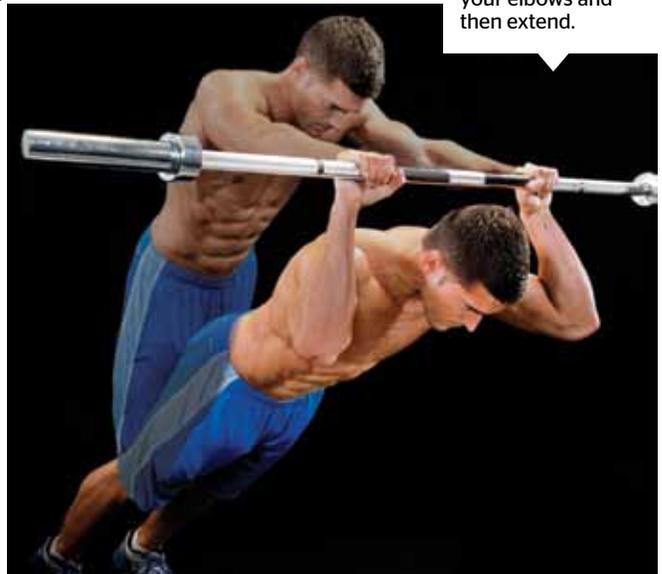
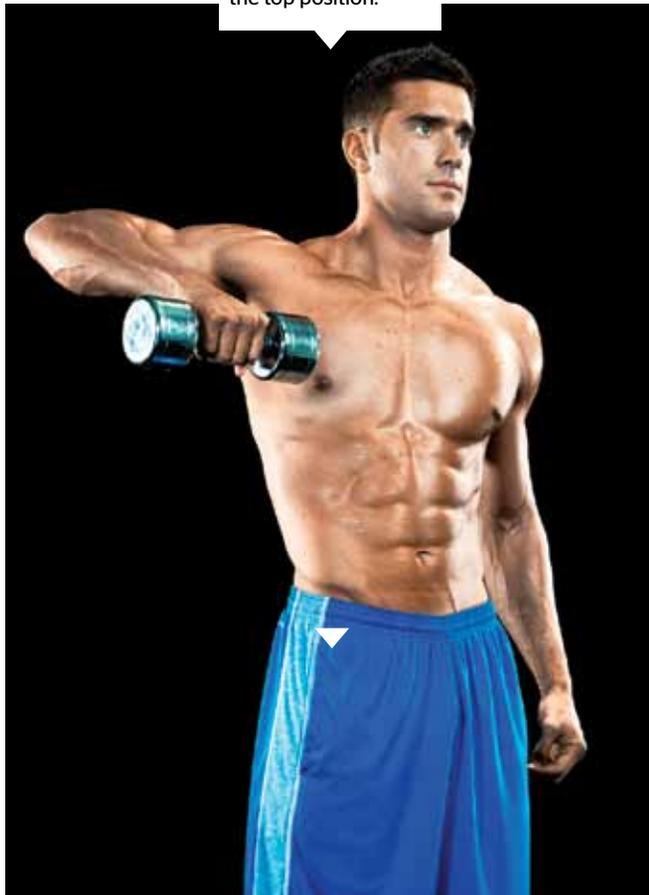
- Lie on the floor and hold the weights as you would in the bottom of a bench press, but with your palms facing each other. Press the weights up.

6

BODYWEIGHT TRICEPS EXTENSION (STD)

SETS: 2 REPS: As many as possible

- Set a barbell at about hip level in a rack. Grab the bar and walk your feet back so your body is at 45 degrees. Bend your elbows and then extend.

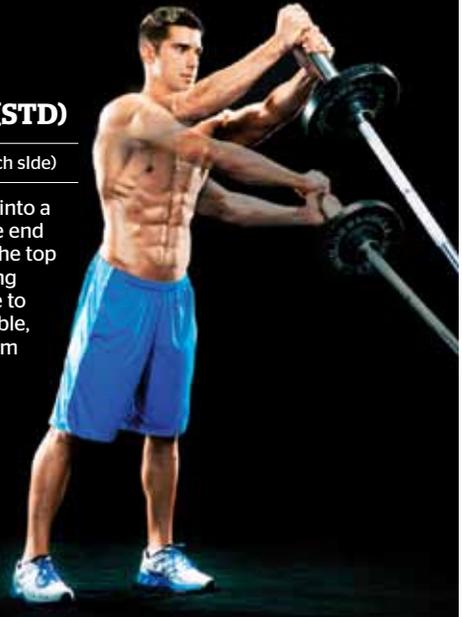


7

LAND MINE (STD)

SETS: 2 REPS: 10 (each side)

- Wedge a barbell into a corner and load the end nearest you. Grab the top of the collar. Keeping your hips as square to the corner as possible, twist your torso from side to side. Don't rotate at the hips.

**WHAT ABOUT CARDIO?**

The first thing guys tend to think of when they want to lose weight is how much cardio they'll need to do. The answer is probably a lot less than you expect. Try the following three days a week on non-lifting days.

- Sprint for 30 seconds
- Walk for 4 minutes
- Repeat for 25-30 minutes

DAY 3

1

INCLINE DUMBBELL PRESS (STD)

[NOT SHOWN]

SETS: 4 REPS: 4-8

- Set an adjustable bench to a 30- to 45-degree incline and lie back against it with a dumbbell in each hand. Press the weights straight over your chest.

2

INCLINE DUMBBELL FLY (STD)

[NOT SHOWN]

SETS: 2 REPS: 10

- Set up the same as the incline press, but have your palms facing each other. Lower your arms until you feel a stretch and then bring your arms back together.

3

DRAGON FLAG (NEG)

SETS: 3 REPS: 3

- Lie on your back on a bench and hold the end of it behind you. Swing your legs up in the air so they're perpendicular to the floor and tuck your knees to your chest. Lower your legs back to the bench, but stop short of resting.

4

CLOSE-GRIP PULLDOWN (PSR) [NOT SHOWN]

SETS: 2 REPS: 3, 3, 3, 3, 3

Attach a V-grip handle to the top pulley of a cable station. Sit at the station and secure your knees. Pull the handle down to your collarbone.

5

45-DEGREE PULLDOWN (FST) [NOT SHOWN]

SETS: 2 REPS: 12

- Attach a pulldown bar to the top pulley of a cable station. Lean your torso back about 45 degrees and push your chest out. Pull the bar to your nipple line.

6

ONE-ARM ROW (STD)

[NOT SHOWN]

SETS: 3 REPS: 6-10 (each side)

- Grab a dumbbell in one hand and rest the other hand and knee on a bench. Row the weight until it touches your side.

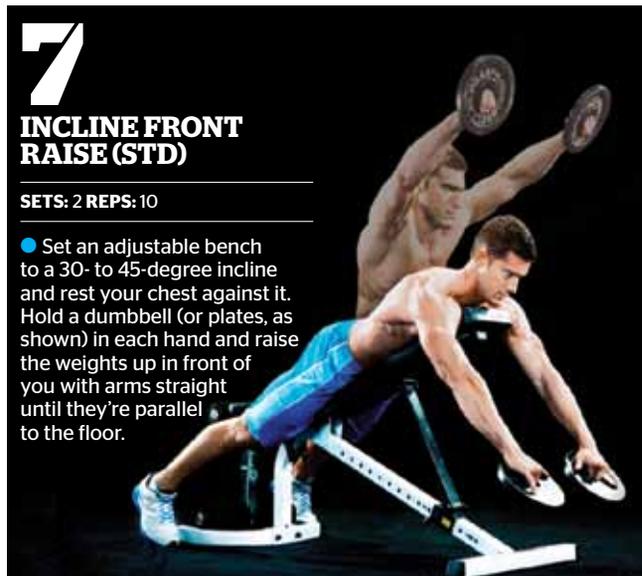


7

INCLINE FRONT RAISE (STD)

SETS: 2 REPS: 10

- Set an adjustable bench to a 30- to 45-degree incline and rest your chest against it. Hold a dumbbell (or plates, as shown) in each hand and raise the weights up in front of you with arms straight until they're parallel to the floor.



8

SCAPULAR PULLDOWN (STD)

SETS: 2 REPS: 12

- Set up as you did for the 45-degree pulldown, but keep your torso vertical. Allow the weight to stretch your arms and shoulders, then pull your shoulder blades down and together without bending your elbows. Hold the bottom of the last rep on each set for 30 seconds.



20

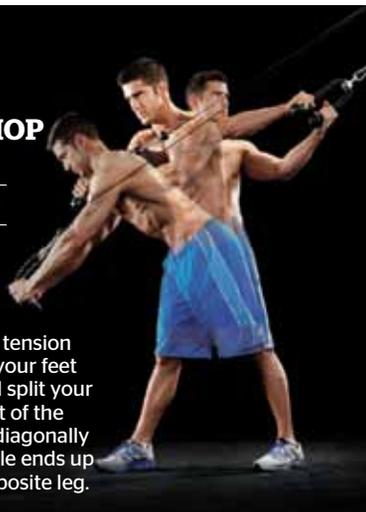
Maximum number of sets (not counting any warm-ups) you should do per workout when following a low-carb diet.

DAY 4

1 CABLE WOODCHOP (STD)

SETS: 3 REPS: 12 (each side)

- Attach a rope handle to the high pulley of a cable station and stand far enough away from the machine that there is tension on the cable. Stand with your feet shoulder-width apart and split your legs so one foot is in front of the other. Rotate your torso diagonally downward until the handle ends up at the outside of your opposite leg.



2 CABLE CURL (PSR)

SETS: 3 REPS: 3, 3, 3, 3, 3

- Attach a straight bar to the low pulley of a cable station and grab it with hands shoulder-width apart. Keeping your elbows against your sides, curl the bar up to shoulder level.



3 HAMMER CURL (STD) [NOT SHOWN]

SETS: 2 REPS: 6-8

- Hold a dumbbell in each hand with your palms facing each other. Curl the weights to shoulder level without moving your upper arms at all.

4 CLOSE-GRIP CHIN-UP (NEG) [NOT SHOWN]

SETS: 2 REPS: 4

- Grab a chin-up bar with palms facing you and hands almost touching each other (they should be no farther than 8cm apart). Pull yourself up until your chin is over it.

5 RACK PULL (STD)

SETS: 3 REPS: 6-8

- Set a barbell in a rack or on boxes so it's 5cm below your knees. Take an overhand grip with hands shoulder-width apart. Keeping the bar pulled into you, lock out your hips and stand up.



CARB NITE SOLUTION

Reduce your carbs to 30g a day for nine days. Consume mostly meat, fish, eggs, cheese, protein powders and green vegetables. Ultra-low carbs create a caloric deficit and improve the hormone levels you need to burn fat.

On the night of the 10th day, eat as many carbs as you can. Start with potatoes, rice or oats, then sugary treats if you like. Pasta, biscuits and cake are OK. Your goal is to refill your muscles' energy stores and cause a hormonal effect that speeds your metabolism for days.

The next day, go back to 30g of carbs. Continue for five days and then have another Carb Nite. Repeat until you've reached your fat-loss goal. After workouts, supplement with whey isolate. You can add 5g of leucine as well. Leucine helps raise insulin levels like carbs do, so you can drive protein into your muscles straight after training. Read more about the diet at carbните.com.



ON SALE
APRIL 11

NEXT MONTH IN
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