

# YOUR FORMULA FOR MORE MUSCLE

Blast away frustrating plateaus and sculpt a better physique with this total-body plan

## DIRECTIONS

This programme consists of two workouts, Workout A and Workout B. Complete a total of three workouts a week, resting at least a day after each workout. Make sure you never repeat the same workout on consecutive training days. Each workout consists of three supersets of two exercises each. Alternate between exercises of the same number (1A and 1B, for example) until you complete all sets in that pairing. Then move on to the next exercise pair.

## WORKOUT SCHEDULE

• Perform four sets of each exercise.  
• Do 10 reps, then eight, six and six.  
• Rest 90 seconds after an exercise.

## SUPERSET 1

• Perform four sets of each exercise.  
• Do 10 reps, then eight, six and six.  
• Rest 75 seconds after an exercise.

## SUPERSET 2

• Perform four sets of each exercise.  
• Do 10 to 10 reps per set.  
• Rest 75 seconds after an exercise.

## SUPERSET 3

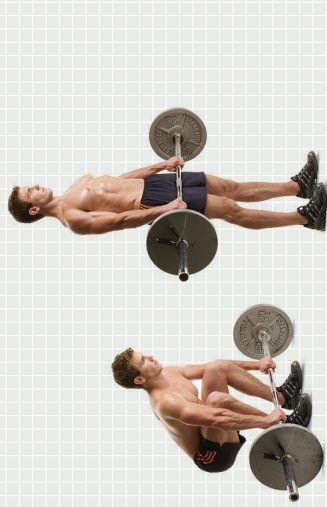
• Perform three sets of each exercise.  
• Do 10 to 12 reps per set.  
• Rest 60 seconds after an exercise.

### WORKOUT A

## 1

### [A] BARBELL DEAD LIFT

Load a barbell and roll it against your shins. Bend at your hips and knees and grab the bar using an overhand grip. Without rounding your lower back, stand up. Then lower the barbell back to the floor, keeping it as close to your body as possible.



### [B] DUMBBELL BENCH PRESS

Grab a pair of dumbbells and lie on your back on a flat bench. Hold the dumbbells, palms facing forwards, over your chest so they're nearly touching. Without changing the angle of your hands, lower the dumbbells to the sides of your chest. Pause, then press the weights back to the starting position as quickly as you can.



## 2

### [A] DUMBBELL BULGARIAN SPLIT SQUAT

Hold a pair of dumbbells at arm's length, your palms facing each other. Stand in a staggered stance and place the top of your back foot on a bench. Lower your body as far as you can. Pause, then push back to the starting position. Do all reps, then switch legs and repeat.



### [B] SINGLE-ARM DUMBBELL ROW

Hold a dumbbell in your right hand, and place your left hand and left knee on a flat bench. Lower your torso until it's almost parallel to the floor. Let the dumbbell hang at arm's length from your shoulder. Pull the dumbbell to the side of your chest. Pause, then return to the starting position. Do all reps, switch sides and repeat.



## 3

### [A] SEATED DUMBBELL CURL-TO-PRESS

Hold a pair of dumbbells at arm's length and sit on a bench. Without moving your upper arms, curl the dumbbells up to your shoulders. Rotate your palms so they face away from your body, and press the weights above your head. Return to the starting position and repeat.



### [B] HALF-KNEELING CABLE CHOP

Attach a rope handle to the high pulley of a cable station. With your left side to the stack, kneel as shown. Grab the rope with both hands above shoulder height. Trying not to move your torso, pull the rope past your right hip. Reverse the move. Do all your reps, turn and repeat on your other side. That's one set.

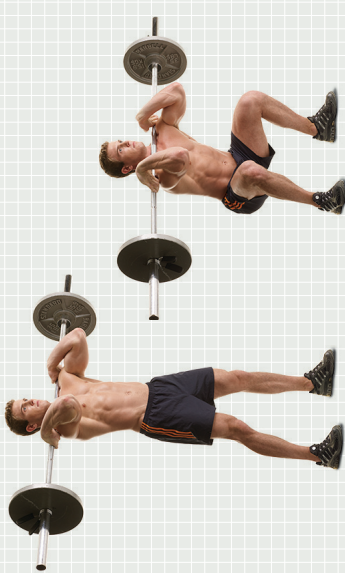


### WORKOUT B

## 1

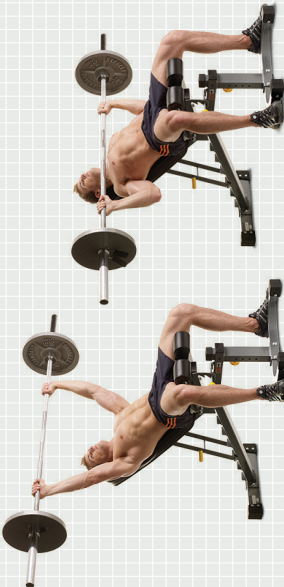
### [A] BARBELL FRONT SQUAT

Hold a bar with an overhand grip. Raise your upper arms until they're parallel to the floor. The bar should rest on the front of your shoulders. Lower your body until your thighs are at least parallel to the floor. Pause, then push back to the starting position.



### [B] INCLINE BARBELL BENCH PRESS

Set an adjustable bench to about 15 to 30 degrees. Lie face up on the bench. With straight arms, hold a barbell using an overhand grip that's slightly beyond shoulder width. Lower the bar to your upper chest. Pause, then push the bar back up to the starting position.



## 2

### [A] BARBELL STRAIGHT-LEG DEAD LIFT

Hold a barbell at arm's length using an overhand grip that's just beyond shoulder width. Keeping your knees slightly bent, bend at your hips and lower your torso until it's almost parallel to the floor. Pause, then raise your torso back to the starting position.



### [B] DECLINE EZ-BAR TRICEPS EXTENSION

Grab an EZ-curl bar using an overhand grip, your hands a little less than shoulder-width apart. Lie face up on a decline bench with your arms straight and hold the bar over your forehead. Without moving your upper arms, bend your elbows to lower the bar towards your head. Pause, then lift the weight back up by straightening your arms.



## 3

### [A] INVERTED ROW

Secure a bar about 90cm to 1.2m above the floor and grab it using an overhand grip. Hang with your arms completely straight and your body in a straight line from head to ankles. Pull your chest to the bar. Pause, then slowly lower your body back to the starting position.



### [B] SINGLE-LEG DUMBBELL CALF RAISE

Hold a dumbbell in your right hand, stand on a step or weight plate. Balance on the ball of your right foot, with your left foot behind your right ankle. (Your right heel will be off the step or, if using a weight plate, on the floor.) Lift your right heel as high as you can, using your left hand for balance. Lower and repeat. Do all your reps, switch sides and repeat.

