



# FULL BODY WORKOUT GUIDE

**MUSCLE  
& FITNESS**

## WORKING YOUR WHOLE BODY

in one workout is perfect for beginners and people on the go. If you only have a couple of hours per week to dedicate to your training, a wholebody programme like this one can keep you fit.

➡➡ This programme is a mix of machine and free-weight (barbell and dumbbell) exercises. While machines offer a lot of benefits to beginners because of their safety and the controlled movement patterns, it's also important to get your body accustomed to free weights. Doing a little of each is a good bet for faster advancement.

➡➡ Don't forget to breathe! Advanced bodybuilders and strength-training athletes learn to adjust their breathing patterns on exercises depending on the particular move, but beginners should simply follow this rule: breathe out as you pass the most difficult part of the move, breathe in as you return to the start.

# #97

EXERCISE	SETS	REPS
Leg Press or Split Squat	2	12-15
Hammer-Strength Incline Machine Press (or) Incline Dumbbell Press*	2	12-15
Machine Row	2	12-15
Seated Machine Press**	2	12-15
Barbell Preacher Curl	2	12-15
Seated Overhead Dumbbell Extension	2	12-15
Seated Calf Raise	2	12-15
Supported Crunch†	2	12-15

Perform this workout on three non-consecutive days each week. Before you begin, warm up with 10 minutes of cardio activity, such as a light jog. \*See description in **CHEST** section. \*\*See description in **DELTS** section. †See description in **UPPER BODY** section.

## LEG PRESS

See description on page 65.



## SPLIT SQUAT

**START:** At the beginning, use just your body weight so you learn the movement. Stand with both feet together, then take a giant step forward with your right leg. Your left heel will lift off the floor.

**MOVE:** Drop your body downward by bending your right knee and lowering your left knee toward the floor. Reverse the motion and press back up into a standing split squat. Complete all reps for one side, then switch to the other.





## HAMMER-STRENGTH INCLINE MACHINE PRESS

See description in **CHEST** section.



## MACHINE ROW >>

**START:** Sit with your chest against the support pad and take an overhand or hammer grip on the handles.

**MOVE:** Keeping your chest lifted, maintain the natural curve in your low back as you squeeze your shoulder blades together and pull the handles toward your sides. Slowly lower the weight and repeat. As on all machine moves, don't allow the weight stack to touch down between reps.

## BARBELL PREACHER CURL

**START:** Set the seat height so that when you sit down, the arm rest is slightly below shoulder level. Take an underhand grip on a barbell and place the backs of your upper arms firmly against the pad.

**MOVE:** Slowly curl your arms and raise the weight to a point where your elbows are just a bit beyond 90 degrees. Flex at the top of the movement, then slowly lower the weight.



## SEATED OVERHEAD DUMBBELL EXTENSION

See the dumbbell extension in **TRICEPS** section, but use one dumbbell at a time.



## SEATED CALF RAISE

**START:** Sit in the machine and place the balls of your feet on the platform so that your heels hang off the edge.

**MOVE:** Raise your heels as high as possible and release the safety bar. Lower your heels as far as you can, then reverse the motion and raise your heels as high as possible.



## DUMBBELLS AND AN ADJUSTABLE

bench. Just because this is an “advanced” workout doesn’t mean you need any fancy machines. Yes, with minimal equipment, you can thoroughly thrash your body, top to bottom, and spark it to grow like never before. In this workout, we’ve combined top-notch exercises to create multi-dimensional compound moves that’ll energise your neural pathways and engage your muscles in new, innovative ways.

➡➡ Take plenty of time to complete this workout the first few sessions. Be patient with the exercises, err on the side of lighter weights at the start, and take ample rest periods — up to three minutes — between sets. As you get more adept at the moves, work on gaining strength in the lifts and shortening your rest period down to 60–120 seconds.

# #98

EXERCISE	SETS	REPS
<b>Dumbbell Squat + Overhead Press</b>	3	10, 8, 6
<b>Dumbbell Push-Up + Row</b>	3	10, 8, 6
<b>Dumbbell Deadlift + Upright Row</b>	3	10, 8, 6
<b>Dumbbell Pullover + Press</b>	3	10, 8, 6
<b>Woodchopper</b>	3	15, 12, 10
<b>Dumbbell V-Sit</b>	3	12, 10, 8
<b>Standing Alternate Dumbbell Curl</b>	2	10, 8
<b>Dumbbell Kickback</b>	2	10, 8

Rest 1 to 3 minutes between sets.

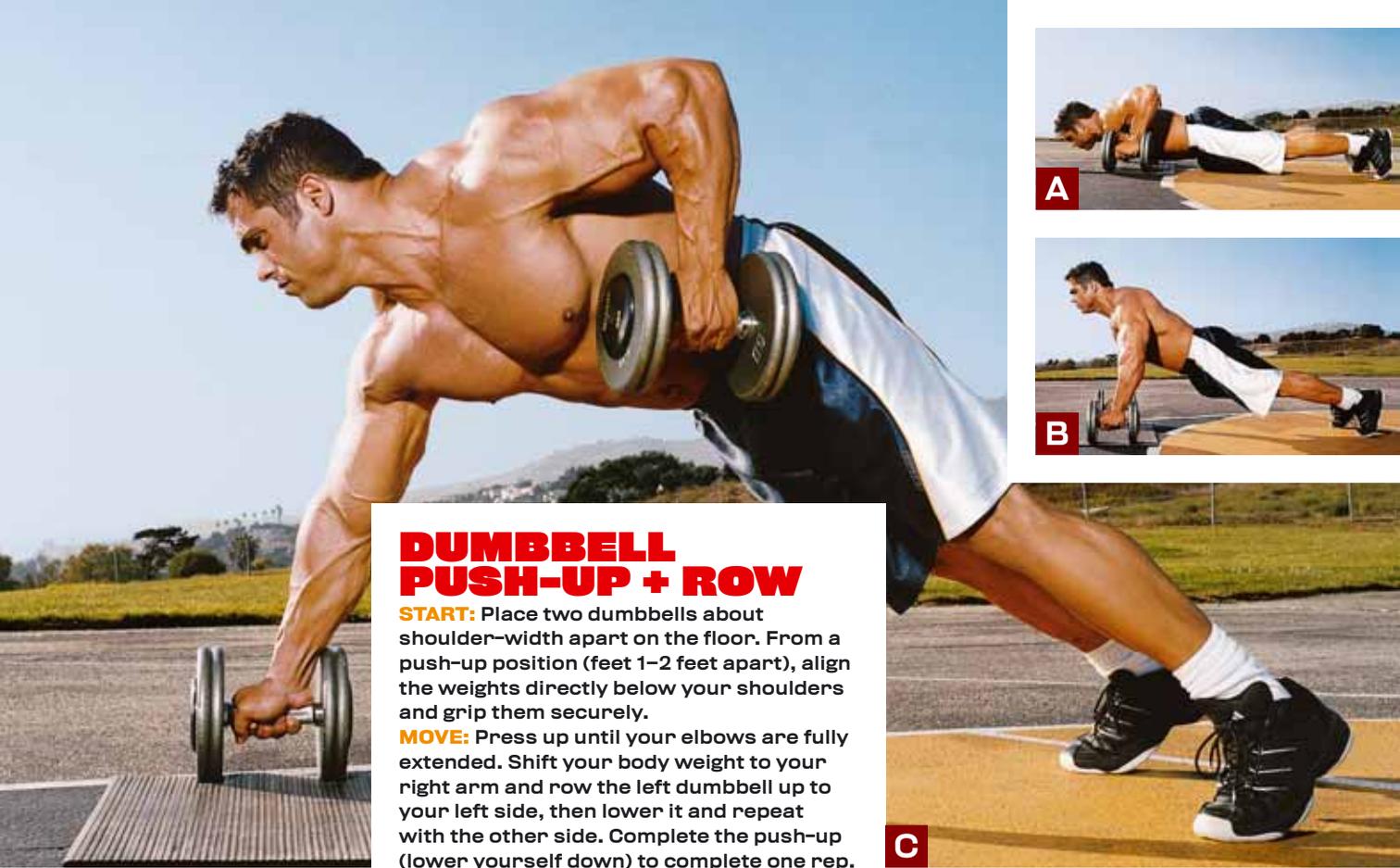


## A DUMBBELL SQUAT + OVERHEAD PRESS

**START:** Hold two heavy dumbbells at shoulder level. Keep your lower back arched, feet just outside shoulder-width apart, toes pointed out slightly.

**MOVE:** Squat down, holding the dumbbells in position. Pause at the bottom (thighs parallel to the floor), then drive back up to the start. When your knees are almost fully extended, press the dumbbells overhead. Slowly lower the dumbbells back to shoulder level and begin the next rep.





## DUMBBELL PUSH-UP + ROW

**START:** Place two dumbbells about shoulder-width apart on the floor. From a push-up position (feet 1–2 feet apart), align the weights directly below your shoulders and grip them securely.

**MOVE:** Press up until your elbows are fully extended. Shift your body weight to your right arm and row the left dumbbell up to your left side, then lower it and repeat with the other side. Complete the push-up (lower yourself down) to complete one rep.

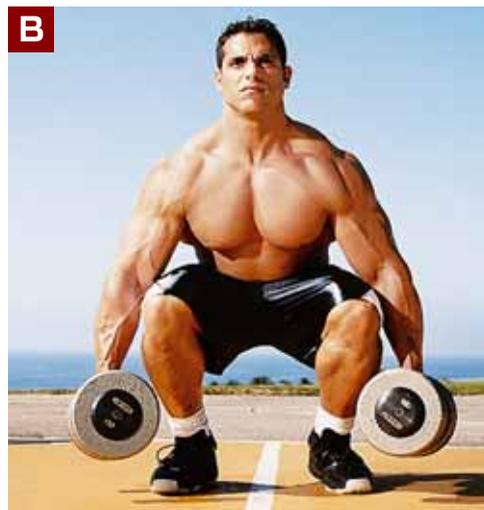
A

B

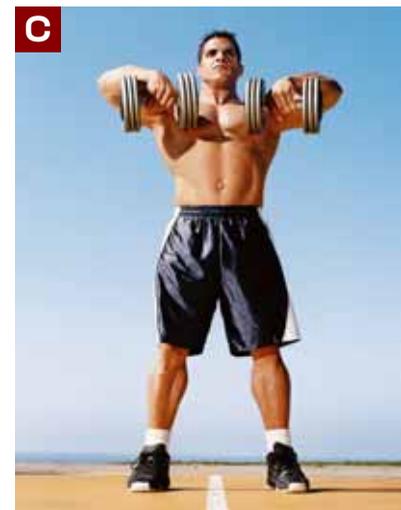
C



A



B



C

## DUMBBELL DEADLIFT + UPRIGHT ROW

**START:** Grasp two heavy dumbbells with an overhand grip (palms facing your quads), feet shoulder-width apart, knees slightly bent, chest raised, shoulders retracted and your low back slightly arched.

**MOVE:** Complete a traditional deadlift, bending at your knees while lowering your hips toward the floor; at the bottom, you should be in a full squat. As you drive through your legs to return to the start position, extend the movement by adding an upright row. Keep the weights close to your body, pulling them higher than mid-chest level. Your elbows should be higher than your hands during this portion of the movement. Slowly lower the weights to your sides >>



A

B



### WOOD- CHOPPER

**START:** Stand with your feet about shoulder-width apart and grasp a light dumbbell in both hands, holding it outside and above your right shoulder. Flex your knees slightly, taking an athletic "ready" position. Pull your abs in and keep your elbows bent slightly.

**MOVE:** Pull the dumbbell diagonally across your body until it's beside your left hip. Reverse direction, returning to the start. Repeat for reps, then switch sides. Move deliberately but not explosively (about 2–3 seconds on both the

concentric and eccentric portions of each rep). Don't flex forward with your spine when doing this or any rotational work for the obliques.

### DUMBBELL KICKBACK

See description in **TRICEPS** section.





## DUMBBELL PULLOVER + PRESS

**START:** Grasp a dumbbell in each hand and lie face-up on a flat bench with your feet planted on the floor. Extend your arms toward the ceiling from your shoulders, elbows slightly bent and palms forward.

**MOVE:** Let the weight of the dumbbells slowly pull your arms behind your head as you twist your wrists inward. At the bottom, the dumbbells will be just below the level of the bench. Contract your pecs and lats to pull your arms back up to the start, then bend your elbows to lower the dumbbells toward the outside of your chest. Press them back up and begin the next rep.

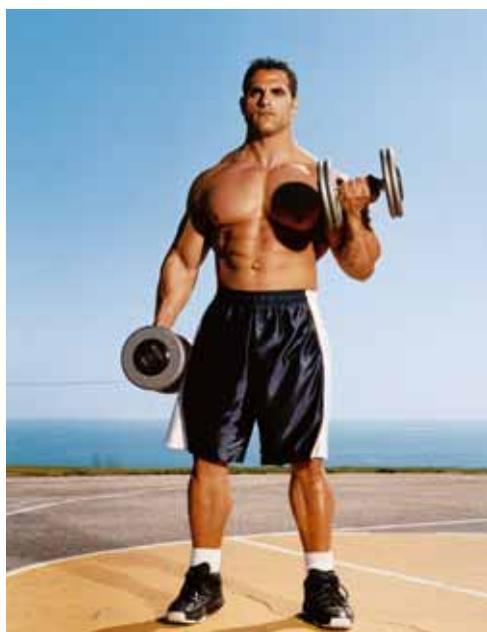
C



A



B



## STANDING ALTERNATE DUMBBELL CURL

See description in **BICEPS** section.



## DUMBBELL V-SIT

**START:** Lie face-up on a flat bench. Hold a relatively light dumbbell with both hands, arms fully extended overhead.

**MOVE:** Contract your abs to flex your spine, slowly drawing your hips and shoulders off the bench. Crunch hard until your feet and hands point at the ceiling, and your body is in a "V" position. Return to the start.

## TWO CIRCUITS – ONE HELLUVA

full body workout. In this programme, you'll complete two separate circuits of four exercises each. Made up of basic bread-and-butter moves, the learning curve isn't too tough, meaning most intermediates can jump right into this and start seeing results quickly.

➤➤ If you want to use this as your one and only workout, complete it 2-3 times per week on non-consecutive days (for instance, Monday, Wednesday and Saturday).

➤➤ Or you can use it in conjunction with a regular body part split. If you do a four-day split over the course of a week (for instance, chest and back on Monday, legs on Tuesday, delts and abs on Thursday and arms on Friday), you can do this on the weekend as an extra boost to your training. (We only recommend that approach if you're in a get-lean mode; for those trying to gain mass, that may be overdoing it.)

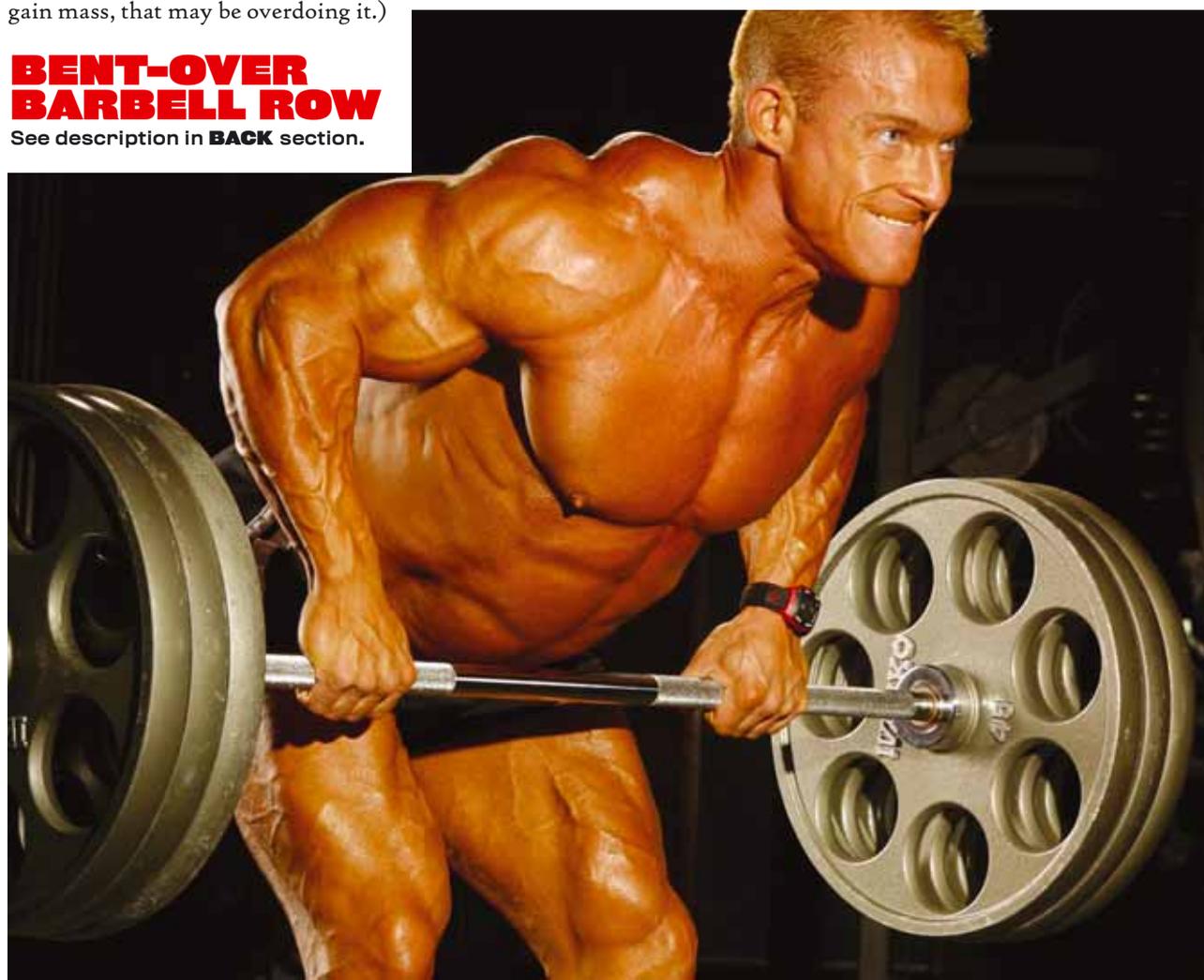
## BENT-OVER BARBELL ROW

See description in **BACK** section.

# #99

EXERCISE	SETS	REPS
<b>Circuit 1:</b>		
<b>Bent-Over Barbell Row</b>	<b>2</b>	<b>10</b>
<b>Leg Press</b>	<b>2</b>	<b>10</b>
<b>Lying Leg Curl</b>	<b>2</b>	<b>10</b>
<b>Crunch</b>	<b>2</b>	<b>15</b>
<b>Circuit 2:</b>		
<b>Flat-Bench Dumbbell Press</b>	<b>2</b>	<b>10</b>
<b>Standing Barbell Press</b>	<b>2</b>	<b>10</b>
<b>Barbell Curl</b>	<b>2</b>	<b>10</b>
<b>Lying French Press</b>	<b>2</b>	<b>10</b>

Complete the first circuit twice through, then move on to the second circuit. Don't rest between exercises within the circuit, and rest one minute between circuits.





## CRUNCH

See description in **ABS** section.



## STANDING BARBELL PRESS

**START:** Take an overhand grip on a barbell, just outside shoulder width. Hold it at your clavicles.

**MOVE:** Press the bar straight overhead, stopping just short of elbow lockout. Then lower back to your upper chest/clavicle region and repeat.



## LYING BARBELL FRENCH PRESS

See description in **TRICEPS** section; here you use a barbell instead of an EZ-bar, although either is acceptable.

**WITH THIS ASSORTMENT OF** barbell and dumbbell exercises, you'll definitely be breaking a sweat in your home gym. But that kind of focused work is what gets results.

➤➤ The routine is front-loaded with exercises that will require the most energy output — the deadlift, split squat and high pull. These will get your heart pumping and your body primed for action.

➤➤ Here, as with all the workouts included in this book, you should take the time to warm up, at least 5–10 minutes of easy cardio, and 3–5 extremely light sets of the first few exercises before getting into the working sets.



## DEADLIFT

**START:** Stand with your feet shoulder-width apart. Keeping your head up and your back slightly arched, bend your knees and grasp the barbell with an overhand or alternating grip.

**MOVE:** Push through your heels to drive the weight up with your legs. With your chest out and back straight, contract your hamstrings and pull your hips forward to stand erect. Set the barbell on the floor (make sure it's padded) after every rep; the reset will help you maintain good form.

# #100

EXERCISE	SETS	REPS
<b>Deadlift</b> (superset with)	<b>3</b>	<b>15, 6–8</b>
<b>Dumbbell Split Squat</b>	<b>3</b>	<b>12–15</b>
<b>High Pull</b> (superset with)	<b>2</b>	<b>6–8</b>
<b>Multi-Angle DB Press</b>	<b>2</b>	<b>18</b>
<b>Incline Dumbbell Row</b> (superset with)	<b>2</b>	<b>8–12</b>
<b>Arnold Press*</b>	<b>2</b>	<b>8–12</b>
<b>Decline French Press</b> (superset with)	<b>2</b>	<b>8–12</b>
<b>Dual Incline Dumbbell Curl**</b>	<b>2</b>	<b>8–12</b>
<b>Single-Leg Calf Raise</b> (superset with)	<b>2</b>	<b>8–10</b>
<b>Crossover Crunch†</b>	<b>2</b>	<b>12–20</b>

Example: do the deadlift for 6 to 8 reps, followed immediately (no rest) by 12 to 15 reps of the dumbbell split squat: that's one superset. Then rest 30 to 90 seconds and repeat the process. Once you complete three supersets, move onto the next superset combo — high pulls and multi-angle dumbbell presses. \*See description in **DELTS** section. \*\*See description in **BICEPS** section. †See description in **ABS** section.



## DUMBBELL SPLIT SQUAT

This is the same exercise as shown on page 132 (beginner workout in full body), except shown here with dumbbells instead of the body weight-only version.





## HIGH PULL

**START:** The first part of the movement is the same as for the deadlift.

**MOVE:** When the bar reaches thigh level, explosively move it upward by extending the hip, knee and ankle joints in a jumping motion. When you reach full extension, shrug your shoulders, then pull with your arms, bringing the bar as high as possible. Slowly lower the bar and reset.

## MULTI-ANGLE DUMBBELL PRESS >>

**START:** Hold two dumbbells and lie face-up on a flat bench (not pictured), holding the weights overhead.

**MOVE:** Do six presses, increase the angle of the bench to a 30-degree incline (shown in photo) and continue. After up to six more reps, increase the angle of the bench once again to 60 degrees. Repeat. Rest only as long as it takes to adjust the bench.



## DECLINE FRENCH PRESS

**START:** Lie face-up on a slightly-declined bench. Take an overhand grip on an EZ-bar and lift it into position over your forehead, your arms straight.

**MOVE:** Bend your elbows and lower the weight behind your head, then flex your tri's to return to the start.



## SINGLE-LEG CALF RAISE

**START:** Step onto a raised surface with your heel off the edge, and hold a dumbbell at your side with your palm facing your body, placing your opposite hand on a stationary object for support. Lift your opposite leg off the floor.

**MOVE:** Press up onto the ball of your foot, hold the contraction and lower to the start.



## INCLINE DUMBBELL ROW

**START:** Grasp a dumbbell in each hand and straddle an incline bench, pressing your chest against it.

**MOVE:** With your palms facing inward and elbows close to your body, pull the weights as high as possible, squeezing your shoulder blades together at the top.



**SO YOU WANT TO BE THE BIGGEST, strongest guy in your gym?** This workout will go a long way to elevating you to such a lofty status. Follow this routine to the letter while continually trying to use heavier and heavier poundages as your body adapts, and you won't be able to help but grow like a weed.

➤➤ Many of these exercises work multiple major muscle groups at once (for example, the first move hits your thighs, delts and core), and they build explosive strength at the same time.

➤➤ While we've stressed slow, deliberate motions for most of the exercises in this book, in this power routine you want to "explode" through the positive contraction. For example, on the decline barbell press, bring the bar down carefully to your chest, then push as hard and as quickly as you can to lift the bar straight up. (Inward/outward rotation is an exception to this.)

## #101

EXERCISE	SETS	REPS
Squat Jump-Push Press	4	12, 10, 8, 6
Squat-Upright Row	3	10, 8, 6
Romanian Deadlift*	3	10, 8, 6
Decline Barbell Press**	3	10, 8, 6
Inward/Outward Rotation	2	20
EZ-Bar Preacher Curl†	2	10, 8
Seated EZ-Bar Overhead Extension††	2	10, 8

\* This move is similar to the Romanian dumbbell deadlift in **LEGS** section, except you hold a barbell in front of you, using a shoulder-width grip on the bar. \*\* See description in **CHEST** section. †See description in **BICEPS** section. ††Similar to the overhead dumbbell extension in **TRICEPS** section, except you use an EZ-bar (palms angled in) instead of a dumbbell.



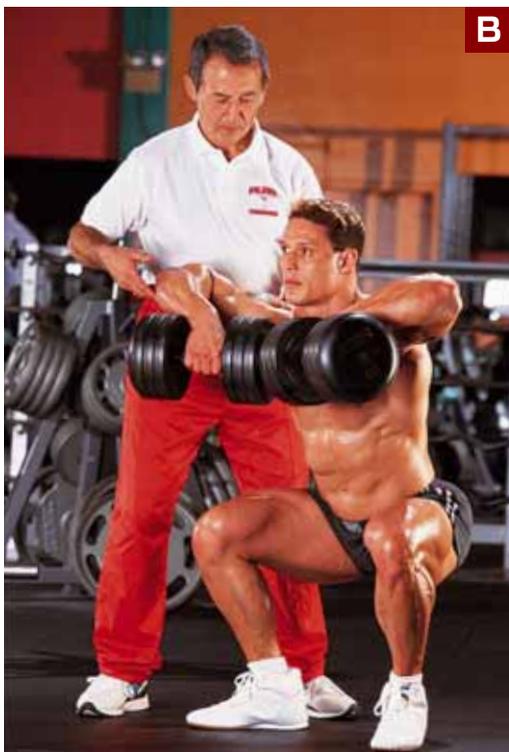
## SQUAT JUMP-PUSH PRESS

**START:** Stand up straight holding dumbbells at shoulder level, so your palms face each other.

**MOVE:** Descend into a full squat and then explode upward, jumping out of the squat as you press the weights to full extension. As you land, lower the weights back to your shoulders, making sure to bend your knees to "catch" them smoothly. Descend immediately into another rep. The movement is continuous; you shouldn't come to a stop until the set ends.



**A**



**B**

## SQUAT-UPRIGHT ROW

**START:** Stand up straight holding a pair of dumbbells at arms' length in front of your thighs, palms facing your body.  
**MOVE:** Bend your knees until your thighs are parallel to the floor. As you descend, pull the dumbbells up to the level of your collarbones. Straighten your arms and legs simultaneously to return to the start position.



**A**



**B**



**C**

## INWARD/OUTWARD ROTATION

**START:** Stand up straight holding dumbbells upright at your chest and shoulders, elbows bent and fists facing each other.  
**MOVE:** Extend the dumbbells out to your sides and arc them together in front of you (your arms are still fully extended). Bend your elbows to pull the dumbbells back into your chest. Do 10 reps using this technique and, without stopping, do the same number of reps in reverse, pressing the dumbbells forward and then bringing them out to your sides in an arc.



**D**

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