**1. RESIST Dumbbell Training Plan - DAY 16 (UPPER BODY WORKOUT) - YouTube**

[**https://www.youtube.com/watch?v=Jg4keZiw0OM**](https://www.youtube.com/watch?v=Jg4keZiw0OM)

Transcript:

(00:05) what is up team welcome back to the work method and welcome to day 16 the resist program your boy forgot to plug in the microphone so we are going to do a partial voiceover recording for this workout we have an upper body workout in the books and we're starting off with a 3 minute am wrap so we're going to start off we're going to set 3 minutes on the clock and we're going to do as many rounds of five blastoff push-ups 10 prone overhead reaches and five internal external overhead reaches as we can this

(00:33) is a go with your own pace portion of the workout this is me demoing the blastoff push-ups now you can always modify to the knees if you need to these overhead reaches your hands are off the floor reaching overhead full extension and then we have our internal external overhead reaches here rotating down trying to keep those elbows up at a 90° angle warming up the shoulders and rotate our cuffs let's do it we got a 10-second countdown coming up [Music] and go 3 minutes on the [Music] clock [Music]

(01:45) [Music] n [Music] [Music]

(03:43) [Music] cutting it off in three two one and done Team all right the first circuit up today we have a very similar format that we've been doing all week we have four sets of eight reps eight reps 10 reps and 12 reps in those first that first set you're going to have 50 seconds to complete eight reps the second set you're going to have 60 seconds to complete eight reps the third set you're going to have 60 seconds to complete 10 reps and the fourth set you're going to have a minute and 15 to complete 12 reps

(04:37) we're going to do a dumbbell bench press with no lock out so you're going to need a flat bench we're going to come to full depth and drive all the way up stopping just short of your elbows locking out I'm going to demo that here and then we're going to do a gorilla row alternating each arm so we're going to do four each arm for one set for eight total and then we have another anaval for another another eight so we're doing back to back gorilla rows I'm demoing the bench press here showing my chest

(05:05) driving up feet on the floor feet up on the bench whatever you prefer not locking out the elbows at the top then from there I'm going to show you what the gorilla rows look like my feet are going to be wide I'm leaning over as much as I can at the back I'm going to roll one arm up and let it come down down to full extension and then Row the other arm up eight total for four each arm two intervals back to back any questions we are going in about 5 Seconds team and we got our eight rep set so pick a pretty challenging weight

(05:48) for this first set here cuz it's going to be heavy for eight I'm going to go with 60s on the bench press and I believe I went with 45s on the gorilla Rose and I'm grabing my weights now grab yours and get ready in three two one and [Music] [Music] work [Music] [Music]

(06:59) what 4 3 2 1 and we're going into gorilla Rose for each [Music] [Music] on [Music] [Music] 3 2 1 we're going another set of girl Rose here team [Music]

(08:18) [Music] 13 seconds left guys we got our second set of eight dumbbell bench PRS coming up in five we got 60 seconds here to complete eight reps two one and [Music] work [Music] n

(09:36) 7 Seconds here team we're going into our first set of gorilla rows for another set of eight racks in two one and work [Music] 10 seconds here we're going into our second set of eight reps of gorilla rows in five 3 2 one and work your only rest

(10:45) is the remainder of this minute after you finish these eight reps and we're in our 10 rep [Music] round [Music] n [Music] 10 seconds team we're going into our 10 reps of dumbbell bench press no lock out in five 3 two one and go 10 reps sticking with the 60s here [Music]

(11:58) still [Music] [Music] 5 Seconds scam we have our 10 wrap round of gorilla RADS the first one coming up in two one and [Music] go 10 seconds here we got our second set of

(13:38) 10 gorilla rows coming up I'm sticking with 45s 3 two one and [Music] work I see you [Music] walk [Music] 10 seconds team we're in our final set we have a minute and 15 to complete 12 dumbbell bench presses in 3 2 1 and go

(14:44) 12 reps no lock [Music] out see [Music] you [Music] 10 seconds left here team gorilla Rose

(15:51) 12 reps 60 charm in this first set in five three two one and work [Music] see [Music] see you

(17:08) 7 Seconds here we're going into our second set final set of 12 gorilla Rose 2 one and [Music] go [Music] [Music]

(18:26) all right we're cutting it in three two one one and rest 2 minutes on the clock we're under our second interval here we got dumbbell floor presses and a dumbbell shrug for our second circuit we got the exact same format 50 seconds 60 60 and a minute 15 we're going to do a dumbbell forpress with our elbows flared out like I'm demonstrating now and a dumbbell shrug on an incline bench if you have that bench so we're not bouncing off the floor we're not pausing on the floor or actually we are pausing

(18:57) for a split second we're taking any rebound out of the press so you're going to lie flat on your back your knees bent or your leg straight whatever you prefer elbows flared just be careful with this because it can be tough on the shoulders if you flare out the elbows too much but it does Target the chest a little bit more although it is a little less safe position come all the way down drive all the way up and lock out on this one then from there if you have an incline bench I'm putting it a little bit shy of being

(19:24) totally inclined um we're going to do shrugs on that but if you don't have the Ben you can lean forward a little bit with the dumbbells on the front of your legs like I'm demoing here squeeze up we want about a 2 second pause at the top we're trying to drive up and back and not towards our ears this is me demonstrating it on the bench neutral head drive up and squeeze you got 50 seconds for eight reps here I am going to do 50s on the floor press and 45 on the shrugs coming up we got 30 seconds team rest here get

(19:59) your weight [Music] ready eight dumbbell floor presses coming up in three 2 one and go eight reps 5 Seconds we got dumbbell shrugs for

(21:17) eight reps coming up in three two one and go [Music] he [Music] we're back to floor presses for another eight in three 2 1 you got 60 seconds to complete eight here I'm sticking with 50s

(22:31) [Music] he 5 Seconds another set of eight shrugs I'm staying with 45s in two one and go [Music]

(23:56) [Music] 5 Seconds we're to our 10 round we got a minute to complete 10 floor presses and work team I'm sticking with [Music] 50s [Music] [Music] all right we got our 10 round of shrugs

(25:06) coming up in three two one I'm sticking with 45s hold that pause at the top feel those traps [Music] [Music] working [Music] [Music] [Music] 7 Seconds team we're on our final round 12 floor presses I'm going to stick with 50s here actually feeling pretty good in

(26:13) 2 1 and [Music] work [Music] [Music] [Music] 5 Seconds here team last set of shrugs

(27:23) for 12 reps in two one take your time you got the full minute and 15 to complete these rest the remainder of that minute 15 then we got a nice rest coming up before we get into our third [Music] [Music] interval don't

(28:34) Che all right five seconds 3 2 one and we're into our third circuit we're starting off with an alternating dumbbell shoulder press and a dumbbell incline side raise same format 8 8 10 12 50 60 60 75 so these alternating presses we're going to do eight each on arm in this 50 seconds so it's a little different than what we doing in the past uh intervals so we're doing 16 total we have plenty of time here but for these side raises you get a full 50 seconds or 60 or 75 dedicated to each side so I'm

(29:13) going to start off with 35s on these alternating shoulder presses on these side raises if you have an incline bench you're going to set up like I have here or you're you don't have an incline bench you're just going to do a standing one arm lateral raise which I'll demo later so on my side right side right arm hooked over the top of the bench the arm is going to stay straight and come out in front of me like a t up perpendicular to the floor hand towards the ceiling and then control that weight down across my body you want

(29:44) to feel this in the back of your shoulder your shoulder blade um it's a it's a great overall shoulder stability and strength Builder we're going to do eight each side coming up you have 45 seconds rest team take your time on this I'd rather have you do less weight and better quality reps especially on those side raises uh I'm talking about the alternating presses here we want to let the dumbbell come all the way down before you press the other one all right we got eight reps each arm coming up I'm going 35s and

(30:43) [Music] work [Music] 5 Seconds here the first set of side line raises in two one and work eight reps doing left arm [Music] [Music]

(31:56) first all [Music] right 5 Seconds to complete it we're going to flip over and we're going to do eight on the opposite side in three two one and [Music] work [Music] [Music] do [Music]

(33:04) 5 Seconds team another set of eight reps alternating presses I'm bumping up to 40 here though I'm going a little heavier I felt good and [Music] work [Music] [Music] bches 8 seconds here we're on eight reps of side raises I'm going to stick with the

(34:08) 15 for the final set of these and then I'll drop the 10 and work 10 reps or eight reps sorry guys eight reps each side on one side 6 [Music] seconds [Music] [Music] 3 two one we're flipping over to the other

(35:18) [Music] side [Music] [Music] [Music] [Music] alternating pre alternating presses now guys 10 reps I'm dropping back down to 35s and work 10 each side for 20 total

(36:30) [Music] [Music] 7 Seconds we're going 10 reps on the left arm of side raises I'm dropping a 10 lbs here in three one and [Music] work [Music] [Music]

(38:07) switch sides in three two one and work 10 reps on the opposite [Music] side [Music] [Music] under our final set of 12 alternating presses 24 total in three 2 1 I am going 30s on this final set of 12 you got a

(39:13) minute and 15 to complete [Music] 12 [Music] [Music] 5 Seconds to complete 12 side raises I'm

(40:24) sticking with 10 lbs and two one and [Music] work [Music] for

(41:37) switch some sides in three 2 1 12 on the opposite side last set [Music]

(42:51) all right team we're cutting it off in three 2 1 and we are through through those circuits now we have our final upper body part of the workout we have a 5 minute am wrap so am wrap stands for as many rounds as possible we're going to set 5 minutes on the clock and you're going to complete two exercises as many rounds as you can 10 reps of each movement it's going to be Cobra push-ups and forward leaning dumbbell curls so for these Cobra push-ups if your normal push-up position is up here you're

(43:21) actually going to move your hands down and in keep your elbows tight to your side and complete the cob push-ups like that we're going to leave our lower body on the ground the entire time and try to Arch through the back our main focus here is on the triceps so focus on a good squeeze at the top think about driving through the heel of your hand feeling those triceps work on the way down we're going to do 10 reps there no set rest breakes you're going to hop up you're going to grab two dumbbells and we're going to do 10

(43:49) forward leaning dumbbell curls so you're going to sit on the edge of a bench chair couch you're going to lean forward h hands through your side and you're going to curl those dumbbells up staying Lean Forward by changing the angle of the upper body we actually create a greater contraction at the top of the rep just a little bit different of a feel a little bit different of a leverage there than a standing curl mix it up a little bit kind of overloads the shortened position of the biceps and you're going to jump back and forth

(44:17) between those two rep two exercises 10 reps each for as many rounds as you can in 5 minutes [Music] all right team 10 seconds till we go I'm going 20s on the curls and obviously body weight on the cobras in three two one and go 5 minutes on the clock let's work

(45:42) [Music] tell dance chance tell me dance CH tell me dance [Music] chance [Music] [Applause]

(46:49) [Music] Dan PR people [Music] [Music] people dance [Music] [Music] ch

(47:58) [Music] Dan [Music] dance dance [Music] dan people [Music] [Music] people I

(49:48) 10 seconds left team keep work into the buzzer I know that burn is setting in there in three 2 1 and and stop Team 2 minutes rest and we're into our final Circuit of the day we have another am wrap it's a 3 minute am wrap this time and it's a little bit of cardio you don't need your bench anymore all you need is your body weight so we're going to set 3 minutes on the clock same format go with your own pace style of workout if you got a lot of juice left in the tank let's push it if you got nothing left let's just do

(50:21) good quality reps and try to fight our way through I know I'm dying at this point kind of fun to do the voice over because I get to uh sit while I do it and kind of think about how hard this was so bear position on your hands and knees knees are off the ground about an inch or two and we're going to move laterally for these bear crawls so my opposite hand opposite foot moves this is kind of challenging and if you can't do it sideways you can do it forwards and backwards as me demonstrated from the side but if if you struggle moving

(50:52) laterally which is harder you can move forward crawling and then spin around around and go back so we're going to go three times on this that means to the end of your mat and back is one rep then you're going into eight burpees with an optional push-up so stand at the top of your mat hands go down feet jump back full push-up jump back in stand up and jump you can also jump back go to your knees and do the push-up you can skip the push-up or you can step in and out of the Burpee if you start to struggle

(51:21) and your low back starts to sink sink in as you jump back we don't want with that strain on the low back if you start to fatigue we got about 30 seconds till we uh jump into it walk it off get that heart rate down let's get ready to work is the final Circuit of the [Music] day 5 Seconds team let's get ready in three two one and go 3 minutes on the clock three bear crawls back and forth eight burpees as many rounds as you can [Music] do

(52:31) [Music] he [Music] a [Music]

(53:38) [Music] who [Music] he [Music] keep pushing guys 10 seconds to finish

(54:50) five 3 2 1 and rest Team Awesome work that completes day 16 of the resist program thank you guys for joining in I hope to see you tomorrow for a lower body workout I apologize for the uh voice over today hopefully it worked well I just forgot to plug it in I'll see you tomorrow bye

**2. The BEST Exercises For A Full Body Workout - YouTube**

[**https://www.youtube.com/watch?v=rL5FdSd1tQ4**](https://www.youtube.com/watch?v=rL5FdSd1tQ4)

Transcript:

(00:00) [Music] what's up guys and welcome to today's video hope everybody is good today I'm going to show you exactly what I would do if I could only go to the gym once per week now this is obviously quite an extreme scenario and in my case probably would not even happen but a lot of you guys if you are struggling with time or maybe you can't get access to a gym and you can only go once I'm going to show you exactly what you should do if you want to try and maximize the effectiveness of a workout and prioritize hypertrophy

(00:31) start off with chess what exercise would I do if I could only choose one exercise for chest what an extremely difficult question however after much thought I've decided to go with a dumbbell press on a slight incline the reason why I've chosen Dunbar press over barbell press or let's say for example a machine press is because it just allows you a little bit more freedom of movement particularly when it comes to hand positioning and also elbow positioning I'm also selecting a slight incline when

(00:58) doing the Press because first of all I want to try and Target more my upper chest I already have a pretty well developed lower chest but this is also quite applicable for a lot of people because it's a little bit more external rotation whenever you're doing an incline press it's usually a little bit more joint friendly at the shoulder it's more pleasant if say for example you're doing a flat press to get yourself into this position it's usually a little bit more uncomfortable usually the risk of injuries a little

(01:26) bit greater at the bottom of the movement but if you change the angle a little bit more you can usually go a little bit deeper without any kind of aggravation the shoulder joint the dumbbell press would be the first choice if I had to choose something else it'd be some form of a machine press but only if that machine was a good machine that Not only was comfortable but also applied the resistance where I wanted it to be applied now moving on to the back muscles the back because it's such a large muscle group in comparison to

(01:52) shoulders biceps triceps and chest I would really want to choose at least two exercises for this okay the first one I would do would be a t-bar row to try and hit the mid to upper back the reason why I would choose a t-bar row over anything else mostly because of the chest support okay so the t-bar over the chessboard just means that I can really take my back to complete failure without my spine giving up first It's usually the case I found typically at my level of training experience it's the weight

(02:20) which I need to lift if I'm lifting over 100 kilograms bent over my lower back really starts to give way before my back muscles do my second back exercise of choice would focus more on the lats and the lower lat one of the best movements to allow that to occur would be any kind of pull down movement where you're in a neutral or underhand grip and the elbow has got out in front of you and then being pulled down to the bottom that's where your lat is getting worked as efficiently as it possibly can be

(02:48) there's nothing wrong with doing a like a wide grip pull down but it tends to be other muscle groups which help to move that weight from point A to B now when it comes to the shoulders I wouldn't choose any exercise folks on the front delt because your front delt is going to get enough stimulation when you're doing the dumbbell or machine press what I really would want to work on is one mid delt because the physique without any mid delts looks kind of weird to be honest with you mid delts help with

(03:11) getting a little bit of the V taper and you know most people have pretty shitty mid delts so don't neglect them in an Ideal World world and I do live in an Ideal World I would use a machine like this some form of a lateral raise machine reason why is because we're training the delt where it's relatively strongest in the length and position and this is something which dumbbell lateral razors just don't do okay there's very minimal resistance during the first almost third of the movement and then

(03:41) when you reach the top where the Delta's in the shortened position that's when the resistance is greatest so the profile's not great so something like this is ideal in particular this machine is just so tasty the way it's put together already at the start of the movement there's a significant amount of resistance some training models in the Lenten position and then as we come up it gets relatively lighter okay leaning forward a little bit just to ensure that the mid delt is constantly in the

(04:08) tension well honestly that's one of the best exercises you can do so the resistance profile on that is literally perfect that is a Watson machine I believe unfortunately most gyms do not have lateral raised machines so my second best choice would be to do a lying cable lateral raise instead now we're going to move on to the lower body quads if I had to pick one exercise that would absolutely demolish the quads it would be the pendulum squat again unfortunately a lot of gyms don't have this but it if you do have the

(04:45) opportunity to use one it should be an essential in your lower body training catalog the reason why it's so good first of all you've got the back support okay whenever I do free weight squats whether it be front squat back squat I usually find city when I'm loading myself up with a lot of weight there's a lot of tension which is going on my lower back and it's usually my lower back that gives away before my quads secondly it's really easy for almost everybody to get to the full depth to

(05:11) allow for the full range of motion to occur for a lot of people even if they're doing hack squats for example the reasons why it's not as efficient as this is because a lot of people still struggle to get that depth that's required to really get the quad into the length and position okay so this one when I do it and I am not the most flexible person I'm pretty restricted in terms of my ankle dorsiflexion I can still get to full depth okay that would just not be able to do this doing a front squat

(05:39) back squat or even a hack squat I can't get that depth if I had to pick a second choice I would choose hack squat again because of the back support you know for me I'm at the point now where I'm lifting pretty heavy weight I'm doing a back squats it's not going to be the one for me if I really want to load up my quads there's going to be too many other muscle groups which are going to take over the reason I do it without my shoes on it's just for added stability so I'm not rocking around in my trainers which are

(06:04) definitely not optimal if you're doing leg workouts in so if I had to choose one hamstring exercise it would without a doubt be the seated leg kill the reason why the seat and leg feels so good because first of all it will put your body into a position where your hamstrings are naturally fully lengthened which is great so whenever you're training them there's resistance being applied in the lengthen position and the mid-range as well which is optimal second of all because of the way this is set up one which has a pad

(06:35) it means that you're completely locked into position which is ideal to stop your body from cheating moving about allowing other muscle groups to take over so if you get yourself stay in this position push against the pad really the only muscle that can move shorten and lengthen is the hamstring if the gym didn't have a seated hamstring curl or even if it did but it didn't have the support I would actually skip it because I need something to keep my body locked in place without that support I just can't do that so the

(07:06) second choice would be it would be a toss between the Romanian deadlift and a lying leg curl I'll probably go for lying leg curl because for me honestly when I do a Romanian deadlift the majority of the time I just can't help but load up my glutes okay my glutes will take over the hamstring so for me personally it's not the most efficient exercise if I want to try and Target my hamstrings the main two reasons why I don't like the lying leg curl as much is first of all I'm not as locked in

(07:31) position so you'll notice a lot of people when they do this they lift their bum up into the air and they try and spread the tension and a lot of people when they do this they end up having like a lower back pump which is kind of not really what you want to be getting when you're doing a hamstring curl and then secondly just because of the way it's set up your hamstrings are not naturally in their Lenten position when your body is straight okay so you're kind of you're more so training the mid

(07:56) to shortened range you're not getting that full resistance profile added to the length and position of the hamstring still a good exercise particularly if you have the ability and discipline to lock yourself in place but I personally always go for a seated leg girl so we've covered the quad we've covered the hamstring I wouldn't skip the blue I would still pick an exercise to train my glutes because first of all you know even if you're a guy you don't want to have a flat ass because it just

(08:23) looks a bit weird but second of all having a weak glue is kind of like a broken Link in the posterior chain you want everything to be strong to prevent injury but also to have a complete aesthetic so I would basically want to pick an exercise where I can get myself into this position okay because I want to really lengthen the glutes as much as possible it would be a toss-up between doing a hip thrust or some kind of Bulgarian split squat okay you can do a split Squat and Target the quad but a lot of it is really down

(08:52) to torso and foot positioning if I want to hit the glute then I would try and keep the knee above the center of my foot and I would lean forward a little bit more so here I've got a maximum stretch in my glute okay and then just being fully focused I try and maintain the tension on the glute throughout the movement I want to come up to the top because then I'll just do resting if I wanted to hit my quad more I'd bring my foot a little bit further forward I'd keep my torso more upright and then I'll just think about pushing

(09:20) my knee out in front of my foot as much as possible whilst keeping my heel on the ground okay this would be more quad focused we're going to smash the glutes now I personally prefer to do the Smith machine because it just means that my upper body doesn't tire out say for example if I'm holding dumbbells it usually does particularly if I'm holding some heavy dumbbells up you use wrist straps but my forearms end up burning and I just lose concentration but with a Smith machine I don't need to worry

(09:44) about holding onto the weight it can just rest on me and I can really take my glutes to failure so again I take my shoes off just for added stability get myself positioned properly sink down Lean Forward and then thrust up using just my glutes [Music] so my opinion it's an amazing exercise every time I do this and I do it properly my ass is absolutely destroyed the following few days after I've done it so that is my lower body covered in the workout and you might argue Mike well where's the calf training

(10:20) realistically if I'm going to be training one session per week I'm not going to waste my precious time and energy training course I'm afraid I'm just gonna have to skip carb training oh no it is what it is now we're going to finish up with some biceps and triceps I'll add you could skip them if you wanted to but to me having a good set of arms is necessary to have that complete physique particularly with the upper body so if I had to choose one exercise for the biceps I would almost always go

(10:45) for single arm dumbbell bicep curl on the preacher bench reason why I would do single arm first of all is because it's more joint friendly with the elbows okay usually if you do any kind of standing kill or even if you're doing a preacher kill naturally your elbows want to kind of point out a little bit single arm you can align yourself so your elbow is pointing directly downwards and it's just going to be a lot easier on the joint itself there'll be less aggravation and I would use the preacher

(11:12) to bench itself because it gives you that support okay it eliminates any cheating or any rocking of your torso or even movement at the elbow joint a lot of people when they do a bicep curl they move the elbow too much okay obviously that's a bit excessive but the movement of the elbow and the Torso you're just cheating are one of the added benefits to doing a preacher kill with a single arm is when you do start to reach concentric failure so if you're on like the last set you can just spot yourself

(11:40) and really push beyond that point of failing on the concentric face and then you can just lower it down and if you don't have a pre-chip bench no need to worry you could literally just do the same thing on an incline bench as well you can get your arm in the same position you torso in the same position and just replicate the same movement now with the triceps this one's a little bit more difficult I would say because usually whenever I set up my tricep training there's usually one exercise which involves some kind of pushing one

(12:12) exercise where there's an extension and then one exercise where the elbow is above the head and I'm pulling on some resistance over on top of my head it's all heads and allows you to get that really juicy looking 3D tricep but if I had to choose one I would I would probably go for some form of uh extension the uh the cable crossover to this one the reason why I like this is because good profile resistance profile you train the triceps and the lengthened mid position okay the the majority of the resistance is going to be here in

(12:46) the length and mid and then the resistance tape is off in the shortened position here when it's relatively weaker so that's ideal and secondly because of the angle at which I'm pulling it's just going to be a lot more joint friendly at the elbow so let's say for example if I was to do any kind of uh let's say for example a skull crush or extension with a straight bar there's usually a lot of unnecessary forces placing the elbow joint if you do too much of that the elbows don't like it

(13:15) but this a lot more joint friendly as I said before if I didn't have the cables my second choice would probably be close grip press close grip press with a neutral grip if you could do that that's gonna be pretty damn good for the triceps as well so that is it that is the exact routine which I would do if I could only train once per week now obviously there's quite a lot of exercises in there so it's going to take longer than usual to execute that workout probably an hour and a half realistically but an hour and

(13:46) a half really isn't that bad if you're only going to the gym once a week it's certainly not over training and you're certainly going to have the capability to smash through it all because you only trading once a week it's absolutely nothing one or two muscle groups I suppose missed out there didn't really hit up the calves didn't really focus on the rear delts maybe you could throw in some rear delt flies with the reverse pack deck if you wanted to but honestly those exercises when done properly

(14:10) should be enough to take you over and maintain or even grow depending on how heavy you're lifting if you were to ask me mate well I can only go to the gym three times per week what would be the best three workouts to do well I put them all together in the first step okay here male female we have three four five day training splits three days these are my optimal tried and tested with myself and clients the best workouts which I would do during train three times per week if you can only train four times per week same things again we've got a

(14:39) little bit more variation and the same thing with five times per week even more variation a lot of these which one you choose very dependent upon which muscle group you want to focus on so obviously they'll be strong points weak points different goals and different times of the year but if you haven't already subscribed to the first app and I suggest you do and then exactly 24 hours after this video has gone live there's gonna be a sale on the website where you can get a big discount to signing up to

(15:05) the app so make sure you don't miss out thank you very much watching hope you enjoyed this video give it a thumbs up if you have done and I'll see you in the next one