

SATURDAY

1

Power Clean*

(Choose any Olympic lift)

Sets: 5 Reps: 3

> Grasp the bar with hands outside your knees. Keeping your lower back flat, drive your heels into the floor and lift the bar. When it gets to your knees, explosively extend your hips and shrug. Use momentum to raise the bar to your chest and then flip your wrists so you "catch" the bar at shoulder level.

2

Squat

Sets: 5 Reps: 3

> Hold the bar outside shoulder width and squeeze tightly. Pull your shoulder blades together and arch your back to take the bar off the rack. Stand with your feet shoulder-width apart. Push your hips back and squat as low as you can without losing the arch in your lower back. End each set two or three reps short of failure.

3

Deadlift

Sets: See below
Reps: 5

> Stand with feet at hip width and grasp the bar outside your knees. Take a deep breath and drive through your heels to lift the bar, keeping your lower back flat. Come up until you've locked out your hips. Work up to a heavy set of five reps, leaving two in the tank.

4

Suspended Leg Curl*

(Choose any hamstring exercise)

Sets: 5 Reps: 15

> Lie face up with your heels in the cradles of a suspension trainer. Raise your hips into the air then bend your knees, drawing your heels toward your butt.

5

Shrug*

(Choose any vertical back exercise)

Sets: 5 Reps: 12

> Hold the bar at shoulder width and shrug your shoulders to your ears.

6

Bulgarian Split Squat*

(Choose any single-leg exercise)

Sets: 3 Reps: 12

> Stand lunge-length in front of a bench with a dumbbell in each hand. Rest the top of one foot on the bench. Squat until your rear knee is near to the floor.

7

Weighted Sit-up*

(Choose any weighted ab exercise)

Sets: 3 Reps: 15

> Hold a weight plate behind your head and sit up fully.



YOUR OPTIONS

OLYMPIC LIFTS

- * Power Clean
- * Snatch

HAMSTRING EXERCISES

- * Sumo-stance Leg Press
- * Glute-ham Raise
- * Cable Pull-through
- * Suspended Leg Curl

VERTICAL BACK EXERCISES

- * Lat Pull-down
- * Chin-up
- * Pull-up
- * Shrug

SINGLE-LEG EXERCISES

- * Bulgarian Split Squat
- * Single-leg Squat
- * Assisted Single-leg Squat with Suspension Trainer
- * Step-up

AB EXERCISES

- * Sit-up
- * Side Bend (weighted exercise)
- * Cable Ab Pull-down (weighted exercise)
- * Plank
- * Side Plank
- * Ab Wheel Rollout

20g

The ideal amount of whey protein that guys who lift weights should consume after workouts.



YOUR OPTIONS

BENCH PRESS VARIATIONS

- * Bench Press
- * Board Bench Press (1, 2 or 3)
- * Close-grip Bench Press
- * Reverse-grip Bench Press
- * Incline Bench Press
- * Floor Press
- * Carpet/Towel Press

TRICEPS EXERCISES

- * Close-grip Bench Press
- * Parallel-bar Dip
- * Skull Crusher (isolation exercise)
- * Lying Triceps Extension (isolation exercise)
- * Cable Pushdown (isolation exercise)

HORIZONTAL BACK EXERCISES

- * Bentover Row
- * Pendlay Row
- * Chest-supported Row
- * Dumbbell Row
- * Seated Cable Row
- * Lawn Mower Row

CURL VARIATIONS

- * Barbell Curl
- * EZ-bar Curl
- * Dumbbell Curl
- * Incline Dumbbell Curl

1

Three-board Bench Press*

(Choose any bench press variation)

Sets: See below
Reps: 5

> You will need a three-board press (three 10cm-thick pine boards from a hardware store will do the job). Set up to bench-press and have a partner hold the boards on your chest (alternatively wear them strapped to you, as shown). Lower the bar until it touches the boards, pause, and press up. Work up until you reach a five-rep max.

2

Overhead Press

Sets: See below
Reps: 5

> Hold the bar at shoulder width and press straight overhead, pushing your head forward as the bar passes it. Work up to a heavy set of five reps as you did for the three-board press.

3

Close-grip Bench Press*

(Choose any triceps exercise)

Sets: 5 Reps: 12

> Perform a bench press with your hands at shoulder width.

4

Bent-over Row*

(Choose any horizontal back exercise)

Sets: 5 Reps: 12

> Hold the bar with hands at shoulder width and push your hips back with slightly bent knees. Bend until your torso is parallel to the floor. Pull the bar in to your belly, squeezing your shoulder blades together.

5

Skull Crusher*

(Choose any triceps isolation exercise)

Sets: 2 Reps: 20

> Lie on a bench holding an EZ bar above your chest so your arms are perpendicular to the floor. Keeping your upper arms in place, bend your elbows until the bar is at your forehead. Then extend your elbows.

6

EZ-bar Curl*

(Choose any curl variation)

Sets: 2 Reps: 15

> Perform a curl using the EZ (curved) bar.

487

The world record in kilos for the bench press, set by Ryan Kennelly of the US in 2008.

60

Percentage reduction in fat that is burned in the muscles of severely obese people.



1

Good Morning

Sets: 3 Reps: 8

Set up as you did to squat and push your hips back. Keeping your lower back flat, bend forward until your torso is parallel to the floor. Extend your hips to come back up.

2

Leg Press

Sets: 3 Reps: 20

Add weight each set until your third set allows you only 20 reps.

3

Leg Curl

Sets: 3 Reps: 15

Make sure your knees line up with the machine's axis of rotation.

4

Back Extension

Sets: 3 Reps: 8

Use a 45-degree back-extension bench. Bend forward while keeping your lower back flat. Extend your torso.

5

Seated Calf Raise

Sets: 2 Reps: 20

Lower your heels slowly on each rep.

6

Plank/Side Plank

Sets: 2
Reps: Hold for 30 seconds

Hold a plank for 30 seconds, then turn to one side, stacking your feet and hold for 30. Repeat on other side.

The number of minutes (subjects did two one-minute bouts) you need to spend foam rolling in order to significantly improve range of motion without affecting strength.

THURSDAY

1

Dumbbell Bench Press

Sets: 3 Reps: 8
Keep your feet on the floor at all times.

2

Dip

Sets: 3
Reps: See below
End each set two reps shy of failure.

3

Face Pull

Sets: 3 Reps: 15
Attach a rope handle to the top pulley of a cable station and hold an end in each hand. With palms facing, pull the handle to your forehead, flaring your elbows outward.

4

Skull Crusher

Sets: 3 Reps: 12
See p127 for description.

5

Bent-over Lateral Raise

Sets: 3 Reps: 15
Bend over and raise weights out to sides.

