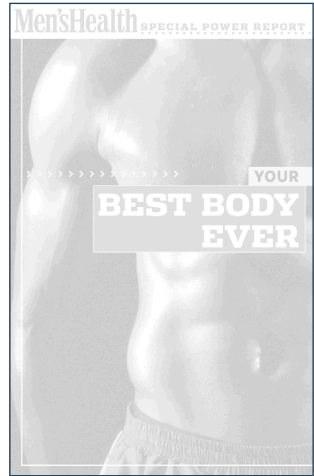


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YOUR

BEST BODY EVER

**GET INTO THE BEST
SHAPE OF YOUR LIFE**

Your body can become a fat-burning machine if you build large muscle groups like your back, chest, quadriceps, hamstrings, and gluteal muscles. Focus on these and you'll work more muscle fibers than if you targeted smaller ones, and you'll add lean muscle to your frame. More lean muscle means a more effective resting metabolic rate. That's why every muscle plays a part in building a body that burns fat. This array of classic compound exercises performed in superset fashion adds up to a full-body plan with a few twists—literally. Many of the moves require you to turn the weights as you lift. These slight variations can help bring even more muscle fibers into play.

To maximize the fat-burning effect, you have to minimize the time you spend resting. For each superset or triset, do 10 to 15 repetitions of the first exercise, then immediately proceed to the next move in the pair or trio. Rest only as long as assigned between sets. Maintaining this

fast pace allows you to do more work in a shorter period of time. That way, you'll always have enough time after your weight routine for the cardio work required to burn more calories and shed extra fat. Always do the exercises in the order shown, and do 10 to 15 repetitions for each.

LOWER-BODY SUPERSET

STEP LUNGE (legs)

Holding dumbbells at your sides, stand about 3 feet from a step with your feet hip-width apart. Stride forward onto the step with your left foot so that your left thigh ends up parallel to the floor. Push yourself back to the starting position and repeat the exercise, this time stepping

forward with your right leg.

> WATCH YOUR FORM: Try to plant as much of your foot on the step as you can. Stepping onto just your toes or the ball of your foot requires more effort from your calves, causing them to tire faster than your other leg muscles.



SCHEDULE

TIME PERIOD	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SETS OF EACH EXERCISE	2	2	2	2
REST BETWEEN SUPERSETS	15-30 sec	15 sec	15-30 sec	15 sec
DO THIS WORKOUT...	2/wk	3/wk	2/wk	3/wk
DO CARDIO TRAINING IMMEDIATELY AFTERWARD AT LEAST 1 DAY/WK FOR A MINIMUM OF...	15-20 min	20-25 min	25-30 min	25-30 min

4-DOWN, 2-UP SQUAT (legs)

Stand with a loaded barbell resting across the back of your shoulders, and your feet shoulder-width apart. Keeping your back upright and your head facing forward, slowly lower your body for a count of 4 seconds. When your thighs are parallel to the floor, take no more than 2 seconds to push yourself back up into a standing position.

> WATCH YOUR FORM: Don't lean too far forward or sway from side to side. Initiate the descent at the hips, not the knees, and lower your body as if you were sitting back into a chair.



ARMS SUPERSET

TWISTING DUMBBELL CURL (biceps)

Stand holding a dumbbell in each hand with your arms at your sides and your palms facing behind you. Keeping your upper arms tucked against your sides, slowly curl the weights up, rotating your wrists as you go, until the weights reach your shoulders and your palms face each other. Contract your biceps, then reverse the motion to return to the starting position.

► **WATCH YOUR FORM:** If you're rotating your wrists properly, your palms should face each other just before your forearms are parallel to the floor. If they don't, you're twisting too much or too little.



BENCH DIP (triceps)

Sit on the end of a bench or chair with your hands on the edge. Move your feet out in front of you and slide your body forward until your legs are straight and your arms are behind you, supporting your weight. Your arms should be straight, elbows unlocked. Lower your body until your upper arms are parallel to the floor. Pause, then push yourself back up until your arms are straight.

► **WATCH YOUR FORM:** Try to lower your body straight down so that there's only a small space between you and the bench throughout the move.



UPPER-BODY TRISET

DUMBBELL BENCH PRESS (chest, shoulders, triceps)

Lie on a bench and hold a pair of dumbbells along the sides of your chest with your palms facing each other. Press the weights above you, rotating your wrists so that your palms face away from you and slightly out at the top of the move. Pause, then slowly lower the weights to the starting position, rotating your wrists as you go.

► **WATCH YOUR FORM:** Rotate the weights throughout the exercise instead of at the top of the move, as some lifters do. Rotating the weights only when they're at arm's length puts excessive stress on your wrists.



BENT-OVER ROW (upper & middle back, biceps, rear shoulders)

Stand holding a pair of dumbbells, with your feet shoulder-width apart. Keeping your back flat, bend forward at the hips until your back is almost parallel to the floor. Your legs should be slightly bent, your arms straight under your shoulders, and your palms facing each other. Draw the weights up toward the sides of your chest, squeezing your shoulder blades together. Pause, then slowly lower the weights, and repeat.

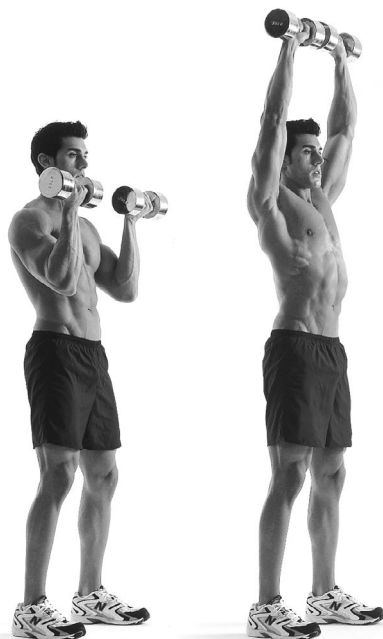
► **WATCH YOUR FORM:** Don't use momentum to pull the weights up. Keep your back flat and at the same angle throughout the exercise.



ARNOLD PRESS (front & middle deltoids, triceps, upper trapezius)

Stand holding a pair of dumbbells in front of you at chest height with an underhand grip (palms facing you). As you push the weights overhead, rotate your arms so that your palms face forward at the top of the movement. Pause at the top, then slowly lower the weights back down, rotating your wrists as you go, so that your palms face you again.

> WATCH YOUR FORM: Slowly twist your wrists throughout the move. The top and bottom of the exercise are the only points at which the weights should not turn.



SINGLE SET

FIGURE-FOUR DOUBLE CRUNCH (upper & lower abs)

Lie flat on your back with your knees bent, feet flat on the floor. Place your hands on your head behind your ears. Rest your right ankle on your left knee and raise your left foot a couple of inches. This is the starting position. Slowly curl yourself forward as you bring your left knee toward you. Pause, lower yourself (keeping your left foot off the floor), and repeat for a set. Switch positions so that your left ankle lies across your right knee and repeat the move for another set.

> WATCH YOUR FORM: Bring your knee only slightly toward you.



A Better Way to Train

Before starting a new exercise program, here are some facts you should consider.

> IF YOU ARE OVER 40...Use weight machines instead of free weights. Weight-training machines force you to focus more on form and less on how much weight you're using—a good thing—while protecting you from injury.

> IF YOU ARE A RUNNER...Be aware that running will cause you to lose muscle mass—that's why marathoners have such thin legs. Running shrinks muscle fibers to make them more metabolically efficient.

You can't get around this by lifting weights because your body negates that work through a mysterious "interference effect." Your type II fibers—the biggest ones—will still grow if you run and lift. But your type I fibers won't, and even though they're smaller than the type IIs, they probably comprise 50% of the muscle fibers in your body that have any growth potential.

> IF YOU WANT AN AEROBIC WORKOUT THAT WILL BURN FAT...Try regular interval training. Three times a week: Start with a 10-minute warmup of light jogging. Then sprint for 45 seconds at 80% of your maximum heart rate. Recover with 90 seconds of walking or light jogging, and repeat your cycle of sprints 8 to 12 times. Cool down with a 10-minute jog.

> IF YOU WANT TO BOOST MUSCLE GROWTH...Maximize the process of repair and rebuilding muscle tissue by taking in the right mix of protein and carbs about 2 hours after your workout. Your body

builds muscle faster during this time, and that optimum nutrient combination stimulates the hormones needed to make it happen. Have a smoothie made with yogurt and fruit, and you'll take care of both your protein and carbohydrate needs.

> IF YOU AREN'T SEEING RESULTS FROM YOUR WORKOUT...Chances are good that you have one of these muscle-killing habits:

SMOKING. "Smoking places carbon monoxide in your system, which prevents your muscles from getting as much oxygen to use for energy," says Scott Swartzwelder, Ph.D., a clinical professor of medical psychology at Duke University. "The less oxygen your muscles have to draw from, the less efficient they are at contracting, which can limit their capacity for work."

LIMIT SETS TO TWO

JUST BECAUSE > You want to push the muscle to fatigue, but that doesn't mean you have to camp out at each weight station. "Doing more than two sets causes the muscle to take longer to recover and could, in the long run, hurt your progress," says Pittsburgh Steelers conditioning coach Chet Fuhrman.

Fix it: Quit smoking, and don't worry about becoming a cold-turkey butterball. "Getting in at least 30 minutes of exercise three or four times a week not only helps control body weight, but can also produce positive psychological effects that might diminish the need to smoke," says Swartzwelder.

LACK OF SLEEP. If you are missing out on deep quality sleep, your muscles can't recover. Moreover, says Catherine Jackson, Ph.D., chairwoman of the department of kinesiology at California State University at Fresno, when you work out on insufficient sleep, you exercise at a lower intensity than you realize—but you feel as if it's high. So your muscles are less likely to receive enough stress to grow.

Fix it: Go to bed and wake up at set times every day, even on weekends, to keep your sleep cycles regular. Avoid caffeine—and perhaps exercise—for 4 to 6 hours before bedtime. Elevating your heart rate before bed can interfere with sleep, Jackson says.

Perfect Body in 3 Hours Per Week

In addition to functional moves that will work several muscle groups at once, we've included a modified crunch, pushup, and dumbbell row for when you want to target specific muscle groups. You can mix and match the exercises however you want, but just be sure to work each muscle group at least once during the week.

► **DIAGONAL CHOP.** Hold a 6- to 8-pound medicine ball or plate in front of your chest and stand with your feet shoulder-width apart. Pivot on your right foot and

rotate 90 degrees to the right, while raising the ball up and to the right. Make sure to keep your left knee aligned with your toes to prevent it from twisting. Next, pivot on your left foot and bring the ball down toward that foot. That's one repetition. Do 10 reps, then switch sides.

► **VERTICAL CHOP.** Raise a 6- to 8-pound medicine ball straight above your head and stand with your feet shoulder-width apart. Chop down between your legs with the medicine ball, but don't let it touch the floor. Keep your hips, knees, and feet

THE KILLER PUSHUP

DO THE REVERSE ► The reverse pushup strengthens the back, abs, and gluteal (or butt) muscles—essential muscles for maintaining good posture. And it does so all in one move. First, lie face down, hands at shoulder level—as you would for a pushup. Keeping your hips against the floor, straighten your arms to lift your upper body. Return slowly to the starting position. If you can do this 10 times easily, try doing the exercise with no hands, arms held against your sides.

aligned as you would for a squat. Do 10 to 12 repetitions.

► **WEIGHTED CROSS CRUNCH.** Lie on your back on the floor and hold a dumbbell or medicine ball with both hands near your right shoulder. Curl your torso up and to the left as you bring the weight to the left of your left hip. Do 10 reps, then repeat the move to the right.

► **SWISS-BALL PUSHUP.** Assume the standard pushup position, but rest your hands directly under your shoulders on a Swiss ball and your toes on the floor. Bend your arms until your chest touches the ball. Pause, then push yourself back up to the starting position. Do 10 repetitions.

► **REACHING LUNGE CHOP TO OVERHEAD REACH STAND.** Hold a medicine ball over your head with your arms straight. Lunge

forward and bring the ball to the instep of your front foot. Pause when your back knee is about an inch off the floor, then push back to the starting position. Do a set of 10 reps with one leg before lunging with the other.

► **STAGGERED-STANCE DUMBBELL ROW.** Grab a pair of dumbbells and stand with your right foot a couple of feet in front of your left. Bend forward at the hips until your back is at a 45-degree angle to the floor. Keep your back straight. Now pull the weights up to your chest, pause, and slowly lower them back down. Do 10 reps, then do another set with your left foot forward. For a greater challenge, lift your back leg off the floor and balance on your front leg during the exercise. Lower your torso until it's parallel to the floor. Then do the row.

Build Bigger Arms Fast

Trade your pint-size pistols for big guns with these effective moves.

► **DUMBBELL INCLINE CURL (biceps).** Set an incline bench to a 45-degree angle. (More upright is easier; flatter is harder, but potentially tougher on your shoulders.) Grab a pair of dumbbells and lie on your back on the bench. Let your arms hang straight down from your shoulders and turn your palms forward. Without allowing your upper arms to move forward, slowly curl the weights up as high as you can. Then, without pausing, take 5 seconds to lower the dumbbells back to the starting position. Do 6 reps.

► **DUMBBELL OFFSET CURL (biceps).** Grab a pair of dumbbells with an offset,

underhand grip, so that your little finger is pressed against the inside head of the dumbbell and your palms are facing forward. Sit at the end of a bench and hold the dumbbells at arm's length at your sides. Without allowing your upper arms to move forward, take 2 seconds to curl the weights up as high as you can. Pause for 1 second, then take 3 seconds to lower the dumbbells back to the starting position. Do 12 reps.

► **DUMBBELL HAMMER CURL (brachialis and brachio-radialis).** This one works the lower part of your biceps muscle. Stand with a dumbbell in each hand, your arms straight down at your sides and your palms facing each other. With your back straight, slowly curl the dumbbells toward your

shoulders, keeping your wrists from turning as you go. Your thumbs should point toward your shoulders at the top of the move. Slowly lower the weights to the starting position. Do 12 reps.

► **TRICEPS PUSHDOWN.** This is one of the most efficient isolation exercises you can use for improving the size and strength of your triceps muscles. Stand in front of a high-pulley cable station and grab a straight bar with an overhand grip, your hands shoulder-width apart. Keeping your back straight, tuck your upper arms in to your sides and position your forearms almost parallel to the floor (hands a bit higher than elbows). Your elbows should be pointing straight behind you. Slowly push the bar down until your arms are straight and the bar reaches your thighs.

Pause, then slowly allow the bar to rise until your forearms are again just past parallel to the floor. Do 12 reps.

REPAIR YOUR MUSCLES

POP VITAMIN E ► Taking ibuprofen after a workout may erase the ache, but according to a study, your muscles won't heal any faster. The better pill to pop? Vitamin E; researchers at Tufts University found that 1,000 IU can help repair damaged muscle fibers.