

## HOW IT WORKS

These compound exercises hit lots of muscles at once, causing your body to release a wave of muscle-building hormones. Most of the exercises focus on other muscle groups (such as chest, shoulders and back), but they provide plenty of arm work. To satisfy your desire to curl, we've included a few exercises that target the arms directly.

## DIRECTIONS

■ **FREQUENCY:** Perform the workouts (Day 1 and Day 2) once each a week, with at least two days in between. You may perform lower-body training on the off days. Rest as needed between sets and use the heaviest loads possible with good form. Do the workout for six weeks.

■ **TIME NEEDED:** 40-50-minutes

■ **DO IT:** On Day 1, do straight sets, completing all sets for one exercise before moving to the next. On Day 2, perform the exercises as supersets, completing the paired moves ("A" and "B") back-to-back before resting for 45 seconds. (Exercises 2 and 3 on Day 2 are the exception; perform them as straight sets.) Use lighter loads and focus on doing the reps with speed.

## > DAY 1

### 1 CLOSE-GRIP INCLINE BENCH PRESS (NOT SHOWN)

**SETS: 5 REPS: 5**

► Set an adjustable bench to a 30- to 45-degree incline and lie on it. Grab the bar with an overhand, shoulder-width grip. Lift the bar off the rack and lower it to the upper part of your chest. Once the bar touches your chest, push your feet hard into the floor and press up.

### 2 WEIGHTED CHIN-UP (NOT SHOWN)

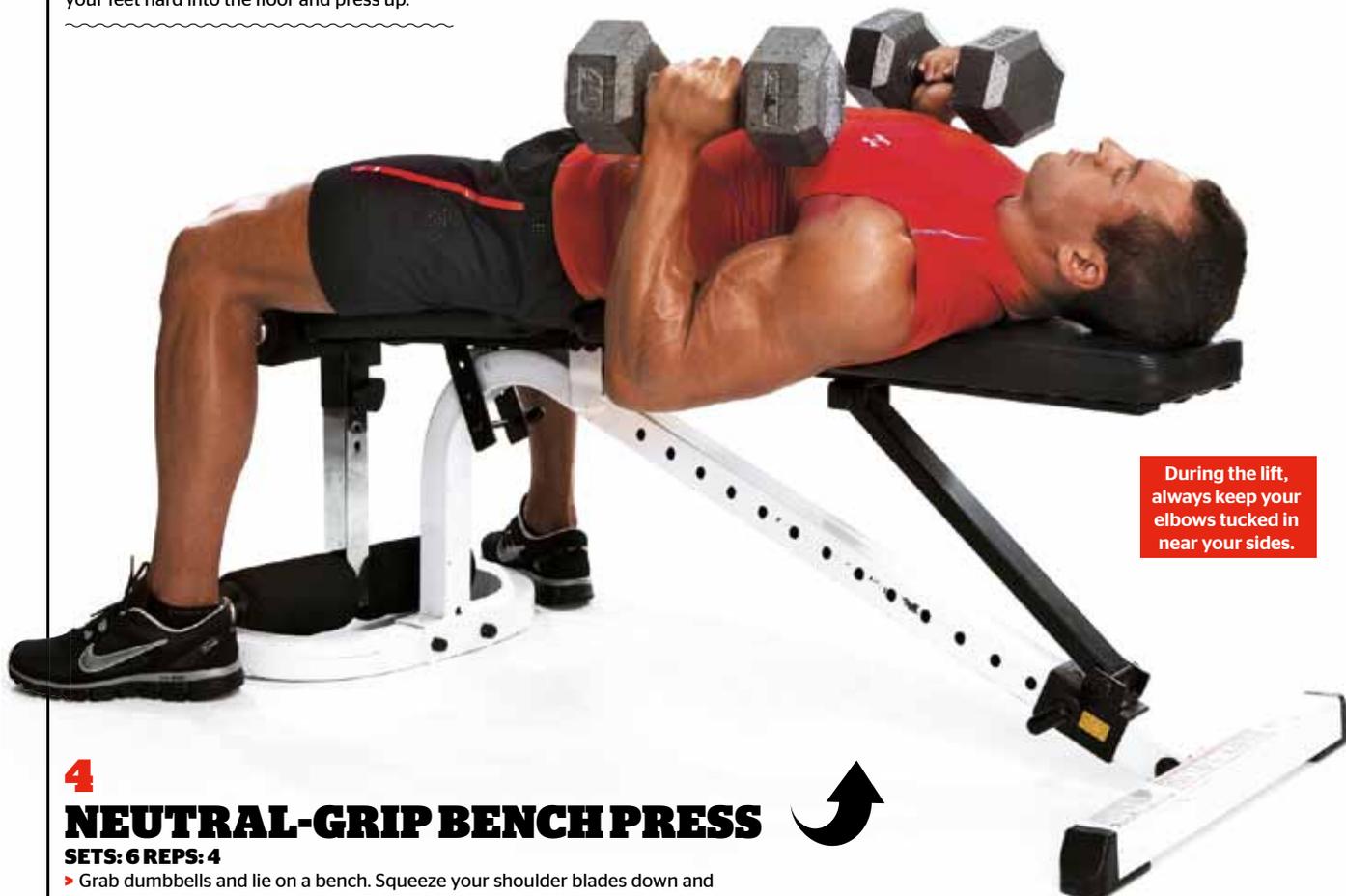
**SETS: 5 REPS: 5**

► Attach a weight around your waist or hold a dumbbell between your feet and perform a chin-up as normal.

### 3 INVERTED ROW (NOT SHOWN)

**SETS: 4 REPS: 10**

► Lie underneath a bar (set one up in a power rack at hip level or use the bar in a Smith machine) and grab it overhand with palms more than shoulder-width apart. Allow your body to hang beneath the bar, a few centimetres above the floor. Now squeeze your shoulder blades together and pull yourself straight up until your back is fully contracted.



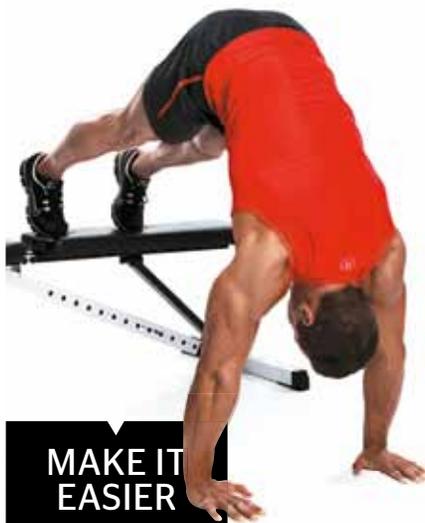
During the lift, always keep your elbows tucked in near your sides.

### 4 NEUTRAL-GRIP BENCH PRESS

**SETS: 6 REPS: 4**

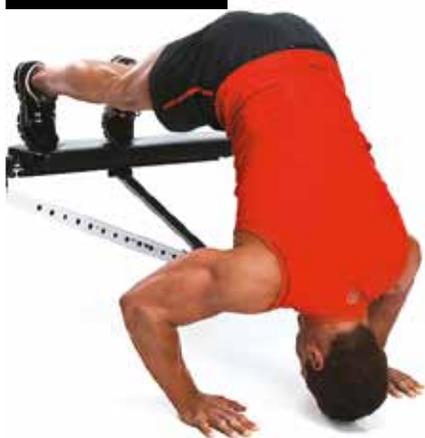
► Grab dumbbells and lie on a bench. Squeeze your shoulder blades down and together and arch your lower back. Position the weights at the sides of your chest with palms facing each other. Press the weights over your chest.

## > DAY 2



### MAKE IT EASIER

If you can't raise your chest to the bar, bend your knees 90-degrees and rest your feet flat on the floor.



## 5 FEET-ELEVATED PIKE PUSH-UP

**SETS: 4 REPS: 6**

► Get into push-up position with your feet on a bench. Walk your hands back so that your butt points straight up in the air. Lower your body until your head is just above the floor and then push yourself back up. Keep your abs braced throughout.

## 6 BARBELL CURL

**(NOT SHOWN) SETS: 4 REPS: 5**

► Hold a straight bar with a shoulder-width grip. Keeping your elbows braced against your sides, curl the bar up. Return to the starting position and extend your elbows fully.

104CM

The length of the band most guys will need for assistance with the wide-grip pull-up. Try SPRI bands (qpec.com.au).



## 1A ASSISTED WIDE-GRIP PULL-UP

**SETS: 4 REPS: 12**

► Perform pull-ups with hands wider than shoulder width. Attach an elastic exercise band to the bar and stand in the loop to help you complete the reps.

Squeeze the ball and contract your pecs throughout.



## 1B MEDICINE-BALL CLENCH PUSH-UP

**SETS: 4 REPS: 12-15**

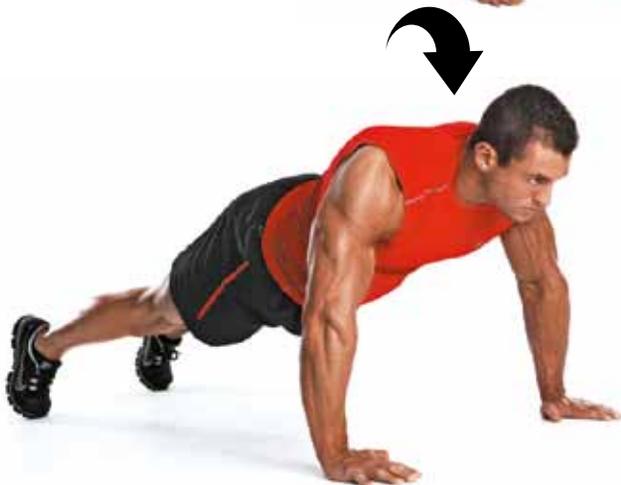
► Place a medicine ball on the floor and get into push-up position, gripping the ball with hands and fingers pointing down. Lower your chest to the ball and push up. Rest for 45 seconds after each set.



## 2 PLANK TO PUSH-UP

**SETS: AS MANY AS NEEDED  
REPS: 40 TOTAL (EACH ARM)**

► Get into elbow plank position with your elbows directly under your shoulders. Now raise one arm up and plant your hand on the floor and then the other, so you're in the top position of a push-up. Lower yourself back down and repeat.



## 3 ONE-ARM REVERSE-GRIP ROW

**SETS: 3 REPS: 10**

► Attach a handle to the low pulley of a cable station and grab it with your palm facing up and your feet in a staggered stance. Row the handle to your ribs. Complete all reps on one side and then switch hands. Perform the sets without rest, just keep switching arms.

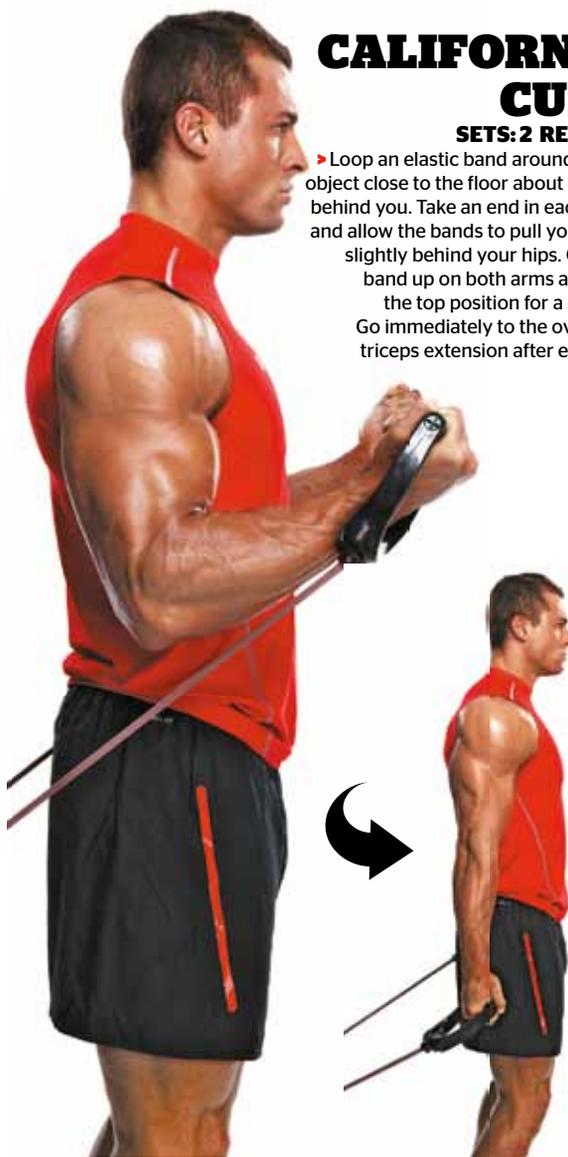
### GET EQUIPPED

SPRI rubber resistance bands are perfect for the California curl and overhead extension ([qpec.com.au](http://qpec.com.au)).

## 4A CALIFORNIA CURL

**SETS: 2 REPS: 20**

► Loop an elastic band around a solid object close to the floor about a metre behind you. Take an end in each hand and allow the bands to pull your arms slightly behind your hips. Curl the band up on both arms and hold the top position for a second. Go immediately to the overhead triceps extension after each set.



## 4B OVERHEAD TRICEPS EXTENSION

**SETS: 2 REPS: 20**

► Keep the same set-up you had for the California curl, but raise your elbows to your ears and point your palms to the ceiling. Extend your elbows and hold the position for a second. Rest for 45 seconds after each set.

