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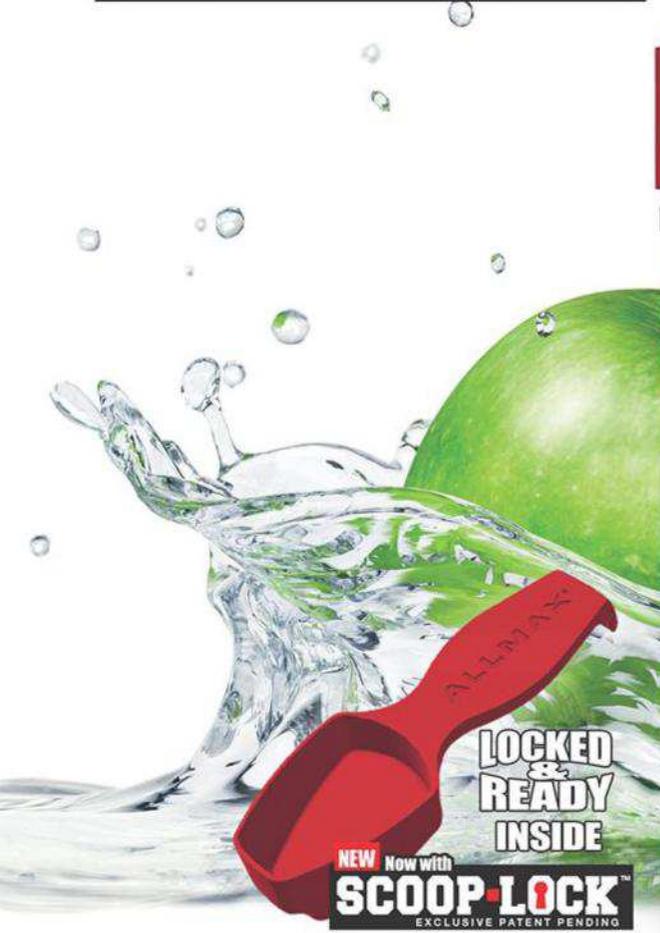
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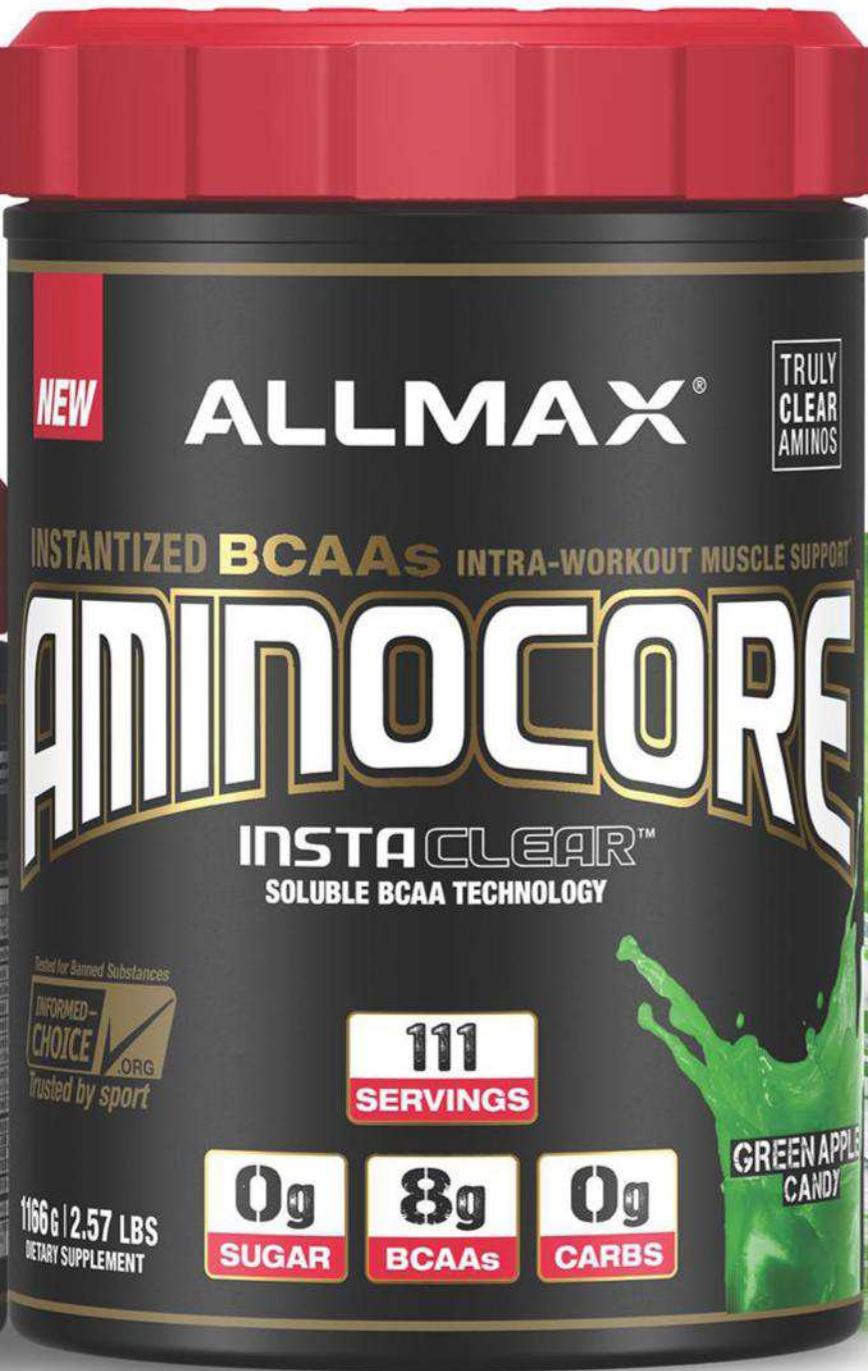
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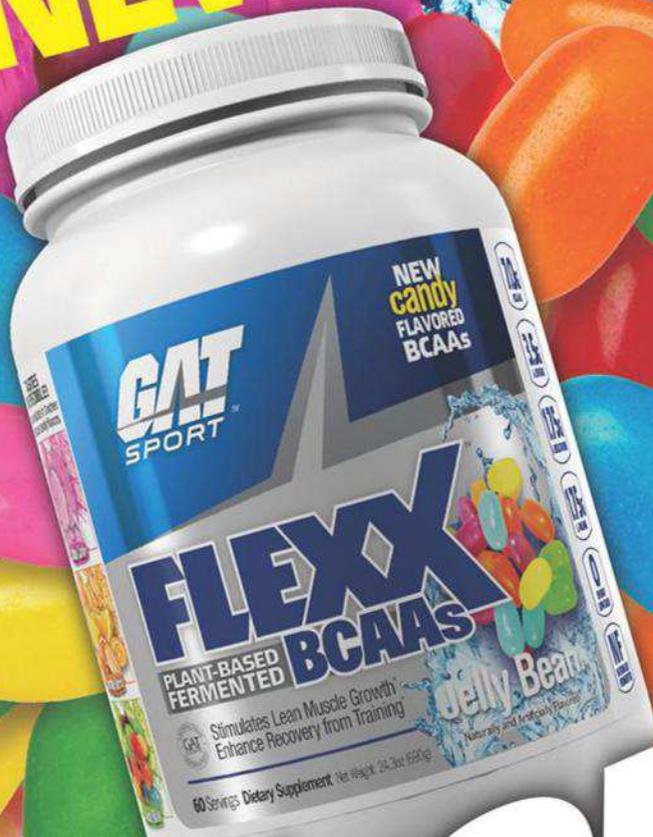
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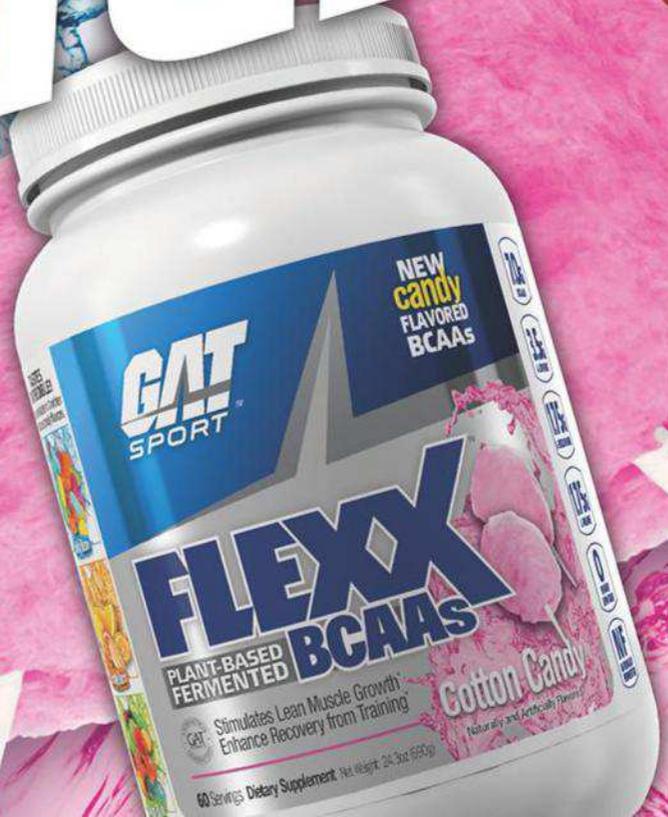


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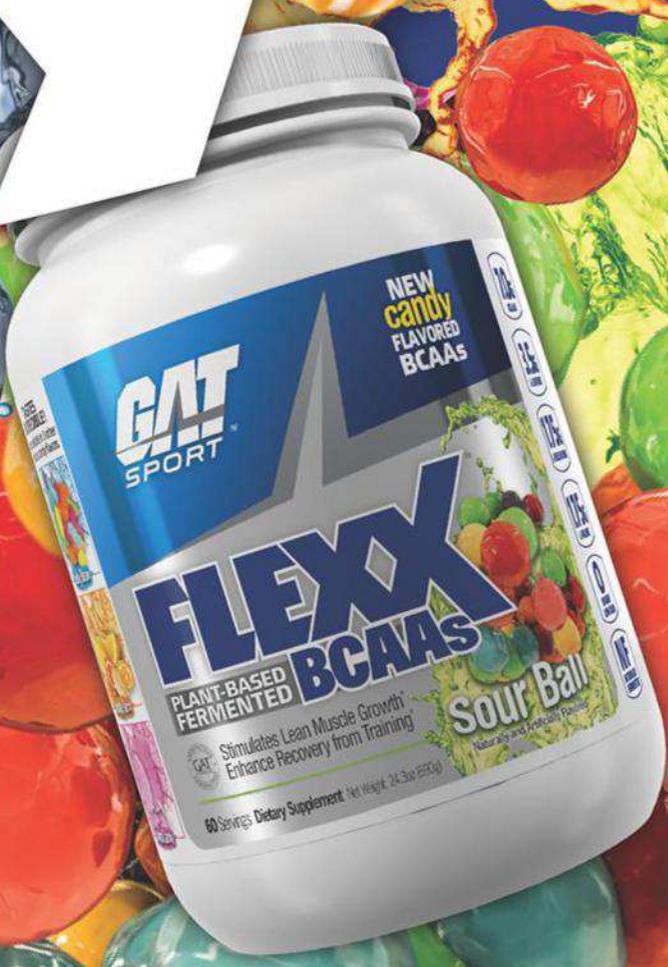
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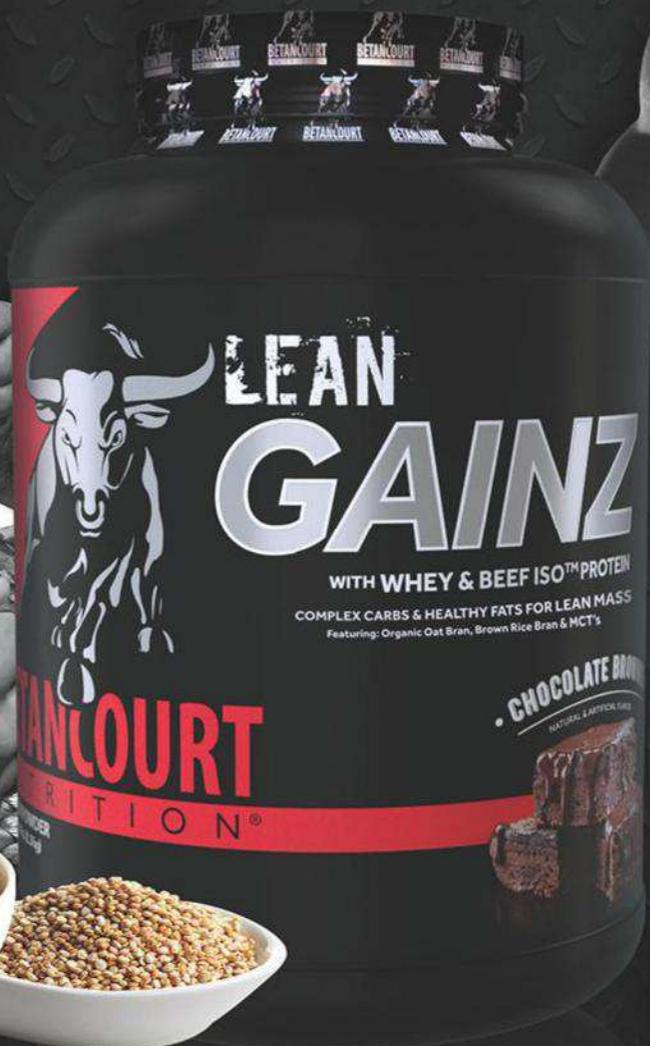


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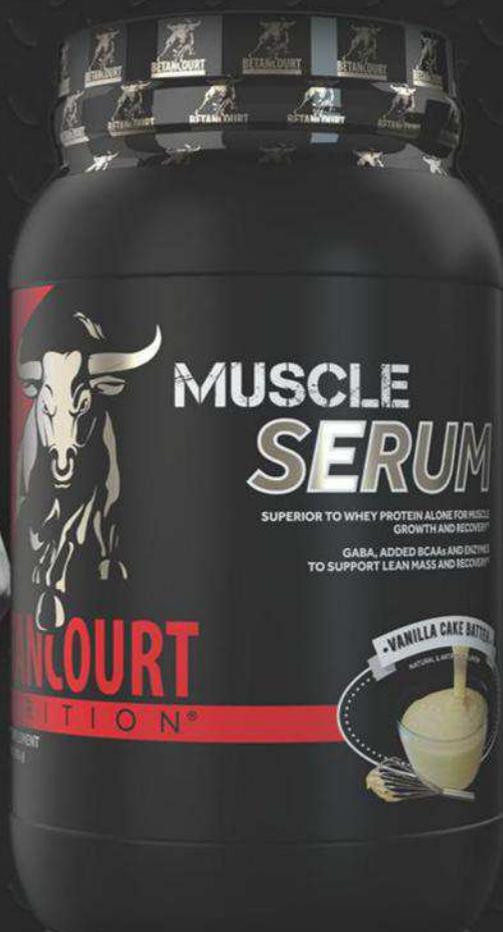
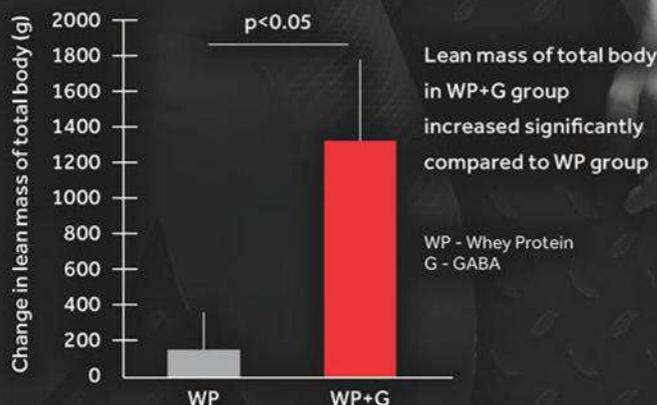
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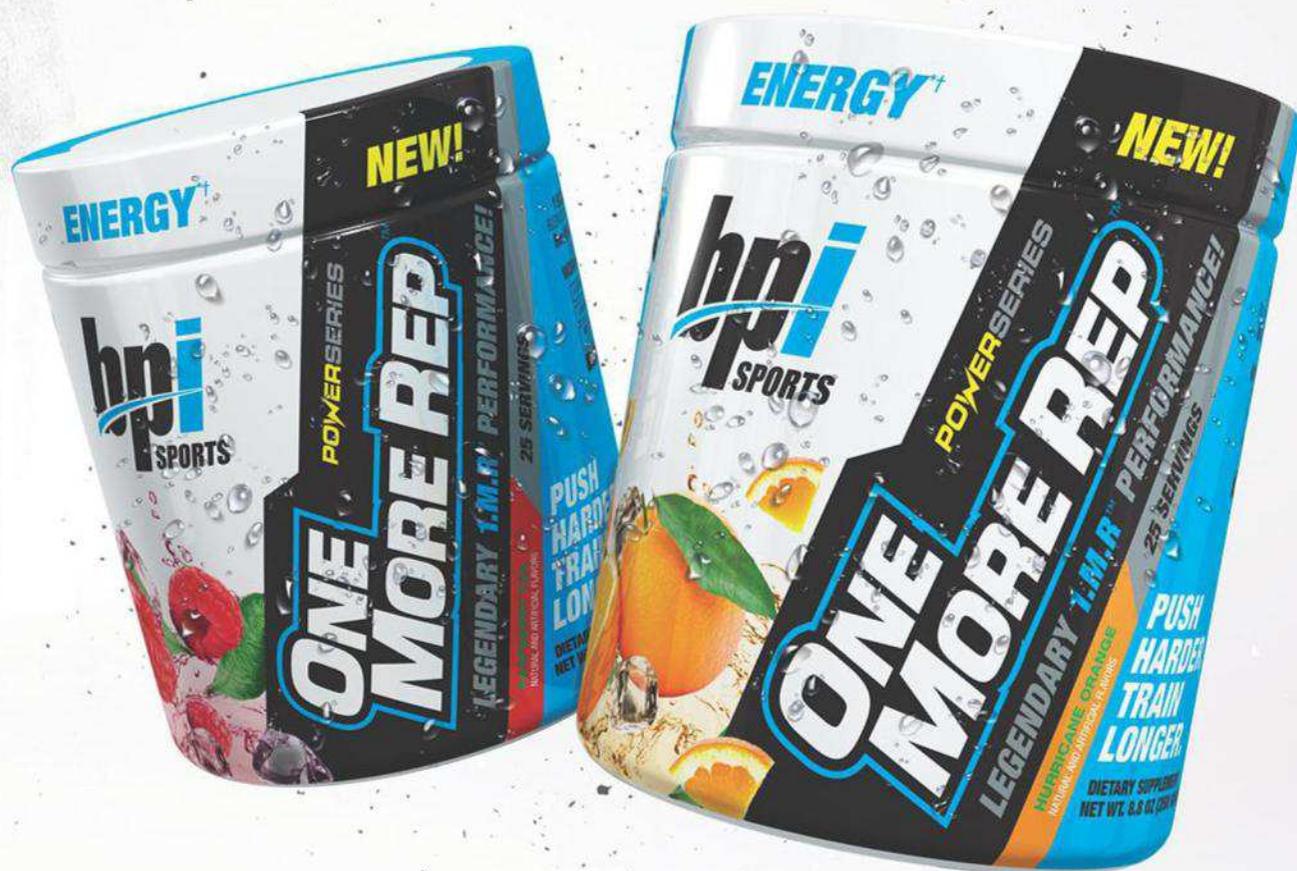
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ROELLY'S MASS RECIPE

Roelly Winklaar shares his step-by-step workout formula for getting huge.

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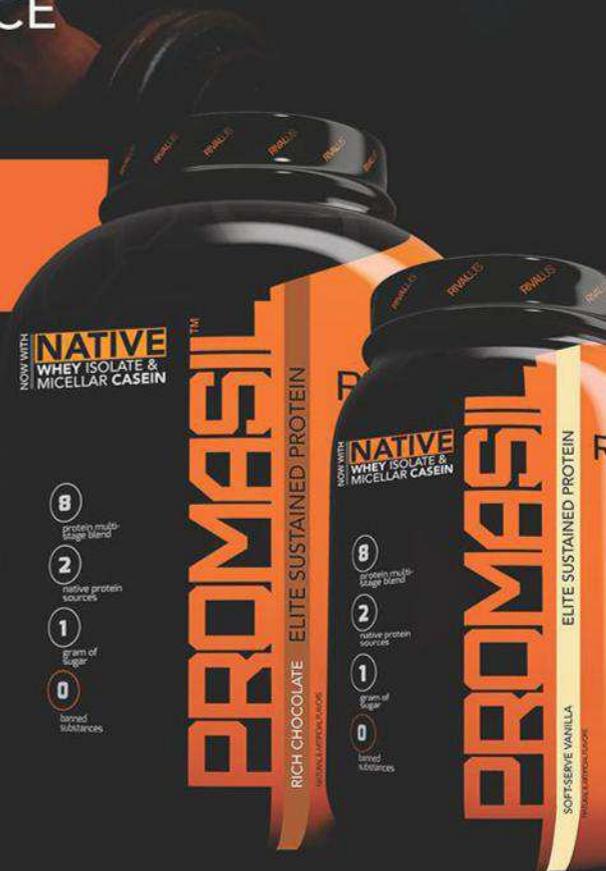
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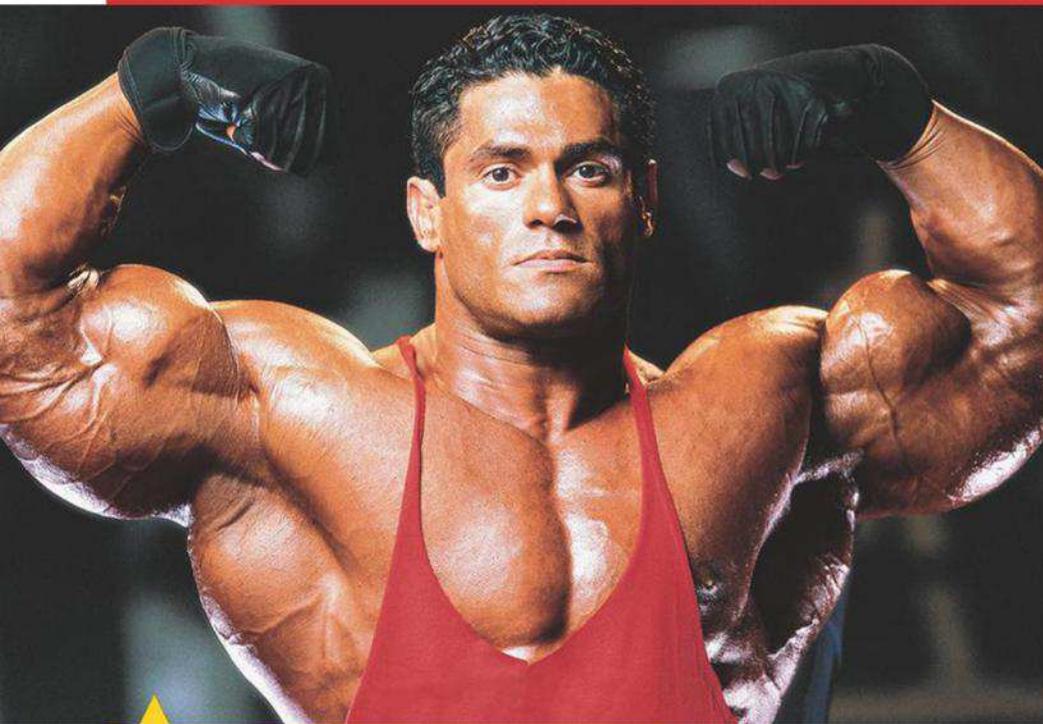
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Learn to be a student of yourself and set small goals, which lead to a massive positive result! I have administered this mindset and theories throughout my life and lemme tell ya, I have definitely failed and failed and failed even while succeeding onstage. Keep your eyes on the prize and never say quit. When you get uncomfortable mentally and emotionally, that is great because it's a true opportunity for real GAINS!

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Not winning isn't always a bad thing. Sometimes it's what you need to make you work harder and push yourself past limitations! No matter what, never give up.

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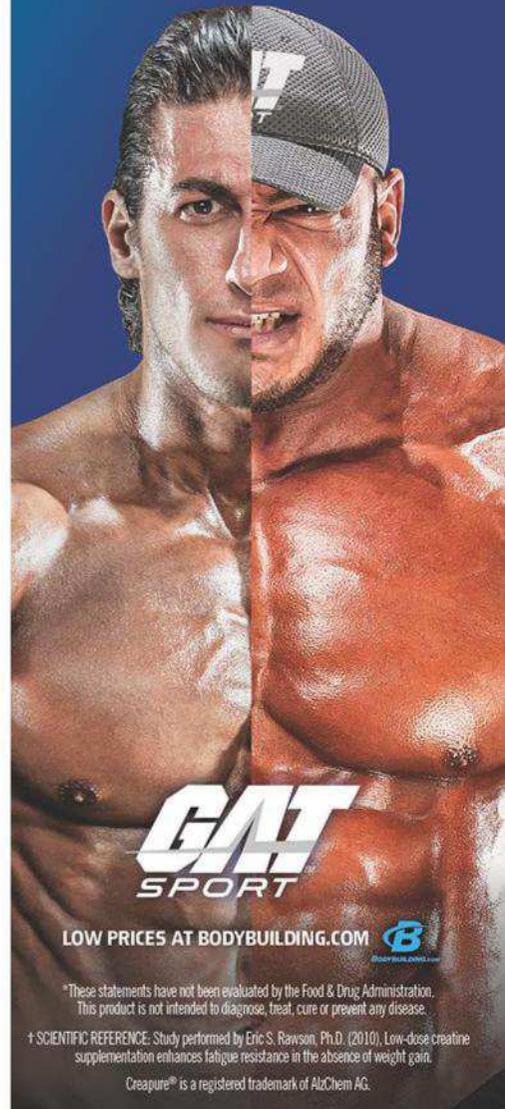


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ROELLY'S MASS RECIPE

**ROELLY WINKLAAR
SHARES HIS STEP-BY-STEP
WORKOUT FORMULA FOR
GETTING HUGE.**

BY **GREG MERRITT** PHOTOGRAPHS BY **PER BERNAL**



Muscles are on the menu, and Roelly Winklaar is a master chef.

At a Mr. Olympia weight of 265 pounds, he has created more lean meat than just about any other human who has ever breathed. His arms and delts, as abundant as beef shanks, are the most ginormous of all time, and the rest of him isn't far behind. The Beast has a secret recipe for making muscle—lots and lots and lots of it—and he's sharing it with you.



INGREDIENTS

- **PURPOSE** Select and arrange exercise to enhance weaknesses and best exhaust muscles.
- **INTENSITY** Bring the heat to every set.
- **CONSISTENCY** Properly perform actions repeatedly.
- **SELF-MOTIVATION** Block out pain as you grind out the final reps.
- **DNA** The special sauce is great genetics. Without it, you won't become Beast-like, but you can still maximize mass.

STEP 1 PRIORITIZE

If you were contemplating a meal, this would be the “what do I want to eat?” phase or, more to the point, the “what do you need to eat?” phase. Bodybuilding is all about balance. Winklaar knows he can't simply keep expanding his limbs. No, he needs to bring his chest, back, and abs up to the high standards of his arms, legs, and shoulders. To do this, and to maximize mass, he continues to train his strong points once a week, but he'll often double up on his weaker areas and hit them with more exercises and sets.

“I'd like them to be up to par with my best body parts, like arms and quads,” he says of his laggards. “A lot of bodybuilders

don't like training their weak areas. Not me. Working on my weaknesses means I'm improving. If you neglect your weaknesses, you're getting worse. You're becoming less symmetrical. Symmetry is so important in our sport, especially when you're standing with the best on the Olympia stage.” Odds are you won't be on the Orleans Arena stage. Nevertheless, this Olympia contender is serving up vital advice. Analyze your physique to determine your strengths and weaknesses. Then prioritize your laggards, training them more often or even first in workouts when your energy and intensity are greatest.



STEP 2 SCHEDULE SMARTLY

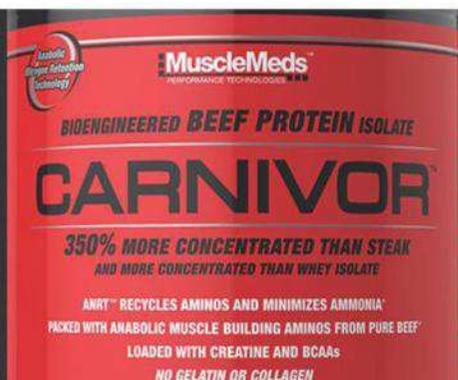
"You have to be smart with how you schedule your training," says the Curaçaoan colossus, who placed sixth in the last two Mr. Olympias. "You have to think about how working certain muscle groups will affect others." Try to schedule a rest day before hitting your weakest area. So if Sunday is your off day, and your legs are lagging, schedule an appointment at the squat rack for every Monday. It's also beneficial to train

complementary muscles on the same day or consecutive days, therefore maximizing rest time.

For example, Winklaar double splits pre-contest and also hits body parts twice weekly. He's able to fully recover by working quads (a.m.) and hamstrings (p.m.) on a leg day, followed by chest (a.m.) and shoulders (p.m.) on a push day and then back (a.m.) and biceps (p.m.) on a pull day. (He also hits triceps with biceps.) Then he repeats this. We're not advising you to journey to the gym a dozen times each week, but Winklaar's busiest regimen just goes to show: To best foster growth, schedule your training to maximize the recovery time of each body part.



YOU HAVE TO THINK ABOUT HOW WORKING CERTAIN MUSCLE GROUPS WILL AFFECT OTHERS."



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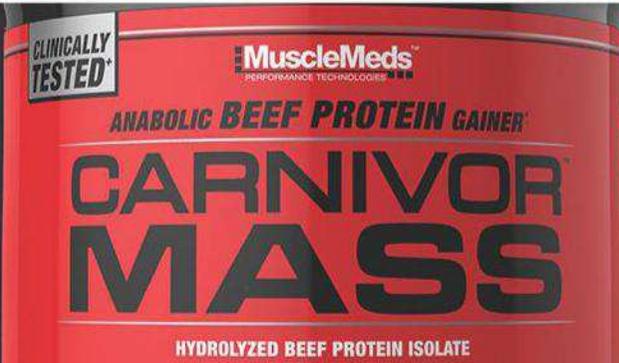


STEP 3 TEAM UP

“**MACHINES AND FREE WEIGHTS HAVE THEIR PLACE IN YOUR WORKOUTS, AND I DON'T THINK ONE IS BETTER THAN THE OTHER.**”

Winklaar rarely trains alone. From his amateur ascendance and neophyte pro years in chilly Amsterdam (coached by Sibil “Grandma” Peeters) to his current pre-contest toil in simmering Kuwait’s Oxygen Gym (under the tutelage of Ahmad Askar), there’s almost always someone behind or beside him to offer advice, encouragement, and helpful hands. Additionally, he usually trains with a partner, whether it’s with his brother, Quincy, a 212 pro, in Curaçao or with fellow Olympia contender Nathan de Asha when in Kuwait.

“Bodybuilding is the ultimate



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BEEF BUILDS MUSCLE

individualist sport,” Winklaar says. “But that doesn’t mean you have to train alone. I’ve always found that a trainer and a training partner can help me maintain my form and drive me to be my best. It’s great if you can work out with someone at or near your level, someone who understands what you’re going through and what you need to do, because then you can share in the journey with them. Every workout can become a competition to get more reps than your partner. Nathan is like a brother to me, but I want to beat him in the gym and on the stage, and I know he feels the same about me. We make each other better.”



STEP 4 MIX IT

Every recipe requires the right tools. When it comes to maximizing muscles, those tools are heavy and metal. Judging by Winklaar’s enormity, you might think he’s a paradigm of low-tech, hardcore toil. But remember, he spends a lot of time sweating in Oxygen Gym with the latest and greatest contraptions at his disposal. A combination of free weights and machines built this Goliath, but he will sometimes—especially on chest and back days—do workouts that consist of nothing but pulley or lever exercises. For example, you likely won’t find him under a barbell during his chest workout. A typical pec session consists of incline Smith machine presses, Hammer Strength machine flat presses, machine flies, and cable crossovers. The only free-weight exercise he might do is a few finishing sets of dumbbell pullovers.

“Machines allow you to safely go heavier,” he says. “Machines



I'M NOT LOOKING AT A WATCH OR ANYTHING. BUT I NEVER REST VERY LONG. I'M IN THE GYM TO WORK, SO I KEEP WORKING."

and free weights have their place in your workouts, and I don't think one is better than the other. Free weights give you a freer range of motion, and machines lock that motion into place. Both are good for different reasons.” Similarly, Winklaar will sometimes do barbell squats and sometimes do safety



“MY GOAL ISN'T TO USE THE HEAVIEST WEIGHT POSSIBLE. I'M NOT A WEIGHT-LIFTER. I'M A BODYBUILDER.”



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bar squats, because each works his muscles in slightly different ways. There are a lot of tools, and ways to use those tools, in a modern gym. Choose wisely. And avoid the meathead mindset that machines are inherently less effective (or less hardcore) than barbells or dumbbells.

STEP 5 POUND IT OUT

On back day, Winklaar is at least as likely to be sitting in the latest row machine as humping up a loaded barbell, but he must be going insanely heavy for six to 10 reps, right? Wrong. Most of his sets are in the higher-than-average 12-to-15-rep range. "I've done lots of sets with low reps, but I feel the muscles working more at a higher range," the Beast says. "My goal isn't to use the heaviest weight possible. I'm

not a weightlifter. I'm a bodybuilder. My goal is to build as much muscle as I can. And getting at least 12 reps lets me best stimulate growth. Also, it forces me to go a little lighter, though I still go as heavy as I can, and that's safer. Always doing low reps will work your tendons and joints more, so even if you avoid a

major injury, you'll probably develop some nagging pains that will limit what you can do. I want to be able to give my all to every workout."

“WHEN I FINISH ONE WORKOUT, I'M ALREADY LOOKING FORWARD TO MY NEXT ONE.”

STEP 6 HEAT IT UP

"The closest thing I have to a secret is to give your all to every set," says Winklaar, the winner of seven IFBB Pro League contests. "Most people think they're doing that already, but they're not. Just because you went all the way until you failed to get a rep doesn't mean you gave your all. What about the first rep? What about the third rep and the fourth reps? Give your all to every rep from the first to the last." Those first reps are not merely precursors for when things get really tough. Do each rep with a focus and purpose, feeling

the muscles stretch and contract. Try to make reps harder by slowing them down and tensing instead of making them easier by incorporating momentum, shortening ranges of motion, and softening contractions. Bring the heat to your muscles—on every rep.

STEP 7 KEEP COOKING

Once the heat is on, keep it burning. Between sets, Winklaar rests just long enough for his training partner to do his set and then get out of the way. This could be as long as one minute in the off-season to as short as 30 seconds pre-contest. "I don't hold myself to certain rest periods between sets," he says. "I'm not looking at a watch or anything. But I never rest very long. I'm in the gym to work, so I keep working. I can rest when I'm done. I like to get a good sweat and a good pump, and I feel like the whole workout is for working from start to finish and not a time for resting and working and resting and working." With a lesser emphasis on maximum weights and a greater focus on maximum muscle stimulation, there's no reason for three-minute rest periods. Keep the heat cranked.

STEP 8 REPEAT

For Winklaar, the plotting, the mixing, and the cooking end



temporarily with each year's presentation—the plating of the dish if you will—in mid-September on the Olympia stage, Orleans Arena in Las Vegas. For you, it may temporarily end on a beach or in an Instagram photo or, perhaps, on an NPC stage. But "temporarily" is the key, because there really is no end. The dish is never really finished. The preparation is perpetual. "I'm always trying

to get bigger. I'm always trying to get better," the Beast says. "When I finish one workout, I'm already looking forward to my next one." He'll scheme again. He'll mix up the ingredients again. Again and again and again, he'll heat his muscles up and keep the heat on, workout after workout, set after set, rep after rep, always growing. The most important ingredient for success is persistence.

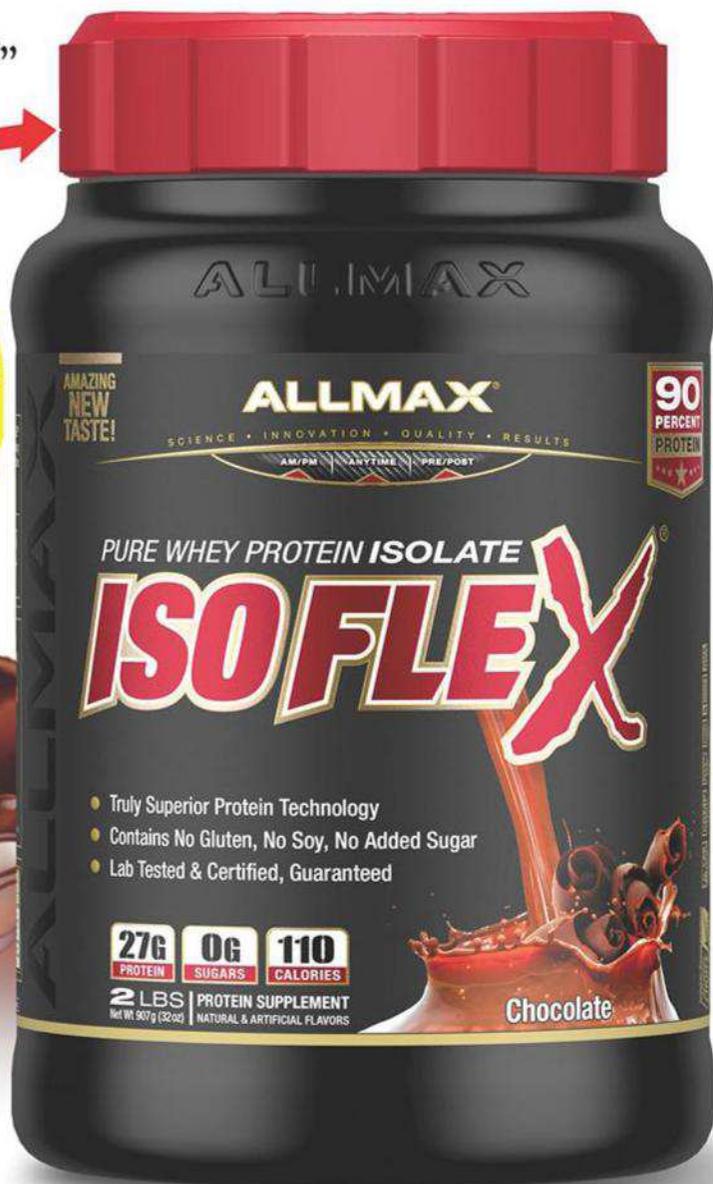


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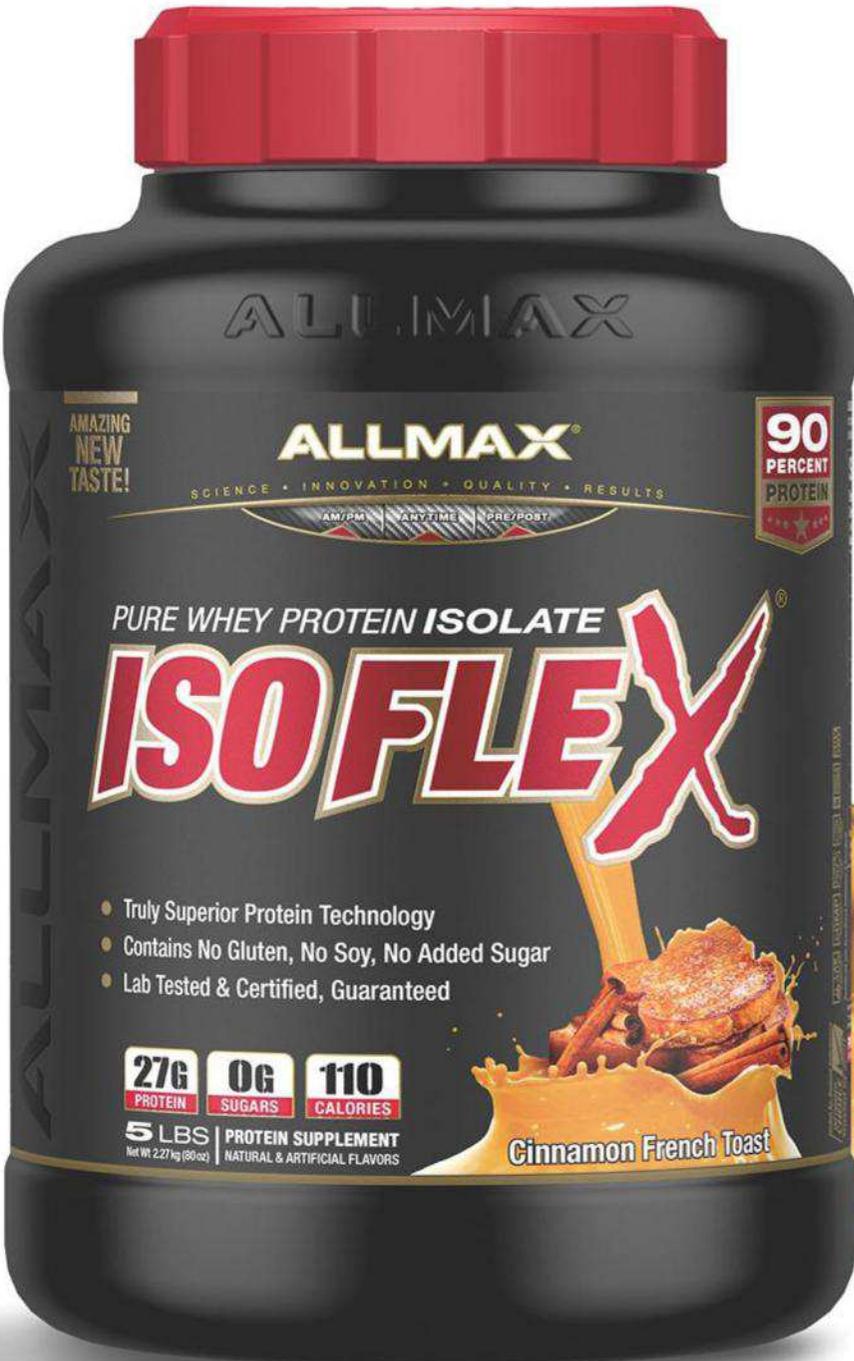
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1ST SET

ALL THE HOT
TOPICS IN
BODYBUILDING
& FITNESS

36

Prepping for a contest is tough. And after the last pose, you need a break. Or do you? Here's why you should hit the gym instead.



Mr. O on why he digs bodybuilding fans in Australia, the post-Olympia contest tour, and more.
PAGE 28

Chilean-born Kim Gutierrez is spicing up the IFBB Pro League's ultrahot bikini division with her curves.
PAGE 30

Flex Lewis opens up about time management—now that he's a father—and tying Kevin Levrone's win record.
PAGE 32

This 2010 USA champ's overwhelming size will have you scratching your head and saying, "Huh?"
PAGE 38



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AFTER THE O

**THE POST-O TOUR
AND THE CHAMP'S
VISIT DOWN UNDER.**

Q Did you follow the results of the 2017 IFBB Pro League post-Olympia tour?

Yes, of course, I keep up-to-date on all of that—not only because I'm Mr. O, but because I'm a fan of the sport. The tour was maybe a little anticlimactic this year, and I was not as enthusiastic about watching it as I usually am. Honestly, there's no hype without me there. The past couple of years, it seems like the top two change every contest when I'm not there—you'd like to see someone at least threatening to dominate. I mean, Roelly won, and that was good to see. I expected more from Rhoden, and I expected Dexter to win at least one. Bonac was probably the most consistent throughout, but there was no one who dominated enough to cause a sensation.

Q In some of the photos from the 2017 Olympia, you look almost the same size as Big Ramy, who weighed around 300. How much did you weigh?

I weighed 250 pounds.

Q What were the highlights of your second annual post-Olympia tour in Australia?

It was an interesting tour, to say the least. It was great to be able to go again, although it was different this time because I was recovering from surgery and had limits on what I could do in terms of posing or training. The best



part turned out to be the seminars I did during visits at the Gold's gyms and other places around the country—these events were great because the people who attended were true fans, very engaged, very receptive and respectful, and that gave us time and space to really talk about things, for them to ask questions

and for me to answer them fully, to dig deeper into topics than is usually the case, and really spend quality time with them. The bodybuilding fans down under are hungry for the sport, and they follow everything that is going on in the industry. They really appreciate all that goes into training and competing.

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BRING THE HEAT

CHILE'S KIM GUTIERREZ PLANS ON SPICING UP THE IFBB PRO LEAGUE BIKINI DIVISION.

■ **ALL ATHLETES** who compete in the NPC or IFBB Pro League start somewhere, but often the timing is a matter of whom they can find to help them through that initial prep as they get ready for their first competition. Kim Gutierrez didn't have that issue, because she got help from within the family.

"My dad is a physical education professor and retired amateur bodybuilder, so he helped me," she says. The daughter of Chilean descent saw the many benefits of competing, but there was one she didn't count on. "I think that fitness allowed me to develop the courage to explore the world, take risks, and travel alone. Working hard to reach my goals and dreams of competing is a constant challenge. You discover what you're made of."

Between 2014 and 2016, Gutierrez competed in more than 30 contests in locales such as Bolivia, Chile, and Argentina, and she even competed at the Arnold Classic in Ohio. She would attain IFBB Pro League status in September 2016 in Ecuador. "I am the first and only pro in my country, and I'm looking to do a lot more now."

The bikini pro, fitness coach, and kinesiologist is always ready to help others who want to start their own fitness journey—and she



KIM GUTIERREZ

BIRTH DATE:
Dec. 14, 1985
HEIGHT: 5'4"
CONTEST WEIGHT:
110 lbs
RESIDENCE:
Santiago, Chile
INSTAGRAM:
@kimybikini
fitness

offers advice that isn't shared often enough.

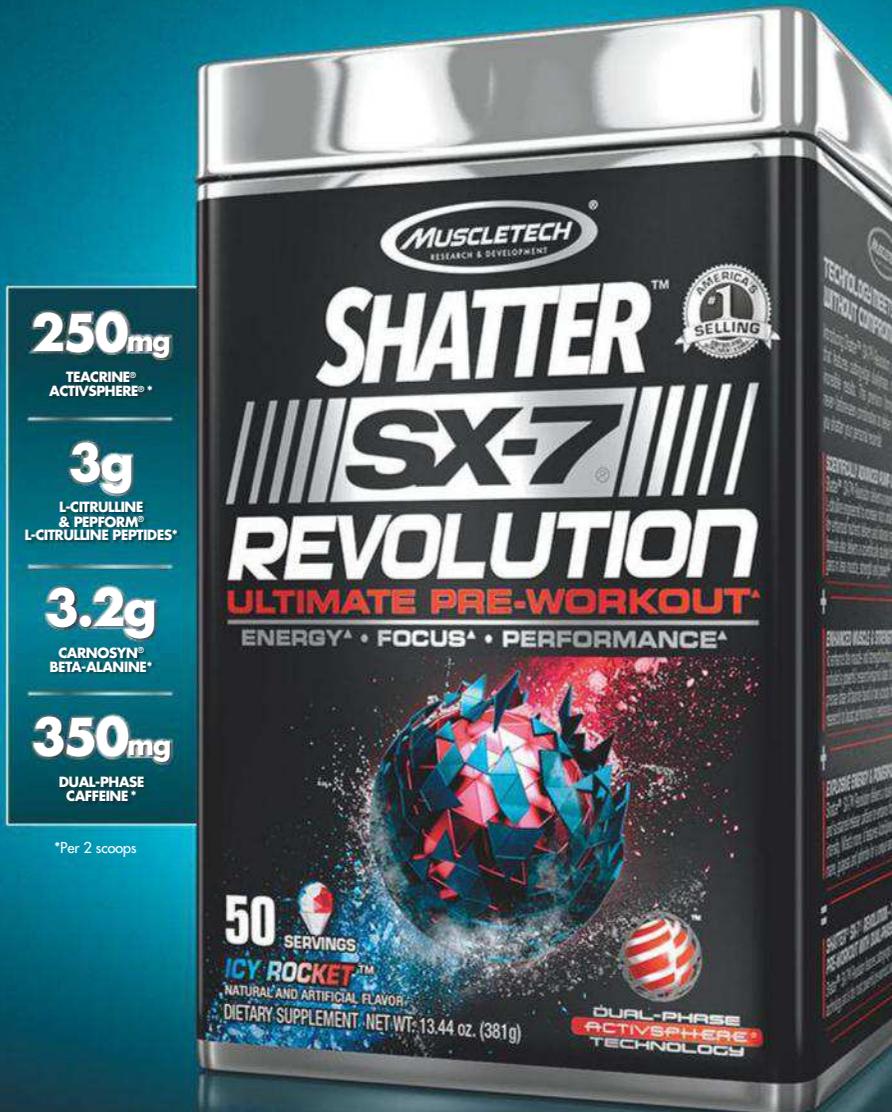
"First of all, think positively of your self-image and self-love," says Gutierrez, who, when this interview took place, was preparing for the Sheru Classic to start her 2018 season. "They have to be in balance because the way you eat, train, live, and look is extreme. You need to enjoy the process. If you want to compete, make it so that you can enjoy it within your soul. Also, make sure your coach considers longevity and not just the short term."

GUTIERREZ'S LEG WORKOUT

Exercise	Sets	Reps
Prone Leg Curl	6	18, 16, 14, 10, 10, 16
Nordic Hamstring Curl	4	12
Abduction Machine	4	20
Kickback	4	12
Barbell Hip Thrust	6	12, 10, 8, 8, 6, 6
Banded Deadlift	4	10
Reverse Hyperextension	3	14

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STRUCTURE

**FAMILY TIME, KEVIN LEVRONE, AND
THOUGHTS ABOUT THE VEGAS SHOOTING.**



Q Are you making more room for downtime in your schedule now that you have a child?

It's changed everything now that I have my baby. Because I have balance, structure, and a routine that is based around family. Before there was time to move things around. Can't do that now. Everything is structured, which is really what bodybuilding is about, so it works. The baby is on a routine, and so am I. What is challenging now is traveling—when I'm out on the road I crave that kind of structure.

Q You are one victory away from tying Kevin Levrone's career record of 20 pro victories. Is that meaningful to you?

It's amazing! Kevin Levrone is an idol of mine from when I was younger and still is to this day. I did a college paper on bodybuilding, with Kevin Levrone and Lee Priest as my case studies.

Q Does an event like the shooting in Vegas two weeks after the O give you concerns about your personal safety at public events?

When I heard about the shooting, what I did—and I think it's what most people do when something like this happens somewhere—I thought about someone I knew who I thought was there, who was actually supposed to be working at that concert, and I tried to text him to confirm he was all right. This is someone who does stage and lighting work at the Olympia and helps me with the Flex Classic, a great guy, and it just happened that his schedule had changed at the last moment, and he'd ended up working another event instead.



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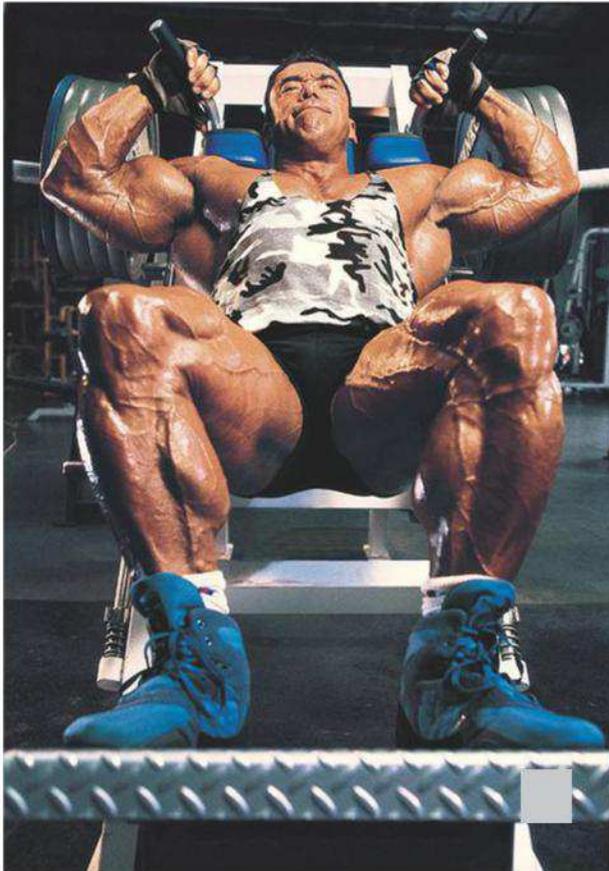
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WINDOW OF OPPORTUNITY

TAKE ADVANTAGE OF THE POST-CONTEST REBOUND EFFECT TO MAKE HUGE GAINS.



Q Some contest-prep coaches recommend taking an extended rest after competing, but others say to get right back to the gym. How do you feel about this?

Without a doubt, I can empathize with the powerful desire to take some time off from the gym and a strict diet regimen right after a

competition, since preparing for a show is absolutely grueling—both physically and mentally. But I consider it a grave mistake to shut everything down at this key time.

While preparing for a competition, you spend a good 12 to 24 weeks training with the utmost focus, concentration, and intensity, since you are keenly aware that you will soon be standing

onstage, basically naked, in front of a packed audience, flashing cameras, and a critical judging panel. But during this (prep) time you are also following a hypocaloric diet, practicing posing, performing hours of cardio, fighting stress and anxiety, and likely utilizing fat-burning supplements—all of which severely stress your muscular, hormonal, and nervous systems. This is why it is nearly impossible to grow lean muscle during contest prep, with the best scenario being that you are able to simply hold on to muscle previously built.

Once the competition is complete, however, your body is in a unique (and sensitive) state—if things are handled correctly, you can slingshot forward and suddenly become an anabolic (muscle-making) machine. It's as if all the effects of the previous 12 to 24 weeks of training are finally able to manifest—and actually to a greater degree than under normal circumstances. This magical effect can be thought of as supercompensation.

Here are some guidelines to follow so you can take full advantage of this four- to six-week period.

1. Take the day after the competition completely off, and eat some of the foods you missed the most.
2. Begin training on Monday, and follow this training schedule: two days on, one day off, one day on, one day off, one day on, one day off.
3. Hit each muscle once per week with the exception of a lagging body part, which can get a second, mini-workout (using half the normal volume).
4. Use a repetition range of 10 to 12 for upper body and 12 to 15 for lower body.
5. Stop short of failure by one to two reps on every set.
6. Do not do cardio on training days, but try to get in 20 to 30 minutes on off days. (Note: Utilize steady-state and not HIIT cardio.)
7. Consume the same high-quality foods that you did during your prep diet, but increase calories to about 1,000 over maintenance on training days and 500 over maintenance on off days.
8. Of the additional calories, about 50% should come from carbs; the remainder should consist of complete proteins and essential fats.
9. Get as much sleep as possible, and include a nap during the day if possible.
10. Do not use any supplements that contain stimulants, while also limiting caffeine intake.

LARRY WHEELS

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WILLIAM BONAC

Q How did you first learn the basics of posing—did someone help you or did you train yourself?

A little bit of both, probably like most competitors. I practice a lot and have learned a lot by watching the champs, like Lee Labrada, Mohamed Makkawy, Kai Greene—all of them great posers—and many more. The basics of posing I learned from a friend who is the former owner of the gym I train in now, Mondher Bennour, who had competitive experience. He was also, by the way, the one who made it possible for me and other Dutch bodybuilders to meet pros like Chris Cormier, Jay Cutler, Victor Martinez, Dennis Wolf, and more.



STEVE KUCLO

When you kick back at home, what are your favorite things to watch?

Now, this is a hard one, picking just one, but at night or on a Sunday when we are not traveling, we really try to shut everything down and relax. We are huge fans of *The*

Walking Dead, *Billions*, and Netflix in general. Sometimes we will look for a good movie on pay-per-view or go to the movies and do a movie date. My wife [bikini pro Amanda Latona] and I both have the same taste in movies and TV (well, except for *The Bachelor*, which my wife loves and I could go without).

SHAWN RHODEN

Q Now that you're living on the West Coast, what do you do in your free time?

You know what? My schedule is so jam-packed with appearances, travel, and training that I don't get much free time. I thought that by living in California I'd go to the beach every chance I had. Turns out that the only time I've gone has been with my fiancée and my daughter. Still, the weather's great, and the ocean is close enough that you can go to the beach, even in the winter without freezing. It's nice to be away from the cold. I still love the East Coast and miss all the people and places that are there, but being in beautiful Santa Barbara makes up for a lot of that.

Were you affected by the fires in California at the end of the year?

More than I would have thought possible, seeing as how far north the fires spread. It was when they evacuated downtown Santa Barbara that I started to worry, because that's not too far from where I live. And there was all the other parts attached to it—the sky full of smoke all the time and ash falling everywhere.



JUAN MOREL

When you're competing in a foreign country against athletes from that country, do you feel at a disadvantage?

Not at all. Like any other show, there are a lot of variables that affect your final ranking that are beyond your control. Obviously, when you're traveling, things can happen. For instance, flying dries me out. But even if you're not flying, we all go through one kind of thing or another before a contest, and we all have aspects of each contest that we have to balance, so I don't think competing outside the U.S. is different from any other challenge—not a disadvantage at all.

You've taken time off to build. What can we expect when we see you competing again?

Well, I'm hoping to bring a really improved version to the stage, because, really, what I want is to do some damage and be a contender.

What's your off-season weight this year?

I'm at 295 pounds.



ALEX ARDENTI; PAVEL YTHJALL

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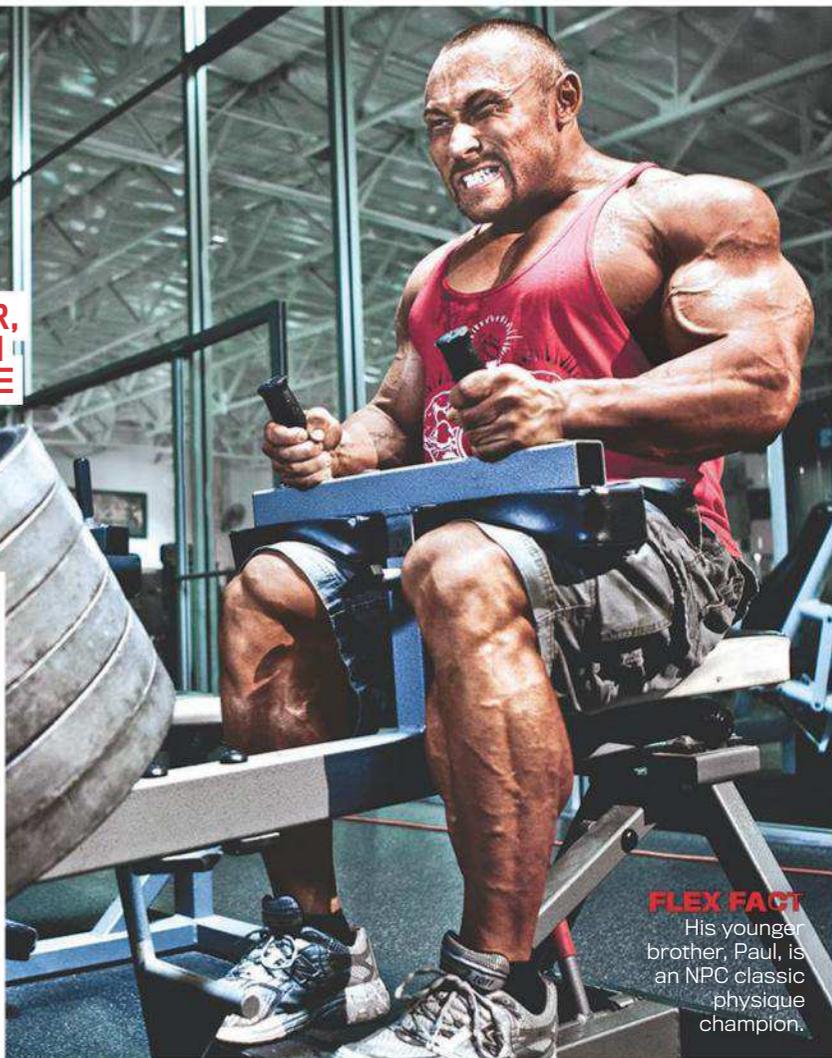
ASK THE ATHLETES

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JASON HUH

IN HIS BRIEF PRO CAREER, HE ALWAYS HAD ENOUGH MONSTER MASS TO MAKE YOU THINK, "HUH?"

■ **JASON HUH** roared onto the bodybuilding scene in 2004, winning the NPC Teenage Nationals as a light-heavyweight and earning a FLEX article. Six years later, when he'd transformed himself into a 256-pound super-heavyweight (at 5'9"), he overpowered the field at the 2010 USA Championships and hauled home the heaviest hardware. (With 2007 Team Universe champ Chris Faildo, he is one of two Asian-Americans to win an NPC pro qualifier.) The Korean-born Floridian competed in only four pro shows, the last in 2013, but his never having made a pro posedown has everything to do with a lack of high-def detailing and nothing to do with a scarcity of muscle. He always had enough mass to make you scratch your head and wonder, "Huh?" The answer was heavy weights, maximum intensity, and great DNA—his father was a Korean bodybuilding champ.



FLEX FACT
His younger brother, Paul, is an NPC classic physique champion.



HUH ON CALF TRAINING

- "Most people undertrain calves. If you want big calves, train them with the same volume and intensity as you do your arms."
- "My last four sets of seated calf raises are dropsets."
- "I don't believe in really high reps for calves. I use the same rep range for calves as I do for other body parts."

HUH'S CALF ROUTINE

Exercise	Sets	Reps
Seated Calf Raise	8	10-14
Standing Calf Raise	5	10-14
Calf Press	5	10-14



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LIFT

TRAINING TIPS TO POWER UP YOUR WORKOUTS

52

You need to squat for monster wheels like these on Paco Bautista, right? Not so fast. Bautista has surely done time at the squat rack, but there's another move that delivers scary results.



By incorporating more than one body part in a team effort, you can use more weight than when a muscle goes alone. Here's your guide to compound exercises.

PAGE 42

Intensity is key for making workouts harder but also more productive. To ignite new growth, here's how to keep your sets going well after you've hit failure.

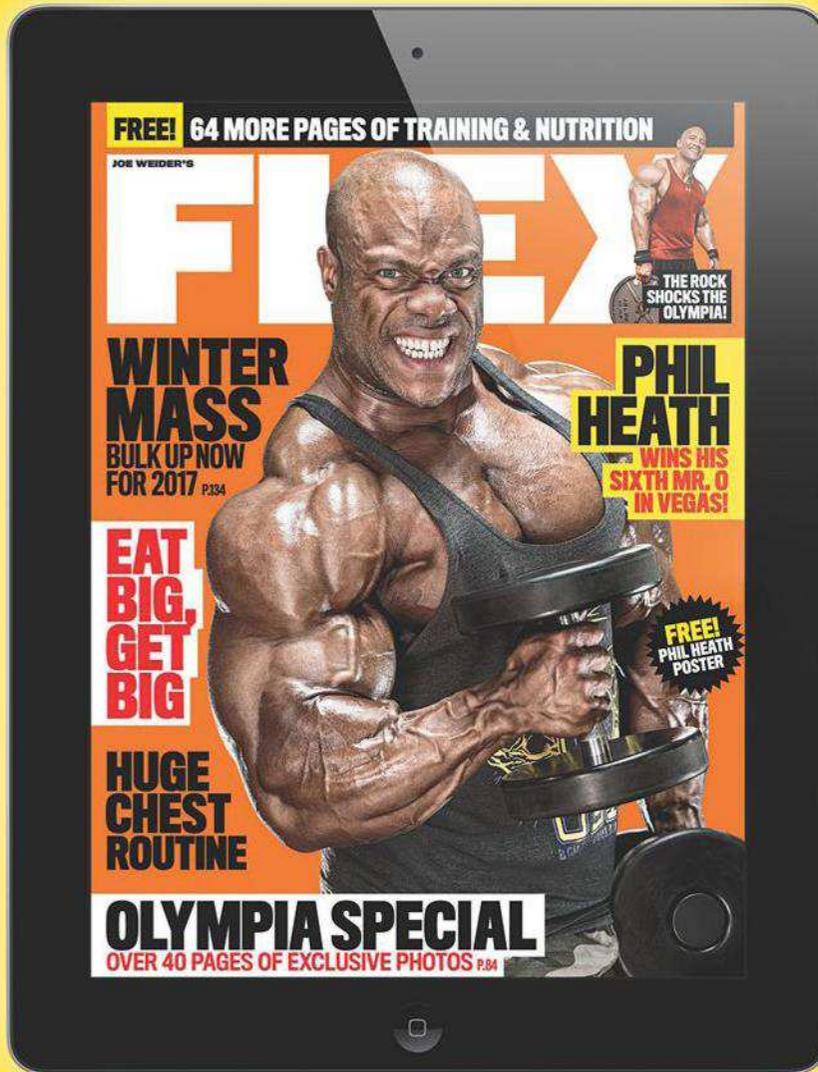
PAGE 48

Serious lifters schedule their days, meals, and recuperation around gym time. But when is the best time to train: morning, noon, or night?

PAGE 50

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COMPOUNDED INTEREST

THE COLLECTIVE POWER OF COMPOUND EXERCISES.

■ **AN ISOLATION** exercise is like LeBron James. A compound exercise is like Steph Curry and Kevin Durant with maybe Klay Thompson and Draymond Green joining in. By incorporating more than one body part in a team effort, you can use more weight than when a muscle goes alone. Generally, the more complex a body part, the easier it is to work with compound lifts. On the other hand, simpler

body parts, like calves and biceps, are stressed best with isolation exercises. However, we've provided a guide that allows you to make every body-part routine a team effort.

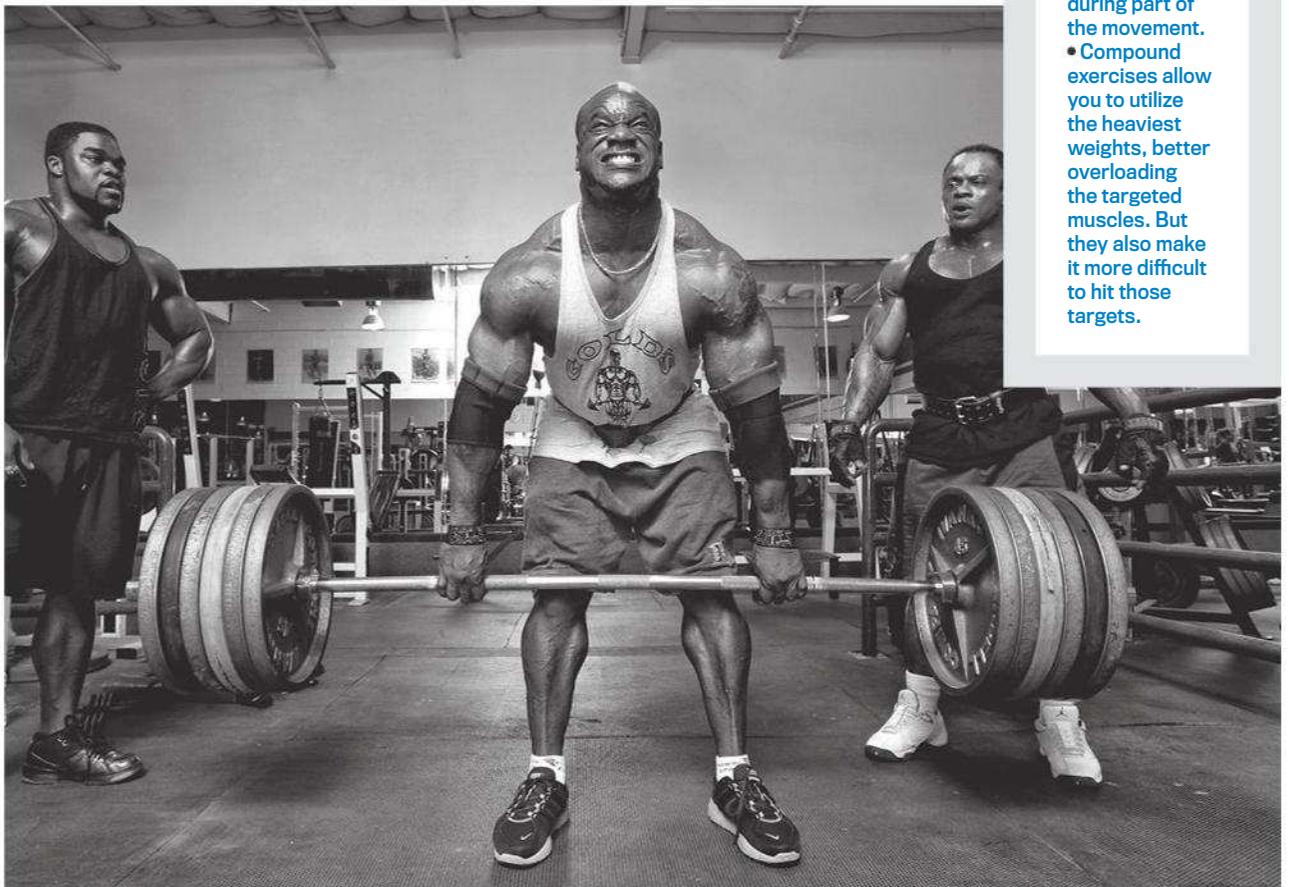
► **QUADRICEPS** Other than leg extensions and leg adduction and abduction, every quad exercise is compound. Squats, hack squats, Smith machine squats, and leg presses, and all

their variations (one leg, front, etc.) involve the glutes and hamstrings as well as quad muscles. The lower back and calves may also chip in. It's easy to do all-compound quad workouts.

► **HAMSTRINGS** Stiff-leg or Romanian deadlifts target the hams with other lower-body muscles. Likewise, though most bodybuilders think of lunges as a quad and glute exercise, they

COMPOUND BASICS

- A compound exercise engages more than one body part. For example, an overhead press works the deltoids and triceps.
- A primary body part is engaged. Secondary body parts assist and are worked less, sometimes only during part of the movement.
- Compound exercises allow you to utilize the heaviest weights, better overloading the targeted muscles. But they also make it more difficult to hit those targets.



KEVIN HORTON

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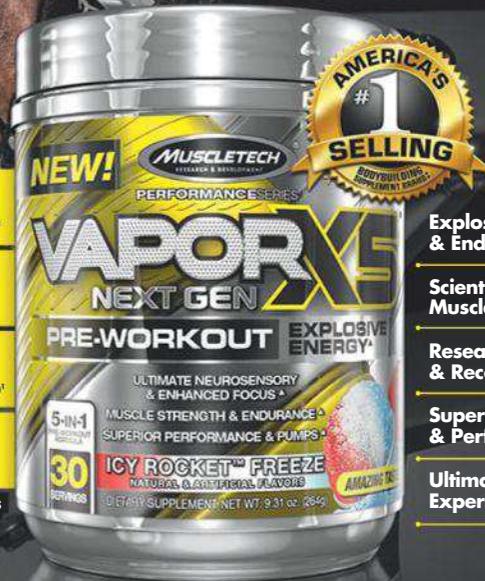
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actually work hams (and glutes) more than quads.

► UPPER BACK

Due to the complex landscape of your back, with multiple muscles working together and the fact that most lat lifts involve two pairs of joints (elbow and shoulder), you have to work hard to come up with upper-back exercises, like pullovers and stiff-arm pulldowns, that aren't compound. Because the many types of pullups, pulldowns, and rows are all compound, it's likely you're already doing an all-compound back routine.

► LOWER BACK

Deadlifts target the spinal erectors along with a panoply of



lower- and upper-body muscles, and good mornings work the spinal erectors with the hamstrings.

► **CALVES** Because all the common calf exercises isolate lower legs, you need

something unique to hit your lower legs with your thighs. An exercise we recommend is the walking calf raise. While holding dumbbells, rise as high as possible on each stride. For an extra stretch (without dumbbells), try doing

COMPOUND TIP SHEET

- More complex body parts, such as back, can be easily trained with only compound exercises.
- Single-joint body parts, like biceps, are difficult to work with compound exercises.
- Cheating can turn some isolation lifts into compounds. For example, adding leg and back motion to barbell curls distributes much of the work to secondary muscles. Usually not recommended, this can be effective if done sparingly.

Why I Lift...

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My goal: go harder every time. When I think I can't do another rep, I do one more. That's why I use Hydroxycut® Super Elite. It delivers a scientifically advanced weight loss ingredient as well as caffeine to enhance focus and boost energy to amp up my training. Hydroxycut® Super Elite combines unique ingredients, including huperzine-A and satsuma orange to deliver the ultimate neurosensory experience. The cutting-edge Smart Release Microbead Technology™ encapsulates active ingredients and suspends them in a rapid-dispersing liquid. Hydroxycut® Super Elite is my only choice when I hit the gym. Because I'm not looking for good enough. I'm looking for great.

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these on stairs, maximizing ranges of motion by landing the balls of your feet on the edges of risers as you climb.

► **CHEST** Like upper back, chest is easy to work all-compound. Because they incorporate two sets of joints (shoulder and elbow), chest presses hit the pectorals with assistance from the front delts and triceps. The same is true of dips, though you should lean into them to hit the pecs more and triceps less. In contrast, any flying motion (whether with dumbbells, cables, or machines) is an isolator.

► **DELTOIDS** Similarly, overhead presses of various types focus on the front and medial delts but also involve the triceps, especially at the tops of reps. Upright rows with a shoulder-width or wider grip target the medial delts but also hit traps and biceps. Wide-grip rows hit rear delts along with upper back and biceps.

► **TRAPEZIUS** Narrow-grip upright rows work traps with assistance from medial delts and biceps. You can also focus deadlifts on your traps by doing only the top of the movement with the bar in a power rack

and the supports set just above your knees. Power cleans are a compound and ballistic exercise that you should feel more in your traps than any of the many other muscles worked.

► **ABDOMINALS** Planks stress the abs along with much of the body. The same is true of such core exercises as the barbell rollout and the press situp.

► **TRICEPS** A compound triceps routine will look similar to one for chest: presses and dips. To focus on the triceps, use a narrow grip on

presses. Whether with a machine or parallel bars, stay upright when doing dips and locate the movement in your elbow joints. You can also do bench dips with your feet in front of you and hands behind your back.

► **BICEPS** Now we come to perhaps the most difficult body part to hit with an all-compound workout. All those curls you do are isolators. Perhaps the best compound biceps exercise is the chinup (underhand pullup). Do them rigidly strict to target the biceps more and back less. You can also do strict pulldowns with an underhand grip, focusing on the top half of the movement (when the elbows are coming down and not back). A third possibility is the cheat barbell curl, which involves the legs and lower back to swing a heavy weight up.

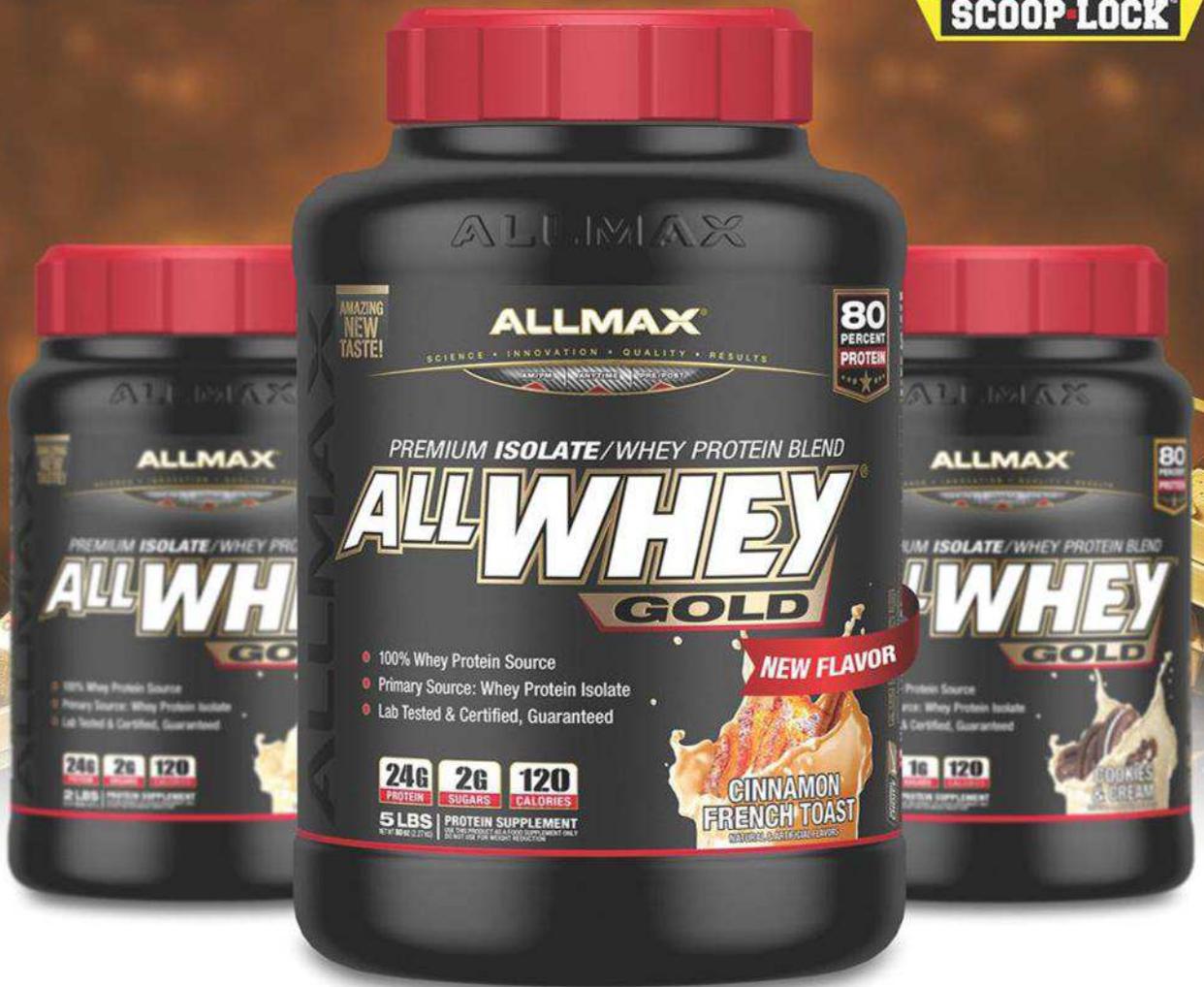
► **FOREARMS** Reverse curls and hammer curls work the lower arms with the brachialis and biceps. Old-school grip exercises, like the farmer's walk, target the hands and forearms along with other muscles.



ALL-COMPOUND ARM ROUTINE

EXERCISE	SETS	REPS
Machine Dip	4	10-12
Close-grip Bench Press	4	6-10
Bench Dip	4	8-12
Chinup	4	10-12
Cheat Barbell Curl	4	6-10
Underhand Pulldown	4	8-12

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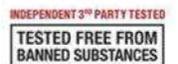
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DROP DEAD

USE THIS TIME-SAVING TECHNIQUE TO STIMULATE GROWTH.

Hypothesis

It is well established that lifting loads around 75% of your 1RM leads to increases in size and strength. More recently it has been shown that lifting much lighter loads (30% 1RM) also leads to significant muscle growth if each set is taken to failure. Metabolic stress is a primary stimulus when using low loads to failure. Strength gains using low loads, however, are much smaller than when using heavy loads, even when taking all sets to failure. Dropsets involve performing a set to failure with a given heavy load and then immediately reducing the load and continuing to train until you reach failure again. A dropset may involve reducing the weight once or multiple times. It's possible that dropsets, which involve both heavy and light loads, are an efficient way of building both size and strength.

Research

Researchers tested the idea that a single dropset of biceps curls might be as effective as multiple heavy or light sets taken to failure in developing strength and size respectively. Untrained subjects were assigned to one of three training conditions: three sets of high-load (80% 1RM) curls taken to failure, three sets of low-load (30% 1RM) curls taken to failure, or a single high-load (80% 1RM) dropset of curls with four descending increments at 65%, 50%, 40%, and 30% 1RM without rest between sets.

Findings

There was a significant increase in muscle size in all three groups, with no differences between groups. Strength, however, significantly increased only in the 80% 1RM and dropset groups.

Conclusion

A single dropset starting with 80% 1RM performed with four descending weight increments was as effective as three sets to failure using 80% 1RM and three sets to failure using 30% 1RM for developing muscle size of the biceps. A single dropset was more effective at developing strength than three sets to failure using 30% 1RM but less effective than three sets to failure using 80% 1RM.

Application

Although this study used untrained subjects, it shows that a single dropset taken to failure is an effective way to train. When days come up where you're pressed for time and debating whether to go to the gym, know that you can do single dropsets for each muscle group you train that day and get growth stimulus.



CHRIS LUND



Phil Heath
7x Mr. Olympia

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2014 Arnold Classic
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A.M. OR P.M. WORKOUTS?

WHAT'S THE BEST TIME TO TRAIN FOR MAX GAINS?

OPENING ARGUMENTS

Defense

Training in the late afternoon or evening is ideal because studies have shown strength to be higher later in the day. In addition, training later in the day allows you to plan your pre-workout nutrition more easily and ensure you have plenty of fuel in the tank before training.

Prosecution

Although it is true that strength tends to be lower in the morning when you are unaccustomed to lifting early in the day, with time, this strength deficit goes away. Furthermore, lifting early in the day allows you to get in more meals after your workout when anabolic signaling is high.

Evidence

- Studies comparing the effects of training times for untrained lifters indicate that, at least in the short term (less than 12 weeks), equal gains in size and strength can be achieved.

- Working out regularly in the morning for at least five weeks can reduce morning-afternoon difference in strength, whereas regular afternoon training amplifies the morning-afternoon difference.

- A recent study was able to show that training in the morning led to an 8.8% increase in muscle fiber cross-sectional area,

whereas training in the afternoon produced an 11.9% increase. However, this difference was not statistically significant.

- One study to date has been published indicating that it may be more beneficial to train in the afternoon if training goes beyond 12 weeks. This study used untrained subjects and combined strength and endurance training together, which makes it difficult to apply strictly to bodybuilding training.

Verdict

The bulk of the evidence shows that your gains should be similar whether you train in the morning or afternoon.

Sentencing

Train when you feel motivated and your schedule allows. Consistency plays a much bigger role in determining gains.

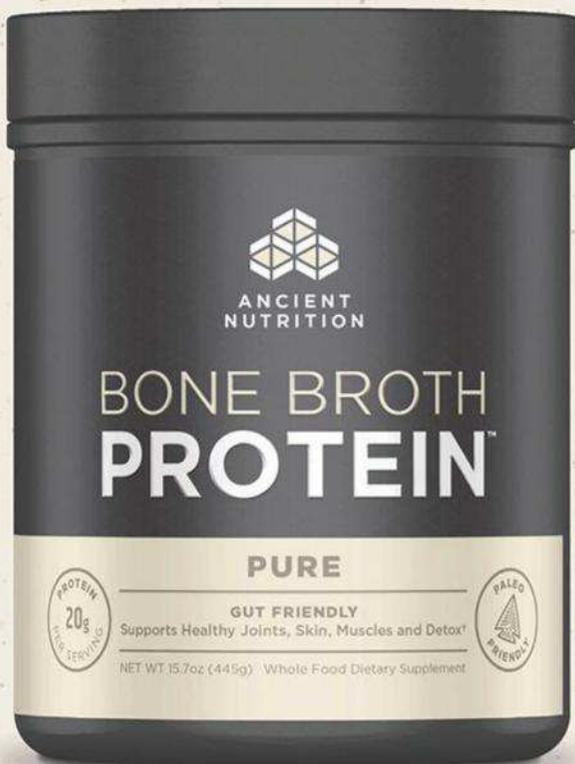
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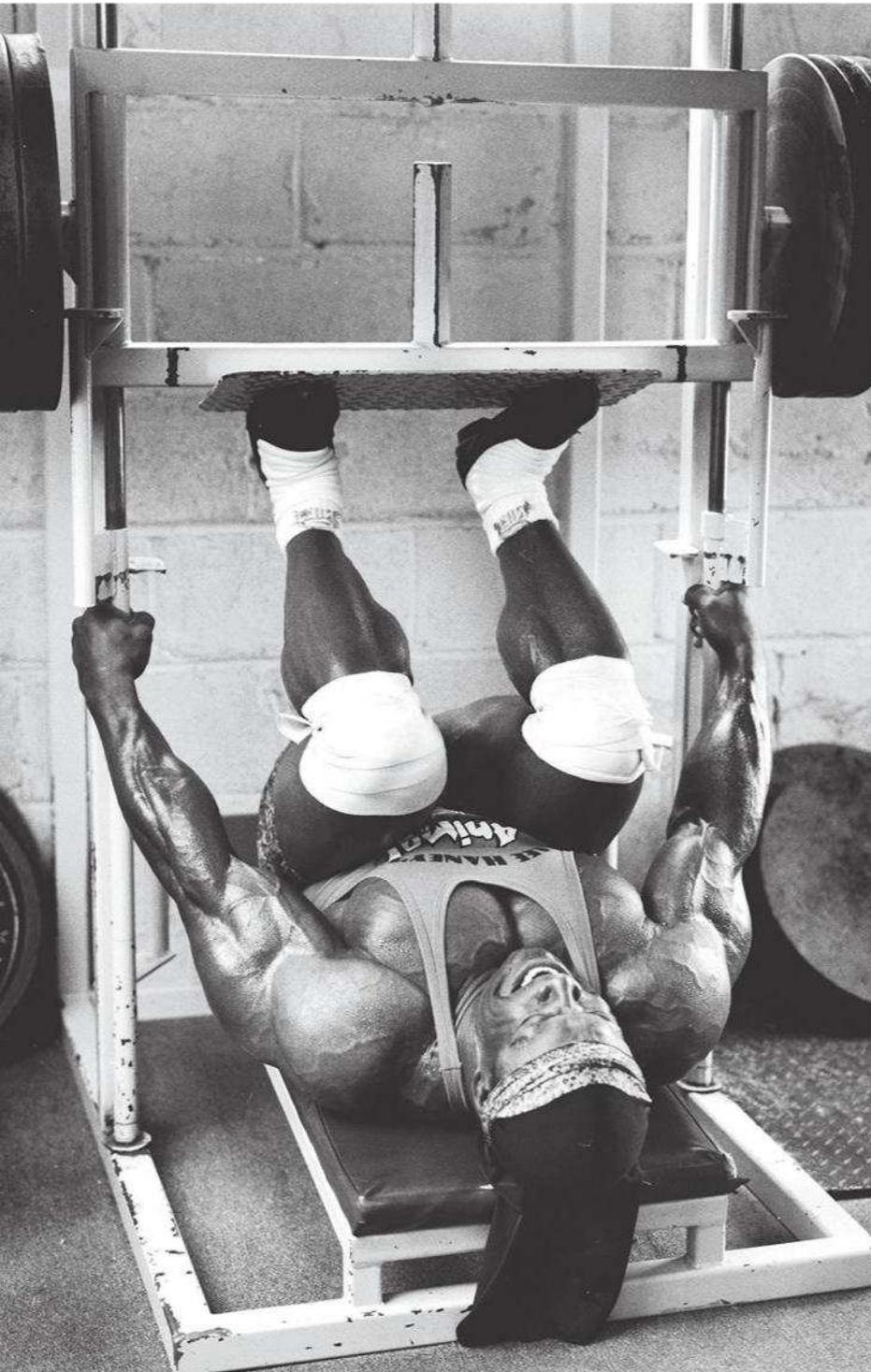
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PRESS TIME

BLAST THIS ALTERNATIVE BIG MOVE FOR BIG LEGS.



■ **HUGE QUADS** used to make you stand out onstage. But today impressive leg development is commonplace. This situation might lead some to believe that building the quads is easy. Not true—in fact, legs require more work than upper-body muscle groups because of the constant use of the legs during everyday activity. Squats are a great exercise for building big legs, but to really focus on each rep, I prefer leg presses. Reducing the strain on the spine and upper body makes for a more controlled, though just as intense, leg-training experience. When performing leg presses, vary the foot position from narrow to wide. This can be done within one workout or every other workout. As with squats, watch that the knees do not extend too far over the toes at the bottom of the movement. If they do, position the feet higher on the platform.

ALTERNATIVES

Smith machine squats, one-leg split squats.

WHEN IT'S TIME TO PRESS

Leg presses can be done either before isolation work or after. Just make sure that the knees are sufficiently warmed up. If done properly, your quads should be completely spent after leg presses, so plan accordingly.

FORM AND FUNCTION

The quadriceps have two origins: the proximal portion of the femur and the anterior inferior iliac spine of the pelvis. The function of the quadriceps is to extend the knee and flex the hip.

BACK-TO-BASICS LEG WORKOUT

Exercise	Sets	Reps
Leg Extension	3	12-15
Seated Leg Curl	3	12-15
Leg Press	5	10-15



Amy Jo Palmquest

- Team Nutrishop Director
- Nutrishop Store Owner
- Mother of 2

Johnny Pagnini Photography



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FOOD & SUPPS

NUTRITION TIPS TO FUEL TRAINING AND GROWTH



62

Spaghetti squash is loaded with fiber, potassium, and vitamin C, all things that will do a body good. Plus, you can do so many different things with it.

Turkey chili, chicken soup—we rebooted four classics and made them more muscle-friendly, so you can add some fun to your daily menu.

PAGE 56

We're all pretty hip to the need for carbs. But what kind? And how much do you really need for optimal performance while keeping your body looking good?

PAGE 64

We've got pure gold for you—as in Nitro-Tech 100% Whey Gold, a rapid-absorbing protein power punch for your muscles. You're welcome!

PAGE 68

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[‡] Based on published research data on ingredients in IMPACT Igniter

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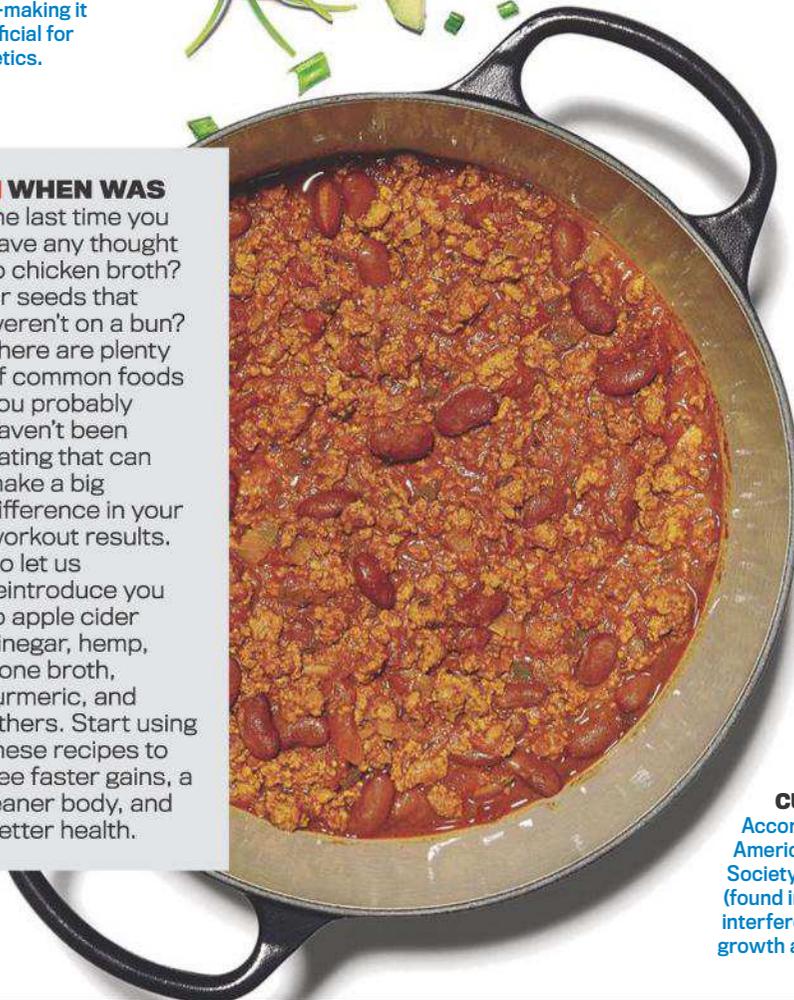
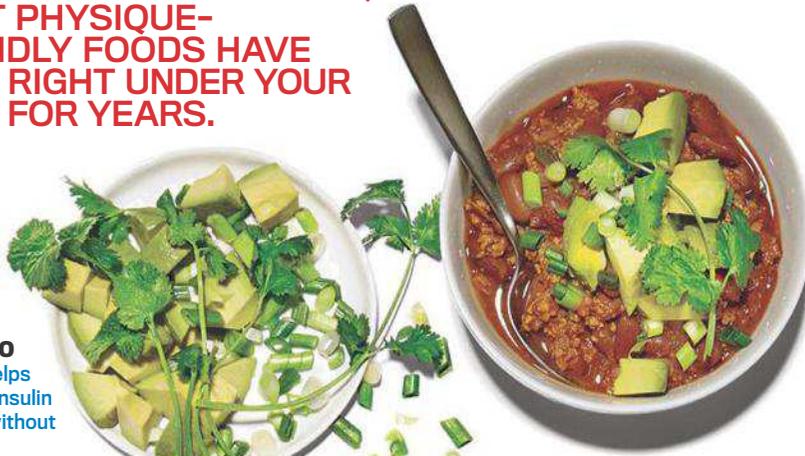
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■ WHEN WAS

the last time you gave any thought to chicken broth? Or seeds that weren't on a bun? There are plenty of common foods you probably haven't been eating that can make a big difference in your workout results. So let us reintroduce you to apple cider vinegar, hemp, bone broth, turmeric, and others. Start using these recipes to see faster gains, a leaner body, and better health.



Turkey Chili

SERVES 8

- 1 cup extra-virgin olive oil
- 1 large onion, diced
- 2 large garlic cloves, minced
- 1 medium jalapeño, seeded and minced
- 2 lbs antibiotic-free ground turkey breast
- 1 tsp sea salt
- 1 (28 oz) can low-sodium whole tomatoes
- 1 cup water
- 1 tbsp cayenne powder
- 2 tbsp cumin
- 2 tbsp ground turmeric
- ½ tsp black pepper
- 1 tsp paprika
- 2 tbsp oregano
- 1 (15 oz) can red beans, drained and rinsed
- 1 bunch cilantro, chopped
- 1 scallion, chopped
- 1 avocado, sliced

1. Pour olive oil in a large, heavy-bottomed pan over medium heat. Add onion and cook 3 to 5 minutes, stirring continually, until onion is translucent. Add garlic and jalapeño and cook 1 minute.
2. Stir in ground turkey and salt and cook 5 minutes, breaking up the meat with a spoon, until no longer pink.
3. Add tomatoes and their juice to the pan. Add water, cayenne, cumin, turmeric, black pepper, and paprika. Cook for 30 minutes at a gentle simmer, stirring occasionally.
4. Add oregano and red beans and simmer 20 to 30 minutes.
5. Ladle chili into bowls and top with cilantro, scallion, and avocado.

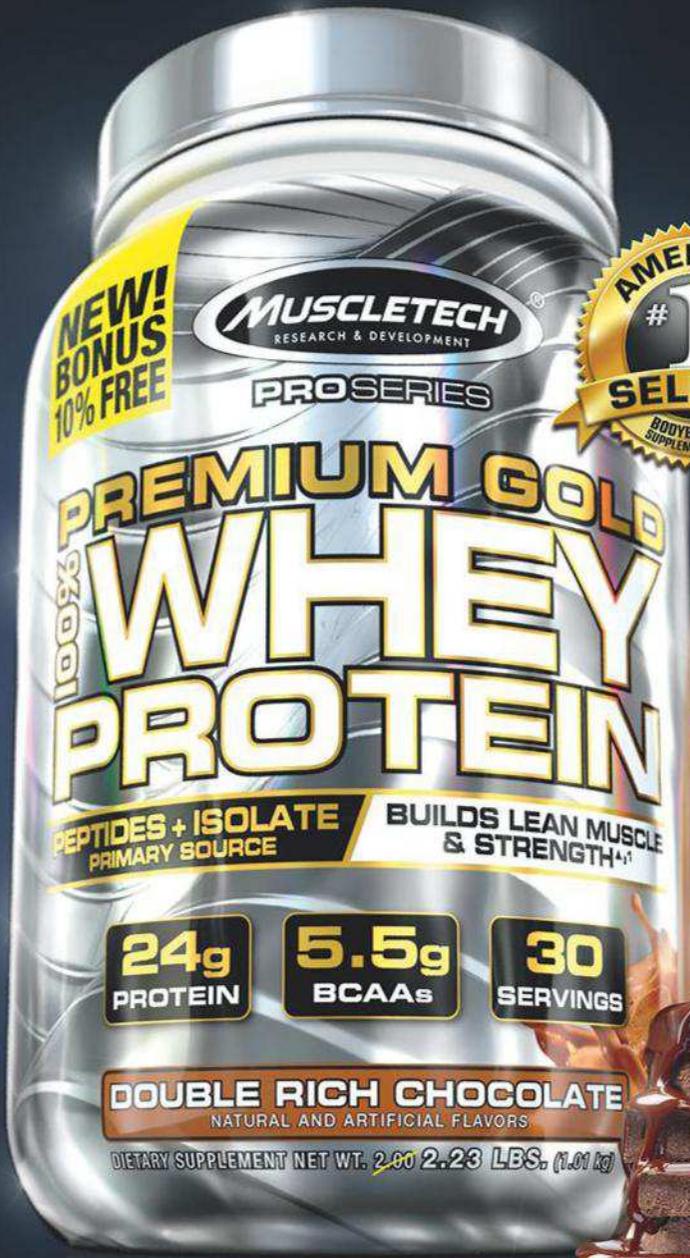
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According to the American Cancer Society, curcumin (found in turmeric) interferes with the growth and spread of cancer.

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Calories **281**
 Protein **23g**
 Carbs **12g**
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FOOD & SUPPS

MEAL

MONTH

Raw Kale Hemp Seed Salad

SERVES 4

- 1 bunch curly or lacinato kale, stalks removed and leaves chopped
- 1 avocado, sliced
- 1 cup cherry tomatoes, cut in half
- 2 tbsp hemp seeds
- 2 tbsp extra-virgin olive oil
- 2 tbsp apple cider vinegar
- Sea salt and pepper, to taste

1. Place kale, avocado, tomatoes, and hemp seeds in a large bowl and toss with olive oil, vinegar, salt, and pepper. Mix thoroughly until all the leaves are coated with dressing and seeds. Serve immediately.

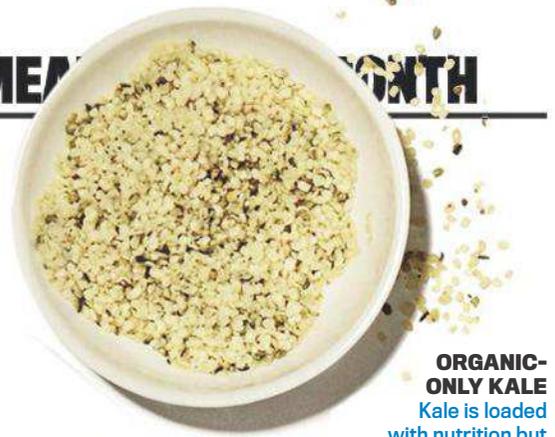
THE MACROS

Calories **154**

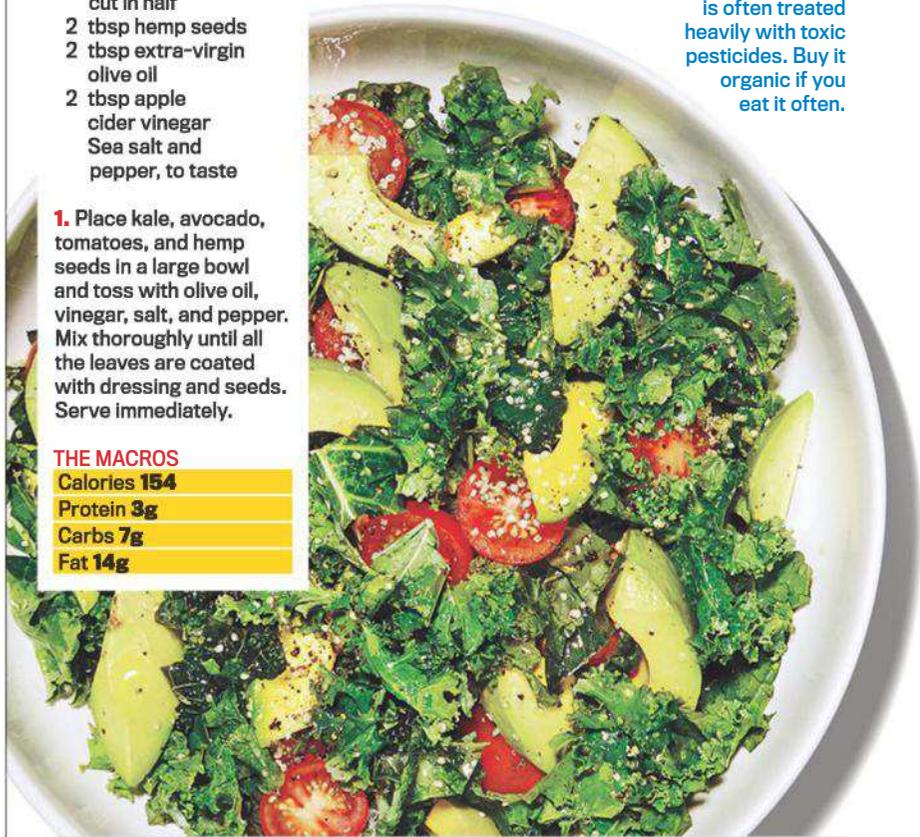
Protein **3g**

Carbs **7g**

Fat **14g**



ORGANIC-ONLY KALE
Kale is loaded with nutrition but is often treated heavily with toxic pesticides. Buy it organic if you eat it often.



Hemp Milk Smoothie

SERVES 1

- 1 cup unsweetened hemp milk
- 1 scoop vegan or whey protein powder
- ½ cup frozen organic blueberries
- ½ fresh or frozen banana
- Small drizzle of local honey (optional)

1. Blend all ingredients in a blender until smooth.

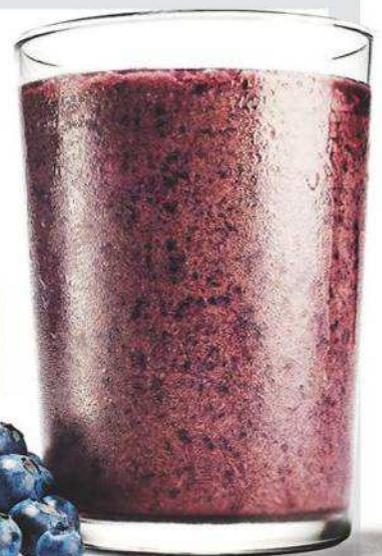
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Calories **250**

Protein **23g**

Carbs **30g**

Fat **4g**



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AMP UP ENERGY



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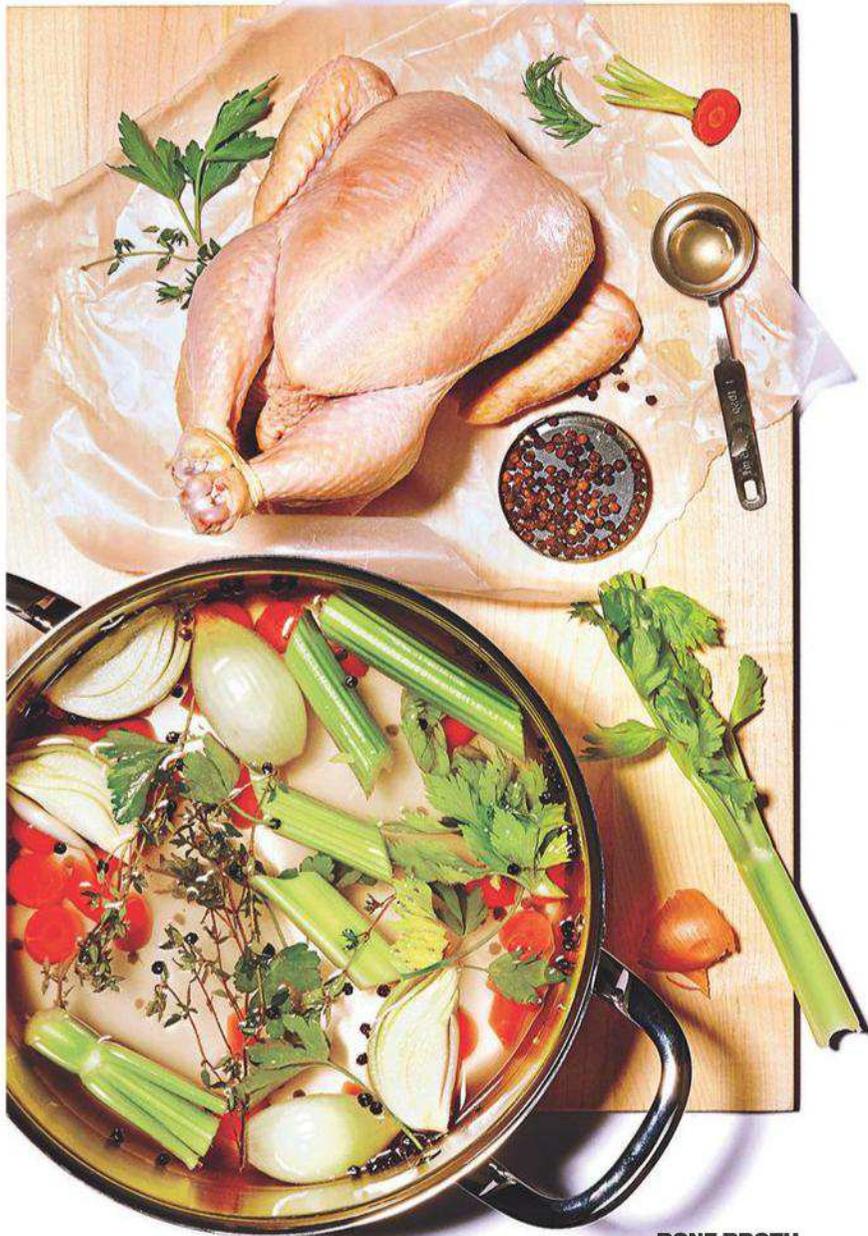
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POWER FROM WITHIN.™

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Nutrition21

FOOD & SUPPS MEALS OF THE MONTH



Healing Chicken- Bone Broth

SERVES 24

- 6 quarts water
- 1 whole chicken
- 1 onion, peeled and quartered
- 3 carrots, chopped
- 2 stalks celery, chopped
- 3 sprigs fresh thyme
- ¼ bunch fresh parsley, chopped
- 1 tbsp apple cider vinegar
- 2 tbsp peppercorns

1. Add water to a large pot and place chicken in it. Bring to a boil over high heat. Skim off the foam and discard.
2. Add remaining ingredients. Bring to a boil again, then cover and simmer for 4 to 8 hours.
3. Strain chicken and vegetables from the liquid. (You can use the chicken for chicken salad later.) Pour the stock into an airtight

BONE BROTH

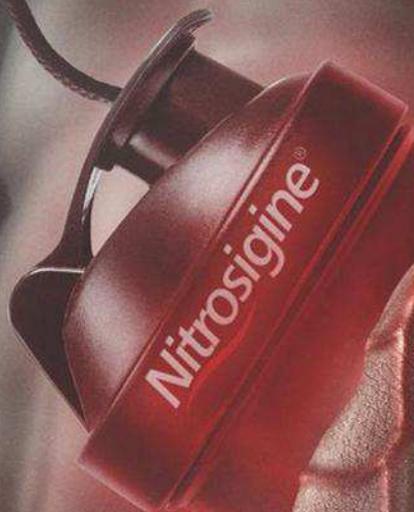
Use chicken-bone broth in any recipe that calls for stock, or in place of water to steam vegetables or to boil rice or whole grains.

container and refrigerate, letting it congeal overnight; or keep it frozen for up to 3 months.

THE MACROS

Calories 39
Protein 5g
Carbs 1g
Fat 1g

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Change your blood type to N.O. positive with the pre-workout ingredient clinically shown to increase nitric oxide production.[†]



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AMP UP ENERGY

Raises energy levels to power you through your workout.²



GET IN THE ZONE

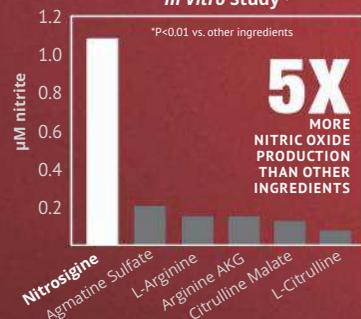
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LONG LASTING**

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Nitrosigine vs. Other ingredients:
In Vitro Study^{†5}



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[†] Results compared to baseline

1. Kalman DS, Feldman S, Samson A, Krieger DR. A clinical evaluation to determine the safety, pharmacokinetics, and pharmacodynamics of an inositol-stabilized arginine silicate dietary supplement in healthy adult males. *Clinical Pharm: Adv and Applica.* 2015; 7:103-109. 2. Rood-Ojalvo S, Sandler D, Veledar E, Komorowski J. The benefits of inositol-stabilized arginine silicate as a workout ingredient. *Journal of the International Society of Sports Nutrition.* 2015;12(Suppl 1):P14. 3. Kalman D, Harvey PD, Perez Ojalvo S, Komorowski J. Randomized prospective double-blind studies to evaluate the cognitive effects of inositol-stabilized arginine silicate in healthy physically active adults. *Nutrients.* 2016;8(11):736. 4. Komorowski J, Perez Ojalvo S. A pharmacokinetic evaluation of the duration of effect of inositol-stabilized arginine silicate and arginine hydrochloride in healthy adult males. *The FASEB Journal.* 2016; 30(1) Supplement 690.17. 5. Kalman D, Perez Ojalvo S, Komorowski J. Comparison of cellular nitric oxide production from various sports nutrition ingredients. *J Int Soc Sports Nutr.* 2016;13 (Suppl 1):P33. ©2017 Nutrition 21, LLC Nitrosigine[®] is a registered trademark of Nutrition 21, LLC. Nitrosigine is protected by a number of patents and pending patent applications on compositions, their manufacture, and/or their uses, including, but not limited to: U.S. Patent Nos.: 5,707,970; 6,156,735; 6,344,444; 6,803,456; and 7,576,132. DRA908021417

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Nutrition21

THE FOOD:

SPAGHETTI SQUASH

THIS VERSATILE VEGGIE IS RICH IN FIBER, POTASSIUM, AND VITAMIN C. SUB IT IN FOR A WIDE VARIETY OF DISHES.



4 LASAGNA

Cut squash in half lengthwise. Scoop out seeds and discard. Place squash halves faceup in baking dish. Roast in 400°F oven for 30 to 45 minutes, depending on squash size. Use a fork to scoop out spaghetti-like strands. Keep squash halves faceup. Cook ½ lb ground turkey breast in skillet with garlic; mix with ½ can crushed tomatoes, salt, pepper, and garlic-and-herb seasoning. In a bowl, mix 2 cups sautéed kale with ½ cup ricotta and ¼ cup shredded mozzarella. Add squash strands to kale mix and fill squash boats. Top with turkey mixture and shredded mozzarella. Bake for 15 minutes at 425°F.



5 OVERNIGHT OATS

Place ¼ cup cooked spaghetti squash strands in a blender with 3 tbsp milk. Blend until pureed. In a jar, add ½ cup oats, the pureed spaghetti squash mix, 1 tbsp chia seeds, ½ cup chopped fruit, 2 tbsp nuts, a dash of cinnamon, and 1 scoop of protein powder. Mix well with spoon. Add ½ cup milk, close jar, and shake. Chill in fridge overnight. Eat right out of the jar in the morning.



1 SOUP

Swap out the noodles in chicken noodle soup for cooked spaghetti squash strands. (It will reduce carbs and increase the nutrient and vegetable content.) You can also add cooked spaghetti squash strands to chili, ramen, and salads. When adding to salads, try it cold or hot.



2 MUFFINS

Combine cooked strands of 1 spaghetti squash in a bowl with 3 cups chopped spinach and 1 diced onion. Add salt, pepper, garlic, and red pepper flakes. In a separate bowl, beat 4 eggs. Mix eggs in with vegetable mix. Grease muffin tray. Scoop mixture into muffin cups. Bake at 350°F for 25 minutes.



3 SPAGHETTI AND MEATBALLS

Cut squash in half lengthwise. Scoop out seeds and discard. Place squash halves facedown on baking tray and add a little water to tray. Roast in 400°F oven for 30 to 45 minutes, depending on squash size. Use a fork to scoop out spaghetti-like strands. Pair

these with a marinara sauce and top with lean beef or turkey meatballs.

ABOUT THE R.D. JENNA WERNER IS A NEW JERSEY-BASED REGISTERED DIETITIAN. INSTAGRAM: @HAPPYSLIMHEALTHY.

CLOCKWISE FROM TOP RIGHT: GETTY IMAGES (3); JENNA STOCK (2); ALAMY (CENTER)

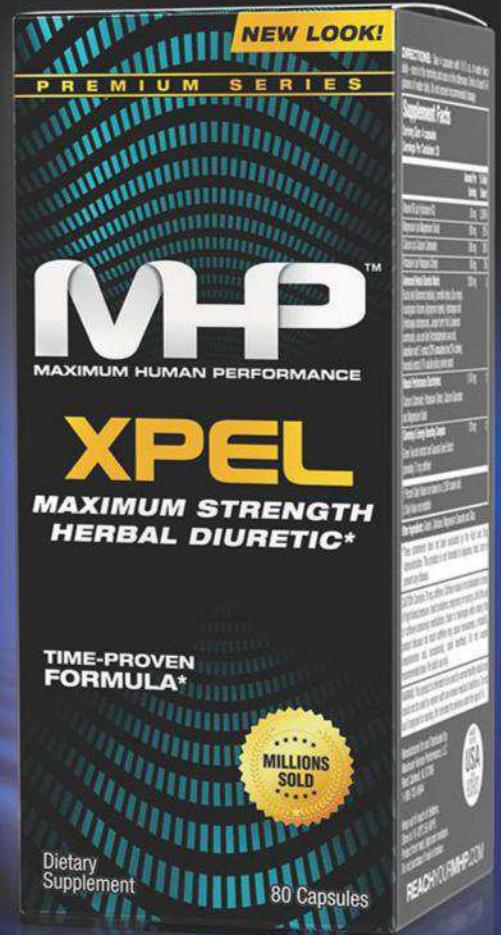
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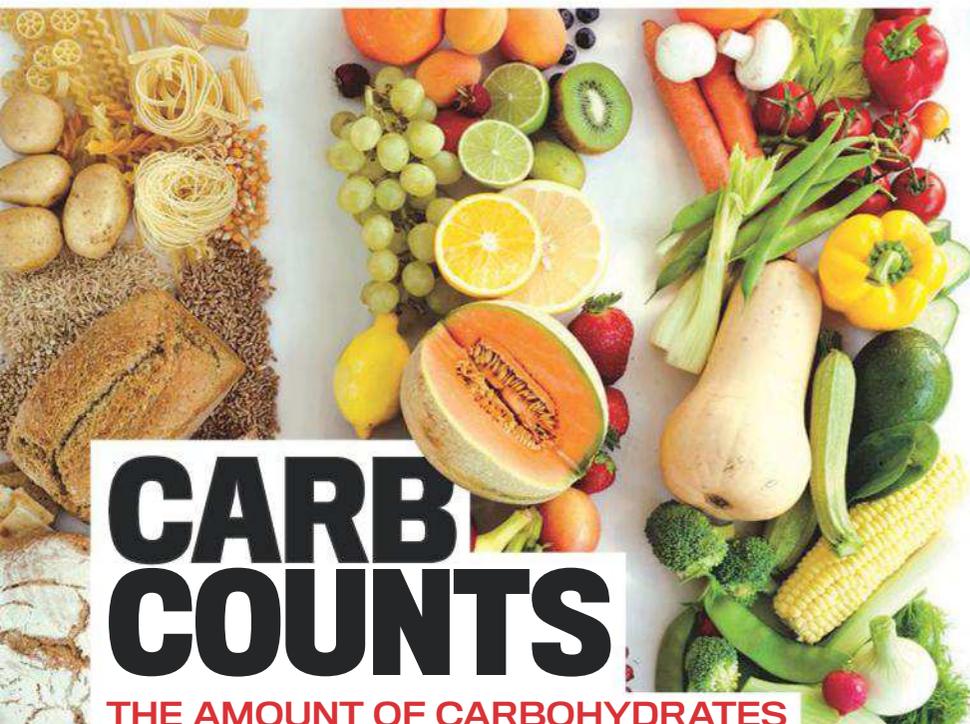
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CARB COUNTS

THE AMOUNT OF CARBOHYDRATES YOU SHOULD CONSUME DEPENDS ON WHAT KIND OF ATHLETE YOU STRIVE TO BE.

Q I'm getting into powerlifting but still want to stay lean. Is high carb intake essential for strength athletes?

Strength athletes typically require fewer carbohydrates than endurance athletes because the carb requirements are mainly determined by the time,

or duration, spent training and the intensity of training. For a strength athlete working out for about an hour a day, I'd recommend an intake of roughly 2.25 to 3 grams per pound. For a 180-pound athlete, that's 405 to 540 grams a day; that comes out to 1,620 to 2,160 calories a day, or 30 to 50% of your daily intake. If that seems

too high and you're focusing on body composition and leaning out, you can alter those ranges—go with a range of 1.5 to 2.25 grams per pound.

Load up on these types of carbs when fueling up: fruits, vegetables, grains, pastas, and oats.

For example, good breakfast carbohydrate options might be whole-grain pancakes or bagels. Add berries or bananas, and avoid processed syrup, which is loaded with high-fructose corn syrup. Fruit smoothies are also a good option—stick to 2- or 3½-cup servings of fruit, and blend with protein powders, dairy, or nondairy sources of protein. For dinner or lunch, go for nontraditional pasta choices like quinoa-based pastas, vegetable-blended pastas, whole-wheat pastas, and pastas with added protein.

Carbs to avoid are sodas, candy, pastries, cookies, and pretty much anything that's going to provide a quick spike in blood sugar and insulin release and has no performance value to it. But in rare cases, carb choices like these are needed if blood sugars are dangerously low and you need a quick response.

Gabe Staub, R.D., C.S.S.D., C.S.C.S., is a performance nutritionist and specialist; nevergoempty.com.

Q I've been hearing more about essential amino acids. What are they, and will they help me build muscle?

—Neil C.,
Champaign, IL

Essential amino acids (EAAs) are amino acids that cannot be produced in the body. EAAs must be obtained from the diet. In fact, EAAs are the only dietary macronutrient that you must eat to survive. If you get enough EAAs from eating, either in the amino acid form or more commonly as a component of dietary protein, the rate of protein synthesis can match or even exceed the rate of protein breakdown. This is one of the reasons why I believe that, in the years to come, EAAs will become the most important nutritional supplements to affect human health and disease. After decades of research and more than 20 human clinical trials, a finely calibrated, patented ratio of EAAs was devised by Robert R. Wolfe, Ph.D., of the University of Arkansas for Medical Sciences. The formula, which has recently been applied in the field of sports nutrition, has been shown to be three times superior to whey protein and 32 times more efficient at building lean muscle than BCAAs. (Learn more at reaalmuscle.com.) In the right combination, EAAs can provide unparalleled benefits in terms of muscle mass and strength. Importantly, there are no adverse effects from EAAs.

THE AMINO EXPERT Greg Grochoski is founding member of aminoauthority.com and chief science officer at Twinlab Corporation.

GREATNESS IS EARNED



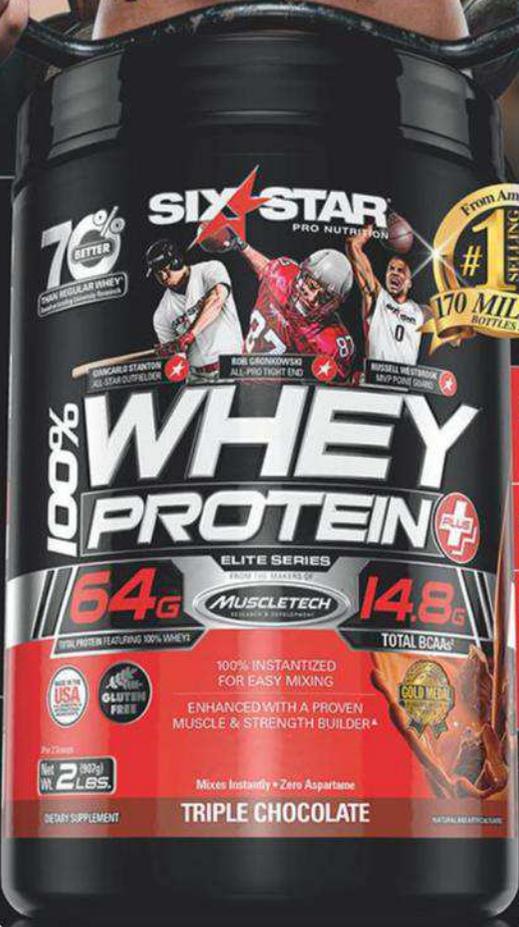
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- +** Ultra-filtered to reduce fat, lactose & impurities
- +** 70% more muscle* with clinically studied core ingredients!

*In a 6-week study, subjects using the core ingredients in Six Star® 100% Whey Protein Plus with a training program gained 70% more muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.).

*MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Over 170 million bottles of MuscleTech® and Six Star® products combined have been sold.

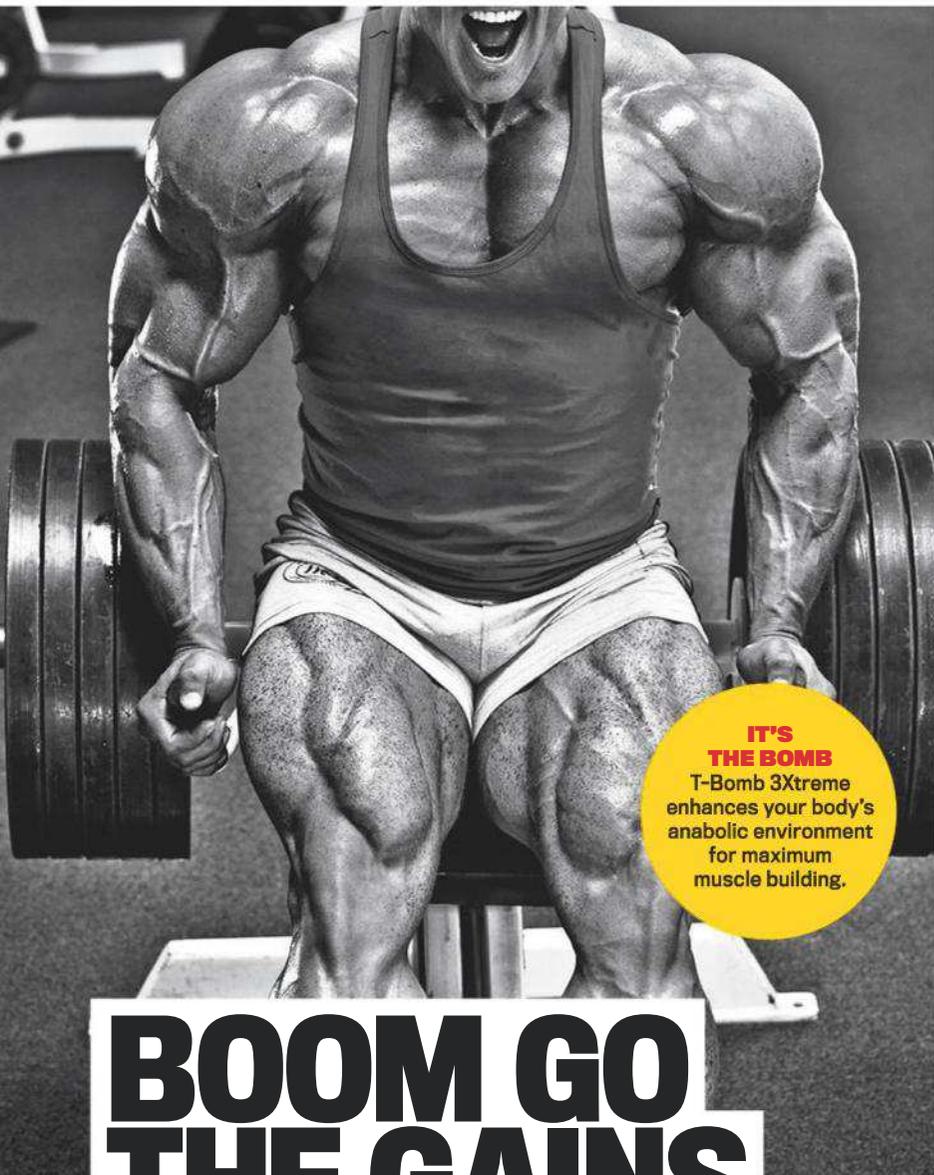


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■ **FOR MORE THAN** a decade, men have used MHP's T-Bomb to naturally support higher testosterone levels. That's because it has always worked.

Now MHP has taken an effective product and improved it. Which means if you want to add muscle mass, increase strength, boost performance, enhance libido, and feel your best, give MHP's T-Bomb

3Xtreme a try. This powerful, 100% natural testosterone booster employs groundbreaking technologies and advanced ingredients to increase T levels among even the hardest-training elite athletes. Imagine how much it can do for you.

NEW TECHNOLOGY

The driving force behind T-Bomb 3Xtreme is its revolutionary

MHP T-BOMB 3XTREME
THE BOTTOM LINE:
If you want to boost testosterone levels, you have to try MHP's T-Bomb 3Xtreme.
To find out more, visit mhpstrong.com.

five-phase hormone-optimizing system, which increases free testosterone levels while keeping other hormones, like estrogen, sex-hormone-binding globulin, and dihydrotestosterone, in check. It also improves receptor sites signaling to upgrade your body's anabolic environment. The result: optimal testosterone enhancement for maximum muscle building and performance.

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Research with elite athletes at the University of Tampa Human Performance Laboratory showed that Clinical Strength T-Bomb 3Xtreme not only increased total testosterone but also resulted in 32% greater bioactive free testosterone in just six weeks—without increasing estrogen levels.

Researchers gave T-Bomb 3Xtreme to athletes training upwards of 10 times per week for six weeks. The workout conditions were so intense that the control athletes who did not supplement with this test booster actually suffered from decreased free T levels. But the athletes using T-Bomb 3Xtreme every day experienced elevated testosterone and increased free testosterone.

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Meet Erik

"I am a Licensed Registered Respiratory Therapist, ISSA Specialist in Sports Nutrition and a Health/Fitness Advocate. When I was in the medical field as an RRT, I took care of patients who were end-stage, critically-ill, near death from ages of 30 to 90+. The one thing that was in common was that they could have prevented their severe diagnoses [by] being more aware about health. The one thing I can focus on is to educate people now about healthy choices to avoid the life that will lead them to the Intensive Care Units.

As an ISSA Specialist in Sports Nutrition, and speaking on behalf on other Health Advocates, let's motivate, inspire, and educate people on living a healthy lifestyle so they can live as long as they chose to."



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DESIGNED FOR the needs of athletes, CrossFitters, and bodybuilders, Nitro-Tech 100% Whey Gold is a premium protein product that delivers the nutrients you need for better workouts, faster recovery, and enhanced muscle growth. MuscleTech made its top-of-the-line 100% whey protein product specifically to help those who train with intensity achieve their goals. It's also formulated to be used at any time—before, during, or after workouts.

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absorbed compared with the high-quality whey proteins in Nitro-Tech 100% Whey Gold.

SUPERIOR AMINO ACID PROFILE

While you want fast delivery of amino acids, you also need more of the amino acids that are most effective for supporting muscle growth. First, each serving of Nitro-Tech 100% Whey Gold provides 5.5 grams of branched-chain amino acids (BCAAs), a group of amino acids that are effective in supporting workouts and muscle gains. Unlike other amino acids, BCAAs are metabolized preferentially in skeletal muscles. Second, each serving also provides 4 grams of glutamine and its precursors.

Glutamine is the most prevalent amino acid in the human body, and it's readily used to drive protein synthesis to support recovery, reduce fatigue and muscular soreness, and support muscle building.



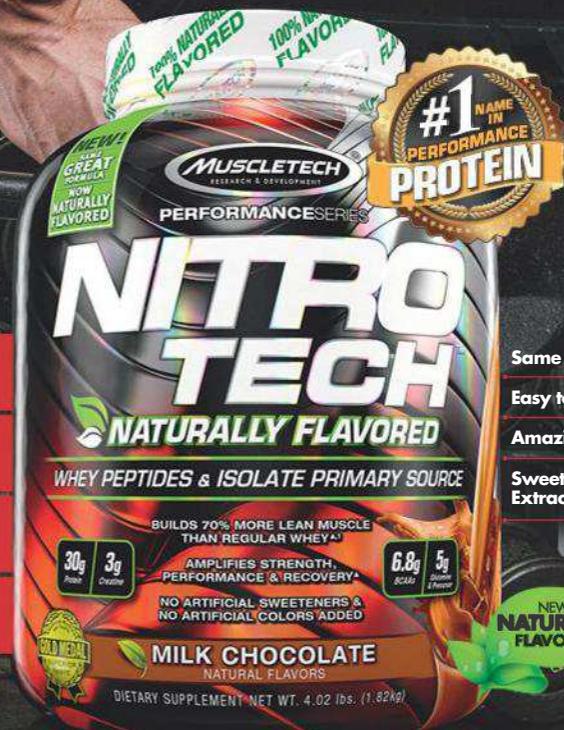
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Why I Lift...

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Growing up I didn't have it easy. There was struggle and immense pain. But once I found bodybuilding, everything changed. To keep me powering through my tough workouts, I need a protein that can keep up. That's why I trust NITRO-TECH[®], the formula that has persevered for over 20 years, rising above the competition every time. It contains protein sourced primarily from whey protein peptides and whey isolate, two of the cleanest and purest protein sources available. It's enhanced with the most studied form of creatine for even better gains in muscle and strength, and is now available naturally flavored. From the #1 name in Performance Protein, helping you power through every rep, anytime, any day.

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30g
Protein

6.8g
BCAAs

3.3g
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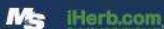
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Easy to Mix & Digest
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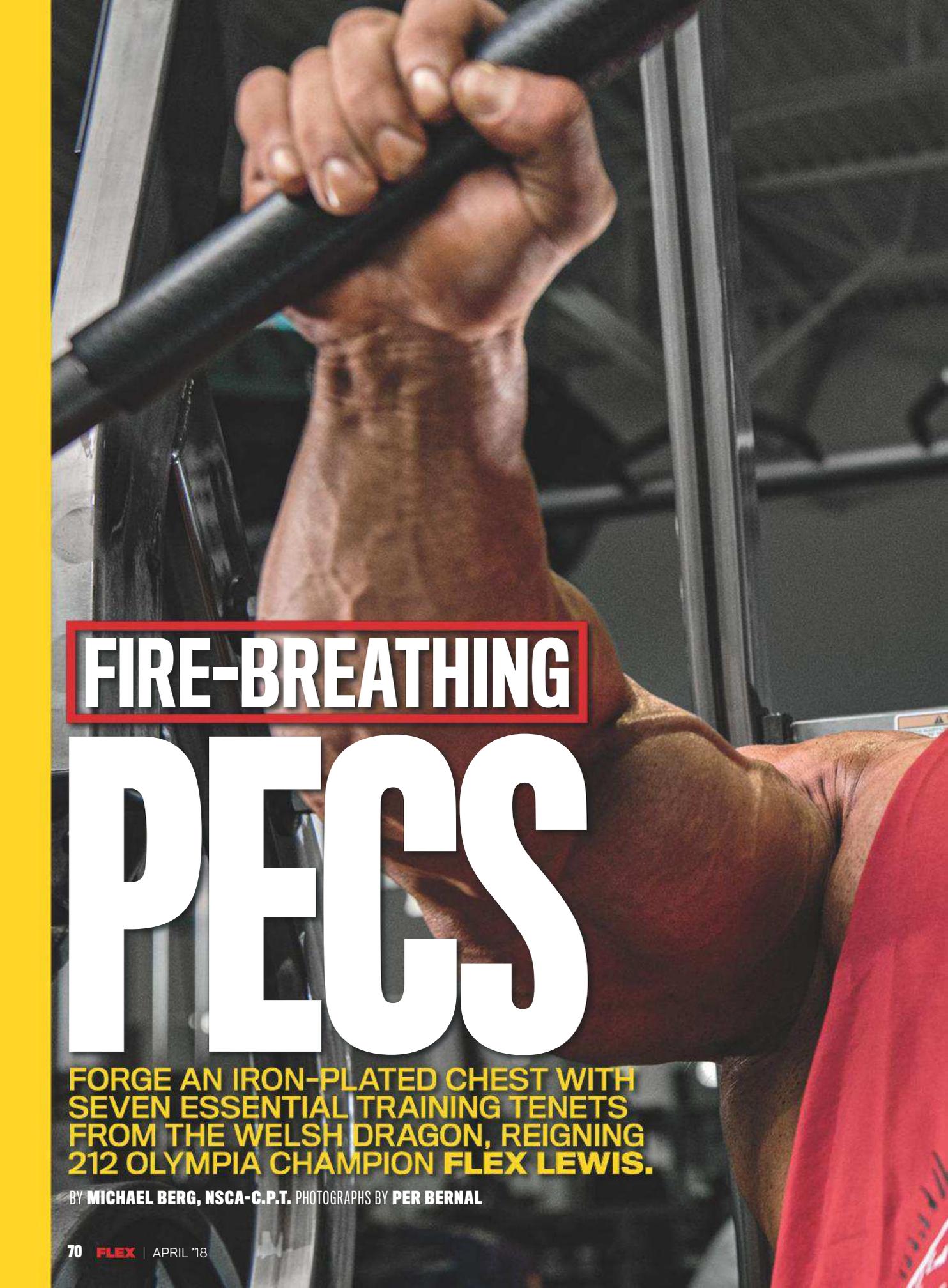
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FIRE-BREATHING

PEGS

FORGE AN IRON-PLATED CHEST WITH SEVEN ESSENTIAL TRAINING TENETS FROM THE WELSH DRAGON, REIGNING 212 OLYMPIA CHAMPION FLEX LEWIS.

BY **MICHAEL BERG, NSCA-C.P.T.** PHOTOGRAPHS BY **PER BERNAL**





“Too many people dillydally around the gym on their phones. They will sit on the same machine for an hour, texting, doing a few reps, then texting more. It’s pathetic. These people are never going to make any changes. For me, when I go to the gym, I’m going to war.”

It’s not necessarily easy to sum up the Flex Lewis training philosophy in one thought. Yet that statement from January 2014—delivered in his distinct Welsh brogue during a midnight interview, which a reporter settled for considering the road warrior’s relentless schedule—comes damn close.

These days, Lewis is settled into his 10,000-square-foot Florida warehouse, where he has his business offices and a private gym, all without a dillydallier in sight. But the 5’5” 230-pounder

brings the same fiery intensity to workouts that he did when he was a hungry up-and-comer fighting tooth and nail for a pro card in the British Championships from 2003 to 2007.

His principles for maximizing growth, power, and definition also remain steadfast. Here are seven he has used to turn his chest—formerly a weak point—into a body part as formidable as any on a standard-bearing physique that has dominated the 212 pro division for six years running. Ready to go to battle?

PECS LIKE FLEX’S

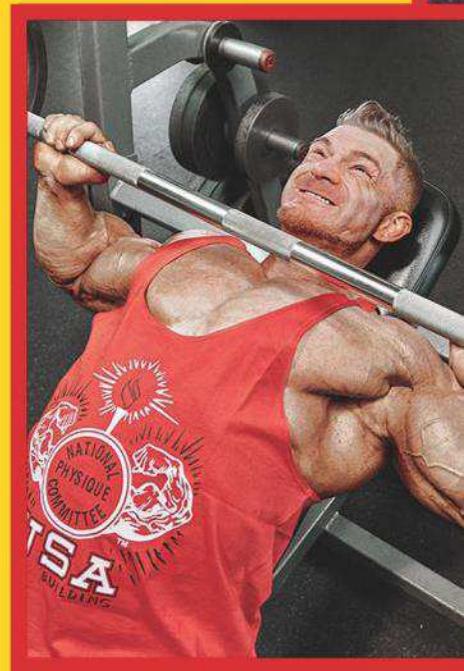
EXERCISE	SETS	REPS
Barbell Incline Press	4	10-12
Dumbbell Incline or Flat Bench Flye	4	12-15
Dumbbell Flat Bench Press	4	10-12
Cable Crossover	4	12-15
Low-pulley Cable Crossover	4	12-15
Hammer Strength Incline Press or Machine Incline Press	3	12-15

Note: Occasionally switch out the Hammer Strength press for dips to failure to end the workout. “Sometimes I’ll finish with dips leaning forward to focus on my chest and not my triceps, and I’ll do two or three sets to failure [30 to 50 reps],” Lewis says. “Other times I’ll finish with a machine press, and I’ll get some forced reps and be sure to get a really slow, strong negative on the last rep of each set. It’s a good way to make sure I’ve gotten everything I can out of the workout.”

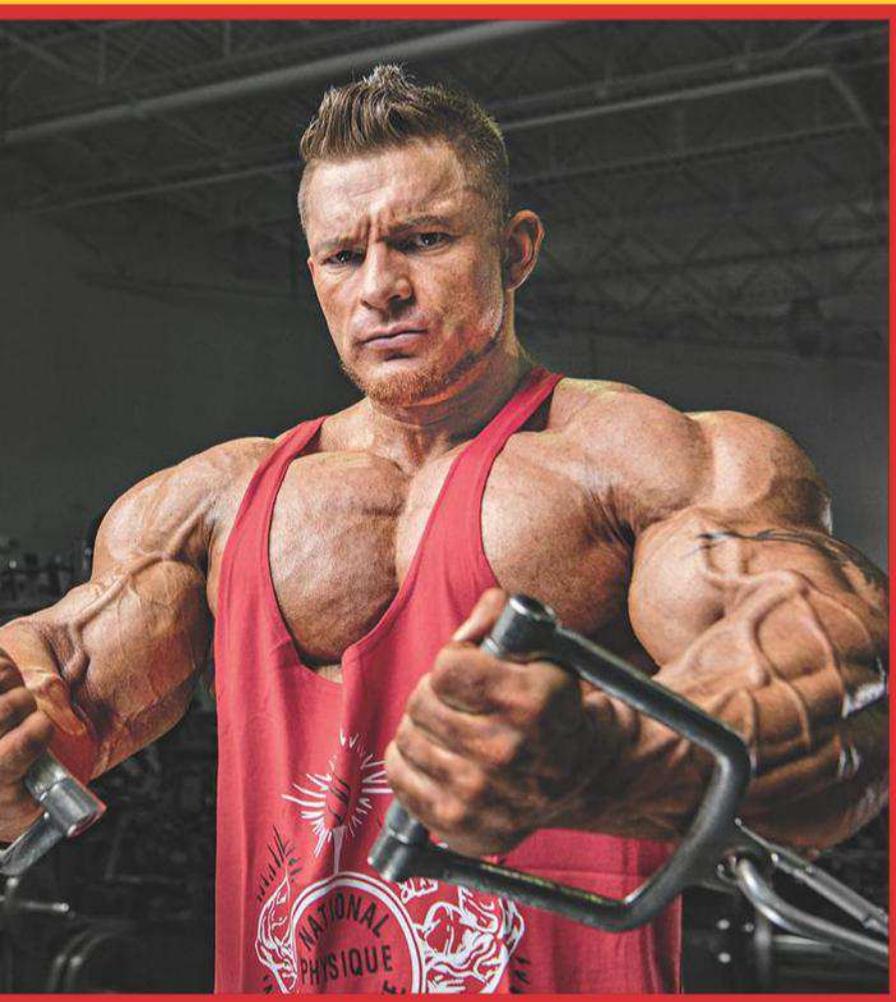
STAY FLEXIBLE

“I don’t go into the gym with a set workout or exercises in mind. I’ll mix it up,” Lewis says. That means he may switch out a barbell for a dumbbell press or do a flat instead of an incline movement to lead off—as long as he’s not locking into a rut, doing the same workout in the same order week after week, month after month.

But the 34-year-old does tend to do more upper-chest-focused movements overall. “I don’t think you can have too much upper chest, so I’m always working to thicken it up,” he says. Even so, you’ll still want to introduce variety through exercise choices, grips, and angles. If he does two incline presses, for instance, one may be at a 45-degree angle, the next at 25 degrees.







IT'S JUST A NUMBER

Repetitions are the coin of the realm in bodybuilding, but they can be a trap. Meant as a guidepost, they should not be held as hard-and-fast rules. After all, 10 reps, or eight or 12 or 50, is not a magic number that instantly bestows muscular benefit.

So, when it comes to your reps, it pays to learn from the masters. "I remember meeting Tom Platz very early in my career," Lewis says. "He told me he'd go into a set with the same approach every time. He never had a number of reps in his head. He was going for total annihilation, which was when his hands wouldn't be able to grasp the bar any longer if he was doing arms, or if he was doing legs, his legs would be so fatigued that he'd collapse."

While he admits that's extreme, Lewis sees the merit in the Golden Eagle's lesson. "It shows that the mind is what limits you, not the muscles," he says. "I usually do have a number of reps I want to achieve, and I count in my head until I get there. But then if I can do more, I'll do more."

Sometimes, that means a five- to 10-second pause before continuing or a couple of forced reps if he has a partner along for the ride.

"Even when I'm going heavier, I'm always getting at least 10 reps," he says. "To me, I need to have a good working set of 10—if you get to eight, you know you can force out the next two, or you have a spotter there to get that extra two."



GROOMING BY KATE SANDERS



PUSH WITH YOUR PECS

Lewis may be a sultan of symmetry now, but his proportions weren't always so perfect. In his younger years, he had incredible lower-body development, but areas like his chest lagged behind. Looking back, though, he knows exactly who was at fault.

"Part of that was because I was pressing with my shoulders and triceps," he says. "Chest took a back seat, not because I wasn't training it but because I was training it wrong. No one really said, 'Slow yourself down. Concentrate on the squeeze.' It wasn't until I had won a couple of shows and was traveling back and forth to the States that I said to myself, 'Something isn't right. I need to learn the essence of the mind-muscle link.'"

In response, Lewis took a step back. Well, many steps back, discarding his ego and reverting to presses with only the 45-pound Olympic barbell. He retaught himself the movement and concentrated on the feeling of his pectorals flexing and stretching to press the weight up and down. "You need to feel the muscles working, and I'd lose that feeling when I was going too heavy. I'd bench-press 315 for reps, but I'd be getting a pump in my triceps and delts. It was more of a powerlifting movement."

The take-home is this: No matter your level, no matter the years you have tucked under your lifting belt, it's never too late to back up to the beginning and start over if your chest training—or that of any body part, for that matter—is not delivering you the results you expect.



SQUEEZE ON CABLE CROSSOVERS

Lewis will do cable crossovers from multiple angles—the low-to-high crossover emphasizes the upper chest, while the traditional high-to-low version accentuates the middle and lower pecs.

The key is not to do them with too much weight or explosively, but instead, control your concentric and eccentric contractions against the

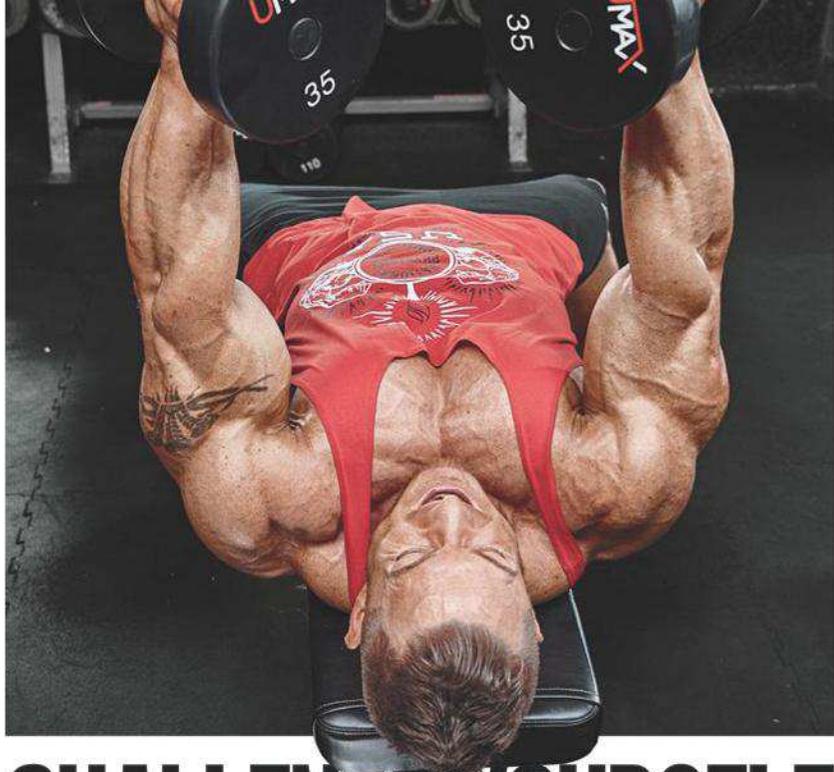
constant, steady pull of the cable. “You never want there to be a point when you lose that contraction,” he says. “Don’t let your arms go too far back at the top. You want to keep all the tension on the pecs. And then at the bottom, squeeze as if you have a quarter between your pecs and you want to make it burst. I’ll hold that for a second or two.”

He also incorporates another variation, bending over so that his upper body is parallel to the ground, repping so that his hands arc toward the floor during each rep. “I’ll sometimes start with traditional cable crossovers, then do a dropset or two at the end—with those last one to two sets, I’ll do the facedown style.”

Lewis told FLEX writer Greg Merritt in 2016: “That place



nearest the end where most people just want the set to end because it's painful? I like to extend that even further by getting a real slow negative. So you'll see me sometimes on a cable crossover fighting against the weight one last time as I lower it under strict control and very slowly, and I'm maintaining that tension on the muscles the whole time."



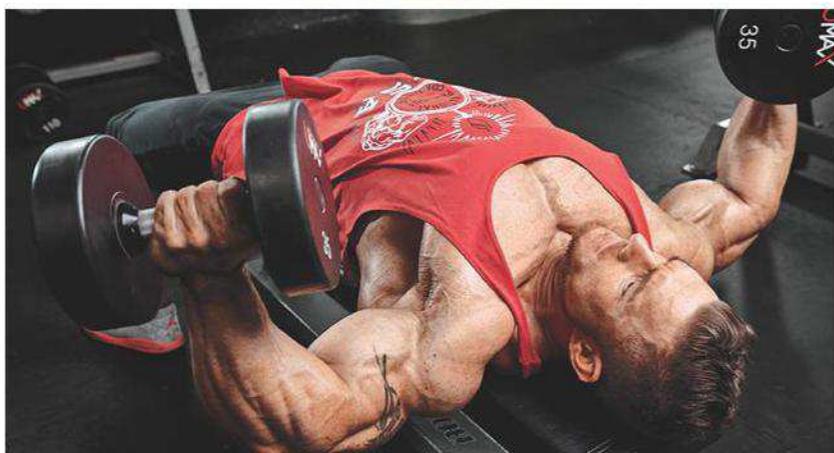
CHALLENGE YOURSELF

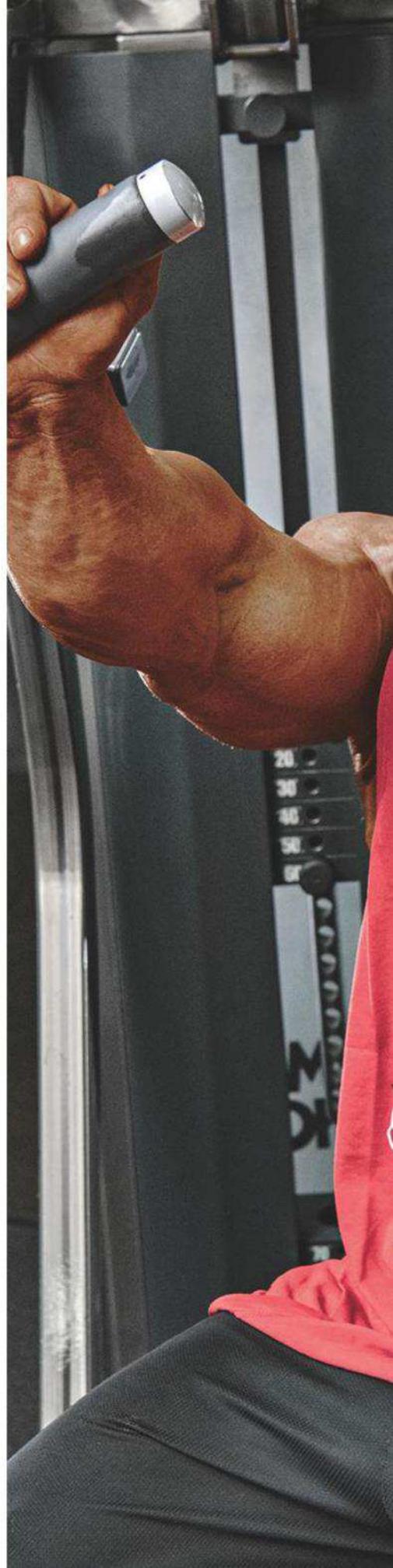
"In days of old, people saw me doing these 100-rep sets for my triceps—five cable exercises that I did back-to-back for 20 reps each," Lewis recalls. "I kinda became known for them. I'd do it three or four times, and then go into the rest of my regular triceps workout."

You may not want to replicate that for chest, but the intent certainly has merit. The idea is to consider new, inventive ways to push yourself outside your comfort zone. That could mean a superset or triset warmup for chest—such as machine presses, dumbbell flies, and pushups for 20 reps apiece, three or four

times through—or choosing a lighter resistance, something that would elicit failure around 25 to 30 reps if you chose to keep going.

Or it could mean combining your whole workout into one giant set, pyramiding up the weight set to set so that you're failing in most of your sets, with forced reps sprinkled in for good measure. "I feel like I'm a strong bodybuilder," he has said in the past, "but that is not what I want to do most of the time. I enjoy reps, and I enjoy building the pump." A high-volume, short-rest, maximum-intensity workout is sure to accomplish that.





SEE THE BIG PICTURE

Guys can get hung up on how much they bench, or really, about their totals on all their exercises. But this fixation means you're likely taking your eye off the real game changer.

"[A successful chest workout] is more about finding the right way of doing exercises, going at the right pace, feeling the pecs working, and working the angles," he told FLEX at a

pec-training shoot after his fifth straight 212 Olympia victory in 2016. "Once you get all those things down, it changes your mindset, too. Chest used to be my least favorite body part to train, but now I can't wait for the next chest workout so I can bring my everything to it and keep improving. That's the thing about bodybuilding: You never stop getting better. You're never finished."

■ SNAPSHOT JAMES "FLEX" LEWIS ■

Birth Date:

Nov. 15, 1983

Height: 5'5"

Weight:

212 lbs (contest);
230 to 240 lbs
(off-season)

Birthplace:

Swansea, Wales

Residence:

Parkland, FL

Career Highlights:

2012-17 212
Olympia, 1st;
2014-17 Korean
Grand Prix 212,
1st; 2014 Arnold
Classic 212, 1st;
2014 San Marino

Pro 212, 1st;
2012-14 Prague
Pro 212, 1st; 2012
British Grand Prix
212, 1st; 2011
British Grand Prix
202, 1st; 2009
Atlantic City Pro
202, 1st; 2008
Europa Super
Show 202, 1st;

2007 British
Championships,
light-heavyweight
and overall
winner (earned
pro card)

Social Media:

flexlewis.net
/flexextraordinary
.com; Twitter:
@Flex_Lewis



FOCUS ON THE MUSCLE

A workout is more than a compendium of sets and reps. You could follow a program to the letter, studiously doing each set and rep specified, and not gain an ounce of benefit from it. Instead, it's about making sure the target—in this case, the pecs—is amply stimulated.

Consider how Lewis approaches another body part, quads, for an example of how you can ramp up your intensity in just three sets. "With lying leg extensions, you can be as sadistic as you want," Lewis says. "For me, the first set could be to failure at 15 reps, then slip the pin to a heavier weight and do butterfly kicks, moving just an inch or so for 50 reps. The next set, I'll go for failure at 15 regular reps again, then drop the weight in half and fail again, then drop the weight slightly one more time and go to failure one more time. For the last set, I'll do maybe 10 conventional reps, then drop the weight in half and do another 10, then drop one more time and go for 10. For those final 10, I may need to use rest-pause, basically finishing with four powerful singles. After that, I'll raise the weight to half to three-quarters of the stack and do 50 butterflies to finish off."

Similarly, you could attack machine presses or pec deck flyes with a barrage of dropsets and partial reps or do unilateral versions to focus on each pectoral.



12 WEEKS TO 3-D MASS

BY ERIC "MERLIN" BROSER

JOLT YOUR MUSCLES INTO NEW GROWTH
WITH MY EXCLUSIVE TRIPLE-THREAT ATTACK
GUARANTEED TO HAVE YOU BIGGER THAN
EVER—JUST IN TIME FOR SUMMER!

AS

you hold this issue of FLEX in your hardworking, calloused hands, thoughts of higher temperatures, longer days, backyard barbecues, pool parties, and beach outings are likely beginning to fill your head. Yes, my fellow iron pumpers, summer is again just around the corner, and with it comes the need for far less clothing and therefore far more exposure of the physique you toil away on day after day.

The question is, however, did you spend your time productively throughout the fall and winter months? Did you pack away enough quality calories to build more muscle? Did you make sure to get to the gym even on the coldest and most miserable days? Did you push every rep of every set to the max in order to force your muscles to respond?

Well, whether you answered yes or no to these questions,

I am here to make your next 12 weeks the most productive you have ever experienced in the gym. My goal is to help you add heaps of new muscle tissue from top to bottom that you can proudly display all summer long. On the following pages you will find a full three-month workout regimen utilizing several of my most intense, muscle-manifesting training protocols, so that your internal "growth GPS" system is programmed for maximum mass. Ready, set, grow!

One more thing before we start. The three training protocols we will utilize over the next 12 weeks (Hybrid PRRS, FTX-2, and SPEC) are all somewhat different in exactly how they approach hypertrophy, but they're all based on science and physiology. If you want to truly tap into your genetic potential for muscle size, you must hit upon all the "anabolic pathways" of the human organism. Extensive research has uncovered that there are three primary mechanisms responsible for igniting muscle hypertrophy:

mechanical tension, metabolic stress, and muscle fiber damage. In addition, it has been proposed that muscle size can also be increased via the formation of a greater number of capillary beds. Further, there are numerous anabolic hormones in the human body—all of which must be stimulated to achieve optimal results from your workouts. It is essential to use many methods (variations in rep number, exercises, tempo, TUT, specific rep and set techniques) in order to optimize the hormonal environment within the body and muscles. A one-dimensional approach to training will never build monstrous mass in the average lifter.

SCHEDULE IT

This training schedule is not set in stone. Feel free to change the days and body-part split. For most, when looking to add mass, I suggest only four days per week of resistance workouts and no more than two days in a row without taking a day off.

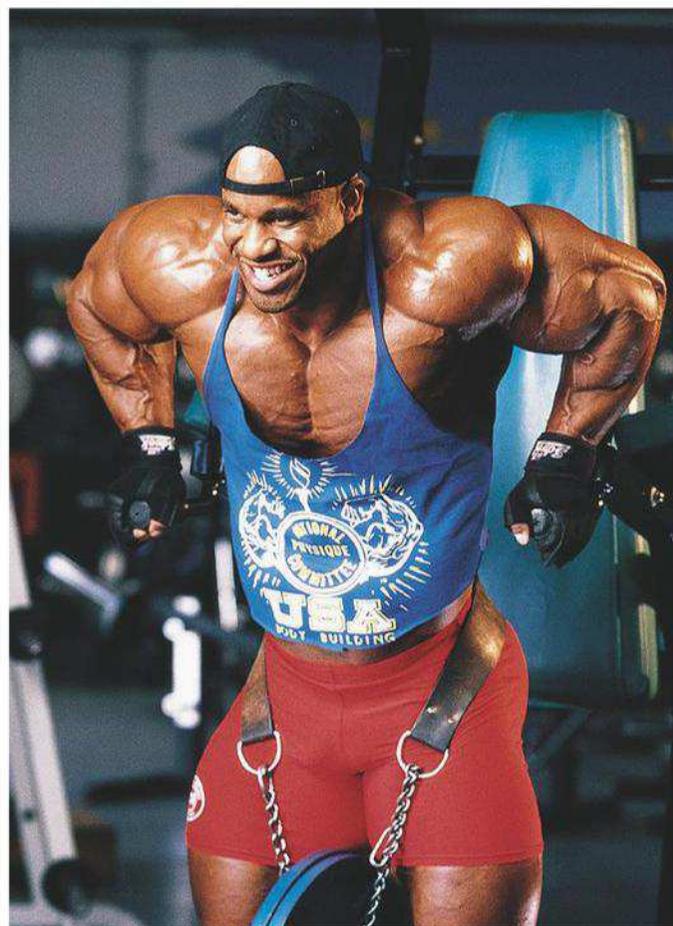
WEEKS 1-4

THE HYBRID POWER, REP RANGE, SHOCK METHOD

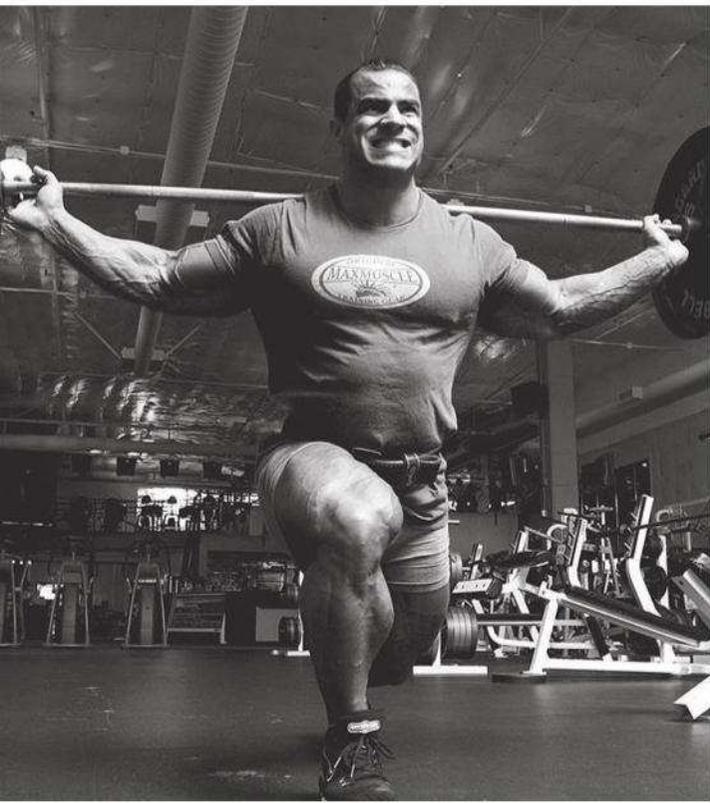
This combines Power, Rep Range, and Shock techniques in one workout, enabling your muscles and central nervous system to experience a multidimensional attack each time you enter the gym.

MONDAY

EXERCISE	SETS	REPS	TEMPO
CHEST			
Bench Press	3	4-6	5/0/X
Incline Dumbbell Press	3	1 x 13-15 1 x 10-12 1 x 7-9	3/0/1
Incline Dumbbell Flye	3	7-9	3/1/1
<i>superset with Weighted Dip</i>	3	7-9	3/0/X
BICEPS			
Barbell Curl	2	4-6	4/1/X
Standing Alternating Dumbbell Curl	2	1 x 13-15 1 x 10-12	3/0/1
Barbell Preacher Curl	2	7-9	3/1/1
<i>superset with Hammer Curl</i>	2	7-9	2/0/1
ABDOMINALS			
Cable Crunch	2	16-20	2/0/1/1
Supported Bent-leg Raise	2	Max	2/0/1/1



CLOCKWISE FROM LEFT: CHRIS LUND; KEVIN HORTON; PAVEL YTHJALL



TUESDAY

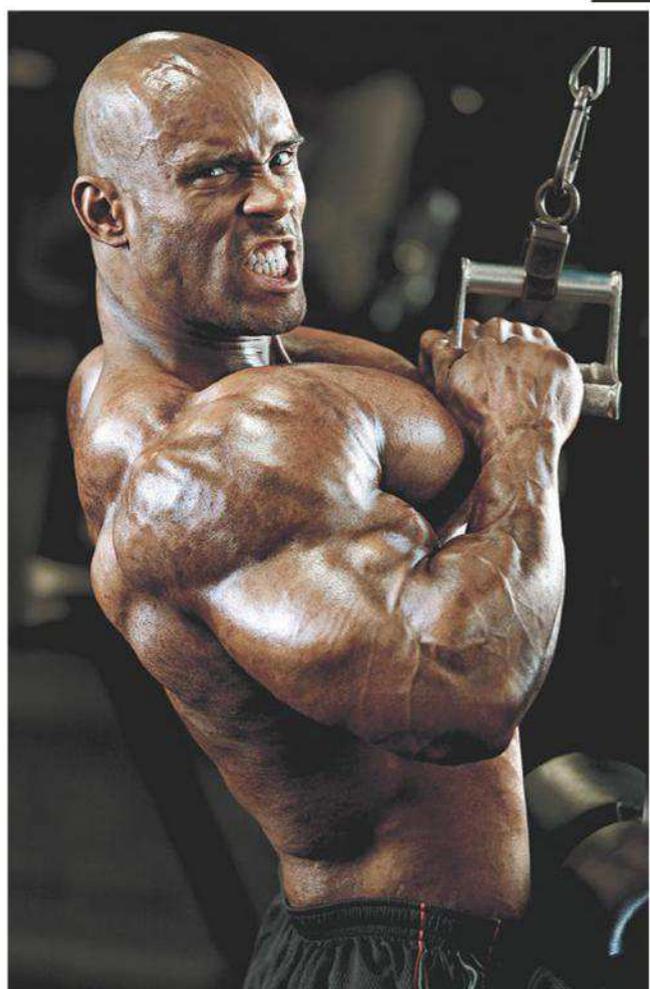
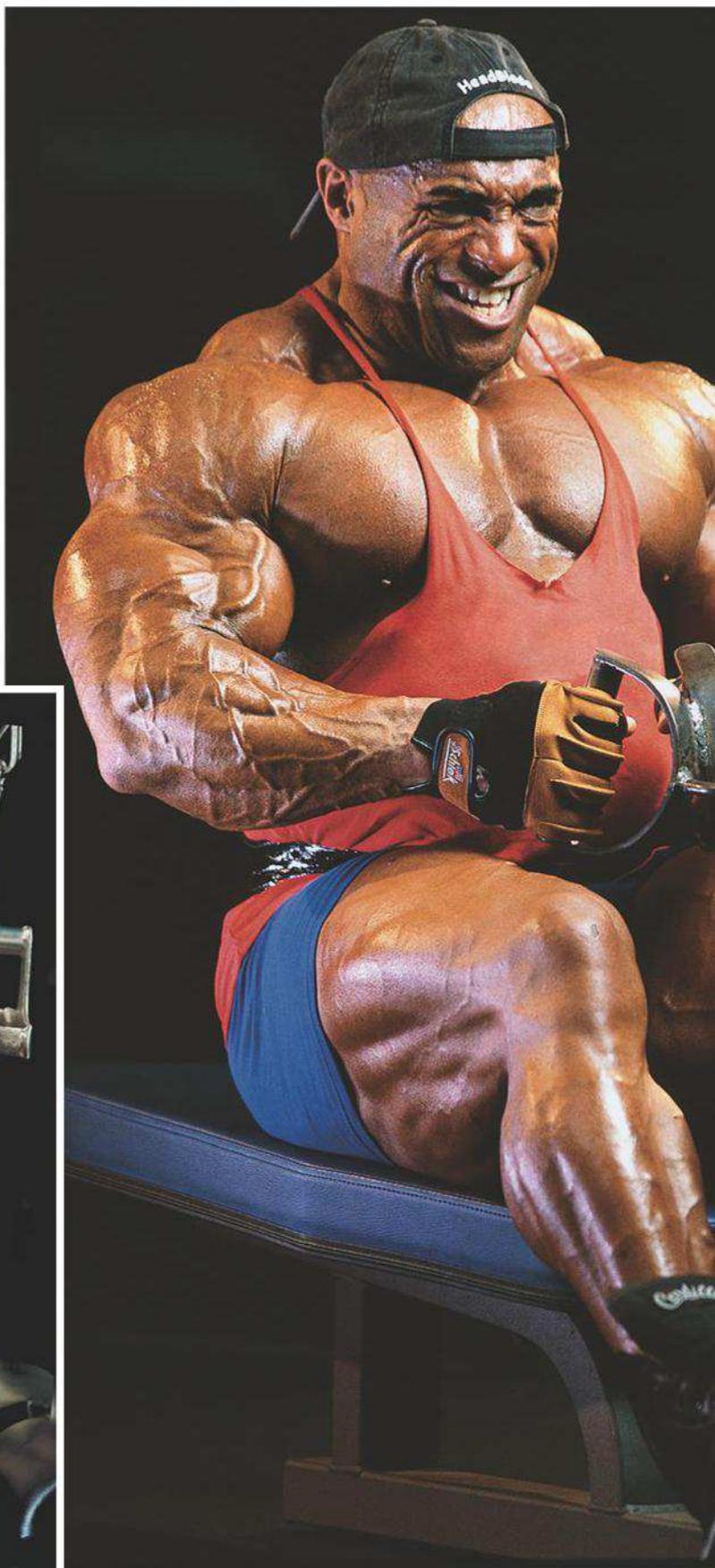
EXERCISE	SETS	REPS	TEMPO
QUADS			
Hack Squat	3	4-6	5/1/X
Leg Press	3	1 x 13-15 1 x 10-12 1 x 7-9	3/1/1
Leg Extension	3	10-12	2/0/1/1
<i>superset with Alternating Barbell Lunge</i>	3	10-12	2/1/1
HAMSTRINGS			
Lying Leg Curl	2	4-6	5/0/X/1
Stiff-leg Deadlift	2	1 x 13-15 1 x 10-12	3/1/1
Seated Leg Curl	2	7-9, drop, 4-6 more	3/0/1/1
CALVES			
Standing Calf Raise	2	10-12	3/1/X/1
Seated Calf Raise	2	13-15	2/1/1/1



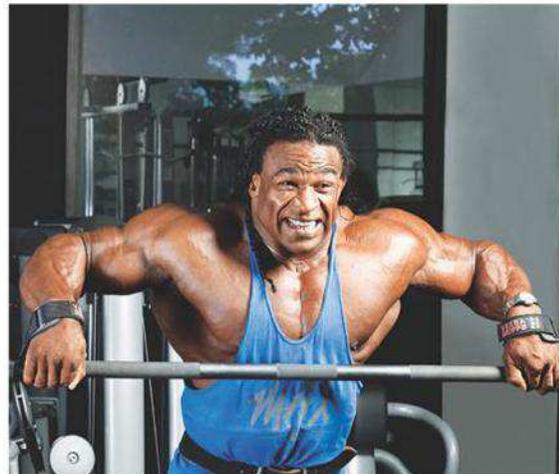
WEEKS 1-4

THURSDAY

EXERCISE	SETS	REPS	TEMPO
BACK			
Partial Rack Deadlift	3	4-6	3/1/X
Underhand-grip Barbell Bentover Row	3	1 x 13-15 1 x 10-12 1 x 7-9	3/0/X
Wide-grip Pulldown	3	7-9	3/0/1/1
Close-grip Seated Cable Row	3	7-9	3/1/1
TRAPS			
Dumbbell Shrug	2	1 x 10-12 1 x 7-9	2/1/1/2
Smith Machine Behind-the-back Shrug	1	13-15, drop, 6-8 more	2/0/1/1
ABS			
Supported Straight-leg Raise	2	Max	2/1/1/1
Seated Crunch Machine	2	16-20	2/0/1/1



CLOCKWISE FROM LEFT: PAVEL YTHALL; CHRIS LUND (2); KEVIN HORTON



FRIDAY

EXERCISE	SETS	REPS	TEMPO
SHOULDERS			
Barbell Military Press	3	4-6	5/1/X
Standing Dumbbell Lateral Raise	3	1 x 13-15 1 x 10-12 1 x 7-9	2/0/1/1
Seated Bentover Dumbbell Rear Lateral	2	10-12	2/1/1
<i>superset with</i> Wide-grip Barbell Upright Row	2	10-12	2/0/1/1
TRICEPS			
Close-grip Bench Press	2	4-6	4/1/X
Rope Pushdown	2	1 x 13-15 1 x 10-12	2/0/1/1
Incline Overhead Dumbbell Extension	2	7-9	3/1/1
<i>superset with</i> Skull Crusher	2	7-9	3/0/1
CALVES			
Calf Press	2	10-12	3/1/1
Seated Calf Raise	2	13-15	2/0/1/1

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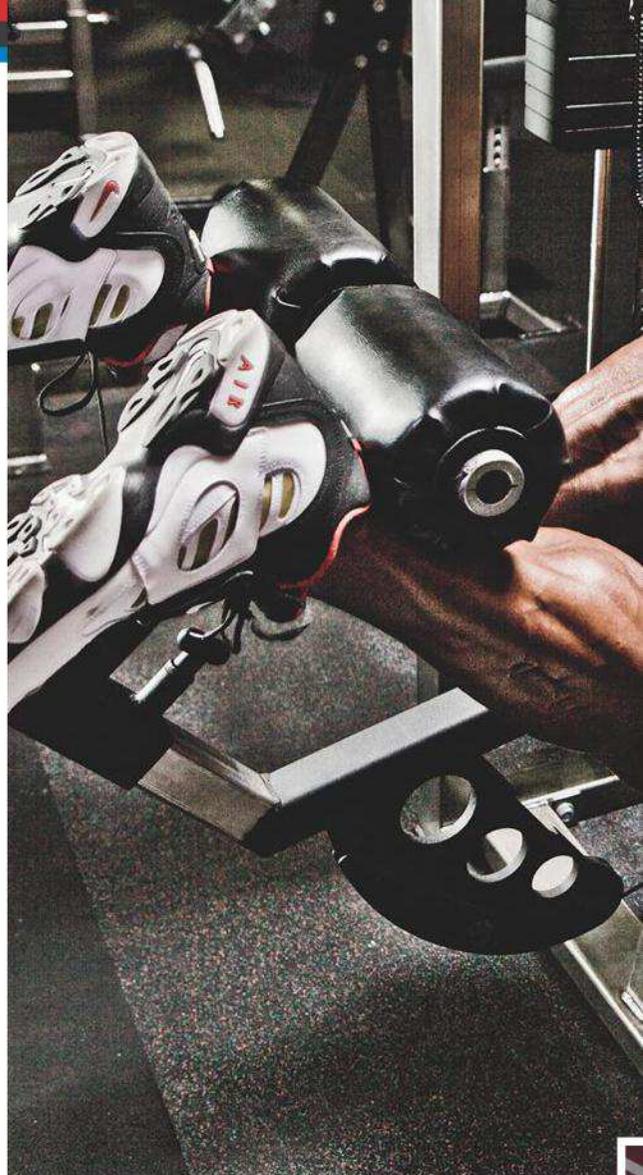
WEEKS 5-8

THE FAST-TWITCH EXPONENTIAL PROTOCOL

This annihilates the highest-threshold fast-twitch muscle fibers, increases raw strength, and stimulates a greater amount of natural testosterone to course through your veins.

MONDAY

EXERCISE	SETS	REPS	TEMPO
CHEST			
Pec Deck Flye	3	26-30	2/0/1
Smith Machine Incline Press	3	3-4	3/0/X
Flat Bench Dumbbell Press	3	10-12	3/1/1
Incline Dumbbell Flye	3	10-12	3/2/1
BICEPS			
Low-cable Rope Hammer Curl	2	21-25	2/0/1
90-degree Barbell Preacher Curl	2	3-4	3/0/X
Seated Incline Dumbbell Curl	2	10-12	2/1/1/1
Seated Concentration Curl	2	10-12	3/0/1/1
ABS			
Cable Crunch	2	16-20	2/0/1/1
Supported Bent-leg Raise	2	Max	2/0/1/1



TUESDAY

EXERCISE	SETS	REPS	TEMPO
QUADS			
Leg Extension	3	26-30	2/0/1
Squat	3	3-4	3/0/X
Leg Press	3	10-12	3/1/1
Smith Machine or Dumbbell Split Squat	3	10-12	2/1/1
HAMSTRINGS			
Seated Leg Curl	2	26-30	2/0/1
Lying Leg Curl	2	3-4	3/0/X
Weighted Hyperextension	3	10-12	3/0/1/1
Single-leg Standing Leg Curl	3	10-12	3/0/1/1
CALVES			
Standing Calf Raise	2	10-12	3/1/X/1
Seated Calf Raise	2	13-15	2/1/1/1

CLOCKWISE FROM TOP: KEVIN HORTON; PAVEL YTHJALL (2)



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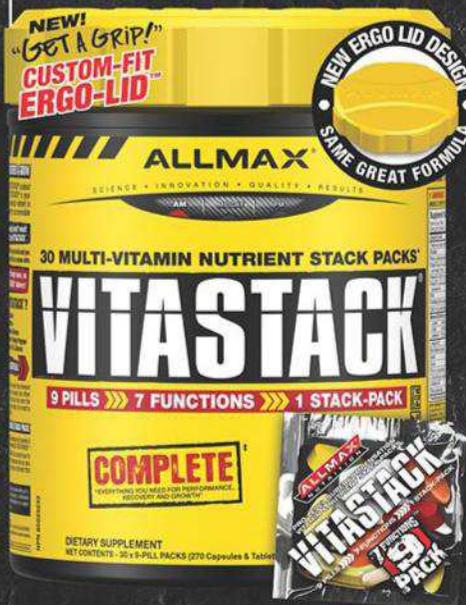
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WEEKS 5-8 THURSDAY

EXERCISE	SETS	REPS	TEMPO
LATS			
Stiff-arm Pulldown	3	26-30	2/0/1
Close-grip Pulldown	3	3-4	3/0/X
Wide-grip Barbell Row	3	10-12	3/0/1/1
Underhand-grip Seated Cable Row	3	10-12	3/1/1/1
TRAPS			
Machine Shrug	1	21-25	1/0/1
Barbell Shrug	3	1 x 3-4 2 x 10-12	2/0/X/1
ABS			
Supported Straight-leg Raise	2	Max	2/1/1/1
Seated Crunch Machine	2	16-20	2/0/1/1





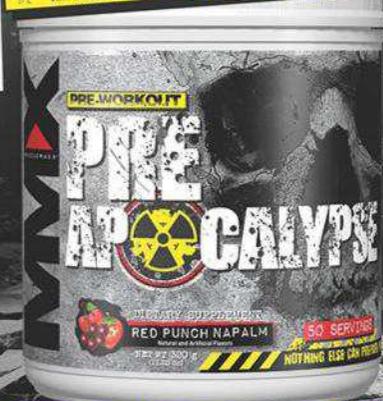
ON LEFT: PAVEL TYHAL. THIS PAGE: CHRIS LUND

FRIDAY

EXERCISE	SETS	REPS	TEMPO
SHOULDERS			
Seated Dumbbell or Machine Lateral Raise	3	21-25	2/0/1
Smith Machine Military Press	2	3-4	3/0/X
Wide-grip Cable Upright Row	3	10-12	3/0/1
Standing Dumbbell Rear Lateral Raise	2	10-12	2/0/1
TRICEPS			
Reverse-grip Pushdown	2	21-25	2/0/1
Smith Machine Close-grip Bench Press	2	3-4	3/0/X
Seated Single-arm Overhead Dumbbell Extension	2	10-12	3/1/1
Dumbbell Kickback	2	10-12	2/1/1
CALVES			
Calf Press	2	10-12	3/1/1
Seated Calf Raise	2	13-15	2/0/1

APCALYPSE

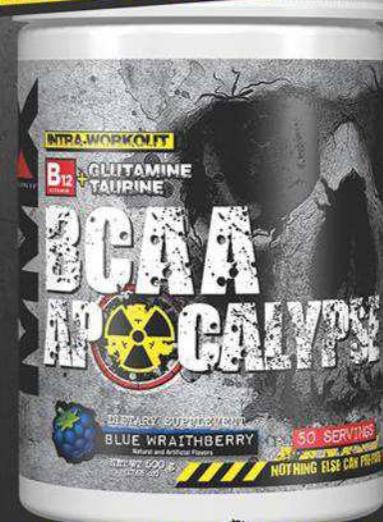
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WEEKS 9-12

THE "SPEC" TRAINING SYSTEM

Stretch, Peak contraction, Eccentric, Concentric emphasis.

MONDAY

EXERCISE	SETS	REPS	TEMPO
CHEST			
Flat Dumbbell Flye	2-3	7-9	2/4/1
Low-cable Crossover	2-3	7-9	2/0/1/4
Incline Press	2-3	7-9	4/0/1
Seated Chest Press Machine	2-3	7-9	2/0/4
BICEPS			
60-degree Incline Dumbbell Curl	2	7-9	2/4/1
Low-cable Curl	2	7-9	2/0/1/4
Preacher Curl	2	7-9	4/1/1
High-cable Curl	2	7-9	2/0/4/1
ABS			
Cable Crunch	2	16-20	2/0/1/1
Supported Bent-leg Raise	2	Max	2/0/1/1

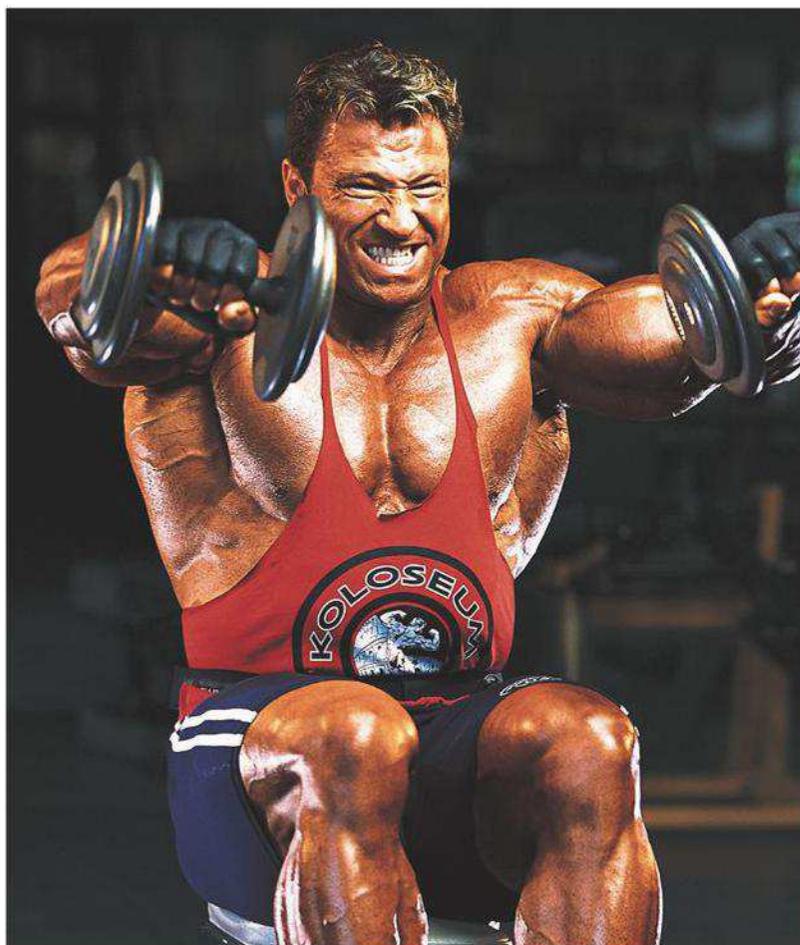
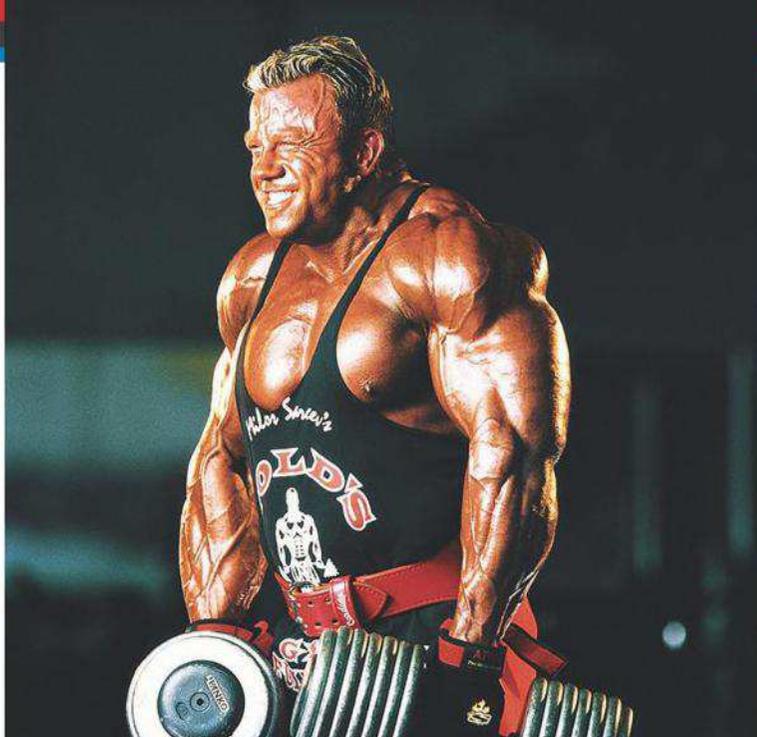
TUESDAY

EXERCISE	SETS	REPS	TEMPO
QUADS			
Body-weight Sissy Squat	2-3	AMAP	2/4/1
Leg Extension	2-3	7-9	2/0/1/4
Smith Machine Squat	2-3	7-9	4/0/1
Single-leg Press	2-3	7-9	2/0/4
HAMS			
Stiff-leg Deadlift	2-3	7-9	2/4/1
Seated Leg Curl	2	7-9	2/0/1/4
Lying Leg Curl	2-3	7-9	4/0/1
Standing Single-leg Curl	2	7-9	2/0/4/1
CALVES			
Standing Calf Raise	2	10-12	3/1/X/1
Seated Calf Raise	2	13-15	2/1/1/1



THURSDAY

EXERCISE	SETS	REPS	TEMPO
LATS			
Close-grip Pulldown	2-3	7-9	2/4/1
Wide-grip Seated Cable Row	2-3	7-9	2/0/1/4
Stiff-arm Pulldown	2-3	7-9	4/0/1/1
One-arm Dumbbell Row	2-3	7-9	2/0/4
TRAPS			
Barbell Shrug	2	10-12	1/4/1/1
Dumbbell Shrug	2	10-12	1/0/1/4
ABS			
Supported Straight-leg Raise	2	Max	2/1/1/1
Seated Crunch Machine	2	16-20	2/0/1/1



FRIDAY

EXERCISE	SETS	REPS	TEMPO
SHOULDERS			
Single-arm Behind-the-back Cable Lateral	2-3	7-9	2/4/1/1
Cable or Barbell Front Raise	2	7-9	2/0/1/4
Seated Dumbbell Press	2-3	7-9	4/0/1
Reverse Pec Deck	2	7-9	2/0/4/1
TRICEPS			
Incline Two-arm Overhead Dumbbell Extension	2	7-9	2/4/1
Dumbbell Kickback	2	7-9	2/0/1/4
Lying Barbell Extension	2	7-9	4/0/1
Reverse-grip Pushdown	2	7-9	2/0/4/1
CALVES			
Calf Press	2	10-12	3/1/1
Seated Calf Raise	2	13-15	2/0/1/1

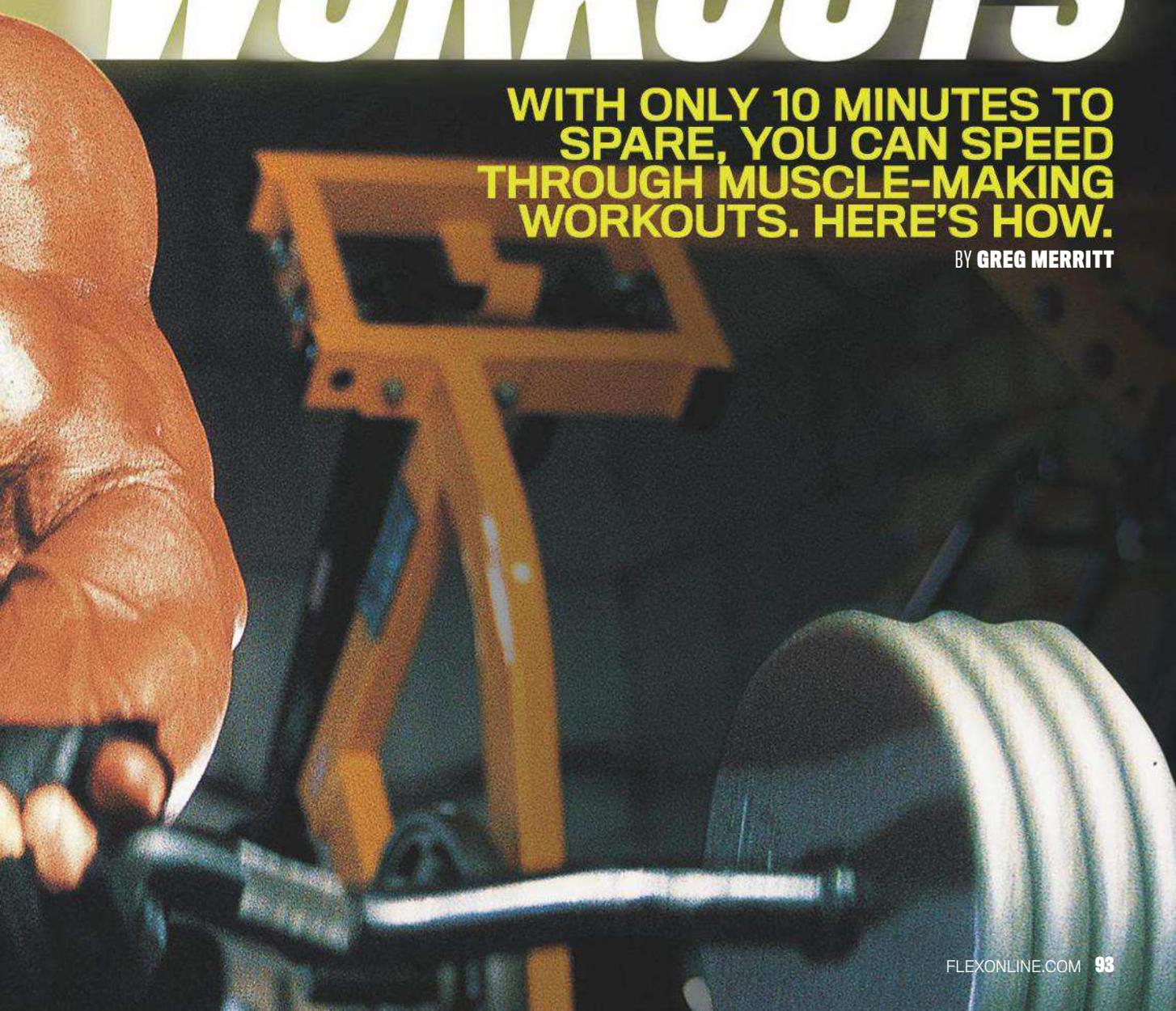
NOTES: Tempo is the word used to describe how fast you lower, lift, and pause with the weight in each phase of a repetition. It is expressed in seconds and begins with the negative (lowering) portion of an exercise, then the midpoint (stretch) portion, then the positive (lifting) portion. If there is a fourth number used, it will be the peak contraction (squeeze) portion. Although some exercises begin with a negative contraction (such as the dumbbell bench press) and some with a positive contraction (such as the dumbbell curl), the way tempo is approached remains fixed.



FAST AND FURIOUS WORKOUTS

WITH ONLY 10 MINUTES TO SPARE, YOU CAN SPEED THROUGH MUSCLE-MAKING WORKOUTS. HERE'S HOW.

BY GREG MERRITT



WE DON'T HAVE MUCH TIME, SO LET'S GET TO IT. HERE ARE THE RULES.

You have 600 seconds. Make each of them count.

■ Push each set to full-rep failure or beyond.

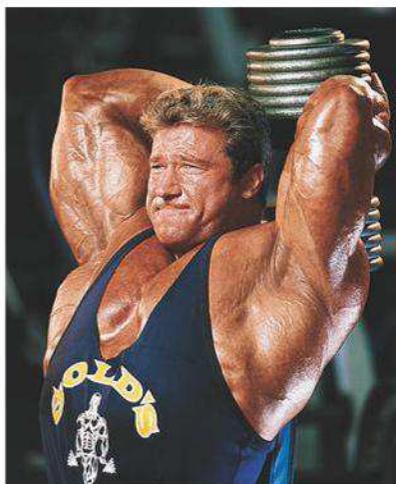
■ Don't do unilateral or alternating exercises.

■ Eliminate or greatly minimize between-set rest.

■ Pre-workout, set up each workstation.

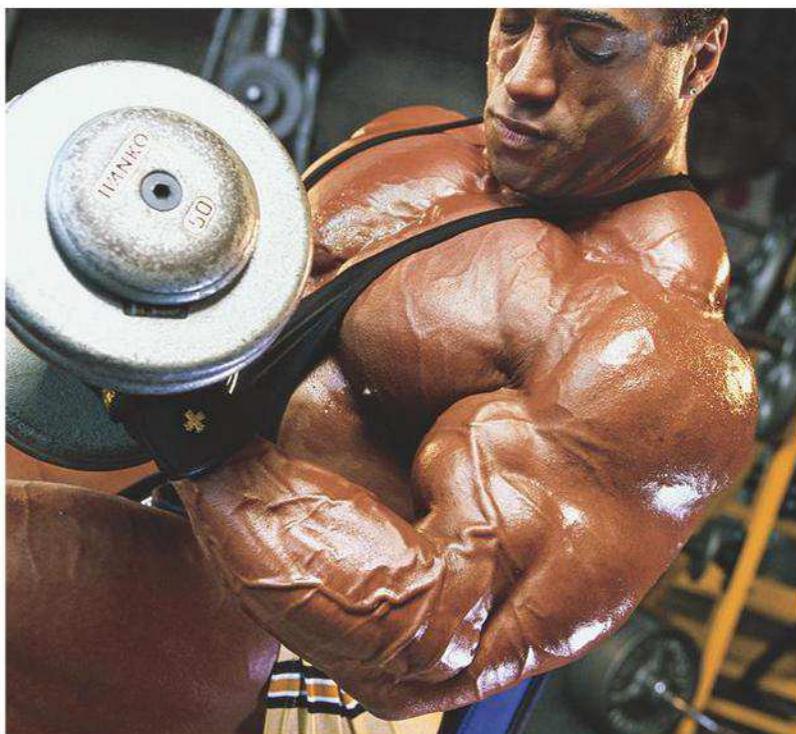
■ Never do two sets of the same exercise in a row.

Follow these tenets, and you can effectively blast a body part in only 10 minutes. Our five fast and furious workouts utilize a quintet of training styles—supersets, circuits, drop-sets, high reps, and low reps—to speed-train your muscles in less time than it'll take to read this article.



10-MINUTE SUPER-SET ARM ROUTINE

EXERCISE	SETS	REPS
Lying EZ-bar Triceps Extension	4	8-10
<i>superset with</i> EZ-bar Curl	4	20
Two-arm Seated Dumbbell Extension	3	8-10
<i>superset with</i> Two-arm Seated DB Curl	3	8-10
Pushdown <i>superset with</i> Two-arm Cable Curl	3	8-10
	3	8-10



SUPERSETS

Body-part workouts that feature antagonistic muscles, like biceps and triceps, are ideal for supersets because one muscle can rest while its opposite is toiling. If you look at our workout and add up the 20 sets, you might doubt you can plow through that tally in a mere 600 seconds. But it's actually 10 supersets, and the key is pairing exercises you can do with the same weights or at the same station to eliminate wasted time. Our routine begins with skull crushers followed immediately by standing curls with the same EZ-bar, so all you need to do is transition from lying on a bench to standing.

Next come two-arm seated dumbbell extensions followed immediately (with the same weights) with two-arm (nonalternating) seated dumbbell curls. Finally, pushdowns are paired with cable curls at the same station, so hook a bar to the overhead cable and another to the floor cable. Allowing three seconds per rep (two seconds up, one second down), if you hit nine reps on each subset (27 seconds), the total working time for the 10 supersets is nine minutes. That gives you one minute total to transition between the six exercises and the three exercise duos. Remember the first rule: Every second matters in a 10-minute routine.



OPENER: CHRIS LUND. THIS SPREAD COUNTERCLOCKWISE FROM TOP LEFT: CHRIS LUND; JASON BREEZE; COURTESY OF WEIDER HEALTH & FITNESS; CHRIS LUND

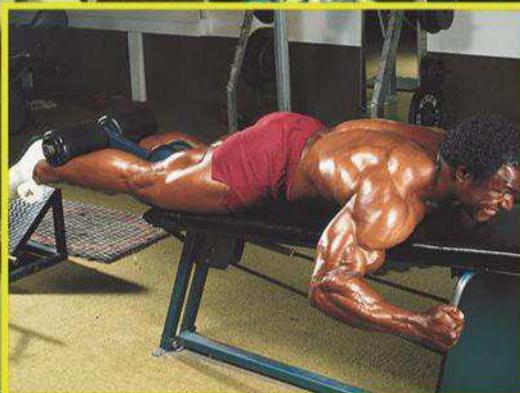
CIRCUITS



Working both quadriceps and hamstrings in only 10 minutes is our greatest challenge. There are a lot of muscles (and a lot of muscle) to fully stress in 600 seconds. Luckily, legs lend themselves to circuits. Think of a circuit as a continuous giant set. You won't rest until after your final rep, so it'll test not only your pain tolerance but also your cardiovascular health. Our circuit features five exercises. If you get 12 reps per exercise (three seconds per rep), that's 180 seconds of work per circuit. We'll allow four seconds to transition from one exercise to the next, so each of the three circuits should take about 200 seconds. Altogether, you're doing only nine sets for quads and six for hamstrings—a very low total.

The secret is in the synergistic power of doing multiple exercises for the same body part in a row without resting. Unlike our superset workout, which alternates antagonists, allowing you to rest one while working the other, the three quad exercises are sequential, followed by the two hamstring exercises, one after the other. So you will again rest one side while working the other, but you're going to do a full barrage for each side before its rest. Push each of the 15

total sets to failure and, if possible, have a partner assist on a couple of forced reps per set. Set up the equipment ahead of time, and keep dibs on each station so that there will be no pausing. Hopefully, once your fellow gym members know you'll be gone in 10 minutes, they'll use other equipment during your circuits.



10-MINUTE CIRCUIT LEG ROUTINE

EXERCISE	REPS
Leg Extension	12
Hack Squat	12
Leg Press	12
Lying Leg Curl	12
Seated Leg Curl	12

Note: Perform 3 circuits.

DROPSETS

This routine is going to plow through the maximum of 200 three-second reps in just 600 seconds, give or take a few reps or seconds. It does this via four marathon sets—each stretched out to 50 reps with increasingly lighter weights. Because shoulders consist of four distinct areas—front delts, medial delts, rear delts, and trapezius—you can go from one exercise to the next without resting. Begin with shoulder

presses. These can be performed with a barbell, but if you choose a Hammer Strength machine or Smith machine you'll waste less time unracking and racking. Preplan. Start with a weight you can barely get 10 reps with, but set it up so there are five plates (or five sets of plates) on each collar. This way, you (or, better yet, one spotter on each side) can easily strip off the right amount of metal after every 10 reps.

For the side laterals, you can simply go down the rack, grabbing a lighter pair of dumbbells after each 10-rep subset. Likewise, you can quickly transition to lighter subsets of machine rear laterals and cable upright rows, because all you need to do is move the pin up the stack each time to a lighter number. Push subsets to failure or near failure, and don't pause between subsets or exercises. The 200 reps will be continuous, and, because there will be 20 failure points, this workout will be more intense than most, despite lasting only as long as it takes to steam rice.

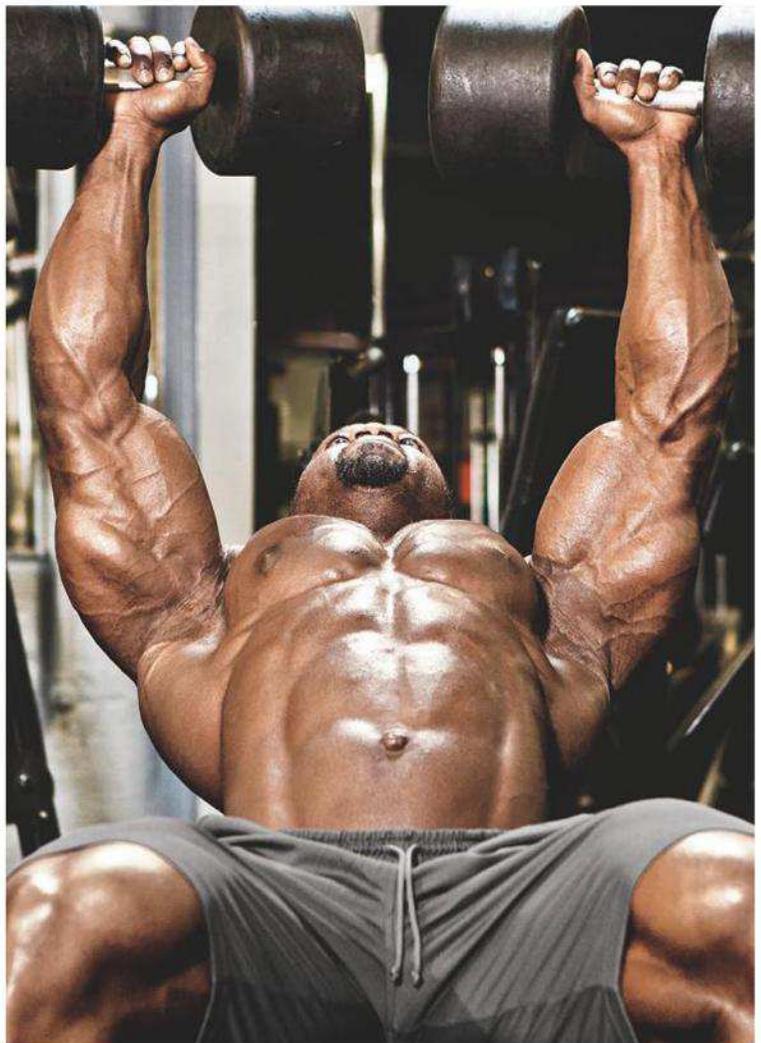


HIGH REPS



10-MINUTE DROPSET SHOULDER ROUTINE

EXERCISE	SETS	REPS
Shoulder Press	1	10-10-10-10-10
Dumbbell Side Lateral	1	10-10-10-10-10
Machine Rear Lateral	1	10-10-10-10-10
Cable Upright Row	1	10-10-10-10-10



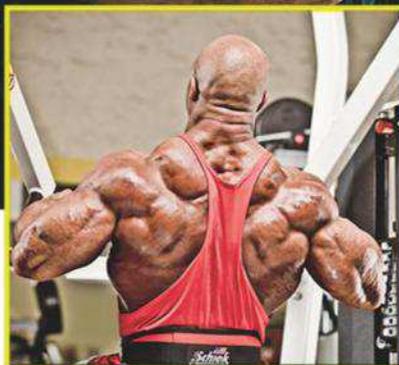
Our high-rep chest routine incorporates nine 20-rep sets. At three seconds per rep, that adds up to nine minutes and leaves seven or eight seconds to transition from one exercise to the next. (Some such transitions, such as dumbbell incline flyes to dumbbell incline presses, will be fast. Others might require a walk.) Our routine has a unique structure, as the first four exercises are repeated, in reverse order, at the end, with a fifth exercise, pec deck flyes, in the middle. The routine hits all areas of the pecs—upper, lower, inner, and outer—with different stresses, and it allows you to revisit exercises twice while not having to pause between sets or use substantially less weight. Look at it another way: The 40 total reps for each of those four exercises are probably as many, if not more, than you do in an hour-long chest routine. But we've crammed them into a workout that lasts one-sixth that long.

10-MINUTE HIGH-REP CHEST ROUTINE

EXERCISE	SETS	REPS
Cable Crossover	1	20
Barbell Bench Press	1	20
Dumbbell Incline Flye	1	20
Dumbbell Incline Press	1	20
Pec Deck Flye	1	20
Dumbbell Incline Press	1	20
Dumbbell Incline Flye	1	20
Barbell Bench Press	1	20
Cable Crossover	1	20



LOW REPS



10-MINUTE LOW-REP BACK ROUTINE

EXERCISE	SETS	REPS	FORCED REPS
Pulldown	2	6	3
Barbell Row	2	8	
Low-cable Row	2	6	3
Lever Pulldown	2	6	3
Rack Deadlift	2	8	
Machine Row	2	6	3

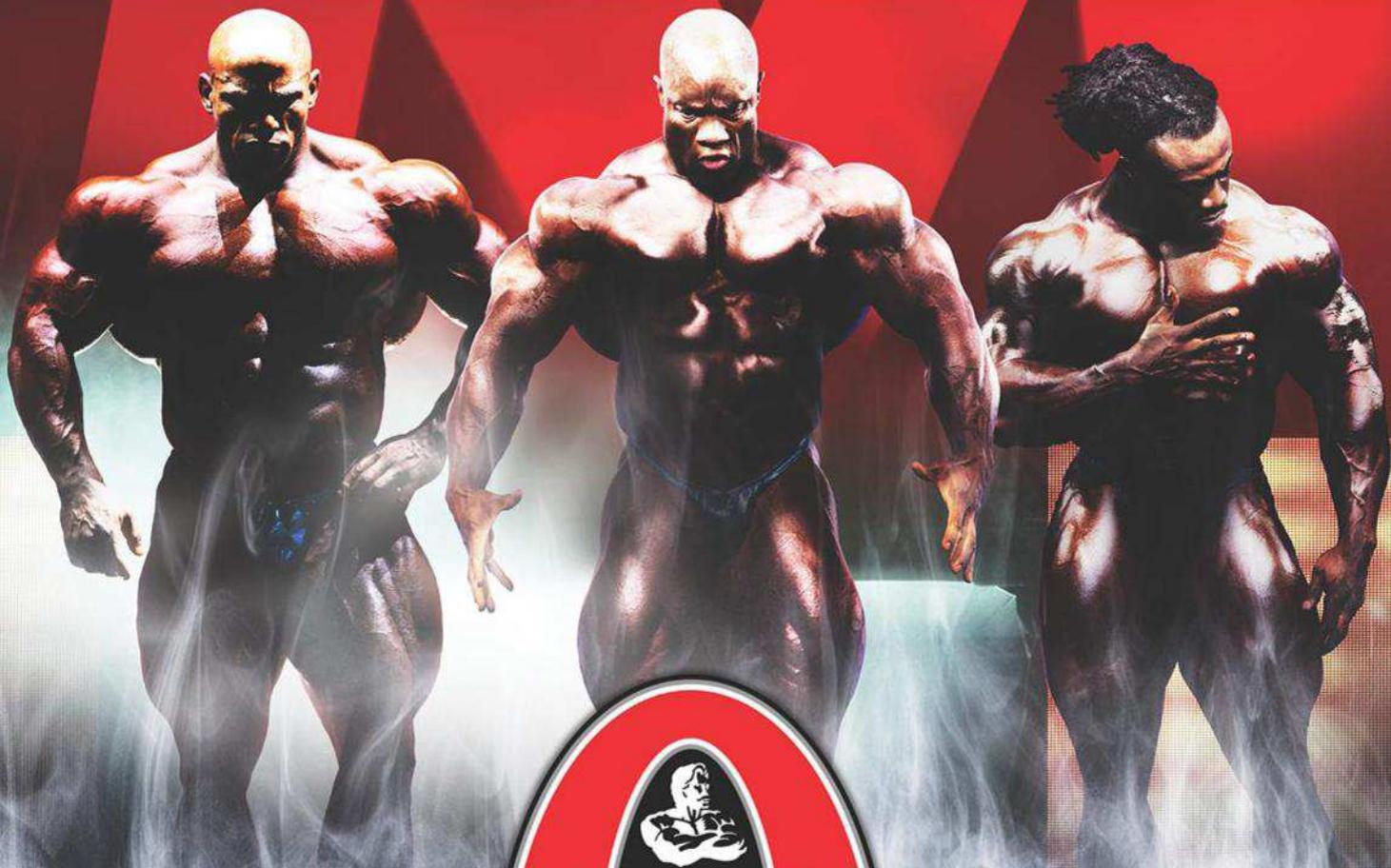
The lower the reps, the faster each set can be done. This lets you pound out more sets or rest longer between those sets, or, as in our back routine, a little of both. Our routine features six exercises and 12 total sets, and it allows for about 26 seconds between those sets—not nearly enough time to fully recover your strength, but enough so you can keep the weights relatively heavy, at least in comparison to the pause-free barrages of other fast and furious workouts. Use a timer on

a watch or smartphone to make sure you don't go over the allotted rest periods.

This routine isn't just low-rep—it's also high-intensity. All eight sets of machine exercises should be pushed to failure at around six reps and followed immediately by three forced reps. You'll need a spotter to

help you eke out those extra reps, which are crucial for maximizing the stress on your muscles in a minimum amount of time. As with other 10-minute workouts, set each station up ahead of time—loading one barbell for rows and another for rack deadlifts, for example—to eliminate downtime.

WINNER TAKE ALL!



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**MUSCLE
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FLEX**





FIVE- STAR SIX- PACK

**CHRIS
BUMSTEAD**

WAS THE YOUNGEST, BRIGHTEST STAR ON THE OLYMPIA STAGE IN 2017, PLACING RUNNER-UP IN THE COMPETITIVE CLASSIC PHYSIQUE DIVISION. HIS DOMINANCE IS DUE IN PART TO A MIDSECTION THAT'S SECOND TO NONE. HERE'S HOW HE CHISELS THOSE ABS.

BY **JOE WUEBBEN** PHOTOGRAPHS BY **STEVE SMITH**





THE IFBB PRO LEAGUE'S RELATIVELY FRESH CLASSIC PHYSIQUE DIVISION IS MAKING GOOD

on its (unofficial) promise to hearken back to the aesthetics of bodybuilding's Golden Age of the 1960s and '70s.

It's hard not to think of guys like Frank Zane and Serge Nubret when you see photos of Breon Ansley (winner of the 2017 Classic

Physique Olympia), Danny Hester (the champ of the debut Classic Physique O in '16), and Arash Rahbar (fourth in 2017, second the year before).

Then there's the division's newest competitor to spark up nostalgia: 22-year-old Canadian

Chris Bumstead, runner-up to Ansley at the 2017 Olympia. Like the others (only younger), Bumstead has it all going for him: size, symmetry, good looks—and those Zane-like abs.

But as any aesthetics seeker should, Bumstead believes in balance—no one muscle group is any more important than the other. Thus, he downplays his carved-up midsection.

"I really don't believe six-pack abs are any more crucial to a classic physique than any other body part," says Bumstead. "That's more men's physique, in my opinion. You don't look at an amazing physique and go, 'Wow, look at his six-pack!'"

We'll have to agree to disagree there, because it's an all-but-proven fact that many people have made that exact statement about Bumstead. But we see his point. "The main reason I work abs is to train my mind and body to always brace my core so it comes more natural in training and, even more importantly, onstage for poses," he says. "It's important to keep your abs tight and stomach flat at all times."

Whatever his purpose, the fact remains that Chris Bumstead has great abs and he knows how to train them effectively. Hence, the all-encompassing midsection routine you'll find here. It hits upper abs, lower abs, obliques, and the deep core muscles—a balanced workout for a balanced physique.



HANGING LEG RAISE

Focal Point // Lower abs

Grasp a pullup bar with an overhand grip and let your body hang straight down to the floor. (This exercise can also be performed using a vertical bench, aka Roman chair.) With a slight bend in your knees, slowly raise both legs in front of you by flexing your abdominals. Simultaneously tuck your hips slightly under your pelvis and crunch to bring your feet above parallel to the floor. Slowly lower under control. Minimize body swing throughout the exercise to ensure your abs, not momentum, are doing the work.

Bumstead's Tip "Keep the movement under control at all times—don't let your body swing back when lowering legs."



BUMSTEAD'S TRAINING SPLIT

- DAY 1** Biceps, triceps, abs
- DAY 2** Legs
- DAY 3** Back, biceps
- DAY 4** Chest
- DAY 5** Shoulders, triceps, abs
- DAY 6** Chest, back
- DAY 7** Off

HANGING KNEE RAISE

Focal Point // Lower abs

Hanging from a pullup bar, contract your abs in the same manner you did for hanging leg raises—only this time, you'll lift your legs with the knees bent 90 degrees. Both hanging leg and knee raises target the same area (lower abs); this version is just slightly less advanced.

Bumstead's Tip "I typically use bent-leg hanging raises as a burnout, so the form doesn't have to be as strict. I just focus on keeping constant tension on the abs the entire time."

BUMSTEAD'S ABS WORKOUT

EXERCISE	SETS	REPS
Hanging Leg Raise	4	To failure
<i>superset with</i>		
Hanging Knee Raise*	4	To failure
Bench V-up	3	20
Plank**	3	1-min. hold

NOTE: Bumstead rests 1 minute between all sets.

*Or hanging oblique knee raise—alternate every other abs workout.

**The standard plank is Bumstead's go-to core move, but side plank and reaching side plank can be substituted in for variety.



HANGING OBLIQUE KNEE RAISE

Focal Point /// Obliques

Hanging from a pullup bar, start with your legs extended straight toward the floor. From there, contract your oblique muscles to pull your legs (with bent knees) up and to the side. At the top of the movement, your legs should be facing forward while off to one side. Lower back down to the start position, then repeat to the other side. Alternate from side to side until all reps are complete.

Bumstead's Tip

"Focus intently on the contraction of your obliques. Squeeze the muscles really hard and go as slow as possible on the way down."



PLANK **Focal Point** /// Core

Assume a position similar to a pushup, only with the pinkie side of your forearms (the ulna bones) on the floor. Use a padded surface for comfort. You should be supported only by your forearms and toes, with your body in a straight line from head to feet, head facing the floor. Hold this position for a length of time—Bumstead holds his planks for 60 seconds straight. If you're unable to do this, start with 20-

30-second holds and work up from there as your muscles become better conditioned. The key is to keep your core tight to avoid letting your pelvis drop toward the floor.

Bumstead's Tip

"Try to keep the abs tight by flexing and pulling your belly button inward. Think of how your abs would look hitting an abs-and-thigh pose, and hold it like that for the duration."



CORE COUSINS: SIDE PLANK & REACHING SIDE PLANK

Focal Points //
Core, obliques

Bumstead sticks mainly to standard prone (body facing the floor) planks in his training, but incorporating side planks into your repertoire is a great way to hit all areas of the core. With the standard side plank, the same rigid body position is held for time, only with the body facing to the side and one arm on the floor. Repeat for equal amounts of time on both sides. With the reaching side plank, hold the side plank position while lifting your top arm from down in front of you to straight up in the air, perpendicular with the floor. Perform the reaches slow and under control either for time (30 to 60 seconds) or for reps (i.e., 10 to 15 per side).



BENCH V-UP

Focal Points // Upper abs, lower abs

Sit sideways on a flat bench with your butt on the bench and hands holding the edge for stability. Start with your torso and thighs 45 degrees with the floor (forming a V) and knees bent. From this position, slowly lower your legs and torso toward the floor to straighten out your body. When your thighs and torso are close to parallel with the floor, contract your upper and lower abs to pull yourself back up to the V position.

Bumstead's Tip "Keep constant tension on the abs at all times, beginning every rep by contracting your abs—not pulling with your arms or hips at all. Before every rep, mentally think of your actual abdominal muscles pulling your legs in."



CHRIS BUMSTEAD

BIRTH DATE:
Feb. 2, 1995

HEIGHT: 6'

WEIGHT: 225 lbs
(contest);
225 lbs (off-season)

BIRTHPLACE:
Ontario, Canada

RESIDENCE:
Ontario, Canada

SPONSORED BY:
MHP

CAREER HIGHLIGHTS:

2017 Classic Physique
Olympia, 2nd; 2017
Toronto Pro classic
physique, 1st; 2017
Pittsburgh Pro classic
physique, 1st; 2016
IFBB North American
Championships,
heavyweight, 1st

18

FAT- BURNING TIPS FOR 2018

MAKE THIS YOUR
LEANEST YEAR
EVER WITH THESE
SCIENCE-BACKED,
GYM-TESTED
FAT-LOSS HACKS.

BY JOE WUEBBEN



NOW IS A GOOD TIME

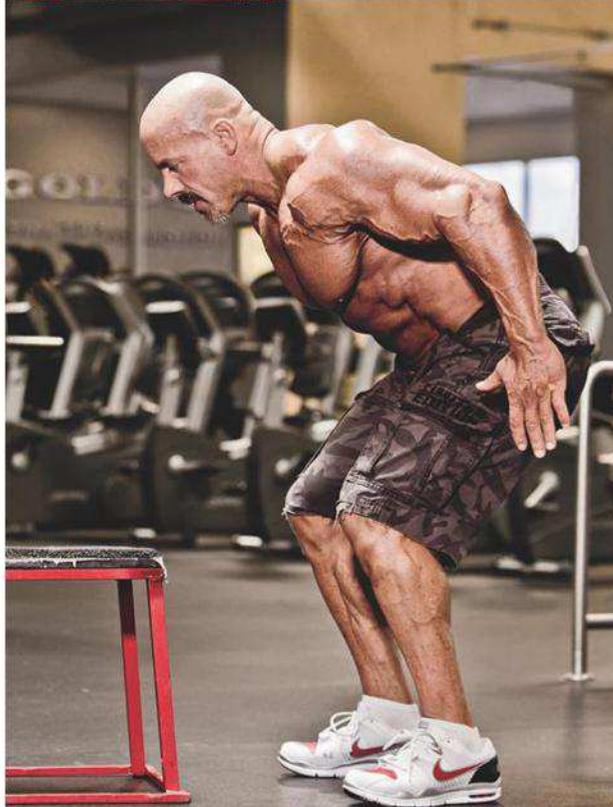
to get leaner and drop some body fat. Why? Because anytime is a good time to get leaner, whether you're heading into spring, summer, winter, or the new year. "Bulking and cutting" in separate phases is a concept of the past. The bulking and cutting should be done simultaneously, albeit gradually; you should be steadily trying to add quality size and chip away at body fat year-round. Sometimes you'll succeed, other times you'll plateau. It's a process, and it's ongoing.

Research shows that gaining muscle mass is easier for leaner individuals. Let's repeat that: The leaner you are, the more muscle you're capable of adding to your frame. The debate is over—it's time to get leaner, right now. On the following pages are 18 research-backed training, nutrition, and supplement tips dedicated to dropping body fat steadily and surely. Follow these hacks, and lean gains will be coming your way throughout 2018.

1 INCORPORATE EXPLOSIVE MOVEMENTS

The more intense the workout is, the higher metabolic effect it will have, and that's how you maximize fat loss. Nothing is more intense than powerful, explosive exercises—box jumps, tuck jumps, jumping lunges, power cleans, plyometric pushups. "The most success I've had with myself and with clients for getting lean has been through the power movements, basically because of the metabolic effect it has on the body," says Kevin Lilly, the owner of Heart and Hustle gym in Los Angeles (heartandhustle.com).

To ramp up fat burning, add one or two explosive exercises to every workout. If it's leg day, add a jumping move; on back day, do barbell or dumbbell cleans; when training chest and shoulders, do plyo pushups or medicine ball throws. Do the power move early in the workout, before going heavy, and keep rep counts in check—eight to 10 reps tops for three to five sets.



2

MIX IN THE OCCASIONAL FULL-BODY WORKOUT

Body-part splits are great for packing on size, but full-body workouts have been shown to maximize calorie and fat burning. A 2016 study of New Zealand rugby players found that those doing whole-body routines experienced a 6% drop in body fat, while those following a split routine had only a 2% drop. But this doesn't mean you need to abandon your body-part split and jump on the full-body bandwagon full bore. When getting shredded is goal No. 1, do a full-body workout every week in addition to your split training. In the full-body session, hit each major muscle group (chest, back, delts, quads, biceps, triceps) with one exercise of three to four sets, staying in hypertrophy-friendly rep ranges of anywhere from eight to 20 reps.

3

GO UP TO 1.5 GRAMS OF PROTEIN PER POUND

Even if you're already consuming ample protein (1 gram per pound of body weight daily), you could probably stand to eat a little more for better fat loss. A 2016 study published in the *Journal of the International Society of Sports Nutrition* found that subjects consuming 1.5 grams per pound daily lost 5 pounds more body fat than those consuming 1 gram per pound—despite consuming 500 more calories per day!

"People don't get enough protein, period, and are often way too carb and sugar heavy in their diets," says men's physique athlete Jared Groff. "Protein supports muscle growth. And the more muscle you have compared with your body-fat levels, the more you're going to expand your metabolic capacity, meaning you can stay leaner for longer."



4

KEEP YOUR CALORIES AT "HEALTHY" LEVELS

"Don't follow a dangerously low-calorie diet in pursuit of getting ripped quick," says IFBB Pro League physique competitor Ryan Terry. "This not only will make you lose a large amount of lean muscle, slowing down your metabolism, but it will also put you in a worse position to lose body fat. Ensure that your body is in a healthy calorie deficit that allows for a gradual weight loss of 1 to 2 pounds per week."

5

EAT EGGS EVERY DAY FOR BREAKFAST

Rich in testosterone-boosting fats and protein, eggs aren't just great for building mass—they've been shown to aid fat loss as well. Research from St. Louis University found that subjects eating eggs for breakfast not only ate fewer calories throughout the day but also lost significantly more body fat than those not eating eggs. How many you should eat depends on your body size and the rest of your diet, but two to three whole eggs in the morning should suffice for most people.

6

ELIMINATE (NEARLY) ALL PROCESSED SUGAR FROM YOUR DIET

"Check labels of packaged food products for sugar," says Robert Ciresi Jr., an ISSA-certified trainer. "If there's any sugar in it, don't eat it. A piece of fruit will be OK, but don't overdo it."

7

HAVE HALF A GRAPEFRUIT AS A SIDE DISH

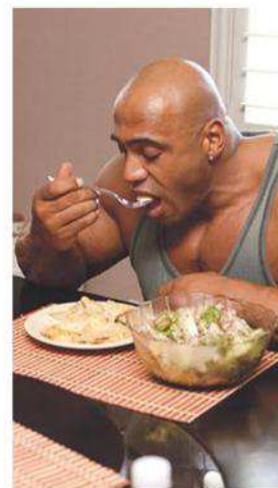
Speaking of fruit that's OK to have in moderation, grapefruit is a proven fat-burning food. One study found that subjects who ate half a grapefruit three times a day (only 1½ grapefruits total per day) lost, on average, nearly 4 pounds in 12 weeks. This can be attributed in part to grapefruit's high level of vitamin C, which is believed to be effective at burning fat.

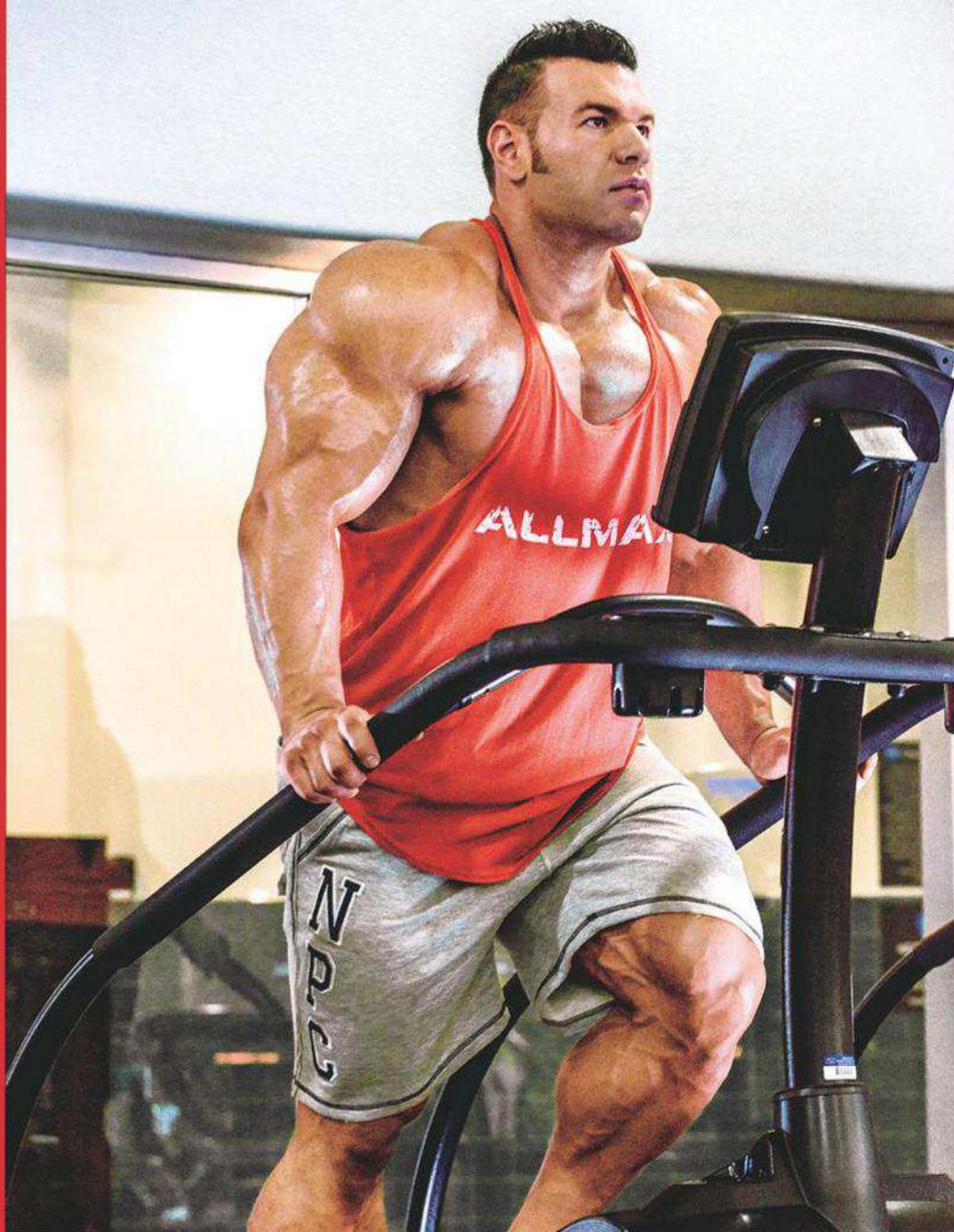


8

TIME YOUR CARBS AROUND WORKOUTS

"Carbohydrates and fats are the body's energy source," says IFBB Pro League classic physique competitor Arash Rahbar. "Carbohydrates are burned first for energy. So when you're not active, you're more likely to store them as fat rather than use them for fuel. Keep carbohydrates at a moderate to low level depending on your tolerance and the amount of fats in your diet. Ideally, I like to limit my carb intake to before training to fuel my workouts and after training to replenish glycogen stores and begin the recovery process."





10

TAKE ZMA BEFORE BED

The popular bodybuilding supplement ZMA contains zinc, a mineral crucial to staying lean. (ZMA's other two components are magnesium and vitamin B6.) Low levels of zinc can result in less testosterone in the body and lower metabolism. Not sure if you're low on zinc? Just to be safe, take a ZMA supplement on an empty stomach before going to sleep.

11

SUPPLEMENT WITH GREEN TEA

Green tea contains caffeine (a proven fat burner) and catechins, phytochemical compounds that help burn fat. Your best bet is to supplement 500mg of green tea extract three times daily, since extract absorbs more readily in the body than drinking it as tea.

9

DON'T ABANDON STEADY-STATE CARDIO

"I've had great results using both steady-state and HIIT cardio throughout my contest preps," Terry says. "But the type of cardio I've found to be most beneficial for me and my competitive goals is steady-state cardio, usually done in a fasted state. Steady-state gradually chips away at my body fat without causing me to lose muscle. I'd recommend starting with 25 to 30 minutes of fasted steady-state cardio four to five times a week. This can be increased to 45 to 60 minutes depending on your rate of progress."

12

START A MORNING RITUAL

As soon as you get out of bed for the day, get your metabolism cranking with a short bout of exercise. Not necessarily talking about a full workout here—just choose one to five exercises that collectively hit the entire body (more or less), and do one or two sets of each. Since you'll be at home, body-weight moves will be the most practical. Pushups, body-weight squats or lunges, and an upper-body pulling move (pullups if you have a bar at home or rows with an elastic band or dumbbell) will do the trick. Research has shown that such a morning routine will activate genes in the muscles and increase the metabolism. This doesn't take the place of your normally scheduled workout, though; you'll have to squeeze that in as well.



13

SUPPLEMENT WITH CLA

Few fat-burning ingredients are as unanimously accepted as the omega-6 fat conjugated linoleic acid (CLA). Numerous scientific studies have shown it to be highly effective at enhancing fat loss in adults, and it may even provide gains in muscle mass and strength as a bonus. And while, yes, CLA is found naturally in foods like organic high-fat dairy and beef, it takes a lot of whole milk and marbled steak to reach adequate levels of CLA—probably more than you'd want to consume on a get-lean diet.

An easier way to get your CLA is to supplement it. For full fat-burning benefits, don't skimp on doses: Take 2 to 3 grams of CLA (preferably in the Tonalin brand form) two to three times a day with meals.



14

ADD WEIGHT TO EVERYDAY ACTIVITIES

Steady-state cardio doesn't have to be limited to a formal gym setting. "Put on a weighted vest, as much as you can handle, and go for an hour-long walk," Ciresi says. "Do that three times a week. Simple!"

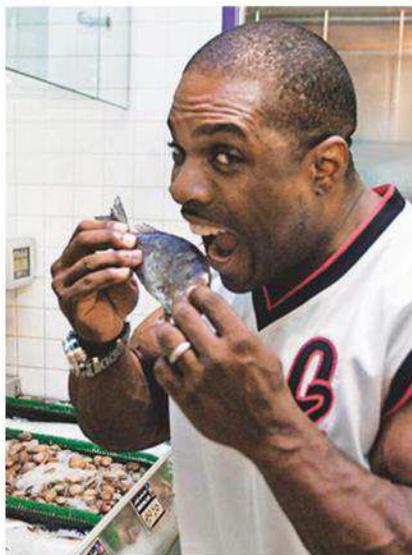
Supplemental weight, particularly with a vest, can be added to any exercise or activity you'd normally do with body weight only, like hiking or stair climbing. Carrying more weight for the same duration (or rep count) on a given exercise means more total work completed—and therefore more calories and fat being burned.



16

EAT FISH FOR DINNER

The healthy omega-3 fatty acids found in fish like salmon and trout can help promote fat loss. One study showed that individuals who ate fish on a daily basis dropped more weight than occasional fish eaters did.



15

SPRINKLE IN TABATAS

Don't have 60 minutes for a weighted vest session? Go superintense for a mere 4 minutes instead via Tabatas, one of the most time-efficient ways to torch fat. A Tabata workout is simple yet brutal: 20-second "work" intervals alternating with 10-second rest periods for eight rounds. Tabatas can be done with any number of exercises—sprinting, stationary bike, "double unders" (jumping rope), and mountain climbers, to name just a few. Work intervals should be performed at maximum intensity—as hard as you can possibly go, no holding back—for 20 seconds straight. Shoot for three to four Tabata circuits every week in leaning phases.

17

HAVE BROCCOLI WITH YOUR FISH

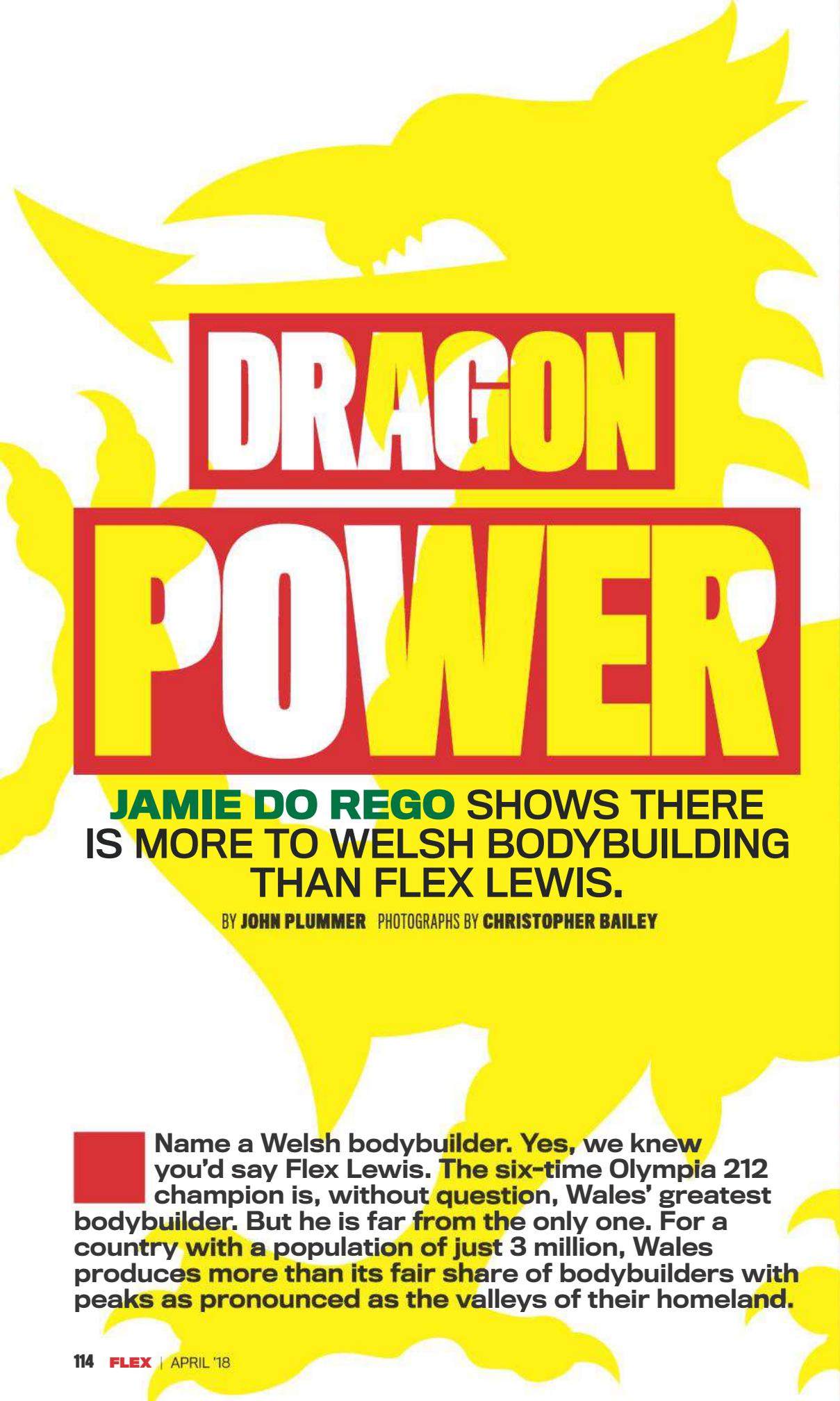
"Broccoli is chock-full of vitamin C, vitamin K, folate, and fat-busting fiber," says nutrition expert and author Matthew Kadey, R.D. (matthewkadey.com). "This cruciferous vegetable may also reduce excess estrogen levels in the body and, in turn, hinder fat storage, thanks to its indole-3-carbinol. Make it an everyday food."



18

JUST ADD GINGER

Giving a meal or snack a fat-burning punch can be as simple as adding ginger to a recipe or drinking ginger tea. Recent studies have shown that ginger can aid in muscle recovery as well as increase metabolism. Better muscle recovery means harder workouts in the gym and increased calorie burning.



DRAGON

POWER

JAMIE DO REGO SHOWS THERE IS MORE TO WELSH BODYBUILDING THAN FLEX LEWIS.

BY **JOHN PLUMMER** PHOTOGRAPHS BY **CHRISTOPHER BAILEY**

Name a Welsh bodybuilder. Yes, we knew you'd say Flex Lewis. The six-time Olympia 212 champion is, without question, Wales' greatest bodybuilder. But he is far from the only one. For a country with a population of just 3 million, Wales produces more than its fair share of bodybuilders with peaks as pronounced as the valleys of their homeland.



Lewis' coach, Neil Hill, was a granite-conditioned IFBB pro in the days before his protégé stepped onstage. Of the current crop, Jamie Do Rego shows perhaps the most potential.

He's 25 years old and already has an impressive résumé. He won the juniors and the Welsh overall title and is the Welsh light-heavyweight winner. He's now closing in on his dream of becoming an IFBB Pro League 212 pro. He doesn't have to look far for proof that it can be done.

"Flex is definitely someone I look up to and am inspired by," Do Rego says. "He's done it all and is a role model in the sport."

Growing up, Do Rego, like many Welsh boys, played rugby union. At 15, he was told he was too small, so he started lifting weights, and within three years he had competed in his first bodybuilding contest. "I placed third in my first-ever British finals in the teen category," he says. "Back then I was clueless and had very little knowledge about training or nutrition. But the disappointment of not winning made me want to educate myself more."

Do Rego combines Portuguese and Egyptian genetics with old-school British gym mentality. "My strength, I'd say, would be my delts and my side shots. I feel pretty well balanced, but there's always room for improvement. I still feel my back can come up even though it's made progress. My calves are the bane of my life! My training style has always revolved around hard work. Lift heavy, hard, and all out. Intensity, in my opinion, is the key to building muscle. How you approach a set is so important—you must give it everything. Every set and every rep counts."

Do Rego usually builds up to two to three all-out working sets each exercise, then decreases the weight for a pump set. "Generally, I'll hit five to six exercises per body part," he says. "I try not to over-complicate things. I have found that lifting heavy with maximum effort and keeping things basic is the best approach." Since Lewis is known for his legs, we thought we'd ask Do Rego to demonstrate a lower-body



workout. His leg sessions usually have an alternate focus each workout on quads and hamstrings. He trains calves separately with arms.

"I usually do a circuit-style workout for calves," he says. "For example, 20 standing machine calf raises followed by 20 seated calf raises and 20 partial calf raises, then repeat this for five sets."

DO REGO'S LEG WORKOUT

EXERCISE	SETS	REPS
Leg Press	3	20
Plate-loaded Sumo Front Squat	5	10
Vertical Leg Press	4	20-30
Leg Extension	4	10
Single-leg Press	4	10-12
Straight-leg Deadlift	5	12-15

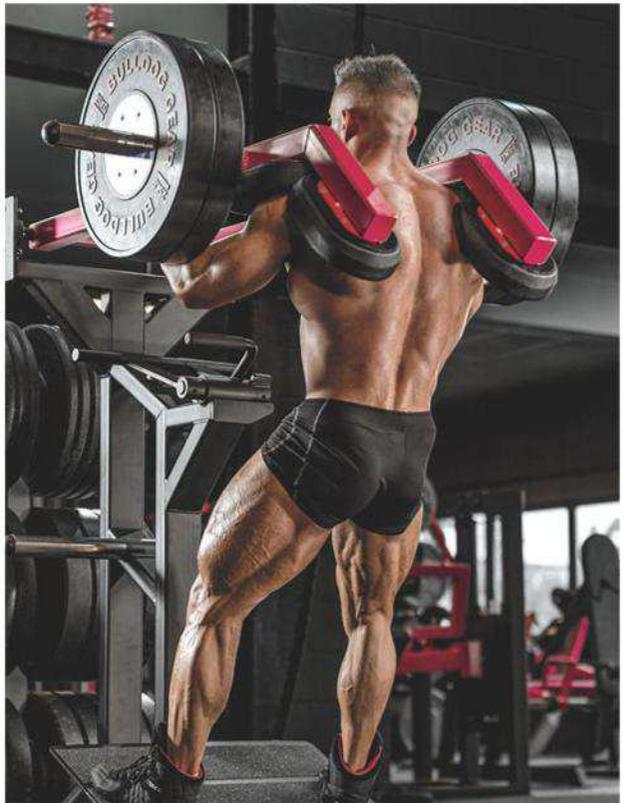


LEG PRESS

"Use the warm-up sets to build the weight up to a working set," Do Rego says. "Do the last working set as a triple dropset, reducing the weight by 50% each drop and repping out to failure. The key during this exercise is to keep the muscle under constant tension while using a full range of movement, so try not to lock out during each rep. Pump the quads like pistons!"

PLATE-LOADED SUMO FRONT SQUAT

"Plant your feet wide and angled out so you hit the hamstrings. Pause at the bottom of the movement for two seconds before driving up. The pause here is key: Sink deep into the movement and really stretch the hamstrings out. Keep your feet wide and pointed out to put more stress on the hamstrings."



JAMIE DO REGO

AGE: 25 HEIGHT: 5'6" WEIGHT: 198 lbs

BIRTHPLACE: London, U.K.

RESIDENCE: Cardiff, Wales

CAREER HIGHLIGHT: Becoming overall Welsh champion while still a junior in 2015

SPONSORS: Anabolic Designs and Iron Monkey

SOCIAL: Instagram @jamiedorego; Facebook @JamieDoRegoFitness

TRAINING ADVICE: "Keep it basic. Train hard and heavy!"




**VERTICAL
LEG PRESS**

"I call these pump sets: I simply rep out to failure and try to get as much blood in the area as possible. Once again, focus on maintaining constant tension in the area and making the muscle work without any lockout."



DO REGO'S TRAINING SPLIT

MONDAY

Chest, shoulders

TUESDAY Back

WEDNESDAY

Arms, calves

THURSDAY Legs

FRIDAY

Back, biceps

SATURDAY

Chest, triceps

SUNDAY Rest

"I HAVE FOUND THAT LIFTING HEAVY WITH MAXIMUM EFFORT AND KEEPING THINGS BASIC IS THE BEST APPROACH."

DO REGO'S SAMPLE MEAL PLAN

MEAL 1

60g cream of rice

10 egg whites

1 whole egg

MEAL 2

125g rice

250g chicken

MEAL 3

125g rice

225g salmon

Post-workout shake

2 scoops whey isolate

MEAL 4

125g rice

300g chicken

MEAL 5

40g oats

14 egg whites

1 whole egg

LEG EXTENSION

"Break this movement down into five-second phases—do five seconds on the negative, five seconds on the positive, and maintain a five-second contraction at the top of the movement, then repeat the process. Doing it this way will really blow your legs up and allow you to feel every fiber working. Just remember to take momentum out of the movement and keep all the effort on your quads. I sometimes include some single-leg extensions."



SINGLE-LEG PRESS

"The key to this exercise is to perform the descent in a slow and controlled manner. Take two to three seconds to get to the bottom, then explode up. Really slow down the negative phase: Feel every part of the movement, pause and squeeze hard, then explode on the way up."

STRAIGHT-LEG DEADLIFT

"I do these as straight sets and focus on pushing my heels and hips back. I like to squeeze my glutes hard at the top of the movement and really feel the contraction in my glute-hamstring tie-in. Sometimes doing these elevated on a platform will help you get a better stretch on the area you are targeting."





TOP 3 LEG MISTAKES

1 LOCKING OUT

"This is the most common mistake I see. Keeping constant tension is the key to effective leg training. Locking out not only kills tension in the muscle but also is extremely bad for the joints."

2 INSUFFICIENT RANGE OF MOTION

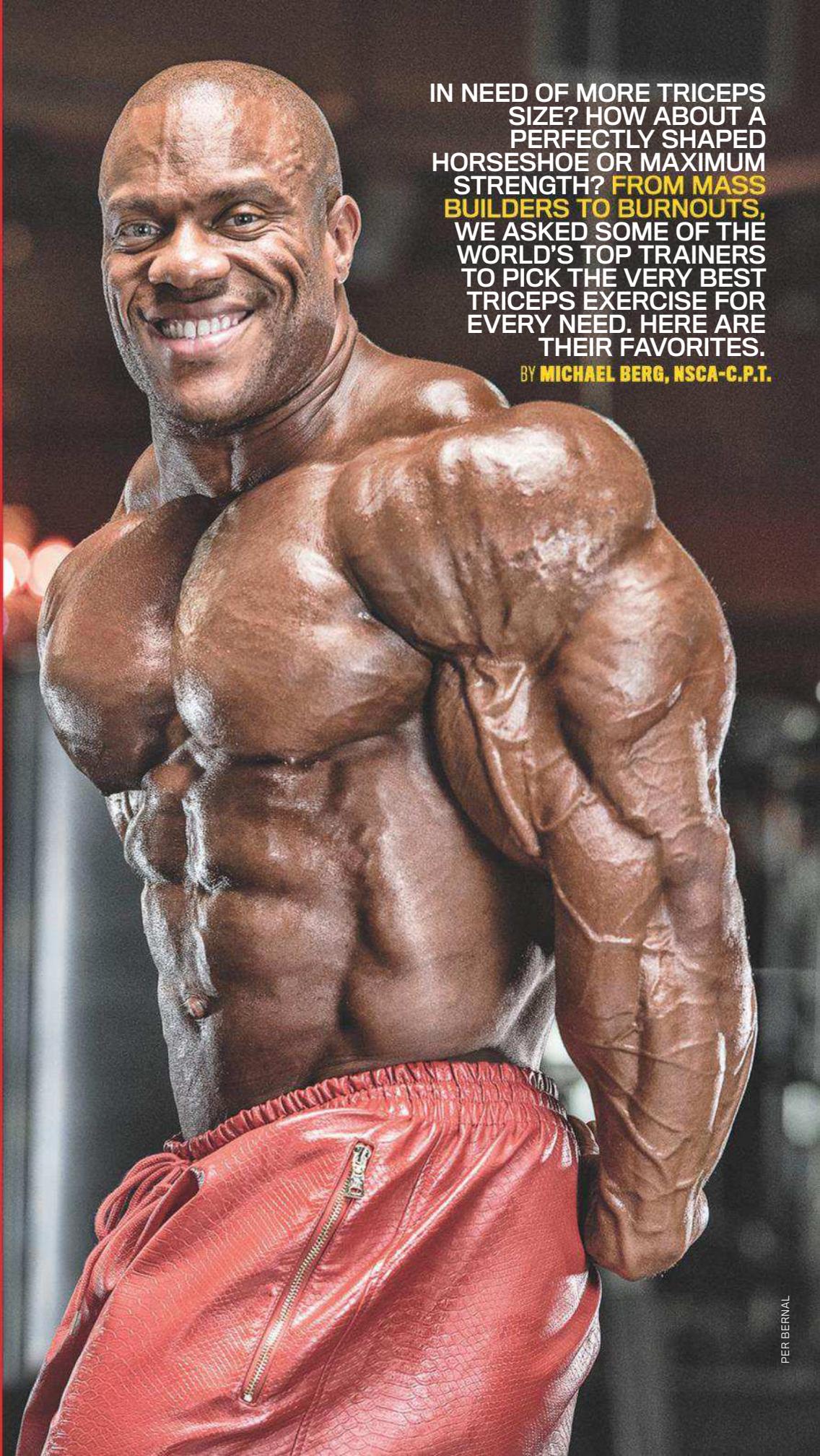
"You see this all the time when people squat and leg press. Partial reps have a place, but a full range of motion is what builds legs."

3 NOT ENOUGH INTENSITY

"I have never seen anyone with a good set of legs who doesn't train all out. Intensity is crucial, but many people don't have it when it comes to legs. They train upper body hard but slack on leg day."



ARMED FOR BATTLE PART 2



IN NEED OF MORE TRICEPS SIZE? HOW ABOUT A PERFECTLY SHAPED HORSESHOE OR MAXIMUM STRENGTH? **FROM MASS BUILDERS TO BURNOUTS,** WE ASKED SOME OF THE WORLD'S TOP TRAINERS TO PICK THE VERY BEST TRICEPS EXERCISE FOR EVERY NEED. HERE ARE THEIR FAVORITES.

BY **MICHAEL BERG, NSCA-C.P.T.**

Last month, we revealed the seven “best” biceps exercises, as chosen by our panel of experts. From standing barbell curls as best mass builders (duh) to cable curl dropsets to finish them off, our list was—despite some controversial selections—a balanced combination of challenging movements for huge, powerful bi’s.

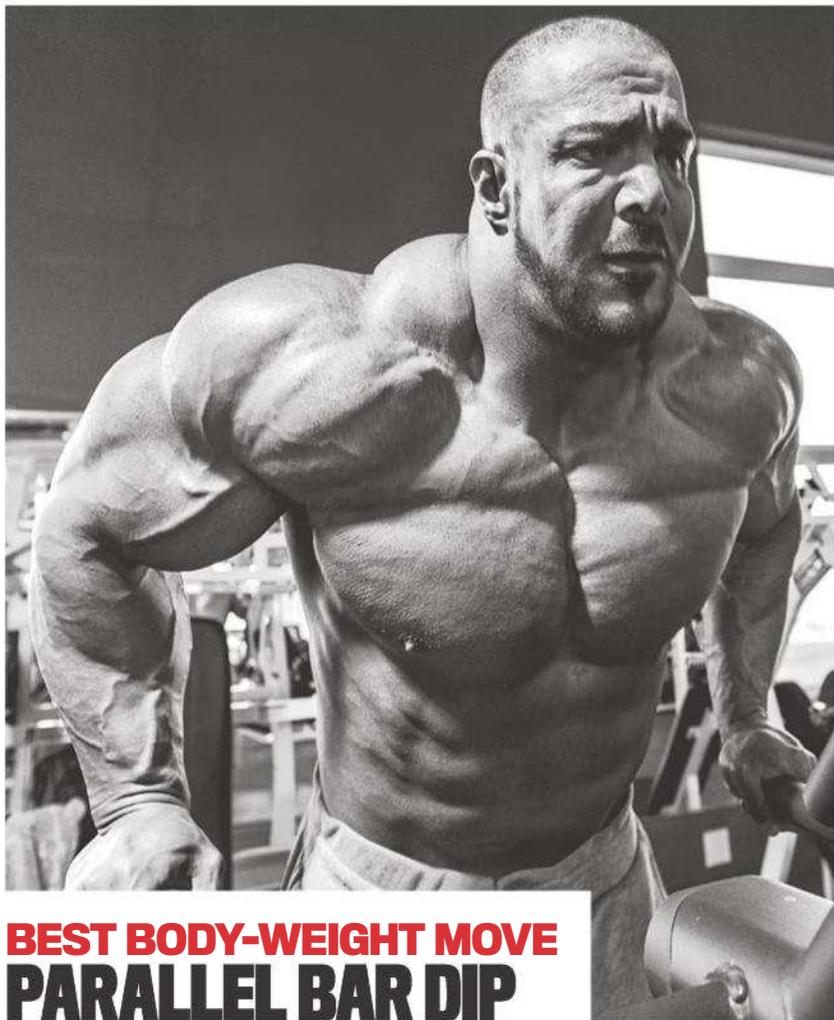
Here, our panel returns, this time to make their picks for six of the greatest triceps exercises ever conceived. They run down the elite mass and strength builders and the top body-weight and finishing movements as well, along with their reasons why each was deemed exceptional.

You may not necessarily agree with some of their choices, but in the end, you will have a brutally efficient and effective triceps workout to pair with last month’s biceps blast—on that, there is no argument.

“BEST” TRICEPS WORKOUT

This combines the experts’ picks into one killer training session. We recommend doing this workout on its own and not paired with another larger body part beforehand, so you’re at your strongest. Feel free to use one or two of the “Intensify It” techniques outlined in the article.

EXERCISE	SETS	REPS
Parallel Bar Dip	4	10
Close-grip Bench Press	4	10, 10, 8, 6
Skull Crusher	4	10, 10, 8, 6
Seated Overhead Extension	3	15, 12, 8
Reverse-grip Cable Pressdown	3	12
TRX Triceps Extension	2	To failure



BEST BODY-WEIGHT MOVE PARALLEL BAR DIP

KNEE-JERK REACTION

“Why not the close-grip pushup?”

OUR EXPERTS’ TAKE

When it comes to compound pushing movements, the dip is in a class by itself, explains Angelo Grinceri, a New York City-based trainer and the author of *Intrinsic Strength Training: A Breakthrough Program for Real-World Functional Strength and True Athletic Power* (Dragon Door Publications, 2016).

“Dips are great for muscular development and functional full-body strength,” he says. “While a close-grip pushup is a solid exercise, dips provide a deep stretch through the chest and shoulder that pushups cannot match. When it comes down to it, I find the dip to be more effective because of the straight-arm lockout position that integrates the triceps, rear delts, and upper-back muscles while requiring full-body activation for core stability.”

HOW TO DO IT

■ Get into the start position on the dip bars, with your torso upright, elbows locked out, and knees bent with your

lower legs crossed behind you.

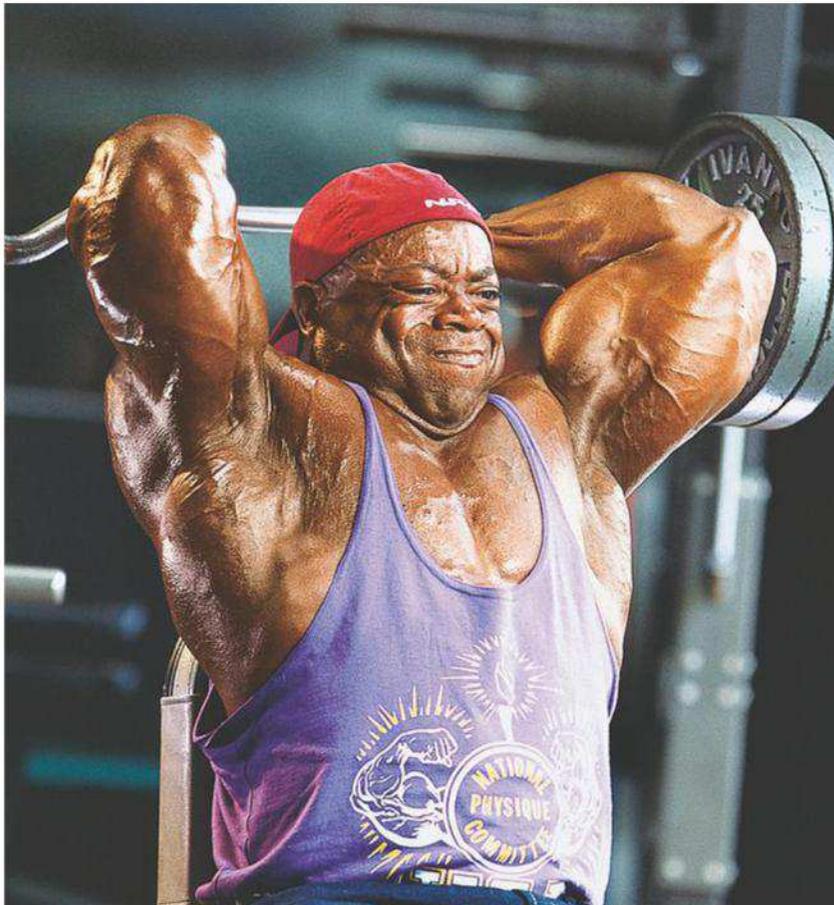
■ Bend your elbows to slowly lower yourself downward, keeping your shoulder girdle taut and body upright—as leaning forward brings the pectorals into play to assist. Your arms should remain close and not drift out.

■ Go as deep as you can, to where your elbows can bend no farther and you’ve “bottomed out.” Press hard through your palms as you flex your tri’s and raise your body upward to the start.

KEY POINTERS

“Actively apply pressure into the bar through your hands and fingers to create more tension to radiate through the upper body into the core,” Grinceri says. “You want to focus on letting the chest and shoulders open up as you reach the bottom of the movement to avoid putting excess strain on the AC [acromioclavicular] joint atop the shoulder.”

INTENSIFY IT Grinceri suggests adding a core element by doing a leg raise at the top of each dip while shifting your weight toward your triceps.



BEST MOVE FOR TARGETING THE LONG HEAD SEATED OVERHEAD EXTENSION

KNEE-JERK REACTION

"Yeah, I can see that. But please explain."

OUR EXPERTS' TAKE

The seated overhead extension is an ideal exercise to pack on triceps mass, especially on the long head. "The long head takes on the majority of the load because your arms are in an overhead position—the long head is the one triceps head that crosses the shoulder joint, so this position puts that head under stretch," says Dustin Kirchofner, C.S.C.S., an active-duty U.S. Army Special Forces soldier and the owner of Modern Warfare Fitness in Colorado. "Every triceps exercise puts some load on the long head, but overhead movements accomplish it best."

HOW TO DO IT

■ Sit on a short-back bench with your feet flat on the floor and have a partner hand you an EZ-bar behind your head. Hold it with a supinated (palms-up) grip, hands placed on the inner part of the bar where the palms are angled inward. (Or you can try a straight bar, too.)

■ With your core tight, spine aligned, and eyes focused ahead, flex your tri-

to extend your elbows, bringing the bar to a point overhead—at the top, your upper arms will be alongside your ears.

■ Lower the bar slowly and under control back to the starting point behind your head, where your elbows are bent as far as possible.

KEY POINTERS When it comes to this movement, options abound—while the barbell or EZ-bar free-weight version allows for a good stretch and the use of heavier weight, the one-arm dumbbell version is perfect for isolating each triceps. "I actually like to do the exercise at a cable station using the straight bar or EZ-bar attachment," Kirchofner says. "Cables provide a more consistent resistance curve in comparison to free weights, and it puts a lot less stress on my elbows." Your best bet? Regularly switch between bars, dumbbells, and cables from workout to workout.

INTENSIFY IT A training partner helps not only with safety but also with intensity. A partner can help with forced reps, negatives, and even isometric holds at sticking points you may have within the range of motion.



BEST ALL-AROUND TRICEPS MASS MOVE
SKULL CRUSHER

FROM LEFT: CHRIS LUND; PAVEL YTHJALL



with the lateral head.

“You can emphasize the different heads just by adjusting the angle of the bench,” says Kirchofner. “Flat-bench skull crushers with an EZ-bar target both the long and lateral heads equally. Switch to a decline bench and you’ll put more stress on the lateral head and less on the long head. Moving to an incline bench, you’ll hit the long head harder because your arms are in more of an overhead stretched—the long head is stretched, which in turn helps activate more motor units during the contraction.”

HOW TO DO IT

- Lie faceup on a flat bench with your feet planted on the floor. Hold a barbell with a shoulder-width grip, or an EZ-bar on the inner grips so that your palms are facing partially inward—your elbows should be straight and your arms pointed up toward the ceiling. (Alternatively, they can be angled back toward your spotter at about a 75-degree angle in relation to the floor to put additional tension on the muscle.)
- Lower the bar under control toward the top of your head, stopping about an inch before the bar touches you and your elbows are at a 90-degree angle.
- Flex both triceps forcefully to re-extend your arms until they are straight and at the starting position.

KEY POINTERS

Concentrate on keeping your upper arms fixed in place, not shifting forward and back during the rep, and don’t let your elbows flare out.

INTENSIFY IT

Try skull crushers using an EZ-bar attachment hooked to a lower pulley. “This variation really keeps constant tension on the triceps, not allowing any rest at the top of the movement,” Kirchofner says. “Also, by eliminating the risk of dropping the barbell or EZ-bar on your face as you fatigue, you can perform the exercise more slowly and work all the way to failure more confidently.”

KNEE-JERK REACTION

“Does it hit all three triceps heads?”

OUR EXPERTS’ TAKE

To know why the skull crusher—i.e., the lying triceps extension, which can be done with a barbell, an EZ-bar, or dumbbells—merits best mass movement, it will help to know

some basic triceps anatomy. As the name implies, the triceps are made up of three heads: the long head, which makes up the inner edge of the horseshoe shape and crosses the shoulder joint; the lateral head, which forms the outer side of the horseshoe; and the medial head, which lies beneath the other two heads and tends to work in tandem

BEST MOVE FOR TARGETING THE LATERAL HEAD

REVERSE-GRIP CABLE PRESSDOWN

KNEE-JERK REACTION “But I can’t handle any weight when I do those!”

OUR EXPERTS’ TAKE It’s true—you can’t manage nearly the amount of weight on a reverse-grip pressdown as you can on a standard overhand one. However, that just means you’re not getting other muscle groups involved, meaning all pressure remains firmly on the lateral (and medial) heads of the triceps.

“Because the hand position doesn’t allow you to lean into the rep, with all the movement taking place at the elbow joint, no other muscle group or momentum can be used to assist,” says Gerren Liles, a Reebok One ambassador and an Equinox Master Instructor based in New York City. “Even better, when done unilaterally, you can really isolate the muscle and ensure each triceps is working to its potential, with a stronger arm unable to compensate for a weaker one.”

HOW TO DO IT

■ Stand in front of a high cable pulley and grab a short straight-bar attachment with an underhand grip.

■ With your knees just slightly bent (not locked), core tight, and elbows close to your sides, pull the bar taut so that the weight stack lifts and your upper arms are parallel to the floor—this is the starting position.

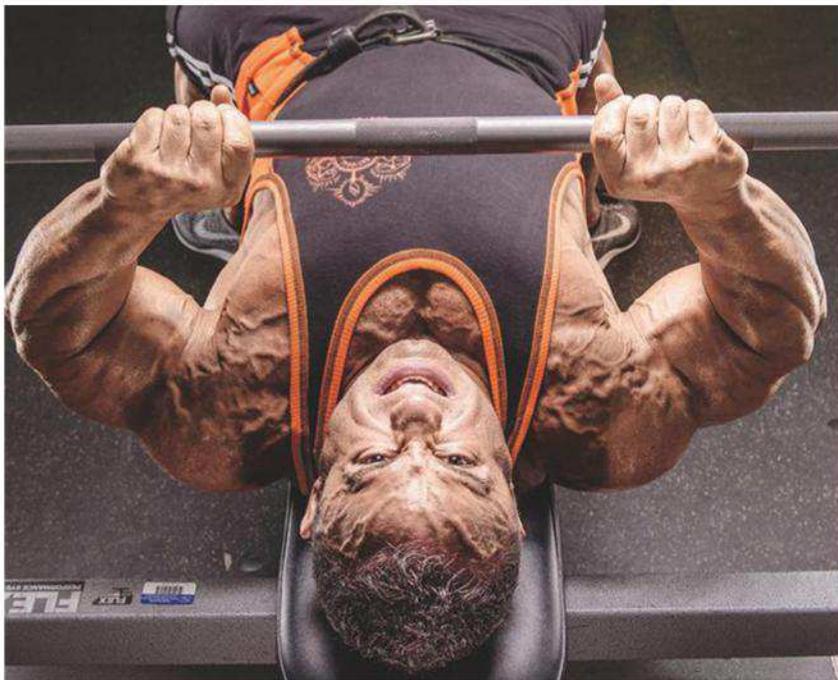
■ Flex your triceps to straighten your elbows, moving the bar in an arc down toward your thighs. When your arms go straight, hold for a brief count to dissipate momentum, then return to the arms-parallel-to-the-floor position, not letting the weight stack touch down before beginning the next rep.

KEY POINTERS “The biggest mistake with this one is not keeping the wrists neutral,” Liles says. “Make sure your grip is firm and your hands and wrists align with your forearms in a straight line.”

INTENSIFY IT Try the exercise kneeling instead of standing. “This takes your legs away as stabilizers and forces you to use your abs and glutes more to remain upright as you pull,” Liles explains.



PER BERNAL - CHARLES LOWTHIAN



BEST TRICEPS STRENGTH BUILDER CLOSE-GRIP BENCH PRESS

KNEE-JERK REACTION “Nailed it.”

OUR EXPERTS' TAKE “The close-grip bench press allows you to dissect and focus on a single component of the bench press—in this case, isolating the triceps as primary movers,” says New York City-based strength and fitness coach Heather Farmer (Instagram @Olyfarmer). “The delts and pecs act as coordinated assistants, making it easy to move more weight in this exercise versus other isolated triceps work.” While the close-grip bench is a no-brainer for triceps building—anyone who doubts it should take a quick look at the pronounced ham hocks hanging off the back of the arms of the world's best powerlifters—there is one weakness to keep in mind. The movement focuses mostly on the lateral and medial heads, meaning you'll need to include other movements that maximally stress the long head. (Don't worry, a few options for that are presented in this article.)

HOW TO DO IT

- Lie on a flat bench with your feet planted on the floor. Hold the barbell with your hands about shoulder-width apart or just slightly closer—going narrower than that compromises your range of motion and puts unnecessary strain on your wrists.
- Unrack the barbell and hold it above your chest, elbows fully extended. Bend your arms to lower the barbell toward your midchest, keeping your

elbows below your hands and tucked to your sides throughout.

- Lightly touch the barbell down to your pecs at the bottom and, without a bounce, flex hard through your triceps to press the bar back to the starting position.

KEY POINTERS “When you're lowering the barbell to your sternum, think about actively making contact with the bench by packing the shoulder blades and upper back in and down,” says Farmer, who's also an Olympic weightlifting national competitor in the USA Weightlifting 63kg women's class. “Your elbows shouldn't flare outward as you press, and the bar should travel in a straight path up and down.” That means if you have a hitch in your bar's path and your elbows are straying, you'll want to lower the weight and practice your form.

INTENSIFY IT On your last set, have a partner help you with two to three negative-only reps after reaching positive failure. For these, your partner helps you through the positive rep and then keeps his or her hands on the bar the whole time for safety while you slowly lower the bar through the eccentric contraction. “Or incorporating chains by draping them over the ends—so the bar gets heavier as you raise it and the links come up off the floor—is always a fun way to vary an exercise and shake up a sticking point,” Farmer adds.

BEST TRICEPS FINISHING MOVE

TRX TRICEPS EXTENSION

KNEE-JERK REACTION

“What the hell is a TRX?”

OUR EXPERTS' TAKE

Fair enough—we know not everyone is familiar with the TRX Suspension Trainer. In basic terms, it's a long, sturdy strap with handles at each end. The center of the strap is anchored to a fixed object like a carabiner in the ceiling or on a solid machine, allowing for full support of the weight of the user. The TRX means you can work against gravity and your own body weight as resistance.

“Since you're using your own body weight, you can easily adjust the difficulty of the exercise by adjusting the angle of your body from the anchor point,” says Carla Sanchez, former IFBB fitness pro and owner of Performance Ready Fitness Studio in Lone Tree, CO. “The higher your body position from the floor—standing away from the anchor point—the easier the exercise, and the lower your body position to the floor—standing closer to the anchor point—the more difficult the exercise. An awesome burnout set is to start as close as you can under the anchor, rep to failure, and then tiptoe a bit away from the anchor. Keep doing that, taking a small step away from the anchor point and pushing out reps at each stop along the way.”

HOW TO DO IT

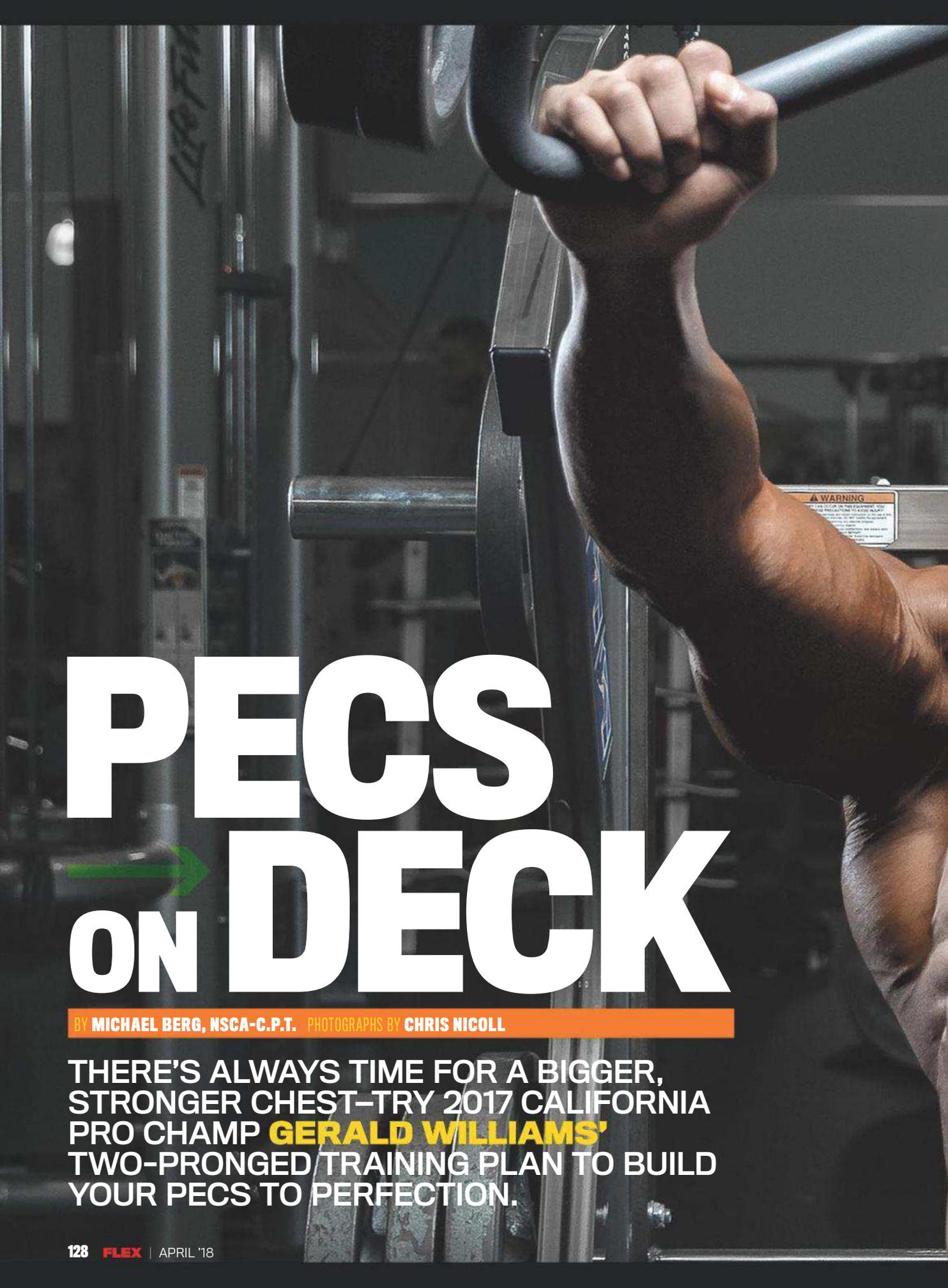
- Fix the TRX Trainer to an overhead anchor point and grasp a handle in each hand. Position your body close to the anchor point, so you can move away as you tire, thus making it easier and easier as you get more and more fatigued.

- With your arms overhead, upper arms at each side of your face, and elbows bent 90 degrees, engage your core and lean forward, facing away from the anchor point so that you feel tension on your triceps. “Imagine your body is a surfboard,” Sanchez says. “Keep your head and torso aligned with no sag in your back.”

- From here, slowly open your elbows, exhaling as you do so—your toes remain on the floor throughout. Once your arms go straight, hold there for a one count, then bend your elbows in a controlled eccentric action to return to the start.

KEY POINTERS “Only bend at your elbows as you lower your body,” Sanchez says. “And make sure your elbows continue to point out in front of your body. Don't allow them to flare out.”

INTENSIFY IT End the final set with one to two holds in the peak contracted position—where you try to maintain the arms straight as long as you can, leaning forward away from the anchor point.



PECS ON DECK

BY MICHAEL BERG, NSCA-C.P.T. PHOTOGRAPHS BY CHRIS NICOLL

THERE'S ALWAYS TIME FOR A BIGGER, STRONGER CHEST—TRY 2017 CALIFORNIA PRO CHAMP **GERALD WILLIAMS'** TWO-PRONGED TRAINING PLAN TO BUILD YOUR PECS TO PERFECTION.



Walking away from the bodybuilding stage in the heart of your physical prime may seem like the world's worst career move. Yet, for Gerald Williams, it might just be the reason he had such an incredible run through his first full year in the IFBB professional ranks.

"I took 7½ years away from the sport," Williams says. "I was still working out, but I was mostly playing hockey of all things. But I returned in 2015, turned pro in my third show back, competed in eight shows in just over a year while winning one of them, and by the end of 2017 was on the Olympia stage."

Now the 32-year-old is entering 2018 with two goals. "I want to defend my California Pro title in May and qualify again for the Olympia," he says simply. To do that, he and his nutritionist and trainer, Matt Burzacott, are hard at work, perfecting the formula that fueled his successful return to the competitive fold. That includes a chest routine that he has been splitting into two as a contest grows nearer, starting with a "load" day of straight sets and heavy weights, followed three days later with a "volume" session that pairs moves into minimal-rest supersets.

Stretch, Then Slam

Monday evenings find Williams at one of his two favorite Bay Area gyms for his chest load day. To get warm, he'll start with some abdominal work, typically three sets of a core-focused triset, followed by ample stretching of his pecs, triceps, and delts.

"I'm a firm believer in opening up the tissues and stretching the fascia when I train," he says. "So I'll take my time to really get everything loose and feeling good."

The first chest exercise is atypical—instead of heading to a free-weight press to lead things off, he'll move an adjustable bench into the center of a cable apparatus to set up for incline flyes.

"I like to start with a single-joint move," Williams explains. "It allows me to stretch the muscle a little more before pressing. I'll do a couple of light warmup sets and then three working sets,

pyramiding up the weight each set as the reps drop from 20 down to around 10."

Also somewhat outside of the bodybuilding norm? His varied approach to rep cadence, something he refers to as "the anatomy of a rep." As he gets further into the working sets, he manipulates the rep speed on the concentric and eccentric contractions, while also adding a one-second pause at the top.

"I'll play with the positive and negative tempo, extending the overall time under tension during a set," Williams says. "I may do a five count on the way up followed by a faster negative, or I'll explode on the positive and take the negative more slowly. I'm just looking for different ways to create new stress for the muscle. I'll do groupings of three to five, similar to a style Dennis James has put out there. I may do a set with five slow reps, five at a medium pace, then do three regularly and three slow to finish."

PRE-CONTEST CHEST PROGRAM

NO. 1 LOAD

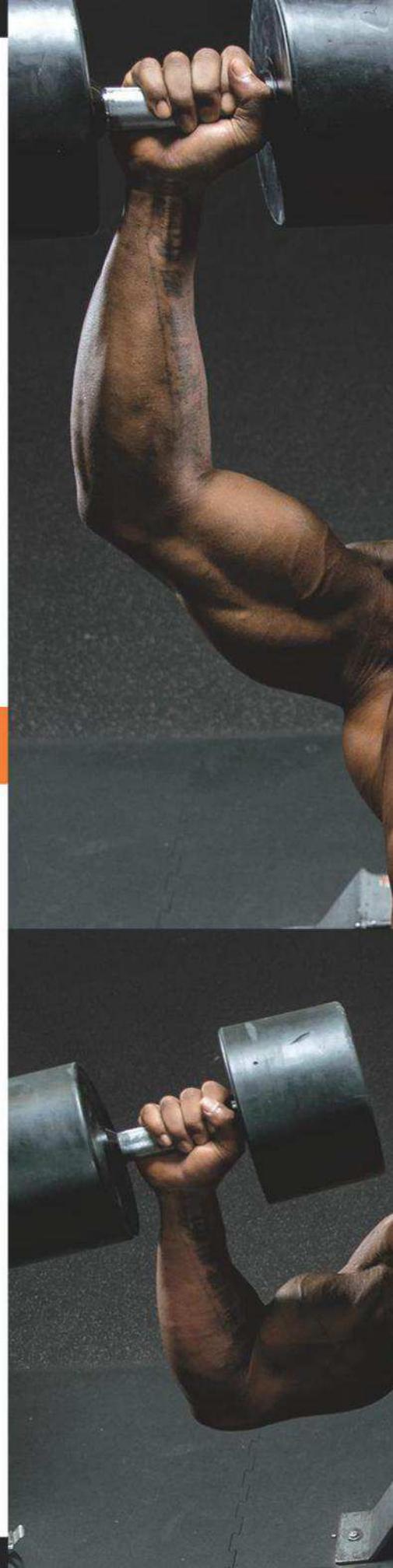
EXERCISE	SETS	REPS
Incline Cable Flye	4-5	20-10
Incline Dumbbell Press	4-5	15-8
Flat Bench Dumbbell Press	4-5	15-8
Cable Crossover*	4	15/10/8

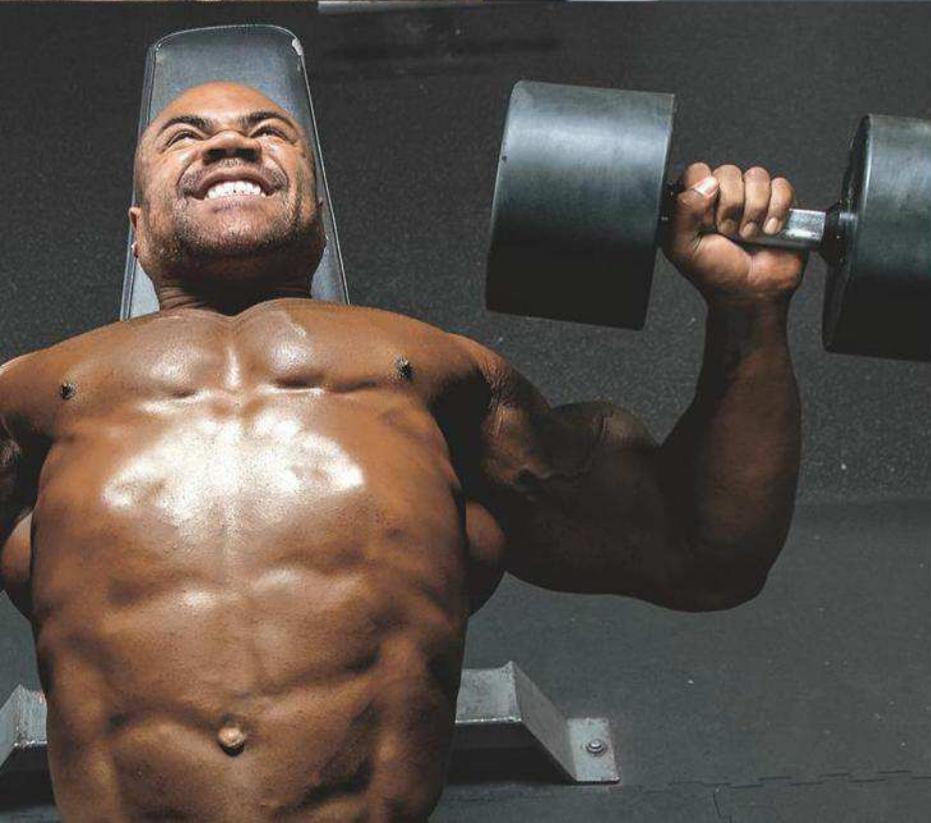
*For these, Williams does 15 reps, drops the weight for 10 more reps, then drops the weight again and finishes with 8 reps.

NO. 2 VOLUME

EXERCISE	SETS	REPS
Seated Machine Chest Press superset with Pec Deck Flye*	5-6	8-15
Smith Machine Incline Press superset with Cable Crossover*	5-6	8-15
Parallel Bar Dip (leaning forward) superset with Hammer Strength Incline Press	5-6	8-15
	5-5	8-15

*On machines with a selectorized weight stack, where the weight is easy to drop with the switch of a pin, Williams will often incorporate dropsets.





KING TUT

That attention to time under tension remains a staple throughout Williams' chest workout, including his second stop on load day, four to five sets of incline dumbbell presses. "I like to make sure I go heavy with this one," he says. "Luckily, the gym I train at has dumbbells that go up to 200, so I can push myself. I've gone as far as 180s for eight reps, although I'll stick to 140s or 150s as the show gets closer."

The inclines are followed by flat bench dumbbell presses in the same mold—four to five sets, 15 reps down to eight as the weight gets heavier, all the while continuing to incorporate tweaks to his rep speed. "The load day is focused on trying to push the poundages, but it's not all about how much weight you lift overall," he says. "It's about stressing the muscle in new ways. I'm not about lifting a maximum weight—my goal is to use as much as I need to stimulate growth."

Formwise, Williams' approach to both presses is standard. Settling into the handles for full control of the weight, he's sure to bring the dumbbells down deep for a stretch he can feel from muscle origin to insertion across the breadth of his rib cage, then presses them in a natural arc upward to a point where his elbows are just slightly bent and the weights are a few inches from touching each other as they hover above his mid to upper pecs.



“You go to school, get married, buy a car and a house, and then you’re indebted to work forever. That’s the typical narrative, right? Well, that’s not my philosophy in life at all. My philosophy is gaining economic independence by building multiple streams of income.”

SHOT ON LOCATION AT EOS FITNESS, LAS VEGAS, NV. GROOMING BY CHRISTAL LORETO

SNAPSHOT

GERALD WILLIAMS

Age: 32 **Height:** 5'10"

Weight: 245 lbs (contest);
250 to 260 lbs (off-season)

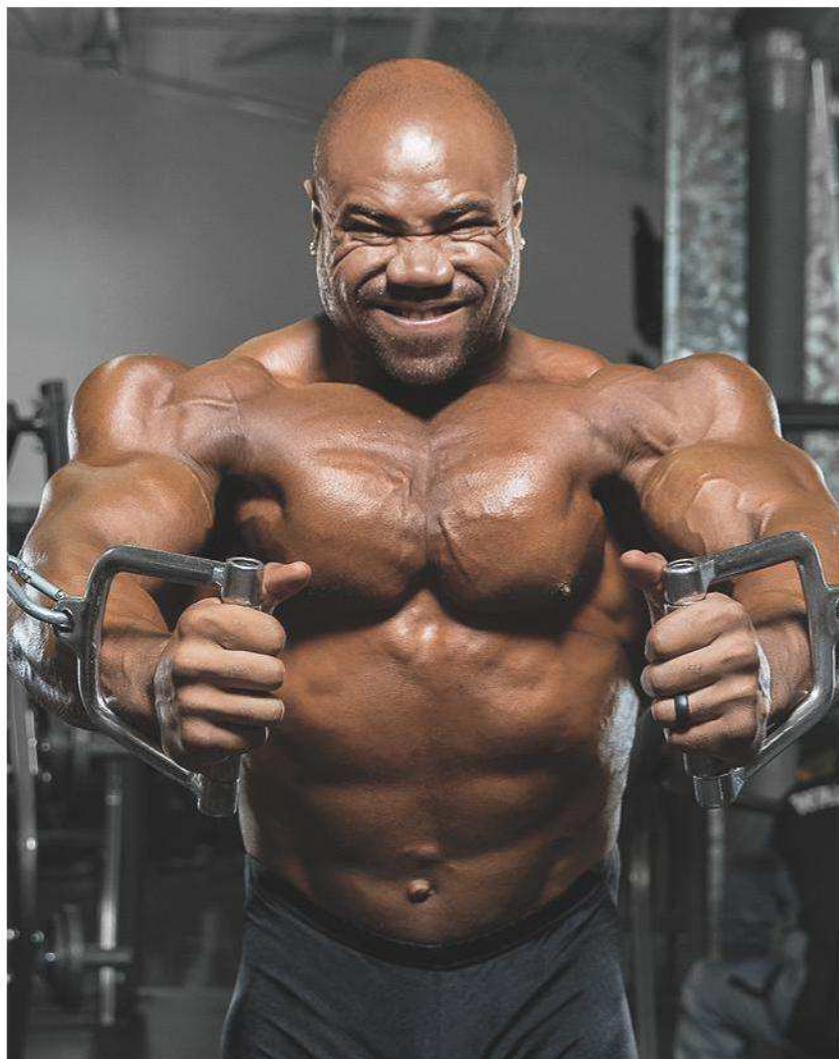
Residence: Oakland, CA

Career Highlights: 2017 Mr. Olympia, 15th; 2017 California Pro, 1st; 2015 North American Championships, heavyweight, 1st (earned pro card); 2005 Teen Nationals, light-heavyweight and overall winner

Online: ifbbprogeraldwilliams.com

WILLIAMS' PRE-CONTEST TRAINING SPLIT

DAY	MORNING	EVENING
Monday	Quads	Chest
Tuesday	Shoulders	Arms
Wednesday	Hamstrings	Back
Thursday	Chest	Quads
Friday	Arms	Shoulders
Saturday	Back	Hamstrings
Sunday		Off



SYMMETRY AND STRUCTURE

Once those presses are in the logbook, Williams heads back to the cable station for one more exercise—cable crossovers. “Here, I really work on the squeeze,” he says. “I like to pause at the bottom, holding the contraction for a couple of seconds each rep. I’ll also do dropsets with these and do slow negatives. I think this move really helps bring out the detail in the pecs.”

When you watch Williams perform a crossover, one aspect immediately stands out—where he places his feet. Instead of a staggered stance, which a lot of bodybuilders swear by to maintain balance during the rep, Williams places his feet inside shoulder width and side by side as he leans his upper torso slightly forward.

“I do that on purpose—over the years, I’ve found that your gait has a lot to do with how

your body parts are activated. When you take a staggered stance, you’re actually deactivating one of your lats and creating an asymmetrical environment for your body,” he says.

“As we know, I’m not typically the biggest guy onstage, but I’m a structure guy,” Williams continues. “So these things are important—I need to focus on the mechanics of each movement and not create unequal distribution of the stress, which can in turn lead to asymmetrical development of the muscle groups. I don’t want to just move weight, I want to make sure the weight is working for me.”

Through his four sets, Williams drops the pin to a lighter poundage twice within each one—he’ll do 15 reps, drop for another 10 reps, and then do one more drop for eight to finish.



○ PAIR UP TO PARE DOWN

Three days later in pre-contest mode, Williams wallops chest again, this time with a three-superset attack. “The pacing is different, with less rest overall, and I’ll tend to pair a press with a flye in each superset.”

While his exercise choices may vary from time to time, he tends to stick to his favorites for the most part: a seated machine chest press with the pec deck flye, followed by the Smith machine incline press and cable crossover, and then wrapping with dips and the Hammer Strength incline press. For each, he’ll do five

to six supersets of eight to 15 reps per exercise.

“I used to be a big believer in every time I go to the gym, I’d do a different order of exercises,” Williams states. “But coming back from Dubai after the Sheru Classic in 2016 [in which Williams took fifth], I was talking to Chris Cormier, who has been a friend and mentor to me over the years. I was explaining how I was changing up my training, and he’s like, ‘You know, as long as the structure of your workout is designed to create growth in the areas it needs to, you

can do the same workouts all the time.’”

“That was mind-blowing to me, because you’re always told to vary your training. But what he said made a lot of sense, and looking at guys like Ronnie Coleman and Dorian Yates, they were doing the same workouts day in and day out. So 2017 was the first year I implemented that idea—I took an honest look at my physique and figured out the exercises that I liked best and that worked well for me, and we just built my training around those.”

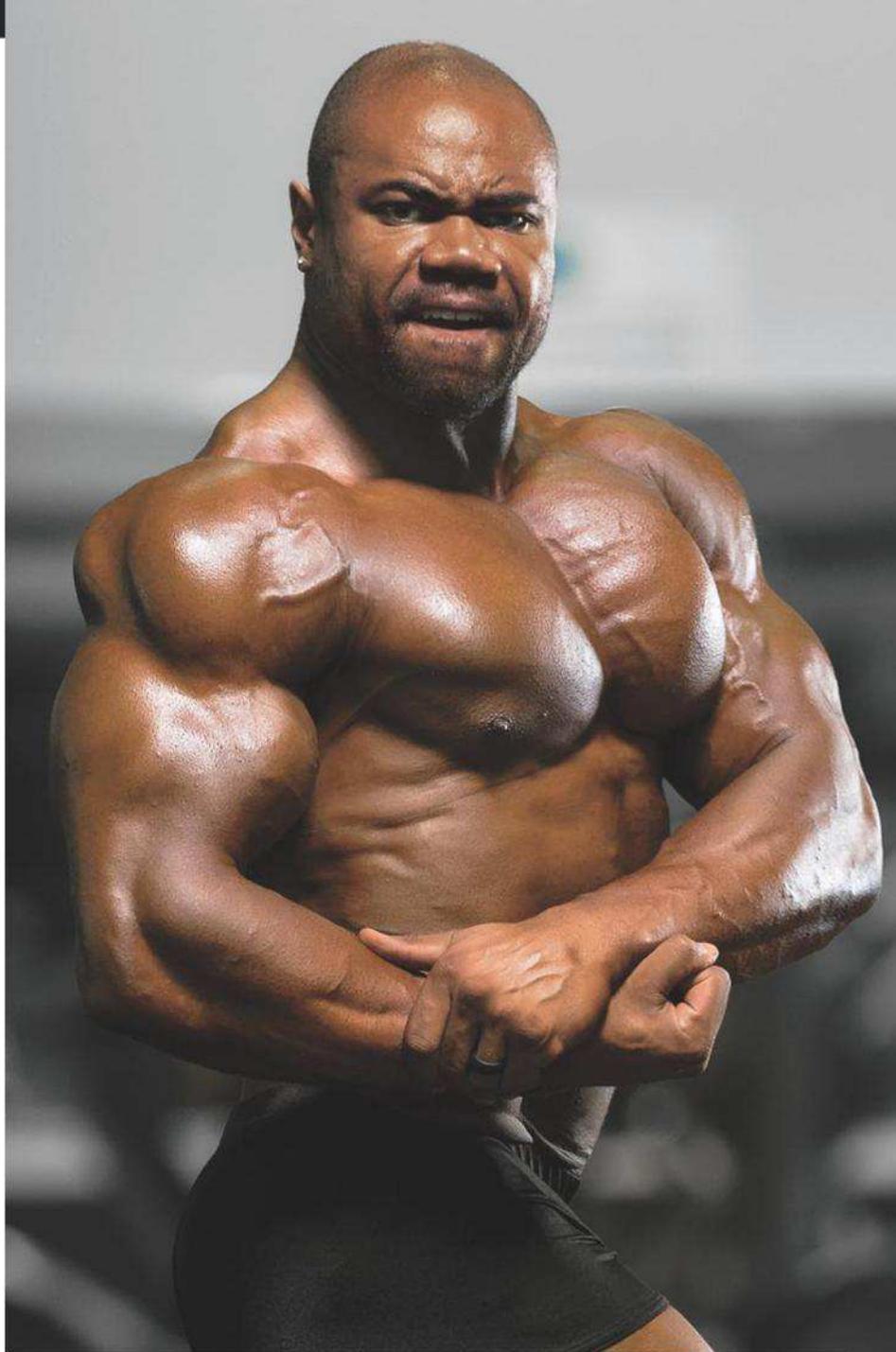
25 Hours in the Day

Williams trains twice a day, six days a week in the months leading up to a show. That would be a pretty dedicated schedule for a full-time bodybuilder. Yet it's all the more impressive given the fact that Williams makes his living in a multitude of other arenas outside of bodybuilding—he's not only an adjunct professor of psychology at Berkeley City College and a research associate with the Oakland Unified School District but also a licensed realtor with a portfolio of clients and personal real estate projects.

"I feel like the seven years not competing afforded me the opportunity to get my life together, which I think is a big component of why I've been able to be so successful in the sport in this short amount of time since coming back," says Williams, who has even published a book on his impressive time-management skills, *The 25th Hour: Developing Efficiencies to Manifest Your Life Goals* (Amazon Digital Services, 2017). "I was able to get my master's in psychology and establish a couple of different careers—a solid base of income. That's good, because it's hard to make a living just doing bodybuilding."

In fact, he says not turning pro at the 2008 NPC Nationals—he finished 10th in the heavyweight class, a crushing blow at the time—may have turned out to be a blessing. "I had put everything I had into that show," he points out. "I followed the typical narrative, dumping everything I had into it, maxing out my credit cards and doing everything I could, with the anticipation that, on the other side, if I could just turn pro my life would be great. That was a hard lesson in the sense of, 'Wow, I didn't turn pro, I didn't even make the top five, and I still gotta pay these bills.'"

That defeat changed his perspective and gave him a newfound appreciation of how to approach the iron game. "It's great to say I've won a pro show and done the Olympia, but I don't even have a sponsor, so it's not like bodybuilding is paying my bills," he says. "It's like a hobby. Had I not established my other careers, I couldn't be where I am now. It's why I tell aspiring



bodybuilders to stay in school, don't quit your day job, and focus on the things that will allow you to be a complete person."

The muscled polymath, who married his longtime love, Jasmine, in August 2016, has always pursued a variety of interests. Growing up, he played soccer seriously—at one point he was selected for a U.S. national-level team—and also played bass guitar.

"My freshman year of undergrad, I did a gig in Beverly Hills, and [legendary record

producer] Quincy Jones ended up calling my house, offering me an internship for the summer," Williams recalls. "But that was the same summer I wanted to do the Teenage Nationals. I was 19, so it was my last opportunity.

"Of course, in hindsight, was fulfilling my goal to win the Teenage Nationals a better idea than going to work for Quincy Jones? Probably not." He says, laughing. "But I feel really fortunate to have had all these experiences in my life. It all happened for a reason."

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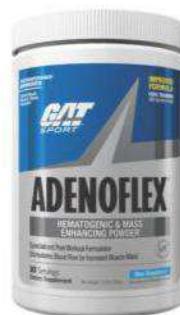


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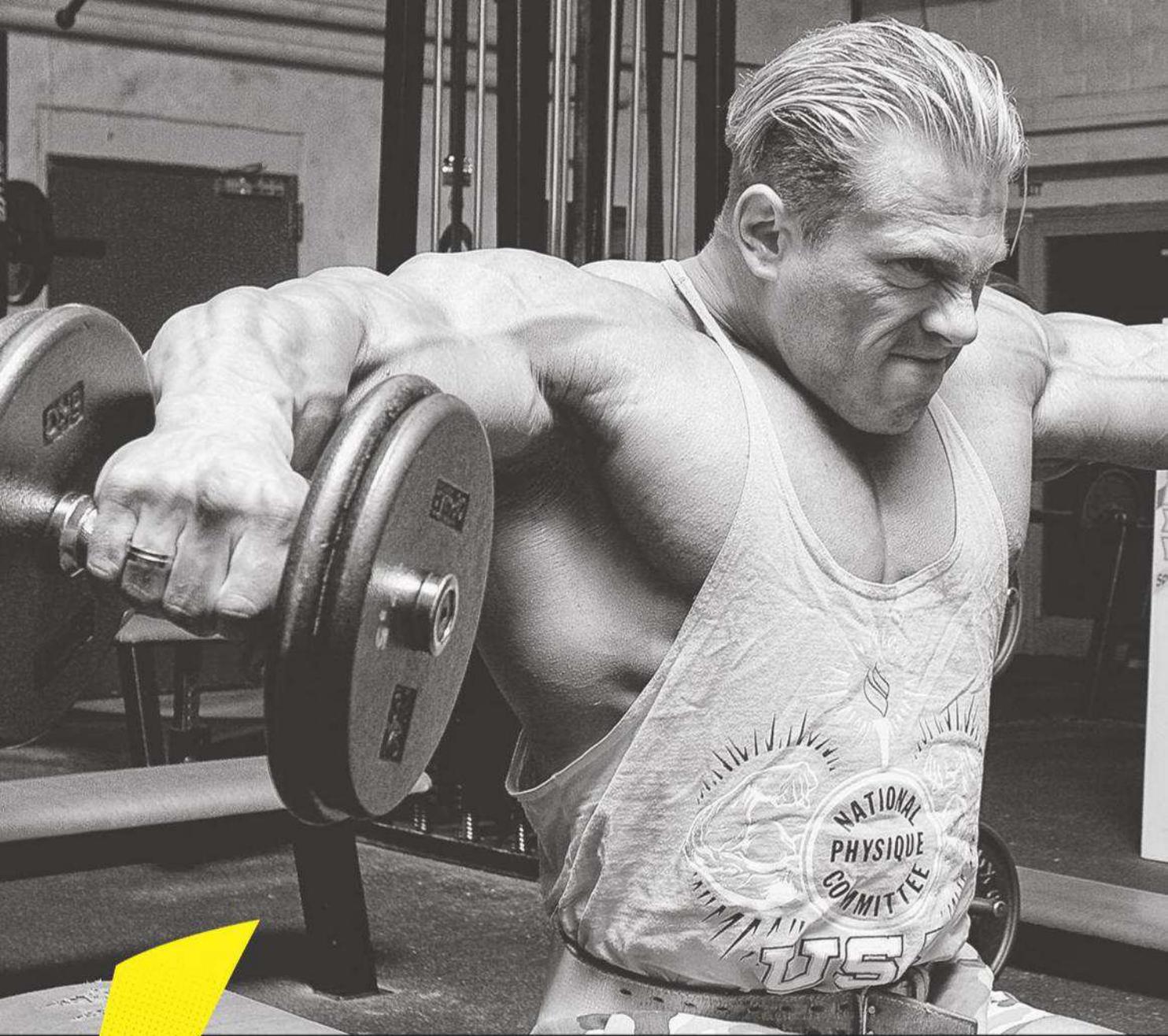
BE AN X-MAN



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MAKE YOUR X-FRAME
HERO WORTHY.

BY NEIL "YODA" HILL



THE TERM “X-FRAME”

refers to that classic, flowing physique that is synonymous with the bodybuilding era from the '80s. Size wasn't everything, although there was significant granite-hard thick muscle mass on show, combined with flawless lines, symmetry, and proportions. Bodybuilding is not all about mass, it's about balance. To build the complete X-frame there are certain areas that can make a significant difference in the way a physique appears. In the following pages, I have highlighted them and provided you with a Y3T workout for each body part. Let's build the ultimate X-frame together.

WORKOUTS

With the key areas identified I'm going to provide you with a Y3T workout for each muscle group. There is also additional information given to enhance your success, leading to improved muscle stimulation and ultimately growth.

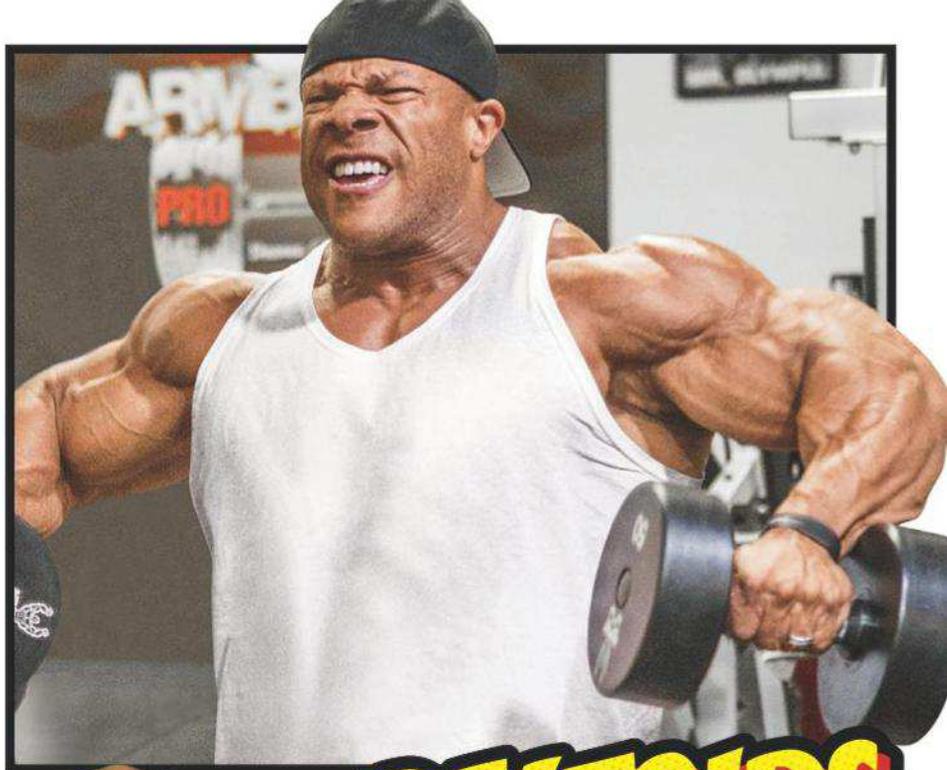
Each workout is based on a Week 2 Y3T workout. In case you're unaware, Y3T usually involves a three-week training cycle, using low, medium, and high rep ranges within a periodized plan. However, this can change depending on the individual and goal. For a full breakdown and scientific explanation of Y3T specifically for building muscle, head to y3tmass.com, where you'll learn exactly how Y3T helps you build muscle fast with my new 50-plus-

page guide. The depth of knowledge given is very comprehensive.

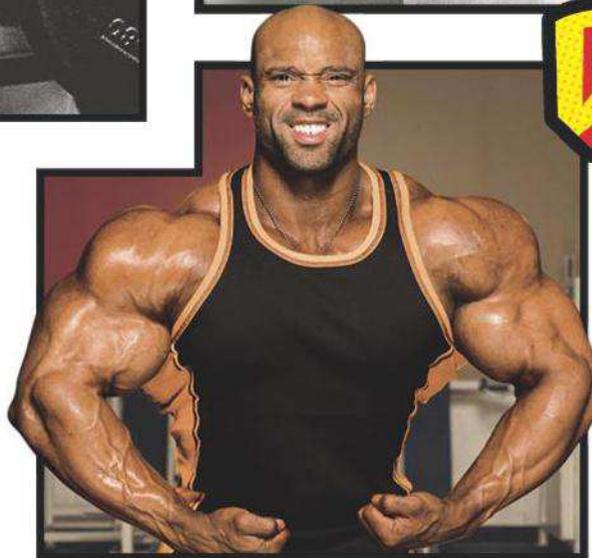
DON'T FORGET

There are undoubtedly key areas that help create the ultimate X-frame, which I've highlighted for you with guidance and even specific Y3T workouts. However, remember that every physique requires complete development in every muscle group. You do not want any weaknesses—these areas contribute to one aspect of what it takes to build an outstanding physique. Seemingly small details can make an enormous difference to the way a physique looks.

Sign up for my free daily emails at y3tdisciple.com.



DELTOIDS



The deltoids are situated at the widest point of the torso, at the end of the clavicles. For this reason, they play a huge role in creating that illusion of width at the top of the physique. Having wide deltoids is essential to create that taper down into the waist. Some people are naturally narrow in the shoulders due to the width of their clavicles, which can be exacerbated by having a naturally blocky waist as well. However, it does not mean you cannot drastically improve this by building width and fullness in the outer heads of the deltoids. The anterior (front) deltoids are usually stimulated sufficiently from pressing movements; in fact, they can sometimes overpower the medial (side) heads, which sometimes reduces the illusion of width.

Generally speaking, the deltoids are often supported too much by the trapezius muscles, especially during lateral raises, which are the best way to isolate the outer deltoids. Make sure there's no momentum present and that the traps are relaxed, as this will increase delt isolation during the exercise. Within certain Y3T workouts I also like to use partial side raise movements to hit the outer deltoids. The deltoids are also hyperresponsive to moderate and high repetition ranges due to the large slow-twitch muscle fiber population within this area. Combined with improved slow-twitch muscle fiber stimulation, sarcoplasmic cell swelling, and blood volumization, you can quickly add more delt width.

Y3T WEEK 2: SHOULDER WORKOUT

NOTES: Rep tempo: 2- to 3-second negatives; rest periods: 60 to 90 seconds.

*1-second hold at the isometric point of every rep.

With this workout, the emphasis is on adding width through isolation in the medial heads of the deltoids, hence the emphasis on lateral side raises and other exercises that prioritize this area. There are also exercises for the posterior deltoids, since these actually add to the illusion from the back and are typically undertrained muscles.

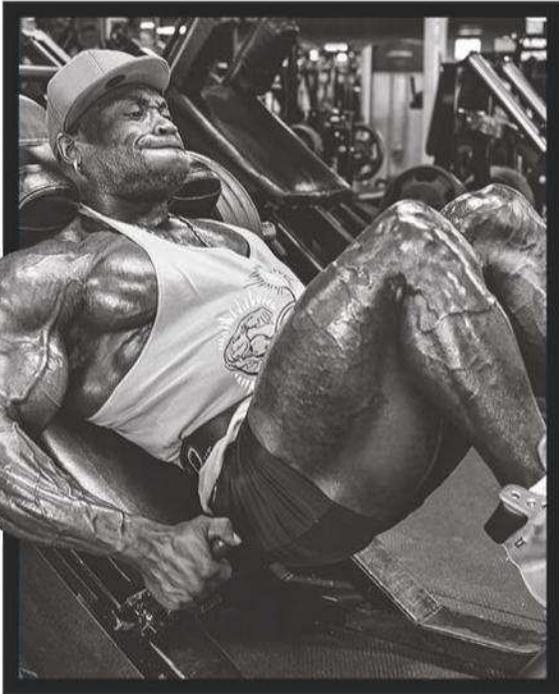
EXERCISE	SETS	REPS
Shoulder Machine Press	4	Warmup
Seated Shoulder Machine Press	4	14-18
Dumbbell Lateral Raise	3	14-18
Partial Lateral Raise	3	14-18*
Wide-grip Cable Upright Row	3	14-18
Seated Cable Face-pull	3	14-18*

QUADS

The deltoids provide the widest point of the upper body; the quadriceps do the same in the lower body. The aim is to have a physique that flows down from wide shoulders into a small waist, then back out with a full pair of thighs. The quadriceps are the biggest muscle group in the body, with four independent muscles. The key is to target the outer portion of the thighs. Yes, you want to develop the entire muscle—however, the outer region (vastus externus) is where you will generate the illusion of more flare within the lower body.

For specific outer-thigh development, the close-stance leg press is very effective, as it naturally puts more emphasis on the vastus externus muscle. Using single-leg extensions with a slight internal rotation at the ankle can also help isolate this region of the quadriceps, provided there's enough mobility within the hip flexors; otherwise, I'd recommend sticking with regular extensions. My Team Y3T clients always notice that their thighs develop improved size and flare, as well as separation, when implementing Y3T training. This is one of the reasons why an average body with potential quickly transforms into a head-turning physique.





Y3T WEEK 2: QUADS WORKOUT

NOTES: Rep tempo: 3-second negatives; rest periods: 90 seconds.

*With slight internal rotation at ankle.

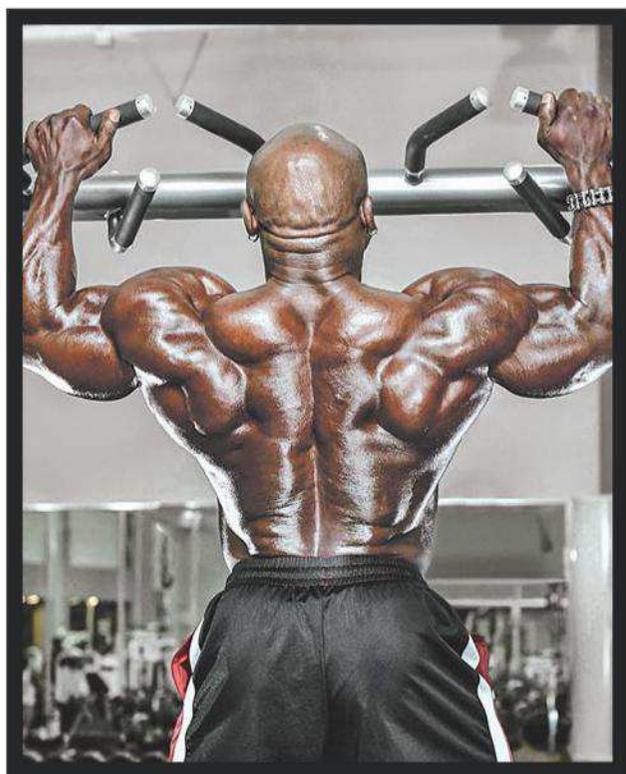
**1-second hold at the isometric point of every rep.

For this particular workout, the aim is to isolate the vastus externus muscle within the thighs, although there will definitely be global stimulation across each muscle in the quadriceps.

EXERCISE	SETS	REPS
Leg Press	4	Warmup
Leg Press	5	14-18
Single-leg Extension*	3	14-18**
Weighted Split Squat	3	14-18
Close-stance Hack Squat	3	14-18



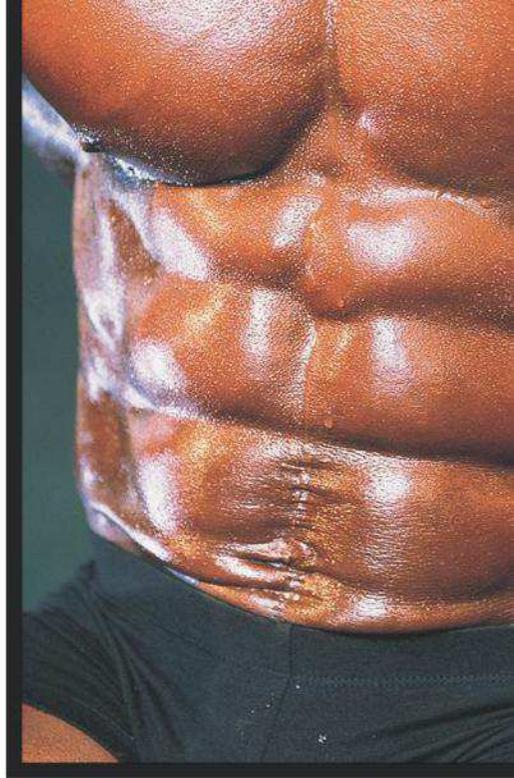
COUNTERCLOCKWISE FROM LEFT: CHRIS LUND; PER BERNAL; CHRIS LUND



BACK

From the front and back, the lats provide width to any physique and complete the taper, which starts from the outer deltoids and then runs down to the waist. The lats are very big muscles, which means that they require a wide variety of angles to ensure that there's a sufficient amount of stimulation taking place. When it comes to back width specifically over thickness, for instance, it's imperative that the range of motion is sufficient. This means that when doing pull-down exercises, the scapulas should be completely opened at the top of every rep by reaching full extension. This stretches the lats out, increasing the range of motion they're worked within. As the weight is pulled down, the aim is to keep squeezing the lats and then finally holding and squeezing them at the isometric point. To truly engage the lats for effective width growth, these points are essential.

COUNTERCLOCKWISE FROM TOP LEFT: PER BERNAL (2); JOHANSEN KRAUSE; PER BERNAL



WAIST

No matter the width achieved across the deltoids, lats, and thighs, if your waist isn't kept tight the illusion will be flawed. Some people will naturally have wider hips that cannot be altered. However, keeping a tight and flat midsection through diaphragm control (learning to breathe through your chest rather than your stomach) helps. Obviously, keeping your fat composition within healthy parameters makes the biggest difference to the waist. Remember, subcutaneous fat (which sits under the surface) is just one consideration. Visceral fat sits much deeper and isn't visible under the skin, but it does lead to distension of the stomach.

I'd highly recommend seeking medical advice on any intolerances you might have as well, because ultimately these foods will cause bloating and distension within your midsection. Bodybuilders tend to eat more calories than most people, particularly protein, which can be hard for the gut to process. It's essential that you're consuming enough fiber, micronutrients, probiotics, and digestive enzymes to account for this.

Y3T WEEK 2: BACK WORKOUT

NOTES: Rep tempo: 3-second negatives; rest periods: 90 seconds.

*1-second hold at the isometric point of every rep.

This workout is mainly designed to create width across the lats, which is why there's huge emphasis on time under tension and isometric holds with specific exercises.

EXERCISE	SETS	REPS
Lat Pulldown	4	Warmup
Lat Pulldown	3	14-18*
Single-arm Dumbbell Row	3	14-18*
Pullup	3	14-18*
Lying Incline Dumbbell Hyper Row	3	14-18*
Straight-arm Cable Pulldown	2	14-18*

BACK TO THE FUTURE

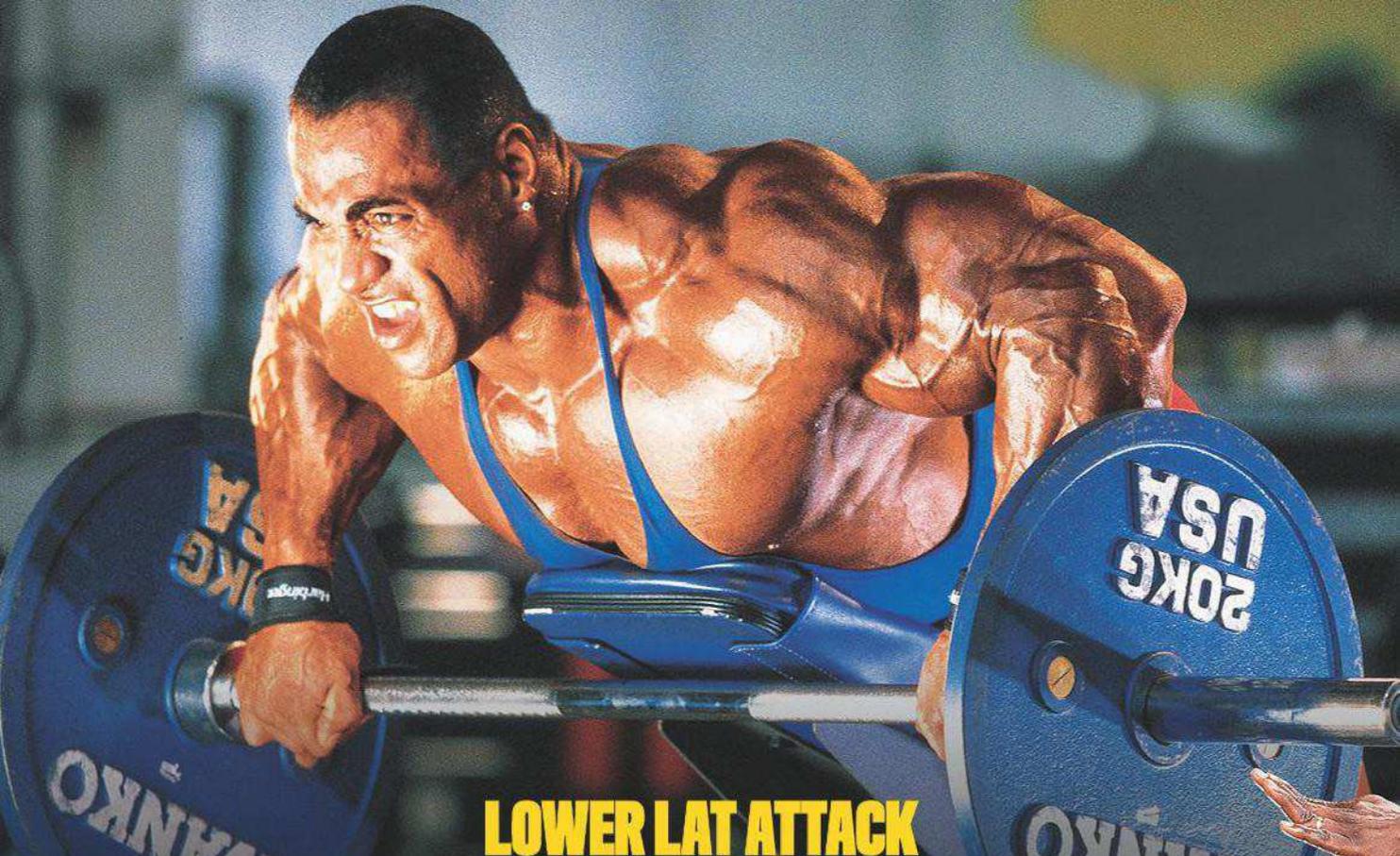


TWENTY LEGENDARY WINGMEN FROM THE PAST SHARE THEIR BEST ADVICE FOR GROWING FUTURISTIC BACKS.

BY **GREG MERRITT**

■ Climb in the DeLorean, stoke up the flux capacitor, and journey backward in time to get the top back-expanding tips from 20 musclemen who unveiled some of the widest wings and rockiest rear landscapes ever seen on bodybuilding stages. Learn the secrets from the legends who pulled and rowed and flexed thousands of times before you sipped your first protein shake.





LOWER LAT ATTACK

“Charles [Glass] always has some new trick for me. Every back workout is different. The key is focusing on different areas of the back. We put a lot of focus on my lower lats because my upper lats are already plenty wide.

I’ll often use an underhand or neutral grip on things like pulldowns and various kinds of rows because it allows me to bring my elbows back farther and really feel my lower lats tensing. Also, it’s important that you really flex the area you want to work. If you want to bring up your lower lats, flex your lower lats hard on every contraction.” **—DENNIS JAMES**

PRACTICE FLEXING

“Too often we get caught up looking at our chest and arms. Time to give your back some mirror time. Set up at least two mirrors so you can see your back. Practice flexing your lats, traps, spinal erectors, and all the smaller muscles of your back. Hit the double biceps and the lat spread. Contract and isolate different areas of your back. Experiment with angles and techniques as you flex because everyone’s physique is different. The more you understand how your back muscles flex, and what it feels like to flex different areas, the better you’ll be able to work. And flexing itself is a kind of workout.”

—LOU FERRIGNO

EXPERIMENT

“When training in the gym in the cemetery, we didn’t have the best equipment. But it didn’t matter, because you can make things up. We did a cable row while seated on the floor that hit my lats in a special way. Experiment. Use different handles, use different equipment, change the angle so you come at the back from a different way. Do whatever you can to work all parts of your back.”

—ALEXANDER FEDOROV

BACK FROM THE DEAD

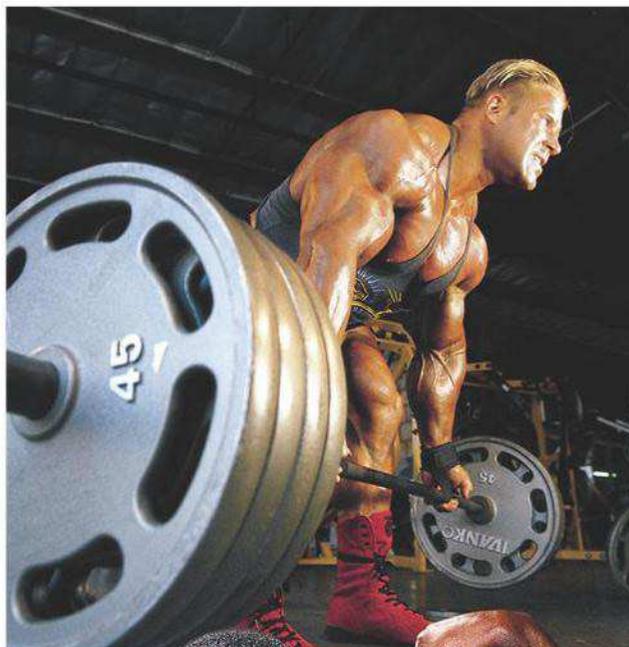
“I trained at Westside Barbell [powerlifting gym], so of course I almost had to go heavy and do the powerlifts. But I loved it. I did 800-pound deadlifts off the floor and 900-pound deadlifts off the rack. That’s what built my thickness. While I was at Westside, the pulldowns and rows and stuff were really supplementary to all the deadlifting. I sometimes had to remind myself that I was a bodybuilder there to bring up my weak points and not just get stronger. But it worked. All those heavy pulls thickened up my back from top to bottom and all along the spine. It was my secret advantage.”

—MICHAEL FRANCOIS

OPENER AND THIS PAGE: CHRIS LUND

BACK TO BASICS

"I've always been wide, but chasing Ronnie [Coleman], I needed to take my back to another level. I realized I was skating by on too many machine rows, while Ronnie was doing all those T-bar rows and barbell rows. So I really went back to the basics. There's something to be said for doing the exercises that let you lift the most, and those are the free-weight basics. Doing them for the last couple of years [2004-05], they brought out a whole new look in my back, a look of quality size." **—JAY CUTLER**



MACHINE AGE

"It doesn't matter to me if it's a machine or a barbell. It's all the same in the end. If it hits my back hard, a machine is every bit as good as a barbell or dumbbell. And a lot of the newer back machines support you so you can't cheat and injure your lower back, and they allow you to target your muscles with ranges of motion that you can't do with free weights. I think you need to do both [machine and free-weight exercises], because each has advantages. But there are times when I use nothing but machines for my back workout, and it's no less hardcore than if I did only T-bar rows and deadlifts."

—MARKUS RÜHL

HARE VS. TORTOISE

"Back strains are the most common injuries among bodybuilders. I see two reasons for this. First, guys use more weight than they can handle in things like the barbell row, and they end up moving up and down too much, putting their lower backs at risk. So use a weight you can handle with perfect form. Second, take precautions. Stretch out before sets, wear a belt, and quit any set the moment you feel your lower back straining. Be safe rather than sorry, and you'll be able to keep working out and making gains. Sometimes it's like the hare versus the tortoise. The hare tries to rush and he's injured and on the sidelines, and the tortoise keeps plugging along and wins in the long run."

—LEE HANEY



ELBOWS BACK

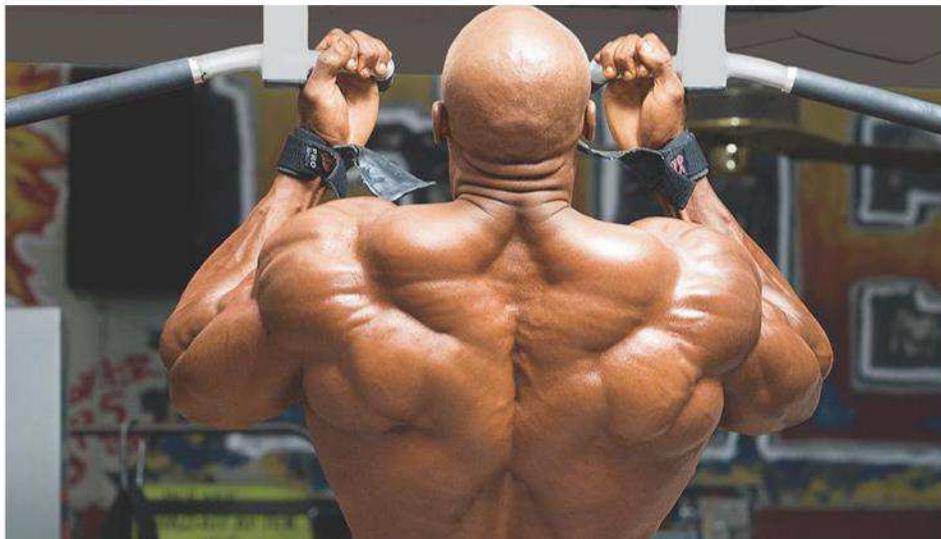
"If, like me, you're not blessed with wide clavicles, you're not going to get those hang-glider lats. So you need to put a special emphasis on back thickness. My two favorite exercises for thickness are seated cable rows and one-arm dumbbell rows. Make sure you pull your elbows as far back as possible to work the inner part of your back."

—FLEX WHEELER

GET A GRIP

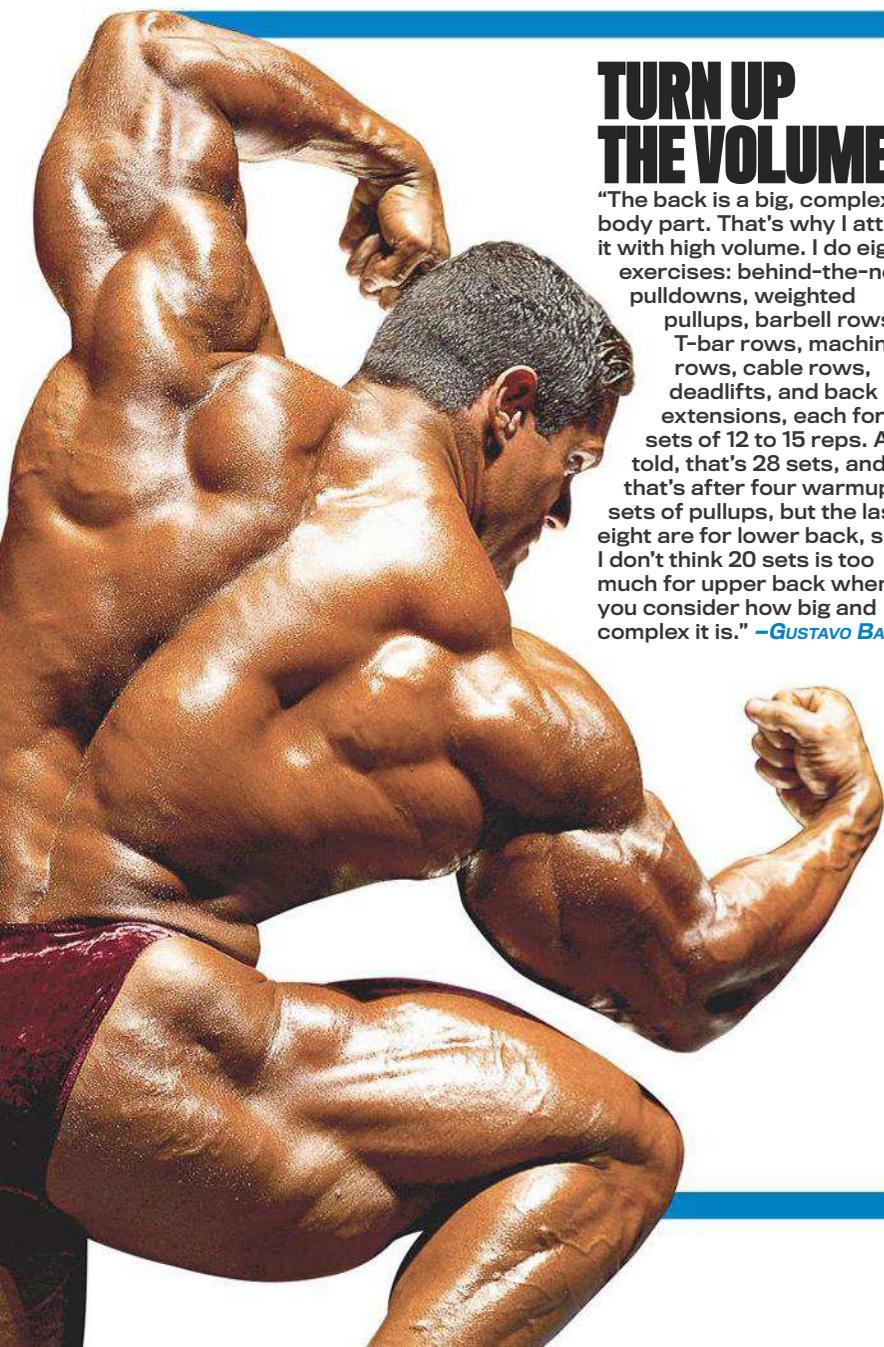
"I like doing pullups first for six sets and with different grips, because this really warms up the various back muscles and stretches them out. When I change my hand positions, I feel different muscles working in different ways. I feel more of my upper lats and rear delts working with the wide, overhand grip. With the neutral grip, I feel more of the traps tying into the rhomboid area. And with an underhand grip, I feel more of the rhomboids and the lower part of my lats."

—**JOEL STUBBS**



TURN UP THE VOLUME

"The back is a big, complex body part. That's why I attack it with high volume. I do eight exercises: behind-the-neck pulldowns, weighted pullups, barbell rows, T-bar rows, machine rows, cable rows, deadlifts, and back extensions, each for four sets of 12 to 15 reps. All told, that's 28 sets, and that's after four warmup sets of pullups, but the last eight are for lower back, so I don't think 20 sets is too much for upper back when you consider how big and complex it is." —**GUSTAVO BADELL**



HAMMER THE NAIL

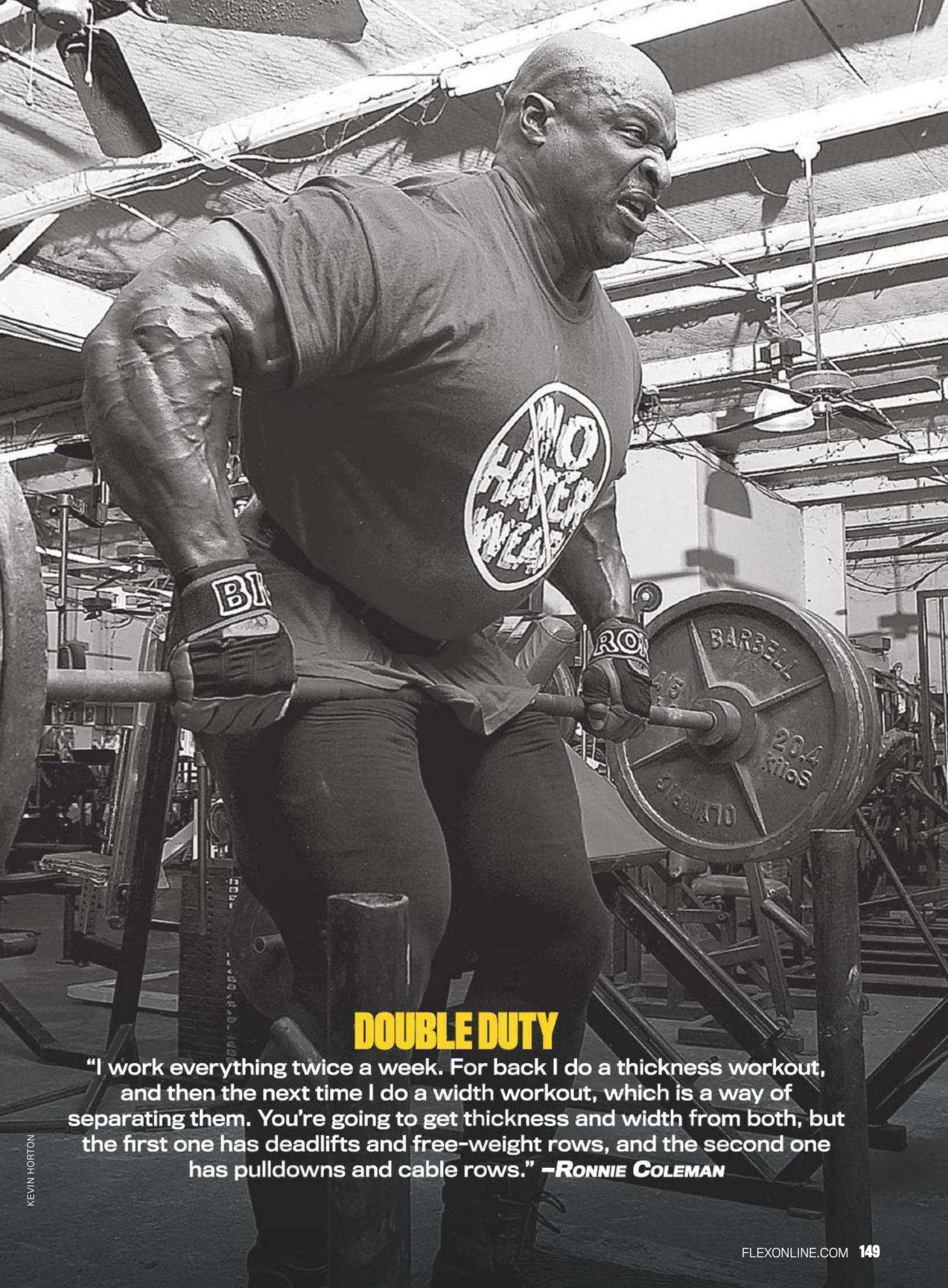
"Because you can't see your back working, you need a strong mind-to-muscle connection with your back to really make it grow. I recommend going lighter so you can really feel your back muscles working. Forget the weight. The weight is just a tool. If you hammer a nail, and you watch the hammer, you'll probably hit your hand. You focus on the nail. The weight is the hammer, your muscles are the nail. So focus on your back muscles stretching and contracting. When you master that feeling, you can start going heavy again."

—**FRANCO COLUMBU**

CHRISTMAS TREE TRIMMING

"Before I was a bodybuilder, I did [Olympic-style] weightlifting, so I did a lot of clean and jerks and snatches. I think that work gave me a good foundation of thickness, especially in my traps and lower back, that came out when I dieted. That was the secret to my [lumbar] Christmas tree, not deadlifts. I didn't do many deadlifts. Chins and barbell rows built my lats."

—**SAMIR BANNOUT**



DOUBLE DUTY

"I work everything twice a week. For back I do a thickness workout, and then the next time I do a width workout, which is a way of separating them. You're going to get thickness and width from both, but the first one has deadlifts and free-weight rows, and the second one has pulldowns and cable rows." **—RONNIE COLEMAN**

THE BACK-AND-FORTH

"You need to minimize your back-and-forth movement when working lats, because that transfers work to the lower back. One way to stay straight is to use a bench or machine that supports your chest. You can also have a partner push against your back when doing cable rows or pulldowns. Mostly, you just have to be aware of how much sway you put into the movements. Use just enough to eke out extra reps, but not so much that it makes it too easy on your upper back."

—**GÜNTER SCHLIERKAMP**

HEAVY METAL

"I grow best on six to eight reps per set on pretty much everything, and that includes back exercises. Most people are either stronger pushing [chest presses] or pulling [rows], and I'm definitely stronger pushing, but I still went heavy on every back exercise. In my rookie year [1992], people said my back was weak, but I turned my back into a strength with a lot of heavy, hard work."

—**KEVIN LEVRONE**



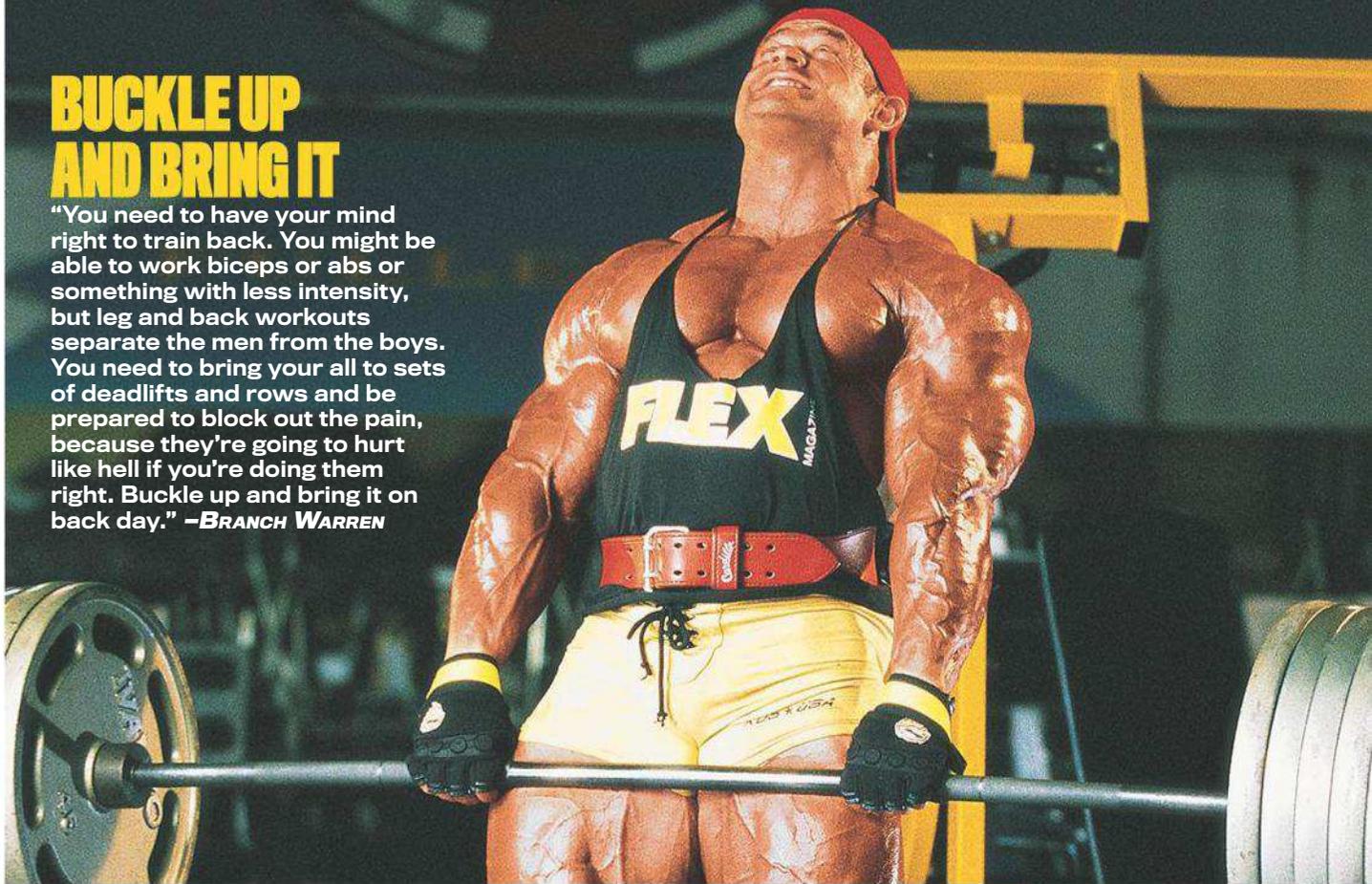
MAKE IT REAL

"I visualize every rep of every workout before I do it. For back, I'm going to picture myself doing those 405-pound underhand rows, and I'm going to feel what my back should feel like on every rep. I'm going to know exactly what I need to do to have a productive workout and visualize it so clearly that actually doing it is an afterthought." —**DORIAN YATES**

KEVIN HORTON

BUCKLE UP AND BRING IT

"You need to have your mind right to train back. You might be able to work biceps or abs or something with less intensity, but leg and back workouts separate the men from the boys. You need to bring your all to sets of deadlifts and rows and be prepared to block out the pain, because they're going to hurt like hell if you're doing them right. Buckle up and bring it on back day." —**BRANCH WARREN**



REAR-SIDE WORKOUT

"I train traps and rear delts after back as part of the same workout, and in that way I work the whole rear of my body together. Also, your rear delts and inner traps do a lot of work on back exercises like rows and pulldowns, so it just makes sense to keep working them on back day."

—**JEAN PIERRE FUX**

ROW, ROW, ROW YOUR BACK

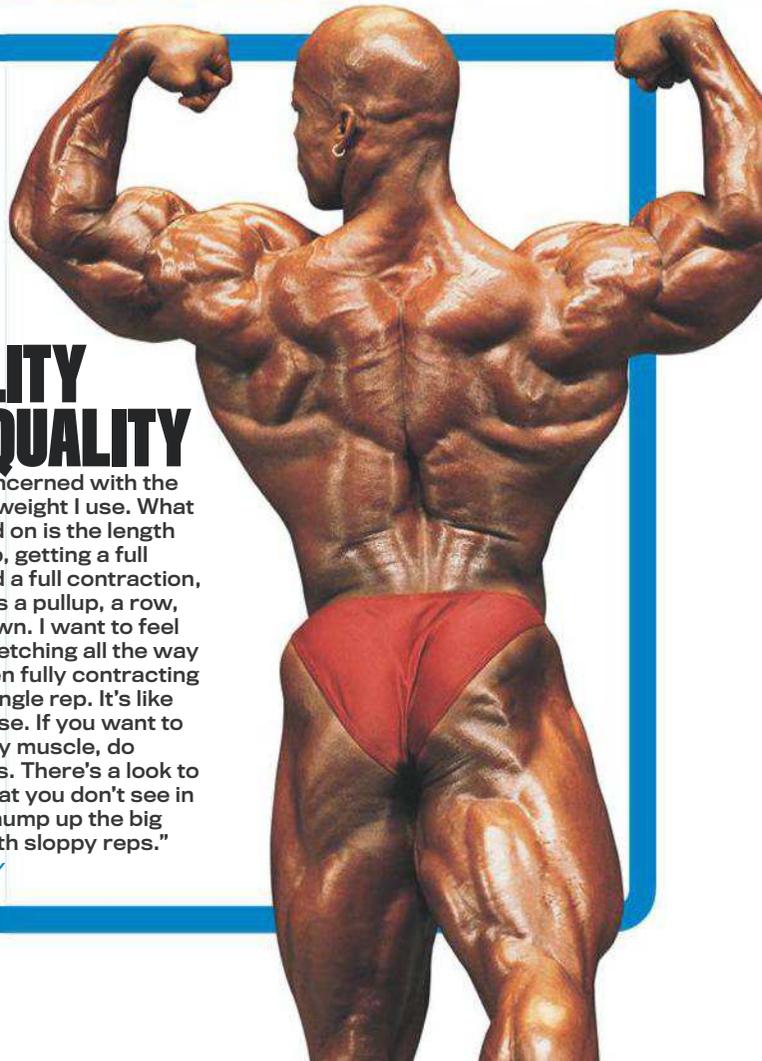
"A typical back routine for me is front pulldowns, barbell rows, rack deadlifts, T-bar rows, low-cable rows, and one-arm machine rows, in that order. I usually aim for eight reps per set, which is low enough for me to go heavy but also high enough to really push sets to failure. I built my back mostly with rows. People think pulldowns and pullups build width, but rows are just as effective for widening your lats."

—**ART ATWOOD**

QUALITY FOR QUALITY

"I'm not concerned with the amount of weight I use. What I'm focused on is the length of each rep, getting a full stretch and a full contraction, whether it's a pullup, a row, or a pulldown. I want to feel the lats stretching all the way out and then fully contracting on every single rep. It's like anything else. If you want to build quality muscle, do quality reps. There's a look to my back that you don't see in guys who hump up the big weights with sloppy reps."

—**SHAWN RAY**





THE PHOTOS LIVE FOREVER

WHEN IT COMES TO COMPETING, THE BENEFITS GO WELL BEYOND WINNING A TROPHY.



STEVE WEINBERGER

Q In your opinion, are there benefits from competing other than winning a show? I'm thinking about entering my first contest, but I

admittedly don't have a chance to win. It would be more for the experience.

Winning a competition is very exciting and gratifying and a whole lot of fun. But it's only one small part of the positive aspects of competing.

The most obvious benefit is that you'll get into great shape—

perhaps the best shape of your life. To have photos of yourself looking lean, muscular, and tanned is a huge reward for the months of effort and dieting. The photos live forever.

Also, setting the date of the show as a goal motivates you in those times when you're exhausted or hungry, helps you resist the temptations of your favorite cheat

foods, and pushes you to train even when you're feeling like doing anything but that.

Through your preparation, you can learn a lot about yourself, especially in times of stress. You may discover that you're a lot stronger and braver than you expected. You also have the opportunity to meet like-minded people, both in the gym and at the competition, and perhaps make new friends or training buddies.

Notice that I haven't mentioned anything about getting picked up by a company for sponsorship or modeling for or representing a company for monetary gain. There's a chance that these things may

Competing against your peers can bring out your best.



happen, and you could end up earning some income. But this is rare, and if opportunities do arise, they don't usually last for more than a few months. If your motivation for competing is monetary gain or fame, then I fear the experience will bring you only disappointment.

The only good reason to compete is to prove to yourself that you're able to take control of your life and work hard enough to make significant changes to your body. You are the only person who can make yourself train, eat correctly, and remain disciplined enough to attain your goals. In the end, you're entitled to be proud of your efforts, no matter what your placing in the show.



SANDY WILLIAMSON

Q I'm planning to enter an NPC bikini contest, but I want to be ready. What are the typical expenses that may not be so obvious for someone who's never done this before?

You'll need an NPC membership, which is an annual fee of \$125; the contest entry fee, which may be \$85 to \$100

for local shows and up to \$350 for national contests; your suits, which can range from \$100 to more than \$500 each depending on the store and your selection; and heels, which cost at least \$50.

In addition, don't forget travel expenses and your hotel room if needed, plus spray tan, which can be around \$75 to \$150 at a contest. Optional expenses would be hair and makeup done by professionals at the show, which varies depending on whom you choose but typically costs \$100 to \$200, to give a general idea.

RECOVERY

THE ESSENTIAL PART OF THE GROWTH EQUATION.

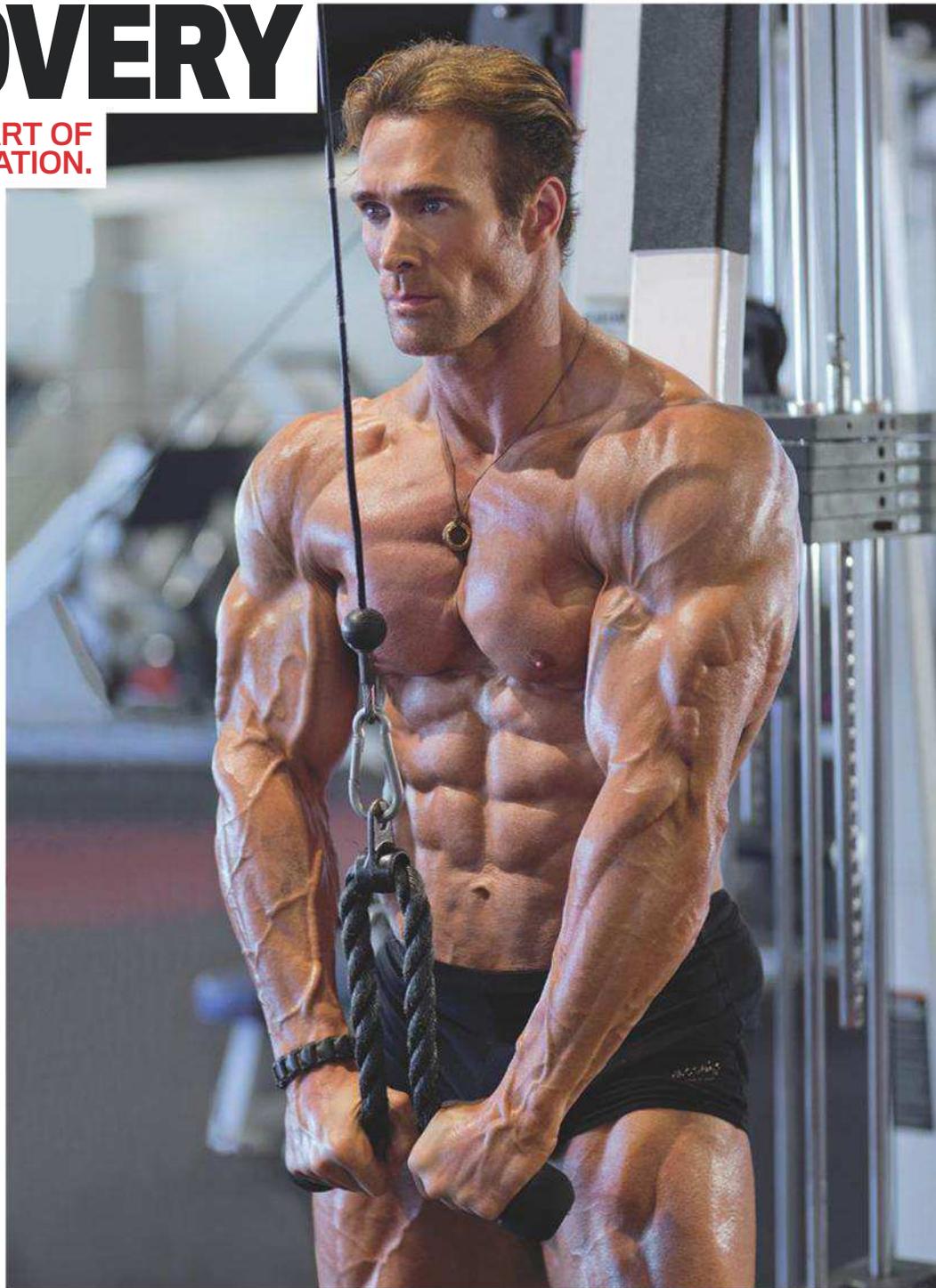
■ **PEOPLE ALWAYS**

talk about how hard they go in the gym. They push so hard and so fast, and it's so intense. Don't get me wrong—I love the warrior mentality. That's how I've lived for the past four decades. But if you are 100% intent on only getting better and training smarter, then you have to put just as much effort into the recovery as you do the work.

I train like a warrior. I'm very intense. But I've spent my entire life learning my body, and I know how to correct whatever needs to be corrected in order to fix myself. After 12 weeks of getting ready for anything—photo shoots, guest posing—I drop back to 60%, starting over with foundation work. I've done this my whole career.

Here's the thing: You should train as hard as you can only if you can recover from each workout. It's that simple. If you're not recovering properly—and enough—you'll do harm before you'll see any progress. If you're training so hard that you can hardly move the next day or two, you're defeating the purpose. Training and tearing down the muscle is only 25% of the equation. Proper recovery nutrition and rest make up the other 75%.

There are five things that are essential to full recovery:



1. Sleep I recommend aiming for seven to eight hours of sleep each night. Life is hectic. We need this time. I know it's hard, and I know you're busy, but try your best. If your goal is to

get a better body, or to compete, or simply to get active to get in better shape, then sleep is key.

2. Proper Nutrition It's all about taking in the right number—and

type—of calories for the level of intensity at which you're training. Everyone is different and responds differently to macronutrients, but the bottom line is this: Feed your body

MICHAEL NEVEUX

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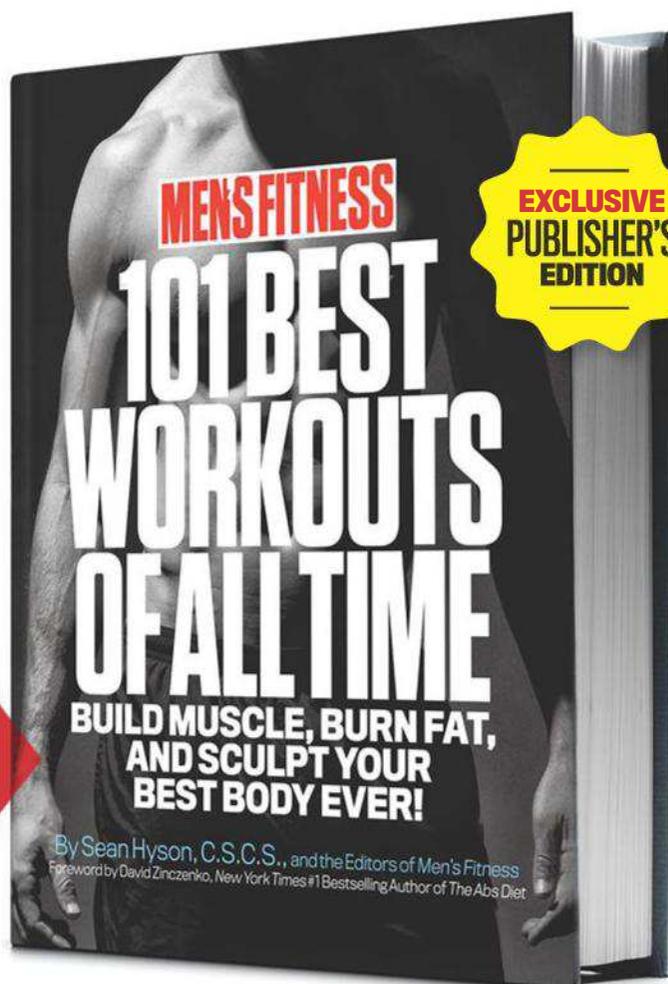
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what it needs to do what you're asking it to do.

3. Massage/Stretching Flexibility is what has kept me injury-free over the past 40 years. Regular massages and stretching are very important, especially as we age. As we get older our bodies want to tighten up, which puts us at a higher risk of injury. Contracting the muscles is half the process. Make sure that you take the time to stretch and relax daily.

4. Supplementation This could be an article on its own. But there are five supplements that I never go without, because they are essential to recovery:

- a. Glutamine
- b. BCAAs
- c. Vitamin C
- d. Vitamin B complex
- e. Vitamin D3

5. Mental Recovery

This is so often overlooked. It's great to be focused and driven and to have heightened mental awareness when you're in the gym. But your mind also needs to rest. You need to complete the whole process: hard training, physical recovery, mental recovery, repeat. Only then will you optimally succeed. Think about your workout—what you were happy with, what you'd change next time. Give yourself a mental pat on the back. Then put it out of your mind until it's time to hit the weights again. Over-obsessing is like overtraining—it will stifle your results.

We are all only human. We need to back off sometimes. I recommend setting up your training in 12-week

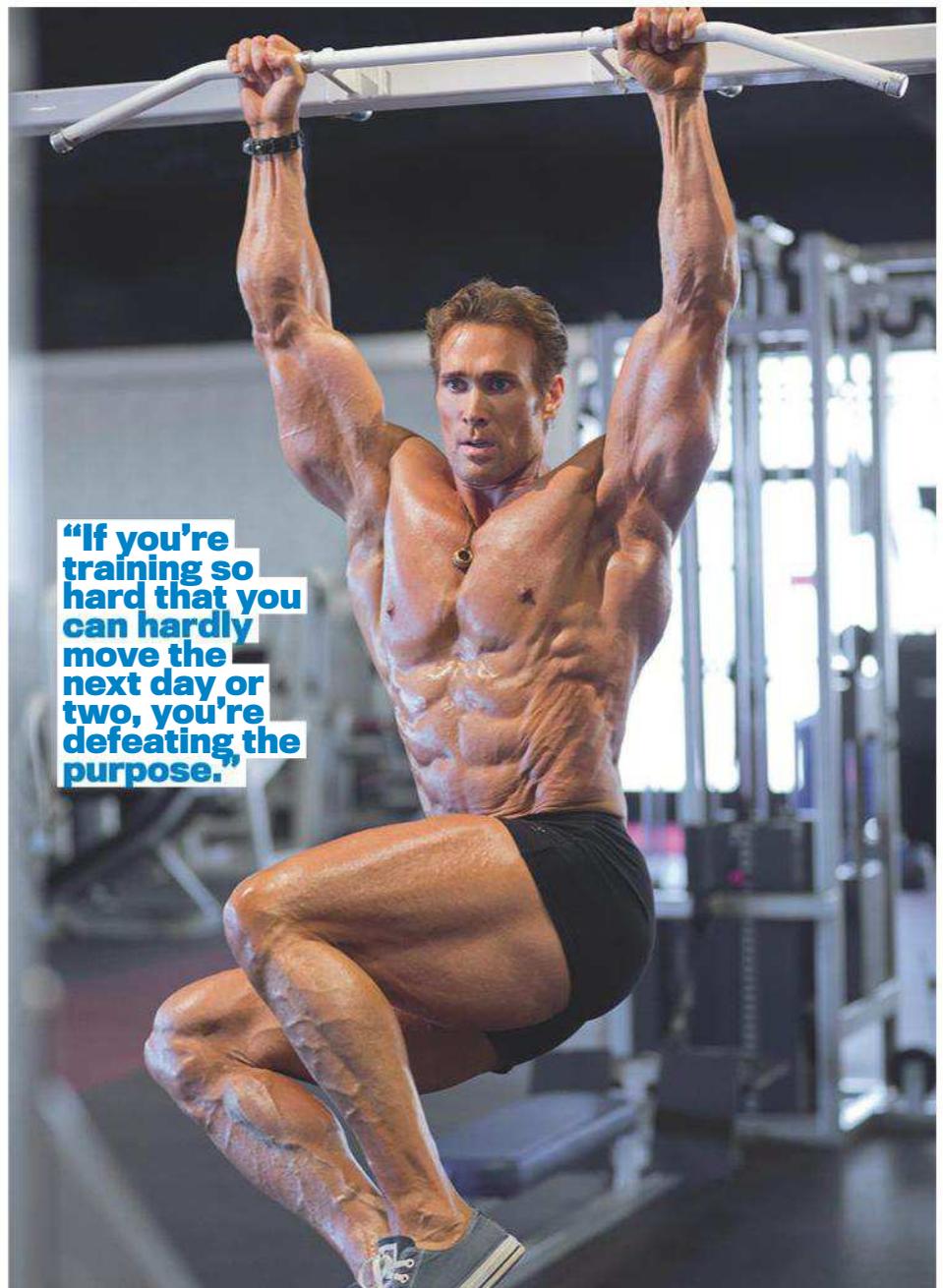
periods. Go hard for that 12 weeks. Push hard. Then back off for the next four weeks. Pull back to about 60% intensity. Have fun. Take a few extra minutes of rest to chat with your training partner. Goof around. Enjoy the decreased workload. But when that four weeks is up, it's time

to turn it on again for the next 12 weeks. You can't go hard 100% of the time. And you shouldn't. Look at NFL players. Sure, they train hard and play hard all season, but they take an off-season. Because they need it.

If you train like this, you will keep progressing. You can do this

forever. And taking that four-week break will increase your motivation and your passion to train.

So train hard, warriors, but remember to recover just as hard. I want you to succeed and be healthy not only in the gym when you're young but also in life— for the long haul.



"If you're training so hard that you can hardly move the next day or two, you're defeating the purpose."

MICHAEL NEVEUX

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MOHAMMAD VS.

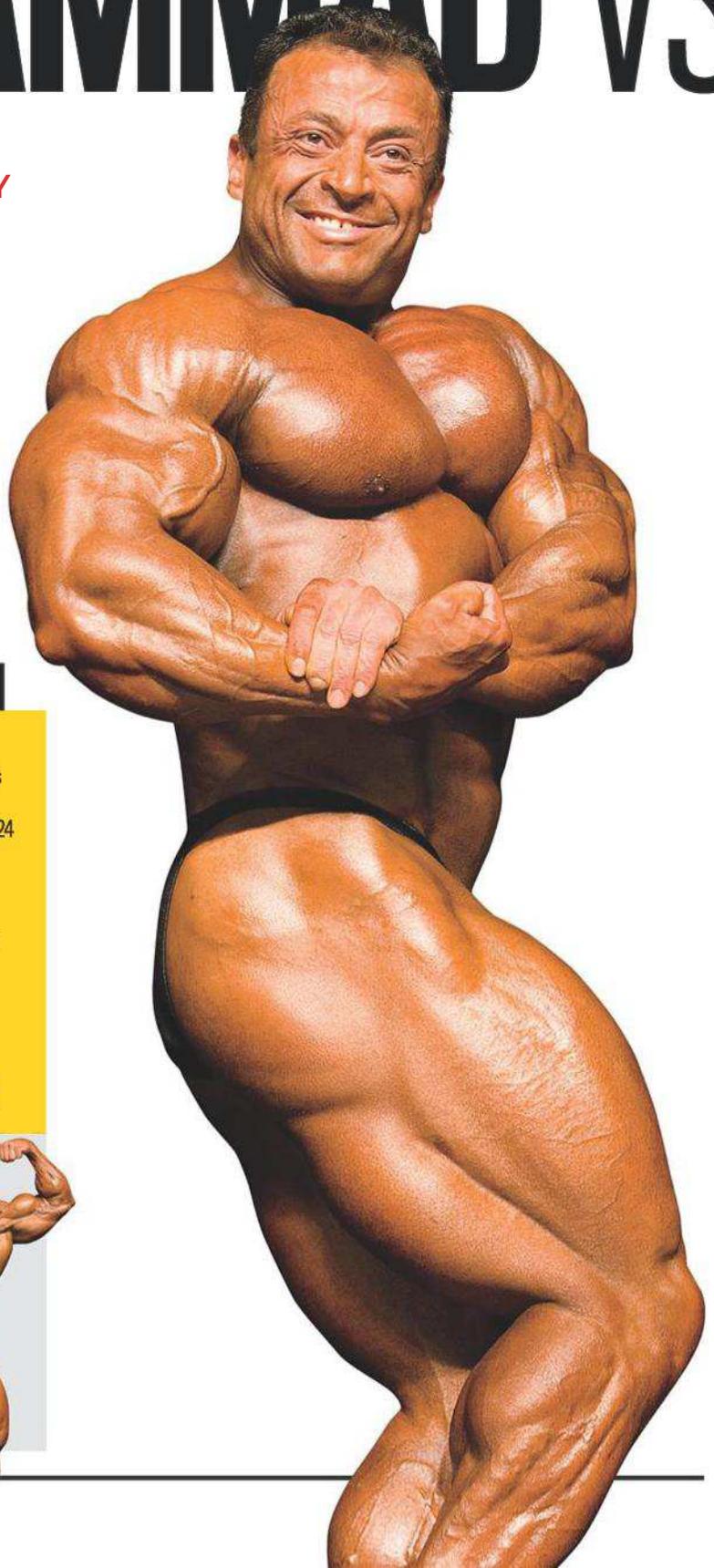
IT'S A QUESTION OF QUADS WHEN TWO OF BODYBUILDING'S LEGENDARY WHEELMEN SQUARE OFF.

■ SIMILARLY SIZED

with the same strengths, when they shared an IFBB Pro League stage seven times in 2005-06, they were sometimes firing shots side by side. In his initial pro years, Branch Warren came out ahead in six of those battles, while Mustafa Mohammad, in his final pro years, took only one. It was the dawn of Warren's stellar career, which included two Arnold Classic titles and second in the 2009 Mr. Olympia. In contrast, the Jordanian's posing occupation was filled with frustration, as he failed to place above third in a pro show. The reason was never a lack of muscle but usually his scarcity of details. The final victory tally could've been dramatically different if Mohammad had gone high-def or Warren never did. Cuts aside, these compact mass monsters were evenly matched as two of the densest musclemen and best wheelmen of all time.

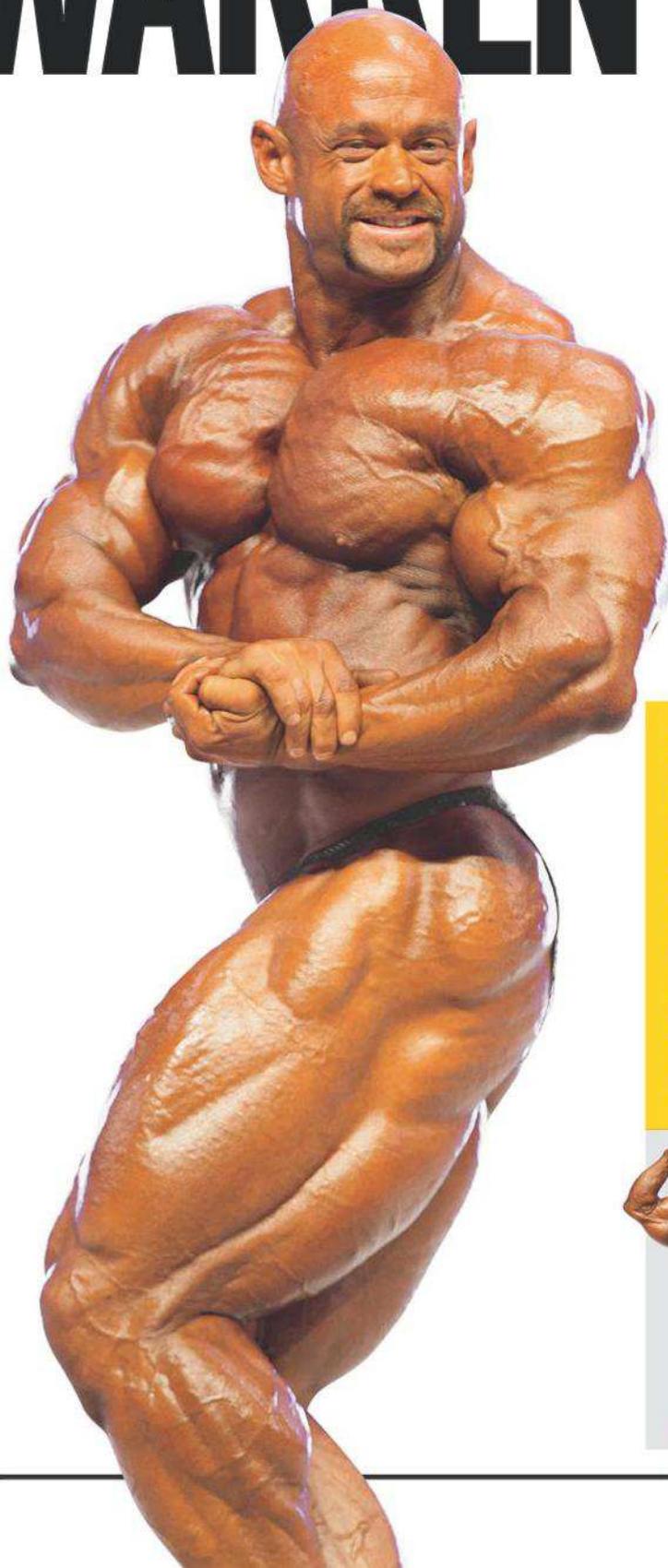
MOHAMMAD

Height: 5'8"
Weight: 255 lbs
Pro Years: 6
Pro Contests: 24
Pro Wins: 0
Strengths:
 Legs, chest
Weaknesses:
 Conditioning,
 wide hips
Best Pose:
 Side chest
Worst Pose:
 Rear lat spread



KEVIN HORTON

WARREN

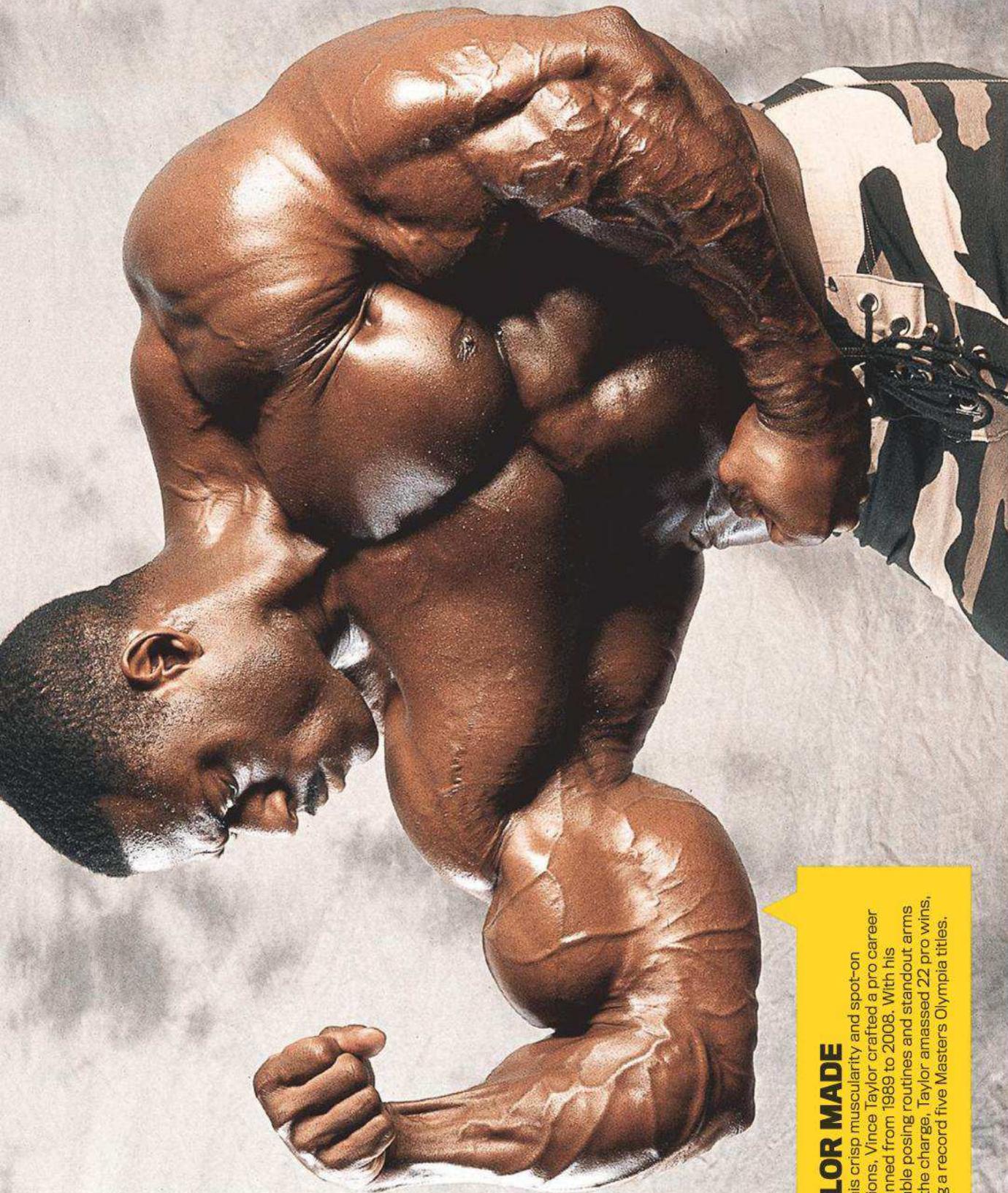


WARREN

Height: 5'7"
Weight: 250 lbs
Pro Years: 13
Pro Contests: 35
Pro Wins: 9
Strengths:
Legs, chest
Weaknesses:
Wide hips,
forearms
Best Pose:
Side chest
Worst Pose:
Rear lat spread



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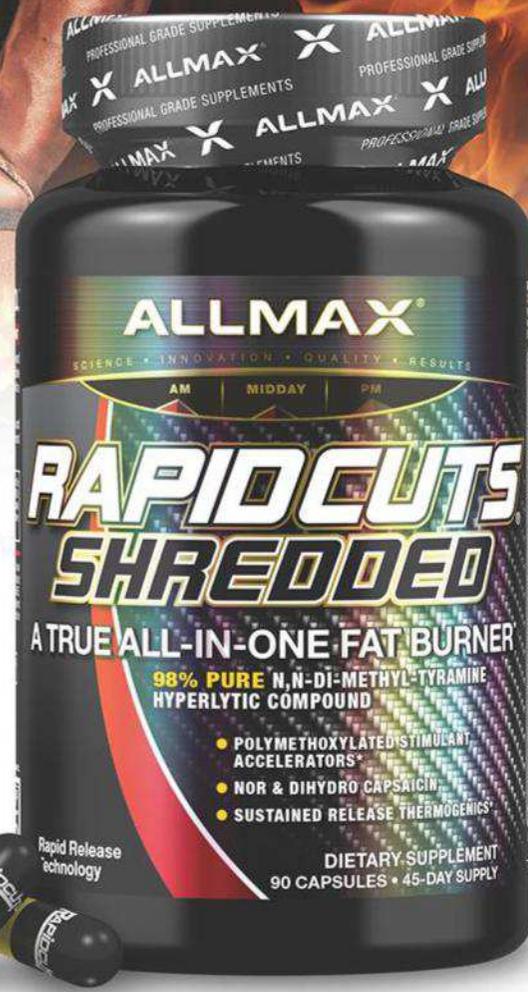
RELEASE: Stage 2

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