

WORKOUT MANUAL

Your complete guide to building muscle and burning fat



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ISSUE 32

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WORKOUT MANUAL

Editor Ben Ince

Art Editor Camille Neilson

Contributors Sam Rider, Joel Snape

Chief Subeditor Jo Williams

Photography Tom Miles, Joel Anderson, Ben Knight, iStock

Workout models Richard Ampaw, Greg Cornthwaite,

Alex Crockford, Nick Dawes, Alex McDonald, John Wood

Thanks to WArrhetic, Select Models, The Athlete Centre Oxford

Illustrations Sudden Impact

Art Director Will Jack

Managing Editor Chris Miller

Kelsey Media, The Granary,
Downs Court, Yalding Hill,
Yalding, Kent, ME18 6AL
Tel: 01959 541444

EDITORIAL

Words and model: Sean Lerwill

Art Editor: Mark Hyde

Photography: Mike Prior

Additional photography: Shutterstock, Thinkstock

PRODUCTION

Print Production: Georgina Harris,

Kelly Orriss, Hayley Brown

ADVERTISEMENT SALES

Bonnie Howard – Head of Investment
01732 447008, bonnie@talk-media.uk

Kim Butler – Investment Manager
01732 445678, kim@talk-media.uk

MANAGEMENT

Managing Director: Kevin McCormick
Retail Sales Director: Steve Brown
Direct Marketing Executive: Emily Hancock
Senior Subscription Marketing Manager:
Nicholas McIntosh
Kelsey Shop: shop.kelsey.co.uk/subscription/MEG
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Newspread Tel: +353 23 886 3850

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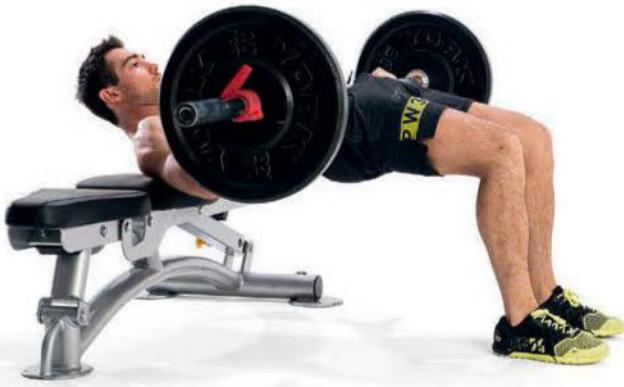
Check out our essential plan to build sleeve-busting biceps and triceps

UPPER-BODY MUSCLE p56

Build a strong, functional upper body at home

LOWER-BODY POWER p60

It's time to improve your explosive power



Welcome

If you're looking to build muscle, strength and functional performance, you have come to the right place



Welcome to the latest *Men's Fitness Guide*. In this issue, you will find a collection of comprehensive training plans and advice, all geared towards helping you build greater strength, muscle and functional fitness.

Whatever your exercise goals, you will know that building a great fitness base is the best way to lay the foundations for

success. And these workouts will certainly help you do just that! In fact, whether you use these workouts to help you get fit for another sport, or you simply want to look good with your top off this summer, we've got you covered. Our series of multi-workout four- to eight-week training plans are designed to help you build serious muscle over a longer period of time.

Starting with our Hollywood Muscle workout, devised by trainer-to-the-stars David Kingsbury, you will begin to build a body that would give Wolverine a run for his money. Next comes



our bodyweight series of plans, for when you're tired of your usual gym routine and want to mix things up. Our Strongman Training workout will get you sweating, with big, heavy compound moves that utilise standard gym kit to see you really bulk up, while our Big Arms

workout has all you need to build your biceps and triceps.

Rounding off the guide are two home workouts that will help you build a fantastic body in the comfort of your own abode. Are you ready? Your training journey starts here.

Ben Ince, Guide editor

“Whatever your exercise goals, you will know that building a great fitness base is the best way to lay the foundations for success”



Muscle workouts

These week-long training plans will help you achieve your fitness goals and build the body you want

TERMINOLOGY DECODED

REPS

Abbreviation of repetitions. One rep is the completion of a given exercise from start to finish through a full range of motion.

SETS

A given number of reps of a single exercise performed consecutively without rest.

REST

The time you take between exercises and/or sets, during which your muscles and lungs are given the chance to recover.

TEMPO

The tempo of each move, expressed as a four-digit figure. The first digit is how long in seconds you should take to lower the weight, the

second how long to pause at the bottom, the third how long to lift and the fourth how long to pause at the top. 'X' means perform that phase explosively.

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Every plan features a week's worth of workouts, designed by an expert coach, which you can repeat for four to eight weeks to build serious muscle to suit your training goals.

SUPERSET

In a superset, complete a set of exercise A, then move on to a set of exercise B without rest. Rest as instructed, then go back to exercise A.

TRI-SET

A tri-set follows the same protocol as a superset. Perform exercises A, B and C back-to-back with no rest between moves,

rest as instructed after exercise C, then return to exercise A.

MAX REPS

For the first set, lift around 60% of your one-rep max. Increase the percentage by 5% each set, then in your final set drop back to

60% and crank out as many reps as you can before failure. Next time you do the same workout/lift, increase the starting and max reps weight by 5%.

Hollywood muscle

Get in blockbuster shape with the definitive action hero workout plan



THE COACH

David Kingsbury is the action hero's go-to personal trainer. Based at Pinewood Film Studios, he's long worked with *Wolverine*'s Hugh Jackman and trained the cast of *X-Men: Days of Future Past*.

Question: how do you train a 100-year-old mutant, a shape-shifter and the master of magnetism in shape? Answer: the same as anyone else.

"All my plans achieve results with the same formula: heavy weights, progressive overload and hard work," says Kingsbury, who

graduated from being Hugh Jackman's personal trainer to taking on almost all of Professor Xavier's academy. "There are no Hollywood secrets when it comes to getting in shape."

The most important factors, says Kingsbury, are nutrition and consistency.

"The primary design of this plan is to increase size and strength, but that will only happen if you follow the right food plan. For muscle gain, eat 10 to 20% above your daily maintenance of calories while using this plan. For strength, eat 10% above your maintenance levels and for fat loss, add 20-minute interval

sprints (rounds of 30-second sprints and 90-second walks) twice a week and eat 10 to 20% below your maintenance levels for a calorie deficit.

"Get your diet right and this plan, which includes max reps sets and high-volume 50-rep challenges, will take care of the rest."

OK, so we might not be able to give you mutant healing powers, but we can give you the plan that forged Hugh Jackman's formidable physique for *X-Men*'s Wolverine. And of course, resistance training is proven to help strengthen your bones. Not quite adamantium, but not miles off. Snikt!

"This plan will increase size and strength, but only if you follow the right food plan. Get your diet right and this plan will take care of the rest"

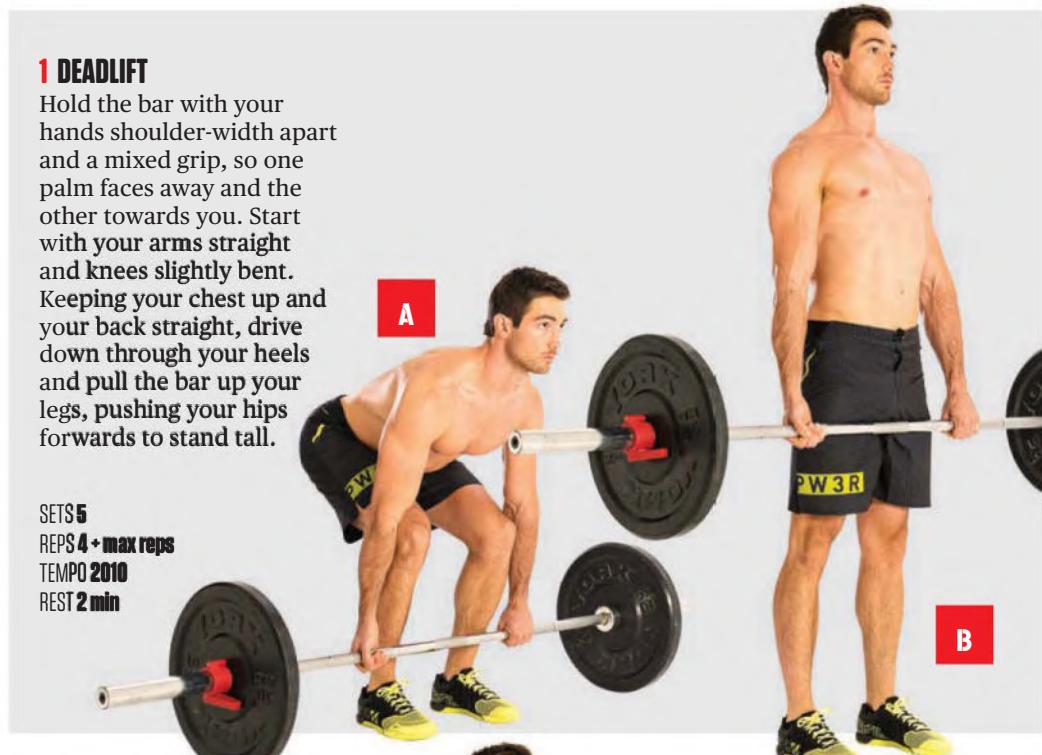
HOW TO DO THE WORKOUTS

This plan is made up of classic body-part splits, such as chest and back days, and legs days. Ideally, do the four workouts in order, resting a day between each when possible.

1 DEADLIFT

Hold the bar with your hands shoulder-width apart and a mixed grip, so one palm faces away and the other towards you. Start with your arms straight and knees slightly bent. Keeping your chest up and your back straight, drive down through your heels and pull the bar up your legs, pushing your hips forwards to stand tall.

SETS 5
REPS 4+ max reps
TEMPO 2010
REST 2 min

**2 ROMANIAN DEADLIFT**

Keeping your legs slightly bent and back straight, lean forwards from the hips, not the waist, and lower the bar down the front of your shins until you feel a moderate stretch in your hamstrings. Reverse the move, pushing your hips forwards to stand.

SETS 4
REPS 8
TEMPO 2010
REST 90 sec





3 BARBELL OVERHEAD PRESS

Stand with your feet placed shoulder-width apart, holding the bar with your hands just wider than shoulder-width apart. Brace your core and glutes to keep your balance and press the bar overhead. Lower it until it's sitting on the top of your chest.

SETS 5

REPS 8

TEMPO 2010

REST 60 sec

A

B

4 SEATED ARNOLD PRESS

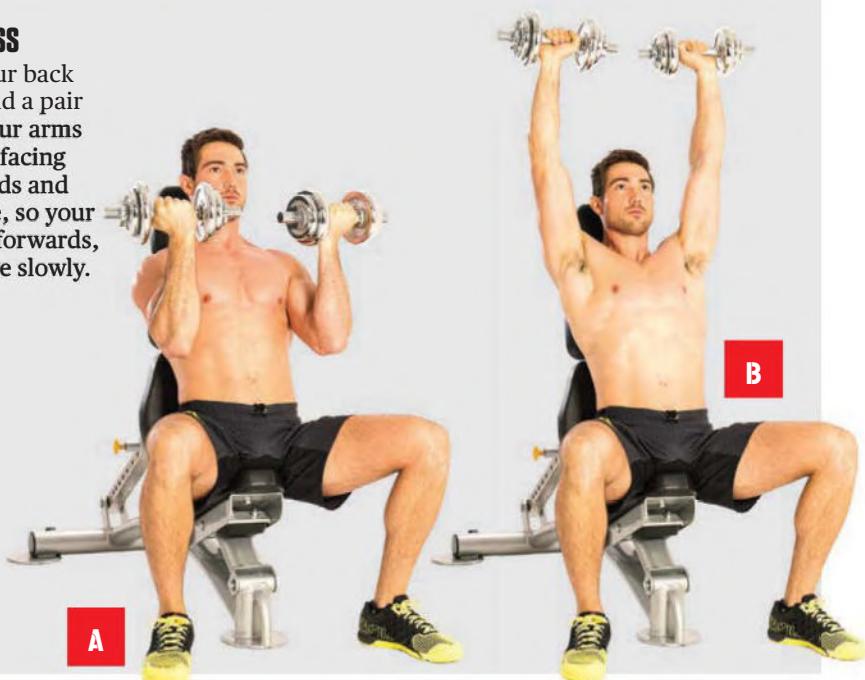
Sit on a bench, so your back is supported, and hold a pair of dumbbells with your arms bent and your palms facing you. Rotate your hands and press up in one move, so your palms end up facing forwards, then reverse the move slowly.

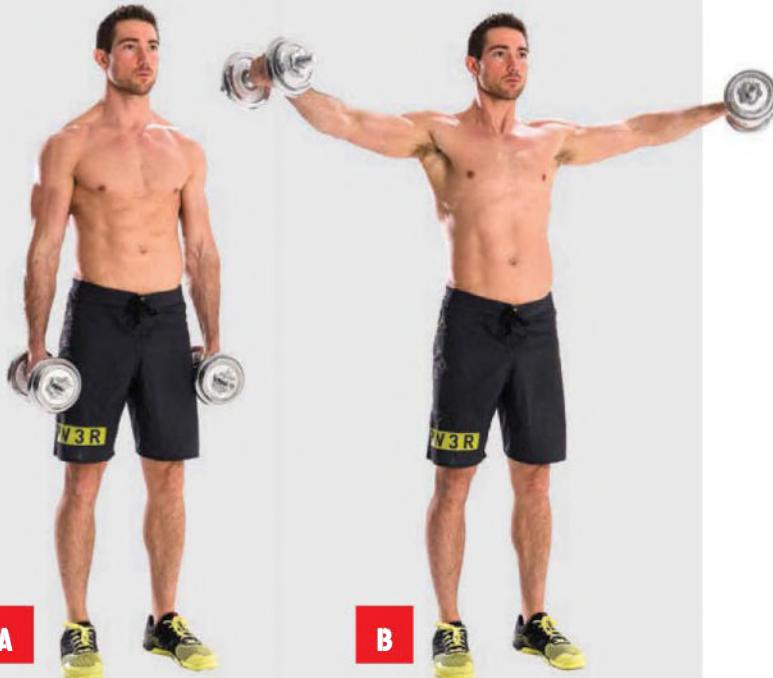
SETS 4

REPS 12

TEMPO 2010

REST 60 sec





5A LATERAL RAISE

Hold a light dumbbell in each hand by your sides, so your palms face each other. Keeping a very slight bend in your arms, slowly raise them out and up in an arc until they're level with your shoulders. Slowly return them to the start.

SETS 4

REPS 10

TEMPO 2010

REST 0 sec

A

B

5B REVERSE FLYE

Stand with a dumbbell in each hand, hingeing forward at the hips. Keeping a slight bend in your arms throughout, contract your upper back muscles to raise the weights out to your sides. Pause at the top, then lower slowly.

SETS 4

REPS 10

TEMPO 2010

REST 60 sec



A



B

1A BENCH PRESS

Lie on a flat bench, holding the bar with an overhand grip, with your hands just wider than shoulder-width apart. Drive your feet hard into the floor and press the weights straight up powerfully, then lower them slowly to the start position.

SETS 5

REPS 4 + max reps

TEMPO 2010

REST 60 sec

**1B BENT-OVER ROW**

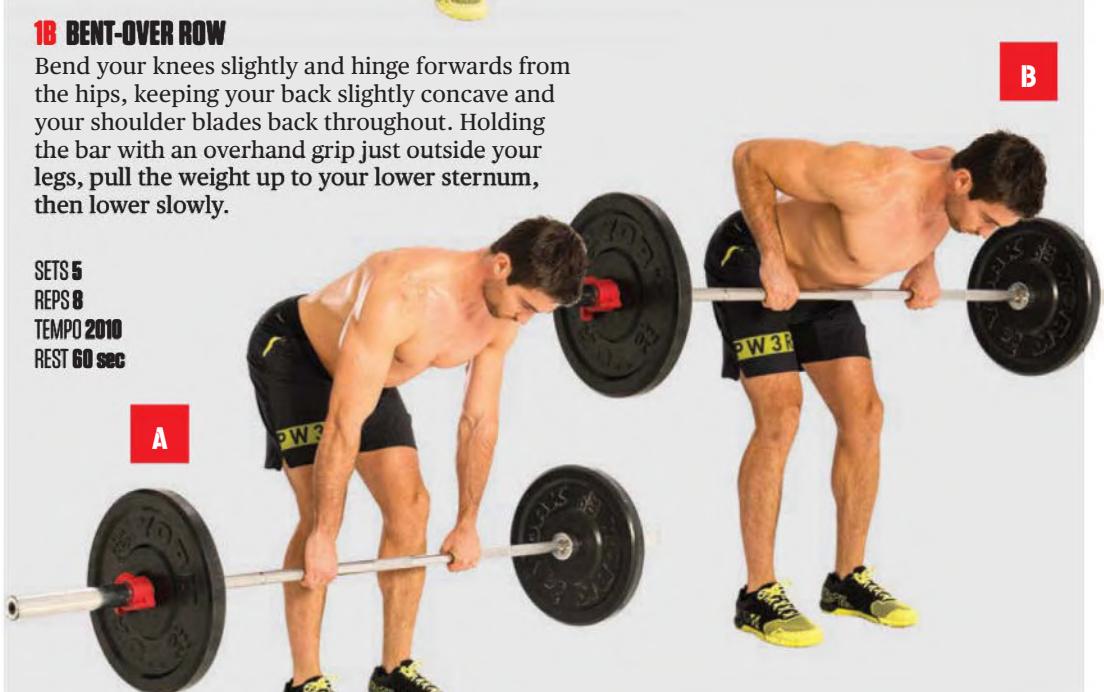
Bend your knees slightly and hinge forwards from the hips, keeping your back slightly concave and your shoulder blades back throughout. Holding the bar with an overhand grip just outside your legs, pull the weight up to your lower sternum, then lower slowly.

SETS 5

REPS 8

TEMPO 2010

REST 60 sec



2A DUMBBELL INCLINE BENCH

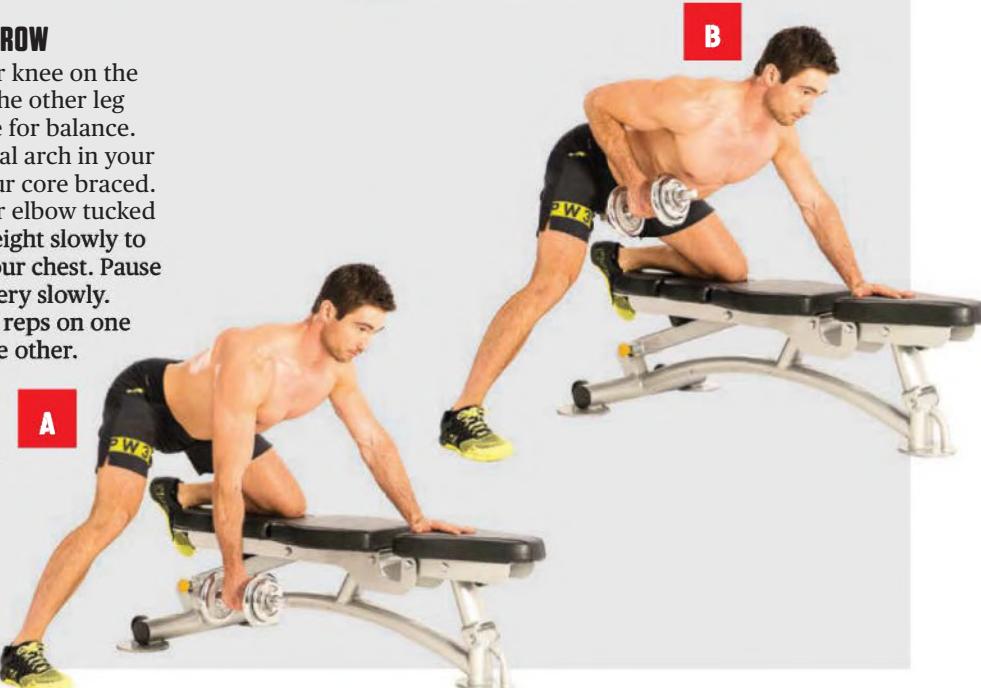
Lie on a bench set to a 45° angle, holding the dumbbells beside your chest, so your palms are facing your feet. Keeping your feet planted on the floor, powerfully press the dumbbells straight overhead, lower them slowly until they're level with your chest, then repeat.

SETS 4
REPS 10
TEMPO 2010
REST 30 sec

**2B ONE-ARM ROW**

Support your knee on the bench with the other leg planted wide for balance. Keep a natural arch in your back and your core braced. Keeping your elbow tucked in, lift the weight slowly to the side of your chest. Pause and return very slowly. Complete all reps on one side, then the other.

SETS 4
REPS 12 each side
TEMPO 2010
REST 60 sec



3A DIAMOND PRESS-UP

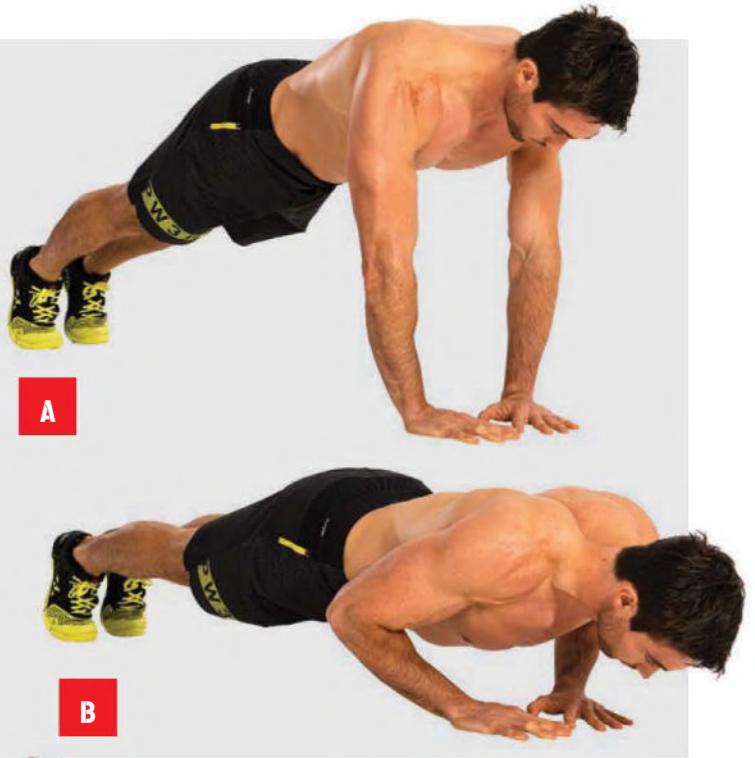
Perform a standard press-up, but with the tips of your thumbs and forefingers touching, to make a diamond shape. Lower your chest all the way until it touches your hands, then press back up until your arms are straight. This ensures a full range of motion to work your pecs and triceps.

SETS 4

REPS 10

TEMPO 2010

REST 30 sec



A

B

3B INCLINE DUMBBELL CURL

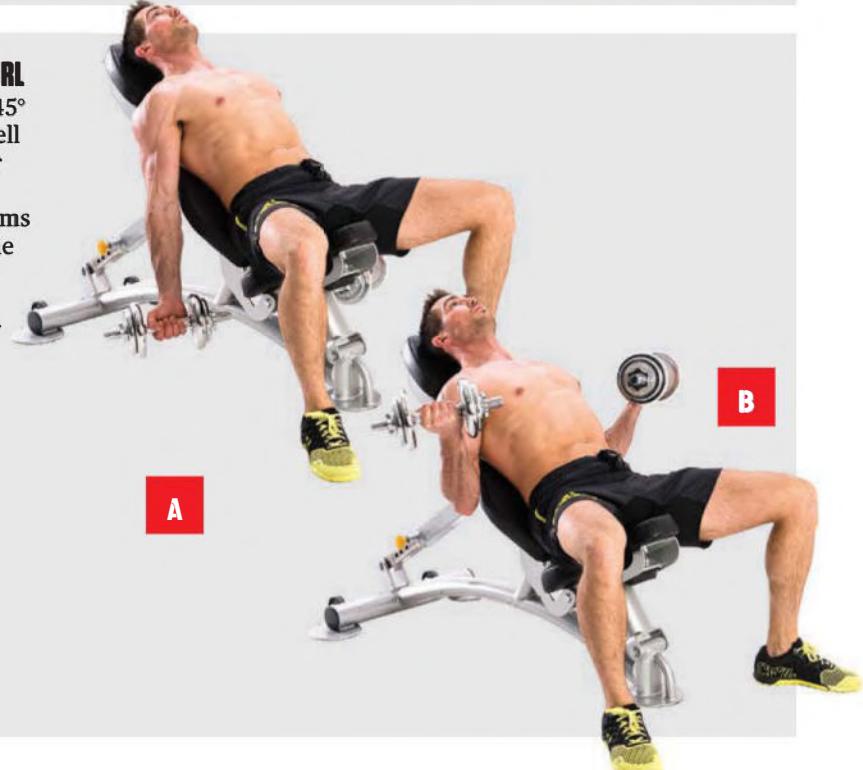
Lie on a bench set at a 45° angle holding a dumbbell in each hand, with your arms straight down by your sides and your palms facing forwards. Curl the weights up to shoulder height. Squeeze your biceps hard, then lower the weights slowly.

SETS 4

REPS 10

TEMPO 3010

REST 60 sec



A

B

1 DUMBBELL CALF RAISE

Holding dumbbells, stand on a step or stack of weight plates, so your heels are hanging over the edge. Lower your heels slowly, pause, then tense your calves and explosively push up onto the balls of your feet. Pause at the top, keeping your calves tense, then return to the start.

SETS 4

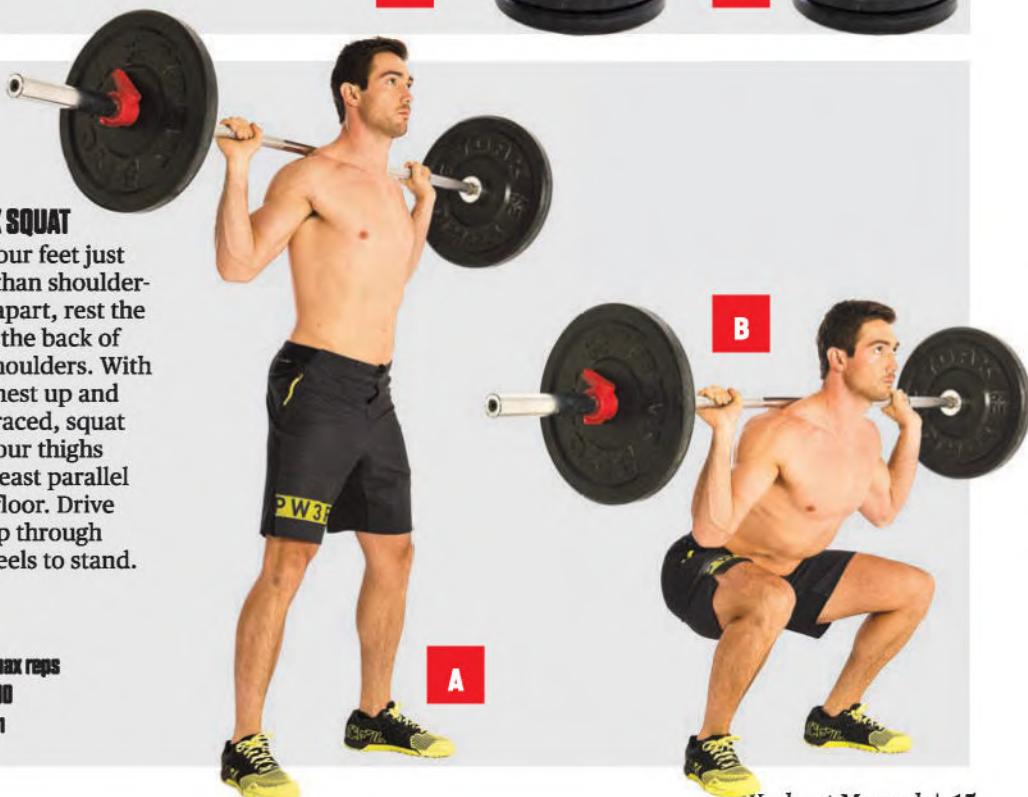
REPS 10

TEMPO 20x1

REST 60 sec

**2 BACK SQUAT**

With your feet just wider than shoulder-width apart, rest the bar on the back of your shoulders. With your chest up and core braced, squat until your thighs are at least parallel to the floor. Drive back up through your heels to stand.



SETS 5

REPS 4+ max reps

TEMPO 20x10

REST 2 min

3 BULGARIAN SPLIT SQUAT

Hold the weight plate to your chest and place one foot on a bench behind you. Bend your front leg to lower your body, keeping your chest up and front knee in line with your toes. Drive back up through your front foot to return to the start position.

SETS 4

REPS 10 each side

TEMPO 2010

REST 60 sec



4 DUMBBELL FRONT SQUAT

Hold the dumbbells at shoulder height with palms facing forwards. Keeping your chest up and back straight, squat until your thighs pass parallel, then drive back up.

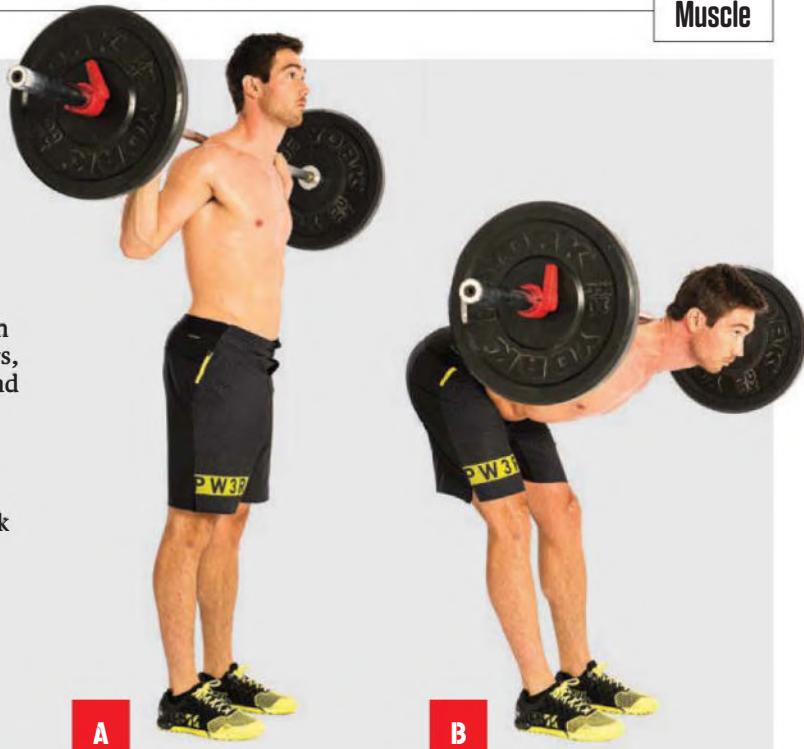
SETS 4

REPS 20

TEMPO 2010

REST 60 sec



**5 GOOD MORNING**

Stand holding a barbell on the back of your shoulders, not your neck. Slowly bend forwards at your hips, keeping your legs and back straight. Bend until you feel a stretch in your hamstrings, then rise back to the start.

SETS 4

REPS 8

TEMPO 2010

REST 60 sec

A

B

6 SINGLE-LEG EXTENDED DRAGON FLAG

Lie on a flat bench, gripping the seat beneath your head. Keeping one leg outstretched and the other bent, brace your core and glutes to keep your body in line. Raise your body until it's almost vertical, with your weight on your upper back and shoulders, not your neck. Brace your core hard and slowly lower your body until it's horizontal, then return to vertical.

SETS 4

REPS 6 each side

TEMPO 411

REST 60 sec

A

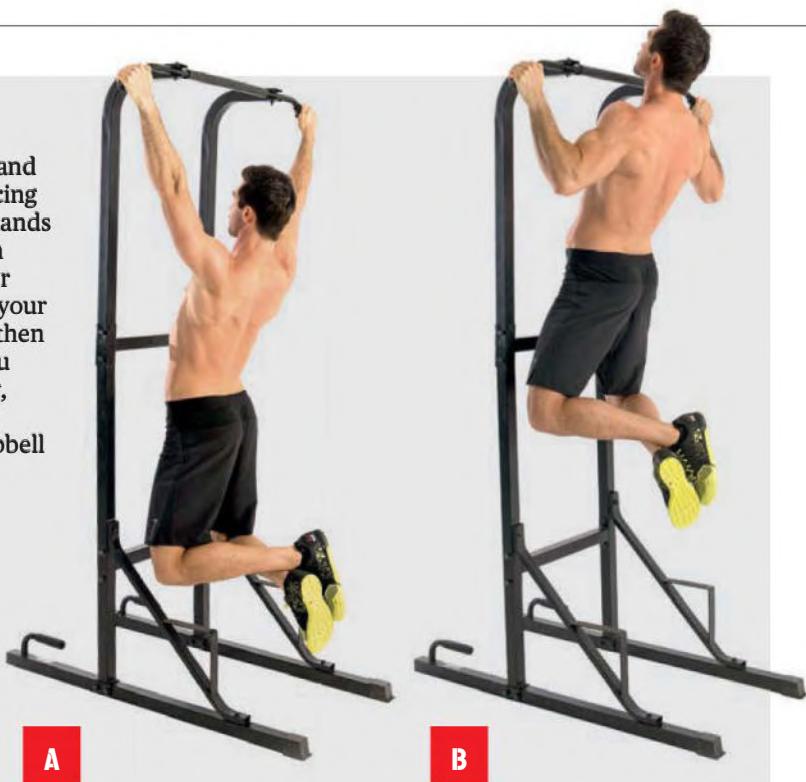
B



1A PULL-UP

Grasp a bar with an overhand grip, so your palms are facing away from you and your hands are double shoulder-width apart. Contract your upper back muscles to help pull your sternum towards the bar, then lower under control. If you can handle five reps easily, add weight using a weight belt, or by holding a dumbbell between your feet.

SETS 5
REPS 4 + max reps
TEMPO 2010
REST 60 sec

**1B INCLINE DUMBBELL BENCH PRESS**

Lie on a bench set at a 45° angle, holding dumbbells beside your chest. Drive your feet into the floor and press the weights straight overhead, then lower slowly to the start.

SETS 5
REPS 10
TEMPO 2010
REST 60 sec



A

2A NEUTRAL-GRIP DUMBBELL BENCH PRESS

Lie on a flat bench, holding dumbbells with an overhand grip either side of your chest. Drive your feet hard into the floor and press the weights straight up, then lower slowly to the start.

SETS 4

REPS 12

TEMPO 2010

REST 0 sec

**2B RING INVERTED ROW**

Hold the rings and hang so your body forms a straight line, with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly.

SETS 4

REPS 12

TEMPO 2010

REST 90 sec



**A**

3A DUMBBELL TRICEPS EXTENSION

Stand holding dumbbells above your head with your upper arms close to your ears. Keeping your upper arms static, bend at your elbows to lower the weights behind your head, then flex your triceps again to lift the weights straight up.

**B**

SETS 4
REPS 10
TEMPO 2010
REST 0 sec



3B PRESS-UP

Start with your hands shoulder-width apart and your body straight from head to heels. Lower your chest towards the floor until your elbows reach 90°, then press back up.

SETS 4

REPS 10

TEMPO 2010

REST 0 sec

A**B**

Bodyweight training

Park the weights and harness the muscle-growing powers of your bodyweight with this four-week gym-free plan



THE COACH

Andy McKenzie is a well-respected strength coach, speaker and educator in the fitness industry, and an expert in bodyweight and core conditioning with a penchant for heavy lifting. He owns the Training Lab in East Sussex.

The power is in your hands. In fact, it's in your arms, legs and torso too, because all you need to get strong and lean is your body.

"Bodyweight training is strength training," says McKenzie. "It's the first step on the journey to physical dominance and all you need to stay in shape for life."

The moves in this plan are beginner friendly and designed to help you burn fat - but they'll also make you stronger and more muscular. So as well as helping you look ripped, they will ensure your workouts continue to challenge you, as the additional muscle mass means the bodyweight you shift increases.

The plan can be done in the gym, but the exercises have been chosen so that you can perform it at home or in the park. All you need is a TRX or rings for suspension moves, and a sturdy tree branch to substitute for the moves that include a pull-up station.

"Do these right and you'll build serious muscle and functional strength," says McKenzie. And once-a-week core-focused days will fix any chinks in your body armour, benefiting both your bodyweight training and your compound lifts, so when it's time to return to the barbell you'll be able to punch it through the roof.

"These moves are beginner friendly and designed to help you burn fat – but they'll also make you stronger and more muscular"

1 RING-ASSISTED PISTOL SQUAT

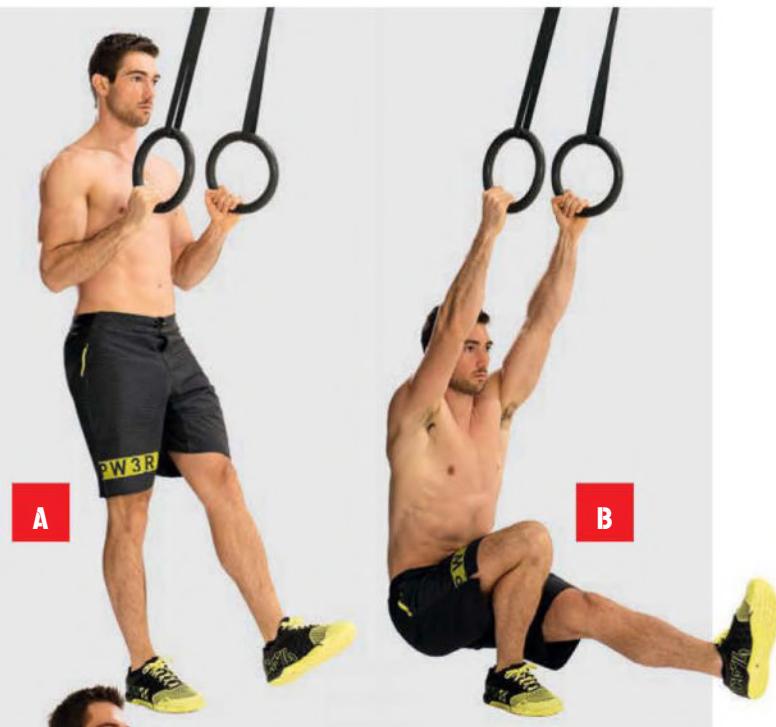
Stand on one leg, with the other off the floor and straight in front of you, holding the rings to maintain your balance. Bend your standing leg to lower into a single-leg squat, then press back up to stand. Aim to use the rings as little as possible.

SETS 5

REPS 4 each side

TEMPO 2010

REST 45 sec

**2 MEDICINE BALL SQUAT**

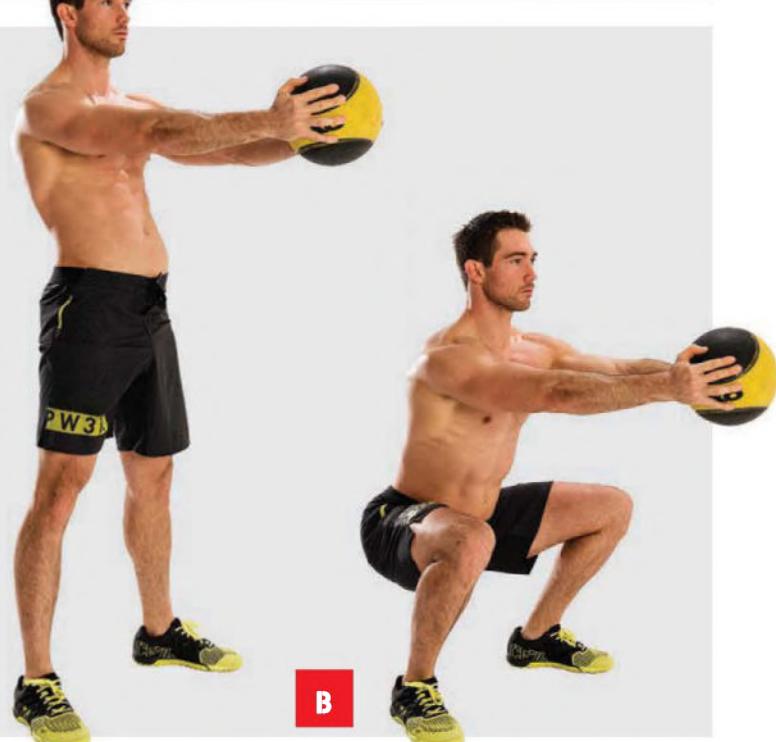
Stand holding a medicine ball or large rock straight out in front of you, with your feet shoulder-width apart. With your chest high and core tight, squat until your thighs are below parallel to the floor. Sit back on your heels - don't let them come off the floor. Drive back up through your heels to stand.

SETS 4

REPS 6

TEMPO 4410

REST 60 sec



3A TRX HAMSTRING CURL

Sit on the floor in front of the TRX, place both heels in the loops and lie back, lifting your hips off the floor. Keep both feet flexed towards your shins and your knees close together. Press your heels into the foot cradles, raise your hips and pull your heels towards your glutes. Return to the start.

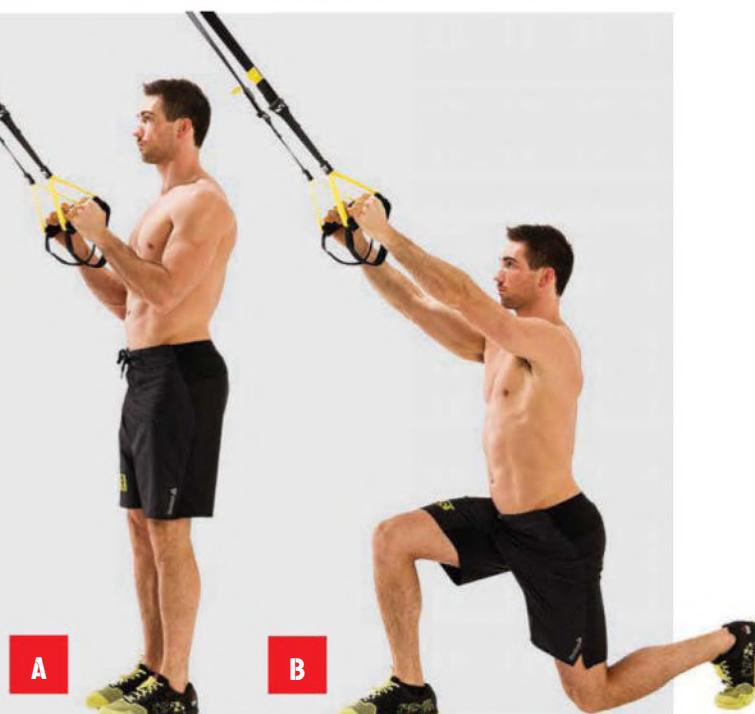


SETS **3**
REPS **12**
TEMPO **2010**
REST **0 sec**

3B TRX REVERSE LUNGE

Holding the TRX handles lightly, take a big step backwards with one foot, keeping your back upright and your front knee in line with your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to return to the start position. Alternate legs.

SETS **3**
REPS **12 each side**
TEMPO **2010**
REST **60 sec**



4A SPRINT

Drive powerfully with each step, keeping your core tight but shoulders relaxed. Drive off the balls of your feet, bring your knees high and pump your arms to generate momentum. If there's no room, run on the spot.

SETS 2

DISTANCE 50M

TEMPO N/A

REST 0 sec

**4B WALKING LUNGE**

Lunge forwards, keeping your back upright and your front knee in line with your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to stand. Continue straight into a lunge with your other leg.

SETS 2

DISTANCE 50M

TEMPO 1010

REST 60 sec



**1A GORILLA PRESS-UP**

Start in the top press-up position. Slowly lower to the ground, then explode up as fast as possible and bring your hands off the floor to slap them against your chest. Put your hands back out to land and go into the next rep.

SETS 5

REPS 5

TEMPO 10X0

REST 0 sec

1B KNEE RAISE CHIN-UP

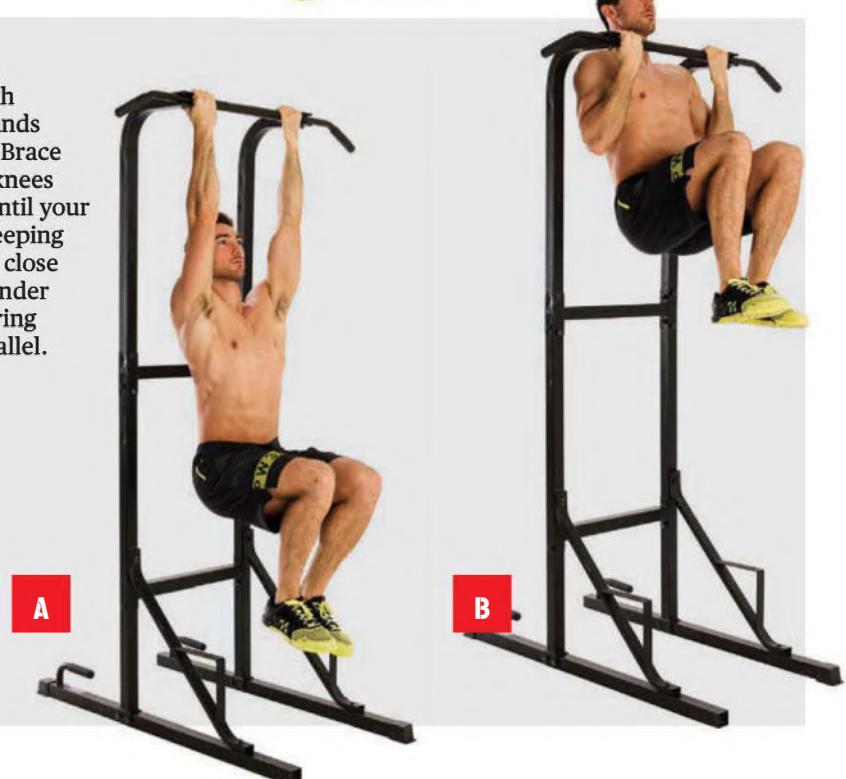
Hold a chin-up bar with an underhand grip, hands shoulder-width apart. Brace your core, raise your knees and pull yourself up until your chin is over the bar, keeping your elbows tucked in close to your body. Lower under control, without lowering your thighs below parallel.

SETS 5

REPS 5

TEMPO 3011

REST 60 sec



2A MEDICINE BALL PRESS-UP

Kneel in front of a medicine ball. Place your hands on the ball so your palms are almost touching and your fingers are pointing diagonally away from you. Press down on the ball to raise your body into a press-up position, with feet hip-width apart. Bend your arms to lower your chest to the ball, then press back up.

SETS 4

REPS 10

TEMPO 2010

REST 0 sec

**2B TRX ONE-ARM ROW**

Hold the TRX handles with one hand and hang so your body forms a straight line, with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up with one arm, keeping the other arm extended in front of you and drawing the handles towards your armpit. Return to the start.

SETS 4

REPS 10

TEMPO 2010

REST 60 sec



A

3A BEAR CRAWL

Get on all fours, with your arms and legs slightly bent and your hips raised as high as possible. Keeping your hips high and your core strong, crawl forwards. Keep the move slow and controlled.

B**C**

SETS 3

DISTANCE 20M

TEMPO N/A

REST 0 sec

A

3B CRAB WALK

Sit down and put your hands and feet on the floor. Drive your hips up and engage your glutes to keep them high as you walk forwards in the direction of your knees.

SETS 3

DISTANCE 20M

TEMPO N/A

REST 45 sec

B

1 TOES-TO-BAR

Hang from a pull-up bar with an overhand grip. Contract your core and bring your legs up together, so your toes touch the bar, then lower to the start under control.

SETS 3

REPS 5

TEMPO 1010

REST 60 sec

**2 HANGING KNEE RAISE**

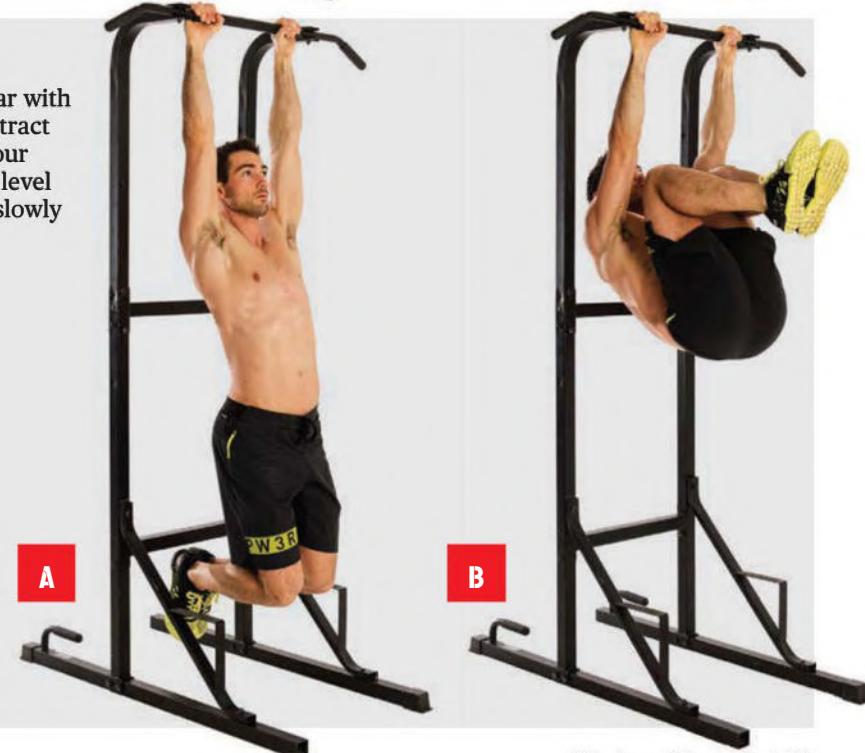
Hang from a pull-up bar with an overhand grip. Contract your core and bring your knees up until they're level with your chest, then slowly lower under control.

SETS 3

REPS 12

TEMPO 1010

REST 60 sec



3A SQUAT THRUST

Start in the top press-up position with your feet close together. Jump your legs forwards into a tuck, keeping your hands on the floor, then jump back to the start.

SETS 3

TIME 40 sec

TEMPO 1010

REST 0 sec



3B SPRINT

Drive powerfully with each step, keeping your core tight and shoulders relaxed. Drive off the balls of your feet, bring your knees high and pump your arms to generate momentum. If there's no room, run on the spot.

SETS 3

TIME 20 sec

TEMPO N/A

REST 0 sec



3C FRONT LEANING REST

Start in the top press-up position with your hands shoulder-width apart and feet together. Keep your body in line and hands directly under your shoulders. Squeeze your abs and core, to help you keep your hips up.

SETS 3

TIME 60 sec

TEMPO N/A

REST 60 sec



4 BACK BRIDGE

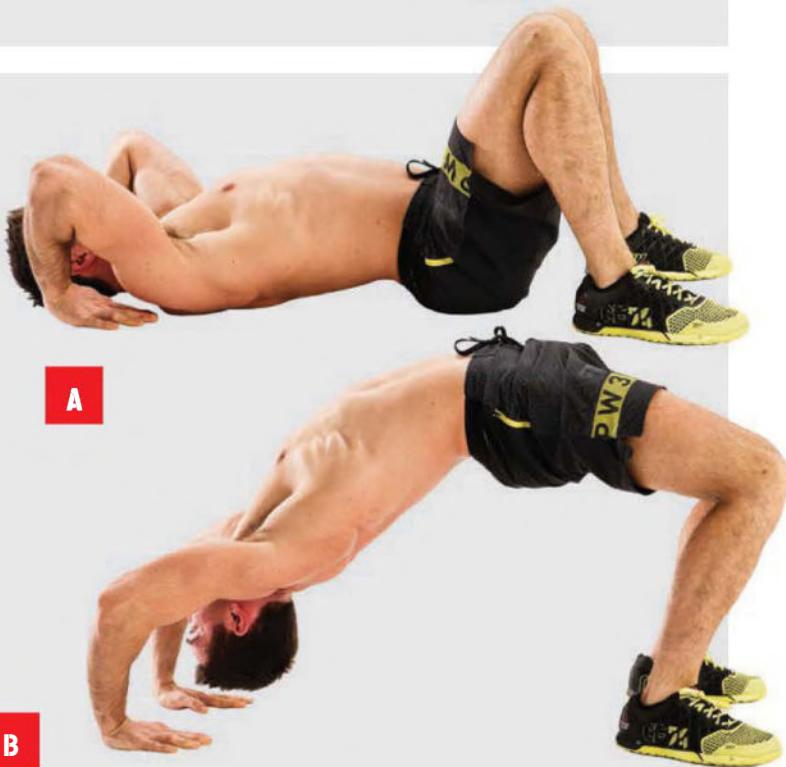
Lie on your back with your legs bent and feet planted on the floor. Put your hands on the floor above your shoulders with your palms down and fingers pointing towards your feet. Press down into the floor with your hands and feet, and thrust your hips high to form a curved bridge with your body. Squeeze your glutes to keep your body stable.

SETS 3

TIME Max hold

TEMPO N/A

REST 45 sec



1A BROAD JUMP

Stand with your feet placed shoulder-width apart. Lower into a quarter squat, then drive powerfully through your heels to jump as far forwards as you can, using your arms to generate momentum. Land with soft knees and continue into the next rep.

SETS 5

REPS 3

TEMPO 10X0

REST 0 sec



A

B

C

1B TUCK JUMP

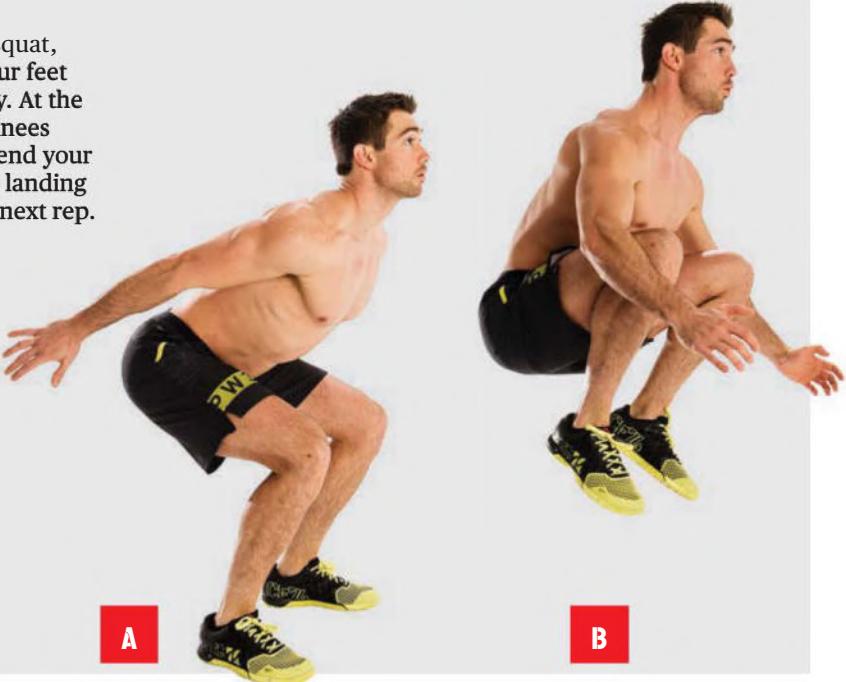
Lower into a quarter squat, then drive through your feet to jump up explosively. At the same time tuck your knees towards your chest. Bend your knees to cushion your landing and continue into the next rep.

SETS 5

REPS 6

TEMPO 10X0

REST 60 sec



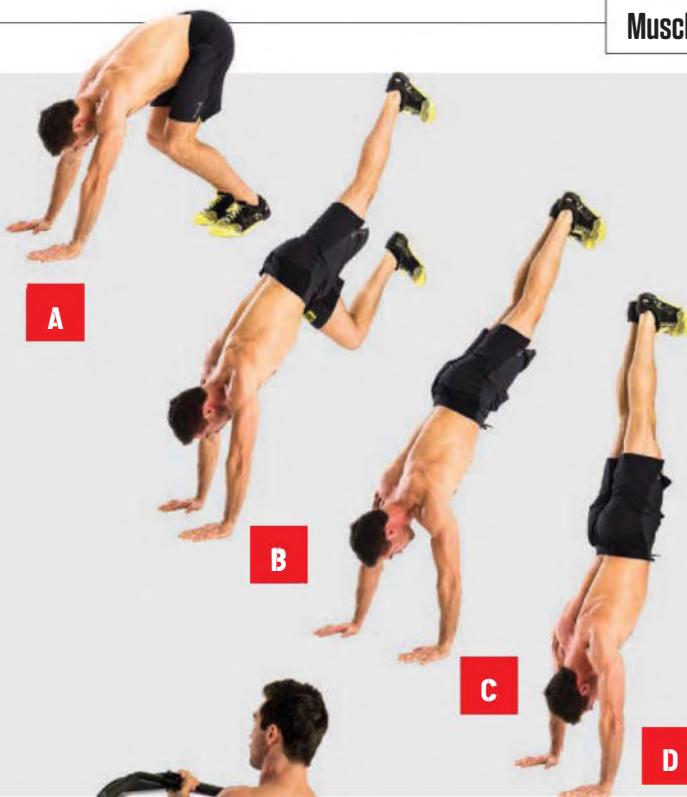
A

B

2A HANDSTAND WALL WALK

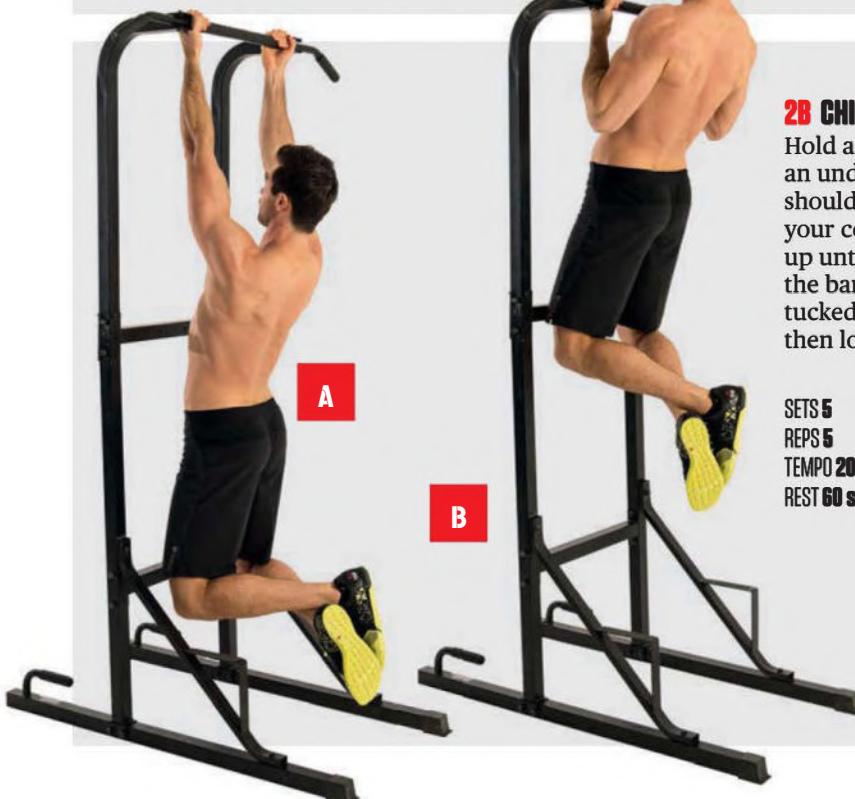
With your back to a wall or strong tree, put your hands palms-down on the floor. Keeping your arms straight, core engaged and shoulders strong, walk your feet up the wall. Once your body is in a straight line, walk your hands back towards the wall, shuffling your feet up as you get closer. Walk your hands back out again and repeat.

SETS 5
REPS 5
TEMPO N/A
REST 0 sec

**2B CHIN-UP**

Hold a chin-up bar with an underhand grip, hands shoulder-width apart. Brace your core and pull yourself up until your chin is over the bar, keeping your elbows tucked close to your body, then lower under control.

SETS 5
REPS 5
TEMPO 2010
REST 60 sec



3A DIAMOND PRESS-UP

Perform a standard press-up but with the tips of your thumbs and forefingers touching to make a diamond. Lower your chest until it touches your hands, then press back up until your arms are straight.

SETS 5

REPS Max

TEMPO 2010

REST 0 sec

A



3B TRX INVERTED ROW

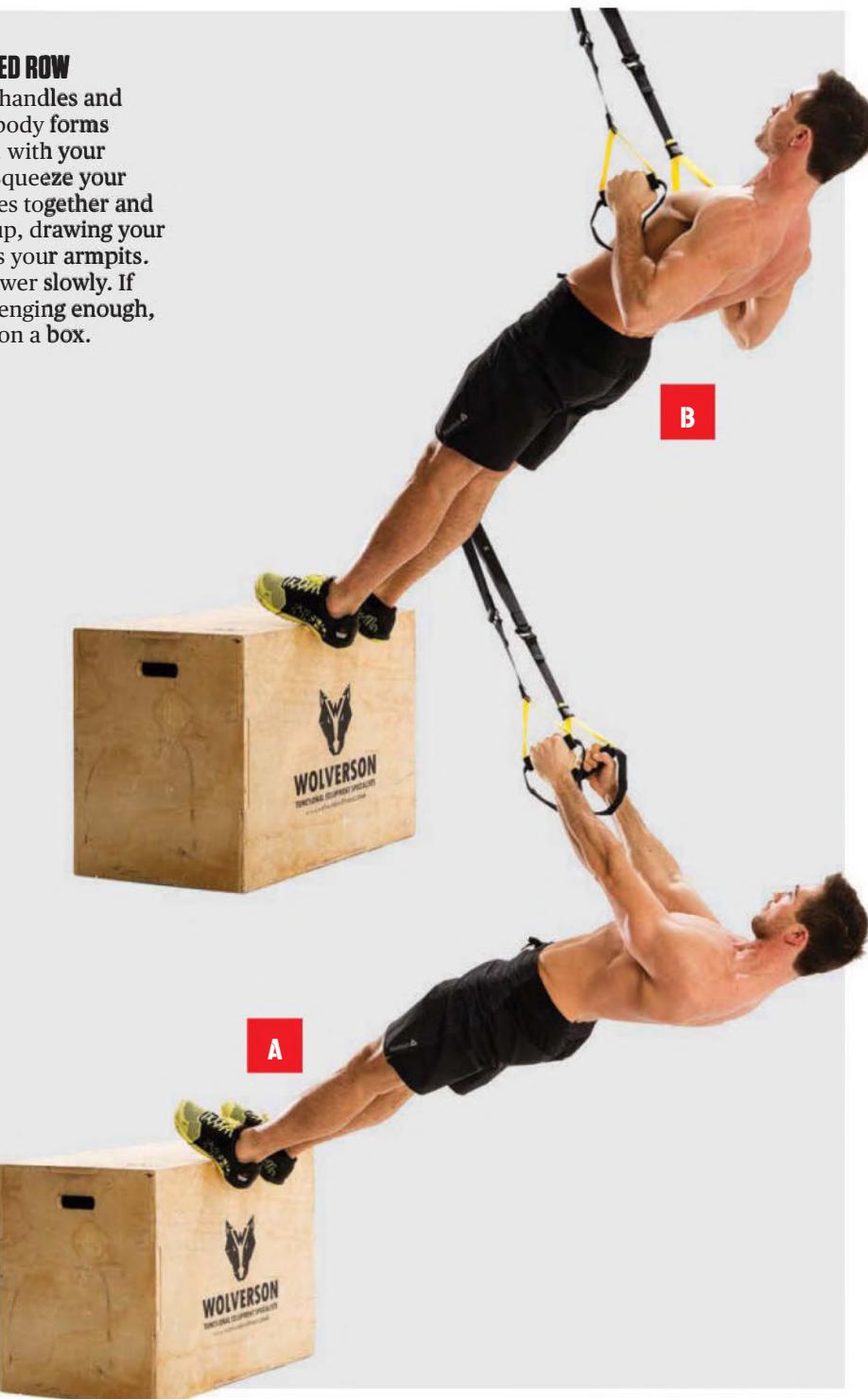
Hold the TRX handles and hang so your body forms a straight line, with your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly. If this isn't challenging enough, rest your feet on a box.

SETS 5

REPS Max

TEMPO 2010

REST 45 sec



Strongman training

Replicate strongman moves with standard gym kit for strength, cardio and fat loss



THE COACH

Will Girling is a performance nutritionist, PT, corrective movement specialist and creator of PrimalWill, a hub for making great-tasting healthy food.

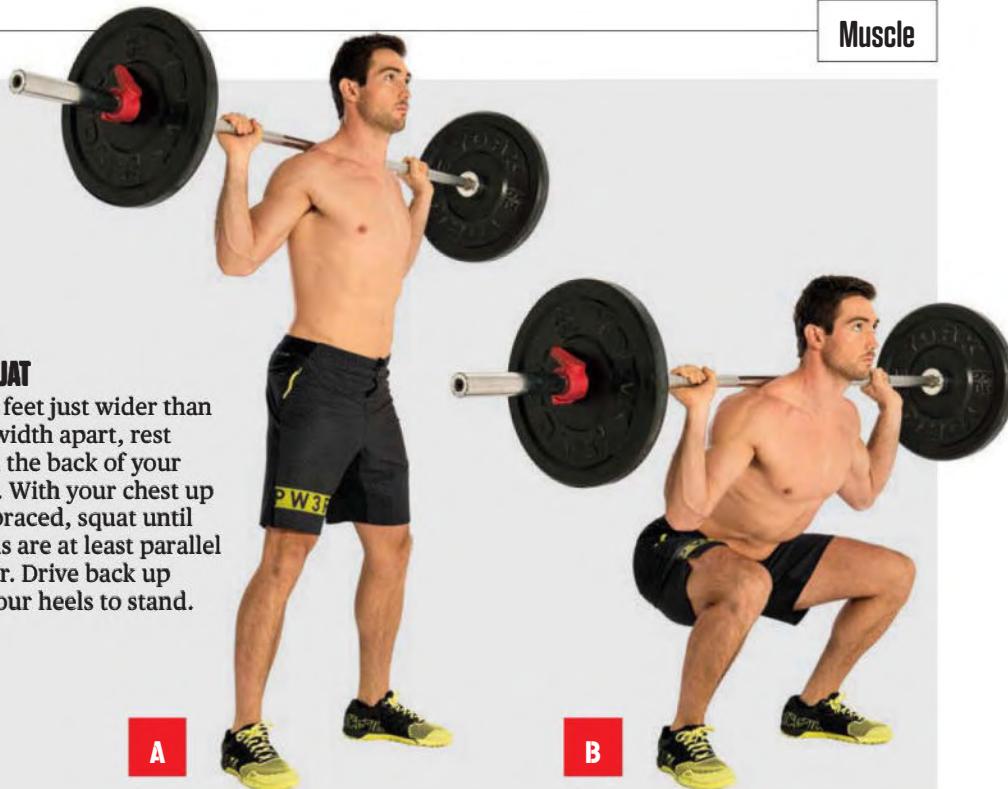
It makes sense to train like a strongman for strength - but fat loss? Really? Well, although pro strongmen tip the scales at alarming numbers - Iceland's Hafþór Júlíus Björnsson, former World's Strongest Man and 'The Mountain' of *Game of Thrones* fame, weighs in at a monstrous 173kg - the way they train would help them carve Adonis-like physiques, if only their diets didn't have to be so calorific to let them counterbalance the mammoth weights they need to shift.

But if dragging lorries isn't your fitness priority, you can use strongman training techniques to build impressive lean muscle and cardio, and shift

stubborn body fat, says Girling, who devised this plan. "Doing big, heavy compound movements stimulates your muscles and central nervous system, causing you to release more growth hormone and raising your metabolism," he says. "Ultimately, this increases the calories your body burns throughout the day, boosts your fitness and cranks up the potential of muscle growth. And the hard and fast medley sessions in each workout are a close simulation of what you might get in a strongman competition."

And a taste of a WSM workout has to be better than a taste of life in *GoT*.

"Doing heavy compound movements stimulates your muscles and central nervous system, releasing growth hormone and raising your metabolism"

**1 BACK SQUAT**

With your feet just wider than shoulder-width apart, rest the bar on the back of your shoulders. With your chest up and core braced, squat until your thighs are at least parallel to the floor. Drive back up through your heels to stand.

SETS 5

REPS 5

TEMPO 2010

REST 2 min

A

B

2 SEATED DUMBBELL OVERHEAD PRESS

Sit on an upright bench with your back supported and core braced. Holding dumbbells at shoulder height, with your palms facing forwards, press them straight overhead until your arms are straight, then lower.

SETS 4

REPS 8

TEMPO 2010

REST 2 min



A

B

3 SUMO DEADLIFT

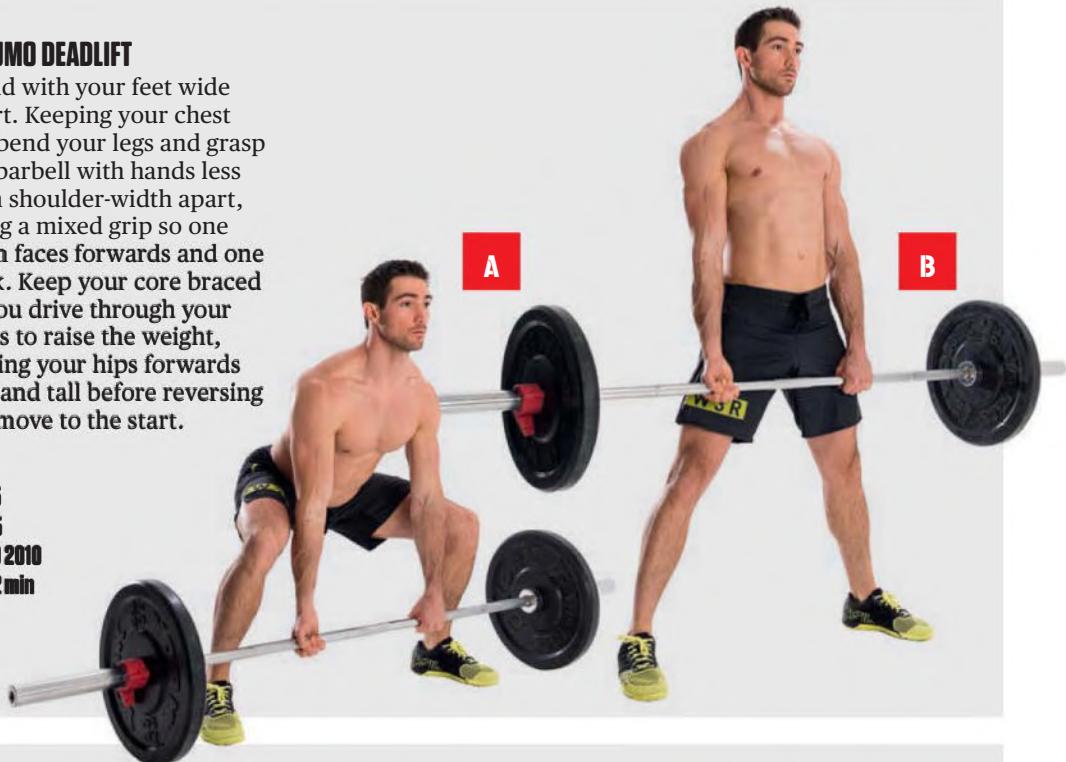
Stand with your feet wide apart. Keeping your chest up, bend your legs and grasp the barbell with hands less than shoulder-width apart, using a mixed grip so one palm faces forwards and one back. Keep your core braced as you drive through your heels to raise the weight, driving your hips forwards to stand tall before reversing the move to the start.

SETS 5

REPS 5

TEMPO 2010

REST 2 min



4A SINGLE-ARM ROW

Wedge a barbell into the middle of a weight plate on the floor and hold the other end of the bar with one hand, facing away from its anchor point. Bend your legs and hinge forwards at your hips, so your back is almost parallel with the floor. Keeping your core strong and shoulder blades retracted, row the bar towards your armpit, drawing your elbow upwards, then lower until your arm is straight.

SETS 4

REPS 8 each side

TEMPO 2010

REST 0 sec



4B ROMANIAN DEADLIFT

Keeping your legs slightly bent and back straight, lean forwards from the hips, not the waist, and lower the bar down the front of your shins until you feel a moderate stretch in your hamstrings. Reverse the move, pushing your hips forwards to stand.

SETS 4

REPS 8

TEMPO 2010

REST 1 min

**5 STRAIGHT-LEG SIT-UP**

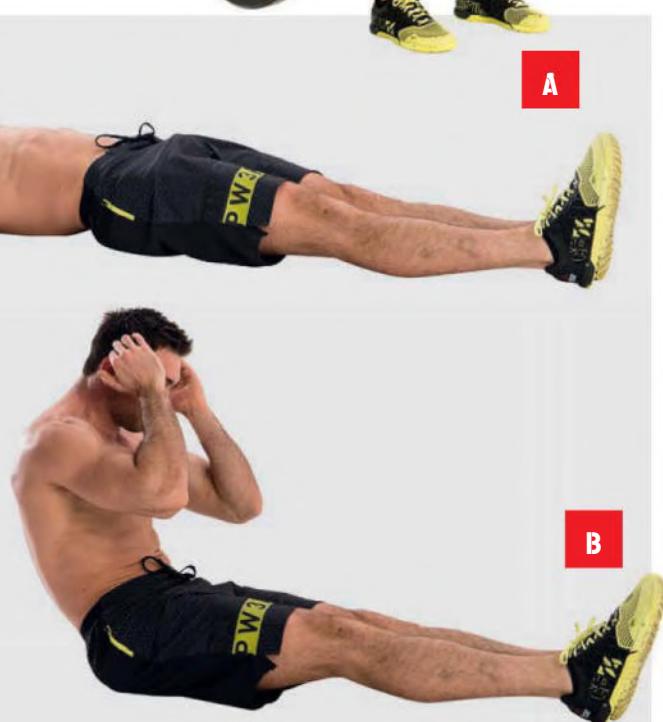
Lie on the floor with your feet together and fingers at your temples. Squeeze your core to press your lower back into the floor then, keeping your core braced, contract your abs to raise your upper body, making sure not to raise your legs.

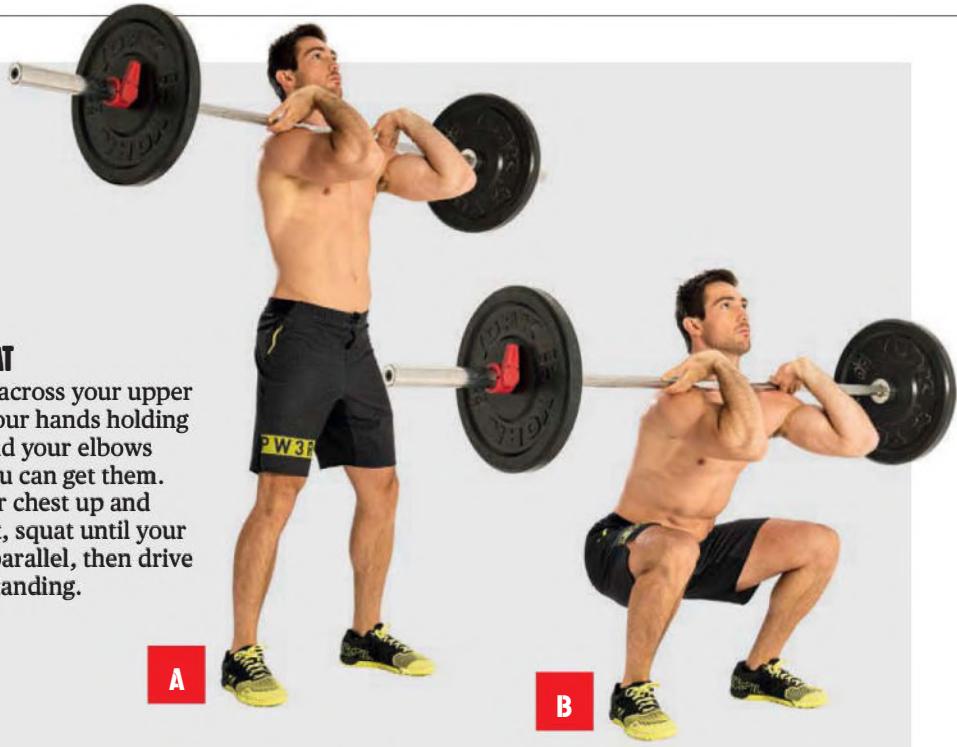
SETS 4

REPS 8

TEMPO 2010

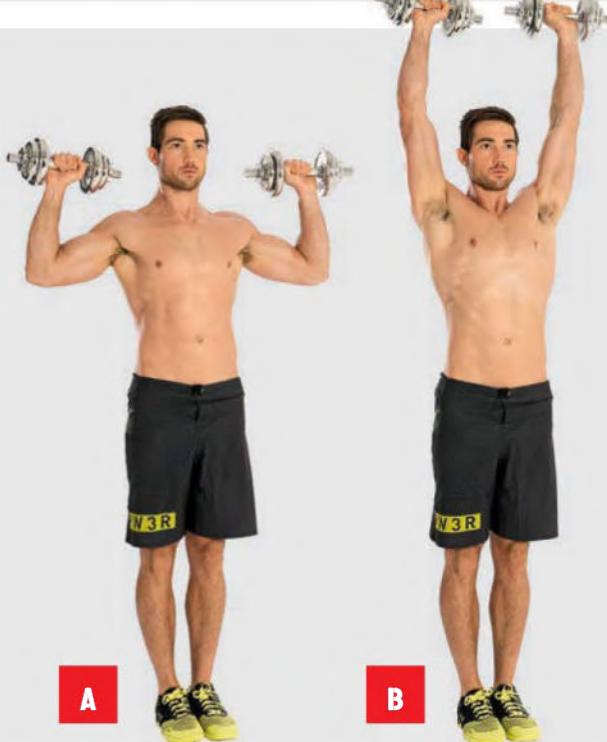
REST 1 min



**1 FRONT SQUAT**

Rest the bar across your upper chest with your hands holding it in place and your elbows as high as you can get them. Keeping your chest up and back straight, squat until your thighs pass parallel, then drive back up to standing.

SETS 5
REPS 5
TEMPO 2010
REST 2 min

A**B****2 DUMBBELL MILITARY PRESS**

Stand with your feet together holding dumbbells with your upper arms horizontal and palms facing forwards. Brace your core and glutes to keep your balance, and press the weights straight up, so your biceps are close to your ears, then lower to the start.

SETS 5
REPS 5
TEMPO 2010
REST 2 min

A**B**

3A MEADOWS ROW

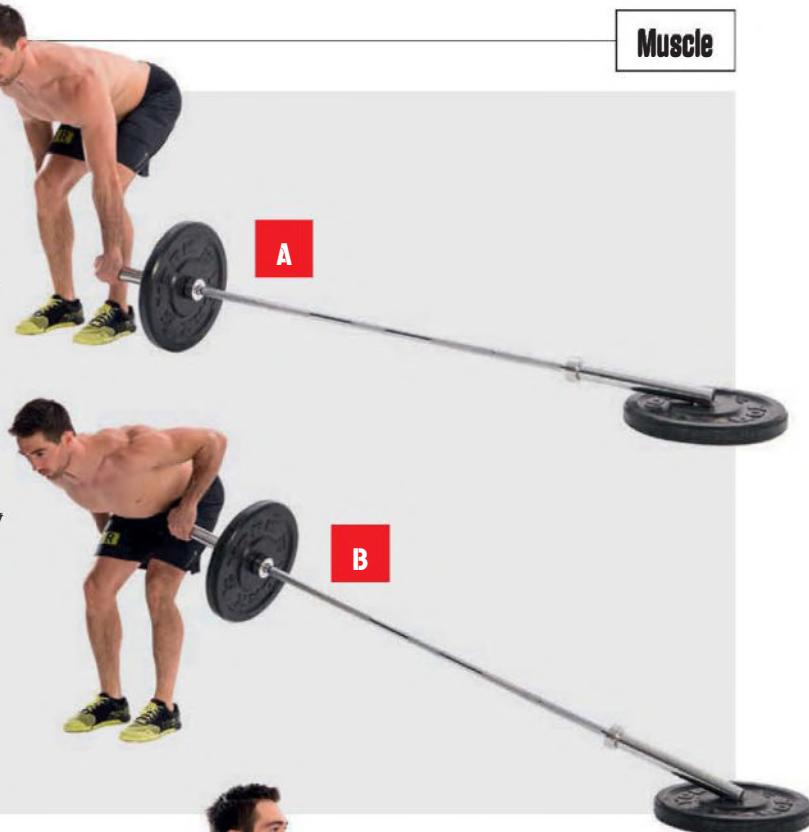
With the bar wedged into a weight plate on the floor, hold the other end and stand side-on to it. Use a hook grip, so all your fingers and thumb are on the same side of the bar, thumb closest to your body. Bend your knees and hinge forwards at the hips, so your back is almost parallel to the floor, then row the bar towards your armpit. Keep your core braced and shoulder blades retracted.

SETS 4

REPS 8 each side

TEMPO 2011

REST 0 sec

**3B BARBELL HIP THRUST**

Sit on the floor with your back against a bench and a loaded barbell lying across your body, just above your hips. Plant your feet on the floor. Drive through your heels and contract your glutes hard to raise your hips and the bar off the floor until your body is at least parallel to the ground - ideally your hips should be higher than your knees. Lower until your glutes are just off the floor.

SETS 4

REPS 8

TEMPO 2011

REST 1 min



4A DUMBBELL WOODCHOP

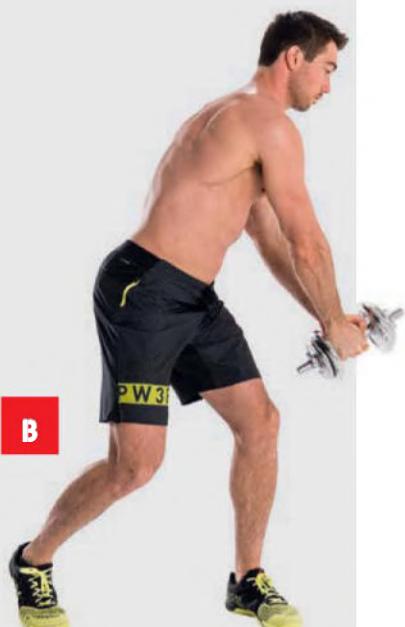
Hold a dumbbell in both hands up and out to one side, pivoting your foot on the opposite side to take the pressure off your knee. Bracing your core throughout, powerfully bring the dumbbell down and across you, pivoting your other knee as you go. Slowly return to the start.

SETS 4

REPS 8 each side

TEMPO 2010

REST 0 sec



4B BARBELL ROLL-OUT

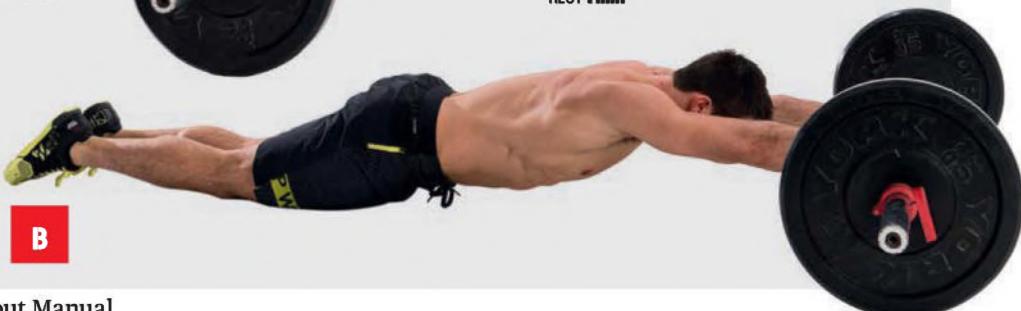
Kneel in front of a loaded barbell, holding it with a shoulder-width overhand grip. Keep your arms straight, and shoulders and core braced, roll the bar out as far as you can without collapsing. Reverse the move back to the start.

SETS 4

REPS 8

TEMPO 2020

REST 1 min



Do all six exercises in order, taking 30 seconds to perform each one. Rest for three minutes after one round, then repeat the whole circuit. Complete a total of **six rounds**, focusing on good form and fast reps. You should come away from each out of breath.



1 SNATCH-GRIp DEADLIFT

Hold the bar with your hands double shoulder-width apart, arms straight and shoulder blades retracted. Keeping your chest up and your back straight, drive down through your heels and push your hips forwards as you pull the bar up your legs to stand tall.

SETS 6
TIME 30 sec
REST 0 sec

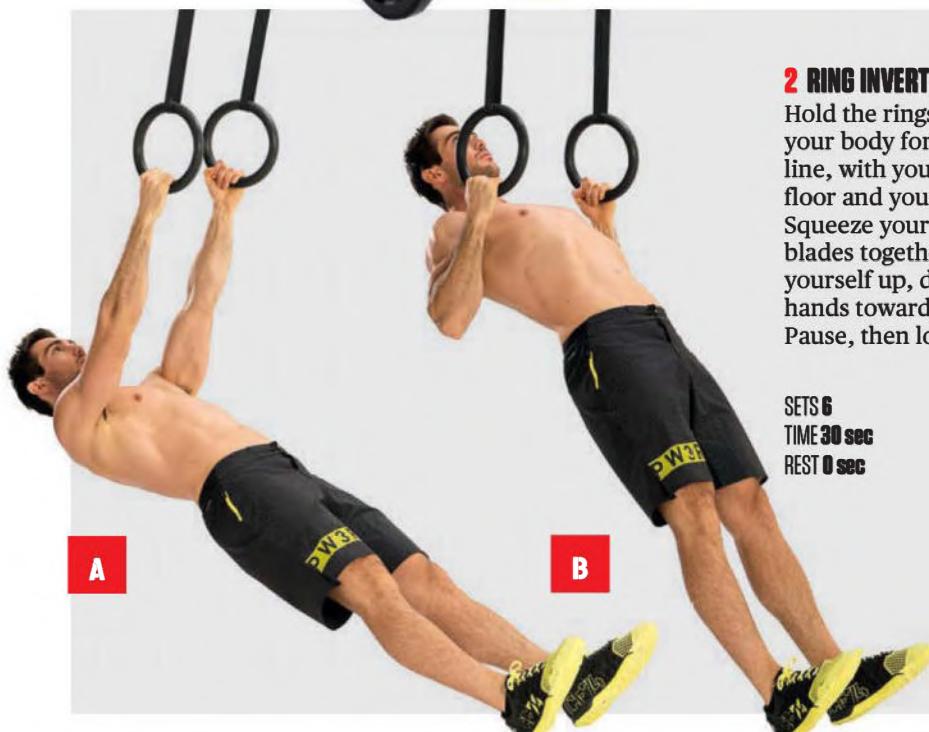


A

2 RING INVERTED ROW

Hold the rings and hang so your body forms a straight line, with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly.

SETS 6
TIME 30 sec
REST 0 sec



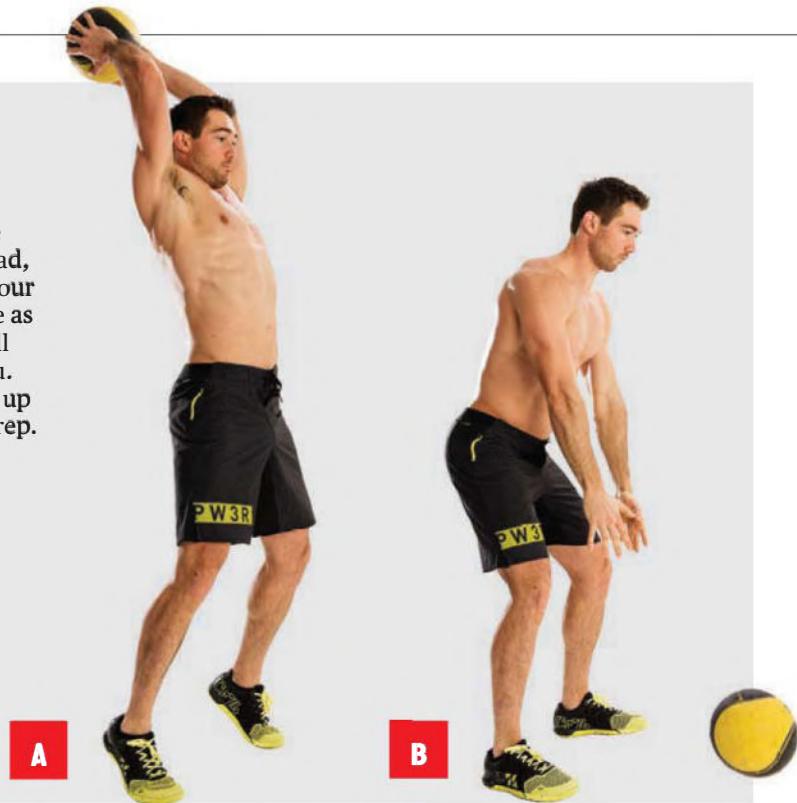
3 MEDICINE BALL SLAM

Hold a medicine ball in two hands and stand with feet shoulder-width apart. Raise the ball high above your head, rising up onto the balls of your feet, and contract your core as you powerfully slam the ball into the floor in front of you. Catch the ball as it bounces up and continue into the next rep.

SETS **6**

TIME **30 sec**

REST **0 sec**



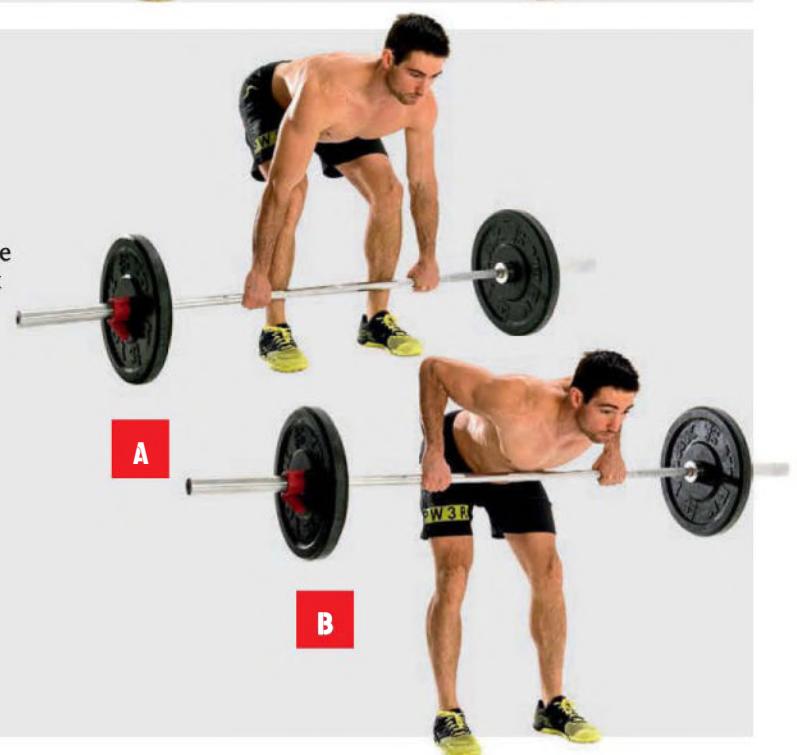
4 PENDLAY POWER ROW

Bend your knees slightly and hinge forwards from the hips, keeping your back flat and your shoulder blades back throughout. With the bar starting on the floor, grab it with an overhand grip just outside your legs, powerfully pull the weight up to your lower sternum, then lower it to the floor. Take a breath and repeat.

SETS **6**

TIME **30 sec**

REST **0 sec**



**5 GORILLA PRESS-UP**

Start in a press-up position. Slowly lower to the ground, then explode up as fast as possible and bring your hands off the floor to slap them against your chest. Put your hands back out to land and continue into the next rep.

SETS 6

TIME 30 sec

REST 0 sec

**6 PLATE CARRY**

Hold a heavy weight plate to your chest. Keep your core strong and body upright, and walk forwards. Walk in figures of eight if space is tight.

SETS 6

TIME 30 sec

REST 3 min



Big arms workout

Arm yourself with the essential plan to grow sleeve-busting biceps and triceps in four workouts



THE COACH

Adam Gethin is founder of Creating Physiques, an online personal training company specialising in body transformations.

Winning the arms race isn't as simple as hammering curls until your limbs turn to jelly - but it's not vastly more complicated.

"The key to growing any muscle is to make it stronger and make it work harder," says Gethin, the man behind this plan. Beating it up with curls might give your arms a good pump, but they won't keep growing in the long term. Instead, a full-body

workout with an emphasis on your biceps and triceps will make the difference.

"These workouts are designed to hit your body from every angle, to maximise growth all over," says Gethin. "Together, they will stimulate the major anabolic hormones, including testosterone, growth hormone and insulin-like growth factor 1 [IGF-1], which are vital for maximal arm growth."

"Endless curls might give your arms a good pump, but a full-body workout with an emphasis on your biceps and triceps will make the difference"

1 RACK PULL

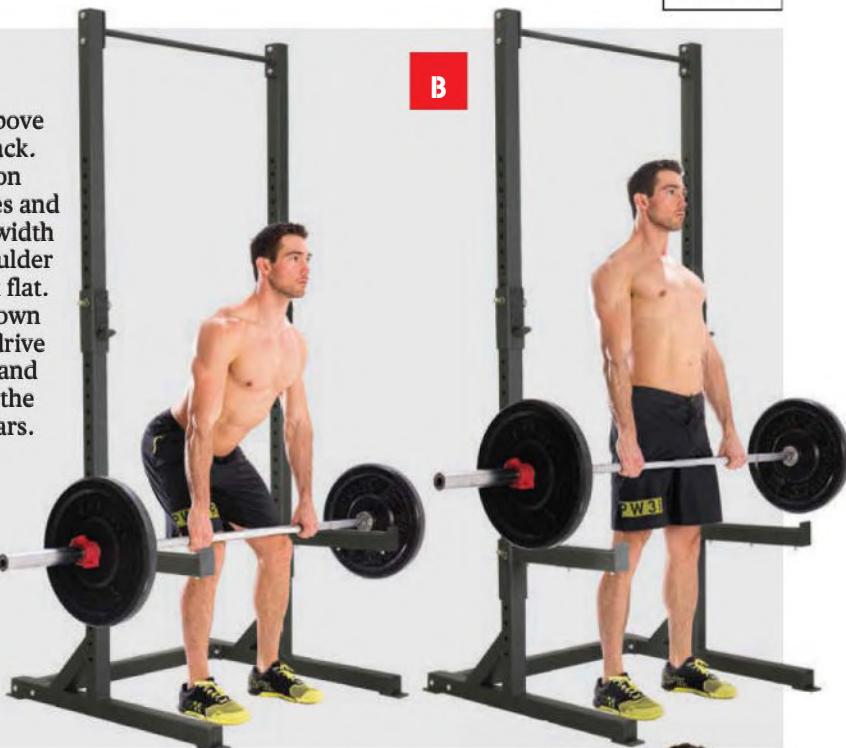
Set the safety bars just above knee height on a squat rack. With the barbell resting on the bars, bend your knees and grasp it with a shoulder-width grip, retracting your shoulder blades to keep your back flat. Brace your core, press down through your heels and drive your hips forwards, to stand and raise the bar. Lower the bar to touch the safety bars.

SETS 4

REPS 6

TEMPO 4010

REST 90 sec



A

B

2 PULL-UP

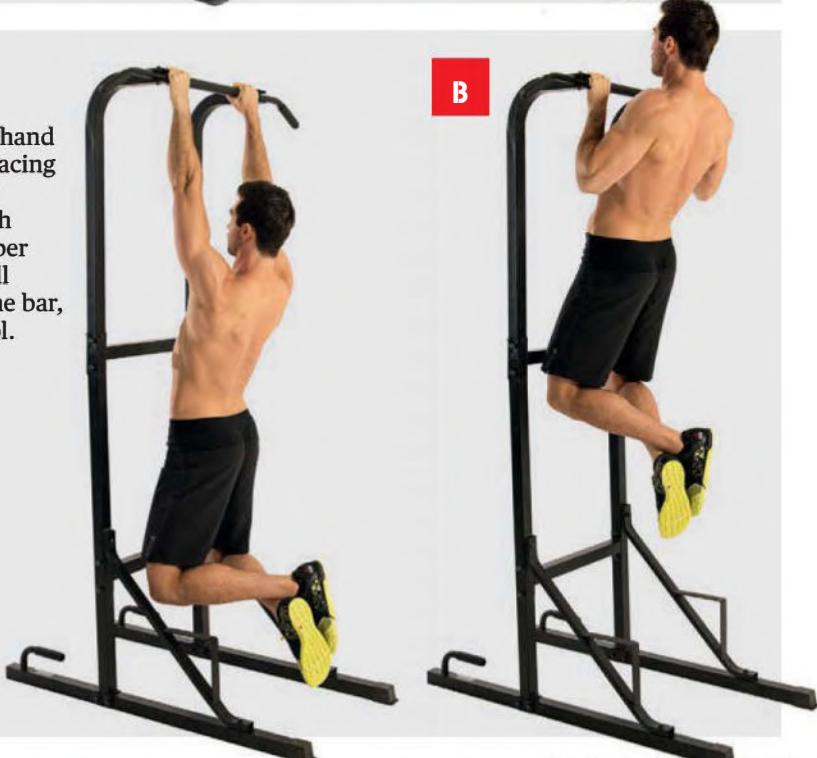
Grasp a bar with an overhand grip, so your palms are facing away from you and your hands are shoulder-width apart. Contract your upper back muscles to help pull your sternum towards the bar, then lower under control.

SETS 4

REPS 10

TEMPO 4010

REST 90 sec



A

B

**A**

3 BENT-OVER UNDERHAND BARBELL ROW

Bend your knees slightly and hinge forwards from the hips, keeping your back slightly concave and your shoulder blades back throughout. Holding the bar with an underhand grip just outside your legs, pull the weight up to your lower sternum, then lower slowly.

SETS 4
REPS 10
TEMPO 4010
REST 90sec

4 BARBELL BICEPS CURL

Hold a barbell with your hands shoulder-width apart and your palms facing forwards. Keeping your elbows close to your sides, and without leaning back, curl the bar up to your chest. Squeeze your biceps hard, then lower the bar.

SETS 3
REPS 10
TEMPO 4010
REST 90 sec

**A****B**

5 ZOTTMAN CURL

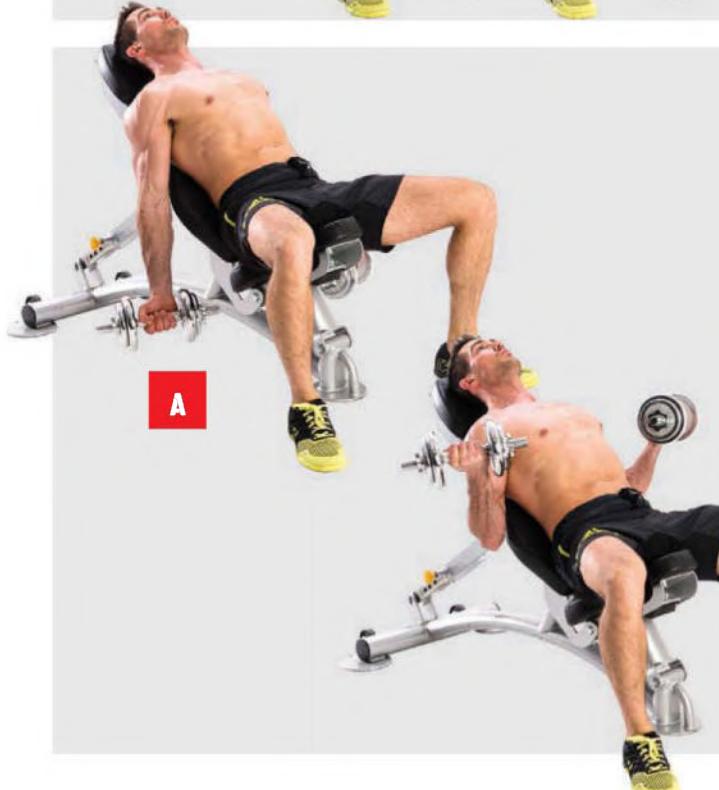
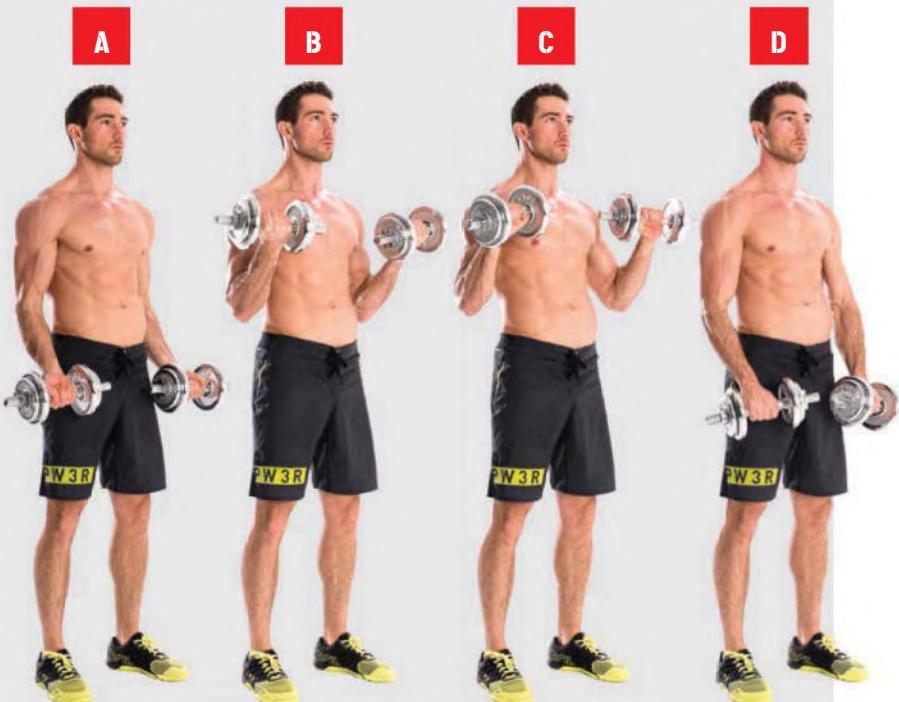
Hold dumbbells by your sides with your palms facing forwards. Keeping your elbows close to your sides, curl the weights up to your chest. Rotate the weights, so your palms face forwards again and slowly lower. Rotate the weights at the bottom and repeat.

SETS 3

REPS 12

TEMPO 4010

REST 90 sec

**6 INCLINE DUMBBELL BICEPS CURL**

Lie on a bench set at a 45° angle, holding a dumbbell in each hand with your arms straight down by your sides and your palms facing forwards. Curl the weights up to shoulder height. Squeeze your biceps hard, then lower the weights slowly.

SETS 3

REPS 12

TEMPO 4010

REST 90 sec

1 INCLINE BENCH PRESS

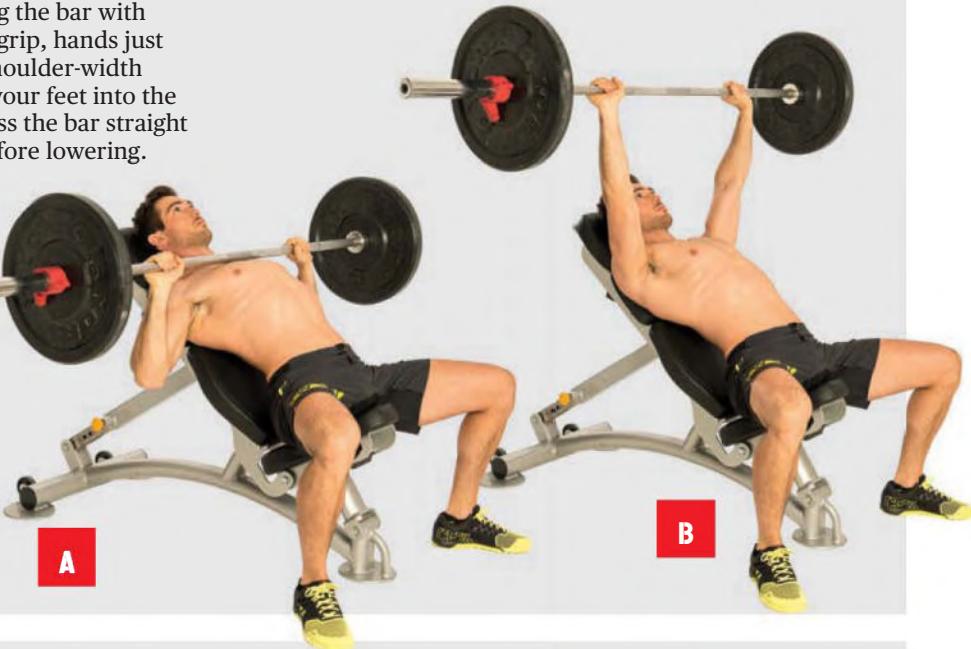
Lie on a bench set at a 45° angle, holding the bar with an overhand grip, hands just wider than shoulder-width apart. Drive your feet into the floor and press the bar straight overhead, before lowering.

SETS 4

REPS 6

TEMPO 4010

REST 90 sec



2 INCLINE DUMBBELL PRESS

Lie on a bench set at a 45° angle, holding dumbbells beside your chest. Drive your feet into the floor and press the weights straight overhead, before lowering slowly.

SETS 3

REPS 10

TEMPO 4010

REST 90 sec



3 RING DIP

Hold the rings with an overhand grip, arms extended and palms facing. Lean forwards, so you recruit your chest muscles. Keeping your arms locked against your body, bend them and lower until your hands are level with your chest, then press back up powerfully.

SETS 3

REPS 8

TEMPO 4010

REST 90 sec

**4 OVERHEAD PRESS**

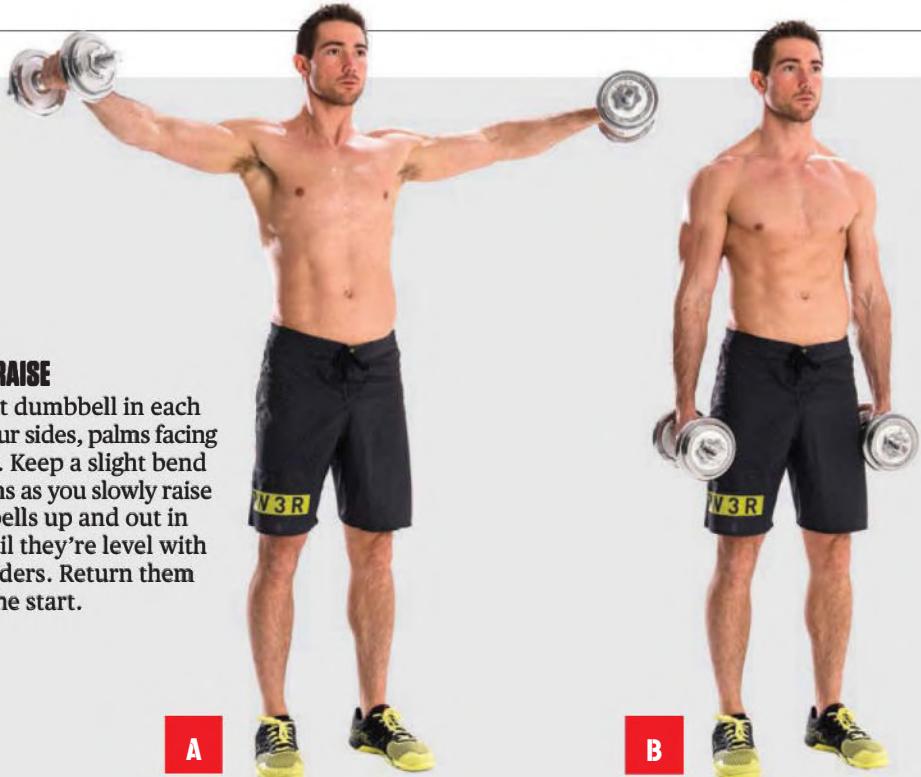
Stand with your feet placed shoulder-width apart, holding the bar with hands just wider than shoulder-width apart. Brace your core and glutes to keep your balance and press the bar overhead. Lower it until it's sitting across the top of your chest.

SETS 3

REPS 10

TEMPO 4010

REST 90 sec



5 LATERAL RAISE

Hold a light dumbbell in each hand by your sides, palms facing each other. Keep a slight bend in your arms as you slowly raise the dumbbells up and out in an arc, until they're level with your shoulders. Return them slowly to the start.

SETS 3

REPS 10

TEMPO 4010

REST 90 sec

A

B

6 DIAMOND PRESS-UP

Perform a standard press-up, but with the tips of your thumbs and forefingers touching to make a diamond. Lower your chest all the way, until it touches your hands, then press back up until your arms are straight. This ensures a full range of motion to work your pecs and triceps.

SETS 3

REPS 15

TEMPO 4010

REST 90 sec



7 DUMBBELL TRICEPS EXTENSION

Stand holding dumbbells above your head with your upper arms close to your ears. Keeping your upper arms static, bend at the elbows to lower the weights behind your head, then flex your triceps to raise the weights straight up.

SETS 3

REPS 10

TEMPO 4010

REST 90 sec

SETS 3

REPS 10

TEMPO 4010

REST 90 sec

SETS 3

REPS 10

TEMPO 4010

REST 90 sec

SETS 3

REPS 10

TEMPO 4010

REST 90 sec



WORKOUT 3 UPPER BODY**A****1A INCLINE DUMBBELL PRESS**

Lie on a bench set at a 45° angle, holding dumbbells beside your chest. Drive your feet into the floor and press the weights straight overhead, before lowering slowly.

SETS 4
REPS 15
TEMPO 4010
REST 0 sec

1B CHEST-SUPPORTED REVERSE FLYE

Lie chest down on a bench set at a 45° angle, holding light dumbbells with straight arms, palms facing each other. Squeeze your upper back muscles together and raise your arms out to the sides, until they're parallel with the floor, then lower to the start.



SETS 4
REPS 15
TEMPO 4010
REST 90 sec

2A DIAMOND PRESS-UP

Perform a standard press-up, but with the tips of your thumbs and forefingers touching, to make a diamond. Lower your chest all the way until it touches your hands, then press back up until your arms are straight. This ensures a full range of motion to work your pecs and triceps.



SETS 4

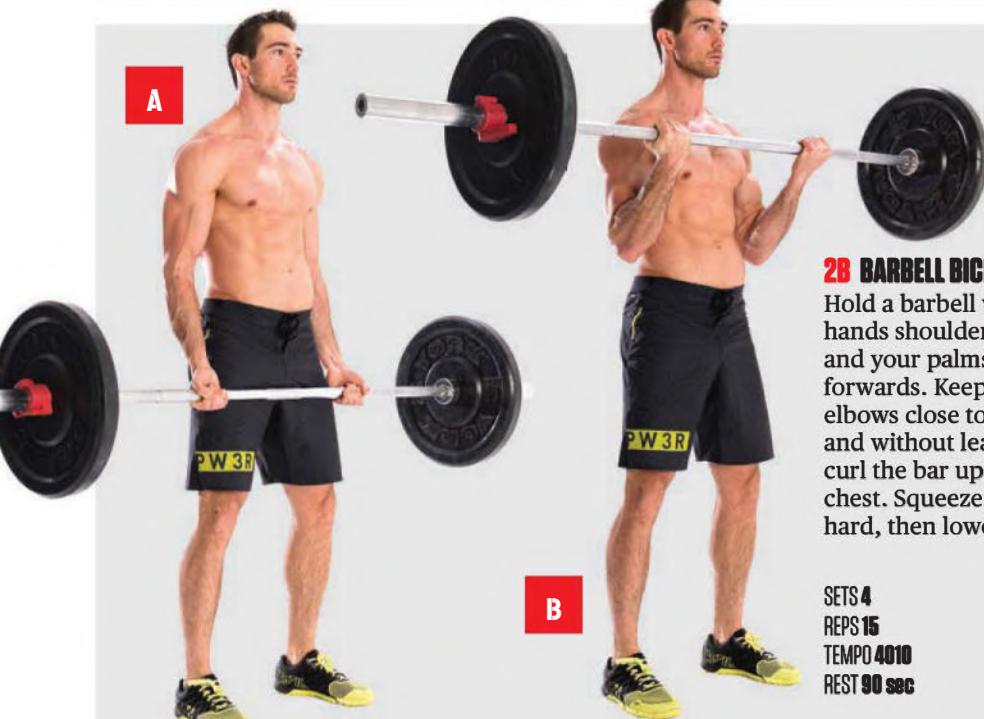
REPS 15

TEMPO 4010

REST 0 sec



A



2B BARBELL BICEPS CURL

Hold a barbell with your hands shoulder-width apart and your palms facing forwards. Keeping your elbows close to your sides, and without leaning back, curl the bar up to your chest. Squeeze your biceps hard, then lower the bar.

SETS 4

REPS 15

TEMPO 4010

REST 90 sec

3A ZOTTMAN CURL

Hold dumbbells by your sides with your palms facing forwards. Keeping your elbows close to your sides, curl the weights up to your chest. Rotate the weights, so your palms face forwards again and slowly lower. Rotate the weights at the bottom and repeat.

SETS 4
REPS 15
TEMPO 4010
REST 0 sec

**3B DUMBBELL TRICEPS EXTENSION**

Stand holding dumbbells above your head with your upper arms close to your ears. Keeping your upper arms static, bend at the elbows, to lower the weights behind your head, then flex your triceps to raise the weights straight up.

SETS 4
REPS 15
TEMPO 4010
REST 0 sec



Upper-body muscle

Hitting the bench again? No need. Here's how to build a strong, functional upper body at home



THE COACH

Andy McKenzie is a strength coach and owner of the Training Lab in East Sussex.

THE PLAN

“What you need is a session that strengthens the chest, shoulders and arms equally, so you build functional strength as well as muscle,” says McKenzie. “This pushing session does all that and integrates the core as well.” So you’ll build a six-pack *and* your chest. Winner.

THE WORKOUT

Complete the required reps for each move without resting. Rest for two minutes and repeat the whole circuit four to six times, depending on how jelly-like your arms feel afterwards.

“What you need is a session that strengthens the chest, shoulders and arms equally, so you build functional strength as well as muscle”



1 HANDSTAND WALL WALK

Get into a press-up position, facing away from a wall. Place your feet on the wall and walk them upwards until you're in a handstand. Walk back down to return to the start - that's one rep.

REPS 2

2 PIKE PRESS-UP

With your feet on a chair or sofa, bring your hips up into a pike, so your legs are at a right angle to your torso. Bend your arms to lower yourself towards the floor, then press back up.

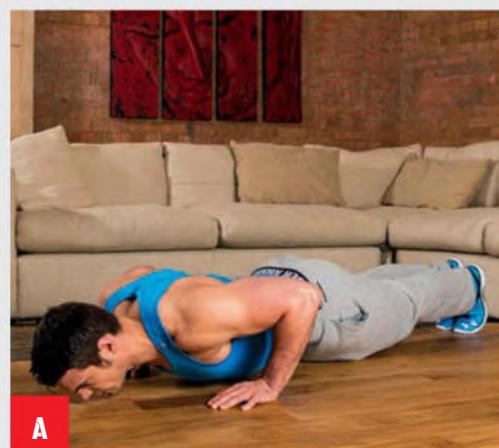
REPS 4



3 EXPLOSIVE PRESS-UP

Start in the top press-up position up. Lower until your chest almost touches the floor, then push explosively up - your hands should leave the ground. Land softly and pause before the next rep.

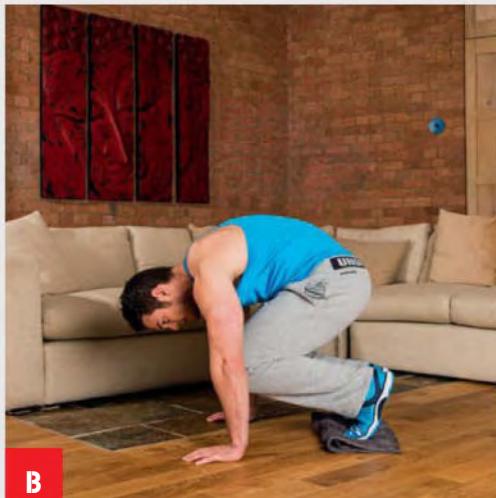
REPS 6



4 TOWEL SLIDE SQUAT THRUST

Get into the top press-up position with your feet on a towel. Bring your knees up towards your abs quickly, then push them back out.

REPS 8



5 CHAIR DIP

Take your weight onto your hands on a pair of chairs (or one sofa) and your arms straight. Lower until your upper arms are parallel to the floor. Pause at the bottom, then press back up.

REPS 10



Lower-body power

Haul your arse off the sofa and improve your explosive power by leaps and bounds



THE COACH

Chris Burgess is a strength and conditioning coach and the owner of Lift The Bar.

THE PLAN

You don't need a whole mountain of equipment to develop explosive strength - far from it. "I designed this workout to let you build a strong, explosive and very functional body using minimal space and kit," says Burgess. And it all starts with your money-maker. "The focus at the start is getting your glutes firing. You can generate huge amounts of power by improving your ability to extend your hips in a controlled but explosive way." Do this and get glutes strong enough to crush walnuts. Just don't expect us to then eat those walnuts.

THE WORKOUT

Do the full sets and reps of the first three moves, resting for one minute between sets. Then do the last three moves as a circuit four times, resting for a minute after 4C.

"You can generate huge amounts of power by improving your ability to extend your hips in a controlled but explosive way"

1 SINGLE-LEG GLUTE BRIDGE

Sit on the floor with your upper back against a sofa. Raise and straighten one leg, then raise your hips to form a bridge. Lower and repeat with the other leg.

SETS 4 REPS 5 each side REST 1 min

**A****B**

2 JUMP SQUAT

Squat until your thighs are at least parallel to the floor, then jump up explosively as high as you can. Bend your knees to cushion your landing and continue into the next rep.

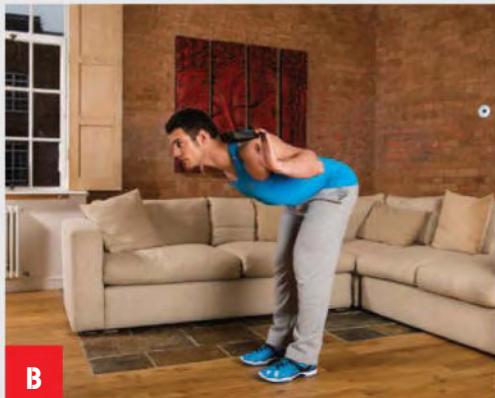
SETS 4
REPS 5
REST 1 min



3 BROOM HANDLE GOOD MORNING

Hold a broom handle or long umbrella across the back of your shoulders. Keep your chin up and your back straight as you slowly hinge forwards from your hips, until you feel a stretch in your hamstrings. Hold for three seconds at the bottom of each rep to challenge the depth of stretch. Drive your hips forwards to reverse the movement.

SETS 4
REPS 8
REST 1 min



4A BURPEE

From standing, drop down and place your hands on the floor outside your feet. Jump your feet back so you're in the top press-up position, then back to between your hands. Jump up, raising your hands overhead.

REPS 10

**4B PLANK**

Get into a plank position, with your weight supported by your feet and forearms. Keep your body in line, feet together and elbows directly under your shoulders. Squeeze your abs and core to help you keep your hips up.

TIME 60 sec

**4C SIDE PLANK**

Lie on your side, supporting your weight with the outside of one foot and your forearm. Keep your legs, torso and head in line and legs together, with your upper arm straight up. Squeeze your abs and glutes to help keep your hips up.

TIME 30 sec each side REST 1 min



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