

HOW IT WORKS

Each of the following routines runs either 10, 20, or 45 minutes. The longest workout is meant to be done in a gym, but the shorter workouts can be performed almost anywhere with just a resistance band and light dumbbells. The routines are designed to not only give you a full-body workout but also strengthen weak points—and pump up your trophy muscles. Yuam wrote the program as if he were training you under strict time constraints to play a shirtless hero in an upcoming movie.

You'll notice that the range of motion on several exercises is limited. This keeps the focus on the main muscle group, preventing the stabilisers or other "helper" muscles from taking over. It's not as functional as using a full range of motion, but it will lead to the kind of muscles that light up the screen.

DIRECTIONS

FREQUENCY

- Perform the appropriate workout (10-Minute, 20-Minute, 45-Minute) whenever time allows.

HOW TO DO IT

- Perform the exercises as straight sets, completing all the given sets for one move before going on to the next.

10-Min. WORKOUT

STARTS HERE

1) BAND WOODCHOP

Sets: 2 Reps: 12-15

Attach an exercise band to a sturdy object and hold the handle with both hands. Stand away from the object so that there is tension on the band and twist your torso up diagonally from the anchor point.



2) PUSH-UP (NOT SHOWN)

Sets: 2 Reps: 10

3) PLYO PUSH-UP

(SHOWN IN OPENER)

Sets: 2 Reps: 10

Perform a push-up, but come up so fast that your hands (and feet, if possible) leave the floor.

4) WALKING PUSH-UP (NOT SHOWN)

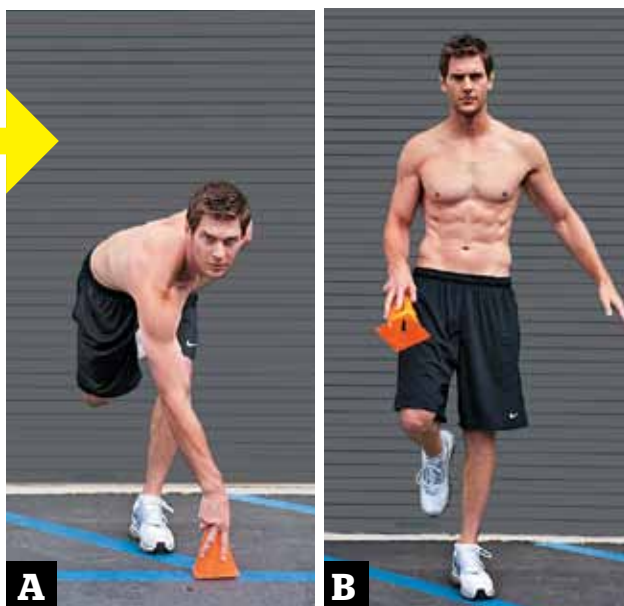
Sets: 2 Reps: 10-12

Get into push-up position and walk forward on your hands, dragging your feet behind you. Each "step" is one rep. Let your hips swivel with each step.

5) ICE SKATER

Sets: 2 Reps: 8-10 (each side)

Stand on one leg and, keeping your lower back in its natural arch, bend forward at the hip and pick up a cone (or other light object) in front of you.



6) PLYO LUNGE

(NOT SHOWN)

Sets: 2 Reps: 12 (each leg)

Get into a lunge position and then jump as high as you can.

7) STATIONARY LUNGE (NOT SHOWN)

Sets: 2 Reps: 12 (each leg)

Stand with one leg in front of the other and then lower your body until your rear knee nearly touches the floor.

20-Min. WORKOUT

STARTS HERE

1) BAND WOODCHOP

(NOT SHOWN)

Sets: 2 Reps: 12-15

See the 10-Minute Workout opposite for a description.

2) SPRINT

(NOT SHOWN)

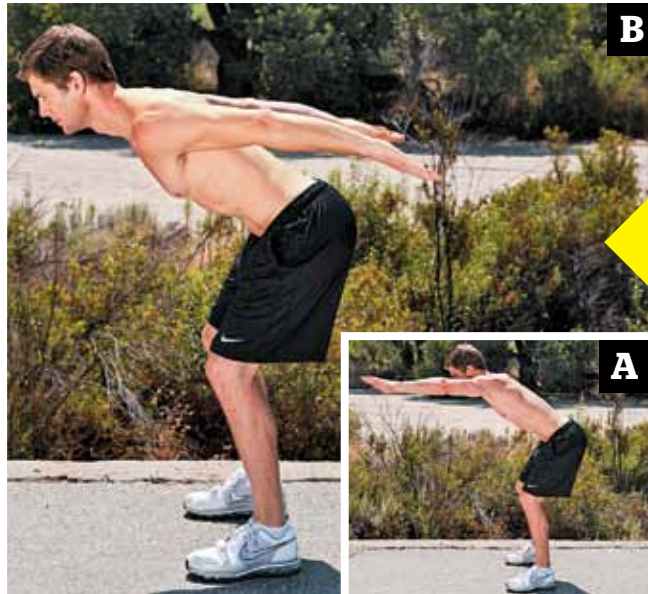
Reps: 10

Sprint 20 yards and then walk 10. Repeat for 10 reps.

3) PUSH-UP TO ROW

Sets: 2 Reps: 8-10 (each side)

Hold a dumbbell in each hand and perform a push-up. At the top, row one dumbbell to your side while raising the opposite leg. Work the opposite arm and leg on the next rep.



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4) COBRA TO SUPERMAN

Sets: 2 Reps: 5-10 seconds

Bend forward at the hips, squatting slightly, and reach your arms out in front of you with palms down. Hold for five to 10 seconds, and then reach your arms behind you and turn your palms up, holding for five to 10 seconds.



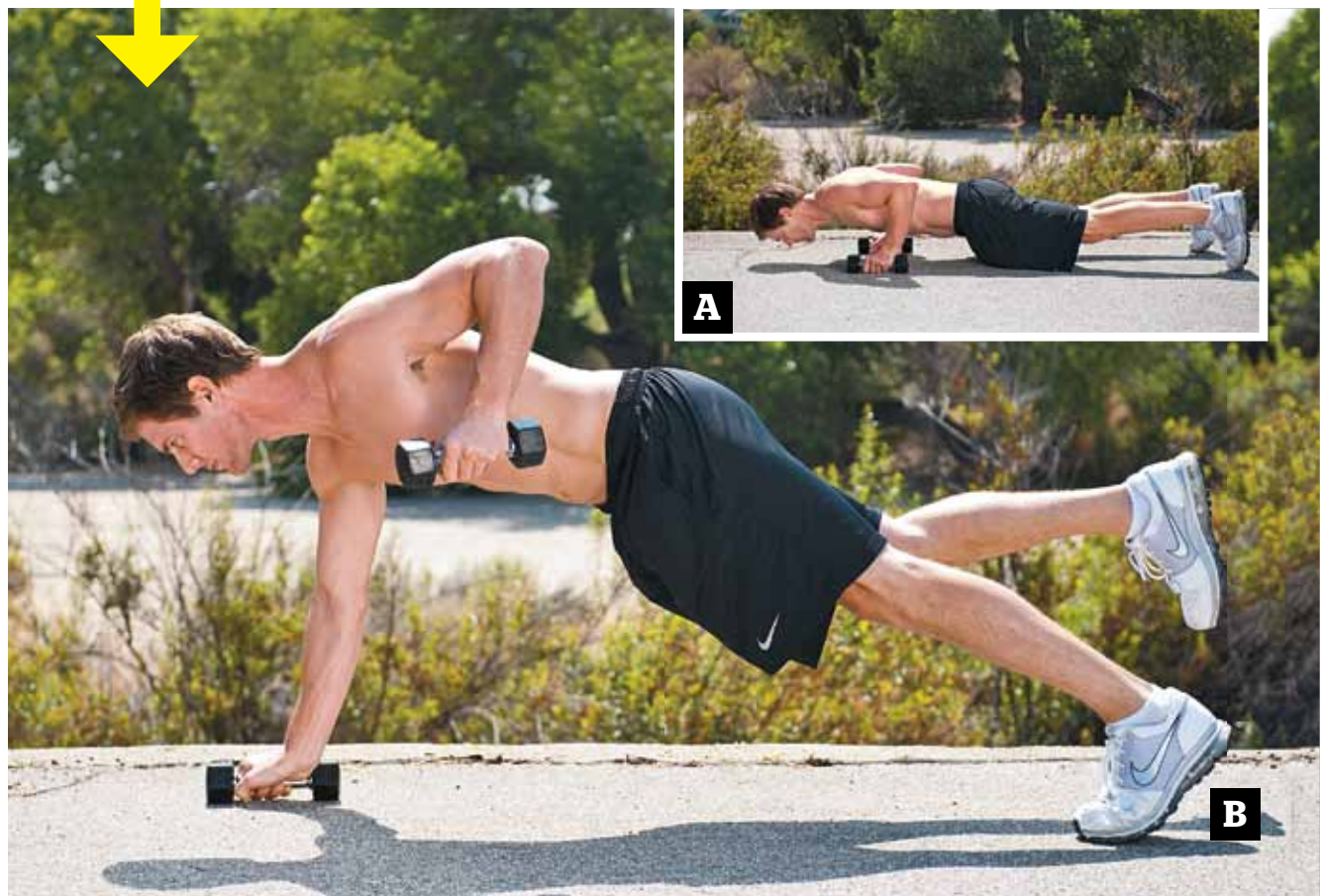
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5) REVERSE-GRIP ROW

(NOT SHOWN)

Sets: 2 Reps: 15

Hold a dumbbell in each hand and the handle of a resistance band. Stand on the band. With palms facing forward, bend over at the hips and row the weights to your sides.



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20-Min. CONTINUED



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6) REVERSE FLY

Sets: 2 Reps: 20

Hold a dumbbell in each hand and stand on one leg. Bend forward at the hips so your arms hang straight down. Raise the weights out to your sides.

7) BAND LATERAL RAISE (NOT SHOWN)

Sets: 3 Reps: 12-15 (each side)

Stand on a resistance band and hold one end in one hand. Raise your arm 90 degrees to your side.

8) DUMBBELL CURL

(NOT SHOWN)

Sets: 2 Reps: 20 (each side)

Hold the innermost side of the handle. Curl the dumbbell, then lower the weight to 15cm below 90 degrees (don't lock out your arm).

9) DUMBBELL BAND KICKBACK (NOT SHOWN)

Sets: 2 Reps: 20 (each side)

Hold a dumbbell in one hand and the end of an anchored band. Keeping your elbow close to your side, extend your arm behind you.

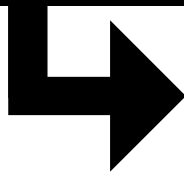
10) BAND EXTERNAL ROTATION (NOT SHOWN)

Sets: 3 Reps: 20

Hold the end of a band in each hand and bend your elbows 90 degrees. Pull the band apart.

45-Min. WORKOUT

STARTS HERE



1) BAND WOODCHOP

(NOT SHOWN)

Sets: 2 Reps: 15

See the 10-Minute Workout on previous spread.

2) CRUNCH (NOT SHOWN)

Sets: 2 Reps: 15

Look at your legs in front of you throughout each rep.

3) OBLIQUE CRUNCH

(NOT SHOWN)

Sets: 2 Reps: 15

Hold the handle of a cable overhead. Stagger one foot in front of the other. Crunch your torso towards the leading foot, keeping your weight on your rear leg.

4) DUMBBELL BENCH PRESS (NOT SHOWN)

Sets: 1 Reps: 10-12, 12 (drop set)

Hold a dumbbell in each hand and lie back on a flat bench. Press the weights over your chest and lower them only until your elbows are bent 90 degrees (so you keep constant tension on your triceps). Perform 10-12 reps, then grab a lighter pair of dumbbells and do another 12 reps immediately.

5) DUMBBELL INCLINE PRESS

(NOT SHOWN)

Sets: 1 Reps: 10-12, 12 (drop set)

Perform the same exercise as above, but on an incline bench.



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6) CABLE FLY

Sets: 2 Reps: 10-12, 12 (drop set)

Hold the handles of two opposing cable pulleys and allow your arms to extend back until you feel tension on your chest. Slowly bring your hands closer together until they're in front of your chest and then quickly (but with control) let them extend back again. Perform a drop set as described in the two bench press exercises above.



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45-Min. CONTINUED

7) ONE-ARM PULL-DOWN**Sets: 2 Reps: 20 (each side)**

Hold the handle of a high cable pulley with your arm straight. Pull the handle down to the outside of your hip, concentrating on your back.



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8) TWO-ARM PULL-DOWN

(NOT SHOWN)

Sets: 2 Reps: 15

Hold two cable handles and bend forward at the hips. Pull the handles down to hip level.

9) DUMBBELL LATERAL RAISE

(NOT SHOWN)

Sets: 1 Reps: 15, 15 (drop set)

Raise dumbbells out to 90 degrees. Perform 15 reps and then lighten the load so you can do another 15 immediately.

10) FRONT RAISE

(NOT SHOWN)

Sets: 2 Reps: 15

Hold dumbbells with palms facing your sides. Raise the weights in front of you to shoulder height.

11) HORIZONTAL CABLE CURL

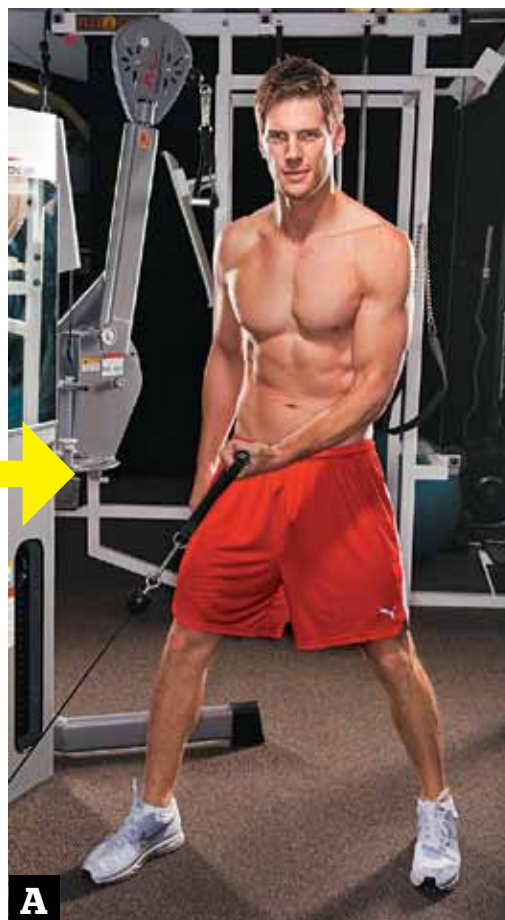
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Sets: 2 Reps: 15 (each side)

Hold the handle of a high pulley cable at arm's length with your arm out 90 degrees. Curl the handle.

12) CONCENTRATION CURL**Sets: 3 Reps: 15**

Hold a cable in one hand and curl it slowly upwards.



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13) TRICEPS EXTENSION

(NOT SHOWN)

Sets: 3 Reps: 12-15 (each side)

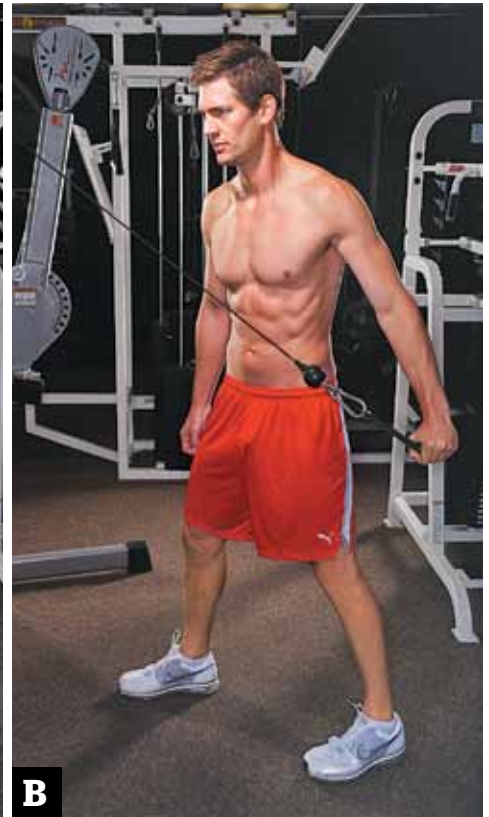
Hold the end of a high cable in one hand. Keeping your elbow to your side, extend your arm.

14) REVERSE-GRIP TRICEPS EXTENSION

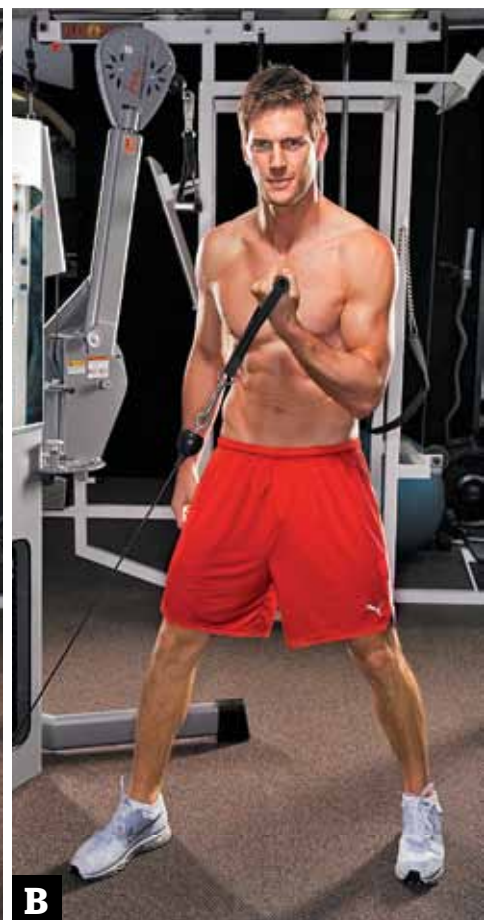
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Sets: 3 Reps: 12-15 (each side)

Perform the extension above, but with the palm facing up.



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