



UPPER BODY WORKOUT GUIDE

**MUSCLE
& FITNESS**

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
Hammer-Strength Chest-Press Machine	2	12
One-Arm Dumbbell Row	2	12
Seated Machine Press	2	12
Back Extension	2	15
Cable Pressdown*	2	12
Machine Curl	2	12
Barbell Wrist Curl**	1	12
Supported Crunch	2	15

* See full description in **TRICEPS** section.
** See full description in **BICEPS** section.



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 in **BACK** section.





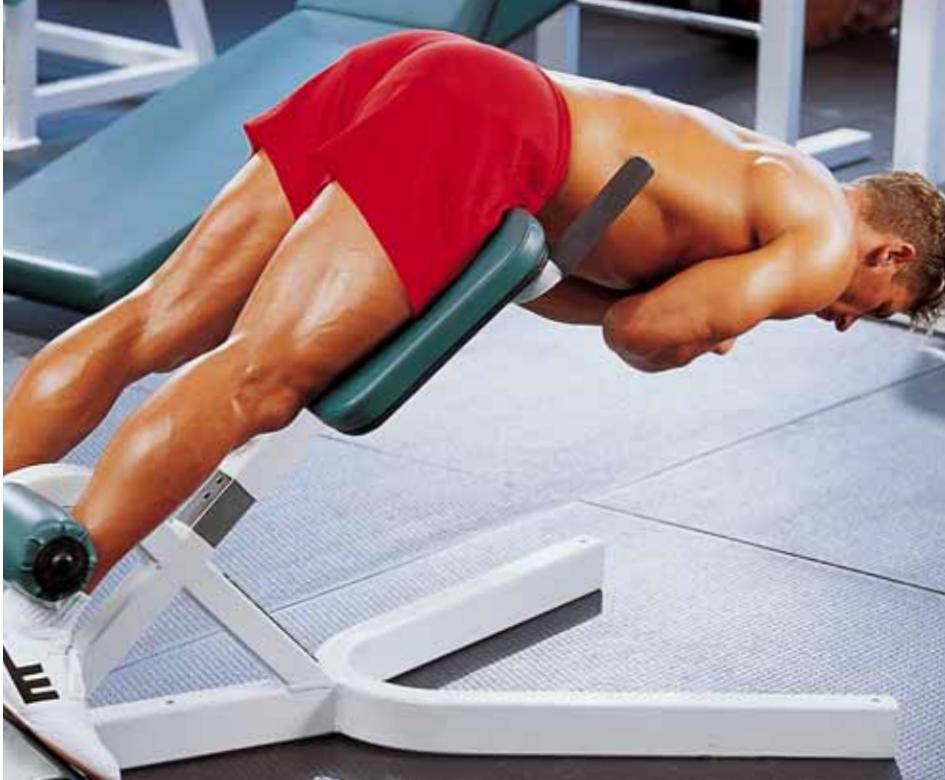
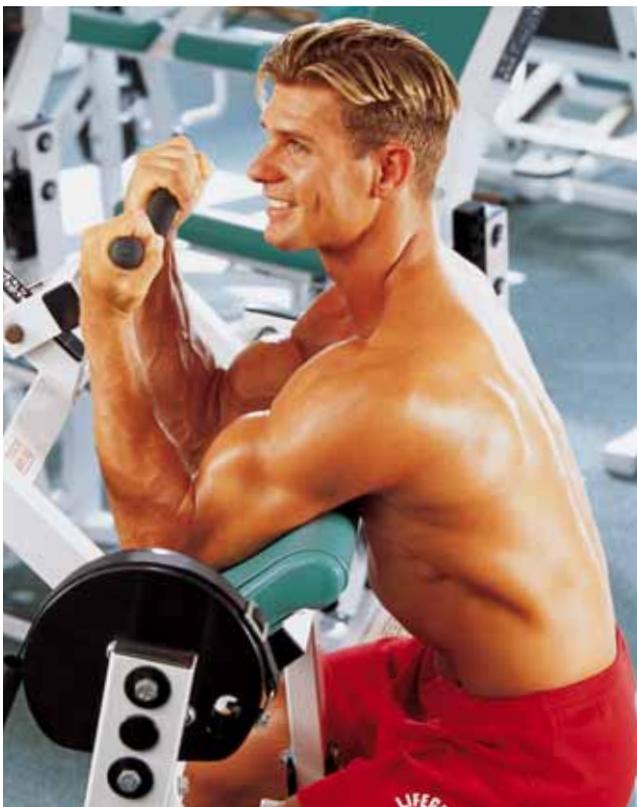
SEATED MACHINE PRESS

See description in **DELTS** section.



MACHINE CURL

See description in **BICEPS** section.



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.



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

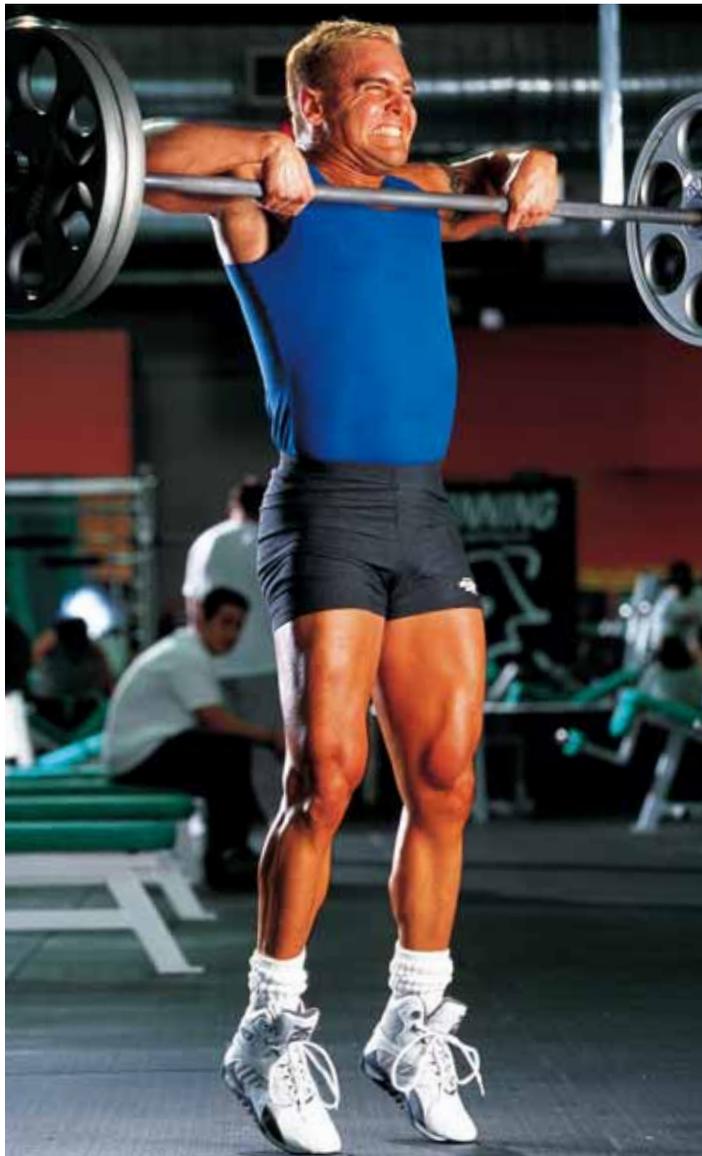
with this challenging high-energy routine. This workout can be used in conjunction with one of the leg routines in chapter 4, or it can be used as a one-time shocker. If you're in the training doldrums, this will knock you right out of them by introducing your body to some very different types of exercises.

➔➔ 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 in **BICEPS** section.



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

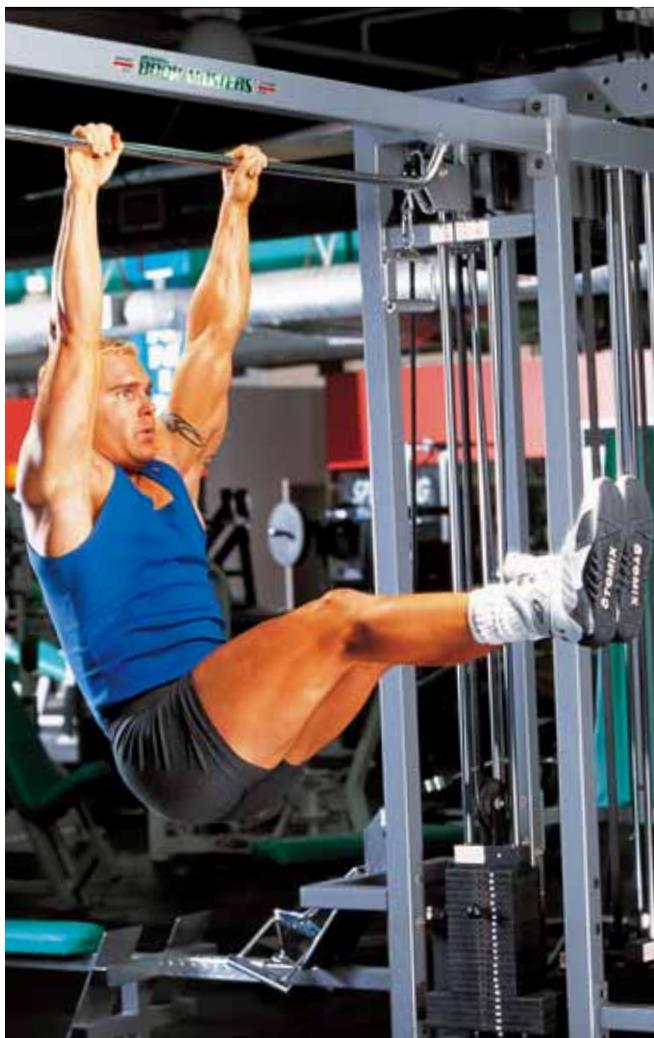
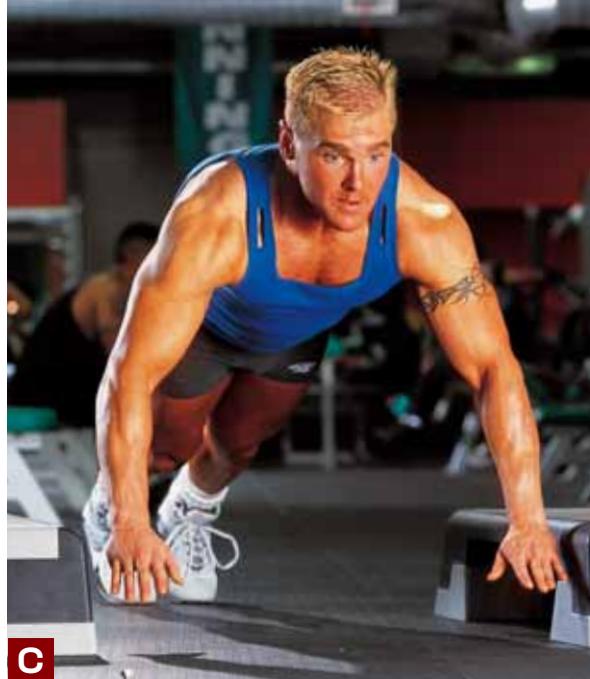
START: Assume a front-squat starting position.

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 in **ABS** section.



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.

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.

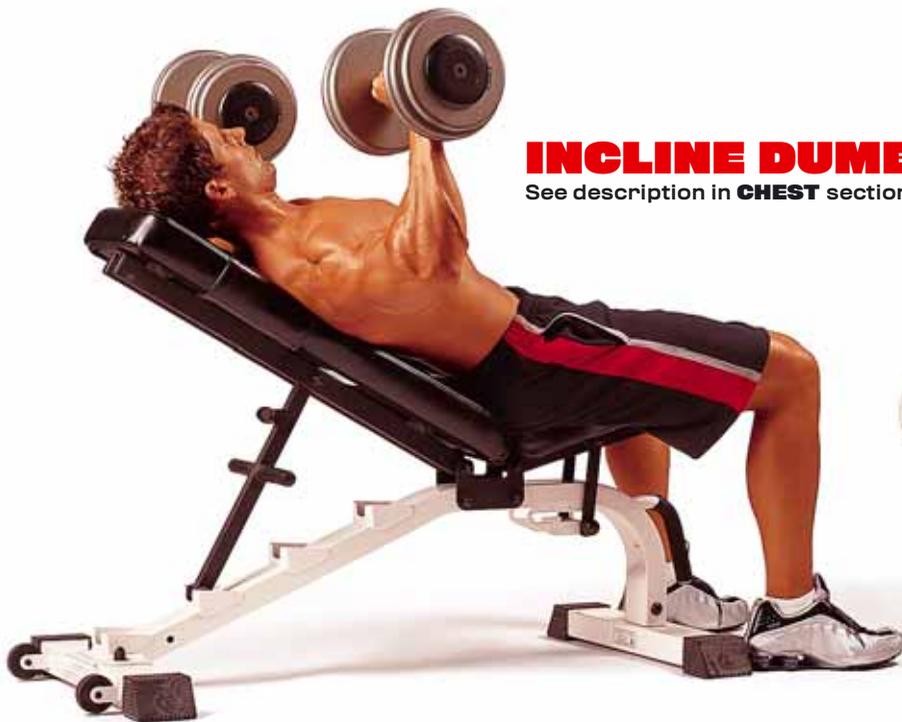
➤➤ Have the weights and benches (if applicable) set up for your second exercise before you begin your first. For the incline press, have your weights for the row right next to the bench, so you can jump right from one to the other.

➤➤ 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
Incline Dumbbell Press (superset with)	2	10
Dumbbell Bent-Over Row*	2	10
Seated Dumbbell Press (superset with)	2	10
Dumbbell Shrug	2	10
Standing Alternate Dumbbell Curl (superset with)	2	10
Lying Dumbbell French Press	2	10
Crunch or Reverse Crunch	2	20

* Like the bent-over barbell row see description in **BACK** section, except you hold two dumbbells instead of a bar.



INCLINE DUMBBELL PRESS

See description in **CHEST** section.



SEATED DUMBBELL PRESS

See description in **DELTS** section.

DUMBBELL SHRUG

See description in **BACK** section.



STANDING ALTERNATE DUMBBELL CURL

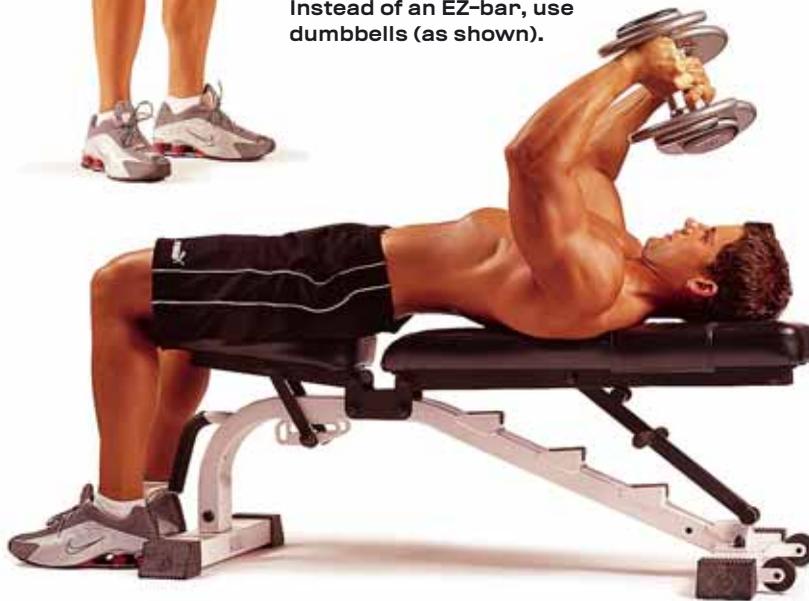
See description in **BICEPS** section.



LYING DUMBBELL FRENCH PRESS

See description in **TRICEPS** section.

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



CRUNCH

Crunch description is on page 113; reverse crunch description in **ABS** section.

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 in **DELTS** section.



#95

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

Example of a superset: do the barbell row for 8 to 12 reps, followed immediately (no rest) by 8 to 12 reps of the incline press. That's one superset. Then rest 30 to 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 Dumbbell Press, see description in **CHEST** section; the Crunch, see description in **ABS** section.

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 in **DELTS** section.

UPRIGHT ROW

See description in **DELTS** section.
(Replace the EZ-bar with a barbell.)



BARBELL ROW

See description in **BACK** section.

ONE-ARM DUMBBELL ROW

See description in **BACK** section



BENCH PRESS

See description in **CHEST** section.

DUMBBELL KICKBACK

See description in **TRICEPS** section.



SEATED KNEE-UP

See description in **ABS** section.



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 Dumbbell Raise	4	10, 8, 8, 6
Deadlift	3	10, 8, 6
Flat-Bench Dumbbell Press	3	10, 8, 6
Barbell Good Morning	2	10
Close-Grip Dumbbell Press	2	10
Alternating Dumbbell Curl	2	10

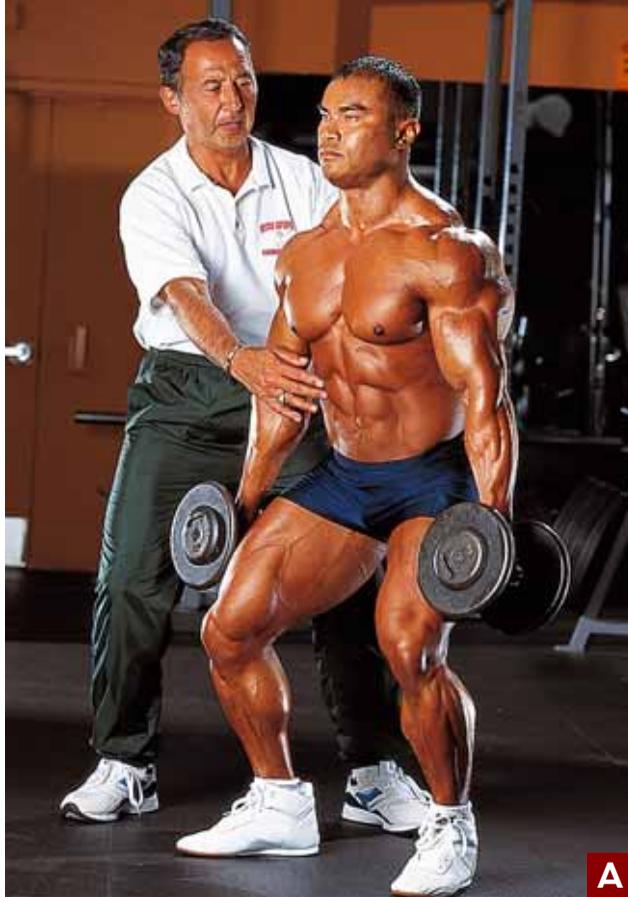
The Deadlift, see description in **LEGS** section; the Flat-Bench Dumbbell Press, see description in **CHEST** section; the Close-Grip Dumbbell Press, see description in **TRICEPS** section; the Alternating Dumbbell Curl, see description in **BICEPS** section.



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.

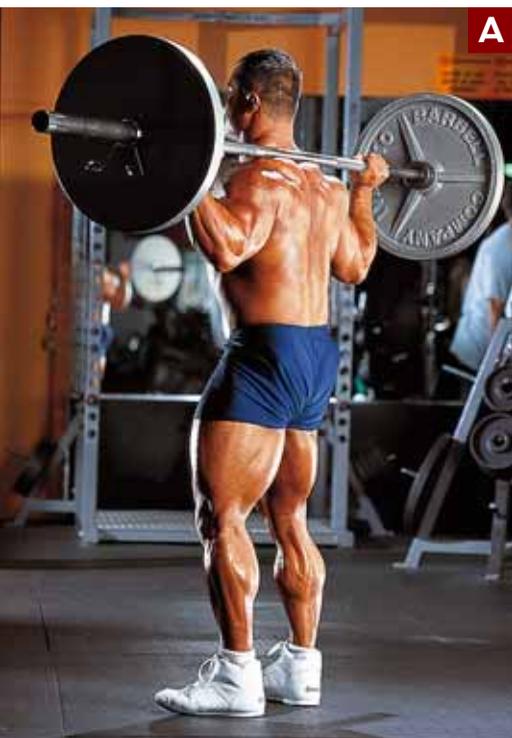
MOVE: Extend at your ankles, knees and hips, as if jumping, to lift the bar up to your neck, pulling your elbows back at the top. Rather than stopping here, raise the weight overhead in one continuous motion by rolling your wrists back and pushing the bar overhead. Lower the bar to return to the start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