

BUILD A BIG CHEST

IN JUST 8 WEEKS

PART
3
OF A 3-PART
SERIES

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Men's Fitness
magazine

BUILD A BIG CHEST

by Joe Warner

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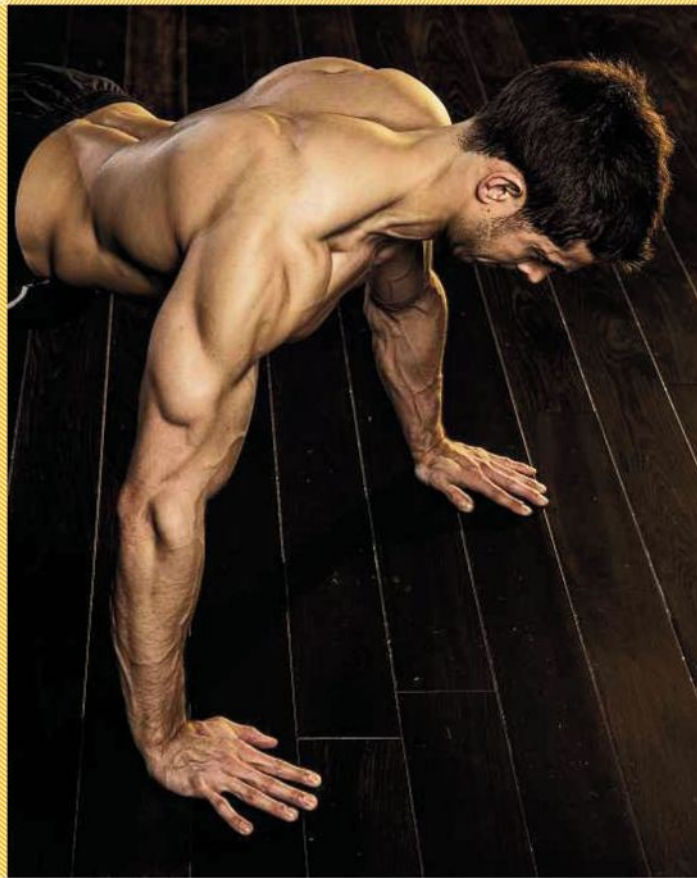
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**BUILD
A BIG
CHEST**

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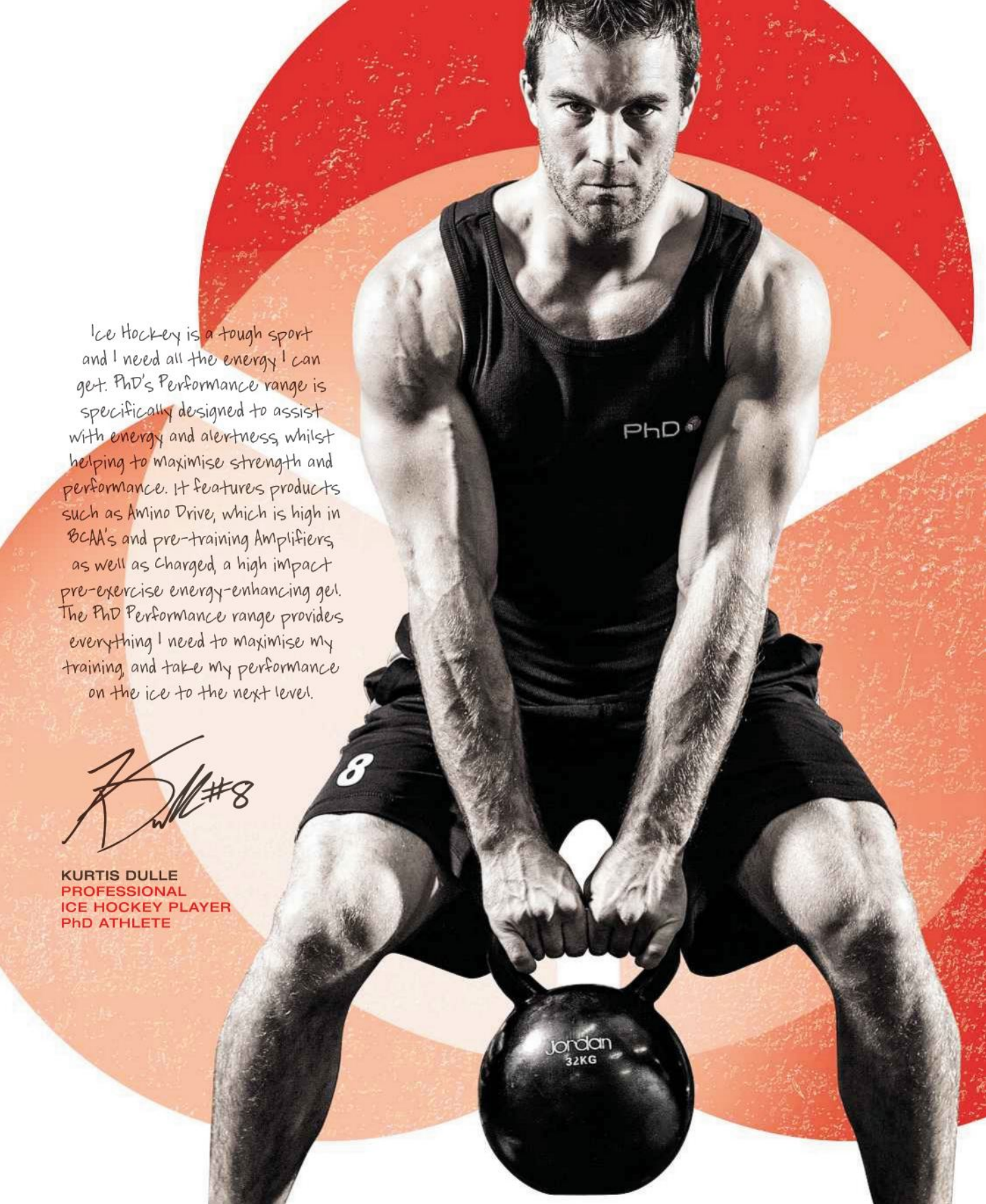
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ABOUT THE BOOK

Build a broader, stronger chest in just eight weeks

If you would like to be the proud owner of impressive pecs in just eight weeks, this is the book for you. It contains a workout programme designed to rapidly improve the size and strength of your chest, while also building bigger and stronger arms, shoulders, back and legs, and burning fat to reveal the results of all your hard work.

Training your back will make your chest stronger, training your arms and shoulders will result in a desirable V-shape torso, and training your legs releases growth hormone, which promotes the building of new lean muscle mass and instructs your body to burn fat. So not only will you have an amazing chest after just eight weeks, but you'll have new lean muscle mass everywhere else too.

Any successful body-composition changes are just as much about what you do in the kitchen as in the gym, which is why this book also has an

extensive nutrition section looking at the food rules you should stick to and provides a meal plan to follow. There is also a comprehensive guide to sports nutrition supplements, highlighting which ones you should take and when to best complement your training and diet programme and deliver better results faster.

SERIES GAIN

If once you've built a bigger chest you'd like to concentrate on improving your arms or perfecting your six-pack, the first two parts of this *Men's Fitness* MagBook series, *Build Big Arms* and *Build Rock-Hard Abs*, are out now.

Joe Warner
Editor



ABOUT THE AUTHOR



Joe Warner is a journalist and author specialising in

health and fitness. He's the co-author of *12-Week Body Plan*, the amazon.co.uk best-selling book detailing the workouts and diet he followed to transform his physique from that of an out-of-shape

journalist into the cover model of the September 2012 issue of *Men's Fitness* magazine. He has also written the *Total Training Guide* – which contains every exercise you'll ever need to build muscle and burn fat – and the *Ultimate Guide to Fat Loss*. All these MagBooks are available from amazon.co.uk.



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THE STORY CONTINUES

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BUILD A BIG CHEST

Here's how this eight-week programme works to build you a bigger, stronger chest

SESSION BREAKDOWN

In just eight weeks you'll be the proud owner of a bigger, broader and stronger chest, as well as wider shoulders, impressive arms and a solid six-pack. Here's how

The eight-week training programme in this book, which begins on p42, is divided into four two-week blocks, or cycles. You'll perform three sessions every week, each one concentrating on different muscle groups. Here's what each one entails.

WORKOUT 1 CHEST AND BACK

The first session each week focuses not only on your chest but also on your back. Working these two major muscle groups in the same session will make both stronger. This is because activating your back muscles makes your body more stable and secure, so you can work your chest harder, and vice versa.

WORKOUT 2 LEGS AND SHOULDERS

You may want to focus on your chest, but you can't afford to ignore your other major muscle groups. Working your legs is critical to stimulating the release of testosterone and growth hormone, both of which instruct your body to build new muscle tissue and burn fat across your entire body. The shoulders moves will create a wide frame to showcase your growing chest muscles.

WORKOUT 3 CHEST AND ARMS

This session targets your chest again, as well as your biceps and triceps. Hitting your chest twice in one week is a great way to maximise muscle growth, as long as the

moves in the second workout are different from those in the first, in order to target the muscles in new ways. It's also vital that you leave enough rest time between sessions to allow your muscles to recover. The arms

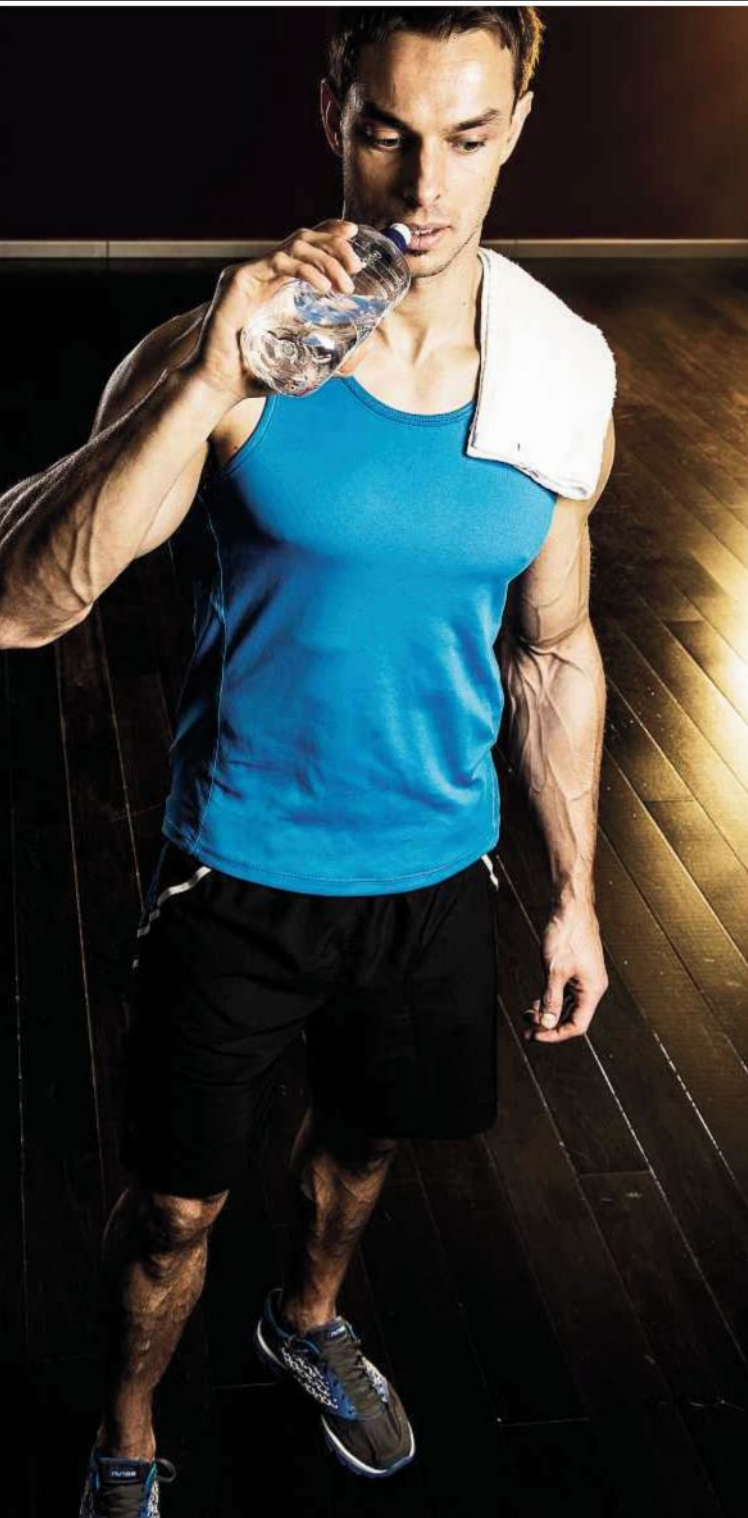
“ Activating your back muscles makes your body more stable, so you can work your chest harder ”

moves, meanwhile, will add size and strength to build a more impressive upper body. This third workout each week may also include abs moves to help build a more defined six-pack and complete your new physique.

HOW TO DO THE WORKOUTS

In each two-week cycle you'll do each workout twice (for a full breakdown of the workouts you'll do, go to p28).

However, while the exercises remain the same in both weeks, the workout in week two won't be exactly the same as in week one because you'll tweak certain elements to make sure your muscles are constantly stimulated and working outside their comfort zone. In the second week, the number of sets increases while the number of reps in each set decreases. This means the second week is harder because there's an increase in the total number of reps you're performing.



SUPERSET STRUCTURE

Each workout in this book is made up of eight moves split into four supersets

A superset is two moves performed back to back, with a set amount of rest – from nothing to 90 seconds – between the last rep of the first move and the first rep of the second move. After that set is completed you rest again before returning to the first move and repeating this process.

Only when all the sets of the first two moves have been completed do you move on to the second superset and repeat the process again until all the sets of all the moves are done. At this point your workout is over.

Supersets are described using a number and a letter. 1A is the first move of the first superset, 1B is the second move of the first superset and so on.

TEMPO EXPLAINED

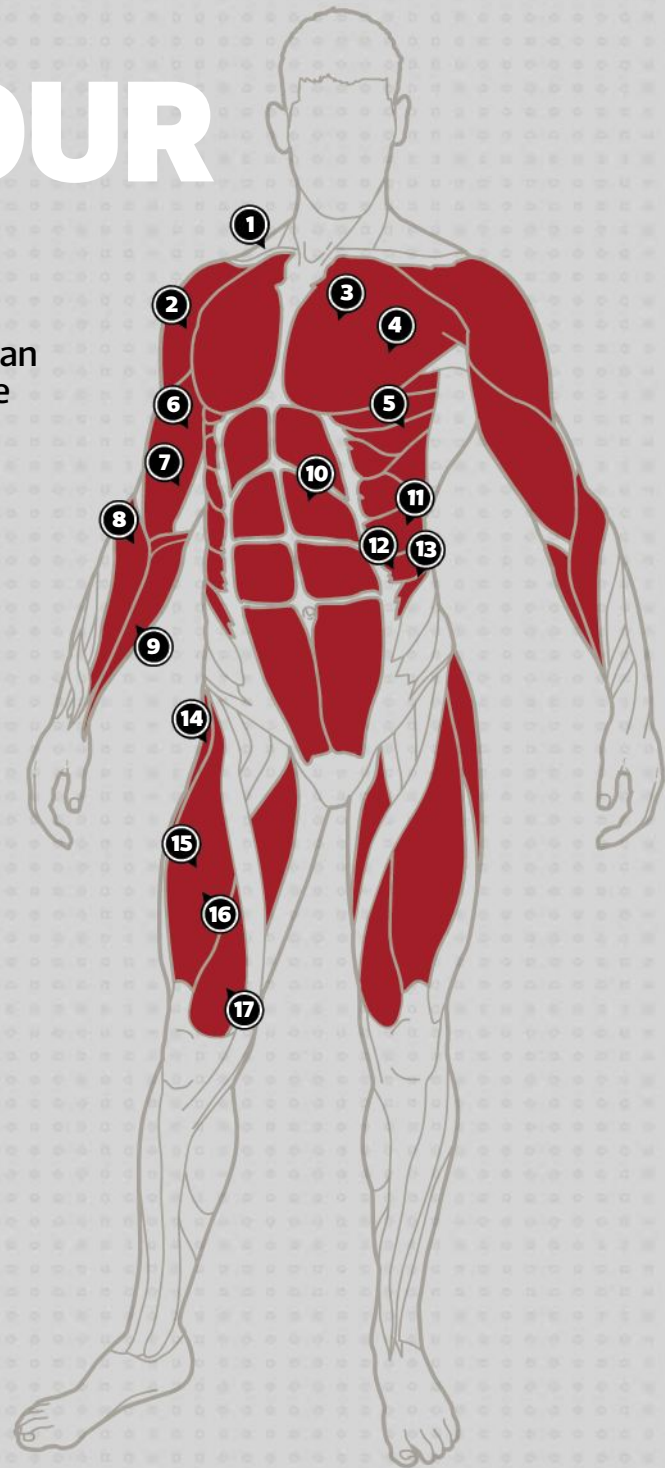
Another key component in each workout is the tempo, or speed, at which each rep must be performed. It is described using a four-digit code. The first number is the speed in seconds of the lowering part of the lift, such as lowering the bar to your chest in a bench press. The second is the pause at the bottom, the third is the speed at which you lift the weight back to the start position and the fourth is the time you hold at the start position before starting the next rep.

If the tempo for a bench press is 3010, for example, you lower the weight in three seconds, don't pause at the bottom, lift the bar in one second and don't pause at the top. X means you do that part as quickly as possible while maintaining form.

For more on the elements that make up each workout, see p32.

KNOW YOUR MUSCLES

There are over 600 muscles in the human body. These are the major ones you'll be targeting during your workouts



DELTOIDS

- 1 Medial deltoid (middle)
- 2 Anterior deltoid (front)

PECTORALS

- 3 Pectoralis major
- 4 Pectoralis minor (beneath the pectoralis major)
- 5 Serratus anterior

BICEPS

- 6 Biceps brachii
- 7 Brachialis

FOREARMS

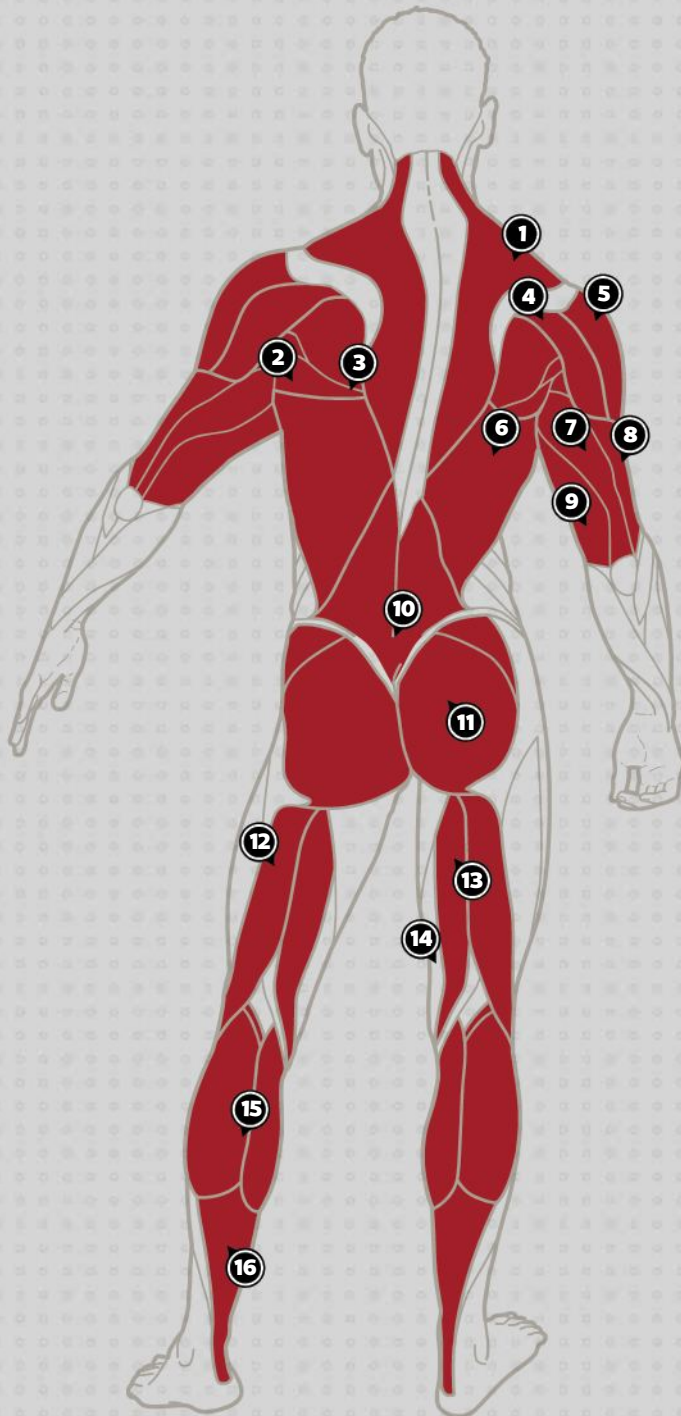
- 8 Brachioradialis
- 9 Flexor carpi radialis

ABDOMINALS

- 10 Rectus abdominis
- 11 External obliques
- 12 Internal obliques (beneath the external obliques)
- 13 Transverse abdominis (beneath the internal obliques)

QUADRICEPS

- 14 Vastus lateralis
- 15 Rectus femoris
- 16 Vastus intermedius (beneath the rectus femoris)
- 17 Vastus medialis



TRAPS

- ① Trapezius

BACK

- ② Teres major
- ③ Rhomboid (beneath the trapezius)

DELTOIDS

- ④ Rotator cuff (beneath the deltoids)
- ⑤ Posterior deltoid (back)

LATS

- ⑥ Latissimus dorsi

TRICEPS

- ⑦ Triceps brachii long head
- ⑧ Triceps brachii lateral head
- ⑨ Triceps brachii medial head

LOWER BACK

- ⑩ Erector spinae

GLUTES

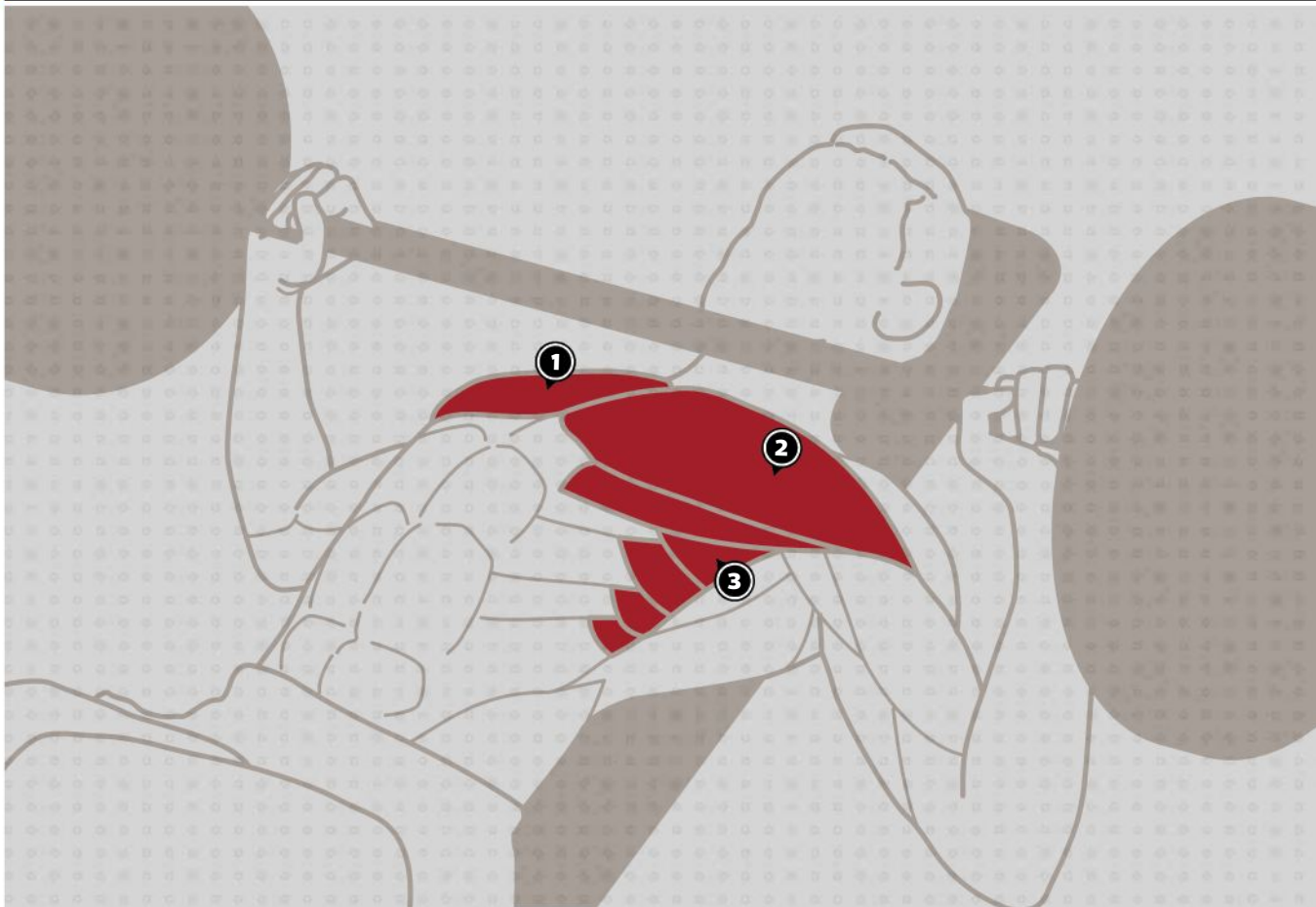
- ⑪ Gluteus maximus

HAMSTRINGS

- ⑫ Biceps femoris
- ⑬ Semitendinosus
- ⑭ Semimembranosus

CALVES

- ⑮ Gastrocnemius
- ⑯ Soleus



CHEST

Understanding the role of these important muscles will help you target their growth

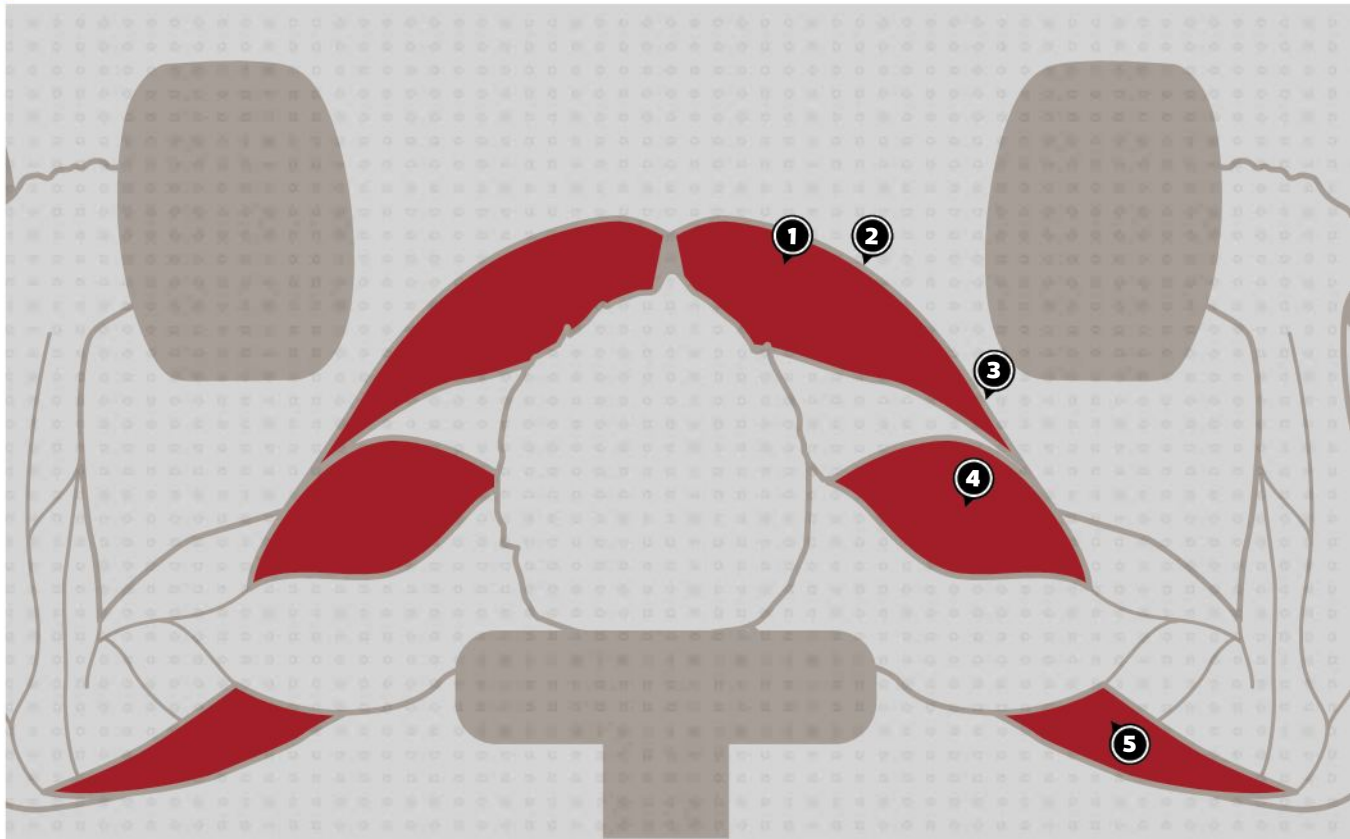
Getting a big, strong chest is a primary objective for many gym-goers, which is why the bench press is one of the moves most men perform regularly.

The chest muscles consist of the pectoralis major and minor – known collectively as the pecs – and the serratus anterior. These muscles are primarily responsible

for pushing objects away from you, which is why the bench press is so popular. It's a great test of upper-body strength, but it is important to work this significant muscle group in a variety of ways and from multiple angles. By targeting the upper, middle and lower parts of the pectorals, you'll achieve maximum muscle strength and size.

- ❶ Pectoralis major
- ❷ Pectoralis minor (beneath the pectoralis major)
- ❸ Serratus anterior





- 1** Pectoralis major
- 2** Pectoralis minor (beneath the pectoralis major)
- 3** Serratus anterior
- 4** Anterior deltoid (front)
- 5** Triceps

CHEST IN DETAIL

The chest muscles, in addition to some supporting muscles in the shoulders and arms, are responsible for all upper-body pressing movements

- 1** The pectoralis major is a thick, fan-shaped muscle that forms the bulk of the chest. It's responsible for the movement of the shoulder joint, specifically when you're pushing an object away from you.
- 2** The pectoralis minor is a thin, triangular muscle that sits beneath the pectoralis major and draws the shoulder blades down and forwards.
- 3** The thin, finger-like serratus anterior muscles allow the upward rotation of the shoulder blades, so they're important when lifting a weight overhead.
- 4** The anterior deltoid – the front part of your three shoulder muscles – is also recruited during many pressing movements powered by the chest muscles.
- 5** The triceps, a three-headed muscle on the back of your upper arms, also plays a role in pressing motions, mainly when you straighten your arm at the elbow.



BIGGER & STRONGER

The simple science behind adding muscle mass

Your body is a clever old thing. The process of muscle growth is essentially your body's response to the stress of weight training. It thinks, 'That was hard. I'd better do something about it so it's not as difficult next time.'

When you perform resistance exercises, microscopic tears occur in your muscles. Your body responds to this 'microtrauma' by overcompensating: the damaged tissue is repaired and more is added, making your muscles bigger and stronger so the risk of future damage is minimised. This also means over time you need to increase steadily the weight you lift, because your

muscles quickly adapt to deal with the stress to which they're exposed.

It's thought this damage to your muscle fibres is the reason for delayed onset muscle soreness, or DOMS, the symptoms of which include muscle soreness and stiffness in the days after a tough workout. That's why you should leave at least 48 hours between sessions that target the same muscle group. If you train those muscles again before they've had time to repair and rebuild you risk overtraining, which can result in reduced gains and injury.



48 HOURS
The minimum amount of time you should leave between training sessions focusing on the same muscle group

ANATOMY OF A MUSCLE Discover what your muscles are made of

Muscles are made up of bundles of fibres contained within protective sheaths called fascia, which are then themselves bundled together.

The biggest bundle is the muscle itself. The next biggest bundles are the fascicles, which contain the long, single-celled muscle fibres. Muscle fibres are then divided into myofibrils, which are divided again into bundles of myofilaments, made up from chains of sarcomeres.

1 TENDON

Strong, connective tissue that connects muscle to bone.

2 EPIMYSIUM

A layer of connective tissue that encases the entire muscle.

3 ENDOMYSIUM

Connective tissue that covers the muscle fibres and also contains capillaries (tiny blood vessels) and nerves.

4 PERIMYSIUM

A layer of connective tissue that bundles together between ten and several hundred individual muscle fibres to create fascicles.

5 FASCICLE

A bundle of individual muscle fibres.

6 MYOFILAMENTS

Smallest fibre bundles, made up of sarcomeres, the basic unit of a muscle.

7 MUSCLE FIBRE

Individual muscle fibres come in two main types: type 1 or slow-twitch, which are suited to endurance because they are slow to fatigue; and type 2 or fast-twitch, which are quick to fatigue and are therefore better suited to fast, explosive movements.

8 BLOOD VESSEL

Part of the body's circulatory system, blood

There are several key stages in the process that breaks down muscle fibres before they can be rebuilt stronger

WARM-UP

As your heart rate increases, blood is pumped into your muscles, warming them up and allowing them to extend fully. The blood also supplies the muscle fibres with oxygen.

UNDER TENSION

At the start of a rep, your muscles are under tension and stretched. As a result more blood is pumped into the protective sheaths of the muscle fibres, supplying even more oxygen and nutrients.

INITIAL SPARK

As you lift a weight, your central nervous system relays this to the nerves in the sheaths around the muscle fibres, telling the fibres to contract. If you do the exercise correctly your muscles will activate in a particular sequence, which your nervous system adapts to. As you repeat the workout, your nerves get more efficient, allowing you to do more. This is the first adaptation caused by weightlifting.

FEEL THE BURN

Once the glycogen stores in your cells have been depleted and lactic acid starts to build up the muscle can't work efficiently, so you have to rest. As you do so, aerobic (oxygen-based) muscle respiration occurs, processing the lactic acid back into glycogen and giving you an energy source for the next set.

CHEMICAL REACTION

Adenosine triphosphate (ATP) is the immediate energy source for these muscle contractions. It is broken down within the body's cells to release energy. The cells' creatine, phosphate and glycogen reserves are also converted into ATP. This process creates lactic acid as a by-product.

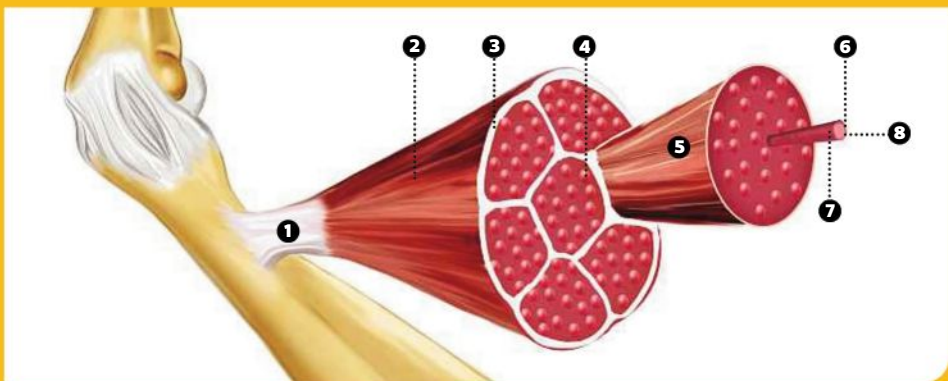
SUCCESSFUL FAILURE

As you reach failure on the last set of a given exercise, your fast-twitch muscle fibres are completely fatigued. Microscopic tears ('microtears') occur in the myofilaments, the smallest fibre bundles in your muscles.

REPAIR AND GROWTH

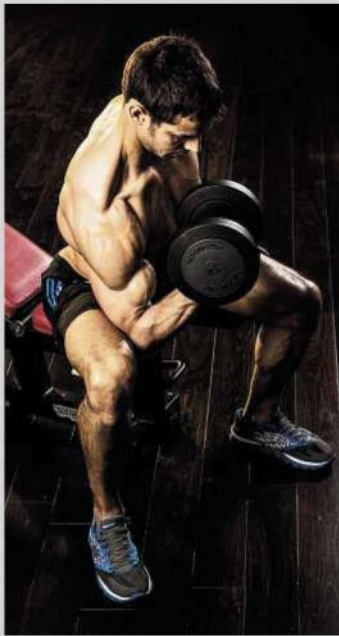
Your muscles start to grow during the post-workout repair process. Your body fixes the microtears by adding the amino acids actin and myosin to the myofilaments, which also causes them to grow. Your muscles adapt to store more glycogen too, so there's more energy for the next workout. This also has the happy side effect of making the muscles slightly bigger.

vessels come in three types: arteries, which are responsible for transporting oxygenated blood away from the heart to the organs and tissues; capillaries, which enable the exchange of nutrients and waste products between the blood and the tissues; and veins, which transport deoxygenated blood from the capillaries back to the heart.



SMOOTH MOVES

Every exercise, whether it requires you to move or hold a static position, involves some form of muscle contraction. Here are the three types



CONCENTRIC

During concentric contractions the muscle shortens while generating force. In general, concentric muscle actions are responsible for the 'lifting' part of an exercise, such as the biceps shortening as you lift a dumbbell to shoulder-height during a biceps curl.



ECCENTRIC

The muscle lengthens during an eccentric contraction – usually the 'lowering' part of an exercise, such as when lowering dumbbell back to the start during a biceps curl. Your muscles are about 10% stronger during eccentric contractions than during concentric ones, and heavy eccentric loads cause the most damage to your muscles. That's why it's important to lower a weight slowly and under control: this minimises the risk of injury and makes each rep more effective.



ISOMETRIC

During an isometric contraction the muscle generates force without changing length. Examples include your entire abdominal region during a plank, or the hand and wrist muscles when you grip an object. According to Nasa research looking at preventing muscle-mass breakdown in astronauts, isometric contractions aren't as effective for building and maintaining muscle mass as concentric and eccentric contractions. However, they should still form an important element in your training programme, especially when it comes to abs and core work.

Isometric contractions cause a rapid rise in blood pressure, however, so are best avoided by those with heart conditions.





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THE WORKOUTS

Here is how you will build an impressive chest in just eight weeks

The aim of this eight-week training plan is simple: to build size and strength in your chest muscles, while also adding lean muscle to the rest of your body and burning away unwanted body fat.

The eight weeks are divided into four two-week cycles. You'll perform three sessions each week, six in each fortnightly cycle and a total of 24 sessions over two months.

Although the exercises, sets, reps, tempo and rest periods will change regularly throughout the programme to keep your muscles growing and belly shrinking, there's one fundamental principle behind this training method that remains the same throughout. Every one of the 24 workouts is made up of eight different exercises paired into four supersets. A superset is two moves performed back to back with little or no rest between the last rep of the first move and the first rep of the second move.

Supersets are very effective at building muscle because you target a specific muscle or muscle group and make it work really hard. They're also great for fat loss because of the short rest between exercises. In short, you get the muscle-building benefits of intensive weightlifting and the fat-burning benefits of high-intensity training.



EVERYTHING ELSE YOU NEED TO KNOW ABOUT THIS PROGRAMME

Q How often will I need to train?

For this programme you'll do three sessions a week every week for a total of eight weeks. You need to leave at least one day between sessions to allow your body to recover, so a good method is to work out on Monday, Wednesday and Friday each week, giving you the weekend to recover for the next week.

Q I thought this was a chest training guide. Why are there legs, shoulders and back moves in the programme?

This programme focuses on building an impressive chest, but working a single muscle group at the expense of all the others is one of the surest ways to never getting bigger, stronger or leaner. That's why the workouts in this book also target other major muscle

groups, including your legs, shoulders and back. Training your chest and not your back is the fastest route to muscular imbalances and injury, while a strong back will make your chest strong too. Your shoulders need to be strong as they're involved in many key moves that target the chest, while working your legs – your biggest muscles – releases muscle-building and fat-burning hormones.

DECODING THE WORKOUTS

Each workout in this programme is shown in table form. Here's how to read the tables to ensure you perform each session correctly

WORKOUT NUMBER

The exercises in each workout remain the same in each two-week cycle because this is the right amount of time to stimulate your muscles without them becoming too comfortable.

SETS

The number of sets you perform of each move. In the first week of each cycle you'll do three sets; in the second week this increases to four.

REPS

The number of times you perform an exercise in each set. In the first week of each cycle you'll do a higher number of reps per set; in the second week the number of reps decreases but because you do an extra set you perform more reps in total.

WORKOUT CHEST + BACK				
EXERCISE	SETS	REPS	TEMPO	REST
1A Press-up	3	12	2010	0
1B Inverted row	3	12	2010	60
2A 20° incline dumbbell bench press	3	10	2010	0
2B Reverse incline dumbbell row	3	10	2010	60
3A Dumbbell pull-over	3	10	2010	0
3B Good morning	3	10	2010	60
4A Cable crossover	3	15	2110	30
4B Cable face pull	3	15	2110	60

TEMPO

The speed of the lift. If you want to see the best results, it's vital you stick to the right tempo. The first number is the speed in seconds of the lowering portion of a lift, such as lowering the bar to your chest in a bench press. The second is the pause at the bottom, the third is the speed of lifting the weight and the fourth is the pause between reps. An X means you should do that part of the move as quickly as possible while maintaining perfect form.

REST

The amount of time you should take between each part of the superset before moving on to the next superset.

Q What weight should I use for the exercises?

Pick a weight with which you struggle to complete the final couple of reps of the last set of each exercise. This is likely to mean you need to use a weight that's at least 70% of your one-rep maximum – or the total weight you can lift only once with perfect form. If you're unsure which weight to select, start light and master the form first.

This will allow you to progress and increase the weight more effectively.

Q What should I eat while following this programme?

What you eat is as important as how you train when it comes to maximising muscle gains. The rules you should eat by are outlined in the Nutrition section (p126). The key things to remember

are eat fresh food, make sure you're eating high levels of protein and avoid refined carbohydrates such as white bread, rice and pasta.

Q What about supplements?

Some supplements may help you make faster progress in building muscle and recovering from your sessions. A guide to what you need to take and when can be found on p140.

PROGRESS REPORT

Tick off each workout once you've completed it to stay on track

WORKOUT	MUSCLE GROUP	WORKOUT TABLE	FORM GUIDES
WEEK 1			
1	CHEST + BACK	p48	p52
2	LEGS + SHOULDERS	p49	p56
3	CHEST + ARMS	p49	p60
WEEK 2			
4	CHEST + BACK	p50	p52
5	LEGS + SHOULDERS	p51	p56
6	CHEST + ARMS	p51	p60
WEEK 3			
7	CHEST + BACK	p68	p72
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9	CHEST + ARMS	p69	p80
WEEK 4			
10	CHEST + BACK	p70	p72
11	LEGS + SHOULDERS	p71	p76
12	CHEST + ARMS	p71	p80
WEEK 5			
13	CHEST + BACK	p88	p92
14	LEGS + SHOULDERS	p89	p96
15	CHEST + ARMS	p89	p100
WEEK 6			
16	CHEST + BACK	p90	p92
17	LEGS + SHOULDERS	p91	p96
18	CHEST + ARMS	p91	p100
WEEK 7			
19	CHEST + BACK	p108	p112
20	LEGS + SHOULDERS	p109	p116
21	CHEST + ARMS	p109	p120
WEEK 8			
22	CHEST + BACK	p110	p112
23	LEGS + SHOULDERS	p111	p116
24	CHEST + ARMS	p111	p120

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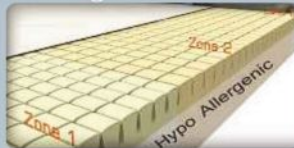


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HOW TO TRACK YOUR PROGRESS

Simple ways to make sure you're staying on target to hit your goals

1 TAKE MEASUREMENTS

Body measurements are more important than weight because this programme is about looking better with your top off, not about how much you weigh. Record your measurements with a tape measure around the following sites: shoulders, arms (with biceps flexed), chest (over the nipples) and stomach (around your belly button). You can also do your hips, thighs and calves if you want a more complete picture of your starting point, but you do need to keep track of your upper-body muscles because they're the ones you're focused on building. Take measurements from the same sites every week or fortnight. It can be tricky to measure yourself accurately, so you may need to ask someone to help you.

2 WEIGH YOURSELF

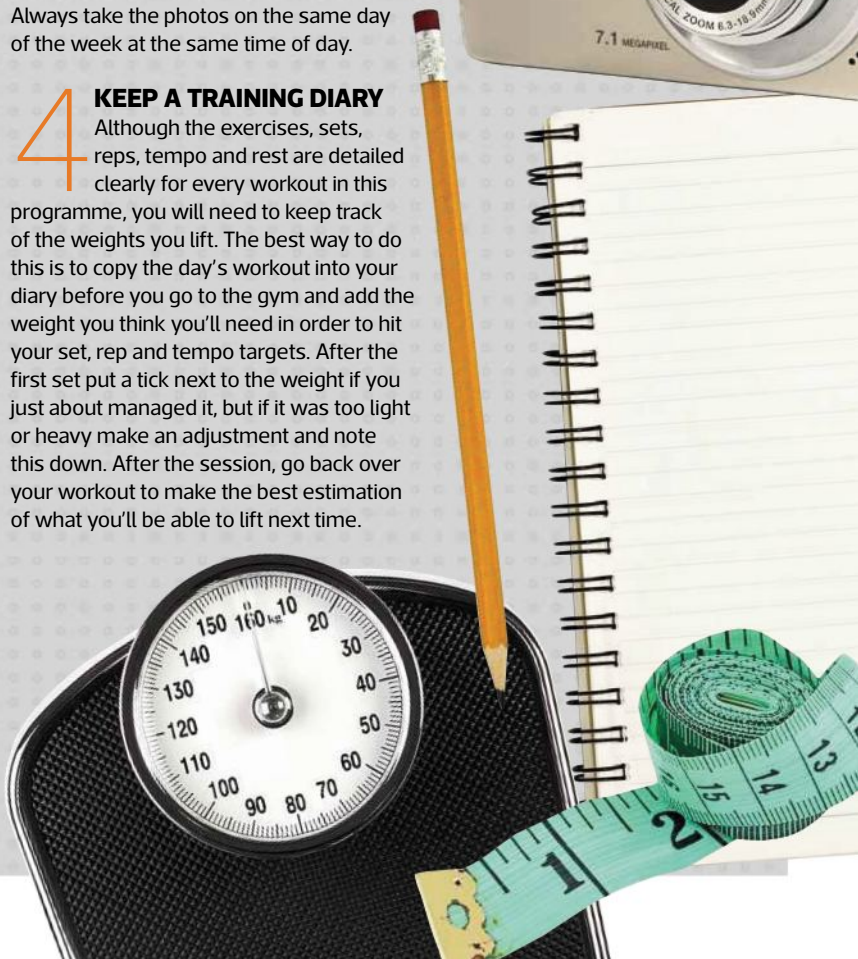
Get on the scales before you begin this programme to get a weight you can compare against every week or fortnight. Always use the same scales at the same time of day: first thing in the morning is best. However, don't get disheartened if your scales are telling you that your weight is staying the same or even increasing. It doesn't mean you're not progressing: weight can be a false indicator here as chances are as you build muscle and burn fat your weight won't go down. In fact, at the end of this programme you're likely to be heavier than when you started. Crucially, though, you'll also be leaner, which will result in you looking markedly different with your shirt off.

3 TAKE PHOTOS

Your body composition is key when it comes to tracking your progress and the best way to monitor that is to take photos of yourself without a top on from the front, back and side. Do this before your first session and every week or fortnight. Always take the photos on the same day of the week at the same time of day.

4 KEEP A TRAINING DIARY

Although the exercises, sets, reps, tempo and rest are detailed clearly for every workout in this programme, you will need to keep track of the weights you lift. The best way to do this is to copy the day's workout into your diary before you go to the gym and add the weight you think you'll need in order to hit your set, rep and tempo targets. After the first set put a tick next to the weight if you just about managed it, but if it was too light or heavy make an adjustment and note this down. After the session, go back over your workout to make the best estimation of what you'll be able to lift next time.



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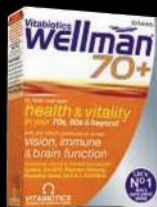
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Vitamin supplements may benefit those with nutritionally inadequate diets. † Professor Beckett is not cited in the capacity of a health professional, but as a product inventor and former Chairman of Vitabiotics.



IT'S ALL ELEMENTARY

Many elements come together to form a workout. Here we give you an overview of what they are and how they change as a training programme progresses

Before you start this training programme, it's important to understand the key elements that make up every workout in this book. Knowing what each one means not only gives you a better idea of what you're trying to achieve, it also allows you to make adjustments to future programmes so you can always make progress.

Every workout is comprised of six different elements, or variables.

■ **Exercise selection** The move you choose to perform in any given workout.

■ **Reps** The number of times you perform that move without stopping for rest.

■ **Sets** The number of times you perform a certain number of reps of a move.

■ **Weight** The amount of resistance you lift for each set.

■ **Tempo** The speed at which you perform each rep.

■ **Rest** The amount of time you rest between sets and between exercises.

EXERCISE SELECTION

In this book, the variable that changes most between each fortnightly cycle is exercise selection. Each two-week programme contains workouts made up of new moves that target the same muscle groups as the previous fortnight's programme but in a slightly new way, whether that's by

changing the angle at which the muscle is used or the equipment involved.

The reason for these changes is that if you only ever perform the same exercises in the same order at every session, your muscles will soon adapt to the pattern and will no longer have an incentive to get bigger or stronger. New variations of exercises provide the stimulus for increased muscle strength and size.

SETS AND REPS

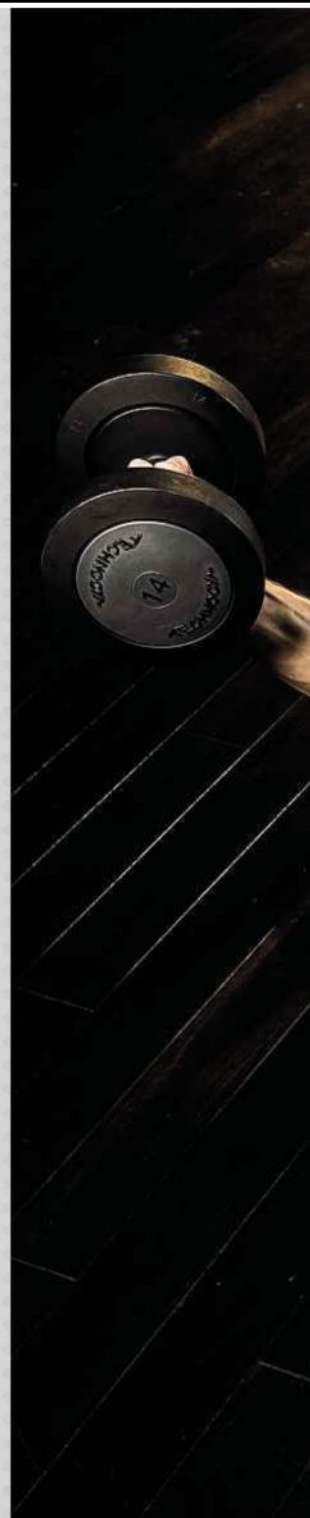
The other main variable is the number of sets and reps you perform in the first week of each two-week cycle compared with the second week.

In the first week you'll perform three sets of each exercise. In the second you'll perform four, but each set will have fewer reps. This means you'll lift a higher total volume in the second week, resulting in a greater stimulus for growth.

You may also be able to increase the weights you lift in the second week if you feel strong enough, but it's more important to stick to the correct sets, reps, tempo and rest, so don't worry if you don't increase the resistance.

WEIGHT

It's always tempting to try to lift the heaviest weight you can for any given exercise. That's fine if you're attempting a new one-rep max, but for this training ►





“ If you perform the same exercises in every session, your muscles will no longer have an incentive to grow ”

**“ If you can't finish
the first or second set,
the weight you've
chosen is too heavy ”**



programme that isn't the best approach to take if you want guaranteed results.

For every exercise in every workout you need to select a weight that allows you to complete all the reps of all the sets at the prescribed tempo and with the rest required. If you fall one or two reps short in your final set, don't worry: that means your muscles have reached failure, which is important in forcing your muscles to grow. However, if you can't finish the first or second set, the weight is too heavy and you need to reduce it.

It may feel counterproductive to lift lighter weights than you're used to, but you need to remember that lifting heavy weights quickly isn't as important as subjecting your muscles to the right amount of time under tension for them to grow. That's why tempo is such an important element in this plan.

TEMPO

This is the most often neglected or ignored training variable, but one you can't afford to ignore if you want to add serious muscle.

Tempo is the speed at which you lift and lower the weight in each rep. The slower the tempo, the longer your muscles are exposed to the stress of managing the weight. This is called 'time under tension'. Research has shown that your muscles need to be under tension for between 40 and 70 seconds per set to elicit a muscle-building response.

While lifting a very heavy weight quickly will make you stronger, your muscles are not exposed to enough time under tension to cause damage to the fibres that make up your muscles. The more damage you can do to your muscles during a session, the bigger and stronger they will grow. That's why sticking to the tempo is of paramount importance to your success.

Most of the moves in this book have a four-digit tempo code. Here's what the code means, using the example of a set of bench presses at a 2010 tempo:

■ The first number, 2, is the time in seconds you take to lower the bar to your chest from the start position.

■ The second, 0, is the time in seconds you pause at the bottom of the move.

■ The third, 1, is the time in seconds you take to lift the bar back to the start position.

■ The fourth, 0, is the time in seconds you pause at the top of the move before starting the next rep.

If an 'X' appears in the place of one or all of the numbers it means you should perform that move, or that part of it, in a fast but controlled fashion.

REST

If you thought the length of time you rest between sets or different moves wasn't significant, it's time to think again.

When you lift a weight you do so to push your muscles out of their comfort zone, because that stress makes them grow back bigger. But there's only so much work they can perform before their energy stores become depleted, hampering their ability to perform additional reps with good form. By resting for a specified period you give your muscles just enough time to replenish their cells with fuel so they can start lifting again.

This training programme is designed to work your muscles hard and do as much damage as possible so they grow back bigger. That's why the rest breaks between sets are relatively short, with some exercises having no rest between the end of one set and the start of the next. This approach makes the muscles work even harder, and not giving them enough time to recover completely means other muscle fibres are recruited to help out – and the greater the number of fibres you can stimulate, the greater and more rapid the results.

So don't forget to follow the rest periods just as closely as you do the exercises, sets, reps and tempo to give yourself the best chance of building a brand new body.

PERFECT START

Get your warm-up right and be stronger when the lifting begins

Dashing straight from the changing room into your first exercise set without warming up isn't only dangerous, it's stupid. A proper warm-up not only prepares your muscles for what lies ahead, helping prevent an unnecessary injury, it also fires up your central nervous system so your muscles will contract quicker – making you stronger – when the real workout begins.

But if you thought the best way to warm up was five or ten minutes on the treadmill, it's time to think again. How can a gentle jog prime your muscles for a hard weights session, especially if you're training your upper body? Here's what you need to do.

BEFORE YOUR WORKOUT

The most effective way to warm up your muscles is to perform progressively heavier versions of the moves you'll do in your

“ How can a gentle jog on a treadmill prime your muscles for a really hard weights session? ”

workout. Start with a few reps at an easy weight then gradually increase the weight – keeping the reps low to minimise fatigue – until you reach your target work-set weight.

There's a formula you can use to ensure you select the right weights for each warm-up set. Say the first move of the workout is the squat and your target work-set weight is 100kg for 10 reps.

■ Warm-up set **one**
8 reps at 30% (30kg), minimal rest

■ Warm-up set **two**
5 reps at 50% (50kg), 30–60sec rest

■ Warm-up set **three**
3 reps at 70% (70kg), 45–75sec rest

■ Warm-up set **four**
2 reps at 85% (85kg), 60–75sec rest

■ Warm-up set **five**
1 rep at 95% (95kg), 60–75sec rest

Start first work set

You only need to do this for the first two moves of your workout. For all subsequent moves for the same or similar body parts, select a weight about two-thirds of your work-set target and perform four to six reps to get the motor pattern right. However, if you're moving to a new muscle group, complete this warm-up sequence again to be protected against injury. If chin-ups, pull-ups or dips are among the first two moves, use a resistance machine to warm up instead.

AFTERWARDS

The cool-down in this programme is very simple: drink your protein shake and hit the shower. That's all.

ACTIVATION ADVANTAGE

Include explosive moves in your warm-up to get your muscles fired up

Explosive movements before your initial work set can further activate your central nervous system to elicit greater reaction and force from your muscles. Before pushing exercises, for example, hurl a medicine ball at the ground as hard as possible, do a couple of clap press-ups or unleash a couple of left and right hooks on a punchbag. For lower-body exercises, a couple of hard kicks to a heavy bag will do the trick, or a few jump squats.



The right warm-up can transform your workout session

Men's Fitness

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THE GLOSSARY

Simple explanations of some of the most common workout terms

+++++ **A** +++++

ANABOLIC

The metabolic phase during which nutrients from your diet, specifically protein, are synthesised by your body and turned into new muscle tissue.

ATROPHY

Muscle atrophy is the wasting away of muscle tissue leading to a decrease in muscle mass, typically due to inactivity.

+++++ **C** +++++

CATABOLIC

The metabolic phase when muscle tissue is broken down and used as energy – the opposite of anabolic.

COMPOUND LIFT

An exercise that involves movement in two or more joints. Examples include the squat (hip and knee joints) and shoulder press (shoulder and elbow joints). These lifts should form the basis of all programmes where increased muscle size and strength are the objectives because they recruit more of the muscle fibres responsible for the development of these attributes.

+++++ **D** +++++

DUMBBELL

One of the best known types of free weight, dumbbells can be

used to add extra resistance to almost every exercise, typically by holding one in each hand.

+++++ **E** +++++

EZ-BAR

A type of barbell with a series of kinks in the middle of the bar. It is designed to put less pressure on the wrists and elbows when lifting.

+++++ **F** +++++

FORM

The technique used when performing an exercise.

FREE WEIGHTS

Any type of weight training equipment used to increase muscle size and strength. Most common examples include barbells, dumbbells and kettlebells.

+++++ **H** +++++

HYPERTROPHY

Greek for ‘excess nourishment’, hypertrophy is an increase in the volume of a muscle (or organ) caused by the enlargement of its cells. It occurs by sarcoplasmic hypertrophy, which focuses on increasing size; myofibrillar hypertrophy, which focuses on increasing strength; or a combination of the two.

+++++ **I** +++++

ISOLATION LIFT

A move that involves movement in only one joint. Examples include the biceps curl (movement at the elbow joint only) and leg extension (movement at the knee joint only). These exercises are ideally placed at the end of a workout, when you can work the target muscle group to fatigue.

+++++ **K** +++++

KETTLEBELL

Cast-iron balls of different weights, originating from Russia. They have a handle on the top so you can grip them with one or two hands. They are used to add resistance to natural movements, such as swings.

+++++ **M** +++++

MUSCLE PUMP

When your muscles become engorged with blood after you have repeatedly



shortened and lengthened a muscle. Typically this occurs after a weight training session but sometimes it can be achieved simply by flexing your muscles repeatedly as hard as possible.



of movement. Favoured by novices and bodybuilders, resistance machines reduce the risk of injury because of their set range of motion. However, as a consequence they don't work the smaller but vital stabilising muscles.

O

OLYMPIC BARBELL

A key piece of weight training equipment used to perform all manner of lifts. It has thick 'sleeves' for the weight plates to slot on to, which means they can spin when you're doing lifts such as the clean or snatch. Full-length bars weigh 20kg before any weights are added.

R

RANGE OF MOTION

The full extent, or range, of a muscle's movement. Performing lifts through a muscle's full range of motion is important when it comes to promoting muscle growth.

REPS

Abbreviation of repetition. One rep is the completion of a given exercise from start to finish through a full range of motion. The number of reps per set can vary from one to more than 20, depending on your training goals.

RESISTANCE MACHINE

A type of gym machine that allows you to target specific muscles in a predetermined controlled path

REST INTERVAL

The time you take between exercises and/or sets, during which your muscles are given the chance to replenish their energy stores. The amount of rest can be manipulated depending on your workout goals.

S

SETS

A given number of reps of a single exercise performed consecutively without rest. The number of sets performed of each exercise can vary and depends on what you're trying to achieve with your training programme, but three or four is most effective for building muscle mass.

SUPERCOMPENSATION

The period after a training session and subsequent recovery during which you're fitter and stronger than before. Training again during this window will result in further gains in strength, size and fitness. Training before this window, on the other hand, can result in overtraining and you becoming weaker, while training after the window has closed reduces your ability to make additional gains.

SUPERSETS

Two different exercises done back to back without rest or with only a short rest period between them. Supersets are a great way to shake up your existing training regime because they shock your muscles into growth by increasing their workload. They also allow you to train with more volume in a much shorter period of time, improving your muscles' ability to work harder with less rest.

T

TEMPO

The speed at which you lift and lower a weight during each rep. The slower the tempo, the longer your muscles are exposed to the stress of managing the weight. This is called 'time under tension' (see below for more detail). In exercise guides, the tempo is usually described using a four-digit code, such as 4010. The first number is the time in seconds the weight is lowered, the second is the time in seconds the move is held at the bottom position, the third is the time in seconds that the weight is lifted (if 'X' is shown this means lift as quickly as possible) and the final digit is the time in seconds the weight is held at the top of the move.

TIME UNDER TENSION

The duration in seconds that your muscles are exposed to controlling a weight through a range of motion, as in a squat or bench press, or in an isometric hold, such as a plank. Time under tension is dictated by the tempo of each rep and how many reps you perform in a given set.

LET'S GET THIS STRAIGHT

No-nonsense answers to the fundamental fitness questions

It's a good idea to see your GP for a check-up before you start training

1 I've tried and failed to add muscle in the past. Why will it work now?

If your efforts have been unsuccessful in the past it has nothing to do with your body being fundamentally resistant to exercise and everything to do with your approach. In other words, you haven't had a focused plan so you haven't set realistic and achievable goals or eaten the right foods. Anyone can make significant, positive changes to the way they look, but it won't happen overnight.

2 What happens if I miss a session?

You need to train three times a week and on not more than two consecutive days. This isn't a programme you can dip in and out of – if you do, you'll fail to achieve your objectives. Make sure you pick a good time to start when you can dedicate yourself to the eight-week programme.

3 How closely do I need to stick to the diet?

Any deviation from what is laid out in this book will harm your chances of getting the very best results possible. Remember, you're eating for your muscles and not your tastebuds. You need to eat the right foods, especially protein, at the right time to keep everything ticking over so you're constantly making steps forwards. If you don't follow the diet 100%, you can't expect 100% of the results. For information on what you should be eating and when, go to the Nutrition section (p126).

4 Can I turn fat into muscle?

No, they're two different types of tissue. Muscle is active tissue that burns calories, while fat stores excess energy. It's possible to burn away fat and build muscle, giving the appearance one has turned into the other, but that isn't the case.

5 How long should each workout last?

Each workout in this programme should last less than an hour. If they take any longer, you're not sticking to the rest periods specified. If you're done in under 45 minutes, you're not sticking to the correct tempos. These elements are as important as sets and reps, so pay close attention to them.

6 Are machines better than free weights?

Resistance machines have their place: they're a great way for beginners to learn movement patterns without the risk of injury and they allow experienced trainers to isolate specific muscles. But because the movement pattern is restricted they're not good for working the important stabilising muscles. Free weights require more skill, recruit these smaller stabilising muscles and allow you to move through a greater range of motion to work your muscles to their full extent, but both have merits.







THE WORKOUTS

*This section contains everything you need to know
to build a bigger, broader chest in just eight weeks*



**BUILD
A BIG
CHEST**

WEEKS **1+2**

A STRONG START

Kick-start your muscle-building mission with the first two-week cycle to lay solid foundations on which you'll build a stronger, broader chest

LAYING THE FOUNDATIONS

The first two weeks of this training plan will build a solid base from which you'll grow bigger and stronger

The first two weeks of this eight-week programme have been designed to work your chest hard while also building a solid foundation of strength and stability across your entire torso so you can attack the subsequent weeks as effectively as possible.

There are three workouts in the first week and three in the second, meaning you'll complete six workouts in total before moving on to the next stage.

Workouts 1 and 4 target your chest and back; workouts 2 and 5 train your legs and shoulders; and workouts 3 and 6 focus on your chest and arms. You need to do the workouts in numerical order, starting with workout 1 at the beginning of week one and finishing with workout 6 at the end of week two.

The sets, reps, tempo and rest periods for week one's workouts are detailed in tables

on p48. The same for the three workouts of week two are on p50. Don't forget to leave at least one day between training sessions to allow your muscles time to recover so they're stronger and raring to go the next time you hit the gym.

PERFECT PLANNING

A simple way to stick to this programme is to train on Mondays (workouts 1 and 4), Wednesdays (workouts 2 and 5) and Fridays (workouts 3 and 6). Then move on to the next two-week cycle the following Monday and repeat this pattern for all four two-week cycles.

Of course, you don't have to train on these three days – it's just a suggestion – so you can adapt it to whatever suits you best. Just make sure you do the workouts in order and get enough rest in between. Ready? Then let's go!

Before you start, don't forget to take a photo with your top off so you can track your progress

NEED TO KNOW Three key considerations to remember over the next two weeks

1

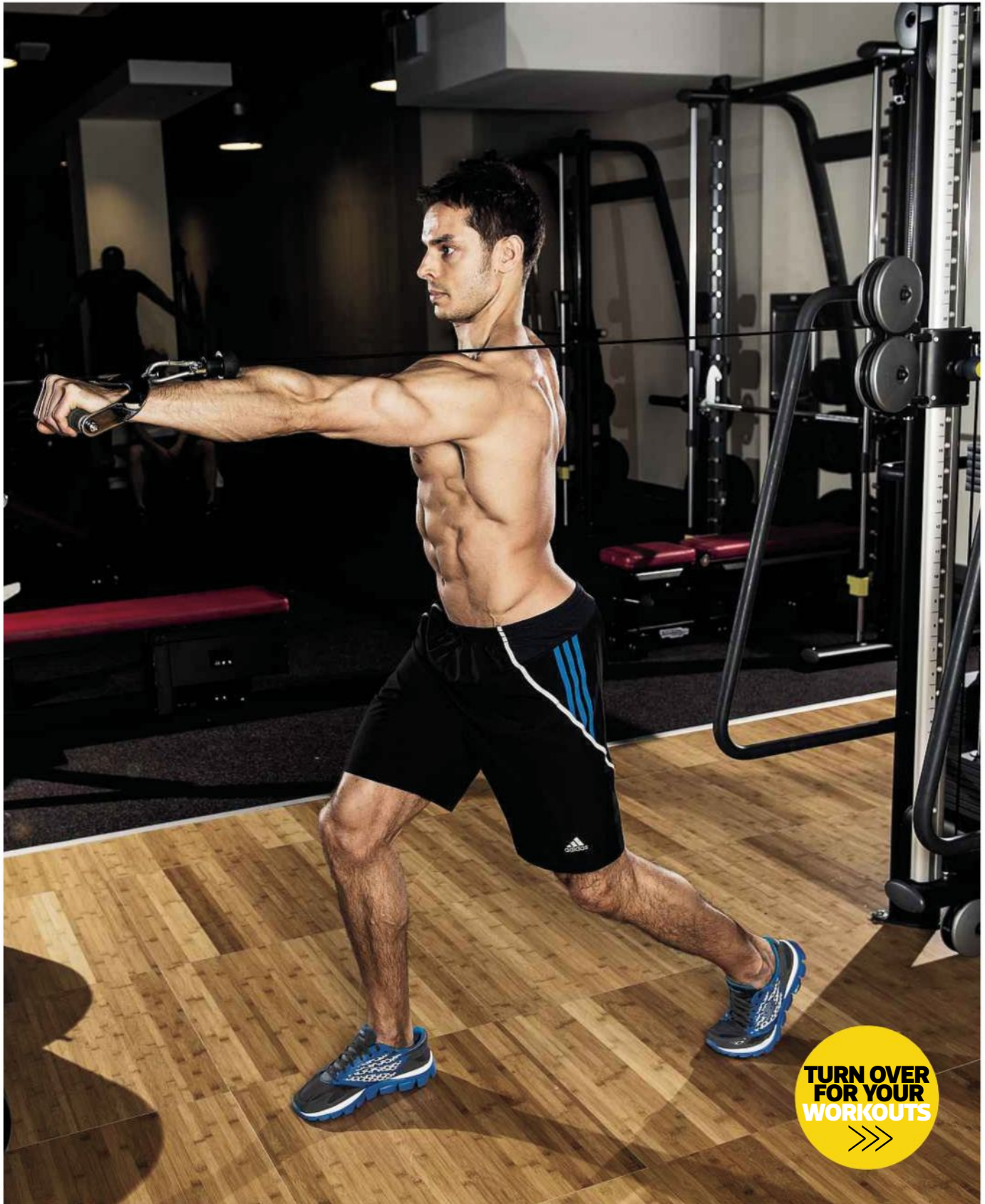
Before every session, write out that day's workout – including the sets, reps, rest and tempo for each exercise – so you can take it to the gym and know exactly what you need to do. Also make a note of the weight you use so you know how much to increase it by next time.

2

It's vital to complete all the sets and reps for every move in every workout. If you struggle to hit the target reps, the weight you're using is too heavy. If you finish the set feeling as if you could do another five reps, the weight is too light. Adjust accordingly.

3

Be strict when following the tempo of each rep – you need to expose your muscles to the correct amount of time under tension to prompt them to grow bigger. Count in your head to prevent rushing each rep, or train with a friend so you can count for each other.



**TURN OVER
FOR YOUR
WORKOUTS**



WEEK 1

Start with workout 1, sticking to the moves, sets, reps, tempo and rest periods detailed in the table below. Rest for at least one day, then do workout 2, again sticking to the instructions here. Rest for at least a day before doing workout 3.



WORKOUT 1 CHEST + BACK

EXERCISE	SETS	REPS	TEMPO	REST
1A Press-up	3	12	2010	0sec
1B Inverted row	3	12	2010	60sec
2A 20° incline dumbbell bench press	3	10	2010	0sec
2B Reverse incline dumbbell row	3	10	2010	60sec
3A Dumbbell pull-over	3	10	2010	0sec
3B Good morning	3	10	2010	60sec
4A Cable crossover	3	15	2110	30sec
4B Cable face pull	3	15	2110	60sec

■ Perform the first set of 1A then the first set of 1B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A, rest for 30 seconds, then do the first set of 4B. Rest for 60 seconds and repeat until all sets are completed.

WORKOUT 2 LEGS + SHOULDERS

EXERCISE	SETS	REPS	TEMPO	REST
1A Dumbbell squat	3	12	2010	0sec
1B Dumbbell shrug	3	12	2110	60sec
2A Dumbbell lunge	3	12	2010	0sec
2B Dumbbell shoulder press	3	12	2010	60sec
3A Cable two-arm lateral raise	3	12	2010	30sec
3B Cable lateral raise	3	12	2010	60sec
4A Squat jump	3	10	X	0sec
4B Spider-Man press-up	3	12	1010	60sec

■ Perform the first set of 1A then the first set of 1B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A, rest for 30 seconds, then do the first set of 3B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WORKOUT 3 CHEST + ARMS

EXERCISE	SETS	REPS	TEMPO	REST
1A Bench press	3	10	2010	30sec
1B Incline dumbbell flye	3	12	2010	60sec
2A EZ-bar biceps curl	3	12	2010	0sec
2B EZ-bar overhead triceps extension	3	12	2010	60sec
3A Cable rope biceps curl	3	15	2010	0sec
3B Cable rope triceps press-down	3	15	2010	60sec
4A Crunch	3	12	1111	0sec
4B Reverse crunch	3	12	1111	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WEEK 2

Do workout 4, sticking to the moves, sets, reps, tempo and rest periods specified for each exercise in the table below. Rest for at least one day then complete workout 5, again sticking to the instructions here. Rest for a day before doing workout 6. That's the first cycle completed.



WORKOUT 4 CHEST + BACK

EXERCISE	SETS	REPS	TEMPO	REST
1A Press-up	4	10	2010	0sec
1B Inverted row	4	10	2010	60sec
2A 20° incline dumbbell bench press	4	8	2010	0sec
2B Reverse incline dumbbell row	4	8	2010	60sec
3A Dumbbell pull-over	4	8	2010	0sec
3B Good morning	4	8	2010	60sec
4A Cable crossover	4	12	2110	30sec
4B Cable face pull	4	12	2110	60sec

■ Perform the first set of 1A then the first set of 1B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A, rest for 30 seconds, then do the first set of 4B. Rest for 60 seconds and repeat until all sets are completed.

WORKOUT 5 LEGS + SHOULDERS

EXERCISE	SETS	REPS	TEMPO	REST
1A Dumbbell squat	4	10	2010	0sec
1B Dumbbell shrug	4	10	2110	60sec
2A Dumbbell lunge	4	10	2010	0sec
2B Dumbbell shoulder press	4	10	2010	60sec
3A Cable two-arm lateral raise	4	10	2010	30sec
3B Cable lateral raise	4	10	2010	60sec
4A Squat jump	4	8	X	0sec
4B Spider-Man press-up	4	10	1010	60sec

■ Perform the first set of 1A then the first set of 1B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A, rest for 30 seconds, then do the first set of 3B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WORKOUT 6 CHEST + ARMS

EXERCISE	SETS	REPS	TEMPO	REST
1A Bench press	4	8	2010	30sec
1B Incline dumbbell press	4	10	2010	60sec
2A EZ-bar biceps curl	4	10	2010	0sec
2B EZ-bar overhead triceps extension	4	10	2010	60sec
3A Cable rope biceps curl	4	12	2010	0sec
3B Cable rope triceps press-down	4	12	2010	60sec
4A Crunch	4	10	1111	0sec
4B Reverse crunch	4	10	1111	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

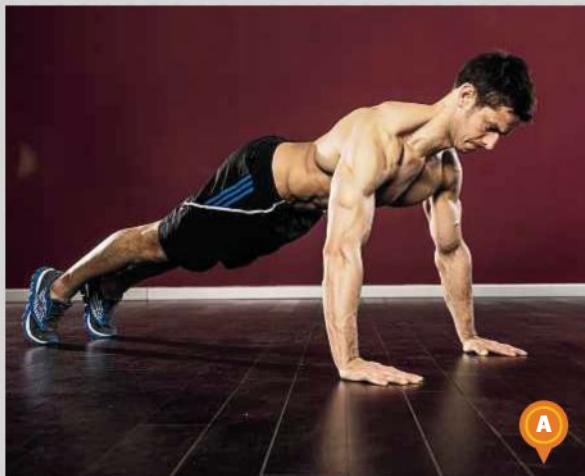
■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WORKOUTS 1 + 4 CHEST + BACK

WEEKS 1-2

1A Press-up



- Start with your hands shoulder-width apart and your body in a straight line from head to heels.

- Lower yourself towards the floor until your elbows reach 90°.

- Press back up to return to the start.

1B Inverted row



- Set a Smith machine bar at about chest height. Lie underneath the bar and hold it with an overhand grip, with your hands slightly more than shoulder-width apart.

- Keeping your hips in line with your torso, pull your body towards the bar until you touch it with your sternum.

- Slowly lower yourself back to the start.

2A 20° incline dumbbell bench press



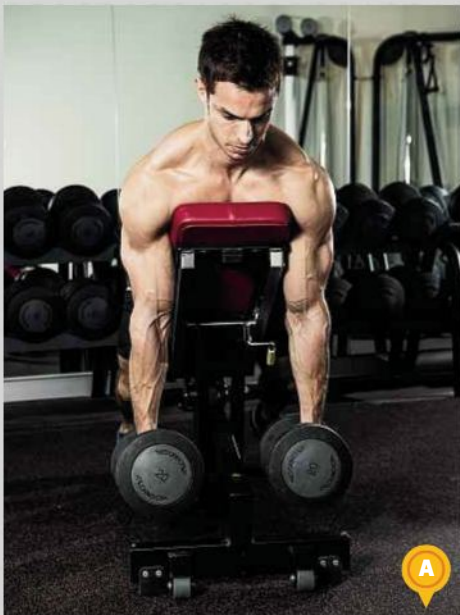
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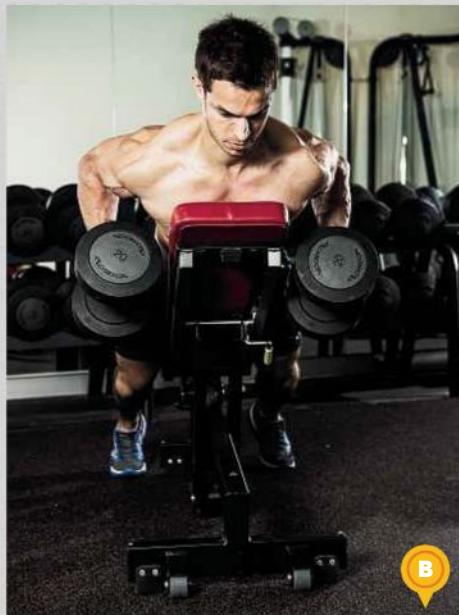
B

- Lie on a bench set at a 20° angle, holding a dumbbell in each hand at shoulder height.
- Keep your feet flat on the floor and your back against the bench.
- Press the weights directly above your head but don't lock your elbows at the top.
- Slowly lower the weight back to the start, flaring your elbows out to the sides as you do so.

2B Reverse incline dumbbell row



A



B

- Lie on your front on an incline bench, holding a dumbbell in each hand.
- Keeping your chest on the bench, retract your shoulder blades and row the weights up, leading with your elbows.
- Return to the start.

WORKOUTS 1 + 4 CHEST + BACK

WEEKS 1-2

3A Dumbbell pull-over



- Lie flat on a bench with your head and shoulders supported and your feet flat on the floor.
- Hold a single dumbbell with both hands over your chest and engage your core.
- Slowly lower the weight behind your head, keeping a slight bend in your elbows. Don't arch your back.
- Raise the weight back over your head to return to the start.

3B Good morning



- Stand tall, holding a light barbell across the back of your shoulders. Your feet should be shoulder-width apart.
- Keeping your core braced, slowly bend forwards from the hips, not the waist.
- Lean forwards as far as your hamstrings will allow but not past horizontal.
- Stand up to return to the start.

4A Cable crossover



A



B

- Stand in the middle of a cable machine with a split stance, holding a D-handle attachment in each hand and the cable set above shoulder height.
- Keeping a natural arch in your back, your core braced and your upper body still, bring your hands down in an arc to meet in front of your chest.
- Pause briefly and squeeze your chest muscles before returning slowly, and under full control of the weight, to the start.

4B Cable face pull



A



B

- Hold a double-rope attachment to the high pulley on a cable machine. Your arms should be fully extended with your palms facing the floor.
- Pull the handles towards your body, keeping your upper arms parallel to the floor, so the handles go either side of your face.
- Return to the start.

1A Dumbbell squat



- Stand tall with your feet shoulder-width apart, holding a dumbbell in each hand by your sides.
- With your core braced and keeping a natural arch in your back, squat until your thighs are at least parallel to the floor, keeping your knees in line with your toes.
- Push up through your heels to return to the start.

1B Dumbbell shrug



- Stand tall, holding a dumbbell in each hand by your sides with your palms facing your body.
- Keeping your core braced, shrug your shoulders towards your ears, keeping your arms straight.
- Lower the weights back to the start.

2A Dumbbell lunge



- Stand tall, holding a dumbbell in each hand by your sides.
- Take a big step forwards with one leg and lunge until both knees are bent at 90°.
- Push back off your front foot to return to the start, then repeat with the other leg.

2B Dumbbell shoulder press



- Stand with your feet shoulder-width apart, holding a dumbbell in each hand at shoulder height.
- Keep your chest upright and your core muscles braced.
- Press the weights above your head until your arms are fully extended.
- Lower the weights back to the start.

3A Cable two-arm lateral raise



- Stand tall in the middle of a cable machine, holding a D-handle attachment attached to the low pulley of the opposite stack.
- Keeping your core braced and chest up, raise your arms out to the sides, maintaining a slight bend in your elbows.
- Stop at shoulder height and return to the start.

3B Cable lateral raise



- Stand side-on to a cable machine, holding a D-handle attached to the low pulley in the hand farthest from the machine.
- Keeping a slight bend in your elbows, lift your arm up and away from the machine. Stop at shoulder height, pause for a second, then return to the start.
- Complete all the reps with the same arm, then repeat on the other side.

4A Squat jump



- Stand tall with your feet shoulder-width apart and your core braced.
- Squat until your thighs are at least parallel to the floor, keeping your knees in line with your toes.
- Push off the ground explosively so both feet leave the floor.
- As you land, descend immediately into the next squat.

4B Spider-Man press-up



- Get into a press-up position with your hands shoulder-width apart and your body straight from head to heels.
- Lower your chest towards the ground and bring one knee up towards your chest.
- Once your elbows reach 90° press back up and straighten your leg to return to the start.
- On the next rep, bring the other knee up.

1A Bench press



- Lie on the bench with your feet on the floor directly underneath your knees. Hold the bar with an overhand grip with your hands shoulder-width apart.
- Slowly lower the bar towards your chest, taking your elbows out to 90°, until the bar is almost touching the middle of your chest or is just above your nipples.
- Drive your feet hard into the floor and push the bar strongly back to the start.

1B Incline dumbbell flye



- Lie on an incline bench, holding a dumbbell in each hand above your chest with your palms facing.
- Make sure your head and upper back are supported on the bench and your feet are flat on the floor.
- Keeping a slight bend in your elbows, lower the weights out to the sides as far as is comfortable.
- Use your chest to reverse the movement and raise the weights back to the start.

2A EZ-bar biceps curl



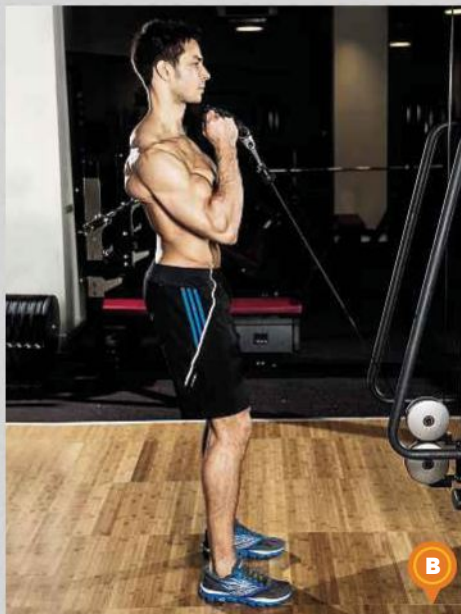
- Stand tall with your shoulders back and feet close together, holding an EZ-bar with an underhand grip with your hands just outside your hips.
- Keeping your elbows tucked in, curl the bar up towards your chest, stopping just before your forearms reach vertical.
- Lower the bar back slowly to the start.
- Avoid rocking back and forth to generate momentum, which takes the emphasis away from the biceps.

2B EZ-bar overhead triceps extension



- Stand tall, holding an EZ-bar above you with straight arms.
- Lower the bar towards the back of your head by bending your elbows, which should stay pointing to the ceiling.
- Without arching your back, straighten your arms to return the bar to the start.

3A Cable rope biceps curl



- Stand tall, holding a double-rope cable handle attached to the low pulley of a cable machine.
- Keeping your elbows close to your body, curl your hands up to raise the handles towards your chin.
- At the top of the move squeeze your biceps and return to the start, squeezing your triceps at the very bottom of the move.

3B Cable rope triceps press-down



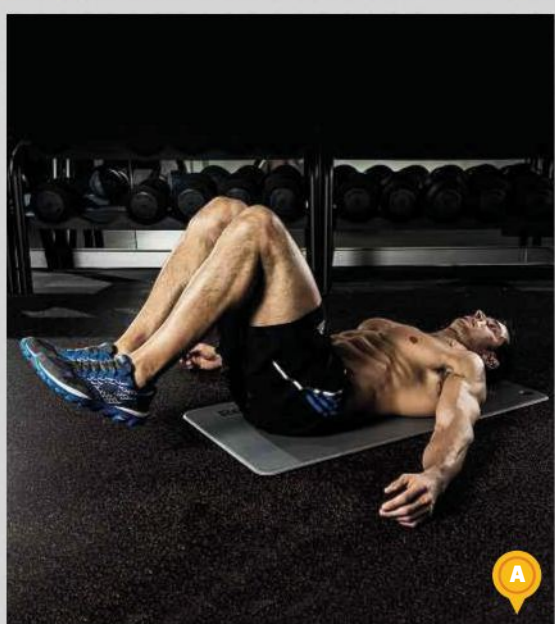
- Stand tall, holding an EZ-bar handle attached to the high pulley of a cable machine.
- Keeping your elbows close to your body, press your hands down to straighten your arms.
- At the bottom of the move flex your triceps and return to the start, squeezing your biceps at the very top of the move.

4A Crunch



- Lie on your back on a mat with your hands on your chest, your feet on the floor and your knees bent at 90°.
- Contract your abs to lift your upper back off the ground and curl your chest towards your knees.
- Pause at the top of the move, squeeze your abs, then slowly lower your torso back to the start.

4B Reverse crunch



- Lie on your back on a mat with your arms out to the sides, your knees bent at 90° and your feet off the floor.
- Contract your abs to raise your knees towards your chest.
- Pause at the top of the move, squeeze your abs, then slowly return to the start.



**BUILD
A BIG
CHEST**

WEEKS **3+4**

POWER UP

Adding new moves and variations on the classic lifts will ensure you start to add real size and strength as your new body begins to take shape

ONWARDS AND UPWARDS

Push your muscles harder for greater gains faster

The third and fourth weeks of this eight-week programme are designed to build on the foundations you laid in the first fortnight. The moves continue to work your chest but from increasingly different angles to encourage the muscles to grow bigger and stronger. Your other muscles will also be pushed harder so your body has the right hormonal environment to build muscle everywhere and burn belly fat.

There are three workouts in the third week and three in the fourth, meaning you'll complete six workouts in total before moving on to the next stage of the plan.

Workouts 7 and 10 target your chest and back; workouts 8 and 11 train your legs and shoulders; and workouts 9 and 12 focus on your chest and arms. You need to do the workouts in numerical order, starting with workout 7 at the beginning of week three and finishing with workout 12 at the end of week four.

The sets, reps, tempo and rest periods for week three's three workouts are detailed in tables on p68. The same for the three workouts of week four are on p70.

Try to stick to the training schedule you established in the first two weeks of the training plan, whether you train on Mondays,

“ **The moves continue to work your chest but from different angles to encourage your muscles to grow bigger** ”

Wednesdays and Fridays or choose another pattern that means you always have at least one rest day between sessions. At this stage getting enough rest is even more important in giving your muscles enough time off to grow bigger and stronger.

Take another photo before starting this two-week cycle. Notice any changes yet?

NEED TO KNOW Three key considerations to remember over the next two weeks

1

Working the muscles of your chest – and the rest of your body – through their full range of motion is critical to getting the best possible results. If you find yourself cheating and using momentum to get the weight moving, it's better to reduce the weight to work the target muscles effectively.

2

Think about how your muscles feel during each and every rep. Focusing on your muscles' movement, especially at the top and bottom of the move, allows you to flex and squeeze them harder, which recruits more muscle fibres and results in greater gains.

3

It can be tough to stick to the tempo at the end of the final sets when you're close to failure, but make sure you do. It's better to do quality reps than a few extra bad ones.



**TURN OVER
FOR YOUR
WORKOUTS**
»»»

WEEK 3

Start with workout 7, sticking to the moves, sets, reps, tempo and rest periods detailed in the table below. Rest for at least one day then do workout 8, again sticking to the instructions here. Rest for at least a day before doing workout 9.



WORKOUT 7 CHEST + BACK

EXERCISE	SETS	REPS	TEMPO	REST
1A Bench press	3	10	3010	0sec
1B Lat pull-down	3	12	3010	60sec
2A Cable alternate one-arm press	3	12	2010	0sec
2B Cable alternate one-arm row	3	12	2010	60sec
3A 45° incline dumbbell bench press	3	10	2010	0sec
3B Reverse incline dumbbell flye	3	10	2010	60sec
4A Cable flye	3	12	3010	30sec
4B Standing cable reverse flye	3	12	3010	60sec

■ Perform the first set of 1A then the first set of 1B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A, rest for 30 seconds, then do the first set of 4B. Rest for 60 seconds and repeat until all sets are completed.

WORKOUT 8 LEGS + SHOULDERS

EXERCISE	SETS	REPS	TEMPO	REST
1A Squat	3	12	3010	30sec
1B Shoulder press	3	12	3010	60sec
2A Seated hamstring curl	3	10	3010	30sec
2B Incline dumbbell shoulder press	3	10	2010	60sec
3A Dumbbell front raise	3	10	1010	30sec
3B Dumbbell lateral raise	3	10	1010	60sec
4A Box jump	3	12	X	0sec
4B Glute bridge	3	12	1111	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A, rest for 30 seconds, then do the first set of 2B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A, rest for 30 seconds, then do the first set of 3B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WORKOUT 9 CHEST + ARMS

EXERCISE	SETS	REPS	TEMPO	REST
1A Incline bench press	3	10	3010	30sec
1B Dumbbell flye	3	12	2010	60sec
2A Neutral-grip chin-up	3	8	3010	0sec
2B Triceps dip	3	8	3010	60sec
3A Underhand lat pull-down	3	12	2010	0sec
3B Cable EZ-bar triceps press-down	3	12	2010	60sec
4A Plank	3	1	30sec	0sec
4B Side plank	3	1	30sec	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WEEK 4

Do workout 10, sticking to the moves, sets, reps, tempo and rest periods detailed in the table below. Rest for at least one day then do workout 11, again sticking to the instructions here. Rest for at least a day before doing workout 12. That's the second cycle completed, so move on to weeks five and six.



WORKOUT 10 CHEST + BACK

EXERCISE	SETS	REPS	TEMPO	REST
1A Bench press	4	8	3010	0sec
1B Lat pull-down	4	10	3010	60sec
2A Cable alternate one-arm press	4	10	2010	0sec
2B Cable alternate one-arm row	4	10	2010	60sec
3A 45° incline dumbbell bench press	4	8	2010	0sec
3B Reverse incline dumbbell flye	4	8	2010	60sec
4A Cable flye	4	10	3010	30sec
4B Standing cable reverse flye	4	10	3010	60sec

■ Perform the first set of 1A then the first set of 1B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A, rest for 30 seconds, then do the first set of 4B. Rest for 60 seconds and repeat until all sets are completed.

WORKOUT 11 LEGS + SHOULDERS

EXERCISE	SETS	REPS	TEMPO	REST
1A Squat	4	10	3010	30sec
1B Shoulder press	4	10	3010	60sec
2A Seated hamstring curl	4	8	3010	0sec
2B Incline dumbbell shoulder press	4	8	2010	60sec
3A Dumbbell front raise	4	8	1010	0sec
3B Dumbbell lateral raise	4	8	1010	60sec
4A Box jump	4	10	X	0sec
4B Glute bridge	4	10	1111	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WORKOUT 12 CHEST + ARMS

EXERCISE	SETS	REPS	TEMPO	REST
1A Incline bench press	4	8	3010	30sec
1B Dumbbell flye	4	10	2010	60sec
2A Neutral-grip chin-up	4	6	3010	0sec
2B Triceps dip	4	6	3010	60sec
3A Underhand lat pull-down	4	10	2010	0sec
3B Cable EZ-bar triceps press-down	4	10	2010	60sec
4A Plank	4	1	45sec	0sec
4B Side plank	4	1	45sec	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

1A Bench press



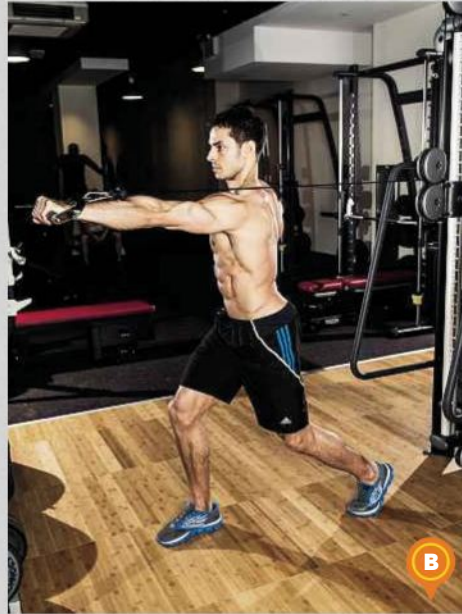
- Lie on the bench with your feet on the floor directly underneath your knees. Hold the bar with an overhand grip with your hands shoulder-width apart.
- Slowly lower the bar towards your chest, taking your elbows out to 90°, until the bar is almost touching the middle of your chest or is just above your nipples.
- Drive your feet hard into the floor and push the bar strongly back to the start.

1B Lat pull-down



- Sit on the seat and take a wide overhand grip on the bar.
- Look forwards, retract your shoulder blades and keep your torso upright.
- Pull the bar down in front of you until it reaches your upper chest. Don't lean back to aid the movement.
- At the bottom of the move squeeze your lats and return the bar slowly to the start.

2A Cable alternate one-arm press



- Stand tall, facing away from the cable machine. Hold a D-handle attached to the middle of the stack in one hand, with the other arm fully extended.
- Press the handle away from you while moving the other arm back towards your body.
- Return to the start.

2B Cable alternate one-arm row



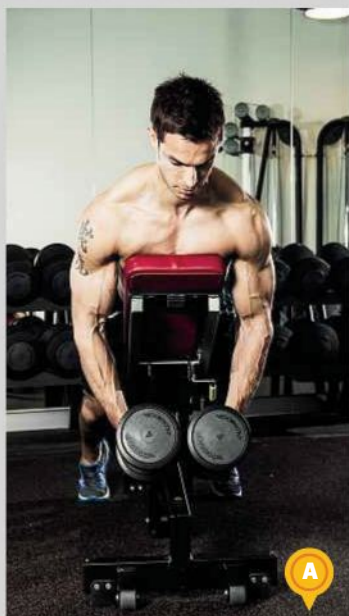
- Stand tall with a slight bend in your knees, holding a D-handle attached to the middle pulley of a cable machine with a neutral grip.
- Ensure there's tension in the cable before you begin.
- Pull the handle into your sternum, keeping upper-body movement to a minimum, and squeeze your shoulder blades together.
- Return slowly to the start.

3A 45° incline dumbbell bench press



- Lie on a bench set at a 45° angle, holding a dumbbell in each hand at shoulder height.
- Keep your feet flat on the floor and your back against the bench.
- Press the weights directly above your head but don't lock your elbows at the top.
- Slowly lower the weight back to the start, flaring your elbows out to the sides as you do so.

3B Reverse incline dumbbell flye



- Lie on your front on an incline bench, holding a dumbbell in each hand.
- Keeping a slight bend in your elbows, raise the weights to the sides until they reach shoulder height.
- Return to the start.

4A Cable flye



- Stand in the middle of a cable machine with a split stance, holding a D-handle attachment attached to the high pulley in each hand with your palms facing each other.
- Keeping a natural arch in your back and core braced, bring your hands across in an arc so they meet in front of your chest.
- At the bottom of the move squeeze your chest muscles and return slowly, and under full control of the weight, to the start.

4B Standing cable reverse flye



- Stand in the middle of a cable machine with your arms crossed and holding a D-handle attachment attached to the high pulley in each hand.
- Extend your arms away from your body until both arms are straight.
- Return to the start, maintaining control of the weight throughout.

1A Squat



- Rest a barbell on the back of your shoulders – not your neck – holding it with an overhand grip slightly wider than your shoulders. Keep your elbows pointing to the floor.
- Your feet should be slightly more than shoulder-width apart with your toes pointing outwards slightly.
- Squat until your thighs are at least parallel to the floor. The deeper you can squat, the better.
- Drive back up through your heels to return to the start.

1B Shoulder press



- Stand with your feet shoulder-width apart. Position a bar on your upper chest, gripping it with your hands just wider than shoulder-width apart.
- Keep your chest upright and your core muscles braced.
- Press the bar directly overhead until your arms are fully extended. Don't tilt your hips forwards.
- Lower the bar back to the start.

2A Seated hamstring curl



- Sit on the machine, following its instructions to position yourself correctly and safely.
- With the pad against the back of your lower calves, pull the pad towards you by contracting your hamstrings.
- Return slowly to the start.

2B Incline dumbbell shoulder press



- Sit on an incline bench holding a dumbbell in each hand at shoulder height with your palms facing forwards.
- Keep your feet flat on the floor, your core braced, your back against the bench and your head looking forwards.
- Press the weights up powerfully until your arms are fully extended.
- Return slowly to the start.

3A Dumbbell front raise



- Stand tall with your core braced and feet apart, holding a light dumbbell in each hand in front of your thighs.
- Raise the weights in front of you, using your muscles and not momentum.
- Stop at shoulder height and return slowly to the start.

3B Dumbbell lateral raise



- Stand tall with your core braced and feet apart, holding a light dumbbell in each hand by your sides with your palms facing your body.
- Raise the weights out to the sides, using your muscles and not momentum.
- Stop at shoulder height and return slowly to the start.

4A Box jump



- Stand in front of a box or raised platform.
- Explosively jump on to the box, landing on both feet.
- Step back down to return to the start.

4B Glute bridge



- Lie down with your knees bent, your feet flat on the floor and your arms out to the sides.
- Contract your glutes and core and raise your buttocks off the floor.
- Return to the start.

1A Incline bench press



A



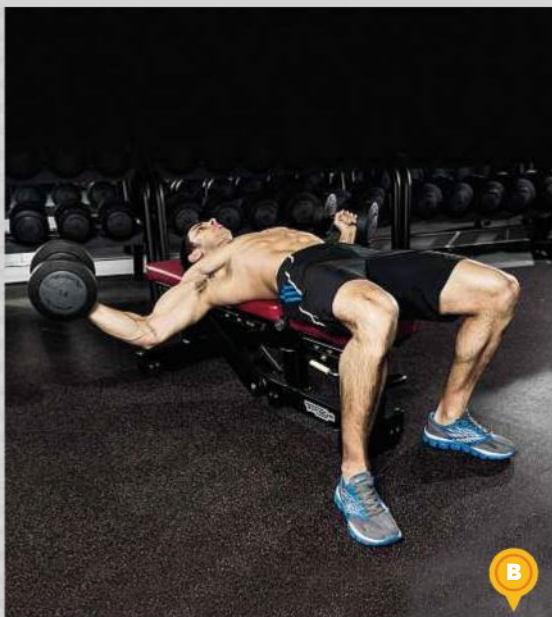
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- Lie on an incline bench with your upper back and shoulders flat against it. Hold the bar with an overhand grip shoulder-width apart.
- Slowly lower the bar to your chest, taking your elbows out to 90°, until the bar is almost touching the middle of your chest or just above your nipples.
- Push the bar back strongly to return to the start.

1B Dumbbell flye



A



B

- Lie on a flat bench, holding a dumbbell in each hand directly above your chest with your palms facing each other.
- Make sure your head and upper back are supported on the bench and your feet are flat on the floor.
- Keeping a slight bend in your elbows, slowly lower the weights out to the sides as far as is comfortable.
- Use your chest to reverse the move back to the start.

2A Neutral-grip chin-up



- Grab the bar with a palms-facing grip so your hands are shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Pull yourself up by squeezing your lats together.
- Once your chin is higher than your hands, lower yourself to the start.

2B Triceps dip



- Grip parallel bars, keeping your body upright.
- With your elbows pointing straight back, lower your body as far as you can comfortably go without stressing your shoulders.
- Keep your core braced and don't swing your legs for momentum.
- Press back up powerfully to return to the start, but don't lock your elbows at the top.

3A Underhand lat pull-down



- Sit on the seat and take a narrow, underhand grip on the bar.
- Look forwards, retract your shoulder blades and keep your torso upright.
- Pull the bar down in front of you until it reaches your upper chest. Don't lean back to aid the movement.
- At the bottom of the move squeeze your lats and return the bar slowly to the start.

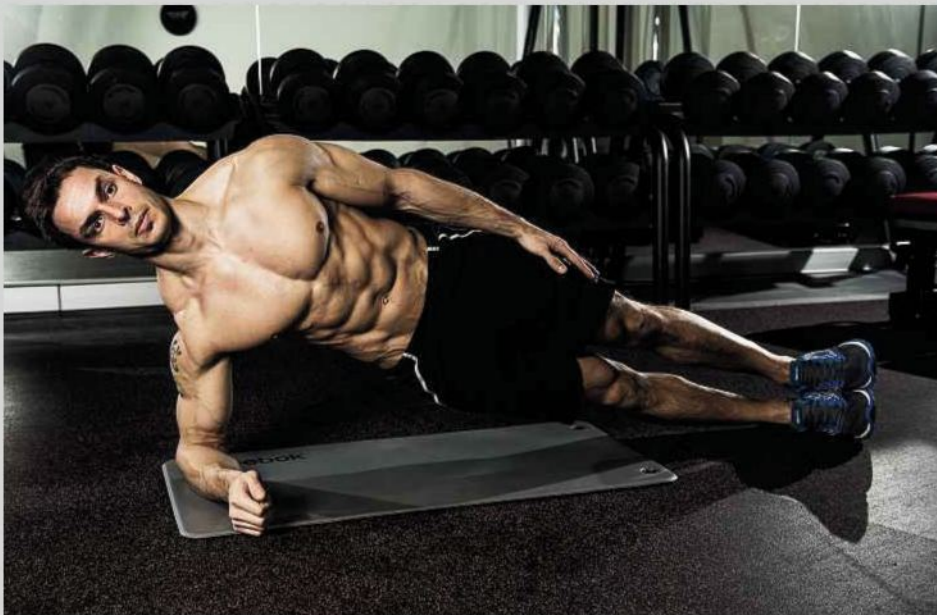
3B Cable EZ-bar triceps press-down



- Stand tall, holding an EZ-bar cable handle attached to the high pulley of a cable machine.
- Keeping your elbows close to your body, press your hands down to straighten your arms.
- At the bottom of the move squeeze your triceps and return to the start, squeezing your biceps at the very top of the move.

4A Plank

- Hold your body in a straight line from head to heels, with your elbows beneath your shoulders and your head looking at the floor.
- Hold the position without letting your hips sag.

4B Side plank

- Lie on your side with your elbow beneath your shoulder.
- Raise yourself so your body forms a straight line from head to heels.
- Hold the position without letting your hips sag.



**BUILD
A BIG
CHEST**

WEEKS 5+6

SECOND GEAR

Now you're halfway through the programme it's time to hit a higher gear. That way you'll keep your muscles guessing so they have no choice but to get bigger and stronger

HALFWAY HEROICS

With four weeks to go until the end of the plan, now is the time to push for better results

Now you've reached the midway point of this training programme you should be struggling to get your old T-shirts over your new torso, thanks to a visibly broader chest and bigger shoulders and arms. Your jeans may also be a little bit loose and require another notch on your belt because of less fat around your middle. But while you've made great progress, now is the time to train even harder to get the best results possible by the end of this programme.

The workouts in weeks five and six are significantly harder than those you've already completed, in order to capitalise on your new strength and push your muscles harder than they've ever been pushed before. They include new moves that will test your muscles to their limit.

There are three workouts in the fifth week and three in the sixth, meaning you'll

complete six workouts in total before moving on to the next stage of the plan. Workouts 13 and 16 target your chest and back; workouts 14 and 17 train your legs and shoulders; and workouts 15 and 18 focus on your chest

“ Now is the time to train even harder to get the best results ”

and arms. You need to do the workouts in numerical order, starting with workout 13 at the beginning of week five and finishing with workout 18 at the end of week six.

The sets, reps, tempo and rest periods for week five's workouts are detailed in tables on p88. The same for week six are on p90. Try to stick to the training schedule you've followed so far, continuing to have at least 24 hours' complete rest between sessions.



NEED TO KNOW Three key considerations to remember over the next two weeks



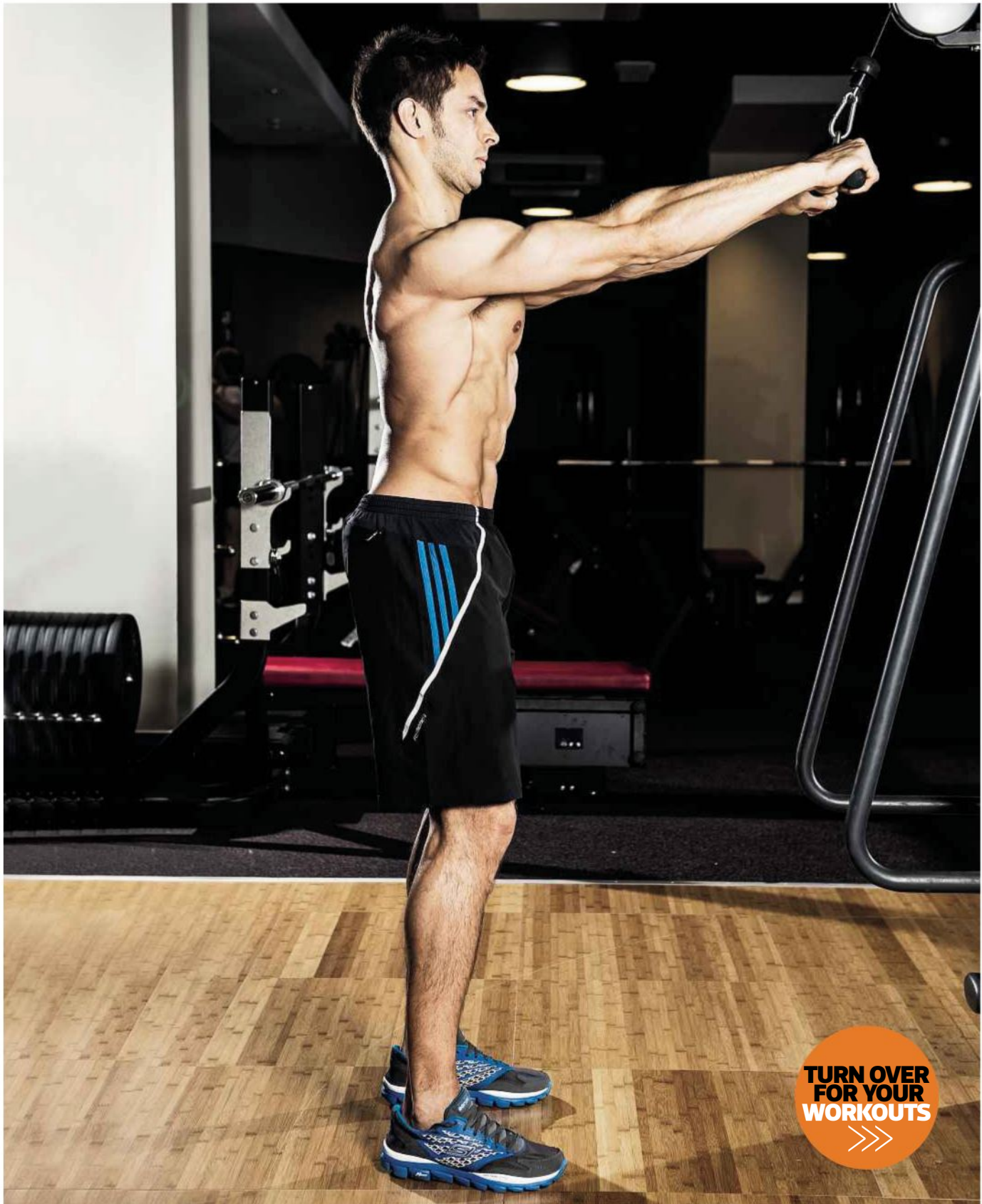
Try to increase the weight you're lifting in week six. You don't need to add too much, but going slightly heavier will pay big dividends at this stage, even if it's only for the first two or three sets. If you're struggling, you can return to your week-five weight for the last set.



Fully stretch your chest muscles at the bottom of each and every rep when your elbows are bent, then really squeeze them hard at the top of the move when your arms are fully extended to activate a higher number of muscle fibres.



If you're pleased with your muscle-building efforts but are still not happy with your fat-loss results, turn to p124 for an extra weekly session of high-intensity cardio to blast away those last stubborn bits of body fat.

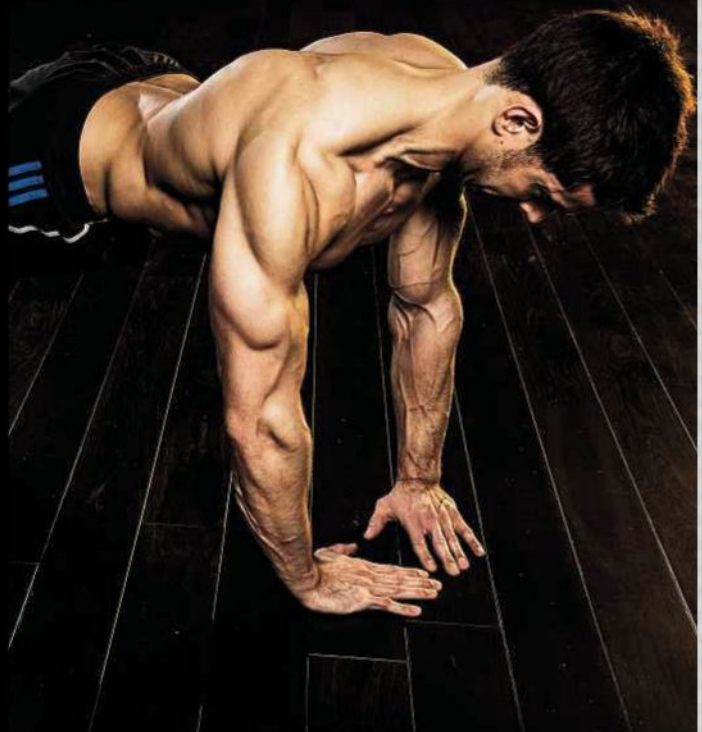


**TURN OVER
FOR YOUR
WORKOUTS**



WEEK 5

Start with workout 13, sticking to the moves, sets, reps, tempo and rest periods detailed in the table below. Rest for at least one day then do workout 14, again sticking to the instructions here. Rest for at least a day before doing workout 15.



WORKOUT 13 CHEST + BACK

EXERCISE	SETS	REPS	TEMPO	REST
1A Decline bench press	3	10	3010	30sec
1B Wide-grip lat pull-down	3	10	3010	60sec
2A 60° incline dumbbell bench press	3	12	2010	0sec
2B Reverse incline barbell shrug	3	12	2110	60sec
3A Cable crossover	3	15	2110	30sec
3B Cable straight-arm lat pull-down	3	15	2110	60sec
4A Medicine ball passing press-up	3	10	1010	0sec
4B Press-up	3	15	2010	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A, rest for 30 seconds, then do the first set of 3B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WORKOUT 14 LEGS + SHOULDERS

EXERCISE	SETS	REPS	TEMPO	REST
1A Deadlift	3	10	1010	30sec
1B Push press	3	10	2010	60sec
2A Front squat	3	10	3010	0sec
2B Upright row	3	12	1110	60sec
3A Dumbbell wide shoulder press	3	12	2010	30sec
3B Cable two-arm lateral raise	3	10	2010	60sec
4A Lunge jump	3	12	X	0sec
4B T press-up	3	12	X	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A, rest for 30 seconds, then do the first set of 3B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WORKOUT 15 CHEST + ARMS

EXERCISE	SETS	REPS	TEMPO	REST
1A Close-grip bench press	3	10	2010	30sec
1B Dumbbell bench press	3	12	2010	60sec
2A Chin-up	3	8	3010	0sec
2B Triceps dip	3	8	3010	60sec
3A Dumbbell hammer curl	3	12	2010	0sec
3B Diamond press-up	3	12	2010	60sec
4A Decline gym ball press-up	3	15	1111	0sec
4B Gym ball rollout	3	12	2111	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

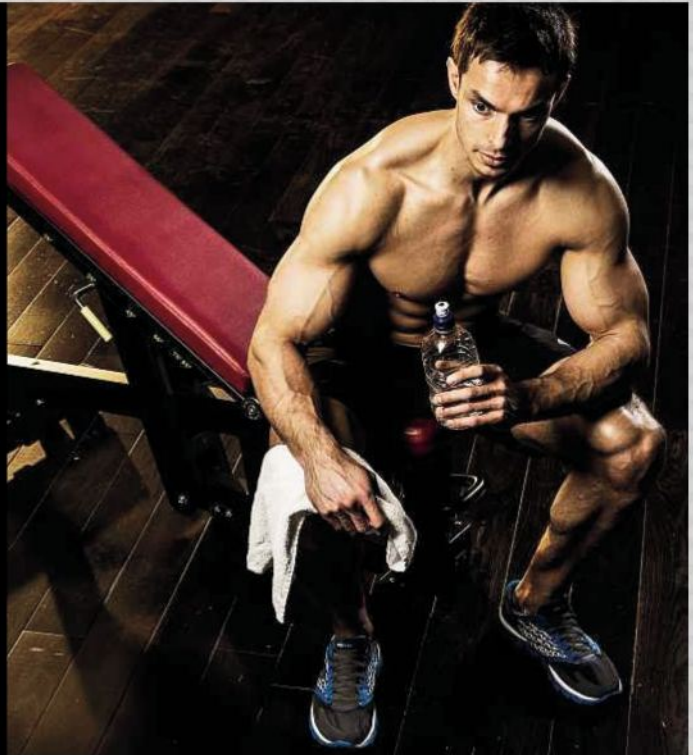
■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WEEK 6

Do workout 16, sticking to the moves, sets, reps, tempo and rest periods detailed in the table below. Rest for at least one day then do workout 17, again sticking to the instructions here. Rest for at least a day before doing workout 18. That's the third cycle completed, so move on to weeks seven and eight.



WORKOUT 16 CHEST + BACK

EXERCISE	SETS	REPS	TEMPO	REST
1A Decline bench press	4	8	3010	30sec
1B Wide-grip lat pull-down	4	8	3010	60sec
2A 60° incline dumbbell bench press	4	10	2010	0sec
2B Reverse incline barbell shrug	4	10	2110	60sec
3A Cable crossover	4	12	2110	30sec
3B Cable straight-arm lat pull-down	4	12	2110	60sec
4A Medicine ball passing press-up	4	8	1010	0sec
4B Press-up	4	12	2010	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A, rest for 30 seconds, then do the first set of 3B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WORKOUT 17 LEGS + SHOULDERS

EXERCISE	SETS	REPS	TEMPO	REST
1A Deadlift	4	8	1010	30sec
1B Push press	4	8	2010	60sec
2A Front squat	4	8	3010	0sec
2B Upright row	4	10	1110	60sec
3A Dumbbell wide shoulder press	4	10	2010	30sec
3B Cable two-arm lateral raise	4	8	2010	60sec
4A Lunge jump	4	10	X	0sec
4B T press-up	4	10	X	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A, rest for 30 seconds, then do the first set of 3B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WORKOUT 18 CHEST + ARMS

EXERCISE	SETS	REPS	TEMPO	REST
1A Close-grip bench press	4	8	2010	30sec
1B Dumbbell bench press	4	10	2010	60sec
2A Chin-up	4	6	3010	0sec
2B Triceps dip	4	6	3010	60sec
3A Dumbbell hammer curl	4	10	2010	0sec
3B Diamond press-up	4	10	2010	60sec
4A Decline gym ball press-up	4	12	1111	0sec
4B Gym ball rollout	4	10	2111	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

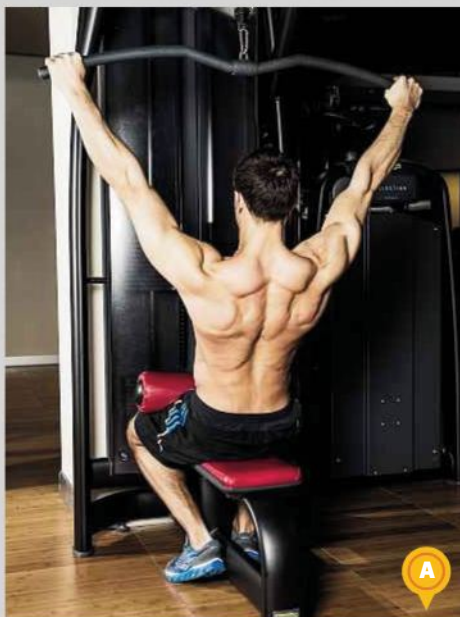
■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

1A Decline bench press



- Lie on a decline bench with your upper back and shoulders flat against it. Hold the bar with an overhand grip shoulder-width apart.
- Slowly lower the bar to your chest, taking your elbows out to 90°, until the bar is almost touching the middle of your chest or just above your nipples.
- Push the bar back strongly to return to the start.

1B Wide-grip lat pull-down



- Sit on the seat and take an overhand grip on the bar with your hands double shoulder-width apart.
- Look forwards, retract your shoulder blades and keep your torso upright.
- Pull the bar down in front of you until it reaches your upper chest. Don't lean back to aid the movement.
- At the bottom of the move squeeze your lats and return the bar slowly to the start.

2A 60° incline dumbbell bench press

- Lie on a bench set at a 60° angle, holding a dumbbell in each hand at shoulder height.
- Keep your feet flat on the floor and your back against the bench.
- Press the weights directly above your head but don't lock your elbows at the top.
- Slowly lower the weight back to the start, flaring your elbows out to the sides as you do so.

2B Reverse incline barbell shrug

- Lie on your front on an incline bench holding a barbell with a wide, overhand grip.
- Keeping your chest on the bench, shrug the barbell up.
- Return to the start.

3A Cable crossover



- Stand in the middle of a cable machine with a split stance, holding a D-handle attachment in each hand and the cable set above shoulder height.
- Keeping a natural arch in your back, your core braced and your upper body still, bring your hands down in an arc to meet in front of your chest.
- Pause briefly and squeeze your chest muscles before returning slowly, and under full control of the weight, to the start.

3B Cable straight-arm lat pull-down



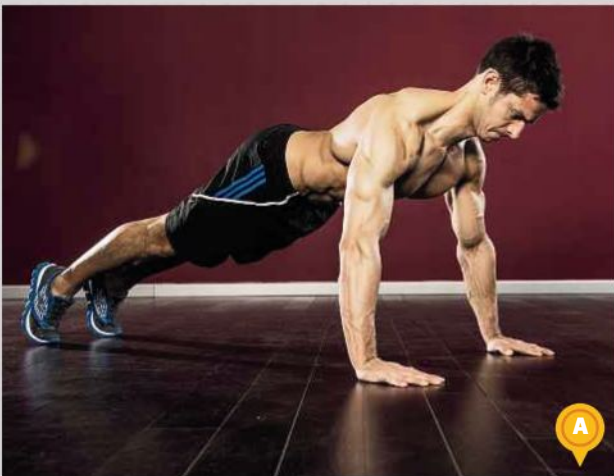
- Stand tall, holding a straight bar cable handle attached to the high pulley of a cable machine.
- Keeping your arms straight, pull the bar in an arc down to your thighs.
- At the bottom of the move squeeze your lats and triceps and return to the start.

4A Medicine ball passing press-up



- Start in a press-up position with one hand on a medicine ball.
- Keeping your body in a straight line, lower yourself until your elbows reach 90°.
- Press up and roll the ball to your other hand and repeat. That's one rep.

4B Press-up



- Start with your hands shoulder-width apart and your body in a straight line from head to heels.

- Lower yourself towards the floor until your elbows reach 90°.

- Press back up to return to the start.

WORKOUTS 14 + 17 LEGS + SHOULDERS

WEEKS 5-6

1A Deadlift



- Stand in front of a barbell and squat to grip the bar with either an overhand or alternate grip just outside your knees.
- Keeping your core braced and your shoulders retracted, use your glutes to power the initial lift, pushing down through your heels.
- Keep the bar close to your body and as it passes your knees, push your hips forwards. Keep your shoulders back throughout the move.
- Reverse the movement back to the start.

1B Push press



- With your feet shoulder-width apart, position a bar on your upper chest, gripping it with your hands slightly more than shoulder-width apart.
- Keep your chest upright and your core muscles braced.
- Bend at the knees to go into a quarter-squat, then stand up and press the bar directly upwards until your arms are fully extended overhead. Don't tilt your hips forwards.
- Lower the bar back to the start.

2A Front squat



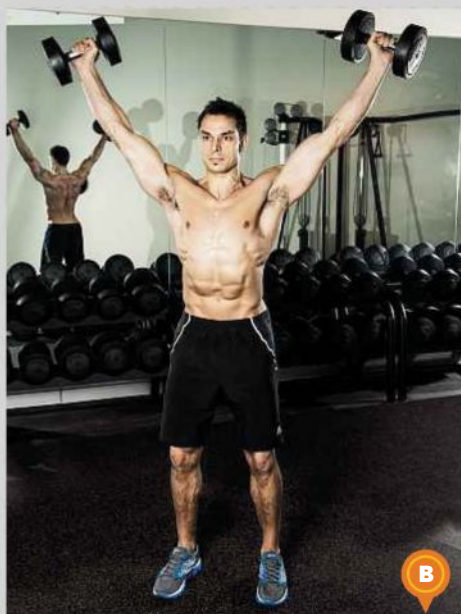
- Rest the bar on the front of your shoulders, holding it with an underhand grip, with your elbows pointing forwards and feet shoulder-width apart.
- Maintain a natural arch in your back and keep your core braced throughout the move.
- Squat until your thighs are at least parallel to the floor. The deeper you can squat, the better.
- Drive back up through your heels to return to the start.

2B Upright row



- Stand tall, holding a barbell with an overhand grip with your hands slightly narrower than shoulder-width apart.
- Lift the bar towards your chin, leading with your elbows.
- Slowly lower the bar back to the start.

3A Dumbbell wide shoulder press



- Stand with your feet shoulder-width apart, holding a dumbbell in each hand at shoulder height.
- Keeping your chest upright and your core muscles braced, press the weights up and out to the sides until your arms are straight.
- Lower the weights back to the start.

3B Cable two-arm lateral raise



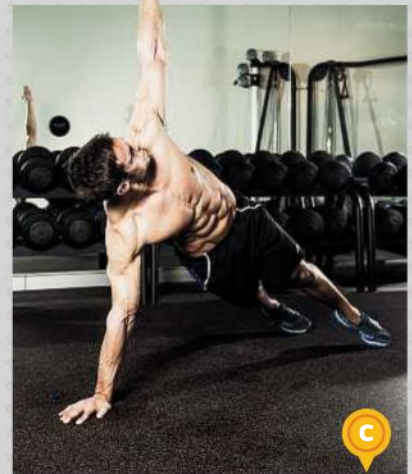
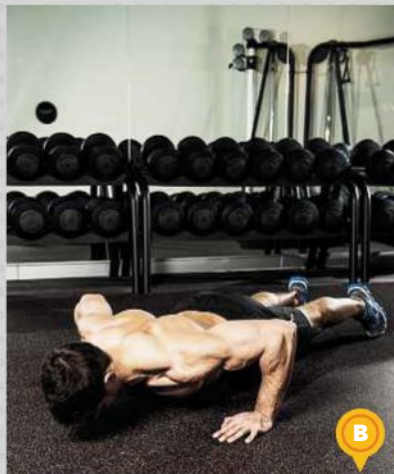
- Stand in the middle of a cable machine with your arms crossed, holding a D-handle attached to the low pulley in each hand.
- Keeping a slight bend in your elbows, lift your arms away from your body, stopping at shoulder height.
- Slowly return to the start.

4A Lunge jump



- Stand tall then take a big step forwards with one leg and lunge until both knees are bent at 90°.
- Push back off your front foot explosively so both feet leave the ground.
- Swap feet in mid-air and land with your other foot forwards.
- Descend straight into the next lunge and repeat, swapping legs with each rep.

4B T press-up



- Start in a press-up position with your body in a straight line from head to heel. Lower your chest towards the floor.

- Push up powerfully and twist your torso to raise your left arm straight above you.

- Bring your arms back to the floor and return to the start position. Repeat, raising your other arm. That's one rep.

1A Close-grip bench press



- Lie flat on a bench, holding a barbell with a close, overhand grip. Aim for about a fist-sized gap between your hands.
- Keep your head, shoulders and back supported by the bench, your core braced and your feet flat on the floor.
- Lower the bar slowly to your chest, keeping your elbows close to your sides to keep the emphasis on your triceps.
- Push back up powerfully to return to the start, taking care not to lock your elbows at the top of the move.

1B Dumbbell bench press



- Lie on a flat bench, holding a dumbbell in each hand at shoulder height.
- Keep your feet flat on the floor and your back against the bench.
- Press the weights directly above your head but don't lock your elbows at the top.
- Slowly lower the weight back to the start, flaring your elbows out to the sides as you do so.

2A Chin-up



- Grab the bar with an underhand grip so your hands are shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Pull yourself up by squeezing your lats together.
- Once your chin is higher than your hands, lower yourself back to the start.

2B Triceps dip



- Grip parallel bars, keeping your body upright.
- With your elbows pointing straight back, lower your body as far as you can comfortably go without stressing your shoulders.
- Keep your core braced and don't swing your legs for momentum.
- Press back up powerfully to return to the start, but don't lock your elbows at the top.

3A Dumbbell hammer curl



- Stand tall, holding a dumbbell in each hand by your sides with your palms facing your body.
- Keeping your elbows close to your sides, raise the weights to shoulder height, squeezing your biceps at the top of the move.
- Slowly return the weights to the start, flexing your triceps at the bottom of the move.

3B Diamond press-up



- Start in a press-up position but with your hands close together so your opposite thumbs and index fingers touch to form a diamond.
- Keeping your body in a straight line from head to heels, lower your chest as far as you can.
- Push up strongly to return to the start.

4A Decline gym ball press-up

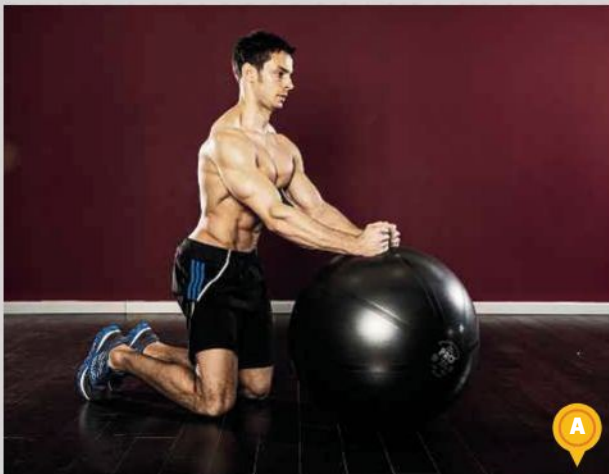


Get into a press-up position with your feet on a gym ball.

Keeping your core braced and body straight, lower your chest towards the floor.

Press back up to return to the start.

4B Gym ball rollout



Start on your knees with your forearms resting on a gym ball.

Keeping your core braced throughout, slowly roll the ball away from you.

Once your torso is parallel to the floor, contract your abs to roll back to the start.



**BUILD
A BIG
CHEST**

WEEKS 7+8

FINAL FLOURISH

The last two weeks of the programme will capitalise on the gains you've already made to put the finishing touches to your new physique

FINISHING TOUCHES

Attack the final six sessions hard to build a stronger, leaner torso

The workouts in the final fortnight of this programme have been designed to push your muscles out of their comfort zone as far as possible so you end the eight-week challenge with a physique that's almost unrecognisable from the one you started with.

To achieve this, you'll be required to complete some incredibly demanding chest moves, as well as some tough compound lifts that will hit your chest and the other major muscles of your torso in this final assault to craft a brand new upper body.

There are three workouts in the seventh week and three in the eighth, meaning you will complete six workouts in total to finish off this eight-week programme. Workouts 19 and 22 target your chest and back; workouts 20 and 23 train your legs and shoulders; and workouts 21 and 24 focus on your chest and arms. You

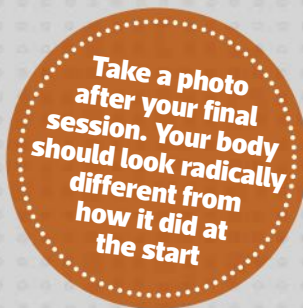
need to do the workouts in numerical order, starting with workout 19 at the beginning of week seven and finishing with workout 24 at the end of week eight.

The sets, reps, tempo and rest periods for week seven's three workouts are detailed

“ **These workouts include demanding chest moves and compound lifts** ”

in tables on p108. The same for the three workouts of week eight are revealed on p110.

As far as is possible, try to stick to the training schedule you've been following for the previous six weeks and continue to take at least a day's complete rest between sessions. The end is in sight.



NEED TO KNOW Three key considerations to remember over the next two weeks



It's vital you stick to the rest periods between sets and exercises. They've been set so you never fully recovery before performing the next lift. This accumulated fatigue will break down the maximum number of muscle fibres and create an oxygen debt that means you burn body fat even after you've finished your workout.



Ask someone in the gym to 'spot' you when doing the heavy compound lifts in these two weeks. This will allow you to lift the heaviest weights possible without taking unnecessary risks such as getting pinned under the bar or injuring yourself.



Leave nothing in your locker in these final six sessions. You need to train with intensity and focus to get more out of every single rep and force you body into positive adaptations. Put the effort in now and you'll be highly rewarded.



**TURN OVER
FOR YOUR
WORKOUTS**
➤➤➤

WEEK 7

Start with workout 19, sticking to the moves, sets, reps, tempo and rest periods detailed in the table below. Rest for at least one day then do workout 20, again sticking to the instructions here. Rest for at least a day before doing workout 21.



WORKOUT 19 CHEST + BACK

EXERCISE	SETS	REPS	TEMPO	REST
1A Wide-grip bench press	3	10	3010	30sec
1B Pull-up	3	8	3010	60sec
2A Decline dumbbell bench press	3	12	2010	0sec
2B Dumbbell bent-over row	3	12	2010	60sec
3A Decline gym ball press-up	3	12	2010	0sec
3B Gym ball back extension	3	12	2010	60sec
4A Clap press-up	3	8	X	30sec
4B Towel flye	3	10	2010	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A, rest for 30 seconds, then do the first set of 4B. Rest for 60 seconds and repeat until all sets are completed.

WORKOUT 20 LEGS + SHOULDERS

EXERCISE	SETS	REPS	TEMPO	REST
1A Squat	3	12	3010	30sec
1B Seated behind-the-neck press	3	12	3010	60sec
2A Dumbbell lunge	3	12	2010	30sec
2B Dumbbell shoulder press	3	12	2010	60sec
3A Leg extension	3	15	3010	30sec
3B Leg press	3	15	3010	60sec
4A Kettlebell swing	3	15	X	0sec
4B Kettlebell clean	3	15	X	90sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A, rest for 30 seconds, then do the first set of 2B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A, rest for 30 seconds, then do the first set of 3B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 90 seconds and repeat until all sets are completed.

WORKOUT 21 CHEST + ARMS

EXERCISE	SETS	REPS	TEMPO	REST
1A Incline guillotine press	3	10	2110	30sec
1B Cable crossover	3	15	3110	60sec
2A Weighted chin-up	3	8	3010	0sec
2B Weighted triceps dip	3	8	2010	60sec
3A EZ-bar preacher curl	3	12	2010	0sec
3B Lying EZ-bar triceps extension	3	12	2010	60sec
4A Hanging leg raise	3	12	1111	0sec
4B Hanging knee raise	3	15	1111	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

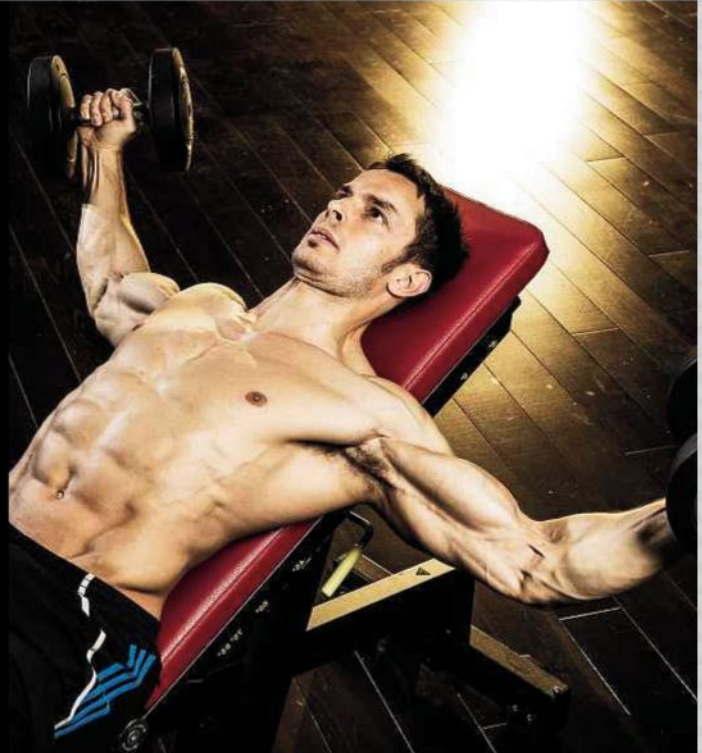
■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

WEEK 8

Do workout 22, sticking to the moves, sets, reps, tempo and rest periods detailed in the table below. Rest for at least one day then do workout 23, again sticking to the instructions here. Rest for at least a day before doing workout 24. Congratulations! You're now the proud owner of a bigger, broader chest, and your physique should be unrecognisable from when you started the programme eight weeks ago.



WORKOUT 22 CHEST+ BACK

EXERCISE	SETS	REPS	TEMPO	REST
1A Wide-grip bench press	4	8	3010	30sec
1B Pull-up	4	6	3010	60sec
2A Decline dumbbell bench press	4	10	2010	0sec
2B Dumbbell bent-over row	4	10	2010	60sec
3A Decline gym ball press-up	4	10	2010	0sec
3B Gym ball back extension	4	10	2010	60sec
4A Clap press-up	4	6	X	30sec
4B Towel flye	4	8	2010	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A, rest for 30 seconds, then do the first set of 4B. Rest for 60 seconds and repeat until all sets are completed.

WORKOUT 23 LEGS + SHOULDERS

EXERCISE	SETS	REPS	TEMPO	REST
1A Squat	4	10	3010	30sec
1B Seated behind-the-neck press	4	10	3010	60sec
2A Dumbbell lunge	4	10	2010	30sec
2B Dumbbell shoulder press	4	10	2010	60sec
3A Leg extension	4	12	3010	30sec
3B Leg press	4	12	3010	60sec
4A Kettlebell swing	4	12	X	0sec
4B Kettlebell clean	4	12	X	90sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A, rest for 30 seconds, then do the first set of 2B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A, rest for 30 seconds, then do the first set of 3B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 90 seconds and repeat until all sets are completed.

WORKOUT 24 CHEST + ARMS

EXERCISE	SETS	REPS	TEMPO	REST
1A Incline guillotine press	4	8	2110	30sec
1B Cable crossover	4	12	3110	60sec
2A Weighted chin-up	4	6	3010	0sec
2B Weighted triceps dip	4	6	2010	60sec
3A EZ-bar preacher curl	4	10	2010	0sec
3B Lying EZ-bar triceps extension	4	10	2010	60sec
4A Hanging leg raise	4	10	1111	0sec
4B Hanging knee raise	4	12	1111	60sec

■ Perform the first set of 1A, rest for 30 seconds, then do the first set of 1B. Rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 2A then the first set of 2B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 3A then the first set of 3B without rest. Then rest for 60 seconds and repeat until all sets are completed.

■ Perform the first set of 4A then the first set of 4B without rest. Then rest for 60 seconds and repeat until all sets are completed.

1A Wide-grip bench press



- Lie on the bench with your feet on the floor directly underneath your knees.
- Hold the bar with an overhand grip more than shoulder-width apart.
- Lower the bar to your chest until your elbows are bent at 90° and the bar is almost touching the middle of chest or is just above your nipples.
- Drive your feet hard into the floor and push the bar strongly back to the start.

1B Pull-up



- Hold the bar with an overhand grip with your hands shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Pull yourself up by squeezing your lats together.
- Once your chin is higher than your hands, pause briefly and lower yourself back to the start.

2A Decline dumbbell bench press



- Lie on a decline bench, holding a dumbbell in each hand at shoulder height with your elbows at 90°.
- Extend your arms to press the weights directly overhead.
- Lower the weights slowly to return to the start.

2B Dumbbell bent-over row



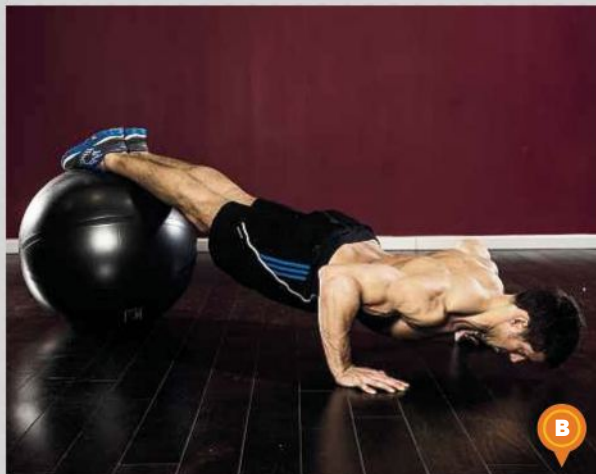
- With your core braced, back straight and shoulder blades retracted, hold a dumbbell in each hand with an overhand grip. Bend your knees slightly and lean forwards from the hips. This is the start position.
- Row the weights up to your lower sternum by retracting your shoulder blades and leading with your elbows.
- Return slowly to the start.

3A Decline gym ball press-up



Get into a press-up position with your feet on a gym ball.

Keeping your core braced and body straight, lower your chest towards the floor.



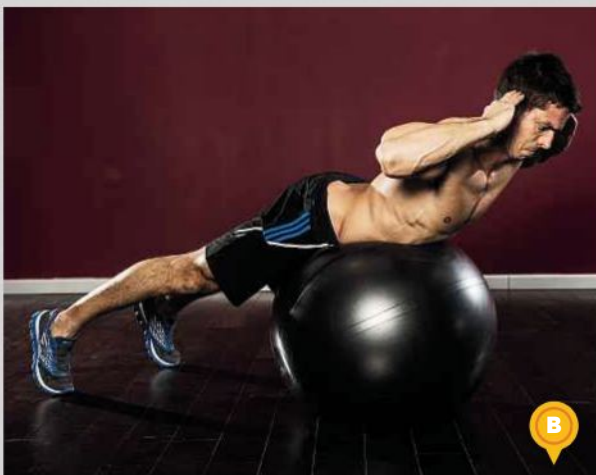
Press back up to return to the start.

3B Gym ball back extension



Lie over a gym ball with your hands touching your temples.

Use your lower back muscles to lift your torso off the ball.



Lower back to the start.

4A Clap press-up



- Start in a press-up position with core braced and body straight from head to heel.
- Lower your chest to the floor then press back up

powerfully so your hands leave the floor and you can clap them together.

- Land and immediately descend into the next rep.



4B Towel flye



- Start in a press-up position with each hand on a small towel.

- Slowly slide your arms out to the side to lower your chest towards the floor.



- Once your arms are as wide as is comfortable, reverse the movement back to the start.

1A Squat



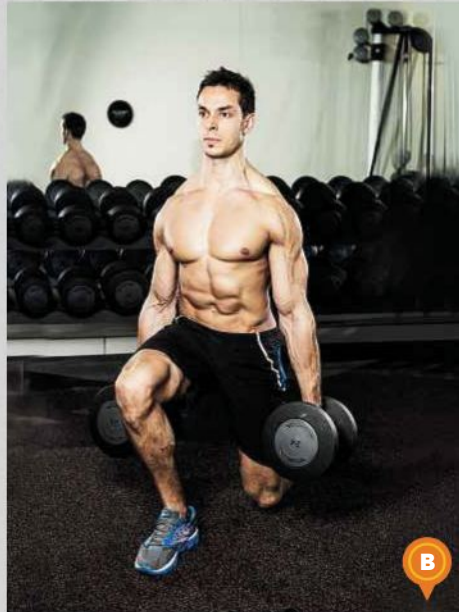
- Rest a barbell on the back of your shoulders – not your neck – holding it with an overhand grip slightly wider than your shoulders. Keep your elbows pointing to the floor.
- Your feet should be slightly more than shoulder-width apart with your toes pointing outwards slightly.
- Squat until your thighs are at least parallel to the floor. The deeper you can squat, the better.
- Drive back up through your heels to return to the start.

1B Seated behind-the-neck shoulder press



- Sit on an upright bench, holding a barbell behind your neck with your elbows at 90°.
- Keep your chest upright and your core braced.
- Press the bar directly upwards until your arms are fully extended.
- Lower the bar back to the start.

2A Dumbbell lunge



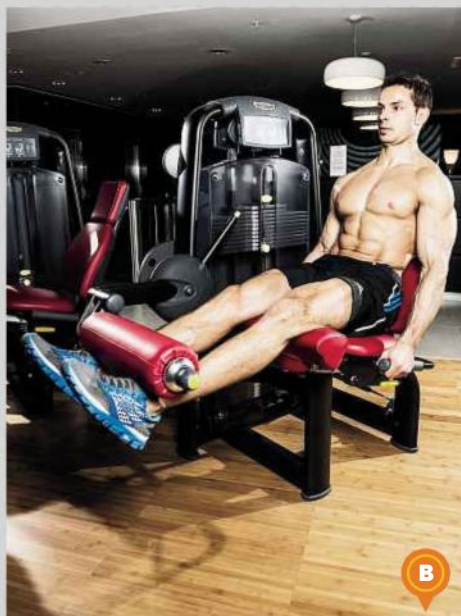
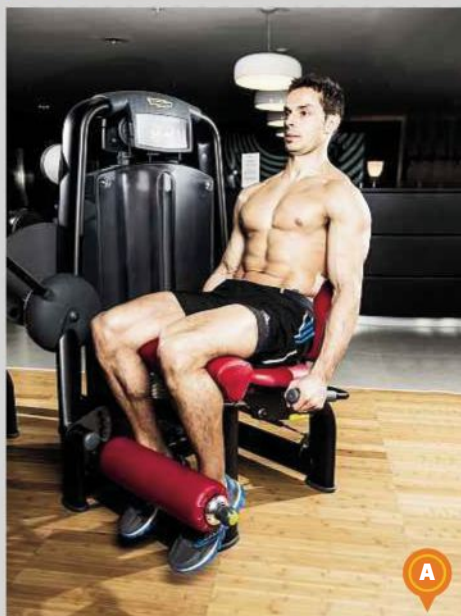
- Stand tall, holding a dumbbell in each hand by your sides.
- Take a big step forwards with one leg and lunge until both knees are bent at 90°.
- Push back off your front foot to return to the start, then repeat with the other leg.

2B Dumbbell shoulder press



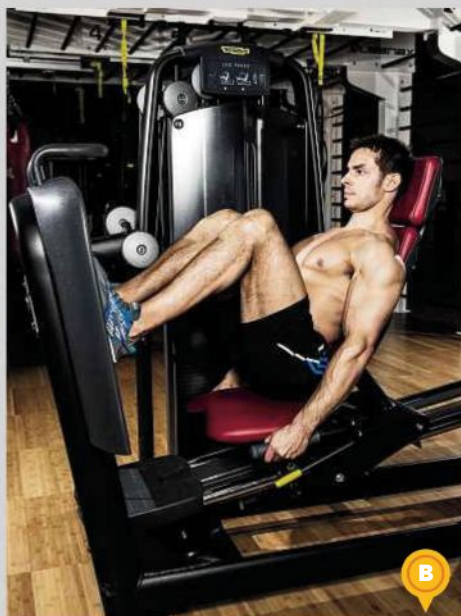
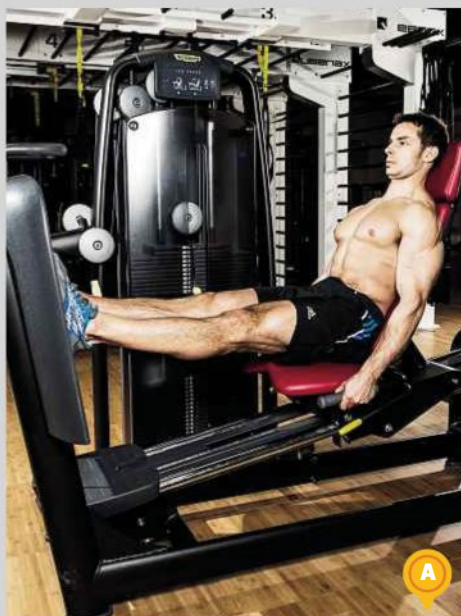
- Stand with your feet shoulder-width apart, holding a dumbbell in each hand at shoulder height.
- Keep your chest upright and your core muscles braced.
- Press the weights above your head until your arms are fully extended.
- Lower the weights back to the start.

3A Leg extension



- Sit on the machine, following its instructions to position yourself correctly and safely.
- With the pad against the lower part of your shins, raise it by straightening your legs.
- Return slowly to the start.

3B Leg press



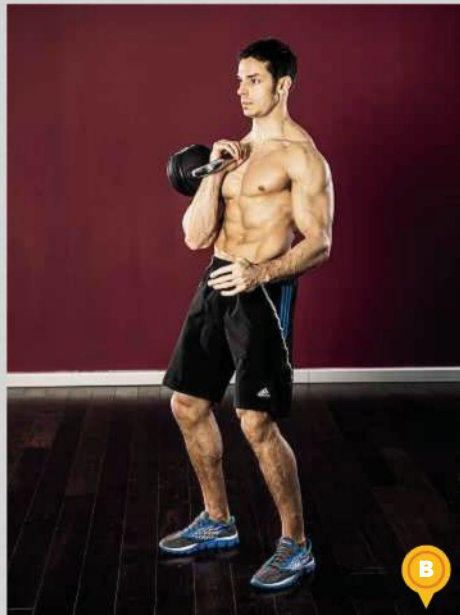
- Sit on the machine, following its instructions to position yourself correctly and safely.
- Release the lock and bend your knees to lower the platform towards you.
- Pause briefly then push through your heels to straighten your legs and return to the start.

4A Kettlebell swing



- Stand with your feet shoulder-width apart, holding a kettlebell in both hands.
- Keeping your back straight and your knees in line with your feet, move the kettlebell between your legs.
- Brace your core, stand up and snap your hips forwards to propel the kettlebell up to shoulder height. The power comes from your hips, not your arms.
- Continue to swing in a fluid, controlled movement. Breathing out at the top of the move and in during the kettlebell's descent.

4B Kettlebell clean



- Stand with your feet shoulder-width apart, holding a kettlebell in one hand.
- Keeping your back straight and your knees in line with your feet, move the kettlebell between your legs.
- Swing the kettlebell upwards with a pop from your hips.
- As it moves upwards, bend your elbow and let the handle slide into the base of your palm to rack the kettlebell on the front of your shoulder, keeping your elbow tucked into your body.
- Reverse the move to return to the start.

1A Incline guillotine press



- Lie on an incline bench with your upper back and shoulders flat against it. Hold the bar with an overhand grip shoulder-width apart. Brace your core and maintain a natural arch in your back.
- Slowly lower the bar to your neck, taking your elbows out to 90°, until the bar almost touches you.
- Push the bar back strongly to return to the start.

1B Cable crossover



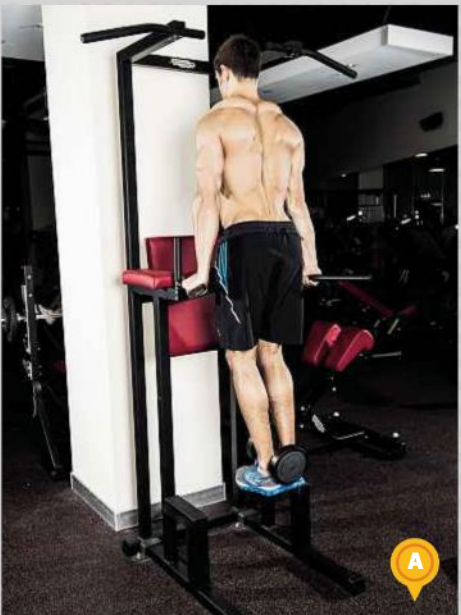
- Stand in the middle of a cable machine with a split stance, holding a D-handle attachment in each hand and the cable set above shoulder height.
- Keeping a natural arch in your back, your core braced and your upper body still, bring your hands down in an arc to meet in front of your chest.
- Pause briefly and squeeze your chest muscles before returning slowly, and under full control of the weight, to the start.

2A Chin-up



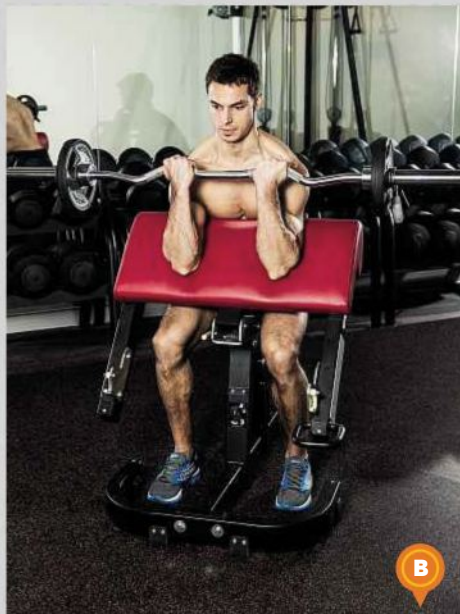
- Grab the bar with an underhand grip so your hands are shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Pull yourself up by squeezing your lats together.
- Once your chin is higher than your hands, lower yourself back to the start.

2B Weighted triceps dip



- Grip parallel bars, keeping your body upright, with either a dumbbell secured between your feet or a weight plate attached to a belt.
- With your elbows pointing straight back, lower your body as far down as you can comfortably go without stressing your shoulders.
- Keep your core braced and don't swing your legs for momentum as you return to the start.

3A EZ-bar preacher curl



- Sit at a preacher bench, holding an EZ-bar with an underhand grip.
- Keeping your elbows on the bench, curl the bar up towards your chin.
- Lower back slowly to the start.
- Avoid rocking back and forth to generate momentum, which takes the emphasis away from the biceps.

3B Lying EZ-bar triceps extension



- Lie flat on a bench, holding an EZ-bar above you with straight arms.
- Slowly lower the bar towards the top of your head by bending your elbows, which should stay pointing to the ceiling.
- Without arching your back, straighten your arms to return the bar slowly to the start.

BLAST AWAY FAT

Want to get rid of those final stubborn bits of fat? Clever use of cardio is key

If your chest is bigger and stronger, along with your arms, shoulders, back and legs, you're well on your way to building a new body. However, if you're still struggling to shift the stubborn fat from your belly, it may be worth adding some cardio sessions to your weekly training programme to blast it off.

That doesn't mean a two-hour gentle run but high-intensity cardio, which has similar fat-burning, muscle-building effects as weight training. Here's all you need to know, starting with answers to some of the most common cardio questions, plus how to create the right cardio session for you.

I've been running for years but I don't seem to lose any weight. Why is this?

Low-intensity cardio training, such as jogging, is one of the most popular tactics for weight loss but it's far from one of the best. Long-duration, steady-state cardio is not an efficient way to burn fat – if fat loss is your primary objective, you'd be better off doing something else.

Why isn't steady-state cardio best for fat loss?

Slow cardio can lead to an increase in your levels of the stress hormone cortisol because of the stress this type of training puts on your system. Cortisol encourages the storage of abdominal body fat – in other words belly fat, the very fat most men want to lose – and also lowers testosterone, a hormone that is vital



for building muscle and burning fat. Steady-state cardio training is often also accompanied by the desire to eat a lot of carbs and not enough protein, which will also lead to fat storage.

What type of training should I do instead?

Lift weights and do high-intensity cardio training. Lifting weights helps to promote the release of growth

hormones, which burn fat, and you'll also add more muscle, which has the effect of making your body burn more calories even at rest. High-intensity interval training, or HIIT (see panel, right), is also great because it has the same effect on your body as weight training and doesn't stress your body too much.

What is HIIT?

Short, intense bursts of sprinting, cycling or any other type of traditional cardio. Typically it's a short period of all-out effort followed by slower periods that allow you to recover before you repeat the pattern. Like weightlifting, it creates an oxygen debt that your body must balance afterwards, which has the effect of burning far more calories and releasing more growth hormone.

How do I create a HIIT plan?

Owing to the nature of this training and level of intensity, you don't want to be doing HIIT every day. It will quickly cause excess fatigue in your nervous system, at which point it stops being effective. Instead, do two or three workouts a week in which, after a thorough warm-up, you alternate between 20-30 seconds of all-out effort and 45-60 seconds of recovery. Repeat this eight to 12 times and finish with a warm-down.

The beauty of HIIT is that you can do any form of exercise you like – sprinting, cycling, swimming, rowing, punching. As you get fitter, increase the length of the work period and reduce the recovery period.

Should I still do prolonged cardio?

If you love getting outdoors for a long run or cycle ride, definitely continue to do so occasionally – the benefits to your health and mood are undeniable. However, treat it as a recovery session and don't expect it to make a positive difference to your physique if fat loss is your primary objective.

GETTING INTENSE

Blast away stubborn fat stores with high-intensity cardio

High-intensity interval training, or HIIT, is the single best cardio training protocol to get you lean and ripped. Here's what you need to know.

What? HIIT is a proven method of intense cardiovascular training for burning body fat. Similar to weight training, it elevates your metabolism for up to 24 hours after your session so you continue to get leaner long after you've finished training.

Why? Because of excess post-exercise oxygen consumption (EPOC). HIIT creates an oxygen debt and a build-up of lactic acid in your muscles, both of which must be eradicated once you've finished exercising. This process increases your metabolism so you burn more calories, even at rest.

What else? The benefits over steady-state cardio are numerous: it improves cardiovascular fitness and health to a far greater extent; it doesn't take as long, so doesn't get boring or repetitive; it can have profoundly positive hormonal benefits, such as raising growth hormone levels and improving insulin sensitivity; and done correctly it also places a nice stimulus on your muscles, helping to improve your overall body composition.

Still need convincing? Think of the difference in physique between a 100m sprinter and a marathon runner. One does HIIT, the other does long, steady-state cardio.

How? Unlike weight training where there is a right way and a wrong way to train depending on your goals, if

you're using HIIT you'll get far more out of it by freestyling a little bit. Just follow these key principles:

- 1 Pick an exercise you enjoy. If you hate running but love the rowing machine, you're far more likely to stick with it if you row instead of run.
- 2 A HIIT session can last anything from ten to 40 minutes. The longer the better, but if you only have ten minutes you'll still see some gains. Quality beats quantity.
- 3 After a quick warm-up, go fast then slow and repeat. That's it. You can do 30 seconds of all-out effort followed by 45 seconds easy, or 15 seconds and 15 seconds, or 35 seconds and 60 seconds – mix it up to keep your body guessing.
- 4 Don't do HIIT before weights – it will make you weaker when you need to feel fresh and energised.
- 5 Don't do HIIT with too many carbs in your system. They'll get burned as fuel, when you want to be targeting fat stores. Carbs also raise insulin levels and you want these sessions to lower your insulin levels for an optimal fat-burning response.

SAMPLE HIIT SESSION

- 2-5min at moderate pace hard enough so you could hold a conversation but only if you had to.
- 10 x 20sec all out alternated with 40sec at comfortable pace.
- 5-10min at moderate to challenging intensity.
- 4 x 45sec all out alternated with 60sec at comfortable pace.
- 5min at the same pace as the first 5min.





NUTRITION

Eating the right foods at the right time is as important as what you do in the gym if you want to build a bigger, stronger body



EAT FOR A BIG CHEST

Discover all you need to know about how to fuel your chest-building training plan

If you want a bigger and stronger chest, what you do in the kitchen is as important as what you do in the gym. Without a solid nutrition plan that contains enough essential nutrients – specifically protein, the building block of new muscle tissue – you’ll never add the size and strength you want and consequently all your hard work in the gym will be for nothing. It’s an age-old fitness cliché but it still rings true: you can’t out-train a bad diet.

The good news is eating for a bigger, better body isn’t complicated. In fact, it’s incredibly easy if you’re organised and disciplined about what you need to eat and when.

In this Nutrition chapter you’ll learn the right way to eat to ensure your workouts result in a broader chest, beginning with the seven key nutrition rules you should to follow for the duration of this eight-

week training programme. There’s also a sample seven-day meal plan you can either follow to the letter or adapt to suit your own individual tastes.

At times, you may get a bit bored of eating similar foods – lean protein and vegetables –

“ Without a nutrition plan that contains enough nutrients you’ll never add the size and strength you want ”

but remember you’re eating for your muscles now not your tastebuds and eight weeks isn’t long in the grand scheme of things. You can eat what you want in a couple of months when you’re the proud owner of a big chest.

WHAT YOU’LL FIND IN THIS CHAPTER

1

Turn to p130 for the seven nutrition rules you need to follow so you can make the most of your workouts and build a bigger chest. Here you’ll find everything you need to know to grow larger and stronger while reducing fat so your newly improved muscles can be shown off at their best.

2

Confused about carbs? Turn to p134 for a comprehensive explanation of their role in your diet, including which types to avoid and which ones can actually help you achieve your fitness goals.

3

Now you know the essentials, see that knowledge put into practice with our sample seven-day meal planner on p136. Once you’ve worked out how many grams of protein you need each day, you can adjust the plan to get all the protein and other essential nutrients you need.



EAT FOR A BETTER BODY

What you eat is just as important as how you train if you want to build muscle and burn fat

When it comes to creating your new body, just going to the gym three times a week won't cut it. Here are the seven rules you need to stick to in the kitchen if you want to build a bigger, stronger and leaner body. The good news is it's more simple than you'd think.

1

GREEN IS GOOD

Vegetables should be the foundation of your diet: every time you sit down to eat, half your plate should be covered with something green and fibrous. If that doesn't sound too appetising, just remember this: you need to get lean to show off your muscles to their full effect, and you would have to eat half a kilo of asparagus to ingest the same amount of carbs as you'd get in a single wholemeal pitta bread.

2

EAT PROTEIN AT EVERY MEAL

Protein is one of the most important components of this diet. That's because when you eat a high-protein diet, you're generally less hungry so eat less and lose weight as a result. For many people it's actually a struggle to eat too much protein; however, you could easily not be getting enough. Make sure you eat lean,

high-quality protein with every meal and aim for a minimum of 2g per kilogram of bodyweight, but don't be afraid of sticking to as much as 4g per kilo.

3

DON'T FEAR FAT

Fat does not make you fat. In fact, you need to consume good-quality fats if you want to build muscle and burn body fat because this macronutrient plays a number of roles in energy expenditure, vitamin storage and making the male sex hormone testosterone. However, while there's no need to avoid the fats found in red meat, avocado and nuts, you should make every effort to avoid hydrogenated and trans fats – those found in cakes, biscuits and other processed foods – because not only will they derail your muscle-building and fat-loss mission, they are also really bad for you. Don't go out of your way to eat fat on this diet – extra lard isn't appropriate, and we're not going to give you a fat goal in the way we have with protein and carbohydrate. Our view is the fat will take care of itself based on the foods you eat for your protein intake. ▶





4

START AS YOU MEAN TO GO ON

Think of breakfast as you would any other meal: it needs to include a blend of protein, fats and vegetables. To start with it may be strange to eat steak with broccoli first thing, but eating the right foods for breakfast will set you up for the rest of the day, get your metabolism fired up and start the supply of quality of nutrients to your muscles.

“It may be strange to eat steak first thing in the morning, but it sets you up for the day”



5

NUTRIENTS NOT CALORIES

Here's a quick lesson in logic if you're still locked into the old 'calories in, calories out' rule for fat loss. What will make you fatter: 2,000 calories from ice cream or 2,000 calories from steak and broccoli? You know the answer to this already, so you should accept that intake of the correct macronutrients is ultimately more significant than calorie counting.

That said, calories – or more significantly, portion control – are still a key consideration when it comes to losing fat. Think of the impact on body composition of 2,000 calories from steak and broccoli compared with 5,000 calories from the same food. Remember, the aim is to get to single-digit body-fat levels, so you want to hit the correct macronutrient numbers to build muscle without eating any extra unnecessary calories.

6

FREE RANGE IS KEY

Free-range animals have a more varied diet and get a lot more exercise than those that are intensively farmed, which allows the development of more muscle that in turn tends to contain more zinc, vitamins B, A and K, amino acids, iron, selenium, phosphorus and zinc. Also, farm-raised salmon have been found to contain up to eight times the level of carcinogens as their wild brethren, thanks to cramped conditions and poor-quality feed, while grass-fed beef tends to have much higher levels of conjugated linoleic acid and omega 3s than the kind fed on grain and beef tallow. Eating free range feels less like a frivolous luxury if you think of it this way: it's so nutritionally dissimilar to cage-reared it's basically different food.



7

EAT REAL FOOD

This is the key. If you do this, you'll end up following all the other rules almost by default. A simple rule of thumb is to eat only food that grows out of the ground or once had a face. Alternatively, go caveman. When you're looking at something on the supermarket shelf, ask yourself if it would have existed 5,000 years ago. If the answer is no, it probably isn't anything you should be eating. You may find it easier to stick to the outer aisles, which is where all the fresh produce is usually kept for ease of transportation, and away from the interior where everything's canned, processed or packed full of preservatives. Avoid things containing preservatives you can't spell or ingredients you wouldn't keep in the kitchen. Eat things that will eventually rot, so you know they're fresh. And try to enjoy it.



CARB YOUR ENTHUSIASM

Carbs aren't all bad if you want to build muscle and burn fat. In fact, using them correctly is one of the best ways to do both

Carbohydrates have a bad rap when it comes to muscle building and fat loss – they spike insulin levels, which can result in your body storing more energy as fat rather than using fat for energy – but manipulating your carb intake is one of the best ways to get bigger and leaner. You just need to be lean enough in the first place to deserve those carbs.

Are carbohydrates good or bad for me?

It depends on the type, source and, in some cases, when you consume them, based on your ultimate training aims.

What happens when I eat carbs?

Carbs are digested and processed at different rates depending on their structure. In basic terms, the simpler the source – such as sugar – the faster

it's digested, with the result being a more rapid rise in blood glucose levels. This in turn prompts your pancreas to release the hormone insulin, which carries this energy source into your body's cells where it can be used.

What's the difference between types of carb?

Each carbohydrate is defined by the number of sugar molecules it contains. Complex carbs have three or more sugar molecules. This means they take longer for your body to break down and therefore help to maintain a steady blood glucose level. Simple carbs, on the other hand, elevate blood glucose quickly. Excessive consumption of the latter can cause short-term problems such as excessive eating and weight gain, and long-term serious health issues.

How do I know which carbs are complex or simple?

The glycaemic index, or GI, tells us how fast each type of carb causes blood glucose levels to rise. Foods are rated one to 100, with 100 causing the fastest rise and anything below 60 typically being more complex. However, GI is only really relevant if the carbs are consumed alone, as eating protein, fats and fibre at the same time will lower a carb's GI value. Basing a diet on the GI alone is therefore not advisable.

Are carbs vital to performance and muscle growth?

Carbs are the most accessible energy source, but how many are needed and how often depends on the individual. For professional athletes and those with intense training schedules, carbs have a bigger role to play. But for the average

CRASH COURSE Stick to these three carb rules to look good and feel great

1

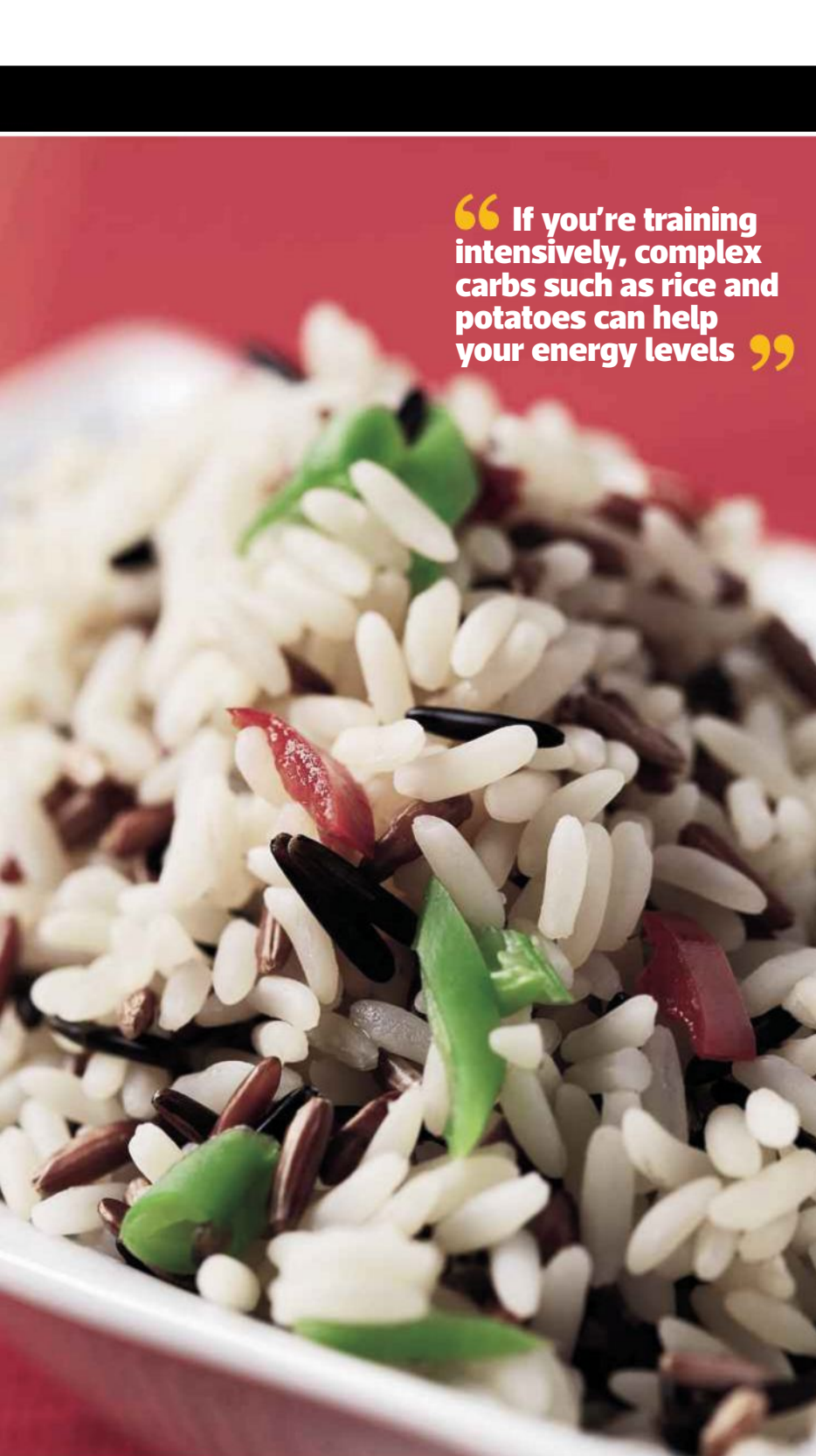
Avoid eating carbs at breakfast to prevent a mid-morning energy slump. Stick to proteins and fats instead.

2

Base your carb intake around vegetables but include complex carbs when you're training hard.

3

It can be beneficial to consume simple carbs after your workout when your energy and blood sugar levels are low, but limit consumption at all other times.



“ If you’re training intensively, complex carbs such as rice and potatoes can help your energy levels ”

person, consuming the right amount of quality protein, fats, essential nutrients and fluids is far more important. The body can metabolise proteins and fats into glucose in the absence of carbs, if necessary.

Do carbs make you fat?

Not if you eat the right types in the right quantities. Problems arise when too many simple sugars are consumed too regularly. Processed sugars provide a lot of calories but few other nutrients and can block the absorption of other essential nutrients.

Why are simple carbs so bad?

It’s easy to eat a lot of simple carbs quickly and therefore consume too many calories. Eating too many simple carbs also results in too much insulin being released regularly into your system, which your cells can become desensitised to. This is called insulin resistance and is a precursor of type 2 diabetes, when you have constantly elevated levels of glucose. Over time, glucose builds up in the tissues of the heart, kidneys, eyes and nerve endings, which can have serious health implications.

Which carbs should I stick to?

Vegetables provide the best bang for your buck. Packed with dense nutrients and fibre, they cause a very stable and manageable rise in blood sugar. If you’re training intensively, complex carbs such as rice and potatoes can also help your energy levels. Wheat should be eaten with caution, because many people have problems digesting it efficiently.

EAT FOR A BIGGER CHEST

WEEK ONE

MONDAY

BREAKFAST

- Ham omelette and a handful of almonds

SNACK

- Post-workout shake: blend 1 scoop protein powder, 100ml coconut milk, ½ banana, 75ml semi-skimmed milk and 1tbsp oats

LUNCH

- 100g quinoa mixed with a chopped onion, garlic, green chilli and 8 walnuts; serve with a salmon fillet

SNACK

- Small pot of hummus with celery, carrot and cucumber sticks

DINNER

- Ginger chicken stir-fry

SNACK

- Greek yoghurt with cinnamon and pecan nuts

TUESDAY

BREAKFAST

- 50g oats with 200ml skimmed milk, served with raspberries and honey; stir in ½ scoop whey protein at the end

SNACK

- Carrot sticks with brazil nut butter

LUNCH

- Grilled prawns with a mixed salad, ½ avocado and pumpkin seeds

SNACK

- Two boiled eggs

DINNER

- Steak with roasted vegetables

SNACK

- Greek yoghurt with cinnamon and 10 walnuts

WEDNESDAY

BREAKFAST

- Goat's cheese and spinach omelette with a handful of almonds

SNACK

- Post-workout shake: blend 1 scoop protein powder, ½ banana, raspberries, 150ml skimmed milk, 100ml natural yoghurt, 1tbsp sunflower seeds and 20g rolled oats

LUNCH

- Lamb steak with salad and cherry tomatoes

SNACK

- Small pot of hummus with celery, carrot and cucumber sticks

DINNER

- Cod fillet with steamed vegetables

SNACK

- Greek yoghurt with cinnamon and pecan nuts

THURSDAY

BREAKFAST

- 50g oats with 200ml skimmed milk, served with raspberries and honey; stir in ½ scoop whey protein at the end

SNACK

- Cucumber sticks with brazil nut butter

LUNCH

- Grilled prawns with a mixed salad, ½ avocado and pumpkin seeds

SNACK

- Two scrambled eggs with ham and spinach

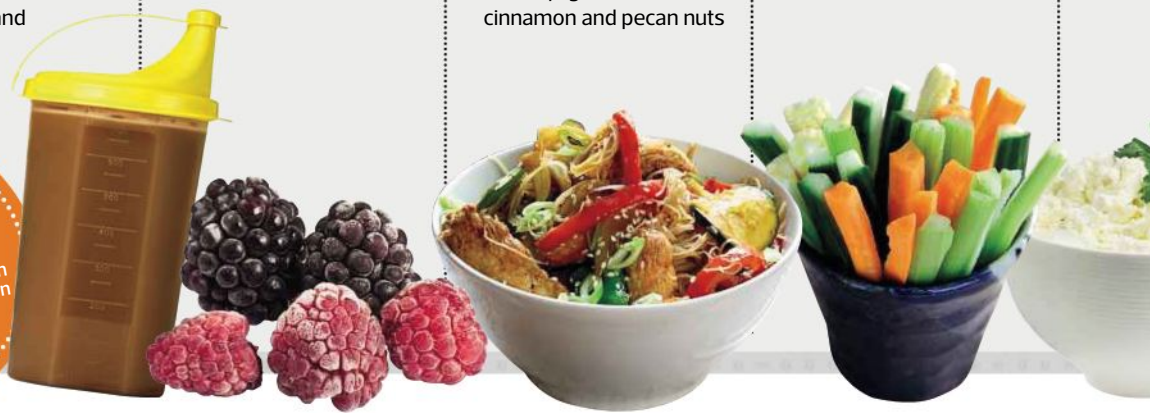
DINNER

- Tuna steak with asparagus, broccoli and cauliflower

SNACK

- Greek yoghurt with cinnamon and 10 walnuts

SHAKE IT!
Protein shakes have been included on Monday, Wednesday and Friday because this is an effective way to plan your workouts. If you train at other times, have a shake after that day's workout.



Follow this sample seven-day meal plan to build lean muscle mass across your chest as well as your arms, shoulders, back and legs, while also burning body fat

FRIDAY

BREAKFAST

- Roasted vegetable omelette and a handful of almonds

SNACK

- Post-workout shake: blend 1 scoop protein powder, 100ml coconut milk, ½ banana, 75ml semi-skimmed milk and 1tbsp oats

LUNCH

- Ham and avocado salad

SNACK

- Small pot of hummus with celery, carrot and cucumber sticks

DINNER

- 2 pork chops with sweet potato mash and green beans; small glass of red wine

SNACK

- Greek yoghurt with cinnamon and pecan nuts

SATURDAY

BREAKFAST

- Smoked haddock fillet with 2 poached eggs, asparagus and toasted rye bread

SNACK

- Cucumber sticks with brazil nut butter

LUNCH

- 100g quinoa mixed with 2 boiled eggs, 1 chicken breast and broccoli

SNACK

- 1 can salmon

DINNER

- Beef chilli with green veg and cauliflower rice. Cut a cauliflower into pieces small enough to fit into a food processor. Sauté an onion for around 10 minutes. Finely chop the cauliflower in the food processor and add to the onions to cook for five to six minutes

SNACK

- Greek yoghurt with cinnamon and 10 walnuts

SUNDAY

BREAKFAST

- Smoked haddock fillet with 2 poached eggs, asparagus and toasted rye bread

SNACK

- A handful of brazil nuts

LUNCH

- Diced lamb grilled on skewers with green and red peppers, onion and cherry tomatoes, plus a baked sweet potato

SNACK

- Ham and ½ avocado

DINNER

- Beetroot, spinach and goat's cheese salad

SNACK

- Greek yoghurt with cinnamon and 10 walnuts

NUMBER CRUNCHING

To build muscle and burn fat you need to eat around 3g of protein per kilogram of lean bodyweight every day and reduce your carb intake to allow your body to manage the nutrients you consume more efficiently

This seven-day sample meal plan has been designed for a man weighing 75kg with a body-fat percentage of 15%. This means his lean bodyweight is 63.75kg, so he needs to consume at least 190g of high-quality protein per day.

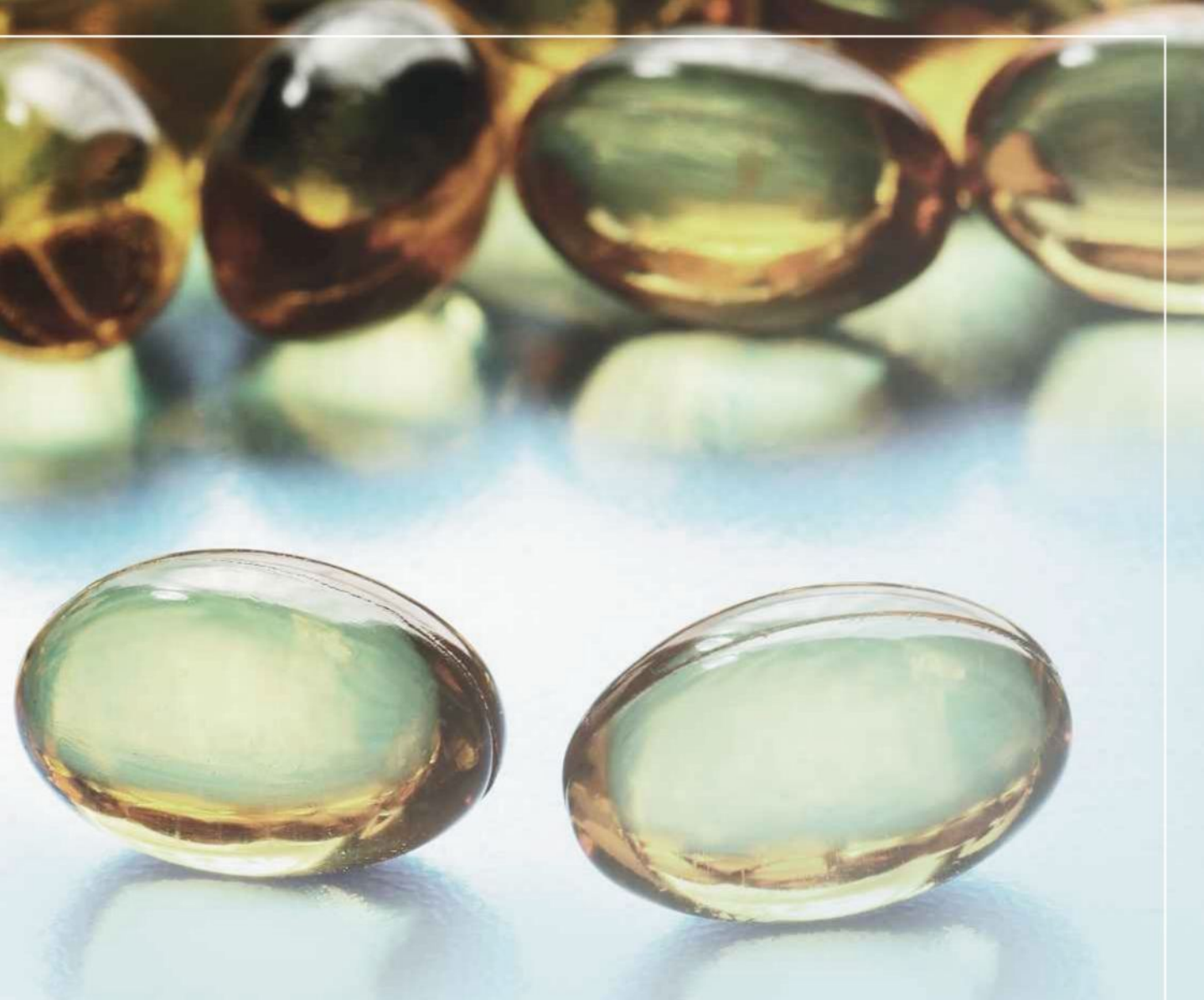
This meal plan will ensure you eat between 190g and 200g of protein a day, as well as get all the essential fats, vitamins and minerals you need. However, you may be heavier, lighter, slimmer or fatter, so you need to work out exactly how much protein you need each day to reach your objectives.

How to work it out:

- Take your weight and divide it by 100, eg $75\text{kg}/100=0.75$
- Subtract your body-fat percentage from 100, eg $100-15=85$
- Multiply these two values together to get your lean bodyweight, eg $0.75 \times 85 = 63.75\text{kg}$
- You need 3g of protein per kg of lean bodyweight, so multiply this by 3, eg $63.75 \times 3 = 191\text{g}$
- This is your daily protein target, which should be split over four to six meals







SUPPLEMENTS

Discover which pills and powders you can take to boost your muscle-building and fat-loss efforts to achieve your goals faster



TOP TIP

A post-workout protein shake will rebuild your muscles faster

SUPER SUPPPS

Accelerate your gains by taking the right supplements at the right time

Whether you regularly pack a protein shake in your gym bag or just chug the occasional isotonic sports drink, chances are you've used supplements at one time or another. The trouble is, the whole process can get a bit confusing – with every supplier claiming its brand is better filtered, or more efficient, or will pack on more muscle – to the point where you feel as if you need a degree in chemistry to understand what you're putting into your body.

Don't worry, help is at hand. The science may be baffling, but we've put together the definitive guide to the latest developments in supplement science: what you need, when you need it, why you need it and what – if any – are its potential pitfalls.

It's possible you'll find something to send your training gains through the roof, or you might just learn a bit more about the stuff you're already using. Either way, next time you put in a hard day at the gym, you'll know you're getting the nutritional back-up you need.

WHAT SUPP?

We answer the most frequently asked supplement questions

Q Can't I get all the nutrition I need from my daily diet?
Yes, if you really watch what you eat. Having said that, you'll sometimes

find that getting the optimum amount of certain substances for your training means eating a lot. For example, getting the amount of creatine many trainers recommend would mean eating an awful lot of beef. Use supplements to fill the gaps in your diet, but don't rely on them to counteract bad eating habits.

Q Should I take supplements on the days I'm not training?

Yes. You get stronger as you recover from exercise, so making sure you're getting enough nutrients on your rest days is essential.

Q Should I be waking in the middle of the night to take supplements?

Almost definitely not. You might have heard about bodybuilders getting up at 3am to neck a quick shake, but as soon as you're awake for more than three seconds you disrupt the production of melatonin, which is one of the most important hormones in building muscle. You're better off having some nice slow-digesting protein – such as raw nuts, cottage cheese or a casein shake – before bed.

Q Are supplements safe?

Since sports supplements are technically classified as food, they aren't subject to the same strict manufacturing, safety testing or labelling as licensed medicines, so there's no guarantee they're living

up to their claims. The EU is currently looking into the situation with a view to introducing stricter guidelines, but in the meantime it's up to individual manufacturers to maintain the quality of their own products.

Look for supplements that are ISO17025 certified, which means they've been subjected to rigorous checks during their production.

Q Could taking supplements result in me failing a drugs test?

Maybe. If you're a serious enough sportsman to be tested, you must be careful. A survey conducted by an International Olympic Committee-accredited laboratory in Cologne looked for steroids in 634 supplements and found that 15 per cent of them contained substances that would cause a failed drug test, although none contained actual steroids.

If you're concerned, consult a registered nutritionist or dietician before taking supplements, or talk to your sports federation.

Q Can I get ripped without working out if I take the right supplements?

Sadly, no. Anyone who tells you a magic formula can give you massive biceps and sculpted abs is fibbing. Eat right, train hard, tailor your supplement use to your goals and choose well-researched and tested products, and you'll see the results you want.

MUSCLE UP

Discover the best supplements for adding lean muscle mass

WHEY PROTEIN

WHAT The post-workout protein

WHY Whey is a fast-release protein, which means it's digested quickly and therefore gets into your bloodstream – and your muscles – fast. What you consume after training is one of the most important meals you eat, so make sure you buy a high-quality whey protein.

HOW Your muscles are most receptive to nutrients as soon as you finish training, so make sure you drink a protein shake as soon as you've completed your final rep. Aim for a minimum of 30g of whey protein powder.

“ It's vital to have adequate supplies of creatine when doing heavy, high-intensity workouts. It helps you lift harder longer ”

CASEIN

WHAT The bedtime protein

WHY Chances are you're already getting a fair hit of casein as it makes up around 80% of cow's milk. It's a slow-release protein because it takes longer for your body to digest, which means you get more of a 'drip-feed' effect of protein into your bloodstream over a longer period. This makes it unsuitable for taking immediately after your workout when you need an

instant hit of nutrients, but it's ideal for consuming just before you go to bed.

HOW Have it in a shake with either water or milk before turning in for the night. This will mean your muscles receive quality protein while you are sleeping, which is when your muscles are repaired and rebuilt.

BCAA

WHAT The muscle pill

WHY Branched-chain amino acids, or BCAA, are the best supplement to take during your workouts because they help to keep a steady supply of proteins flowing into your muscles. This has been proven to aid with muscle building as it reduces the amount of muscle loss during exercise and improves protein synthesis, which is the process by which new muscle tissue is built. BCAAs can also help to prevent muscle loss during periods of intermittent fasting.

HOW Take up to 2g between every set during a long workout.

CREATINE

WHAT The back-up generator for your muscles

WHY Your body metabolises creatine into ATP, which is used for every initial muscle movement. It's therefore vital to have adequate supplies when you're doing heavy, high-intensity workouts in order to deliver the required energy to your muscles. In other words, creatine helps you lift harder for longer.

HOW Take 2-10g in your post-workout shake to replenish lost stores. Alternatively, split your dose

and have half before your workout and half afterwards. And make sure you drink plenty of water with it: creatine is hygroscopic, which means it will suck water into your muscles and can leave you dehydrated.

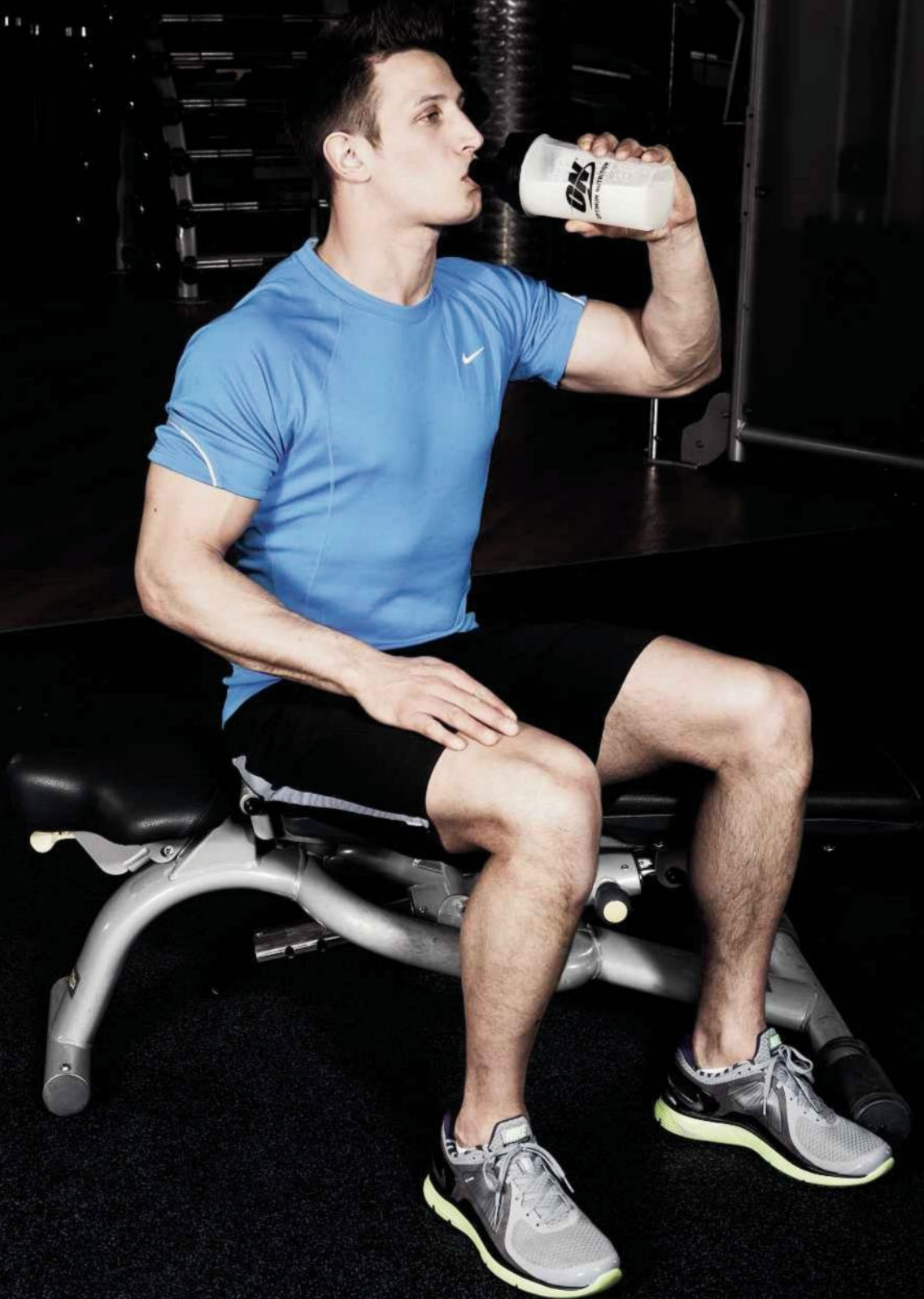
LEUCINE

WHAT The muscle booster

WHY The most anabolic amino acid, leucine can independently stimulate insulin secretion and muscle protein synthesis, enhancing the muscle-building process. At 11%, whey protein is very high in leucine content, which is one reason it's so effective as a post-workout elixir.

HOW Taking a 5g dose of leucine after training and between meals can increase the anabolic – or muscle-building – effect of the foods you eat, especially when you're consuming protein sources that are low in leucine and which therefore might not stimulate maximum muscle protein synthesis on their own.





THE BEST OF THE REST

Use these supplements for better health and performance

FISH OIL

WHAT The wonder fluid

WHY It's important to include omega 3 fats in your diet for health reasons, and taking a supplement can help you to maintain a good ratio of omega 3 to omega 6 – most of us consume far too much of the latter. More specifically, studies have shown that fish oil supplementation results in decreased body fat and reduced inflammation. It has also been linked with increased serotonin levels, more focus in training and less stress.

HOW Take a spoonful with your meals. Most authorities recommend 1-4g a day, depending on how much oily fish is already included in your diet.

GLUTAMINE

WHAT The gut calmer

WHY This amino acid should already be present in your body, but if you have problems with your digestion or are training hard, a supplement can be helpful to strengthen the lining of your gut and help protein synthesis.

HOW There are several ways to take this, depending on your goals. Take 10g in water on an empty stomach before breakfast to aid gut function or 10g after your workout to help replenish your glutamine stores. If you're on a low-carb diet, take 30g after your workout to enhance glycogen replenishment.

GREEN TEA

WHAT The diet drink

WHY This is one of the best natural fat-burners around and can give your metabolism a jolt. Green tea is also packed with antioxidants and has been linked to the prevention of a range of conditions, from heart disease to Alzheimer's.

HOW Drink instead of your regular tea or diet soft drink to reap a huge variety of health benefits.

“ If you skimp on magnesium you can experience anxiety and irritability ”

HCL

WHAT The digestion helper

WHY Hydrochloric acid (HCL) is the acid responsible for digesting and breaking down animal protein in your stomach. Taking a supplement will ensure you're actually getting the benefit of all the protein you're eating. If you aren't digesting and breaking down nutrients properly in your gut, then all other supplements and healthy foods could simply be wasted as you won't be able to absorb them effectively.

HOW Take one or two tablets with each meal.

L-CARNITINE

WHAT The fat shredder

WHY If burning fat during a workout is your priority, first you need to mobilise it. L-carnitine is an amino acid responsible for transporting fatty acids into the mitochondria, our cells' energy powerhouses.

HOW Take a single dose of 500-3,000mg before your workout to make sure you transport the maximum amount of available fat for fuel during exercise. It's especially useful to take if you're training while fasting or on a low-carb diet, when fat oxidation is maximised.

MAGNESIUM

WHAT The body calmer

WHY Every organ needs magnesium, especially the heart, muscles and kidneys. If you skimp on this vital mineral you can experience anxiety, sleep problems and irritability. Magnesium also helps to maintain a normal heart rhythm and aids in the body's energy production.

HOW You should stick to the recommended dose of less than 350mg a day and remember to take it with food – taking magnesium on an empty stomach can lead to diarrhoea and an upset stomach. Or you can use a magnesium spray or lotion, both of which are absorbed through the skin.



VITAMIN D

WHAT The sun substitute

WHY You should get your vitamin D from the sun, but that's a forlorn hope for the average deskbound Briton – 20 minutes' exposure is enough in the summer, but according to the National Institute of Health it's impossible to get enough come the winter. Deficiency is common and linked to lower strength levels and increased body fat. It has also been associated with a number of diseases, including cancer, diabetes and depression.

HOW Supplements are available in tablet form or as an oral spray. Official government recommendations are low – aim for 3,000IU a day, which has been proved safe in multiple studies. It's fat-soluble, so take it with a meal.

MULTIVITAMINS

WHAT The back-up plan

WHY Although you shouldn't rely on them to make up for a bad diet, a quality multivitamin can help to fill in the gaps in an otherwise solid eating plan. Deficiencies in vitamins can cause mood swings, depression, lethargy and exhaustion, but taking a daily dose will keep you on the up and focused on your goals. There is also evidence a multivitamin can help you recover from a tough workout.

HOW You should aim to take multivitamins at a consistent time of the day. It makes sense to take them before a meal, with a glass of water to aid absorption of their micronutrients.

ZINC

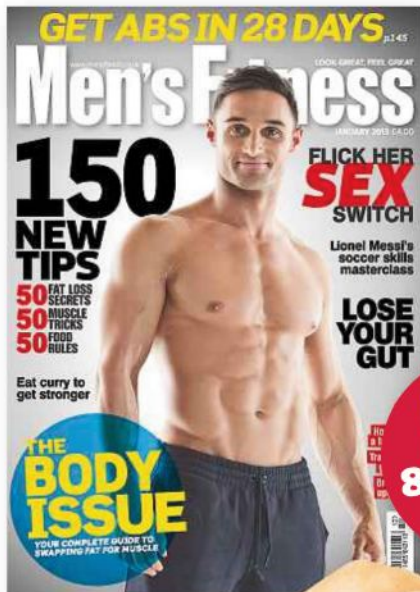
WHAT The masculine mineral

WHY Zinc is vital for your health and immune system. The main reason you should take a supplement is because our bodies aren't able to store it so you need to top up regularly.

HOW The RDA intake for zinc is 11mg for adult males – you should take no more than 40mg per day. Don't take it with coffee or foods containing phytates – such as wholegrains – because they can block its absorption. For the best benefits, take it with animal proteins as they promote absorption.

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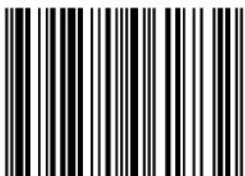
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