

Men's Fitness
magazine

YOUR COMPLETE
TRANSFORMATION GUIDE

**10 WEEK
BODY
PLAN**

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MUSCLE IN
4 WORKOUTS
A WEEK



FROM
THIS

TO
THIS

EASY-TO-FOLLOW
TRAINING GUIDE

COMPLETE
DIET PLAN

TRIED & TESTED
METHOD



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10 WEEK BODY PLAN

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Men's Fitness

magazine

10 WEEK BODY PLAN

by **Sam Rider** and **Adam Gethin**

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2g

L-CARNITINE
L-TARTRATE

2.6g

BETAINE
ANHYDROUS

per 30 g double dose serving

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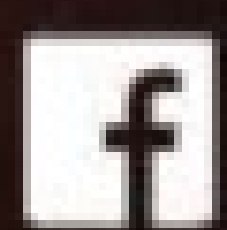
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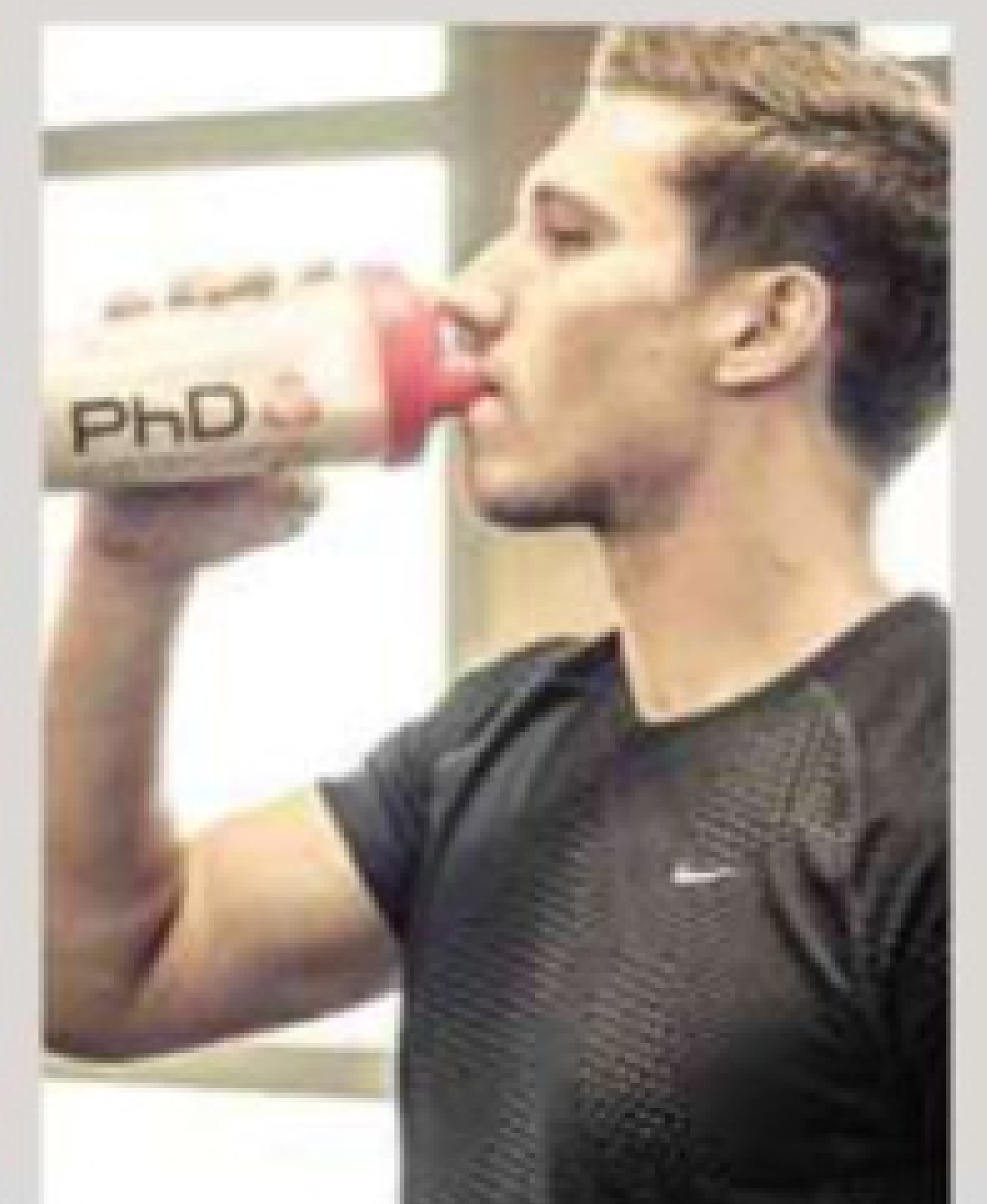
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ABOUT THIS BOOK

Why this book is all you need to build the body you've always wanted

The fitness industry is filled with personal trainers and authors who claim they can dramatically change the way you look with minimum fuss or effort. This book is a bit different. That's because genuine transformations require hard training with utter dedication and commitment to building the body you've always wanted.

Trust me, I know. Under the guidance of Adam Gettin, I discovered how radically I could transform my physique in just 10 weeks with the right training and nutrition plan. This book contains the programme that I followed, detailing every single workout and when to do it. It also includes a comprehensive overview of how you can eat better and smarter for a stronger, more muscular body and a guide to the best supplements available to support muscle building, fat burning and general health.

So if you want to build muscle and reveal your abs in just 10 weeks, this is the book for you.

Sam Rider
Men's Fitness

FIND YOUR BODY SHAPE

Here we explain how you can identify your body type and tweak this plan to maximise your potential

The reason that human body types are genetically pre-set is nothing new. That's why you see the same body types in the gym, whether you're a bodybuilder, a fitness enthusiast, or a professional athlete. The body type you're born with is determined by your genetics, and it's not something you can change. However, you can train to maximize your potential within your body type.

There are three main body types: ectomorph, mesomorph, and endomorph. Each has its own strengths and weaknesses. Understanding your body type can help you tailor your training and nutrition to your unique physique.

ENDOMORPH

ARE YOU THE TYPE?
If you have trouble losing weight, you're likely an endomorph. You're usually taller, with a higher percentage of body fat. You may also have a slower metabolism.

WHAT TO EAT
You'll have to watch your calorie intake closely. Focus on lean proteins, complex carbs, and healthy fats. Avoid sugary drinks and processed foods.

WHAT'S GOING ON?
Your metabolism is slower, and you have a higher percentage of body fat. This means you burn fewer calories at rest.

WHAT YOU MIGHT BE DOING WRONG
You might be eating too many calories, especially from carbs and fats. You may also be doing too little cardio.

WHAT YOU SHOULD BE DOING
Focus on strength training to build muscle, which burns more calories. Incorporate cardio, especially HIIT, to boost your metabolism.

ENDOMORPH

MESOMORPH

ECTOMORPH

UPPER BODY

LOW REP, HIGH VOLUME

Start by building strength by increasing your lifting power

EXERCISE	SETS	REPS	TEMPO	REST
1 Bench press	3	5	4/2/0	120sec
2 Chin-up	4	8	4/0/0	90sec
3 Decline bench press	3	5	4/2/0	120sec
4 Fly	3	8	4/0/0	90sec
5 Incline dumbbell press	4	8	3/0/0	90sec

1 RACK PULL

- Set the safety bar one spot rack to just above knee height.
- With the bar resting on the bars, take a shoulder-width grip with your feet under the bar and back flat.
- Using your glutes to power the lift, pull down through your heels to raise the bar, keeping arms straight.
- Keep the bar close to your body and as it passes your knees, push your hips forward to keep the weight back down so it just touches the safety bars before repeating.

2 CHIN-UP

- Grab the bar with an underhand grip, with your hands shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Pull yourself up by squeezing your lats together.
- Once your chin is above the bar, lower yourself back to the start.

TIP Increase your weight built around your waist at least 10% between your first and second sessions for added resistance.

BULKING RECIPES

Sticking to a strict muscle-building diet might make eating sound like hard work, but there's no reason you can't enjoy it. Try these tasty meal suggestions

PORRIDGE WITH BERRIES

Oats are the only grains that contain protein, which makes them an excellent breakfast choice if you're looking to pack on muscle, especially if you serve them with other high-protein foods such as nuts and yogurt.

INGREDIENTS

- 1/2 cup porridge oats
- 1/2 cup Greek yogurt
- 1 handful of strawberries, chopped
- 1 handful of almonds, sliced
- 1 sliced apple

TO MAKE

- Make the porridge according to packet instructions using the oats and milk.
- Serve with the yogurt, almonds and apple on top.

NUTRITIONAL VALUE

354 CALORIES
45.5g CARBS
15g PROTEIN
12g FAT

TURKEY OMELETTE

Omelettes are quick and easy to make, and the quality protein found in eggs will help you build muscle and keep you feeling full for longer. Eggs also contain biotin, a vitamin that helps to process and burn fat more efficiently.

INGREDIENTS

- 1 egg white only
- 1 egg
- 1 egg white
- 1/2 cup turkey, chopped
- 1/2 cup turkey, chopped
- 1/2 cup turkey, chopped

TO MAKE

- Whisk the eggs in a bowl.
- Heat the oil in a pan, add the turkey, kale and onion and cook until softened.
- Heat the butter in a frying pan, add the whisked eggs and cook for 1-2 minutes.
- Add the turkey and fold over the omelette.
- Cook for a further 2 minutes, then serve.

NUTRITIONAL VALUE

332 CALORIES
7g CARBS
42g PROTEIN
24g FAT

THE AUTHORS

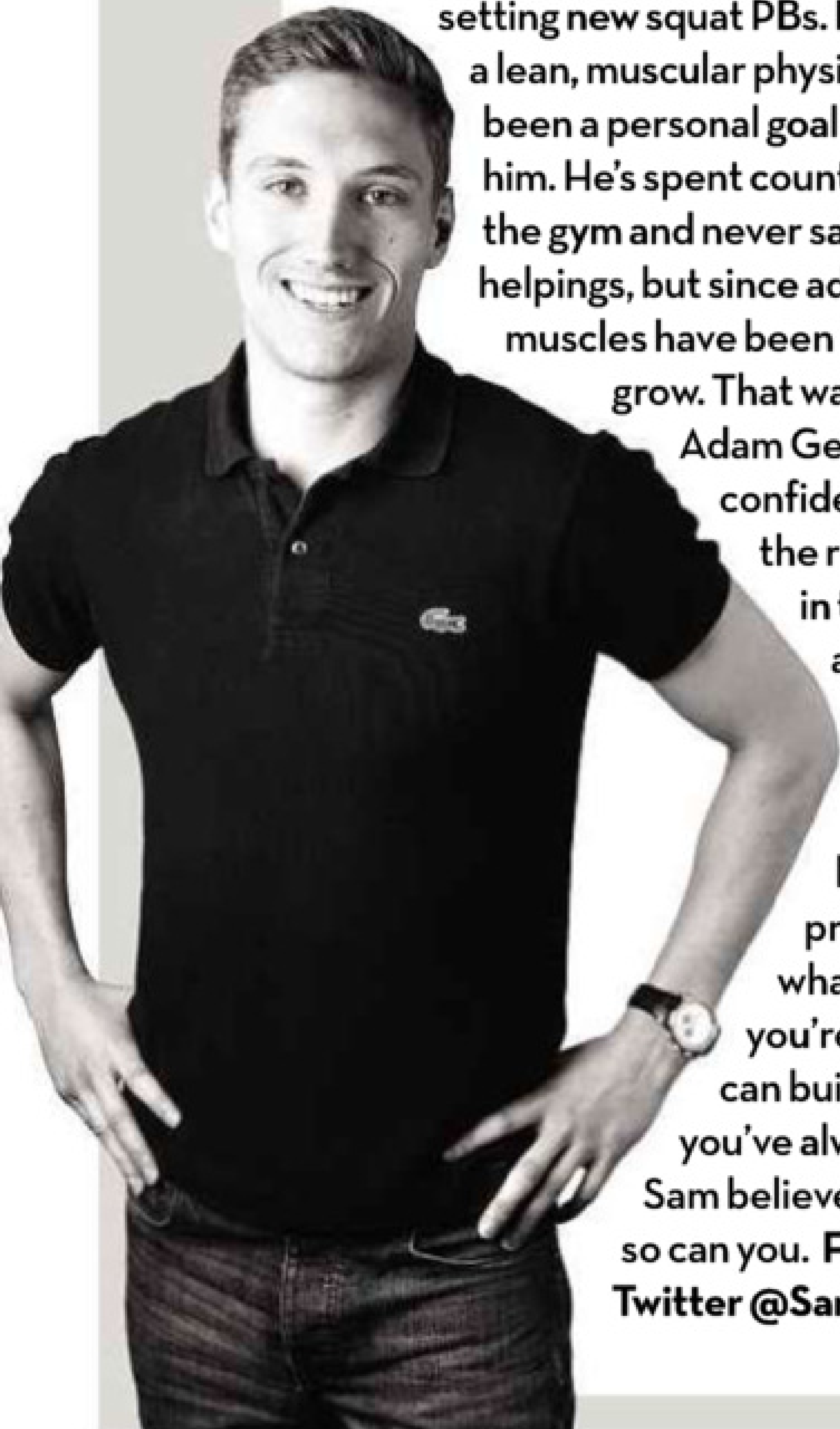
Sam and Adam proved even skinny men can make fast muscle gains

SAM RIDER

OUR MAN NEEDED HELP TO GET THE MUSCULAR PHYSIQUE HE WANTED

Sam is a journalist for *Men's Fitness*, and monthly deadlines come first for him over setting new squat PBs. But building a lean, muscular physique has long been a personal goal that's eluded him. He's spent countless hours in the gym and never said no to second helpings, but since adolescence his muscles have been unwilling to grow. That was until he met Adam Gethin. Adam was confident that with the right application in the kitchen and weights room, Sam could pack on considerable lean muscle and prove no matter what genetics you're born with, you can build the body you've always wanted.

Sam believes if he can do it, so can you. **Follow Sam on Twitter @SamRiderMF**



ADAM GETHIN

HIS PERSONAL TRAINER KNEW HOW TO REALISE SAM'S POTENTIAL

Adam is the founder of Creating Physiques (creatingphysiques.com) and partner in Y3T (Y3T.co.uk), two of the world's leading online personal training businesses. He's been coaching people, on and offline, for the past half-decade, with clients ranging from everyday men and women to celebrities and elite professional athletes. He understands the time-constraints and work and social pressures that obstruct most people from getting in the shape they want. That's why he creates a lifestyle programme, rather than just a diet and training plan, providing you with the tools needed to build positive habits that you'll stick to for life. **Follow Adam on Twitter @AdamGethin1**



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Kris Gethin - Bodybuilder and Celebrity Trainer



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GETTING STARTED

It's essential you understand exactly how this 10-week programme works so you know can execute everything with precision. This chapter helps identify your body type so you know how to make the most of your new diet and training plan.

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STAY ON TRACK

BRAND NEW YOU

Here's how you're going to build your best ever physique

This chapter sets the scene for the next 10 weeks, detailing how I devised the plan to help Sam pack on 7kg of lean muscle. Sam has a particular body type that makes it difficult to put on mass, but other people who don't struggle to add muscle or even those who put on fat if they're not careful can also benefit from this 10-week programme. On p28 we'll explain how you can tweak this plan for results just as impressive as Sam's. Pay special attention to this chapter so you'll be armed with everything you need to attack your new training plan and diet with focus, desire and determination.



10 WEEK BODY PLAN

Can a 160kg strong man pack on over 7kg of muscle in just 10 weeks? Sam Rider took on the challenge to see if the credit had been to his genes.



BEFORE
AFTER
START WEIGHT (KG) 78.7
END WEIGHT (KG) 85.7
NEW STRENGTH (KG) 6
START CHEST CIRCUMFERENCE (CM) 93.4
END CHEST CIRCUMFERENCE (CM) 96
MAX REPS IN A WORKOUT 540
MOST OGS IN AN OMELETTE 8
PRODUCTIVE DAYS SPENT IN THE GYM 0

SAM RIDER VITAL STATISTICS

93.4 STARTING CHEST CIRCUMFERENCE (CM)
96 END CHEST CIRCUMFERENCE (CM)
540 MAX REPS IN A WORKOUT
8 MOST OGS IN AN OMELETTE
0 PRODUCTIVE DAYS SPENT IN THE GYM

Read Sam's story of how the 10-week programme worked for him

HOW IT WORKS

Everything you need to know about this programme is explained here.

The 10-week programme is designed to help you pack on lean muscle. It's a high-calorie, high-protein diet that's tailored to your body type. The programme is split into three phases: Phase 1 (Weeks 1-3) is a high-calorie, high-protein diet that's tailored to your body type. Phase 2 (Weeks 4-6) is a high-calorie, high-protein diet that's tailored to your body type. Phase 3 (Weeks 7-10) is a high-calorie, high-protein diet that's tailored to your body type.

THE WORKOUT PLAN

Here's how to do each of the workouts and what they're for.

MONDAY Lower Body
TUESDAY Cardio
WEDNESDAY Upper Body
THURSDAY Cardio
FRIDAY Lower Body
SATURDAY Cardio
SUNDAY Rest

WHAT TO DO NEXT
 Read the next chapter to find out how to pack on lean muscle.

Here's how the plan works and what you need to pack in your gym bag

BULKING TRAINING

Use Adam's pointers and Sam's tried-and-tested tips to prepare yourself for the workouts

1 **PREPARE YOURSELF**
 Before you start, make sure you're hydrated and have eaten a meal with protein and carbs.

2 **WHAT'S THE PLAN?**
 Read the workout plan and make sure you understand what you're doing.

3 **WARM-UP**
 Do a 5-minute warm-up of light cardio and dynamic stretching.

4 **TRAIN**
 Follow the workout plan and push yourself to your limits.

5 **COOL-DOWN**
 Do a 5-minute cool-down of light cardio and static stretching.

6 **RECOVER**
 Get plenty of rest and eat a meal with protein and carbs.

7 **REST**
 Take a rest day to allow your muscles to recover.

8 **TRACK YOUR PROGRESS**
 Keep a record of your weight, strength, and body measurements.

9 **STAY MOTIVATED**
 Remember your goal and stay focused on your progress.

10 **GET THE MOST OUT OF IT**
 Stay consistent and don't give up.

Use Adam's pointers and Sam's tried-and-tested tips to prepare yourself for the workouts

10 WEEK BODY PLAN

Can a lifelong skinny man pack on cover model-worthy muscle in just 10 weeks?
Sam Rider took on the challenge to see if he could out-train his lean genes

BEFORE



I've always been naturally thin. In many ways that makes me lucky, but after more than a decade of intensive weight training in an attempt to pack on muscle, I've got nowhere. My weight has flatlined since I turned 17. No matter how many overhead press variations I use or all-you-can-eat buffets I visit, I can't seem to make my shoulders any less bony, or my weight climb any higher than 79kg.

This isn't such a problem in the workplace, but when I play rugby, it's made me too lightweight to be much of a physical force. Fed up with constantly being told, 'You don't look like a rugby player' and being run over by people twice my size, I decided to investigate where I was going wrong.

HARD GAIN

As it turns out, I'm not the only one. The population is split into three different body types. My characteristics were typical of an ectomorph, also known as a hard gainer. The rest are either lucky mesomorphs, who have pecs that balloon the second they so much as look at a bench press, or the less fortunate endomorphs who seem to get fatter simply by walking past a burrito stand.

But your genetic predisposition doesn't doom you to the same physique for your whole life - with the right kind of training, you can over-

come it. No matter what your body type, it's possible to pack on considerable lean muscle, healthily and quickly. At least that's what trainer and transformation specialist Adam Gethin, founder of Creating Physiques (creatingphysiques.com), assured me when I told him of my predicament.

Gethin was confident with the right approach to training and nutrition I could develop the physique I originally thought was out of reach. Buoyed by his optimism, we created a 10-week plan to put this theory to the test, and set a top-end target of adding 10kg to my slight frame. But at that point, I felt like any improvement would be a bonus.

SIZE MATTERS

Before we began Gethin laid down two ground rules. 'First, nutrition is king,' he told me. 'You can't afford to miss meals, no matter how busy or full you are. Second, when it comes to training, there's no room for being half-hearted. You've got to be totally committed.'

The training plan he created consisted of four hour-long sessions a week, at first rotating between low-rep strength work and high-rep hypertrophy workouts, with a period of low-volume intensification every third week. 'Increasing your strength will force adaptations, and using higher-rep training makes muscles **▣**

AFTER

SAM RIDER VITAL STATISTICS

93.4

STARTING CHEST
CIRCUMFERENCE (CM)

78.7

START WEIGHT (KG)

96

END CHEST
CIRCUMFERENCE (CM)

85.7

END WEIGHT (KG)

540

MAX REPS IN
A WORKOUT

6

NEW STRENGTH PBS

8

MOST EGGS IN
AN OMELETTE

0

UNPRODUCTIVE DAYS
SPENT HUNG OVER



grow quickly,' Gethin said. 'And backing off every three weeks with reduced volume will allow for continued progression without plateau.'

Just four hours a week? On paper the plan didn't look too daunting, despite the number of scarily named giant sets and triple drop sets towards the end. But when Gethin sent me the breakdown of the diet I had to follow my confidence - and stomach, possibly out of fear of what was coming - started to shrink.

GET STUFFED

To account for my ectomorphic tendencies, Gethin tasked me with eating six meals a day, insisting I ate every three to four hours to ensure my body was constantly in an anabolic state to maximise muscle growth. I was prescribed 4.3g of protein, 8g of carbs and 1g of healthy fats per kg of body-weight every day. That meant 50g of protein, 55g of carbs and 14g of fats with every meal, with extra protein and carbs coming from shakes, amounting to a frightening total of 4,485 calories per day.

'PIZZAS, READY MEALS AND BOOZE WERE OUT. IN CAME STEAK, CASHEWS AND PLENTY OF VEG'

'Your diet has to be high in calories to combat your fast metabolism,' is Gethin's justification for this super-sized diet. 'An ectomorph's biggest hurdle is burning energy too quickly to grow. You need to be in a constant state of calorie surplus to gain weight.'

But this didn't mean I could gorge on takeaways. 'That kind of "dirty bulking" will just make you fat. As you get fatter the testosterone you need to support muscle growth plummets because it's converted to oestrogen' - the female sex hormone which encourages fat storage and, Gethin made clear, is also increased by drinking alcohol - 'and you reduce your insulin sensitivity, making your body store fat rather than build muscle. Feed your body with good calories from whole foods rather than processed ones.'

In short, pizzas, ready meals and booze were out. In came steak, sweet potatoes, cashews and plenty of vegetables for added nutrients.

Before starting the programme I took biometric tests at innovative data-based gym Speedflex (speedflex.com),

ALL CONSUMING

Sam ate six full meals a day, but hitting the calorie target required 15 'feeds'. Here's what a typical training day looked like

WAKE

- 1 5-egg chicken, onion and spinach omelette with avocado
- 2 Protein shake

ARRIVE AT WORK

- 3 Large bowl of porridge with berries and banana
- 4 Handful of nuts

MIDDAY

- 5 Jacket potato with tuna mayo and kale
- 6 Carb shake

TRAINING

- 7 Carb shake during training

POST-TRAINING

- 8 Carb shake
- 9 Protein shake with creatine (you can combine this with the carbs but it's not pleasant)
- 10 Rice with chilli con carne and kale and a handful of nuts
- 11 2 rice cakes with almond butter

HOME

- 12 Sweet potato with turkey casserole and spinach
- 13 2 rice cakes with almond butter

BEFORE BED

- 14 Large bowl of porridge with berries
- 15 Protein shake



Sam gets his starting measurements and (right) downs a carb shake





Adam Gethin gives Sam plenty of advice, but it doesn't make legs day any easier



'LEGS DAY WAS THE WORST. THE BULGARIAN SPLIT SQUATS STILL HAUNT ME'

to measure my weight, body fat, muscle mass, cholesterol and other key health indicators. I wanted to increase my overall weight without elevating my 12% of body fat. I also wanted to see what the results of a high-protein diet would have on my cholesterol and blood pressure. I didn't want to change my physique on the outside at the expense of my health on the inside.

Once a week I'd train with Gethin at W10 Performance (w10performanc-gym.com) in west London, and the other three sessions I'd do solo at my local Fitness First, leaving my weekends free for rugby matches.

MASS SULKING

The first strength session, which involved five sets of five reps of compound lifts including rack pulls, weighted chin-ups and dips with up to two minute-rest periods, wasn't as painful as expected. I was used to this type of training, the main difference being the slowing-down of the eccentric (lowering) phase of each lift.

The second workout followed a similar protocol but for my lower

body, with squats, Romanian deadlifts, glute-ham raises and calf raises. So far, so good. But the third and fourth workouts threw me well and truly out of my comfort zone. This was my first real taste of hypertrophy training: a high-volume, slow-tempo, unrelenting bombardment of my muscles.

The Friday legs day was the worst. The Bulgarian split squat sets still haunt me. Gethin would start me off clutching a 10kg weight plate to my chest as I lowered for a count of three for as many reps as I could manage. Then he'd take the weight away and get me to go again, give me a 10-second breather, then go again until I crumpled to the floor with my quads burning. Then he'd pick me up and administer the same gruelling punishment to my other leg.

On the Saturday of the first week, I didn't even last till half-time on the rugby pitch. Because I hadn't trained like this before, the delayed onset muscle soreness (DOMS) was inevitable. To help me adjust Gethin got me popping branched-chain amino acids (BCAA) pills after every set. 'These **▣**



SAM'S STORY



Big bang-for-your-buck compound moves are the order of the day for Sam



support rapid recovery,' Gethin told me, to convince me taking up to 25 during a workout was worth it. 'They combat muscle catabolism, or breakdown - a side effect of which is brutal DOMS - while promoting protein synthesis.' The net result is bigger, stronger muscles and quicker recovery.

COOKING HELL

Of course, any progress in the gym would need to be matched by progress in the kitchen. And two weeks in, I wasn't coping as well with my new diet as I was with my new training regimen. Buying lunch daily was proving expensive, and cooking meals after work meant some days I'd be slaving over the hob until 1am. I needed a routine - just like one you'd apply to your training sessions.

Bulk-buying food turned out to be an effective way to keep costs down. Every week I'd order meat, nuts and egg whites from premium food and sports nutrition supplier Muscle Food (musclefood.com). Then I set aside part of my Sundays to cook huge vats of chilli con carne and turkey stew as well as super-lean, high-protein ostrich burgers to last me the week.

On top of the BCAAs, I used supplements to support my diet and give me every chance of success, taking a

whey protein shake first thing and before bed as well one with creatine after workouts to further aid recovery. I also drank PhD's Waxy Vol carb shakes before, during and after training to counter the energy depletion of a workout, and because they were fast-digesting so didn't leave me feeling bloated.

There's more - fish oil pills from Aliment Nutrition (alimentnutrition.co.uk) contain omega 3 fats, for a muscle-building testosterone boost and to support insulin sensitivity, which was crucial considering the amount of carbs I was consuming. And to help my body use all these nutrients effectively and keep my gut happy and healthy, I took herbal appetite enhancing and digestive cleansing supplements from Anabolic Designs (projectad.me).

Sometimes work commitments would put me at risk of missing meals - simply not an option. The solution: Quick Sports Meals, gourmet pot noodles from Sport Kitchen (sportkitchen.com). I'd scoff these on the tube home from work or as a substitute for a pint in the pub. (Yes, I still found time for trips to my local - I wasn't about to let my new regime ruin my social life.) After a while I started to take perverse satisfaction from the strange looks I'd



SHAPING UP HOW SAM'S BODY CHANGED





INNER STRENGTH

Sam's before and after health markers, taken by Speedflex, showed how his training and diet made him fitter inside and out

BODY FAT PERCENTAGE

Start 12.1% (bodyweight 78.7kg)

End 12.3% (bodyweight 85.7kg)

OSSEOUS MINERAL (BONE TISSUE WEIGHT)

Start 4.05kg

End 4.24kg

TOTAL CHOLESTEROL

Start 4.35 mmol/L

End 3.42 mmol/L

Optimal <5 mmol/L

LDL (BAD) CHOLESTEROL

Start 2.03 mmol/L

End N/A (too low to read)

Optimal <3

get from people watching me shovelling food down my throat.

REST FOR THE WICKED

After just three weeks I broke through the 80kg barrier. As a reward Gethin granted me treat foods once a week - I was dreaming of a curry by this point. 'Stick to the dry no-sauce mains and have a whole rice and naan bread to yourself,' he said. Music to my ears.

I had got the hang of the diet and switched my leg sessions to earlier in the week so I had time to recover for rugby matches at the weekend. But one thing I couldn't get the hang of was timing my toilet breaks. I'd be glugging down so much water with my shakes that I had to plot my routes to and from work via accessible WCs. On one 30-minute bus ride to a game I had to jump off a few stops early and dart down a side alley before I pissed myself. Dignity, always dignity.

I thought the deload phase, which came in every third week of the plan, meant things would ease up. I was sadly mistaken. 'In the low-volume intensification week you're doing less work but the key is to do it balls-to-the-wall,' said Gethin. 'You've got to give it everything you've got.'

'TO AVOID MISSING MEALS I'D SCOFF GOURMET POT NOODLES ON THE TUBE OR IN THE PUB'



So instead of doing five sets of rack pulls, I'd do one set of upright rows with a shoulder-width grip until my forearms were on fire. Then Gethin would get me to do partial upright rows, lifting the bar as high as I could manage. Then he'd get me to bring it to the top and hold it as long as I could without passing out.

The surprising thing with this type of training, however, was how quickly I'd recover. In the midst of a set I'd start to see stars but just a few seconds after putting down the weight I'd feel fine again. That's because reducing the volume gave my central nervous system a chance to recover, without taking the heat off the actual **▣**



Some final preparations with the make-up artist, then it's time to smile for the camera



muscles, and the carbs I was consuming provided the energy to keep going.

DESPERATE MEASURES

After the halfway mark Gethin started to change things up. I was up to an impressive 83kg, and starting to throw my additional weight around on the rugby pitch, but my metabolism was starting to fight back and progress was slowing. He upped my required carb and fat intake by a further 500 calories to hit the 5,000 mark.

One tasty solution for this was to snack on caramel-flavoured rice cakes slathered with almond and peanut butter between meals. The other, less appealing solution on days when I couldn't face any more solid food was to slurp down a tablespoon of olive

training (HIIT) and abs work into my plan to help me add an impressive six-pack to my newly muscular frame. Twice a week I'd finish my workout with two supersets of hanging leg raises and weighted cable crunches to thicken up my abs. The other two would end with a 15-minute blast on an exercise bike to make sure they weren't concealed under a layer of fat.

POSITIVE FEEDBACK

After 10 weeks, 40 workouts and 420 meals my bulking experiment was complete. I shaved my chest and got the obligatory spray tan for the final photoshoot - this wasn't just vanity; Gethin assured me it would help highlight my new muscles - and then headed back to Speedflex for my final

'WITH THE FINISH IN SIGHT, WE ADDED HIIT AND ABS WORK TO MY PLAN TO HELP BUILD A SIX-PACK'

oil. Fortunately I soon discovered you can add this to a pre-bedtime protein shake without affecting the taste.

HIIT FOR SIX

As we approached the final fortnight of the challenge the increase in calories was clearly doing the trick. My workouts were getting longer and more creative. Gethin wanted to show you don't have to stick rigidly to a training programme. 'If it says leg press but there isn't one available, you have to be able to improvise,' he said.

On one particularly intimidating day I was due to do 40-50 reps on the leg press for three sets. Without one available Gethin made me do a 'density set' on the squat rack instead. He put 60kg on the bar and told me to do as many reps as possible in three minutes - and this was after a similar drill with split squats and glute-ham raises. Somehow I managed 50. Even the hard-to-impress head of PT at W10 offered a nod of approval.

With the finish in sight, we introduced specific high-intensity interval

body fat assessments to find out the extent of my transformation over the preceding two-and-a-half months.

I'd put on 7kg of lean mass - over a stone - while my body fat had stayed the same at 12%. My blood pressure didn't change, while my triglycerides and LDL (bad) cholesterol had dropped below readable levels. And every single visible muscle, from my chest and biceps to my thighs and calves, had increased in size. The diet had given me more energy and I was stronger and more powerful than I'd ever been, both in the weights room and on the rugby pitch.

The programme took reserves of hard work and discipline I didn't realise I had - as well as a coach who wouldn't let me quit. But this proves that, by sticking to a structured mass-gaining regime in the gym and a strict plan in the kitchen, you can out-train your muscle-resistant genetics and build a body your dedication and effort deserves.

Watch Sam's training videos at mensfitness.co.uk/10weeknewbody

BULKING Q&A

Trainer Adam Gethin answers your questions

IS BULKING FOR EVERYONE?

Bulking, when applied to fitness, is simply the increase in your body's volume. The primary goal is to increase this volume by building more lean muscle. So yes, it can be suitable for all. However, this book is primarily targeted at people, like Sam, who struggle to gain muscle. If you put on muscle, or even fat, easily you might need to tweak the diet to better suit your body type and metabolism. If your body fat levels are above 15% you should first work hard to reduce your levels before setting out on this plan. Turn to p28 to identify your body type and learn how to adjust this diet plan to get the best results. And to be extra sure, go to the GP for a check-up before you begin training.

CAN I TURN FAT INTO MUSCLE?

Fat and muscle are two totally different types of tissue, so it's impossible for one to turn into the other. Muscle is active tissue that burns calories, while fat tissues store excess energy. When you train hard it's possible to burn away fat and build muscle, giving the appearance that one has turned into the other, but this isn't actually the case.

I'VE TRIED AND FAILED TO ADD MUSCLE IN THE PAST. WHY WILL IT WORK NOW?

If your efforts have been unsuccessful in the past, it has nothing to do with your body being resistant to exercise and everything to do with your approach. In other words, you haven't had a focused plan so you haven't



set yourself realistic and achievable goals or eaten the right foods. A new body won't happen overnight. Even going to the gym four times a week won't result in a radical transformation if you don't work hard while you're there or aren't eating well.

DO I NEED TO STICK TO THE EATING PLAN?

Yes - any deviation from what is laid out will harm your chances of getting the best results possible. You need to understand that you're eating for your muscles, not your tastebuds. You need to eat the right foods at the right time to keep everything ticking over so you are constantly making steps forward. If you don't follow the diet 100%, then don't expect 100% of the results.

WHAT HAPPENS IF I MISS A WORKOUT?

Each week you should be training on four days and resting on three. If you miss a workout, do it on a rest day later that week, rather than skipping it. This isn't a programme you can dip in and out of - if you do, you'll fail to achieve your objectives. Pick a good time to start when you can dedicate yourself to the whole 10-week challenge.

WHAT IF THE GYM EQUIPMENT I NEED ISN'T AVAILABLE?

Simple: You swap in an exercise that works the same muscles and crack on. Training can be flexible. If the squat rack is occupied use the leg press. If the bench press isn't free grab a pair of dumbbells and a bench instead. For most of his sessions Sam trained at W10 Performance Gym in west London. It's primarily a functional training centre so the classic bodybuilding isolation machines weren't around. But this didn't stop him adapting his exercises to get just as effective a workout. Plus, you can always ask to work in with a fellow gym user. Just ask politely.

HOW LONG SHOULD EACH WORKOUT LAST?

Each workout in this programme should last less than an hour. If it's taking any longer than that, you're not sticking to the detailed rest periods. Equally, if you're done in less than 45 minutes you're not sticking to the right tempos. Both are as important as sets and reps, so pay close attention to get them right.

HOW IT WORKS

Everything you need to know about this programme is explained here

The beauty of this training programme is that everything is laid out for you for the next 10 weeks. It's the exact workout and diet plan Sam followed to out-train his lean genes and pack on 7kg of lean muscle.

WORKOUT STRUCTURE

The entire new-body plan is made up of 16 specific workouts, which we've labelled A to P, repeated throughout the 10-week programme. Rather than simply following them in alphabetical order, you'll need to refer to the workout checklist on p67. This page is crucial. It will help you keep track of your next workout and point you in the direction of the detailed form guide for that session. This page will also tell you how you need to approach each workout. Sometimes the aim is to build strength,

other times it's to keep your muscles under maximum tension.

The plan has been devised in this way because building muscle isn't a linear process. Doing the same workout week after week will see your gains drop off as your muscles become accustomed to the demands placed on them. Instead, shake up the variables by changing the exercises, weights, sets and reps, to ensure you continue to build new muscle tissue.

DIET PLAN

Nutrition plays an equal, if not greater, role in helping you pack on muscle, especially if you struggle to put on mass like Sam does. That's why before you get stuck into the workouts you need to read our comprehensive chapter on nutrition, starting on p42, before you turn your attention to the training programme.

WHEN YOU'RE READY

With your nutrition plan in place, you're ready to start. You'll be hitting the gym four times a week. The workouts are set up so you won't be training the same muscle groups on back-to-back days.

Sam found it easiest to train on Mondays, Tuesdays, Thursdays and Fridays, usually before work or in his lunch break, with Wednesdays and the weekend free. That way he could still fit in rugby training or a five-a-side game of football midweek and a match on Saturday, then enjoy two completely free rest days to recover. That may not work for you, though, so fit your training programme around your own weekly routine.

All the exercises, sets, reps, tempo and rest periods are clearly detailed, so pack your gym bag with what you need - including this book - and away you go.

GYM BAG ESSENTIALS Here's what Sam took to the gym for each and every session

TRAINING DIARY



This is crucial to staying on track. Make sure you spend five or ten minutes before training writing down all the information you need for that session so you'll know exactly what you need to do and don't waste any training time. Use a notebook for this or use our workout table on page 67.

CARB SHAKE



To hit his daily carb targets and protect his muscles from the catabolic effect of training, Sam drank shakes made up of cold water and waxy maize. This fast-digesting carb bypasses the gut so you don't feel bloated, and provides you with ample energy so you won't fade in the last few sets of your session.

SUPPLEMENTS



Sam took three BCAA capsules after every set to prevent muscle tissue breakdown and promote new muscle growth (see p48 for our complete guide to supplements).

TOWEL



You are going to get to sweaty, so have a small gym towel with you to wipe down kit and equipment after you use it. It's just good manners. You'll also need to it to dry your hands so your grip is as strong as it needs to be for moves such as chin-ups and deadlifts.

THE WORKOUT PLAN

Here's how to do each of the workouts and what the key terms mean

REPS

The number of repetitions of the move you complete in a set

TEMPO

The speed at which you must perform each rep

REST

The time in seconds you rest after completing the move (or superset)

NAVIGATION BAR

This details which of the workout microcycles you are on and the workouts within it

SETS

The number of sets of the move you must complete

EXERCISE

The names of the moves you are going to do in the order they need to be performed

EXERCISE	SETS	REPS	TEMPO	REST
1 Rack pull	5	5	20X1	120Sec
2 Chin-up	4	8	40X1	90Sec
3 Dumbbell bench press	5	5	20X1	120Sec
4 Dry	3	8	40X0	90Sec
5 Seated dumbbell press	4	8	20X0	90Sec

1 RACK PULL

- Set the safety bars on a squat rack to just above knee height.
- With the bar balling on the bars, take a shoulder-width grip with one hand and shoulders retracted and over the bar, and back feet.
- Using your glutes to power the lift, push down through your heels to raise the bar, keeping arms straight.
- Keep the bar close to your body and, as it passes your knees, push your hips forward then lower the weight back down so it just touches the safety bars before repeating.

2 CHIN-UP

- Grasp the bar with an underhand grip, with your hands shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Pull yourself up by squeezing your legs together.
- Clear your chin higher than your hands lower yourself back to the start.

TRAINER TIPS

- Secure a weight belt around your waist or hold a dumbbell between your feet for added resistance.

VISUAL GUIDE

Sam demonstrates the start and end position of each move

TRAINER TIPS

These are Adam's expert tips to bear in mind when doing this exercise

FORM

Clear and detailed written descriptions of how to perform each move

PROTEIN SHAKE

What you eat immediately after your session is crucial. Prepare a whey protein-rich shake so it's ready for you as soon as you've completed your final rep to give your muscles the nutrients they need to grow back bigger and stronger.

CHALK

Sam had never used chalk before but found it really useful for squeezing out a few extra - and important - reps when his grip would have otherwise failed.

WRIST STRAPS

These are helpful for pulling movements such as deadlifts and chin-ups. Using these straps means your grip is secured, meaning you can focus on working the target muscle groups. You may not need them on low-rep sets, but they are ideal for sets of more than five reps.

WHAT TO DO NEXT

Read this chapter thoroughly

Read the chapters on nutrition (p42) and supplements (p48)

Buy your gym bag essentials

Start training!

BULKING TRAINING

Follow Adam Gethin's training guidelines to get the best possible results out of this plan



1 MAKE EVERY REP COUNT

You don't build muscle by heaving as much weight as possible. The weights are just tools. Your job is to flex your muscles against those weights. You might have to reduce the weights you lift to ensure you stick to the required sets, rest, tempo and rest periods. Effective training isn't about wrenching weights around to set new PBs. It's about lifting in the most effective way to build new muscle.

2 WHAT'S THE RUSH?

Tempo is crucial in this programme. When the programme says lower the weight for a count of four seconds you need to heed that command. This isn't meant as some cruel torture, although it might feel like that at times. It's to keep the muscle fibres under maximum tension throughout the rep, which will spark new muscle growth. If you can't stick with the tempo the weight you're lifting is too heavy.

3 STIMULATE TO ACCUMULATE

Intensity is so important in the gym. It isn't enough to just work hard. It's more than that. It's about giving every rep, every set and every session everything. Muscular hypertrophy is an adaptive response to the stimulus of new stress. When your body grows accustomed to this stress it becomes harder to progress. But there's no excuse not to keep pushing yourself. As long as you're sticking to the plan and eating right you should be getting stronger each week, so keep beating your best by logging all your lifts and reaching for heavier weights next time you do that workout.

'YOU'VE GOT TO BE WILLING TO GO BEYOND YOUR USUAL EFFORT, TO PUSH YOURSELF FURTHER THAN YOU'VE GONE BEFORE'

4 TRICKS OF THE TRADE

If you're serious about building muscle you've got to be willing to go above and beyond your usual effort in the gym. That means using brutal drop sets, forced reps and negatives to push yourself further than you've gone before. An especially effective tool is the 'rest-pause' technique. When you hit a wall in your set, rest for two seconds, then grab the weight and try to get through another three or four reps. This brief pause will give your muscles time to re-energise and make all the difference in the long run.

5 CLEVER CARDIO

This plan shouldn't ruin your usual routine. Sam still played five-a-side football in midweek and rugby at weekends, despite the catabolic effect this would have on his muscle gains. Similarly, if you cycle to work or run, that's fine - just exercise damage limitation. Treat these sessions like a regular workouts by drinking carb shakes and taking BCAA supplements during and afterwards.

6 ALWAYS BE CONSISTENT

The key to a successful physical transformation is sticking at it. One monster session and 24 hours of flawless eating simply won't get the same results as a full week of near-perfect training and eating. Do as much as you can every day, but don't get disheartened if you have a bad session or fall off the diet wagon - just write it off as one of those days, and get on with the plan.

7 SORT OUT YOUR PRIORITIES

If you want the best body you've ever had then you probably need to make some sacrifices. This means giving up nights in the pub, pizzas and eating a slab of cake whenever there's an office birthday. You need to prioritise what's more important to you: proving you can get the body you've always wanted or having another eight weeks on the sauce. If you can't make the commitment, then maybe this plan isn't for you.



8 STAY POSITIVE

It'll be tough to stick to the entire eight-week programme without the odd setback. Work, family and friends may make demands on your time. Don't let unnecessary obstacles prevent you from training - carve out the time from somewhere, and stick at it. Remember, it only takes a couple of months to forge good habits that'll last a lifetime.

9 LISTEN TO YOUR BODY

For any new fitness regime to work properly, the more in tune you are with your body the greater your chances of success. You need to be as objective and honest with yourself as possible. You can, and should, back off if you're physically exhausted - you'll do more harm than good - but you must also learn to distinguish between mental weakness and physical tiredness. Don't worry, this will get easier as you train more.

10 GET YOUR EIGHT HOURS A NIGHT

Sleep isn't a luxury, it's the cornerstone of this programme. Poor-quality sleep will lead to lowered testosterone and growth hormone levels, as well as impaired blood-sugar management. Aim for eight to nine hours of uninterrupted sleep each night.



IN THE KNOW

Follow Sam's tried-and-tested tips for the best possible results

1 LET THE WORKOUTS WORK FOR YOU

I aimed to train every Monday, Tuesday, Thursday and Friday but sticking to a rigid framework isn't always possible. At times I'd have to train late at night or on the weekend. The key is to be flexible but not lazy. Keep your training kit in your work bag so if an opportunity to train presents itself you're ready to go.

2 KNOW BEFORE YOU GO

Note down all your workouts before you head to the gym so you're prepared for your session and don't waste time in the weights room. Write down the sets, reps, tempo and rest and after each set note down the weight you lift so that next time you know what you need to beat to keep progressing.

3 MAKE FRIENDS

The weights room can seem intimidating but it doesn't have to be. If you approach people when they're resting, rather than mid-squat, they'll usually be happy to let you 'work in' with them so you can share equipment or 'spot' you for an exercise. A second pair of hands can give you the safety net to push yourself to failure.

4 KNOW YOUR BACK-UPS

Not every gym will have all the kit you need and sometimes you'll have to train when it's especially busy. But making like-for-like swaps with exercises, such as replacing squats with leg presses, is fine as long as the same muscles are getting the same workout. Before you get to the gym have a think about which back-up moves you might need.

5 DON'T RETIRE EARLY

The high-volume leg workouts are brutal. There's no sugar-coating them. For the first two weekends they left my legs so sore that I was useless on the rugby field. But I simply switched the workouts around so my legs had recovered by Saturday - and came up with more inventive excuses for my poor displays.

6 WELCOME DOMS

If you haven't already experienced delayed-onset muscle soreness (DOMS) you'll know about it after the first high-volume workout. To reduce its intensity I tried alternating water therapy in the shower (20sec cold, 20sec warm) after a session. But it's a sign you're pushing yourself hard enough to elicit growth, so learn to love it.

PROGRESS TRACKER

Here's how to stay on top of your transformation, says Adam Gethin

KEEP A DIARY

This book clearly lays out everything you need to do in terms of exercises, sets, reps, tempo and rest, but only you can accurately track the amount of work you're doing over the course of the plan, so be sure to keep a detailed training log of every set and rep. This will enable you to see how you are progressing and keep you focused before each set. Small measurable gains each session will eventually lead to significant increases in strength and size.



WEIGH YOURSELF

Jump on the scales before you start the plan and continue to do so every day to help monitor your progress. Ideally use the same scales every time and weigh yourself first thing in the morning to get the most consistent feedback. Since Sam's body fat was already low at the start of the programme, any drops in the scales were an indication he wasn't eating enough and a reminder to stick to the diet.

MEASURE YOUR BODY FAT

Weight alone isn't the best indicator of progress because the scales can't distinguish between muscle and fat. So find a test centre or gym that can measure your body composition, such as Speedflex (see p14), to identify if you need to tweak your diet or add HIIT sessions. Alternatively, any fitness professional should be able to carry out body fat tests using callipers. Make sure you get measured by the same person to get consistent results. Take measurements from the same sites each week. If everything's going to plan, your chest and arms will increase while your gut shrinks.

VISUAL CUES

A good old-fashioned tape measure will also allow you to monitor your body composition changes (especially around your waist) but the most important feedback you can get is from photographs. Take a photo of your upper and lower body once a week on the same day, at the same time and in the same light so you can compare your progress week by week. Be sure to include a shot of your back because this is often the area that shows the most change.



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you at your best.

THE **INTRA**-WORKOUT LOCKED DOWN & **LOADED**.

BCAA INTRA **HARDCORE**™ is formulated to replenish and spike amino acid levels whilst you train! Its advanced blend of Micro-Pure™ BCAAs and Glycodrive-GH™ amino acids rapidly transport growth essential nutrients to trained muscles, ensuring you amplify your bodies natural response to weight training.

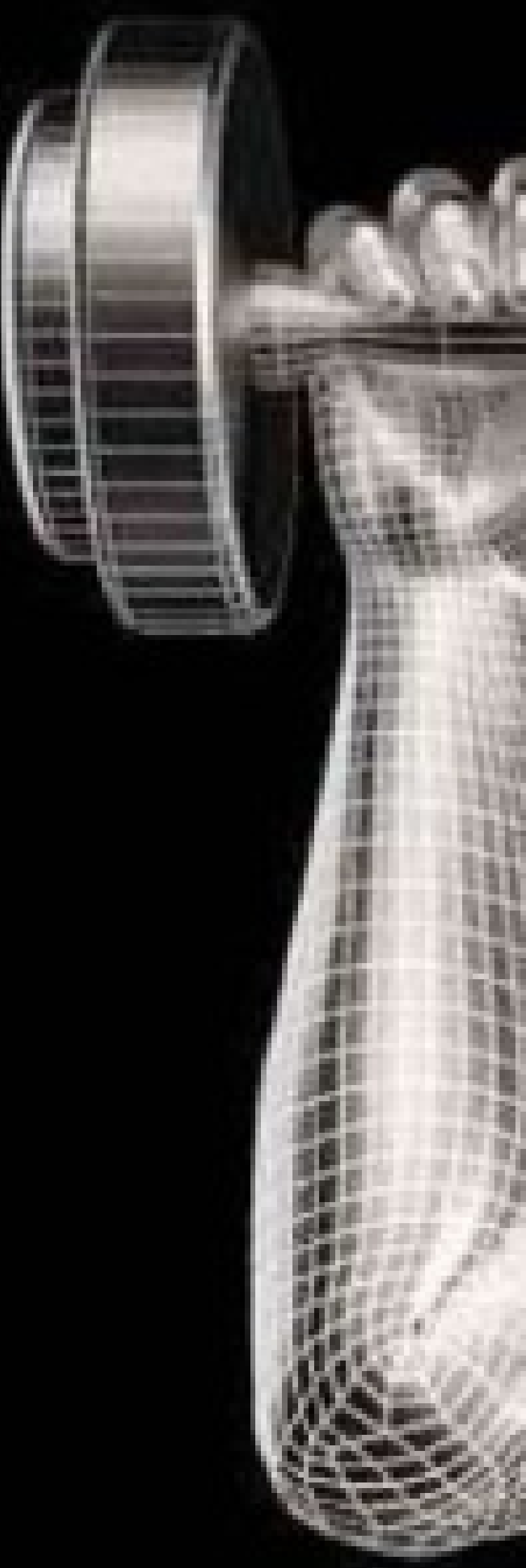


25g
AMINO
ACIDS

7.2g
GLYCODRIVE-
GH™

18g
MICRO-PURE™
BCAAs

FIND YOUR BODY SHAPE



Here we explain how you can identify your body type and tweak this plan to maximise your potential

The idea that human body types are genetically preset is nothing new. Plato mentioned it in *The Republic*, which was written around 380BC, and 19th-century philosopher Friedrich Nietzsche referred to the idea in *The Antichrist* years before the American psychologist William Sheldon popularised three broad 'categories' of body in the 1940s.

Since then, it has become widely recognised that most people have a body type that marks them as either an endomorph (big with high body fat), an ectomorph (lean) or a mesomorph (muscular). Over the past decade, science has discovered more about the genetics behind it all - and what you can do about it. Read on to discover how you can get results, whatever your genes.

ENDOMORPH



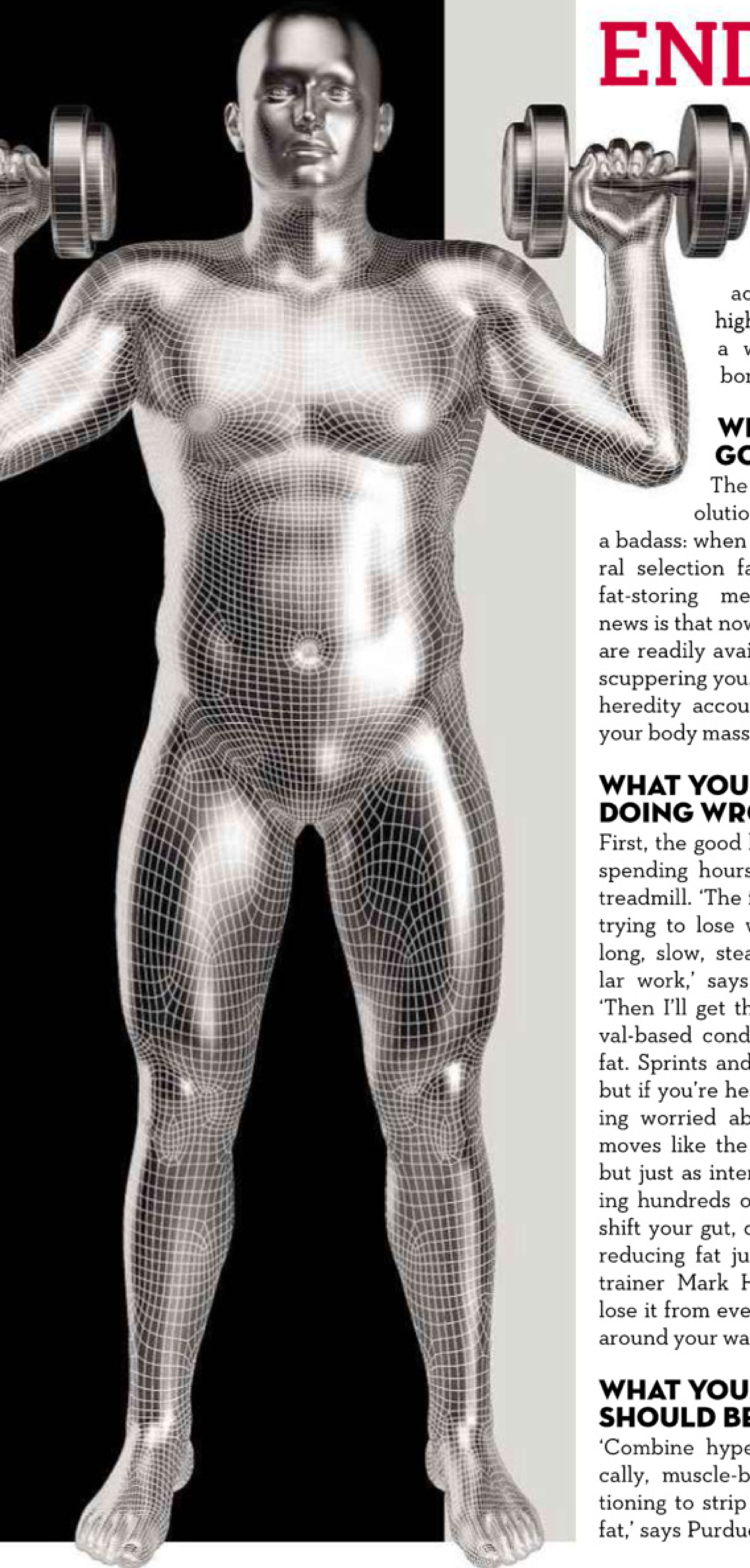
MESOMORPH



ECTOMORPH



ENDOMORPH



ARE YOU THE TYPE?

If you have trouble shifting weight, the chances are you're an endomorph, characterised by a relatively high amount of stored fat, a wide waist and large bone structure.

WHAT'S GOING ON?

The good news is that, evolutionarily speaking, you're a badass: when food was scarce, natural selection favoured humans with fat-storing metabolisms. The bad news is that now sofas and milkshakes are readily available, those genes are scuppering you. Some experts suggest heredity accounts for up to 70% of your body mass index (BMI).

WHAT YOU MIGHT BE DOING WRONG

First, the good bit: there's no point in spending hours plodding away on a treadmill. 'The first thing I tell people trying to lose weight is to ditch the long, slow, steady-state cardiovascular work,' says trainer Will Purdue. 'Then I'll get them doing more interval-based conditioning to strip away fat. Sprints and box jumps are great, but if you're heavy to the point of being worried about your joints, then moves like the sled push are slower but just as intense.' And if you're doing hundreds of crunches to try and shift your gut, ditch them now. 'Spot-reducing fat just doesn't work,' says trainer Mark Hughes. 'You need to lose it from everywhere to see results around your waistline.'

WHAT YOU SHOULD BE DOING

'Combine hypertrophy work - basically, muscle-building - with conditioning to strip away unwanted body fat,' says Purdue. 'A four-day split like

the one in this 10-week plan is an effective strategy.' You could also include the fat-cutting workout on p32 to lower your body fat.

WHAT TO EAT

You'll have to watch what you eat more strictly than people with other body shapes. 'Get your carbs from vegetables,' says Purdue, 'and steer clear of white bread.'

WHAT ELSE?

'There's evidence that extra weight around the midsection indicates high stress levels or a low ability to handle stress,' says Purdue. 'Try to get plenty of sleep and avoiding overtraining.' And avoid sports drinks. 'They're full of carbs and they'll spike your blood sugar through the roof.' And, of course, you need to steer clear of the booze.

MONEY MOVES

'Get used to using your body,' says Purdue. 'Work on bodyweight moves such as the press-up or chin-up, and moves that force you to use good technique such as the Turkish get-up.'

ENDO DIET

Endomorphs who are sub-15% body fat should aim for...

2.5g CARBS

3.5g PROTEIN

1.3g FAT

per kg of bodyweight on training days. On rest days reduce the carbs to 2g.

GETHIN SAYS

'Endomorphs are more susceptible to gain fat on high-carb diets, so start low and only increase carbs if progress stalls.'

MESOMORPH

ARE YOU THE TYPE?

If you are, you'll know it from the jealous looks. Mesomorphs look well built without setting foot in a gym, and pack on muscle the instant they pick up a dumbbell. If this sounds like you, you've hit the genetic jackpot - but you can make the most of your DNA with some tactical workout tricks.

WHAT'S GOING ON?

It's all to do with satellite cell-mediated myonuclear addition - or, in layman's terms, the number of cells surrounding your muscle fibres and your ability to add more by training. In one study of 66 people, the top 17 'responders' experienced a 58% gain in muscle cross-sectional area, while the bottom 17 gained nothing. If you're a good responder you've got a head start, but losing fat and training efficiently can work wonders.

WHAT YOU MIGHT BE DOING WRONG

'Mesomorphs often won't train as hard as they can,' says Hughes. 'I usually give them timed workouts, to give them goals to aim for and raise their workout intensity.'

WHAT YOU SHOULD BE DOING

'This plan will work for mesomorphs but I also get them to train athletically,' says Purdue. 'So I might do sprints, box and vertical jumps or other plyometrics. They respond well to low reps and power moves. Alternatively, interval sprints will pump up their metabolism and strip away fat.'

WHAT TO EAT

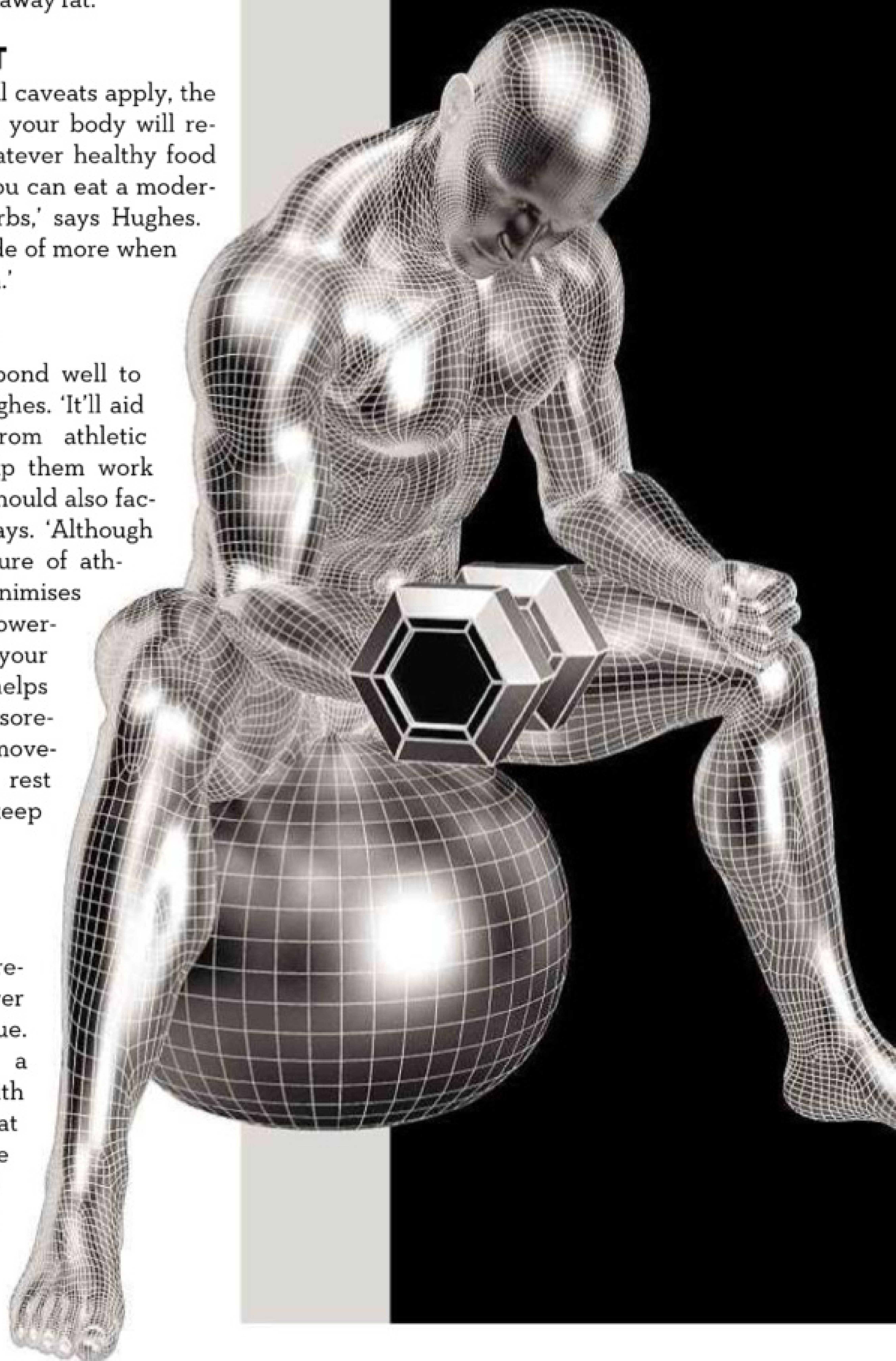
Although the usual caveats apply, the good news is that your body will respond well to whatever healthy food you put into it. 'You can eat a moderate amount of carbs,' says Hughes. 'And err on the side of more when it comes to protein.'

WHAT ELSE?

'Mesomorphs respond well to creatine,' says Hughes. 'It'll aid their recovery from athletic workouts and help them work out harder.' You should also factor in recovery days. 'Although the explosive nature of athletic workouts minimises the eccentric [lowering] portion of your moves, which helps stave off muscle soreness, some light movements on your rest days will help keep you fresh.'

MONEY MOVES

'Your body will respond well to power moves,' says Purdue. 'Try pairing a strength move with a power move that works the same muscles. For example, deadlifts with power cleans.'



MESO DIET

Mesomorphs who are sub-15% body fat should aim for...

6g CARBS
4g PROTEIN
1.2g FAT

per kg of bodyweight on training days. On rest days reduce the carbs to 5g.

GETHIN SAYS

'More healthy fats will make up for the reduced carbs without risking insulin sensitivity that can make you store fat.'

ECTOMORPH

ARE YOU THE TYPE?

Like Sam, you've got the build of a marathon runner - lean, but short on muscle. It can be hard to pack on size despite hours in the gym.

WHAT'S GOING ON?

The same research that's so flattering to mesomorphs shows that some individuals fail to respond to strength training. The worst 'responders' in the study mentioned previously saw no change in their regulation of myogenin - a key gene responsible for muscle growth - while others on the same programme saw theirs spike by 65%.

WHAT YOU MIGHT BE DOING WRONG

First, ditch the treadmill. 'Ectomorphs often gravitate to long, slow distance work, but it's the worst thing they can do,' says Purdue. And it may be tempting to pack your routine with classic bodybuilder moves such as the biceps curl, but that's another mistake, says Purdue. 'I often see ectomorphs focusing on isolation moves, whereas big, compound movements such as the squat will involve more muscles and give you the hormonal boost that helps build muscle. I'll still use isolation moves, but they're supplementary to the main workout moves.'

WHAT YOU SHOULD BE DOING

'Compound movements, sets in the eight- to 12-rep range and quite a lot of volume are what you're looking for,' says Purdue. This plan - which proved effective for Sam, a classic ectomorph - includes supersets, tri-sets, giant sets, drop sets and density sets, all excellent ways of keeping the volume

high. Another option would be German Volume Training, which prescribes ten sets of ten reps in key moves such as the bench or squat. Stick to four workouts a week.

WHAT TO EAT

Good news: you don't have to steer clear of carbs. 'Ectomorphs respond well to carbs, which spike blood sugar and help to drive protein to their muscles,' says Hughes. 'Stick to the complex kind, such as sweet potatoes and brown rice.'

WHAT ELSE?

'It's important for ectomorphs to use supplements properly,' says Hughes. 'I'd advise a carb/protein shake before and during your workout, and either another one or a good meal after.'

MONEY MOVES

The deadlift is your best friend: it uses the entire body so it'll pack on mass. Although squats and benching will do wonders for your physique, taller ectomorphs might find them difficult. 'Your longer levers might give you trouble getting below parallel in the squat,' says Purdue. 'That's when I recommend the leg press.'

ECTO DIET

Ectomorphs who are sub-15% body fat should aim for...

8g	CARBS
4.3g	PROTEIN
1g	FAT

per kg of bodyweight on training days. On rest days reduce the carbs to 7g.

GETHIN SAYS

'A high carb diet will spike blood sugar, helping drive protein to your muscles without elevating insulin resistance.'



FAT LOSS FIX

Put in some overtime to drop your body fat and show off your abs

Given the high quantity of food you'll consume for this plan it's important you keep an eye on your body fat levels. If you notice your body fat creeping up, as Sam did after seven weeks of the programme, add these high-intensity intervals and abs-specific exercises to your workouts twice a week to keep your abs visible and strong.

If before you start the plan you've got more than 20% body fat, first you'll need to get it down to around 15%. You can do this by using these HIIT sessions and following the diet tips on p44 to accelerate your fat loss. It will transform your ability to build muscle.

WHAT IS A SIX-PACK?

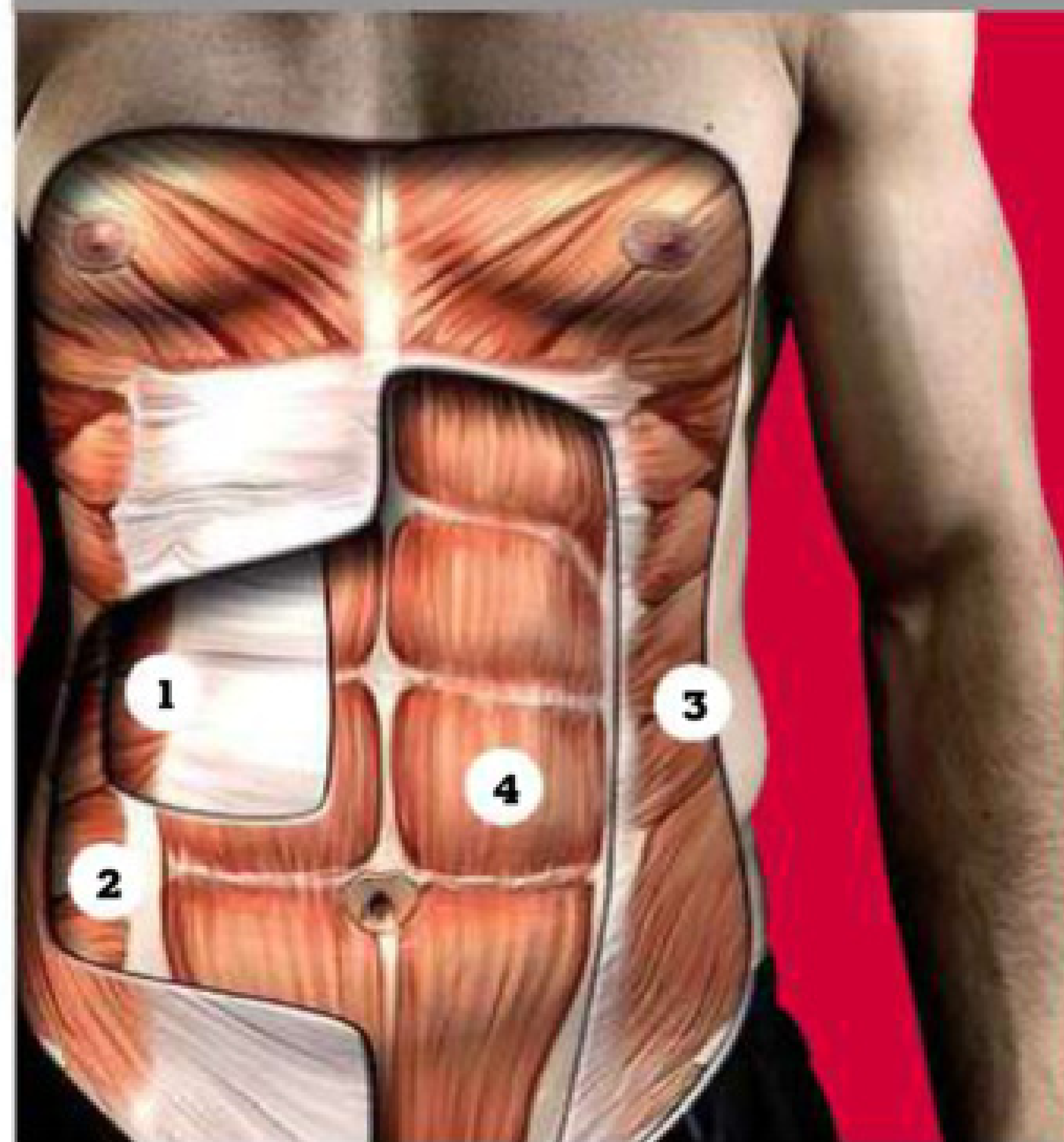
The six-pack is the rectus abdominus, a muscle that runs vertically on each side of the abdomen, separated in the middle by a band of connective tissue. This line, and those that run horizontally across the muscle, create the distinct parts of a six-pack. The rectus abdominus is responsible for flexing your spine forwards, stabilises the torso during exercise and protects your internal organs from impact.

HOW DO I GET ONE?

Everyone has a six-pack, but most people can't see theirs for one simple reason: it's hidden under a layer of fat. For years people believed that cardio training was the way to shift body fat. In fact, the best way is by doing weight training and high-intensity cardio such as sprints. These boost your metabolism and encourage your body to burn fat as fuel. You also need to follow a whole-food, high-protein diet and limit your intake of carbs, which impair your ability to burn fat and promote fat storage.

Throughout this move but to
generate it make

ANATOMY OF THE ABS



Your abdominals perform three main functions - or four, if you count making your body look better without a top on. They're responsible for stabilising your body, keeping your trunk solid when external forces act on it; forward bending and rotating; and side bending and back extension. The four main muscles in the group are listed below.

1

TRANSVERSUS ABDOMINIS

This deep-lying muscle runs across your torso from side to side, holding your ribs in place and stabilising your pelvic area.

2

INTERNAL OBLIQUES

Your internal obliques lie on top of the transversus abdominus. These run upwards from your hip, allowing you to bend and rotate to the sides.

3

EXTERNAL OBLIQUES

The external obliques lie above the internal obliques, running in the opposite direction. They work alongside the others to bend and rotate your torso.

4

RECTUS ABDOMINIS

This sheet of muscle is separated into segments, giving you the classic six-pack look when you've burned off body fat.

BIKE INTERVAL SPRINTS

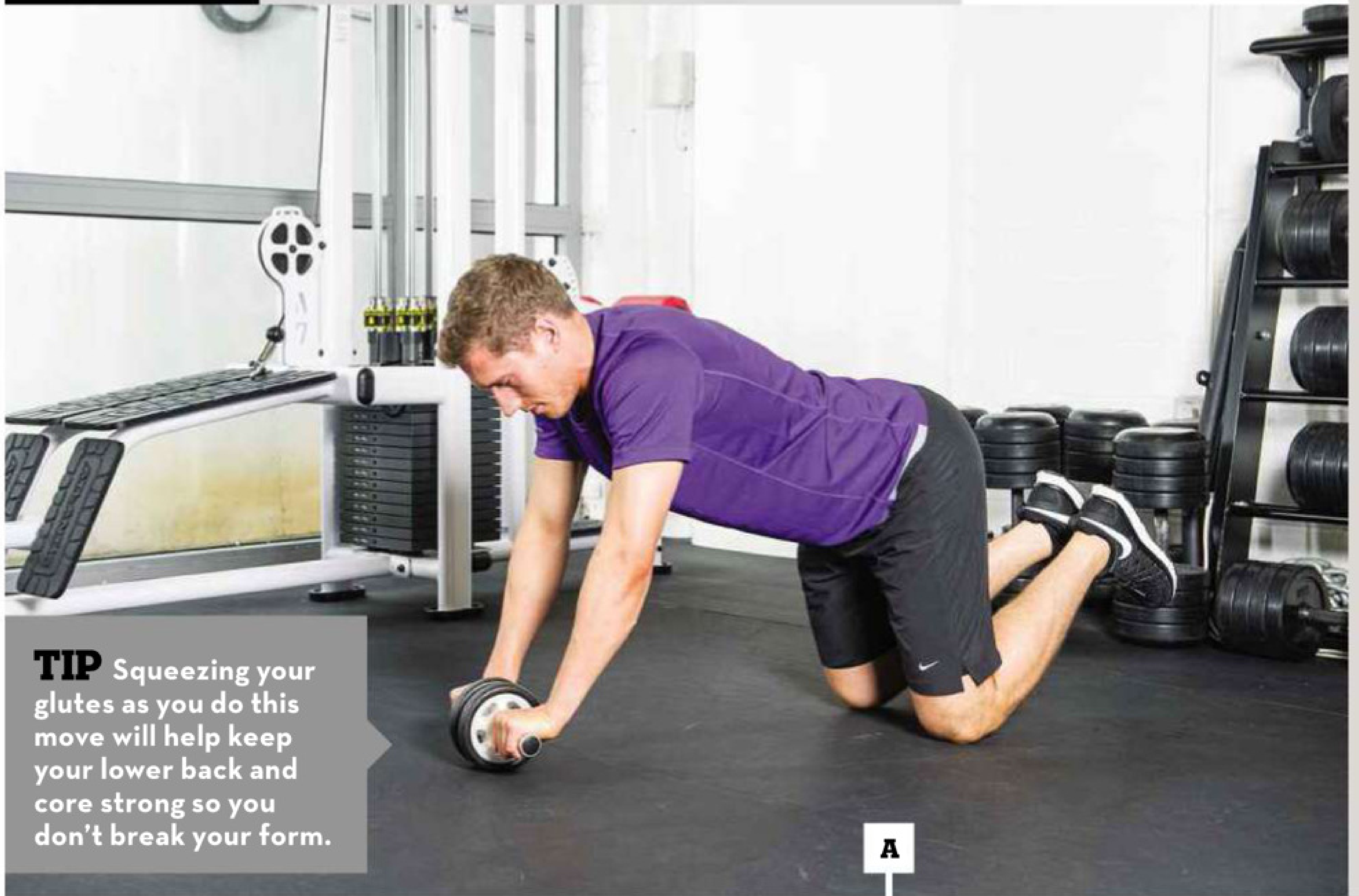
**15x20 SEC ON
40 SEC OFF**

- Cycle for five minutes at an easy pace to warm up.
- Cycle fast for 20 seconds, then go slow to recover for 40 seconds and repeat these intervals 15 times.
- Finish with a five-minute warm-down.

HIGHS AND LOWS

Sam used high-intensity interval training (HIIT) sessions in the second half of his programme to ensure his body fat levels didn't start to creep up. When done correctly, 15 minutes of HIIT sprints should be extremely strenuous. It will create an oxygen debt, called the EPOC effect, meaning you'll continue to burn calories for 24-36 hours afterwards. But low-impact steady-state (LISS) sessions can be just as effective. This means fast walking instead of slow jogging. Thirty minutes a day will oxidise excess fat as an energy source and is low-risk for your joints. Choose the session that best suits your lifestyle and body type.





TIP Squeezing your glutes as you do this move will help keep your lower back and core strong so you don't break your form.

A

ABS ROLL-OUT



B

SETS 3
REPS 10

- Kneel down in front of an abs wheel or loaded barbell.
- Hold the abs wheel on either side or the bar with a shoulder-width overhand grip.
- Keep your arms straight, your shoulders and core braced and roll the wheel or bar away from you as far as you can go without collapsing.
- Reverse the movement back to the start.

HANGING LEG RAISE

SETS 4
REPS TO FAILURE

- Grasp a pull-up bar and get into a dead hang, gripping the bar overhand with hands shoulder-width apart.
- Keep your legs together and as straight as you can.
- Clench your core muscles to raise your legs up until they're parallel with the floor, hold them for a second in this position, then slowly lower them back to the start.



A

B

TIP Perform this move under control and keep your core muscles tense throughout to stop yourself swinging and using momentum to bring your legs up.

HOW MUSCLES GROW

The science behind adding muscle mass and making your body bigger and stronger

Muscle growth is essentially your body responding to the stress of weight training. It's thinking, 'That was hard. I'd better do something about that so it's not as difficult next time.'

When you perform weight training exercises, you create microscopic tears in your muscles. Your body's response to

this 'microtrauma' of the muscle cells is to overcompensate by not just repairing the damaged tissue but by adding more.

In this way your muscles become bigger and stronger so the risk of future damage is minimised. It also means you should progressively increase the weight you lift, because your muscles quickly adapt to deal with the original stress to which they've been exposed.

It's also thought this damage to your muscle fibres accounts for the soreness and stiffness you feel in the days after a workout, which is known as delayed onset muscle soreness, or DOMS. That's why you should always leave at least 48 hours between sessions that target the same muscle group. If you train again before your muscles have been repaired and rebuilt, you run the risk of injuring yourself.

BUILDING MUSCLE

What happens during a workout and while you rest? Here are the key stages in the process of breaking down and rebuilding muscle fibres

1 THE WARM-UP
An increased heart rate pumps blood to your muscles, warming them up and allowing them to extend fully. It also supplies the muscle fibres with oxygen.

2 LOADING THE MUSCLE
At the start of each rep, your muscles are under load and stretched. As a result, your heart pumps more blood into the protective sheaths that surround the muscle fibres, supplying oxygen and nutrients to these fibres.

3 SPARKING YOUR NERVOUS SYSTEM
When you want to lift a weight, your central nervous system relays this fact to the nerves contained in the sheaths protecting the muscle fibres. In turn, they tell the muscle fibres to contract and lift the weight. If you're doing the exercise correctly, your muscles will activate in a particular sequence and your central nervous system adapts to this. As you repeat the workout over time, your muscles get more efficient.

ANATOMY OF A MUSCLE

Muscles are constructed of bundles of fibres contained in protective sheaths called fascia, which are themselves bundled together. The biggest bundle is the muscle itself, followed by the fascicles

1 TENDON
Strong tissue that connects muscle to bone.

2 EPIMYSIUM
A layer of connective tissue that encases the entire muscle.

3 ENDOMYSIUM
Connective tissue that covers the muscle fibres and also contains capillaries and nerves.

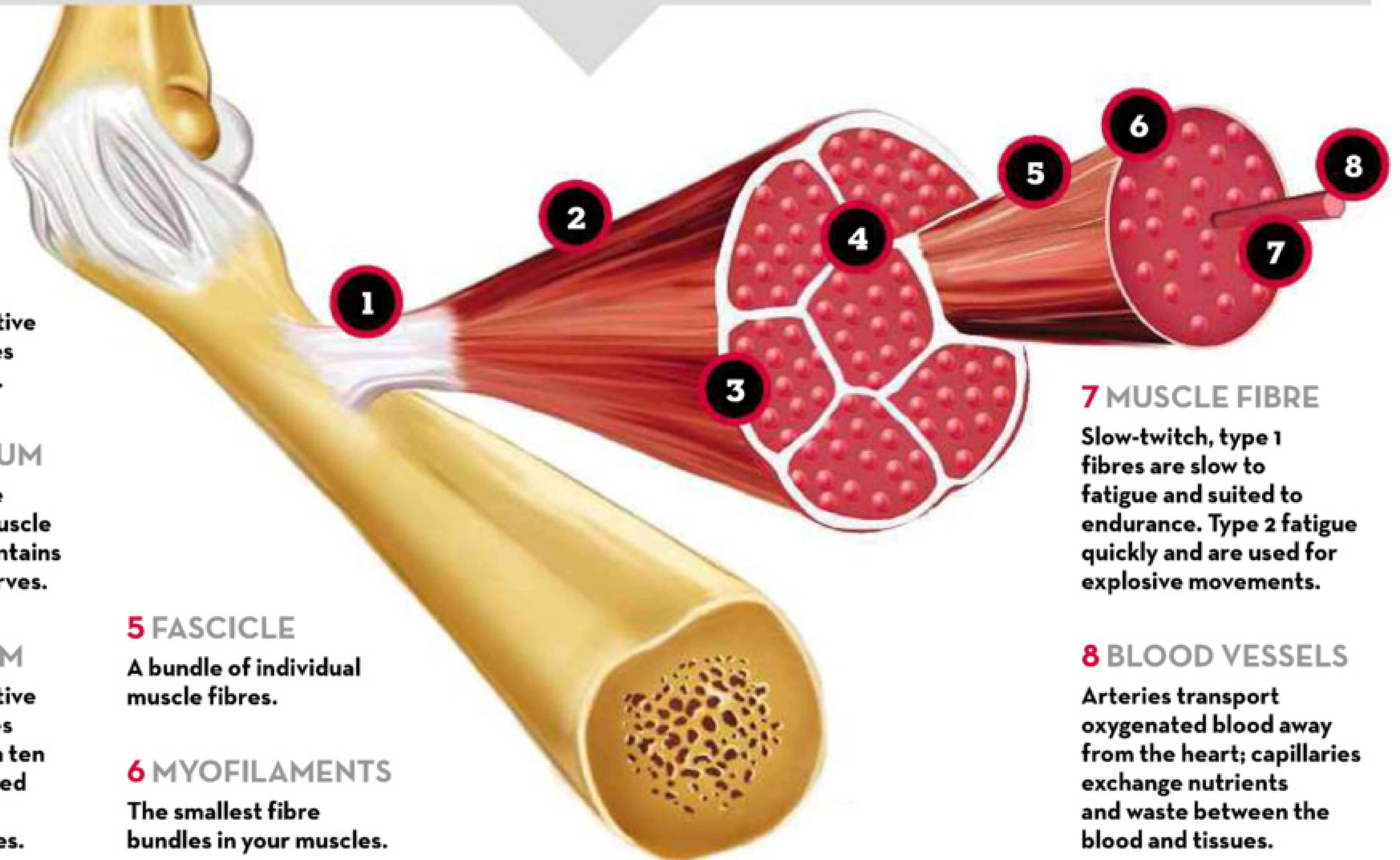
4 PERIMYSIUM
A layer of connective tissue that bundles together between ten and several hundred individual muscle fibres into fascicles.

5 FASCICLE
A bundle of individual muscle fibres.

6 MYOFILAMENTS
The smallest fibre bundles in your muscles.

7 MUSCLE FIBRE
Slow-twitch, type 1 fibres are slow to fatigue and suited to endurance. Type 2 fatigue quickly and are used for explosive movements.

8 BLOOD VESSELS
Arteries transport oxygenated blood away from the heart; capillaries exchange nutrients and waste between the blood and tissues.



5 FEELING THE BURN
Once glycogen stores are depleted and lactic acid has built up, the muscles can't work efficiently. While you rest, aerobic muscle respiration converts lactic acid back into glycogen.

4 CHEMICAL REACTIONS
Adenosine triphosphate (ATP) is the energy source for muscle contraction. Creatine, phosphate and glycogen reserves in the cells are also converted into ATP. Lactic acid is a by-product.

'TRAINING CREATES MICROSCOPIC TEARS IN YOUR MUSCLES. YOUR BODY REPAIRS THE TISSUE AND ADDS MORE'

6 SUCCESS IN FAILURE
As you reach failure on your last set, your fast twitch muscle fibres become fatigued. Microscopic tears are created in the myofilaments, the smallest fibre bundles in your muscles.

7 REPAIR AND GROWTH
The first way your muscles start to grow is through the post-workout repair process. Your body fixes the microtears by adding the amino acids actin and myosin to the myofilaments, which also causes them to grow in size. Another effect of intense workouts is that your muscles adapt to store more glycogen, so there's more energy on hand for the next workout.

KNOW YOUR MUSCLES

There are over 600 muscles in the human body.
These are the major ones you'll target in your workouts

FRONT

DELTOIDS

- 1** Medial deltoid (middle)
- 2** Anterior deltoid (front)

PECTORALS

- 3** Pectoralis major
- 4** Pectoralis minor (beneath the pectoralis major)

BICEPS

- 5** Biceps brachii
- 6** Brachialis

FOREARMS

- 7** Brachioradialis
- 8** Flexor carpi radialis

ABDOMINALS

- 9** Serratus anterior
- 10** Rectus abdominis
- 11** External obliques
- 12** Internal obliques (beneath external obliques)
- 13** Transversus abdominis (beneath internal obliques)

QUADRICEPS

- 14** Vastus lateralis
- 15** Rectus femoris
- 16** Vastus intermedius (beneath rectus femoris)
- 17** Vastus medialis

BACK

TRAPS

- 1** Trapezius

BACK

- 2** Teres major
- 3** Rhomboid (beneath trapezius)

DELTOIDS

- 4** Rotator cuff (beneath deltoids)
- 5** Posterior deltoid (back)

LATS

- 6** Latissimus dorsi

TRICEPS

- 7** Triceps brachii long head
- 8** Triceps brachii lateral head
- 9** Triceps brachii medial head

LOWER BACK

- 10** Erector spinae

GLUTES

- 11** Gluteus maximus

HAMSTRINGS

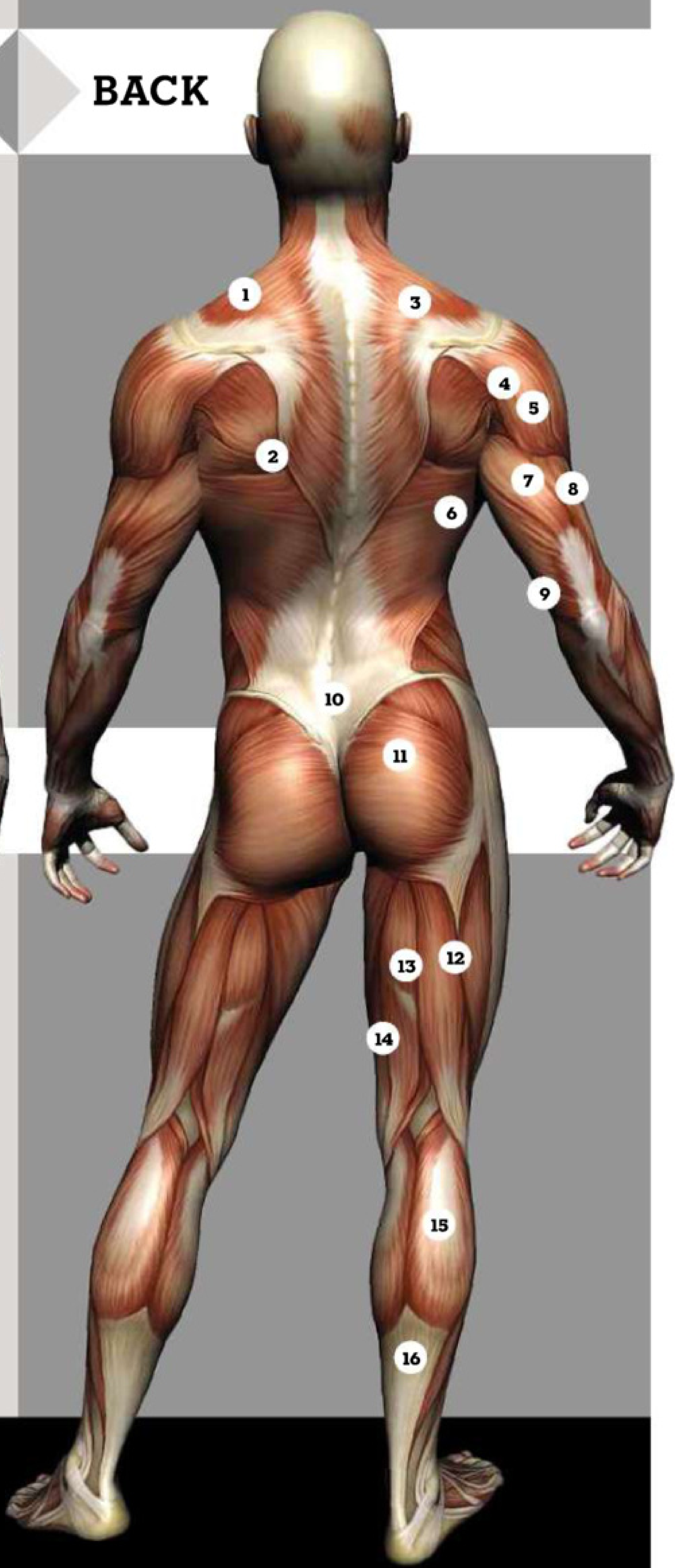
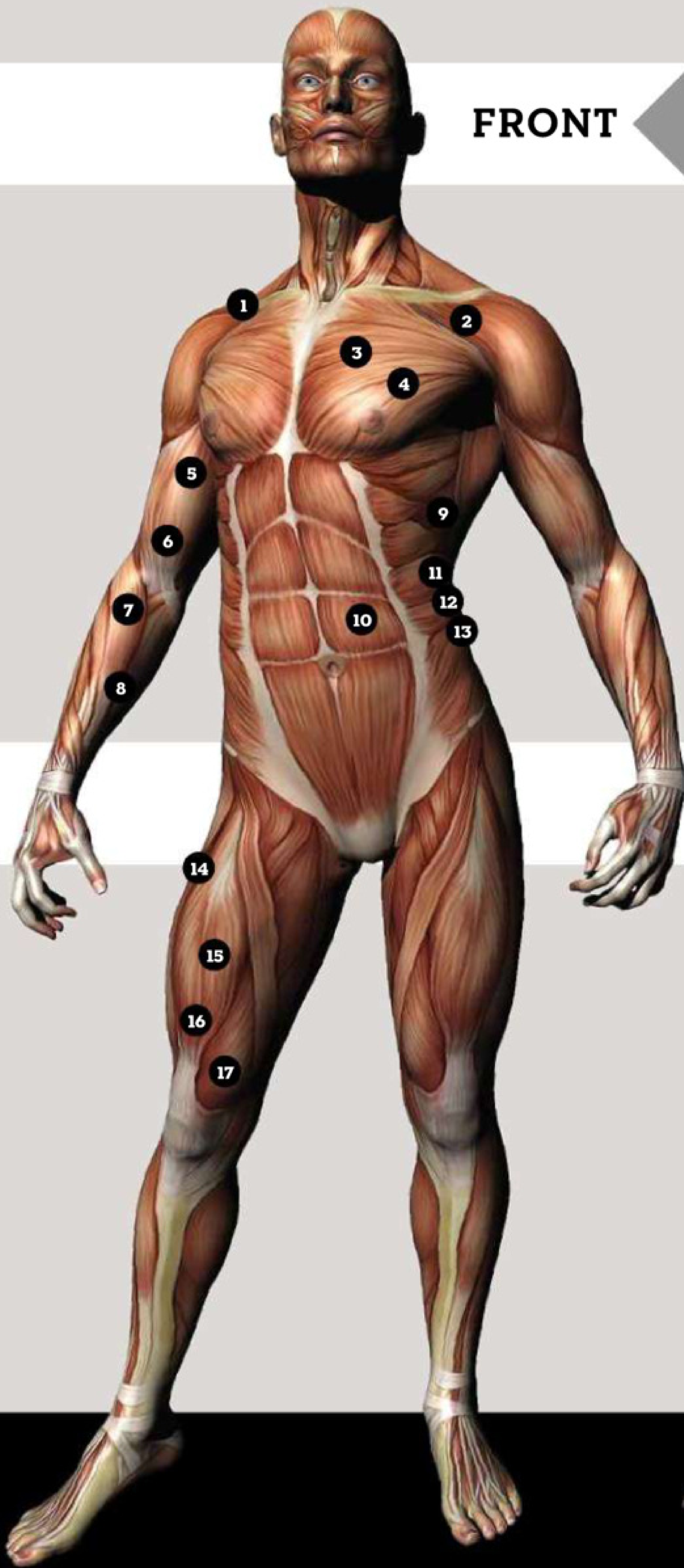
- 12** Biceps femoris
- 13** Semitendinosus
- 14** Semimembranosus

CALVES

- 15** Gastrocnemius
- 16** Soleus

FRONT

BACK



STAY ON TRACK

Eight weeks will be hard. Use the latest research on motivation and psychology to keep going

Need constant motivation? Finding it tough to eat right or hit the gym? Don't worry. Recent studies have shown willpower isn't something that you have - it's something you build, through practice. Here's how to get it done, and make your new good habits automatic.

1 ACCEPT THAT HABITS RULE YOUR LIFE

Don't try to resist habits: try to change them. A study published by Duke University in the US found that 40% of participants' daily actions weren't the result of conscious decisions, but ingrained habits. Not having to make decisions all the time will also help you conserve your brain power to focus on other things. The clear message: make your habits good ones and life will be better.

2 WORK WILLPOWER LIKE A MUSCLE

Multiple studies have shown that, in the short term, depleting willpower with one task will make less available for another - so if you have to force yourself to go to the gym, you'll have less reserves to turn down a post-work pint. Crucially, though, exercising your willpower daily will give you

more reserves of it. So while you're working on one new habit, you're building up the willpower to create new ones.

3 THE MAGIC NUMBER

It's not quite the number of the beast, but 66 is the average number of days it takes to make a new habit automatic, according to research from University College London. The good news? Missing a day had no effect - in fact, researchers theorise that believing it does make a difference is a key reason for falling off the wagon.

4 IGNORE THE DON'TS

According to research from Holland's Utrecht University, focusing on what you aren't going to do can lead to a 'behavioural ironic rebound' - or, more simply, if you resolve to stop eating cake, you'll eat more cake. Instead of negatives, focus on positives such as resolving to eat more veg and protein.

'PROGRAMME YOUR BRAIN LIKE A COMPUTER AND YOU WON'T FLIRT WITH TEMPTATION'

5 USE IF>THEN PATTERNS

Programme your brain like a computer, then you won't need to constantly flirt with temptation, says Professor Mark Conner of the University of Leeds. 'Set up cues that prompt your planned behaviour,' he suggests. 'If I feel hungry before lunch then I will eat an apple, not a chocolate bar, for instance.' The bonus is that conserving willpower in this way will mean you'll have more left over for other things.

6 ENLIST HELP

Partnering up will boost the chances of sticking to your resolutions, according to research from the University of Leeds. When groups were told to make If>Then plans with and without the help of friends, those who used a support group were more successful. Embarrassed to ask friends for help? Sign up to Habit Forge (habitforge.com) and get daily emails checking your progress.

7 DISRUPT THE PATTERN

According to Duke University psychologist David Neal, you 'out-source' your activities to your environment - so sitting on the couch might trigger a bout of gluttony, while passing Starbucks is likely to make you want a frappuccino. The key is to



disrupt the pattern - change your route to work or watch TV from a different chair.

8 AVOID WEAK TEMPTATIONS

In a study published in the *European Journal Of Social Psychology*, 'weak' temptations were found to be more likely to lead dieters astray than strong ones. Translation: you know a trip to Vegas is bad, but it's the quick after-work pint that's more likely to derail your weight-loss plans.

9 DON'T FOCUS ON SHAME

Don't think about how ashamed you'll be if you cave in to your bad habits - focus on the pride you'll feel if you stick to your guns instead. In studies at the USC Marshall School of Business, volunteers who focused on the pride they'd feel from sticking to resolutions reported much less desire to eat slabs of cake.

10 COMMIT YOURSELF

Use what psychologists call precommitment - tell friends your intentions and get them to help. And up the ante - when psychologist Dean Karlan committed to losing 17kg, he told a colleague he'd give up half his earnings if he failed. He's now founded stickk.com, which you can use to donate money to charity if you don't stick to your plans.

11 AVOID SAYING CAN'T

Say 'don't' instead, advises the *Journal Of Consumer Research*. Consumers who responded to offers with the D-word were more likely to be able to resist them - probably because it symbolises determination, not deprivation.

12 LOOK LONG TERM

Indulgence is often a result of people trying to improve their mood, says one report from the University of Chicago - and people who act on im-

pulses often believe it's the only way to cheer up. Wrong. 'If you're feeling unhappy, focus on reasons why those feelings will pass,' says Aparna Labroo, co-author of the study.

13 NOT NOW, BUT LATER

That's the ultimate four-word way to stop yourself obsessing over food, says psychology researcher Nicole Mead. The 'Postponement Strategy' temporarily helps you get over temptation, but it's unlikely you'll cave at some unspecified future time when your craving is in the past. Promise yourself a pizza 'at some point' - chances are you'll never eat it.

14 ...AND REMEMBER: YOU'VE CHANGED

You can't stop doing something you like. You can, however, change into someone who likes different things. Banning things and using willpower won't work forever, so make sure your default activities are helpful ones.



NUTRITION

This chapter holds the key to your success. Stick to the diet and you'll be more than halfway to achieving your goal. Here we outline why, how, when and what you need to feed your muscles and fuel your training

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BULKING DIET

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SUPPLEMENTS

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MEAL PLAN TABLE

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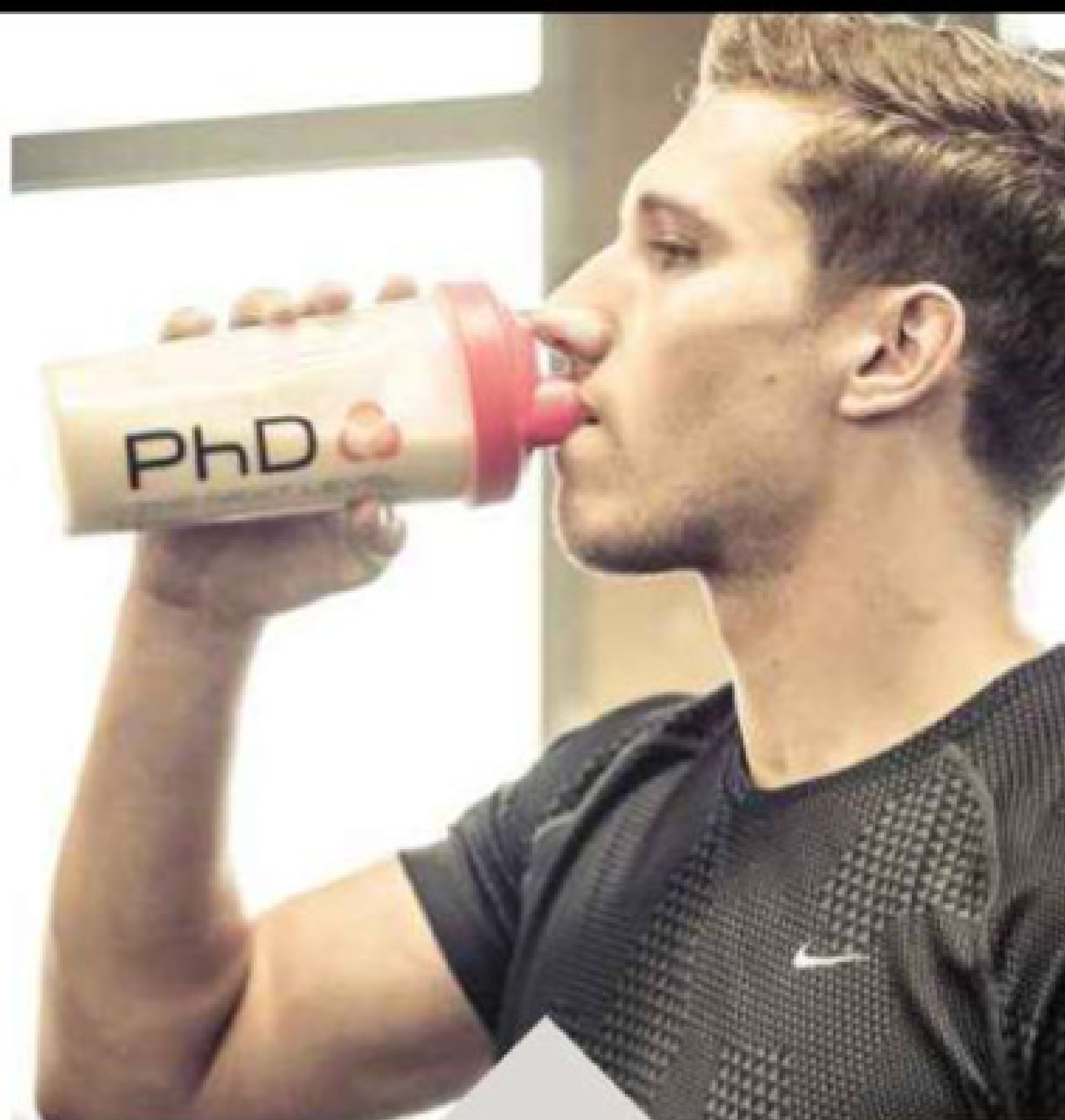
COOKING AND SHOPPING

----- 58 -----

RECIPES

BULKING DIET

Use Adam Gethin's tips in the kitchen to support your work in the weights room



1 DON'T MISS A WINDOW

To build muscle you need to eat enough calories, consistently. This is especially true for ectomorphs like Sam who struggle to put on muscle. For that reason you simply cannot afford to miss meals. Just as you've got four training sessions per week, you've got six meals per day and you have to stick to them. You've been warned - now make sure you're prepared with a fully stocked fridge and alternatives if meal plans get sabotaged.

2 CARBS ARE NOT THE ENEMY

Think protein equals muscle? Not quite. Increasing your protein intake alone won't do a lot for you. If you're a lean ectomorph, carbohydrates are your main fuel source. The majority of the calories in your daily meals will come from carb sources including basmati rice, oats, potatoes and sweet potatoes. Regardless of your body type, your required protein intake will stay roughly the same. If you need to pack more calories into your diet, these will come from increases in portions of carbs and healthy fats.

3 KEEP IT CLEAN

When most people hear 'bulking' they think of stuffing themselves with anything to boost their calorie intake. But processed foods will make gaining lean mass tougher. You need to protect testosterone production, limit oestrogen and sustain insulin sensitivity. Testosterone supports muscle growth but the higher your body fat, the more your body converts it to oestrogen. For this plan to be successful, you need 'clean' foods from quality sources. Stick to single-ingredient whole foods and avoid processed ones and the lure of the drive-thru.

'IF YOU'RE AN ECTOMORPH, CARBS ARE YOUR MAIN FUEL SOURCE. MOST OF THE CALORIES IN YOUR MEALS SHOULD COME FROM THEM'

4 WATCH THE CLOCK

A degree of self-monitoring is required. Track your progress on the scales and your site measurements. If you are not progressing, increase the amount you eat. It's your job to make sure you are eating enough.

5 GUT HEALTH

Rice and potato don't agitate digestion as much as bread or pasta, so Sam loaded up on them. A high proportion also came from fast-absorbing carb shakes before, during, and after workouts.



6 DRINKING RULES

Stay hydrated by drinking 2-4 litres of water a day. As for booze, keep your intake down to one medium-sized glass of red wine at the weekend.

7 EAT YOUR GREENS

Make space on your plate for green and fibrous veg such as spinach and kale. These provide you with the nutrients and vitamins that will support your immune system and keep you healthy during this plan.

8 VARY YOUR DIET

Don't just scoff chicken and broccoli. If you eat the same foods all the time, you won't get a full range of nutrients - plus it'll be pretty boring.

9 SIGNS OF PROGRESS

Weigh yourself every day, at the same time and on an empty stomach for consistency. If you aren't progressing, increase your intake. Make sure it's not going to your belly by measuring your waist every day too.

10 DON'T EAT TOO MUCH TOO SOON

Adjusting to a high-calorie diet is a challenge but you don't want to hit your limit straight away or you'll have nowhere to go if your progress slows. Sam began on the minimal amount of calories needed to elicit growth. Once he started to plateau we increased his daily intake by 250 calories from good fats with subtle additions such as an extra spoonful of nut butters or adding a tablespoon of extra virgin olive oil to his daily shake.

IN THE KNOW

Follow Sam's tried-and-tested tips for the best possible results



1 TRIAL WEEK

It's worth 'warming up' for this diet. I used the seven days before I began the plan as a trial week to get the hang of squeezing six meals into a working day, figuring out portion sizes and easy ways to prepare food at the office and see how my digestive system would respond to taking on board nearly 5,000 calories in one day. This helped me find a routine I knew I could stick to.

2 CHART YOUR PROGRESS

Log your meals just like your workouts. It's a good reference to ensure you don't miss a meal or forget to take supplements, and if your progress is slowing you'll know how to tweak your daily meal plan. From the start I used the MyFitnessPal app to calculate how many macros were in each meal and make sure the portion size was right.

3 BUY IN BULK

The cost of good-quality food, in the quantities you'll need, will add up. I found ordering food in bulk was the most convenient and affordable option. I made weekly orders from Muscle Food (musclefood.com), making the most of their bundle offers for anything from almond butter to ostrich burgers. And best of all, it was all delivered right to my door.

4 STOCKPILE RESERVES

Supplements are crucial for this plan, so keep protein and carbohydrate powders in easy reach. Keep one at home, one at work, and a shaker in your gym bag so you only need to add water, plus a goody bag of protein bars with you at all times. That way if friends are stingy with portions when you visit for dinner, you won't go hungry.

5 PACK HEAVY

Full meals are the cornerstone of your new diet but they can take a little while to prepare. If I was ever in a rush I had a secret weapon up my sleeve: a gourmet pot noodle, or more accurately, Quick Sports Meals (sportkitchen.com). They contain 34g of protein, 30g of low-GI carbs and 4g of fat and are rich in omega 3s. Just add hot water.

6 DON'T GET CAUGHT OUT

Just like the DOMS you get with training, this diet has side effects. The frequency with which you need the toilet doubles. If you share a bathroom make sure you get there first after you wake up. If you're taking a long coach trip, make sure the toilet's working. It may sound funny but the joke will soon wear off if you get caught short.



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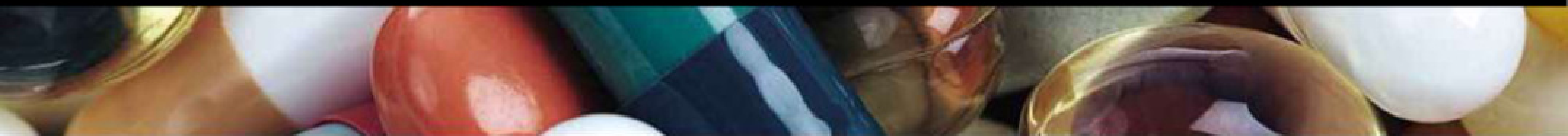
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YOUR SUPPS

Everything you need to know about nutritional supplements throughout this move but to exaggerate it make

Let's get something clear from the start: do you have to take supplements while following this programme? No. Will not taking supplements mean poor results? Absolutely not. However, if you're looking to maximise your training gains, repair and build lean muscle tissue, and improve your overall health and wellbeing, you'll be seriously short-changing yourself if you don't follow a smart supplement protocol. Here are some of the key supplements Sam used in order to optimise his health.



WHEY PROTEIN

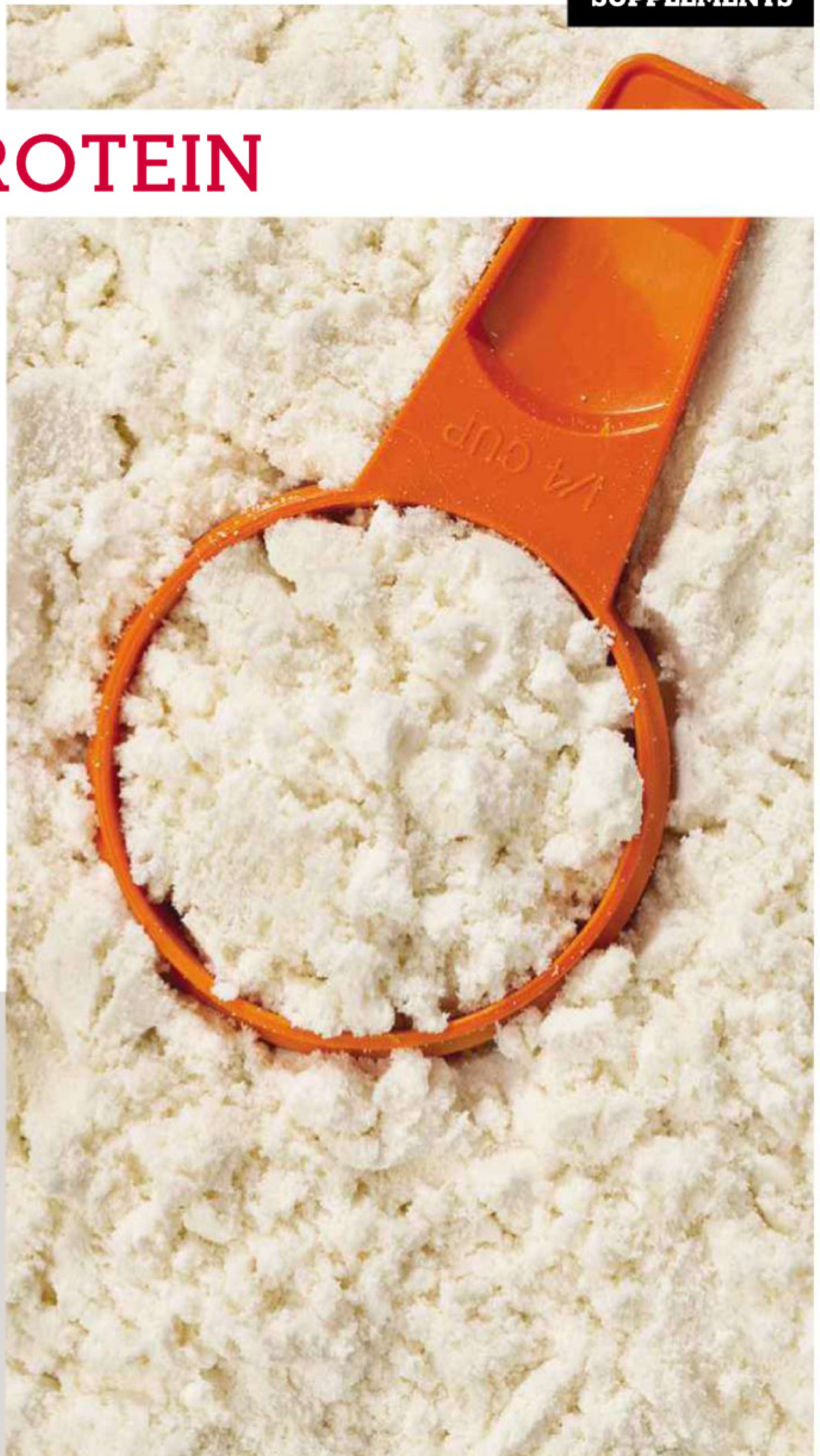
WHAT SAM TOOK
PhD Pharma Whey HT+

HOW MUCH?
30g on training days

WHEN?
After workouts

Whey protein is made from cow's milk and comes in different forms such as isolate, concentrate and hydrolysate. The great thing about whey is that it's rapidly and easily absorbed, making it ideal to take during the critical post-workout window when your body is primed for building muscle. Whey protein can also reduce hunger levels due to its influence on the hormone ghrelin, which can prevent unhelpful snack binges. Take whey protein within 10 minutes of completing your workout to promote recovery and take advantage of the temporary rise in protein synthesis. If you're vegan or intolerant to dairy products, there are alternative non-dairy and vegan options available. Just make sure you avoid high-carb versions.

**'THE GREAT
THING ABOUT
WHEY IS THAT
IT IS RAPIDLY
AND EASILY
ABSORBED'**



CARBOHYDRATES

WHAT SAM TOOK
PhD Waxy-Vol

HOW MUCH?
280g on training days,
180g on rest days

WHEN?
90g before and after workouts,
100g during

Carbs have taken a back seat in nutritional importance to protein with the rise of low-carb diets, but they're essential for building size and strength. Carbs, stored in muscle cells as glycogen, are the main fuel used during a workout. Reserves will start to deplete when you exercise, so drinking a carb shake just before, during and straight after a workout will keep your levels topped up. Consuming fast-digesting carbs after training will also raise insulin levels in your body, helping transport nutrients, such as the glycogen and amino acids in your post workout shake, to your muscles.

Sam used waxy barley starch throughout his 10-week plan. Waxy starches are carbs derived from sources such as rice, barley and corn. They're digested quickly without causing you to feel bloated, so you won't feel uncomfortable if you're consuming them during training or sport, and on rest days they're a quick and easy way of reaching your required daily macro carb target.



BCAAs

WHAT SAM TOOK
PhD BCAAs

HOW MUCH?
25 capsules per training day

WHEN?
During workouts

Branched-chain amino acids (BCAAs) are made up of three essential amino acids: leucine, isoleucine and valine. These are used before and after workouts to help the body repair and grow new muscle tissue. Leucine activates the complex compound mTOR, which is responsible for elevating muscle protein synthesis and subsequently muscle growth. Leucine also increases insulin production, which will help to shuttle those all-important muscle building proteins to your cells post-workout. Valine combats another amino acid called tryptophan that's associated with muscle fatigue, which you definitely don't want. It reduces the uptake of tryptophan across the blood-brain barrier, which helps keep you lifting harder and longer. Look for a BCAA product with a high leucine content, ideally on a 4-1-1 or at least 2-1-1 ratio to maximise its benefits.



GUT SUPPORT

WHAT SAM TOOK
Anabolic Designs Ravenous

HOW MUCH?
Four capsules every day

WHEN?
With meals

Good gut health during this plan is vital so your body can effectively use the high quantity of nutrients you're consuming. Ravenous contains a herbal combination to aid efficient digestion and enzymes to kick-start the digestive process, while it also helps safeguard against a build-up of toxins by cleansing the intestinal tract and ensuring a good pH balance in your body. By making your digestive process more efficient it speeds up recovery, reduces discomfort from bloating or the build-up of gas and also boosts your appetite, making the daily challenge of consuming 4,000+ calories less daunting.

**'GOOD GUT
HEALTH
DURING THIS
PLAN IS VITAL'**



SUPPLEMENT Q&A

Answering some frequently asked questions

IF I TAKE THE RIGHT COMBINATION OF SUPPLEMENTS, CAN I GET RIPPED WITHOUT WORKING OUT?

Sadly, no. The point about supplements is that they're 'supplementary', not essentials. If you can afford them and you have your training and diet spot-on, then by all means experiment with them. Just remember, there is no substitute for correct eating and hard training.

CAN'T I GET ALL THE NUTRITION I NEED FROM MY DAILY DIET?

If you live somewhere like the UK, with its mass-produced food and its polluted environment, supplements have a huge role to play. When trying to enhance body composition, we would look at performance-related supplements such as creatine. However, we should optimise health first before looking at more esoteric supplements, because the healthier the body, the better your ability to put on muscle and burn body fat.

DO I NEED TO TAKE SUPPLEMENTS ON THE DAYS I'M NOT TRAINING?

Yes. You get stronger as you recover from exercise, so making sure you're getting enough nutrients on your rest days is essential to keep your muscles fuelled and encourage fat stores to be used as energy.

ARE SUPPLEMENTS SAFE TO TAKE?

Sports supplements aren't subject to the same strict manufacturing, safety testing or labelling rules as licensed medicines, so there's no guarantee they're living up to their claims. Look for supplements that are ISO 17025 certified, which means they've been subjected to rigorous checks during their production.

CAN I FAIL A DRUGS TEST AFTER TAKING SUPPLEMENTS?

Possibly. If you're a serious enough sportsman to be tested, you should be cautious about supplements that may contain stimulants or prohormones. If you're concerned, contact your sports federation.



OMEGA 3 FATTY ACIDS

WHAT SAM TOOK
Aliment Nutrition Omega Plus

HOW MUCH?
Nine capsules every day

WHEN?
With meals

The benefits of omega 3s are numerous. They have a profound impact on your overall wellbeing by improving cardiovascular health, speeding up the detoxification of harmful substances and providing potent anti-inflammatory reactions. Omega 3s are also anabolic (muscle-building), partly due to their influence on the mTOR pathway that produces muscle growth, but also because they improve insulin sensitivity, which furthers anabolic potential and your ability to burn fat.



CREATINE

WHAT SAM TOOK
PhD Creatine Monohydrate

HOW MUCH?
10g on training days

WHEN?
After workouts

Creatine is an organic acid made naturally in the body, but it's also found in meat and fish. Simply put, creatine acts like a back-up generator for your body, helping you lift harder for longer. It's vital to have adequate supplies during heavy, high-intensity workouts to deliver the required energy to your muscles. Normally, energy in your body is produced, stored and used via a chemical called adenosine triphosphate (ATP). But at times your body can't keep up with energy demand and that's where creatine comes in. Creatine absorption can be improved by taking it with simple carbs, so mix it into your post-workout carb shake.

**'OMEGA 3S
ARE ANABOLIC
AND HAVE A
PROFOUND
IMPACT
ON YOUR
WELLBEING'**



‘CREATINE ACTS LIKE A BACK-UP GENERATOR FOR YOUR BODY’

GDA

WHAT SAM TOOK
Anabolic Designs Matador

HOW MUCH?
Six capsules every day

WHEN?
With meals

A glucose disposal agent (GDA) is useful when you are consuming a high quantity of carbs, which are broken down into glucose in your small intestines, because over time this can begin to blunt your body's insulin sensitivity. This means you'll store more in your fat cells instead of your hard-earned muscle cells. Matador contains all natural ingredients including vitamins B6, C and D3 but the key one is an antioxidant known as R-alpha lipoid acid, which enhances the effects of insulin to maximise the anabolic drive of glycogen into your muscles while minimising the amount stored as fat.

THE BEST OF THE REST

Use these supplements to improve your all-round fitness performance

LEUCINE is the most anabolic amino acid. It stimulates insulin secretion and muscle protein synthesis, and can increase the muscle-building effect of food. Sam took six Anabolic Designs Synthacharge capsules with every post-workout protein shake.

MAGNESIUM is involved in over 300 chemical processes but people are commonly deficient in it and you need significantly more when you're training regularly. It helps detoxify cortisol and helps you sleep by stimulating the parasympathetic nervous system. Take 90mg per day.

VITAMIN D supports bone health and a strong immune system. It's produced by the body when the skin comes into direct contact with sunlight. Deficiency is common in the UK. Take at least 1,000mg per day.

BETA-ALANINE is a type of amino acid that works as a lactate buffer during intense training sessions to help you force out extra reps. Take 1,500mg per day.

ZINC allows for a stronger release of the three most anabolic hormones: testosterone, growth hormone and IGF-1 (insulin-like growth factor 1). Take 50mg per day.

GLUTAMINE is the most abundant amino acid in the body and can be added to your post-workout shake to help with glycogen replenishment. Take 10g per day.

MULTIVITAMINS will serve as a great safety net for your overall health but don't rely on them to make up for a bad diet. Take two capsules per day with meals.



MEAL PLAN

To account for Sam's ectomorphic tendencies, Adam scheduled six meals a day, insisting he ate every three to four hours to ensure his body was constantly in an anabolic, muscle-building state. Typically he'd eat after waking, when he got to work, around midday, mid-afternoon, once he got home from work and around an hour before bed.

MACRO TARGETS

Given that Sam started with a low body fat percentage of 12%, Adam got him to consume 4.3g of protein, 8g of carbs and 1g of healthy fats per kg of bodyweight on training days. That added up to 50g of protein, 55g of carbs and 14g of fats with every meal, with extra protein and carbs coming from shakes, amounting to a total of 4,485 calories per day. On rest days he would increase fats to 20g per meal and reduce carbs to 50g per meal.

ADJUSTMENTS

If your progress is slowing you can increase your calories by increasing carbs and fats slightly, but your protein intake should remain the same. The same applies in reverse if you start to put on too much body fat.

SUPPLEMENTS

Sam would also take daily protein and carb shakes that are easily digested to hit his macro targets. In addition on training days he'd take one 30g protein shake straight after a workout, a 90g carb shake before and after training and a 100g carb shake during the workout. This wasn't required on rest days.

	MONDAY	TUESDAY
BREAKFAST 1	3 eggs + 5 egg whites scrambled, veg, 5 rice cakes, 15g protein shake	Porridge: 65g oats, berries, 50g protein shake, 2tsp almond butter
MORNING 2	200g chicken, 275g sweet potato, veg, 20g almonds	200g chicken, salad, 2 tortilla wraps, 20g macadamia nuts
LUNCH 1	250g salmon, 75g (dry weight) basmati rice, veg	250g turkey, 75g (dry weight) basmati rice, veg, 25g brazil nuts
AFTERNOON 2	250g turkey, 350g potato wedges, veg, 25g Brazil nuts	250g tuna steak, 350g baked potato, veg
DINNER 1	250g beef chilli con carne, 350g baked potato, veg	200g chicken, 220g rice noodles, stir fry veg, 20g almonds
EVENING 2	Smoothie: 85g oats, 50g protein shake	Smoothie from 65g oats, fruit, 1tbsp Greek yogurt, 50g protein shake, 1tsp almond butter

This seven-day menu is typical of the one Sam would follow to hit his macro targets for protein, fat and carbs

REST DAY		REST DAY		REST DAY					
WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
4 eggs scrambled, brown bread, 30g protein shake		Porridge: 65g oats, berries, 50g protein shake, 2tsp almond butter		3 eggs + 5 egg whites scrambled, veg, 5 rice cakes, 15g protein shake		Porridge: 65g oats, berries, 50g protein shake, 3tsp almond butter		4 eggs scrambled, brown bread, 30g protein shake	
200g chicken, 250g sweet potato wedges, veg, 30g macadamia nuts		250g beef, 220g rice noodles, stir-fry veg		250g tuna flakes, 350g baked potato, veg		200g chicken, salad, 1 tortilla wrap, 2 rice cakes, 3tsp almond butter		250g beef, 200g rice noodles, stir-fry veg	
250g turkey, 75g (dry weight) basmati rice, veg, 25g brazil nuts, 50g carb shake		250g salmon, 85g (dry weight) basmati rice, veg		200g chicken, 275g sweet potato, veg, 20g almonds		250g turkey, 65g (dry weight) basmati rice, veg, 50g carb shake, 30g almonds		250g salmon, 65g (dry weight) basmati rice, veg, 50g carb shake	
250g turkey, 300g potato wedges, 35g brazil nuts		250g turkey, 275g sweet potato wedges, veg		250g beef chilli con carne, 350g baked potato, veg		250g salmon, 300g mashed potato, veg		250g turkey, 250g sweet potato wedges, veg, 35g brazil nuts	
250g beef chilli con carne, 300g baked potato, veg, 50g carb shake		200g chicken in coconut milk, 85g (dry weight) basmati rice, 2tsp almond butter		250g turkey, 275g sweet potato wedges, veg, 25g brazil nuts		200g chicken, 200g rice noodles, stir fry veg, 20ml extra virgin olive oil, 50g carb shake		200g chicken in coconut milk, 65g basmati rice, 30g almonds, 50g carb shake	
Smoothie: 75g oats, 50g protein shake, 3tsp almond butter		3 eggs + 5 egg whites scrambled, veg, 5 rice cakes, 15g protein shake		Smoothie: 75g oats, 50g protein shake, 3tsp almond butter		Smoothie: 50g oats, fruit, 1tbsp Greek yogurt, 3tsp almond butter		4 eggs scrambled, veg, 5 rice cakes, 25g protein shake	

CONQUER YOUR KITCHEN

Make eating for bulk easier with these useful food tips

1 WEIGHTS AND MEASURES

At the beginning of this plan you'll need to weigh your portions to make sure you're hitting your macro targets. There's no point overeating if you don't have to. Food labels and most recipes should tell you how many carbs, protein and fats they contain per 100g to help.

2 GET IT DELIVERED

Cooking all your meals will be time-consuming enough without having to lug all the food back from the shops. Muscle Food (musclefood.com) and most supermarkets will deliver straight to your door and you can save your shopping list and repeat your order each week in seconds.

3 SCOUT YOUR OFFICE

Ideally your workplace will come equipped with a microwave and fridge so you can take prepared meals to work. In your trial week figure out what you can make at your office. At the very least it should have a kettle so you can make up those nutritious Quick Sports Meals at your desk.

'YOUR KITCHEN WILL SERVE AS THE ENGINE ROOM FOR YOUR 10-WEEK NEW BODY PLAN'

4 CLEAR OUT YOUR FREEZER

Freezing extra food portions saves a lot of time during the week when you don't have time to cook a meal from scratch. Chuck out the frozen pizzas, ice cream and vodka jelly shots and make room for the meals that will see you through the next working week.

5 BUY FROZEN

You should also stock your freezer full of frozen fruit and vegetables. The freezing process preserves nutritional value and flavour, and frozen produce is usually cheaper than fresh - plus it obviously lasts much longer. Frozen berries are especially good for adding to porridge or smoothies.

6

KITCHEN ESSENTIALS

Your kitchen will serve as the engine room for your 10-week new body plan so make sure it's fully kitted out. A microwave is crucial and you'll need scales to measure out your portions, a large frying pan and saucepan to cook up vats of food to last you a few meals, plenty of freezer bags and Tupperware, and a coolbag to store and transport your daily meals.

7

CHECK YOUR OIL

Instead of vegetable oil, use coconut oil for cooking. Coconut oil contains lots of healthy medium-chain fatty acids and has a high smoke point. When frying a steak or cooking a stir-fry at high temperatures, some oils with low smoke points will start to burn, reducing the flavour and nutritional value of the food.

8

COOK IN BATCHES

Set aside one day each week to batch-cook meals that will last you the week. Stews, casseroles and burgers divide well into meal-sized portions and defrost easily, saving you labouring over the hob after a long day at work. Just try to resist eating it all at once.

SUPERMARKET SWEEP

These ingredients were on Sam's typical weekly shopping list

MEAT

- Chicken breasts
- Turkey breasts/mince (easier to digest)
- Beef steaks/mince
- Salmon (smoked salmon is fine)
- Tuna steaks/flakes
- Free-range eggs
- Egg whites

VEG

- Greens (kale, broccoli, spinach)
- Onions
- Peppers
- Mushrooms
- Avocados
- Canned tomatoes, beans and pulses (for bulk and flavour)

CARBS

- Basmati rice (microwavable sachets are very convenient)
- Potato

Sweet potato

Rice noodles

Oats

Tortillas

Wholemeal bread

(no more than one slice a day)

FRUIT

Frozen berries

Bananas

SNACKS

Nuts

(almonds, cashews, macadamia, brazil)

Nut butters

(almond, cashew)

Rice cakes

(caramel or salt and vinegar)

Greek yogurt

OILS

Extra virgin olive oil

Coconut oil

BULKING RECIPES

Sticking to a strict muscle-building diet might make eating sound like hard work, but there's no reason you can't enjoy it. Try these tasty meal suggestions

INGREDIENTS

- 50g porridge oats
- 1tbsp Greek yogurt
- A handful of strawberries, chopped
- A handful of almonds
- 100ml milk

TO MAKE

- Make the porridge according to packet instructions using the oats and milk.
- Serve with the yogurt, almonds and nuts on top.

NUTRITIONAL VALUE

354	CALORIES
45.5g	CARBS
15g	PROTEIN
13g	FAT

PORRIDGE WITH BERRIES

Oats are the only grains that contain protein, which makes them an excellent breakfast choice if you're looking to pack on muscle, especially if you serve them with other high-protein foods such as nuts and yogurt.



INGREDIENTS

- 1tbsp olive oil
- 3 eggs
- 15g butter
- 50g kale, chopped
- 175g turkey, chopped
- 25g feta cheese, cubed

TO MAKE

- Whisk the eggs in a bowl.
- Heat the oil in a pan, add the turkey, kale and feta and cook gently for around 5 minutes. Set to one side.
- Heat the butter in a frying pan, add the whisked eggs and cook for 3-4 minutes.
- Add the turkey mix and fold over the omelette.
- Cook for a further 2 minutes, then serve.

**NUTRITIONAL VALUE**

532	CALORIES
7g	CARBS
62g	PROTEIN
26g	FAT

TURKEY OMELETTE

Omelettes are quick and easy to make, and the quality protein found in eggs will help you build muscle and keep you feeling full for longer. Eggs also contain biotin, a vitamin that helps to process and burn fat more efficiently.

INGREDIENTS

- 1 sweet potato
- 100g cottage cheese
- 1 small can of baked beans
- A pinch of black pepper

TO MAKE

- Prick the sweet potato with a fork and microwave it for 10 minutes or until tender.
- Cook the beans according to the packaging instructions.
- Cut the sweet potato in half and fill with the beans and cottage cheese.
- Season with the black pepper.

NUTRITIONAL VALUE

224	CALORIES
34g	CARBS
18g	PROTEIN
5g	FAT

JACKET SWEET POTATO

Next time you fancy a jacket potato, try swapping your regular spud for a sweet one instead. Sweet potatoes are lower-GI, contain far more fibre and also provide a healthy dose of iron.



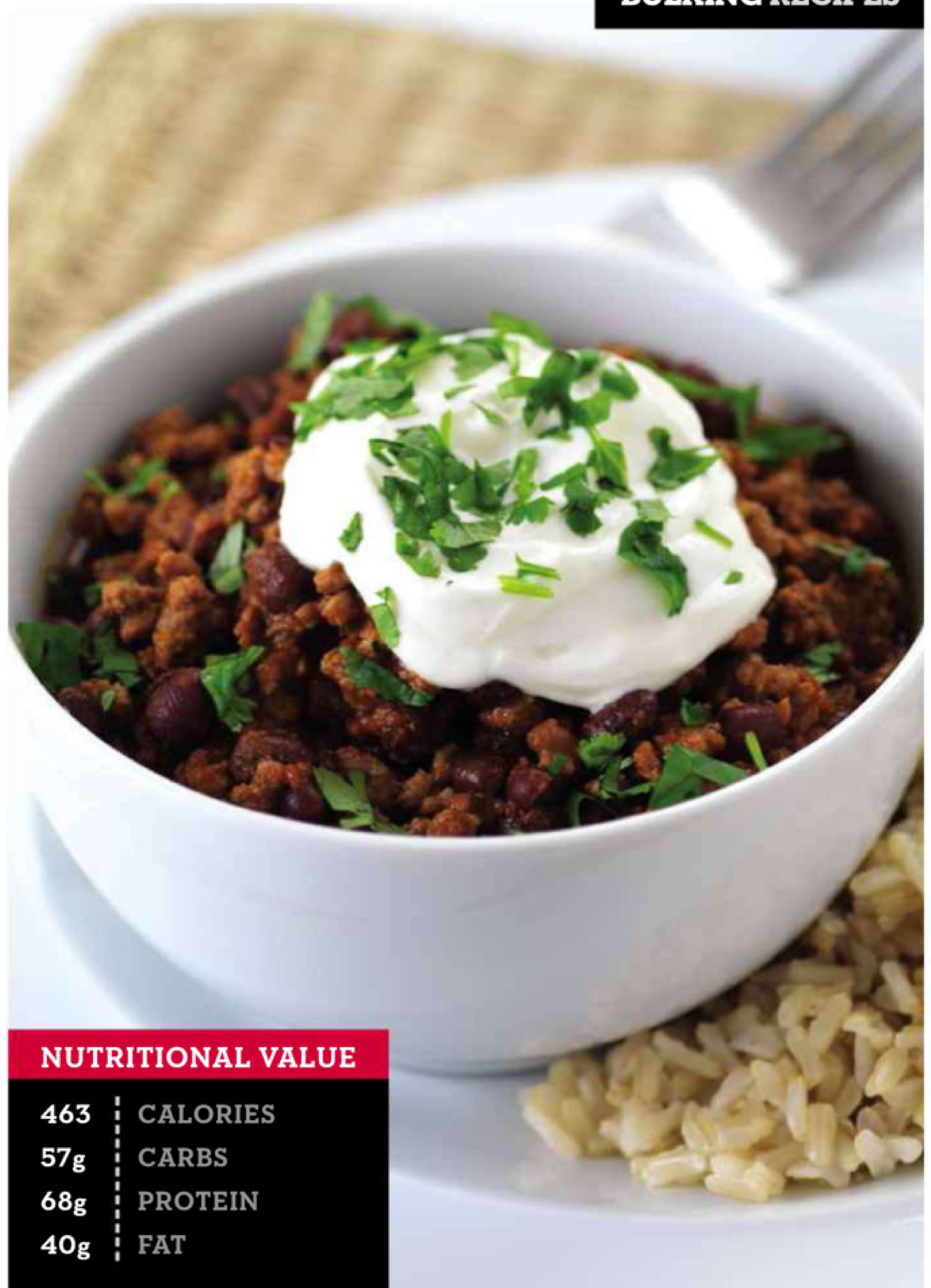
INGREDIENTS

(serves 2)

- 500g lean beef mince
- 1 onion, diced
- 2 garlic cloves, crushed
- 2tbsp olive oil
- 2tbsp tomato purée
- 1tsp cumin
- 3tsp dried chilli flakes
- 400g canned chopped tomatoes
- 1 beef stock cube
- 250ml red wine
- 75g brown rice
- 1tsp Greek yogurt
- 1tsp fresh coriander
- 1 can kidney beans, drained

TO MAKE

- Heat the oil in a large pan and fry the onion and garlic until softened.
- Increase the heat, add the mince and cook it until browned. Pour in the red wine and boil for 2-3 minutes
- Stir in the tomato purée, chopped tomatoes, chilli flakes, cumin and beef stock. Bring to a simmer, cover with a lid and cook over a gentle heat for 50 minutes, stirring occasionally.
- Add the kidney beans and fresh coriander and cook for a further 10 minutes.
- Cook the rice and serve with the chilli and Greek yogurt.

**NUTRITIONAL VALUE**

463	CALORIES
57g	CARBS
68g	PROTEIN
40g	FAT

CHILLI CON CARNE

This tasty Mexican meal is easy to make and packed with protein. It also contains creatine, which increases muscle mass, decreases body fat and improves endurance. High levels of iron and zinc in the beef will aid muscle repair too.

INGREDIENTS

- 1 tuna steak
- 1tbsp olive oil
- 1 sweet potato, cut into strips
- 1 courgette, cut into strips
- 1 red pepper, cut into strips
- 1 sprig of rosemary

TO MAKE

- Toss the veg in the olive oil and place them on a baking tray in an oven preheated to 220°C/gas mark 7 for 15-20 minutes.
- Grill the tuna steak to preference under a medium heat, turning halfway through.
- Serve with the vegetables and the rosemary.

NUTRITIONAL VALUE

551	CALORIES
38g	CARBS
45g	PROTEIN
17g	FAT

TUNA STEAK

Tuna is ideal for building muscle. Not only is it full of protein, it also contains plenty of selenium – a mineral that helps to kill off harmful free-radicals that interfere with muscle growth – and testosterone-boosting zinc.



NUTRITIONAL VALUE

470	CALORIES
69g	CARBS
50g	PROTEIN
25g	FAT



INGREDIENTS

- 20 strawberries
- 50g porridge oats
- 350ml milk or 3tbsp Greek yogurt
- 1tbsp flaxseed oil
- 30g unflavoured whey protein

STRAWBERRY AND OAT SMOOTHIE

Strawberries are a great source of manganese, a mineral that controls blood sugar levels and reduces the urge to snack - helping to ensure you don't undermine all your hard work in the gym with poor food choices.



THE WORKOUTS

You know what you've got to do in the kitchen – now you've got to match that effort in the weights room. There are 10 weeks, 40 workouts and 30 rest days standing between you and the finish line. In this chapter we detail every single workout Sam followed to pack on 7kg of lean muscle, so you can execute everything with precision.

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PROGRAMME CHECKLIST

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FULL WORKOUT TABLE

68

WORKOUT GUIDE

MUSCLE UPGRADE

Convert your new diet into solid muscle with this step-by-step guide

It's no good eating like a lion if you train like a sloth. But it's also no good just turning up in the gym, hammering your body for two hours on the bench press and expecting new muscles to sprout. To turn your hearty diet into lean muscle you don't just need to train hard, you need to train intelligently. This 10-week programme cycles between strength-based workouts and high-rep, high-volume sessions to stimulate your muscles to grow. But to ensure you don't burn out, every three weeks there's a period of low-volume days to give your body time to recover so you can attack the full 10 weeks with everything you've got.



WORKOUT CHECKLIST

Know exactly what you need to do before you set foot in the gym

HOW TO DO THESE WORKOUTS

LOW REP HIGH VOLUME
The focus here is on building strength. You'll be lifting heavy weights for a short period of time, but you'll be doing a lot of reps. This is a great way to build muscle and burn fat.

MEDIUM REP HIGH VOLUME
This is a great way to build muscle and burn fat. You'll be lifting moderate weights for a medium period of time, but you'll be doing a lot of reps.

HIGH REP LOW VOLUME
This is a great way to build muscle and burn fat. You'll be lifting light weights for a short period of time, but you'll be doing a lot of reps.

Refer to this programme checklist to make sure you tick off every workout over the 10 weeks.

WEEK	REP	WORKOUT NAME	PAGE
1	1	Upper Body	18
1	2	Upper Body	19
1	3	Upper Body	20
1	4	Upper Body	21
1	5	Upper Body	22
1	6	Upper Body	23
1	7	Upper Body	24
1	8	Upper Body	25
1	9	Upper Body	26
1	10	Upper Body	27
2	1	Upper Body	28
2	2	Upper Body	29
2	3	Upper Body	30
2	4	Upper Body	31
2	5	Upper Body	32
2	6	Upper Body	33
2	7	Upper Body	34
2	8	Upper Body	35
2	9	Upper Body	36
2	10	Upper Body	37
3	1	Upper Body	38
3	2	Upper Body	39
3	3	Upper Body	40
3	4	Upper Body	41
3	5	Upper Body	42
3	6	Upper Body	43
3	7	Upper Body	44
3	8	Upper Body	45
3	9	Upper Body	46
3	10	Upper Body	47
4	1	Upper Body	48
4	2	Upper Body	49
4	3	Upper Body	50
4	4	Upper Body	51
4	5	Upper Body	52
4	6	Upper Body	53
4	7	Upper Body	54
4	8	Upper Body	55
4	9	Upper Body	56
4	10	Upper Body	57
5	1	Upper Body	58
5	2	Upper Body	59
5	3	Upper Body	60
5	4	Upper Body	61
5	5	Upper Body	62
5	6	Upper Body	63
5	7	Upper Body	64
5	8	Upper Body	65
5	9	Upper Body	66
5	10	Upper Body	67
6	1	Upper Body	68
6	2	Upper Body	69
6	3	Upper Body	70
6	4	Upper Body	71
6	5	Upper Body	72
6	6	Upper Body	73
6	7	Upper Body	74
6	8	Upper Body	75
6	9	Upper Body	76
6	10	Upper Body	77
7	1	Upper Body	78
7	2	Upper Body	79
7	3	Upper Body	80
7	4	Upper Body	81
7	5	Upper Body	82
7	6	Upper Body	83
7	7	Upper Body	84
7	8	Upper Body	85
7	9	Upper Body	86
7	10	Upper Body	87
8	1	Upper Body	88
8	2	Upper Body	89
8	3	Upper Body	90
8	4	Upper Body	91
8	5	Upper Body	92
8	6	Upper Body	93
8	7	Upper Body	94
8	8	Upper Body	95
8	9	Upper Body	96
8	10	Upper Body	97
9	1	Upper Body	98
9	2	Upper Body	99
9	3	Upper Body	100
9	4	Upper Body	101
9	5	Upper Body	102
9	6	Upper Body	103
9	7	Upper Body	104
9	8	Upper Body	105
9	9	Upper Body	106
9	10	Upper Body	107
10	1	Upper Body	108
10	2	Upper Body	109
10	3	Upper Body	110
10	4	Upper Body	111
10	5	Upper Body	112
10	6	Upper Body	113
10	7	Upper Body	114
10	8	Upper Body	115
10	9	Upper Body	116
10	10	Upper Body	117

UPPER BODY

MEDIUM REPS, HIGH VOLUME

Keeping the pressure up, this time on the lats, pecs and shoulders

EXERCISE	SETS	REPS	TEMPO	REST
1. Wide-grip lat pull-down	3	12	3-1-3	60s
2. Bench press	3	10	3-1-3	60s
3. Incline bench press	3	10	3-1-3	60s
4. Dumbbell bench press	3	10	3-1-3	60s
5. Push-ups	3	15	3-1-3	60s
6. Chin-up	3	10	3-1-3	60s
7. Bent-over row	3	10	3-1-3	60s
8. Dumbbell row	3	10	3-1-3	60s
9. Pull-up	3	10	3-1-3	60s
10. Seated cable row	3	10	3-1-3	60s

1A WIDE-GRIP LAT PULL-DOWN

UPPER BODY

1. Sit on the machine with your feet on the platform. Grasp the bar with a wide grip.

2. Pull the bar down towards your chest, keeping your back straight and your feet flat on the floor.

3. Lower the bar back up to the starting position.

TIP Keep your core tight and your feet flat on the floor throughout the exercise.

These tables detail the exercises, sets, reps, tempo and rest you need to use in each workout.

2 CHIN-UP

GRIP & PULL

1. Grasp the bar with an overhand grip, with your hands shoulder-width apart.

2. Pull your body up towards the bar, keeping your feet flat on the floor.

3. Lower your body back down to the starting position.

TIP Keep your core tight and your feet flat on the floor throughout the exercise.

3 BENT-OVER ROW

GRIP & PULL

1. Bend over at the hips, keeping your back straight and your feet flat on the floor.

2. Grasp the bar with a shoulder-width grip.

3. Pull the bar up towards your chest, keeping your back straight and your feet flat on the floor.

4. Lower the bar back down to the starting position.

TIP Keep your core tight and your feet flat on the floor throughout the exercise.

Sam demonstrates each exercise with clear form guides and useful trainer tips to help you perfect each move.

WORKOUT CHECKLIST

Know exactly what you need to do before you set foot in the gym

HOW TO DO THESE WORKOUTS

This whole programme is made up of three different types of workout, colour coded red, blue or green. Match these descriptions below with the colours on the workout table on the right so you know how to make the most of each workout

LOW REP HIGH VOLUME

The first two workouts in weeks one, two, four, five, seven, eight and 10 are designed for building strength. In these workouts, comprised mainly of compound lifts such as squats and chin-ups, you'll turn increase the number and size of the fibres in your muscles so they get bigger - a process known as myofibrillar hypertrophy. The constantly increasing overload on your muscles will also help keep you progressing so you don't get stuck on any plateaus. In every session across the 10 weeks you need to focus on achieving new personal bests on the first lift for each muscle group. So make sure you write down your PBs in every session and try to beat them next time, even if it's only by 1.25kg. The increased carbs in your diet should give you the energy to power through.

MEDIUM REP HIGH VOLUME

In every week there will be at least one of these challenging high-volume workouts. These workouts usually begin with compound moves and end with isolation exercises such as lying hamstring curls or side lateral raises, but they all involve high reps and a slow tempo that will put the muscles under as much tension as possible during each exercise. This floods the working muscle with blood and sarcoplasmic fluid, a process known as sarcoplasmic hypertrophy, causing it to increase in size. Grit your teeth and stick to the tempo to make the most of these sessions. It might feel like agony in the middle of the set but the pain quickly dissipates, leaving you feeling somewhat foolish for crying out in anguish.

HIGH REP LOW VOLUME

In weeks three, six and nine the volume eases. Relief! Well, not quite. High volume can lead to central nervous system fatigue, but not high intensity. So in these workouts, which combine compound and isolation exercises, the number of sets is cut right back but you still need to go to town on the target muscle with each rep. You've got to give it everything. If the programme says do 10 reps and you can do 11, the weight you chose to lift wasn't heavy enough. The tempo remains slow to keep the muscles working and the workouts involve lots of drop sets, where you finish the prescribed number of reps, reduce the weight, and repeat the same number of reps again. You might not feel it at the time, but these sessions are giving your body a well-earned rest so you keep progressing. Good luck.

This page is an easy-to-follow reference chart of your workouts over the next 10 weeks in the order you need to perform them. There are 16 different workouts, labelled A to P, in this plan, repeated throughout the whole 10 weeks. Keep track of which stage of the plan you're on and use this chart to cross-reference with the form guides set out in the following pages.



Together these three different workouts cause 'super-compensation'. Making you stronger will force adaptation, using higher rep workouts will force hypertrophy to occur quicker, and backing off every three weeks with volume will allow for continued progression without plateau. Result: your muscles have no option but to grow.



WEEK	STEP	WORKOUT NAME		PAGE
1	1	A	Upper body	68
	2	B	Lower body	74
	3	C	Upper body	78
	4	D	Lower body	83
2	5	A	Upper body	68
	6	B	Lower body	74
	7	C	Upper body	78
	8	D	Lower body	83
3	9	E	Arms & shoulders	88
	10	F	Lower body	93
	11	G	Push & pull	97
	12	H	Arms & shoulders	102
4	13	A	Upper body	68
	14	B	Lower body	74
	15	I	Upper body	107
	16	J	Lower body	112
5	17	A	Upper body	68
	18	B	Lower body	74
	19	I	Upper body	107
	20	J	Lower body	112
6	21	K	Arms & shoulders	117
	22	G	Push & pull	97
	23	F	Lower body	93
	24	H	Arms & shoulders	102
7	25	A	Upper body	68
	26	B	Lower body	74
	27	L	Upper body	122
	28	M	Lower body	131
8	29	A	Upper body	68
	30	B	Lower body	74
	31	L	Upper body	122
	32	M	Lower body	131
9	33	N	Arms & shoulders	135
	34	G	Push & pull	97
	35	F	Lower body	93
	36	H	Arms & shoulders	102
10	37	A	Upper body	68
	38	B	Lower body	74
	39	O	Upper body	142
	40	P	Lower body	147

A

WORKOUTS
repeated for
these steps

1

5

13

17

25

29

37

UPPER BODY

LOW REP, HIGH VOLUME

Start by building strength by increasing your lifting power

EXERCISE	SETS	REPS	TEMPO	REST
1 Rack pull	5	5	21X1	120sec
2 Chin-up	4	8	4011	90sec
3 Decline bench press	5	5	21X1	120sec
4 Dip	3	8	4010	90sec
5 Seated dumbbell press	4	8	2010	90sec

TEMPO EXPLAINED

The tempo of each move is expressed as a four-digit figure. The first digit indicates how long in seconds you should take the lower the weight, the second for how long you should pause at the bottom, the third for how long you should take to lift, the fourth for how long you should pause at the top. An X means you should perform the movement explosively.

1 RACK PULL



- Set the safety bars on a squat rack to just above knee height.
- With the barbell resting on the bars, take a shoulder-width grip with core braced, shoulders retracted and over the bar, and back flat.
- Using your glutes to power the lift, push down through your heels to raise the bar, keeping arms straight.
- Keep the bar close to your body and, as it passes your knees, push your hips forward then lower the weight back down so it just touches the safety bars before repeating.

2 CHIN-UP

- Grasp the bar with an underhand grip, with your hands shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Pull yourself up by squeezing your lats together.
- Once your chin is higher than your hands lower yourself back to the start.

TIP

Secure a weight belt around your waist or hold a dumbbell between your feet for added resistance.





A

3 DECLINE BENCH PRESS



B

- Set an adjustable bench so it's at a slight decline or, if it's a flat bench, put a couple of weight plates under one end to create a decline.
- Hold the 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 them slowly to the start position.

4 DIP

- Grip parallel bars then lean forward slightly to target your chest while keeping your core braced.
- With your elbows pointing straight back, lower your body until your upper arms are parallel to the floor.
- Avoid swinging your legs for momentum.
- Press back up powerfully but don't lock out your elbows at the top.

TIP

Ideally you'll use a dip station for this exercise but you can get the same workout by laying two barbells across the rests on a squat rack.



5 SEATED DUMBBELL OVERHEAD PRESS



- Sit on an upright bench holding a dumbbell in each hand level with your chin.
- Keep your feet flat on the floor, core braced, back against the bench and head looking forward.
- Press the weights up powerfully but don't lock out your arms at the top, then slowly lower until the weights are level with your chin again.

TIP

Making sure you don't lock your arms out at the top of this move, or drop your arms too low at the bottom, will keep your shoulders under muscle-building tension throughout this set.

WHAT IS STOPPING YOU BECOMING THE ULTIMATE YOU?

BEGIN YOUR TRANSFORMATION

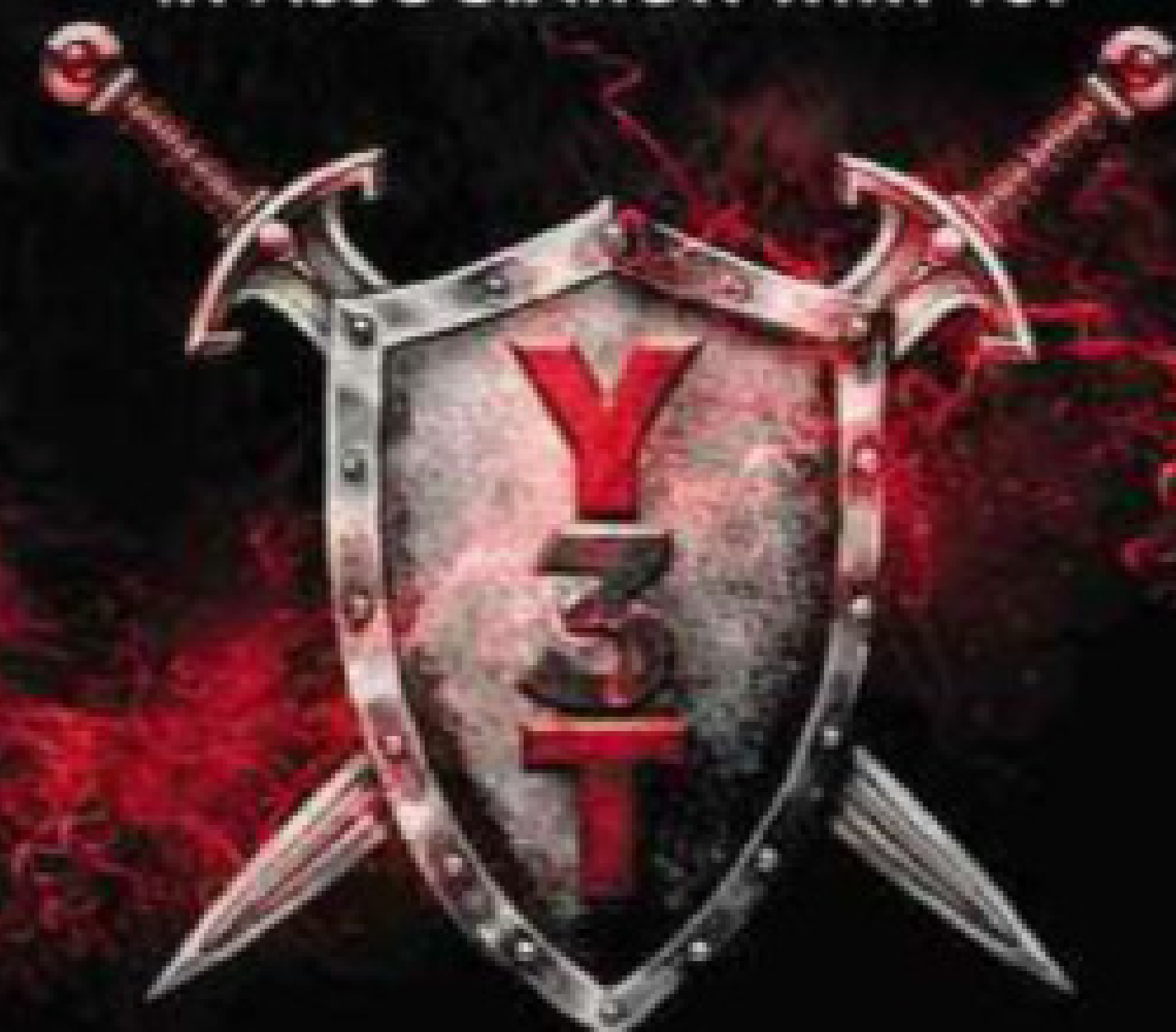
email:info@creatingphysiques.com - www.Y3T.co.UK



CREATING PHYSIQUES

BY ADAM GETHIN

IN ASSOCIATION WITH Y3T



B

WORKOUTS
repeated for
these steps

- 2
- 6
- 14
- 18
- 26
- 30
- 38

LOWER BODY

LOW REP, HIGH VOLUME

Continue strengthening, focusing on thighs, calves and glutes

EXERCISE	SETS	REPS	TEMPO	REST
1 Squat	5	5	21X1	120sec
2 Romanian deadlift	4	8	2111	90sec
3 Lying hamstring curl	3	8	2111	90sec
4 Calf raise	4	12	2112	60sec

1 SQUAT



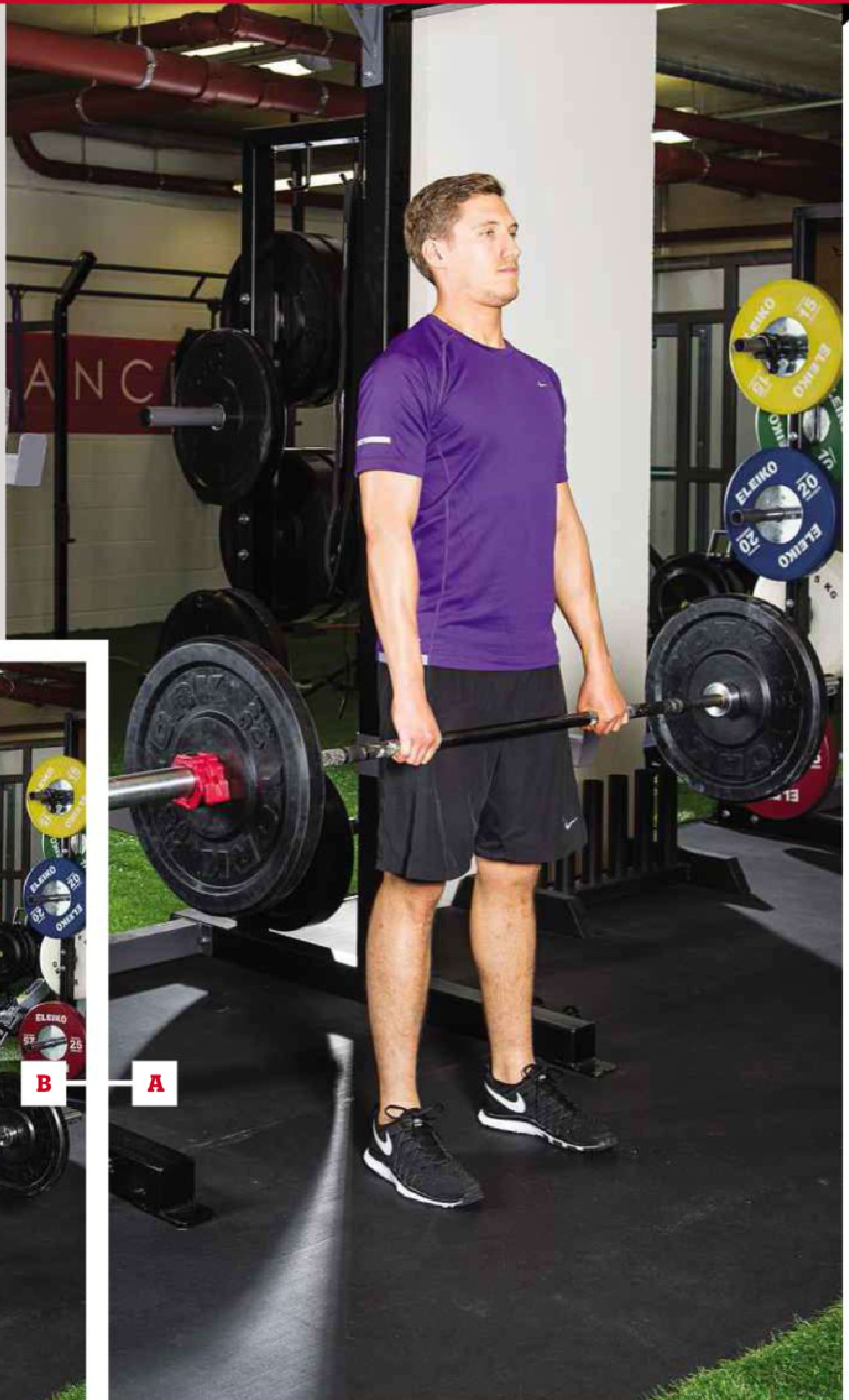
- Rest the bar on the back of your shoulders, holding it with an overhand grip.
- Your feet should be just wider than shoulder-width apart.
- Keep your chest up as you squat until your thighs are at least parallel to the floor. Pause briefly at the bottom of the lift, then drive back up through your heels.

2 ROMANIAN DEADLIFT

- Keeping your legs straight, lean forward from the hips, not the waist, and lower the bar down the front of your shins until you feel a good stretch in your hamstrings.
- Reverse the move back to the start, pushing your hips forward to stand tall.

TIP

If your grip is starting to fail use a mixed grip, with one palm facing forward, the other facing you. It will help you cling on longer.





A

3 LYING HAMSTRING CURL



B

- Lie face down on a flat bench so your thighs and chest are supported and hold a dumbbell between your feet.
- Hold the bench with your hands to maintain balance.
- Squeeze your hamstrings to bend your legs and raise the weight, curling your legs as far as you can. Pause here, then return slowly, but don't let your knees lock out at the bottom.

4 BARBELL CALF RAISE

- Stand in a squat rack with a heavy barbell set up in the rack.
- Rest the bar on the back of your shoulders holding it with an overhand grip.
- Your feet should be just wider than shoulder-width apart.
- Raise your heels.
- Pause at the top of the move for a second, squeezing your calf muscles hard, then slowly lower your heels to the floor.



C

UPPER BODY

MEDIUM REP, HIGH VOLUME

Putting your muscles under pressure to aid sarcoplasmic hypertrophy

WORKOUTS

repeated for these steps

3

7

EXERCISE	REPS	SETS	TEMPO	REST
1 Bent-over row	3	12	3111	60sec
2 Wide-grip lat pull-down	3	12	2011	60sec
3 Incline twist dumbbell press	3	12	2112	60sec
4 Guillotine press	3	12	2110	60sec
5 Arnold press	3	15	2020	60sec
6 Lateral raise	3	15*	2010	60sec

* Do these as drop sets. Perform the reps, then reduce the weight by 15% and do them again, then rest.

1 BENT-OVER ROW



- Bend your knees slightly and hinge forward from the hips, keeping your core braced, back straight and shoulder blades back throughout.
- Hold the barbell so your hands are just wider than shoulder-width apart, letting the bar hang at knee level.
- Pull the bar up to your lower sternum, then lower it slowly to the start.

2 WIDE-GRIP LAT PULL-DOWN

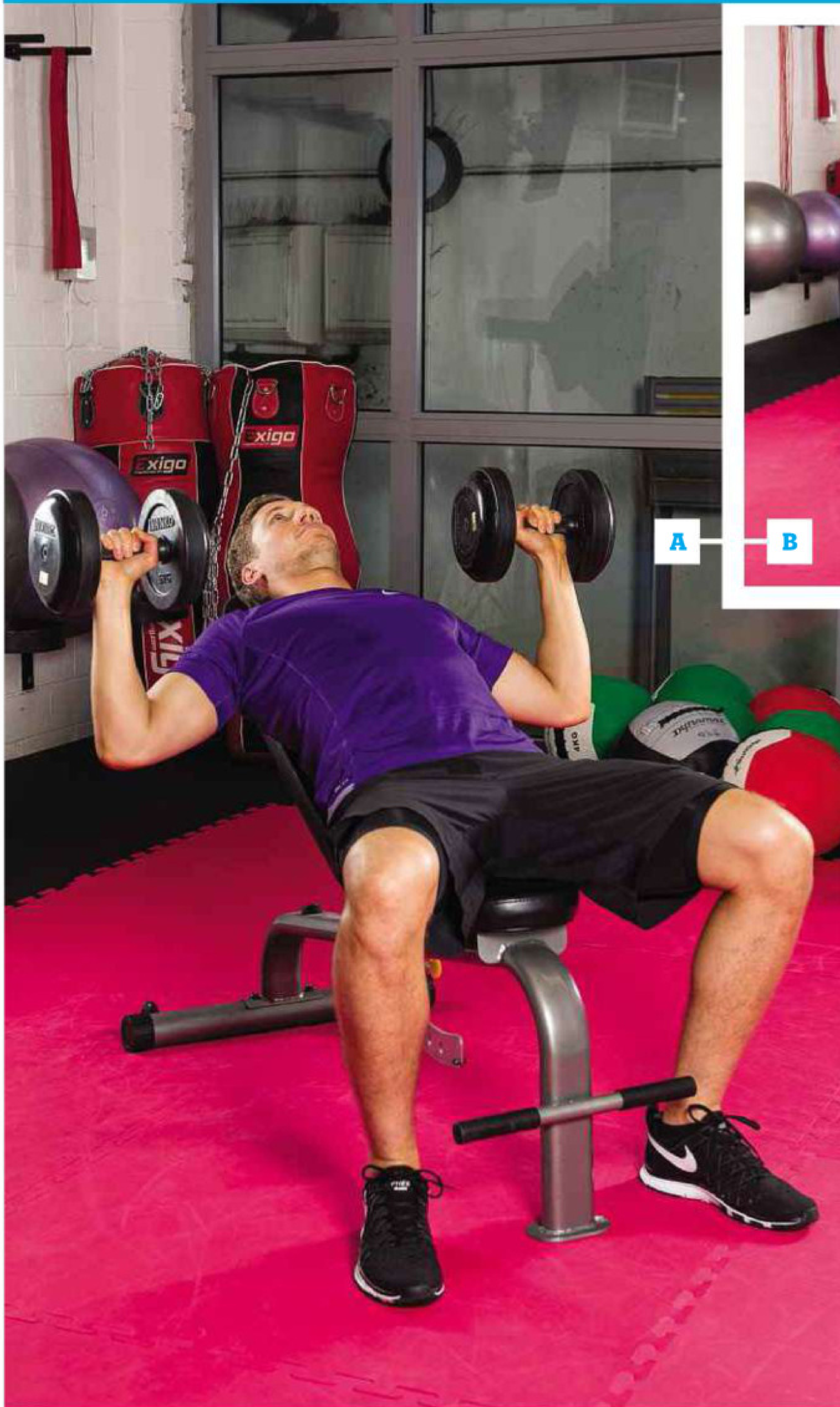
- Sit on the seat and take an overhand, wide grip on the bar.
- Look forward, retract your shoulder blades and keep your torso upright.
- Keep your body upright and still while you pull the bar down in front of you until it reaches your upper chest.
- Squeeze your shoulder blades together at the bottom of the move and then slowly return the bar to the top.

TIP

Don't lean back to aid the movement because this will take all the emphasis off your lats. Reducing the weight is better than cheating this move.



3 INCLINE TWIST BENCH PRESS



A



B

- Hold the dumbbells with an overhand grip beside your chest.
- As you press up, twist your arms so your palms face each other and the weights are parallel.
- Bring the dumbbells together at the top of the move, pressing them together, then reverse the move.

TIP

Press the dumbbells together hard for a count of two seconds to keep your pecs working.

**TIP**

Unlike a typical bench press, position your body slightly further away from the bar so you can lower the bar towards your neck rather than your chest.

A

4 GUILLOTINE PRESS

- Lie on the bench with your feet on the floor, directly underneath your knees.
- Brace your core and maintain a natural arch in your back.
- Hold the bar with an overhand grip shoulder-width apart.
- Slowly lower the bar until it's just above your neck.
- Drive your feet hard into the floor and push the bar up strongly to the start.



B

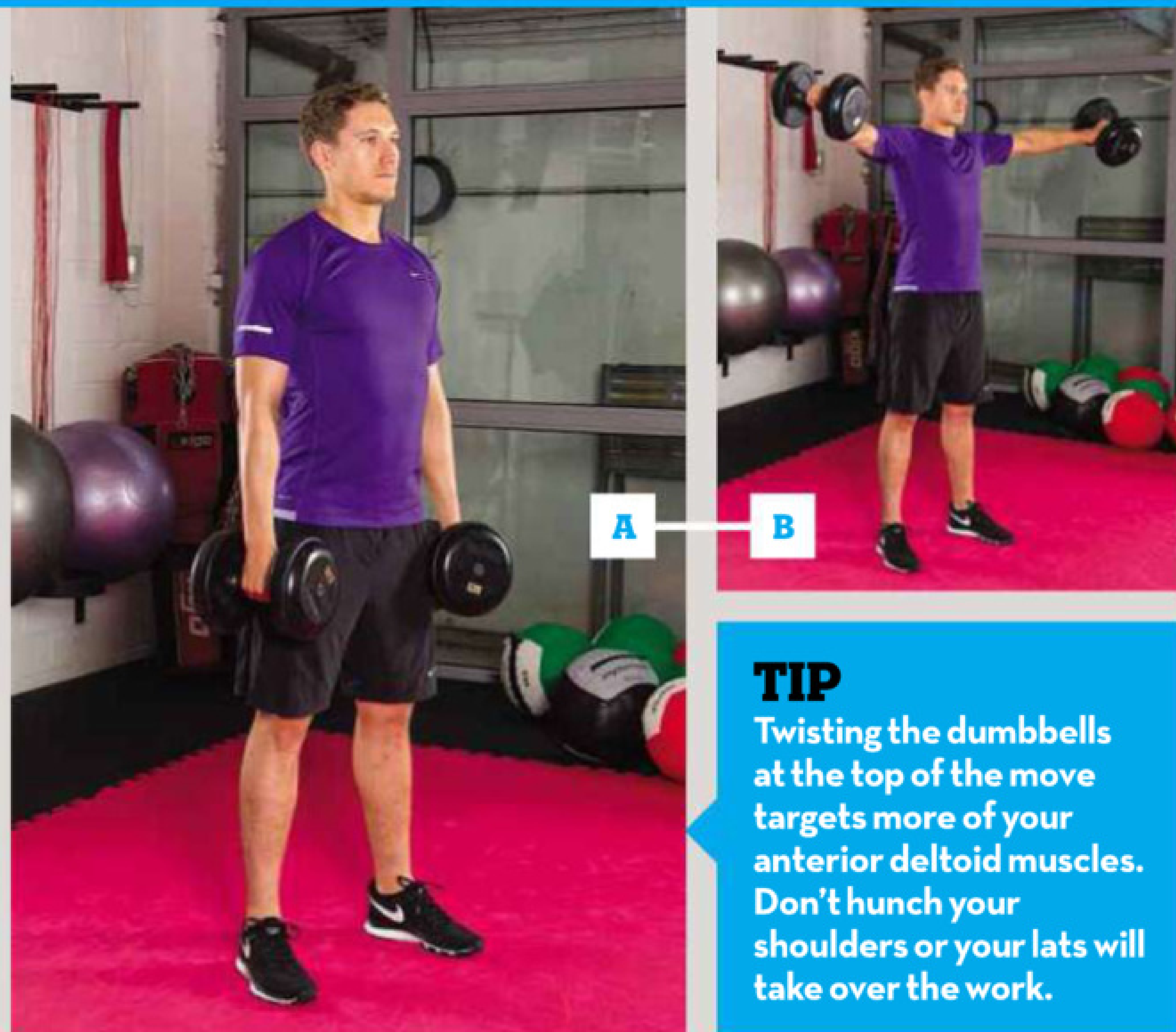
5 ARNOLD PRESS



- Hold the dumbbells with your palms facing you and your upper arms horizontal so your deltoids are already working.
- Press the weights straight up and rotate your hands at the same time so your palms now face forwards, but don't lock out your elbows. Then reverse the move.

6 LATERAL RAISE

- Hold the dumbbells by your sides.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms only slightly bent, raise the weights out to your sides until your arms are horizontal.
- At the same time twist your hands so the front ends of the dumbbells are slightly lower than the back ends.
- Slowly lower your arms to the start.



TIP

Twisting the dumbbells at the top of the move targets more of your anterior deltoid muscles. Don't hunch your shoulders or your lats will take over the work.

D

LOWER BODY MEDIUM REP, HIGH VOLUME

You'll start to feel some serious burn now as the workrate ramps up

WORKOUTS

repeated for these steps

4

8

EXERCISE	SETS	REPS	TEMPO	REST
1 Squat	3	12	3110	90sec
2 Bulgarian split squat	2	12	2110	60sec
3 Split squat	2	12**	2011	60sec
4 Lying hamstring curl	5	12*	2111	60sec
5 Good morning	2	12	3110	60sec
6 Dumbbell calf raise	3	20	2112	90sec

* Do these as drop sets. Perform the reps, then reduce the weight by 15% and do them again, then rest.

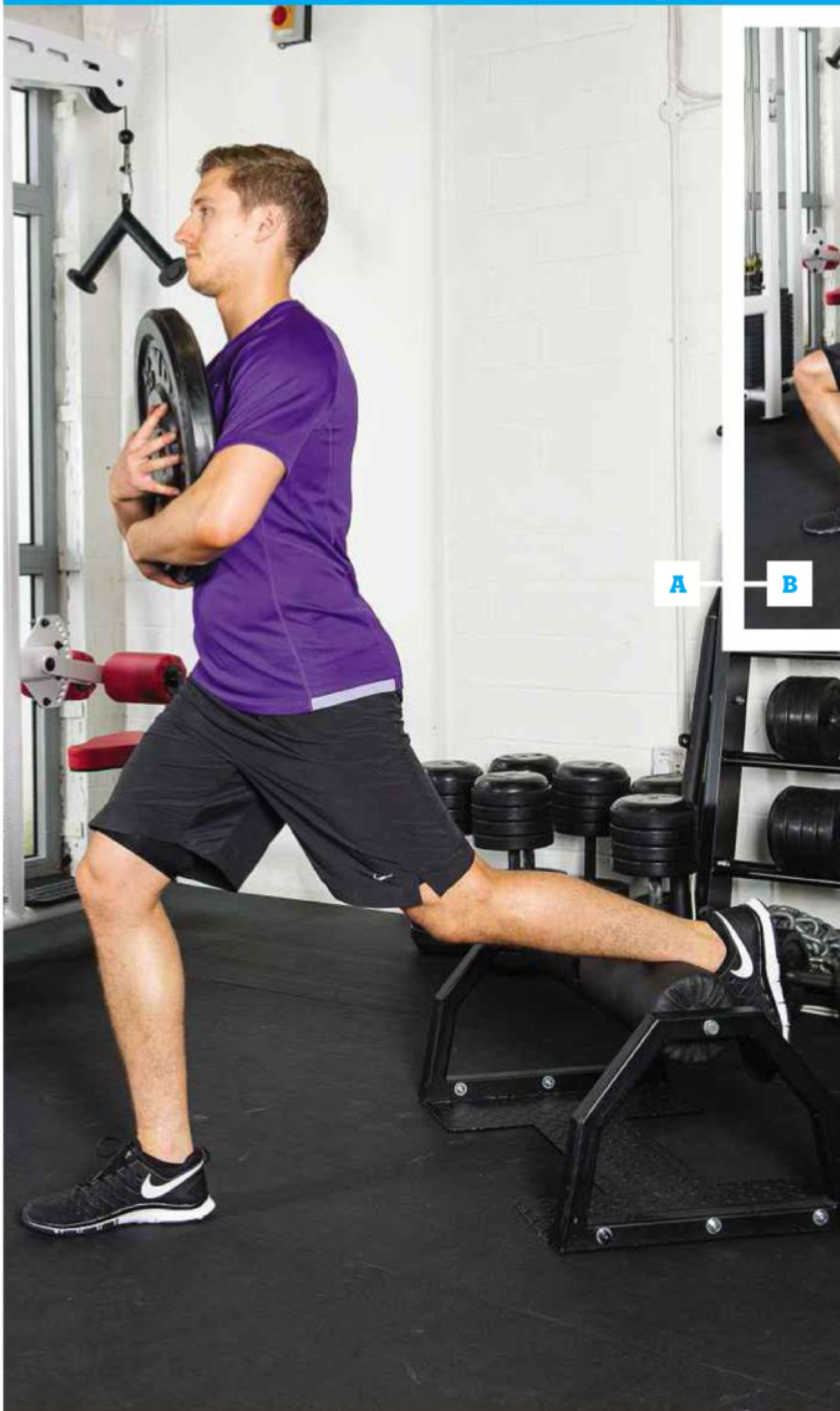
** Do these as triple drop sets. Perform the reps, then reduce the weight by 15% and do them again. Repeat the process once more, then rest.

1 SQUAT



- Rest the bar on the back of your shoulders, holding it with an overhand grip.
- Your feet should be just wider than shoulder-width apart.
- Keep your chest up as you squat until your thighs are at least parallel to the floor. Pause briefly at the bottom of the lift before driving back up through your heels.

2 BULGARIAN SPLIT SQUAT



- With your torso upright, core braced and hips straight, rest one instep on a bench and hold a weight plate to your chest.
- Lower until your front thigh is horizontal, keeping your knee in line with your foot.
- Push through your front foot to return to the start.

TIP

Keep your glutes clenched throughout to help you balance and don't lock your knee out at the top of the move to keep tension on the muscles. This might burn a little but it's all worth it.

3 SPLIT SQUAT

- Stand holding dumbbells and, with your torso upright, step forward with your front foot into a split stance.
- Lower until your front thigh is horizontal, keeping your knee in line with your foot.
- Don't let your front knee travel beyond your toes. Push through your front foot to return to the start.

TIP

Avoid locking your knee out at the top of the move to keep your leg muscles working hard throughout this move. Don't worry, the pain in your thighs will dissipate.

**B****A**



A

4 LYING HAMSTRING CURL



B

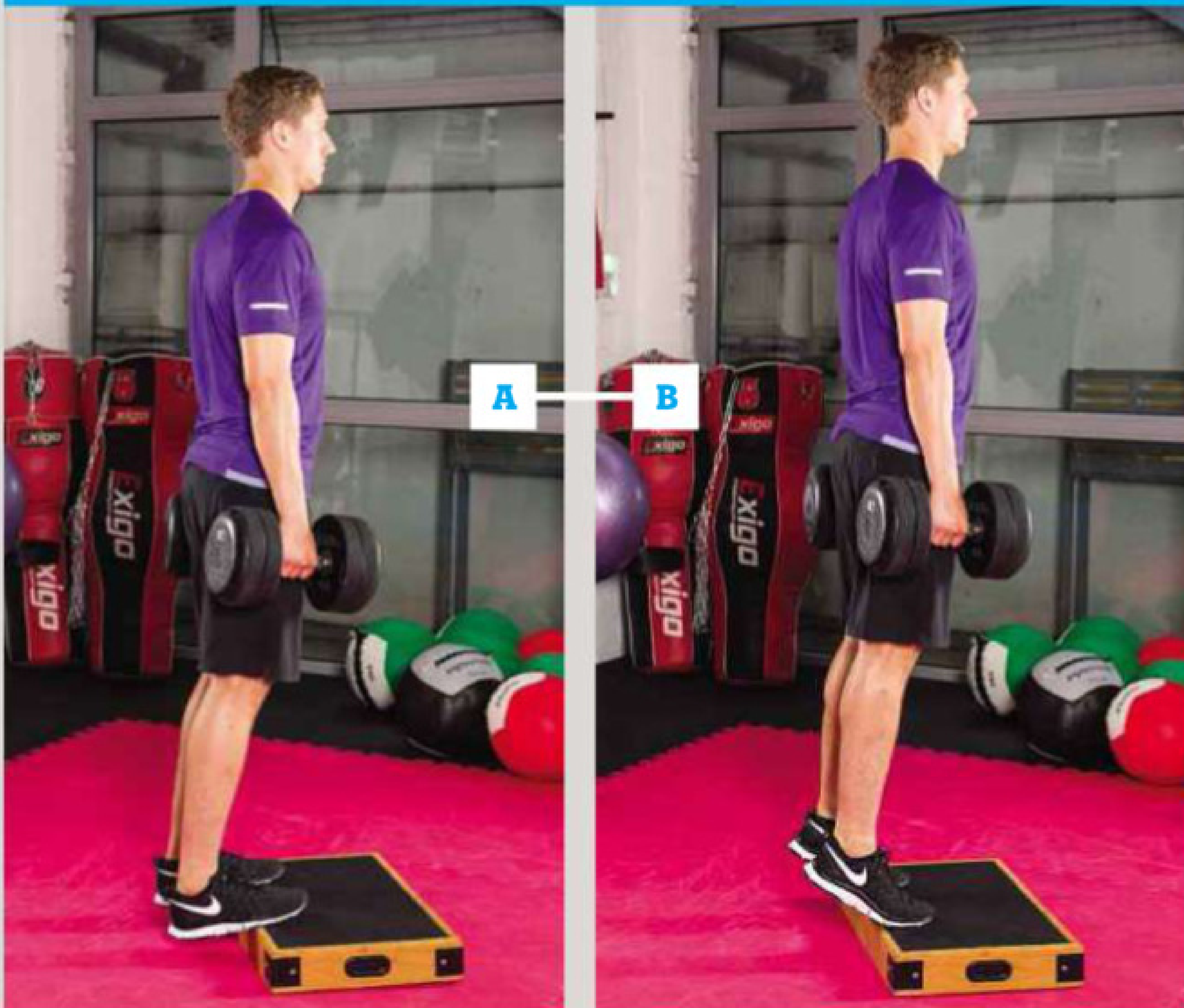
- Lie face down on a flat bench so your thighs and chest are supported, and hold a dumbbell between your feet.
- Hold the bench with your hands to maintain balance.
- Squeeze your hamstrings to bend your legs and raise the weight, curling your legs as far as you can. Pause here, then return slowly, but don't let your knees lock out at the bottom.

5 GOOD MORNING

- Rest the bar on the back of your shoulders, holding it in place with an overhand grip.
- Your feet should be just wider than shoulder-width apart.
- Keep your chest and chin up and your back straight as you slowly hinge forwards from your hips until you feel the stretch in your hamstrings.
- Make sure you don't round your back.
- Drive your hips forwards to reverse the movement back to standing.



6 DUMBBELL CALF RAISE



- Stand with your feet on the edge of a platform with a dumbbell in each hand.
- Raise your heels.
- Pause briefly then return to the start, ensuring your heel goes below the platform to go through the full range of motion.

TIP

If you're struggling for balance, especially when you go heavier, it can be easier to work one calf at a time. Grasp a dumbbell in one hand and hold a fixed object with the other hand for support.

E

ARMS & SHOULDERS

MEDIUM REP, HIGH VOLUME

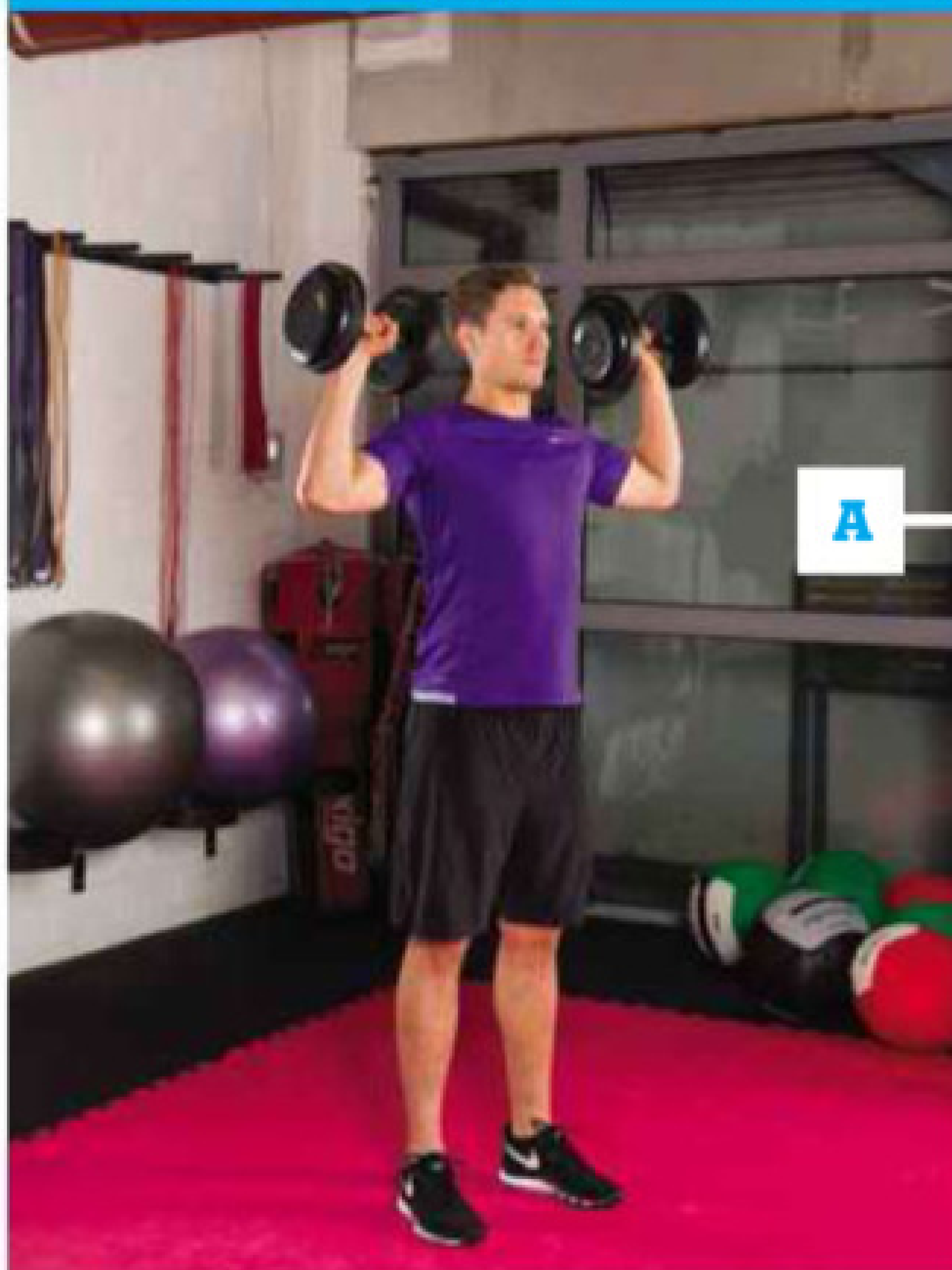
Concentrating higher up to further develop your strength up top

WORKOUTS
performed for
step

9

EXERCISE	SETS	REPS	TEMPO	REST
1 Overhead dumbbell press	4	20	2010	60sec
GIANT SET				
2A Side lateral raise	3	15	2111	10sec
2B Front raise	3	15	2111	10sec
2C Reverse flye	3	15	2111	90sec
3 Shrug	3	15	2011	60sec
4 EZ-bar skullcrusher	4	15	2110	60sec
5 Close-grip EZ-bar curl	4	15	2111	60sec

1 OVERHEAD DUMBBELL PRESS



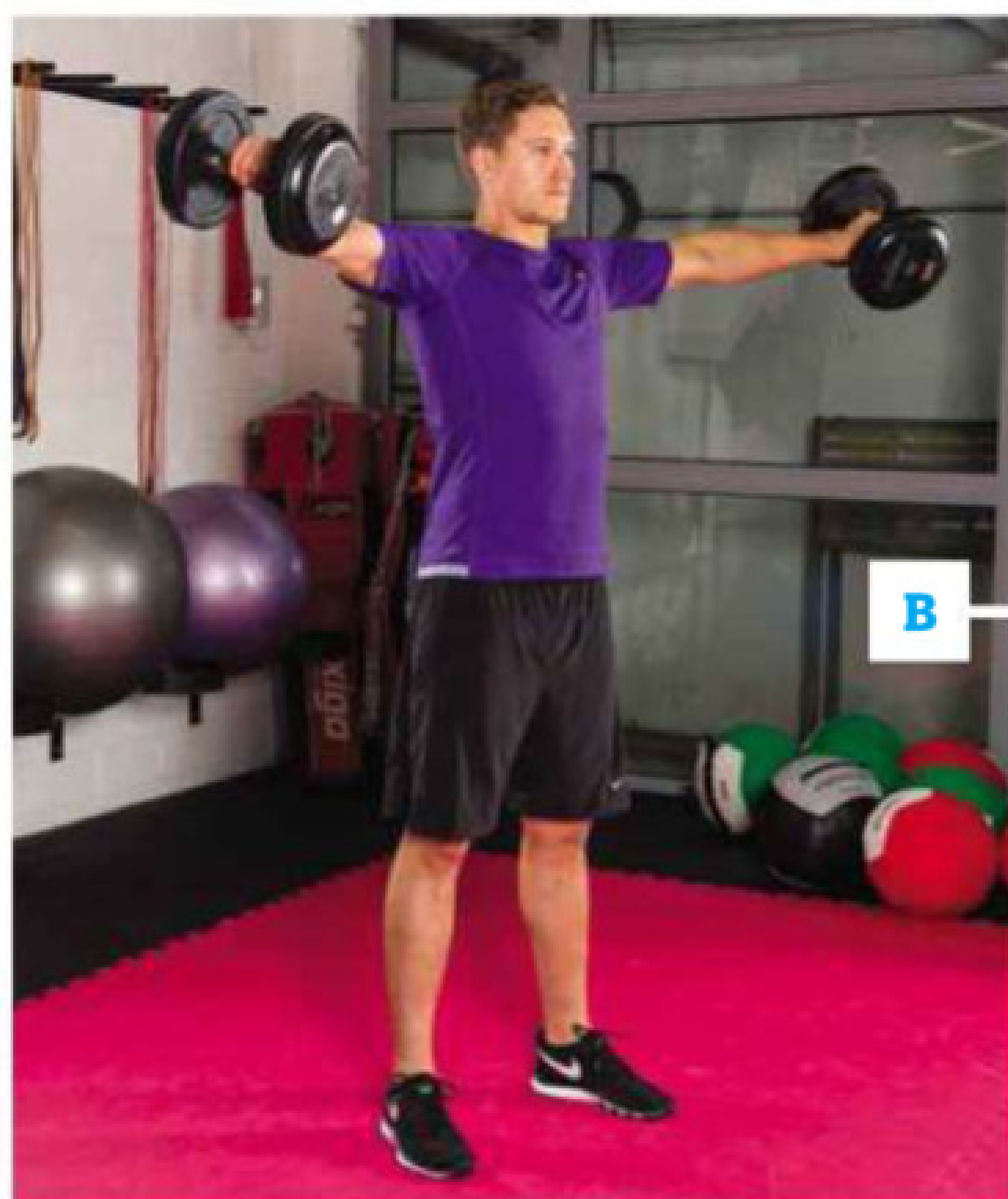
- With your feet shoulder-width apart, hold the dumbbells level with your chin.
- Keep your chest upright and your core and glutes tensed.
- Press the weights directly upwards until your arms are extended overhead but don't lock out your elbows.
- Lower the weights back down until they are level with your chin but no lower or you'll lose tension in your muscles.

2A LATERAL RAISE

- Hold the dumbbells in your hands by your sides.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms only slightly bent, raise the weights out to your sides until your arms are horizontal.
- At the same time twist your hands so the front ends of the dumbbells are slightly lower than the back ends.
- Slowly lower your arms to the start.

TIP

Twisting the dumbbells at the top of the move targets more of your anterior deltoid muscles. Don't hunch your shoulders or your lats will take over the work.



B

A

2B FRONT RAISE



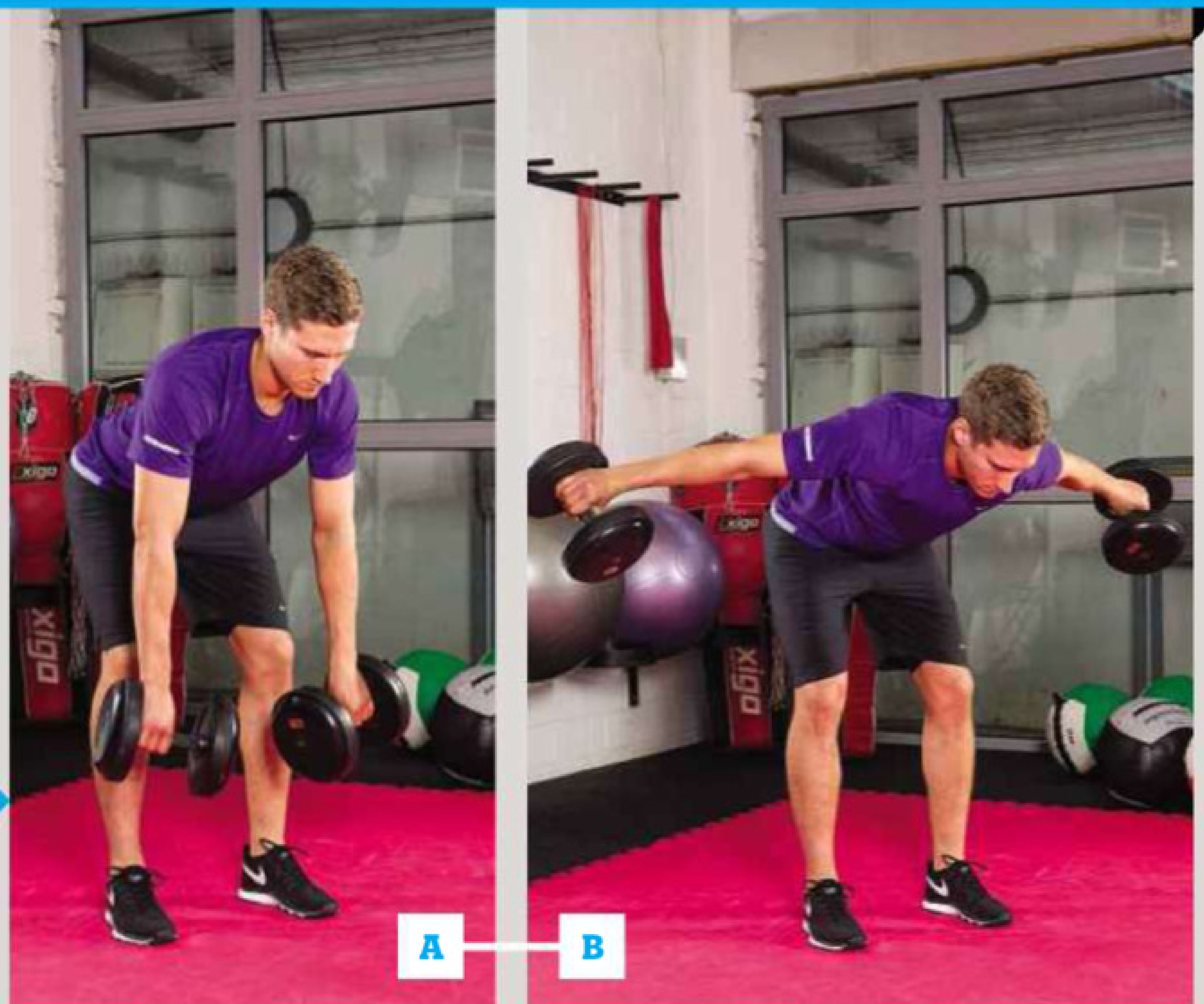
- Hold the dumbbells in your hands in front of your thighs.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms only slightly bent, raise one out in front of you until your arm is horizontal.
- Slowly lower your arm to the start and repeat with the other arm.

2C REVERSE FLYE

- Hold a dumbbell in each hand, leaning forward with a flat back.
- Raise your arms out to your sides, squeezing your shoulder blades together at the top for a second.
- Lower under control.

TIP

Forget your ego and reach for dumbbells light enough to allow you to do this move with good form.



3 SHRUG

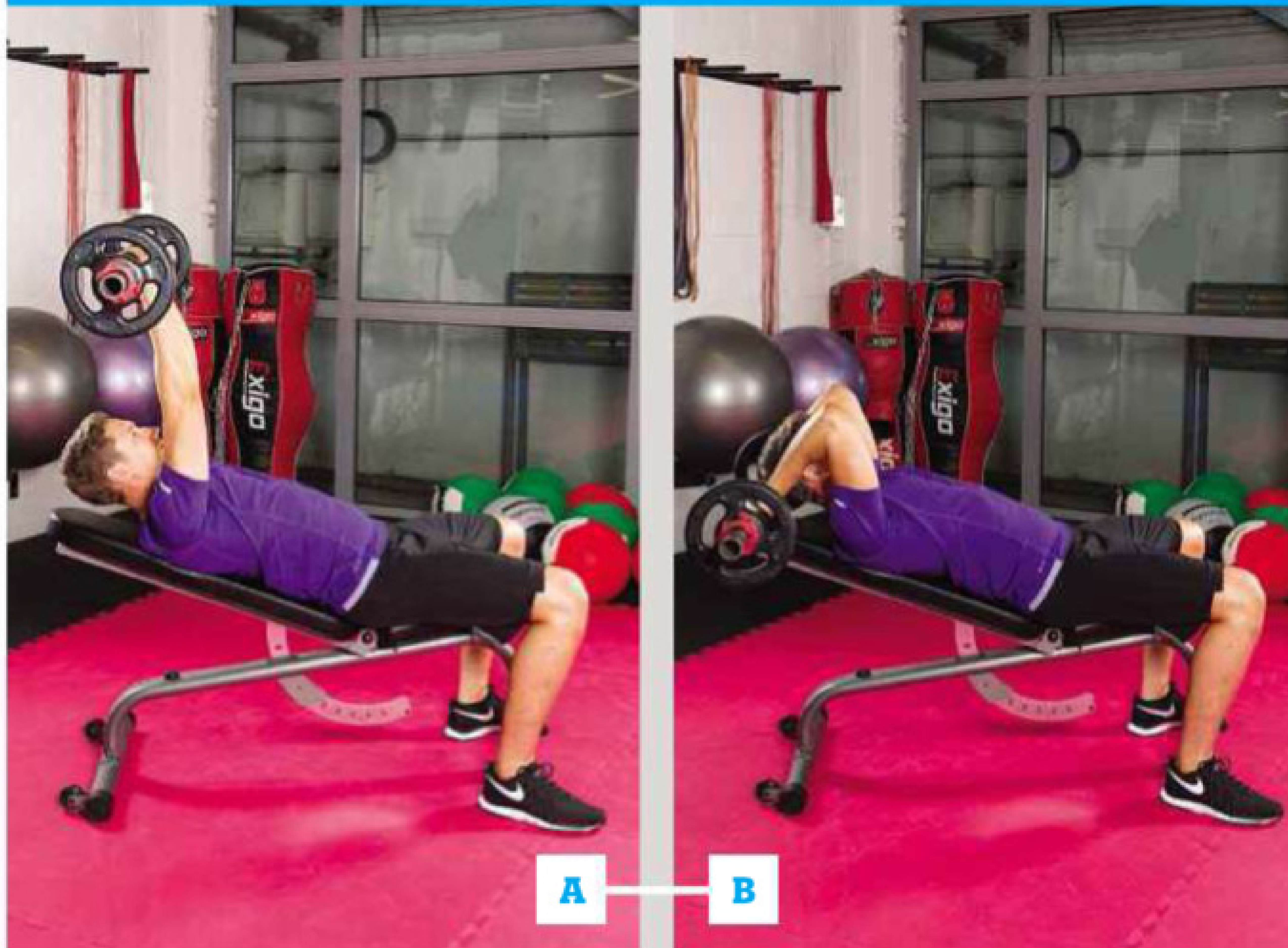
- Hold the dumbbells by your sides.
- Keeping your core braced and arms straight shrug your shoulders up towards your ears, keeping your arms straight.
- Pause at the top position before slowly lowering the weight back down.

TIP

The idea is to go heavy here so to make it easier to get into the starting position, lift the weights from the top shelf of the dumbbell rack.



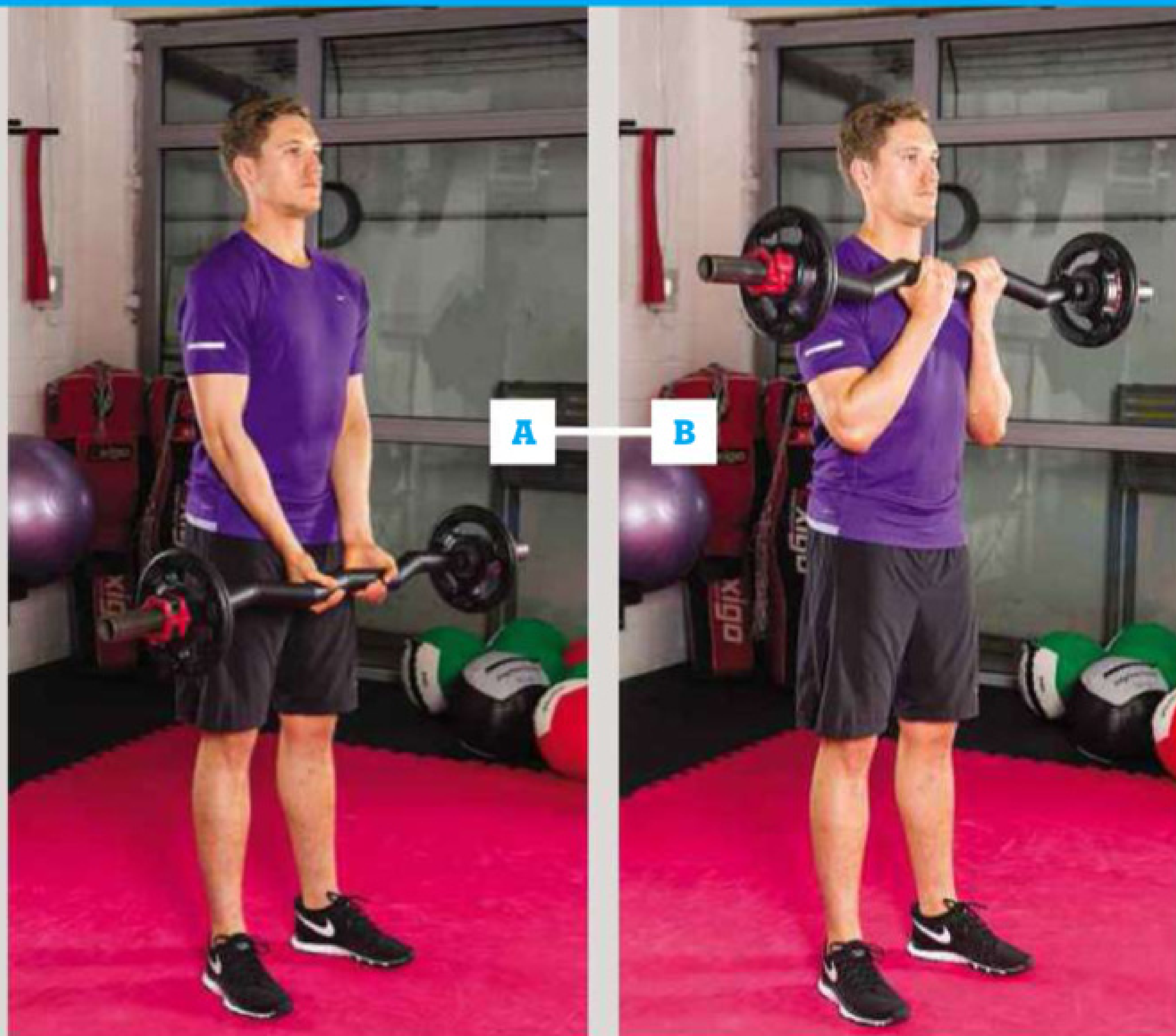
4A EZ-BAR SKULLCRUSHER



- Lie down on a bench with a slight incline.
- Hold the EZ-bar above you with an overhand grip just less than shoulder-width apart.
- Slowly lower the weight behind your head by bending your arms at the elbow so your upper arms remain in the same place.
- Bring the bar back above you to the start position.

4B CLOSE-GRIP EZ-BAR CURL

- Hold the EZ-bar with an underhand grip, hands around one hand's width apart.
- Start with the bar resting against your thighs.
- Keep your elbows tucked in tight to your sides and curl the bar up to your chest, then flex your biceps.
- Slowly reverse the move, flexing your triceps at the bottom of the lift.



F

WORKOUTS
repeated for
these steps

10

23

35

LOWER BODY

HIGH REP, LOW VOLUME

Easing up on the weight but increasing reps to keep muscles working

EXERCISE	SETS	REPS	TEMPO	REST
1 Squat	1	10	30X0	120sec
2 Bulgarian split squat	1	10*	30X0	120sec
3 Lying hamstring curl	2	10*	3111	90sec
4 Barbell calf raise	2	15*	2111	60sec

* Do these as triple drop sets. Perform the reps, then reduce the weight by 15% and do them again. Repeat the process once more, then rest.

1 SQUAT

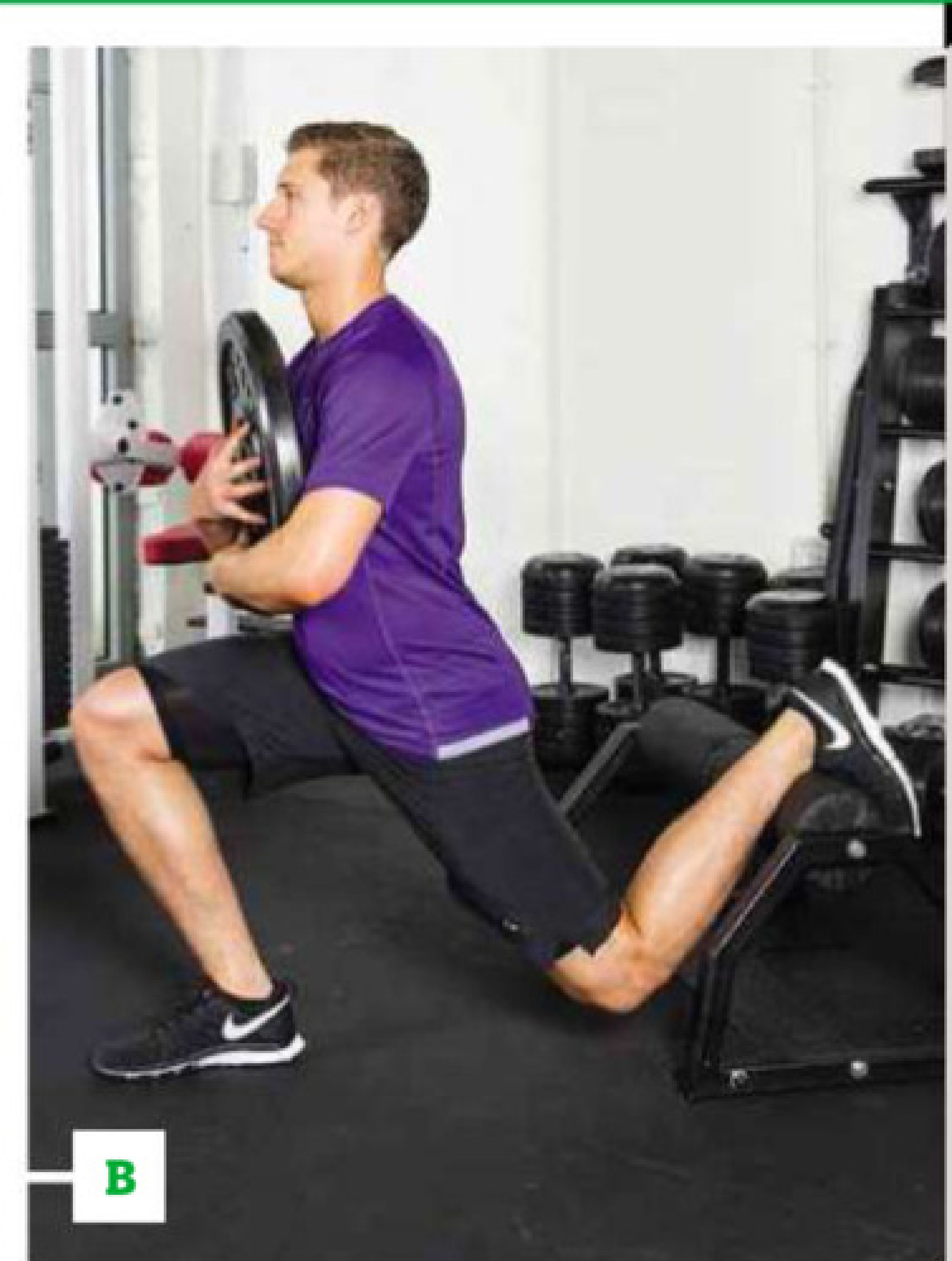


- Rest the bar on the back of your shoulders, holding it with an overhand grip.
- Your feet should be just wider than shoulder-width apart.
- Keep your chest up as you squat until your thighs are at least parallel to the floor. Pause briefly at the bottom of the lift, then drive back up through your heels.

2 BULGARIAN SPLIT SQUAT



A



B

- With your torso upright, core braced and hips straight, rest one foot on a bench and hold a weight plate to your chest.
- Lower until your front thigh is horizontal, keeping your knee in line with your foot.
- Push through your front foot to return to the start.

TIP
Keep your glutes clenched throughout to help you balance and don't lock your knee out at the top of the move to keep tension on the muscles. This might burn a little but it's all worth it.



A

3 LYING HAMSTRING CURL

- Lie face down on a flat bench so your thighs and chest are supported and hold a dumbbell between your feet.
- Hold the bench with your hands to maintain balance.
- Squeeze your hamstrings to bend your legs and raise the weight, curling your legs as far as you can. Pause here, then return slowly, but don't let your knees lock out at the bottom.



B

4 BARBELL CALF RAISE



- Stand in a squat rack with a heavy barbell set up in the rack.
- Rest the bar on the back of your shoulders, holding it with an overhand grip.
- Your feet should be just wider than shoulder-width apart.
- Raise your heels.
- Pause at the top of the move for a second, squeezing your calf muscles hard, then slowly lower your heels to the floor.

G

PUSH & PULL

HIGH REP, LOW VOLUME

Targetting your chest, pecs and lats with higher intensity exercises

WORKOUTS

repeated for these steps

11

22

34

EXERCISE	SETS	REPS	TEMPO	REST
1 Single-arm row	2	10	21X1	90sec
2 Chin-up	1	10	3011	90sec
3 Bent-over row	1	10	2011	90sec
4 Decline dumbbell bench press	2	10	21X1	90sec
5 Flye	1	10	2111	90sec
6 Dip	1	10	2010	60sec

1 SINGLE-ARM ROW



- Place your left knee and left hand on a flat bench, with your right leg out to the side. Hold a dumbbell in your right hand.
- With a natural arch in your back and core braced, lift the weight back towards your right hip, leading with the elbow.
- Pause at the top before returning to the start.

TIP

Drawing your arm back while you raise the weight puts more emphasis on your lats than the traditional way of lifting the dumbbell straight up.

2 CHIN-UP



- Grab the bar with an underhand grip with your hands shoulder-width apart.
- Start from a dead hang with your arms fully extended.
- Pull yourself up by squeezing your lats together.
- Once your chin is higher than your hands, lower yourself back to the start.

TIP

Secure a weight belt around your waist or hold a dumbbell between your feet for added resistance.

3 BENT-OVER ROW

- Bend your knees slightly and hinge forward from the hips, keeping your core braced, back straight and shoulder blades back throughout.
- Hold the barbell so your hands are just wider than shoulder-width apart, letting the bar hang at knee level.
- Pull the bar up to your lower sternum, then lower it slowly to the start.

TIP

Pull the bar all the way in to your body and squeeze all your back muscles at the top of the move for a second.

**B****A**

4 DECLINE DUMBBELL BENCH PRESS



- Set an adjustable bench so it's at a slight decline or, if it's a flat bench, put a couple of weight plates under one end to create a decline.
- Hold the 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 them slowly to the start position.

5 FLYE

- Lie on a flat bench with a dumbbell in each hand above your face.
- Turn your wrists so that your palms face each other, then, keeping a slight bend in your elbows, lower your arms out to your sides until you feel a stretch in your pecs.
- Bring the weights back together over your chest.

TIP

At the top of the move press the dumbbells together to keep the pecs working hard throughout.



6 DIP

- Grip parallel bars, then lean forward slightly to target your chest while keeping your core braced.
- With your elbows pointing straight back, lower your body as far down as you can comfortably go without stressing your shoulders.
- Avoid swinging your legs for momentum.
- Press back up powerfully but don't lock out your elbows at the top.

TIP

Ideally you'll use a dip station for this exercise but you can get the same workout by laying two barbells across the rests on a squat rack.

**B****A**

H

ARMS & SHOULDERS

HIGH REP, LOW VOLUME

Shift focus to your deltoids, biceps and triceps in these workouts

WORKOUTS

repeated for these steps

12

24

36

EXERCISE	SETS	REPS	TEMPO	REST
1 Seated dumbbell overhead press	2	10	2010	90sec
2 Upright row	2	10	2011	60sec
3 Triceps push-down	2	10	2110	60sec
4 Overhead EZ-bar extension	1	10	2200	60sec
5 Single-arm preacher curl	1	10	21X1	60sec
6 Hammer curl	1	10	2011	60sec

1 SEATED DUMBBELL OVERHEAD PRESS



- Sit on an upright bench holding a dumbbell in each hand level with your chin.
- Keep your feet flat on the floor, core braced, back against the bench and head looking forward.
- Press the weights up powerfully, then slowly lower until the weights are level with your chin again.

TIP

Be careful not to lock your arms out at the top of this move or drop too low at the bottom.

2 UPRIGHT ROW

- Stand with feet shoulder-width apart.
- Hold a barbell with an overhand grip double shoulder-width apart.
- Keep your back straight and shoulder blades retracted and raise the bar until it's level with your chest, keeping it close to your body, then lower to the start.

TIP

The target muscles here are your deltoids. To work them effectively you'll have to start light. It'll also provide a secondary blast for your forearms.



B



A

3 TRICEPS PUSH-DOWN



A

B



- Stand tall, holding a two-handed attachment fixed to the high pulley of a cable machine.
- Keeping your elbows close to your body, press your hands down to straighten your arms.
- At the bottom squeeze your triceps then return to the start, squeezing your biceps at the very top.

TIP

The closer you stand to the machine the better you'll be able to target your triceps, rather than relying on just your deltoids.



A

4 OVERHEAD EZ-BAR EXTENSION

- Lie on a bench with a slight incline.
- Hold the EZ-bar above you with an overhand grip, hands just less than shoulder-width apart.
- Slowly lower the weight behind your head by bending your arms at the elbow so your upper arms remain in the same place.
- Bring the bar back above you to the start position.



B

5 SINGLE-ARM PREACHER CURL



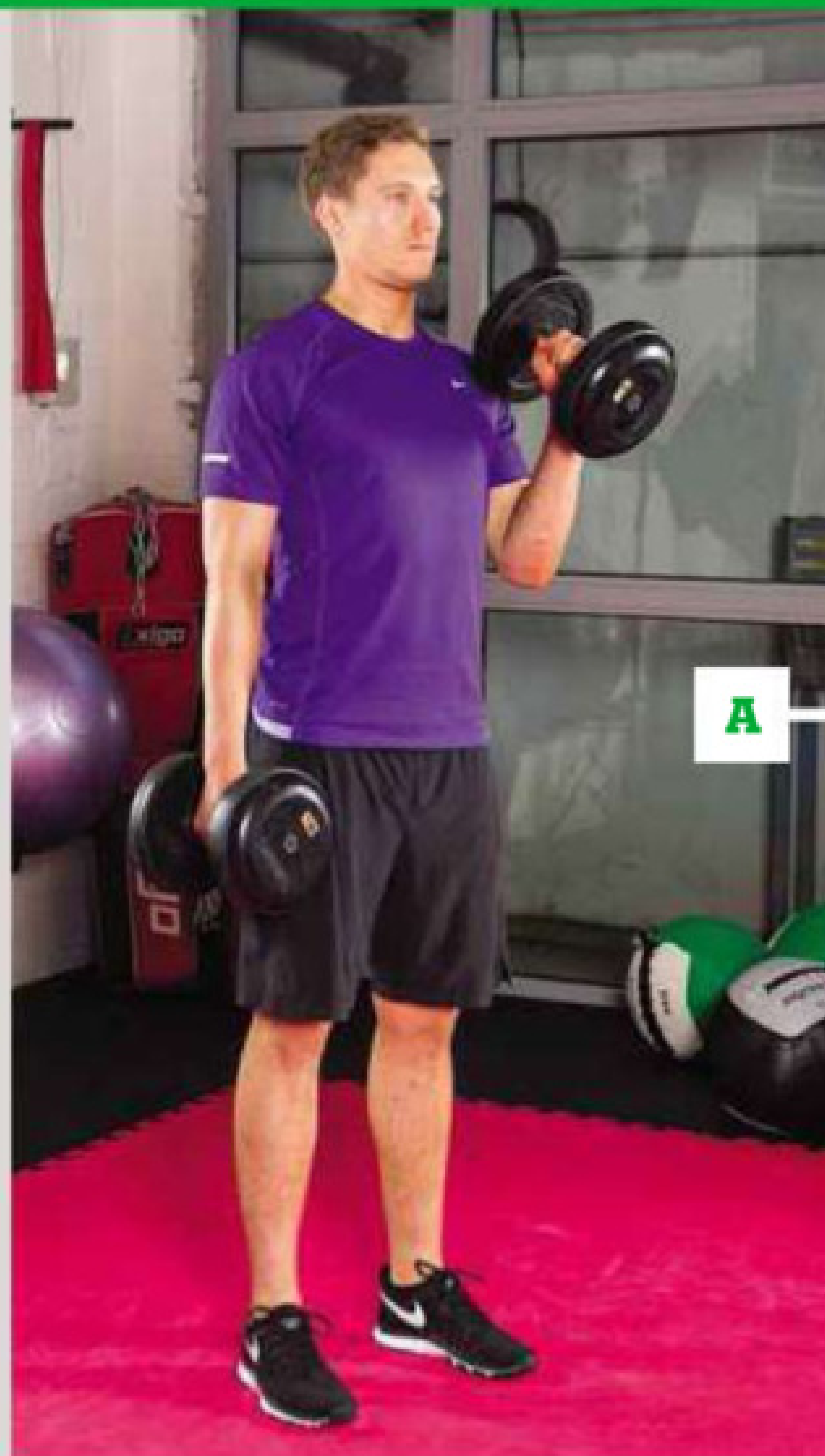
- Stand at the raised end of a bench set to a 45° incline.
- Kneel with a dumbbell in your hand, position yourself so your triceps rest on the bench, with the headrest close to your armpit.
- Keeping your elbows on the bench, curl the dumbbell up towards your chin, then slowly lower it to the start.

TIP

Avoid rocking back and forth to generate momentum, which takes the emphasis away from the biceps.

6 HAMMER CURL

- Hold a dumbbell in each hand with a neutral grip so your palms are facing each other.
- Keeping your elbows close to your sides, slowly raise one dumbbell to shoulder height, squeezing your biceps at the top of the move.
- Slowly return the weight to the start position and repeat with your other arm.



I

UPPER BODY

MEDIUM REP, HIGH VOLUME

Putting your pecs, lats and deltoids under sustained pressure

WORKOUTS

repeated for these steps

15

19

EXERCISE	SETS	REPS	TEMPO	REST
SUPERSET				
1A Close-grip lat pull-down	3	15	3111	10sec
1B Straight arm pull-down	3	15	3111	60sec
2 Seated row	3	15**	3012	60sec
SUPERSET				
3A Incline twist bench press	3	15	3011	10sec
3B Flye	3	15	3011	60sec
4 Guillotine press	3	15*	3011	60sec
SUPERSET				
5A Lateral raise	4	40	1010	10sec
5B Partial side lateral raise	4	40	1010	60sec

* Do these as drop sets. Perform the reps, then reduce the weight by 15% and do them again, then rest.

** Do these as triple drop sets. Perform the reps, then reduce the weight by 15% and do them again. Repeat the process once more, then rest.

1A CLOSE-GRIP LAT PULL-DOWN

- Sit on the seat and take a narrow underhand grip on the bar.
- Look forward, retract your shoulder blades and keep your torso upright.
- Pull the bar down in front of you until it reaches your upper chest. Don't lean back to aid the movement.
- Squeeze your lats at the bottom of the move and return the bar slowly to the top.

1B STRAIGHT ARM PULLDOWN

- Stand upright behind the lat pull-down seat and take an overhand, hands just wider than shoulder-width apart on the bar.
- Keeping your core braced, shoulder blades retracted and arms straight, pull the bar down to waist height.
- Slowly return the bar to the start.



2 SEATED ROW

- Sit on the bench with a slight bend in your knees.
- Hold the handle so you've got a neutral grip, with palms facing each other, and your arms straight.
- Pull the handle into your sternum, keeping upper-body movement to a minimum, and squeeze your shoulder blades together.
- Return slowly to the start.



3A INCLINE TWIST BENCH PRESS



- Hold the dumbbells with an overhand grip either side of your chest.
- As you press up, twist your arms so your palms face each other and the weights are parallel.
- Bring the dumbbells together at the top of the move, pressing them together to keep your pecs working hard, then reverse the move.

3B FLYE

- Lie on a flat bench with a dumbbell in each hand above your face.
- Turn your wrists so that your palms face each other, then, keeping a slight bend in your elbows, lower your arms out to your sides until you feel a stretch in your pecs.
- Bring the weights back together over your chest.

TIP

At the top of the move press the dumbbells together to keep your pecs working hard throughout.

4 GUILLOTINE PRESS

- Lie on the bench with your feet on the floor, directly underneath your knees.
- Brace your core and keep a natural arch in your back.
- Hold the bar with an overhand grip.
- Slowly lower the bar until it's just above your neck.
- Drive your feet into the floor and push the bar back up to the start position.

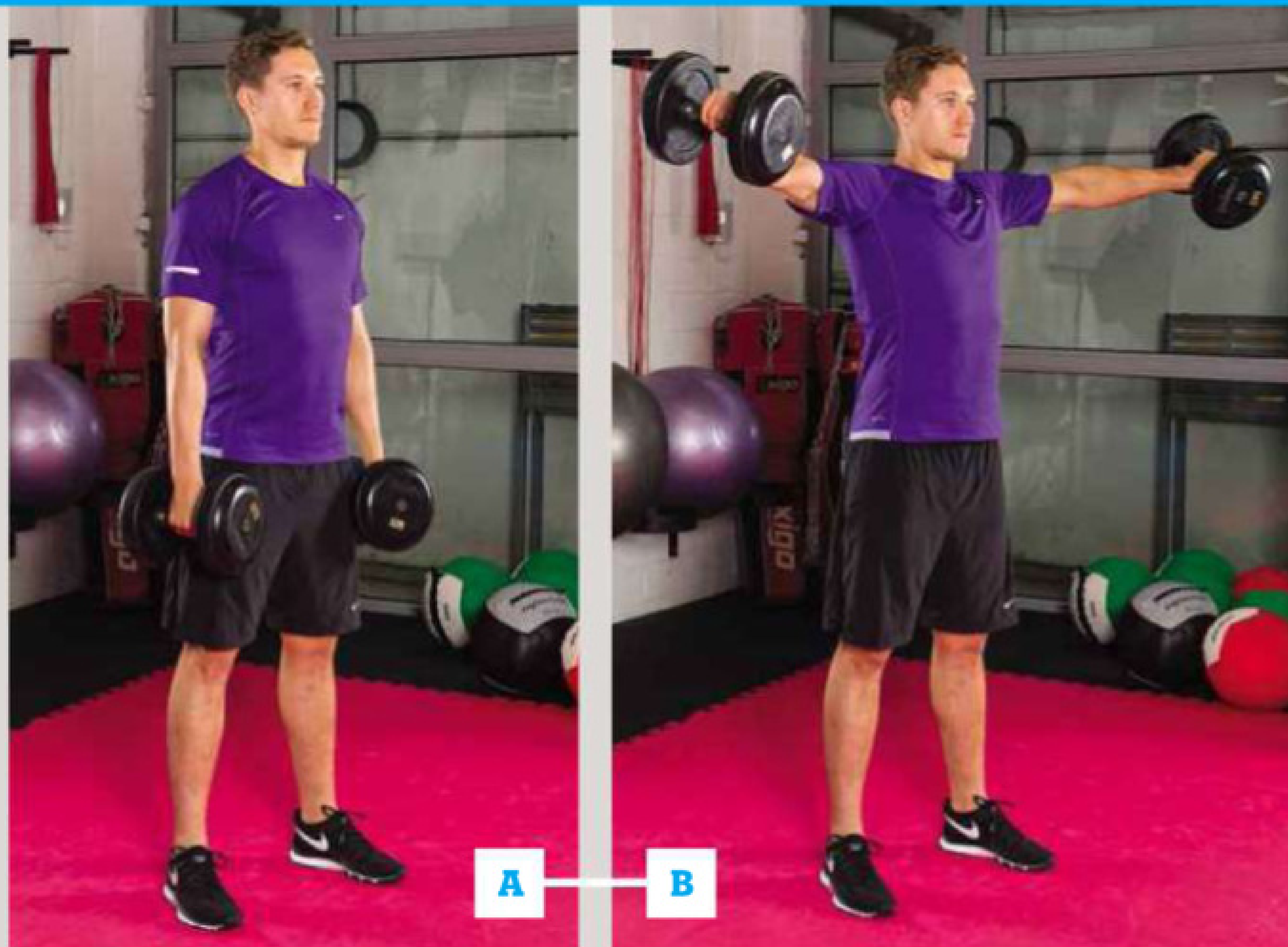
TIP

Position your body slightly further away from the rack so you can lower the bar towards your neck.

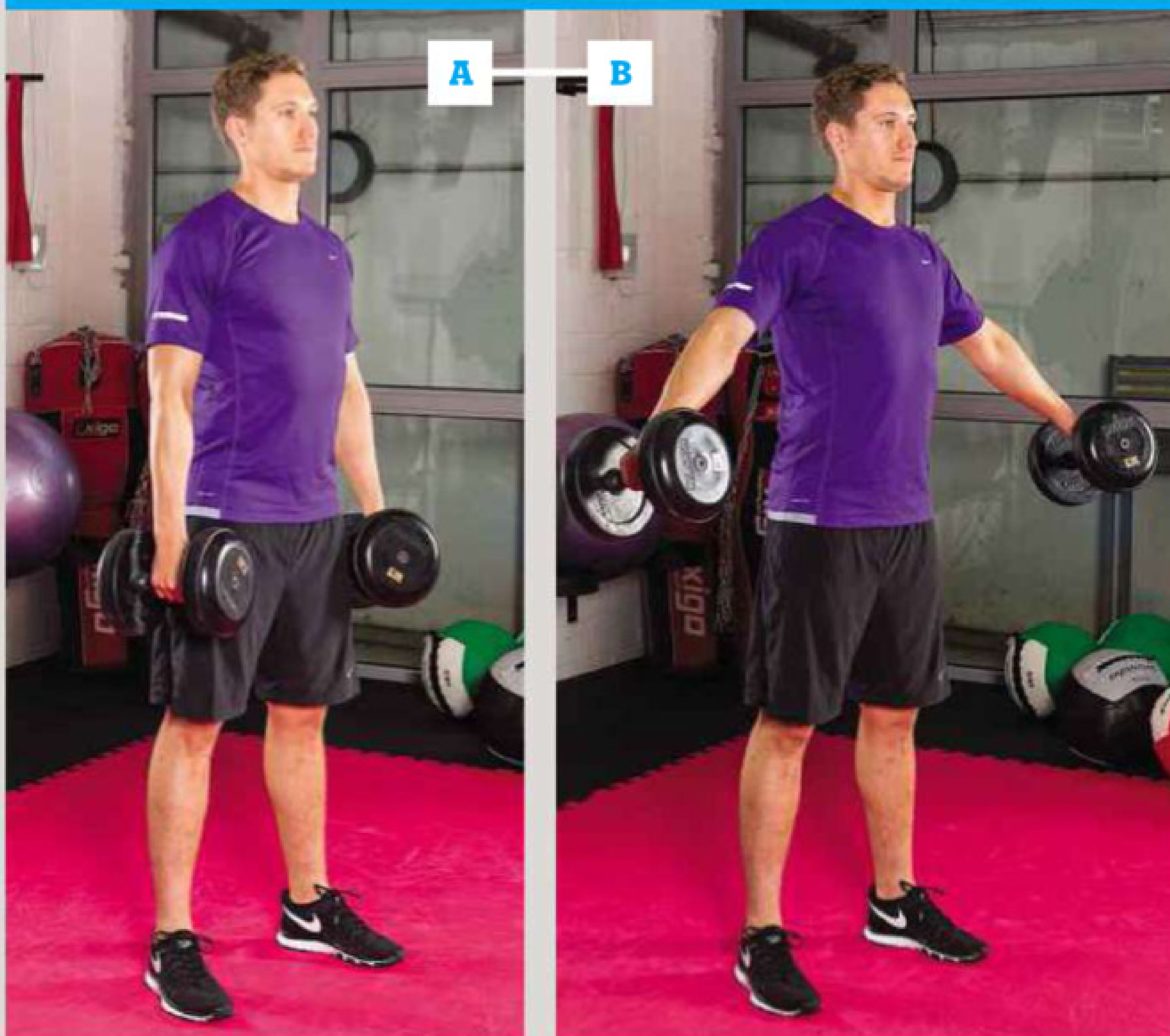


5A LATERAL RAISE

- Hold the dumbbells in your hands by your sides.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms only slightly bent, raise the weights out to your sides until your arms are horizontal.
- At the same time twist your hands so the front ends of the dumbbells are slightly lower than the back ends.
- Slowly lower your arms to the start.



5B PARTIAL LATERAL RAISE



- Hold the dumbbells in your hands by your side but don't let them rest against you.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms straight, raise the weights out to your sides as if you are doing a lateral raise but only go halfway to work the deltoids.
- Pause for a second at the top of the move, then lower slowly to the start.

J

LOWER BODY

MEDIUM REP, HIGH VOLUME

Thighs, hamstrings and glutes take the strain as the pressure rises

WORKOUTS
repeated for
these steps

16

20

EXERCISE	SETS	REPS	TEMPO	REST
SUPERSET				
1A Squat	3	20	3010	10sec
1B Walking lunge	3	20	3010	90sec
SUPERSET				
2A Bulgarian split squat	3	30	1011	10sec
2B Bodyweight split squat	3	30	1011	90sec
3 Bodyweight squat	1	50	1010	90sec
4 Lying hamstring curl	5	20*	2010	90sec
5 Dumbbell calf raise	3	30*	1111	60sec

* Do these as drop sets. Perform the reps, then reduce the weight by 15% and do them again, then rest.

1A SQUAT



- Rest the bar on the back of your shoulders, holding it with an overhand grip.
- Your feet should be just wider than shoulder-width apart.
- Keep your chest up as you squat until your thighs are at least parallel to the floor. Pause briefly at the bottom of the lift, then drive back up through your heels.

IB WALKING LUNGE

- Stand in front of a long, clear pathway, holding a dumbbell in each hand.
- Keeping your core braced, take a big step forward and lunge down until both knees are bent at 90°.
- Push off from your back foot and lunge forward with that leg.
- Repeat until you have covered the stated distance.

TIP

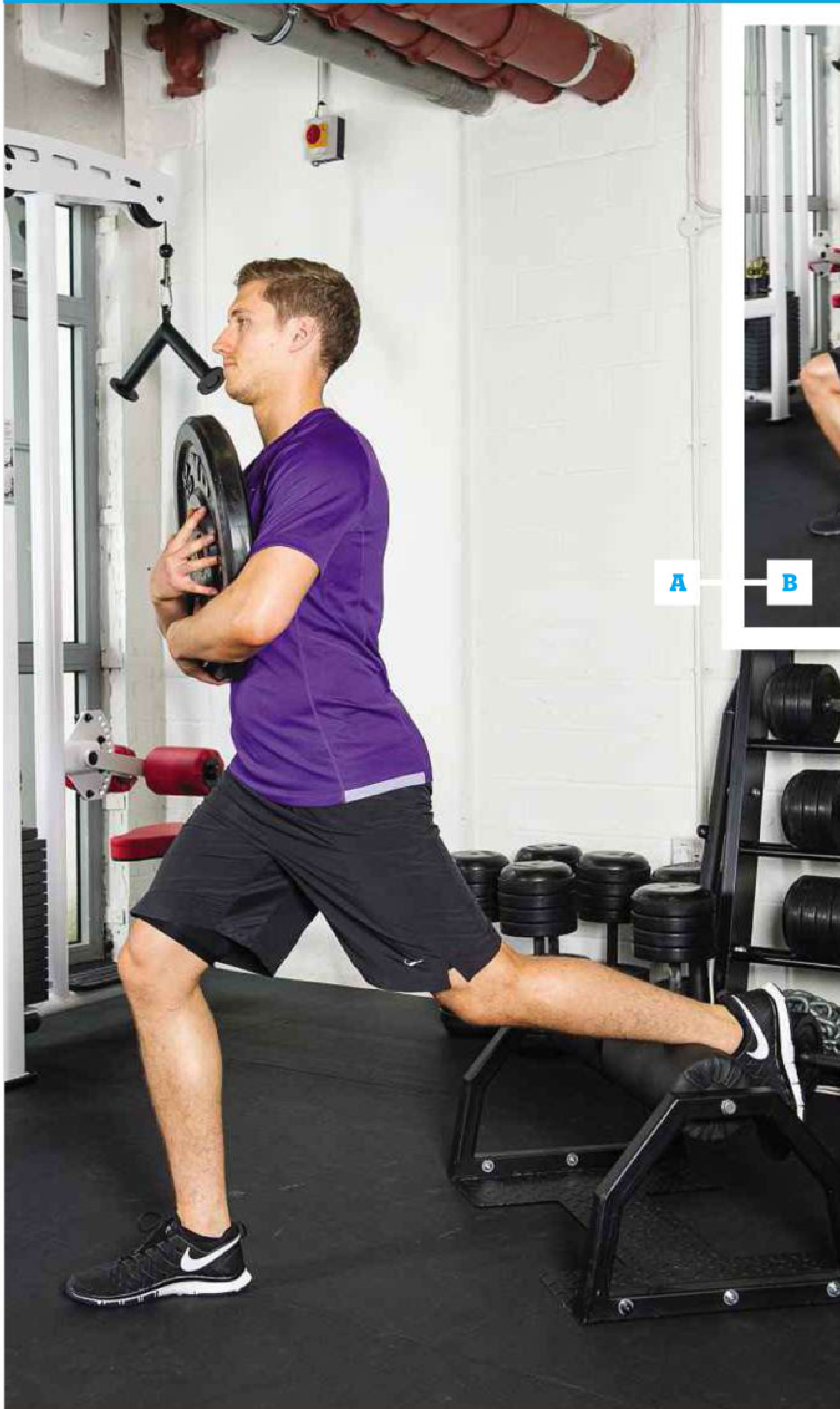
Try to keep clenching your glutes while you walk. This will aid your core balance while you walk and keep these large muscles under tension for longer.



B

A

2A BULGARIAN SPLIT SQUAT



A

B

- With your torso upright, core braced and hips straight, rest one foot on a bench and hold a weight plate to your chest.
- Lower until your front thigh is horizontal, keeping your knee in line with your foot.
- Push through your front foot to return to the start.

TIP

Keep your glutes clenched throughout to help you balance and don't lock your knee out at the top of the move to keep tension on the muscles. This might burn a little but it's all worth it.

2B BODYWEIGHT SPLIT SQUAT

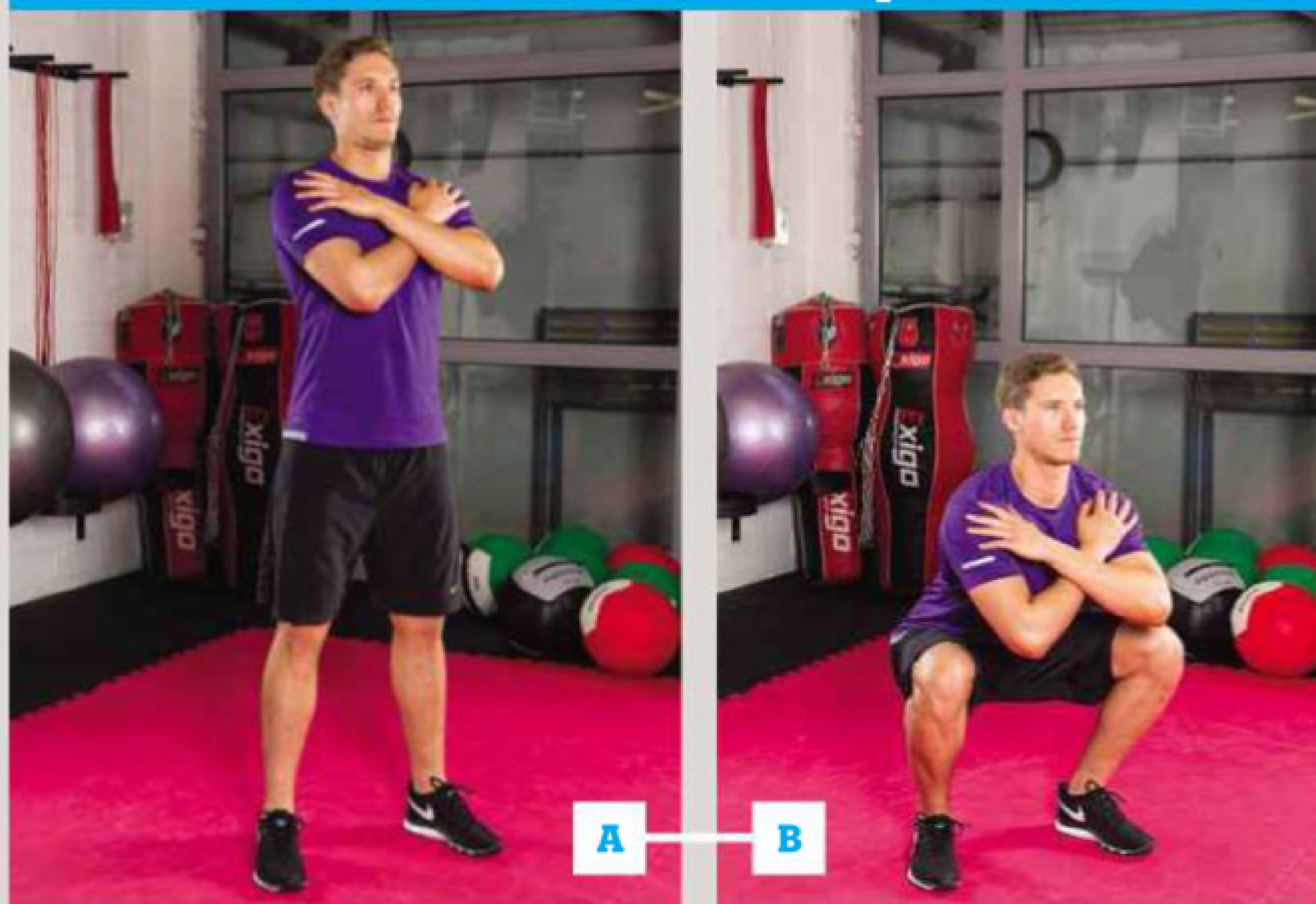
- With your torso upright, core braced and hips straight, step forward with your front foot into a split stance.
- Lower until your front thigh is horizontal, keeping your knee in line with your foot.
- Don't let your front knee travel beyond your toes. Push through your front foot to return to the start.

TIP

Avoid locking your knee out at the top of the move to keep the muscles under tension throughout. This is a bodyweight move but that doesn't mean it should be easy.



3 BODYWEIGHT SQUAT



- Stand with your legs shoulder-width apart and your toes pointing out slightly.
- Keeping your weight on your heels, bend your legs to squat but keep your chest up to maintain a natural curve in your back.
- Lower until your legs are at least parallel, pause at the bottom, then press through your heels to stand up.

4 LYING HAMSTRING CURL



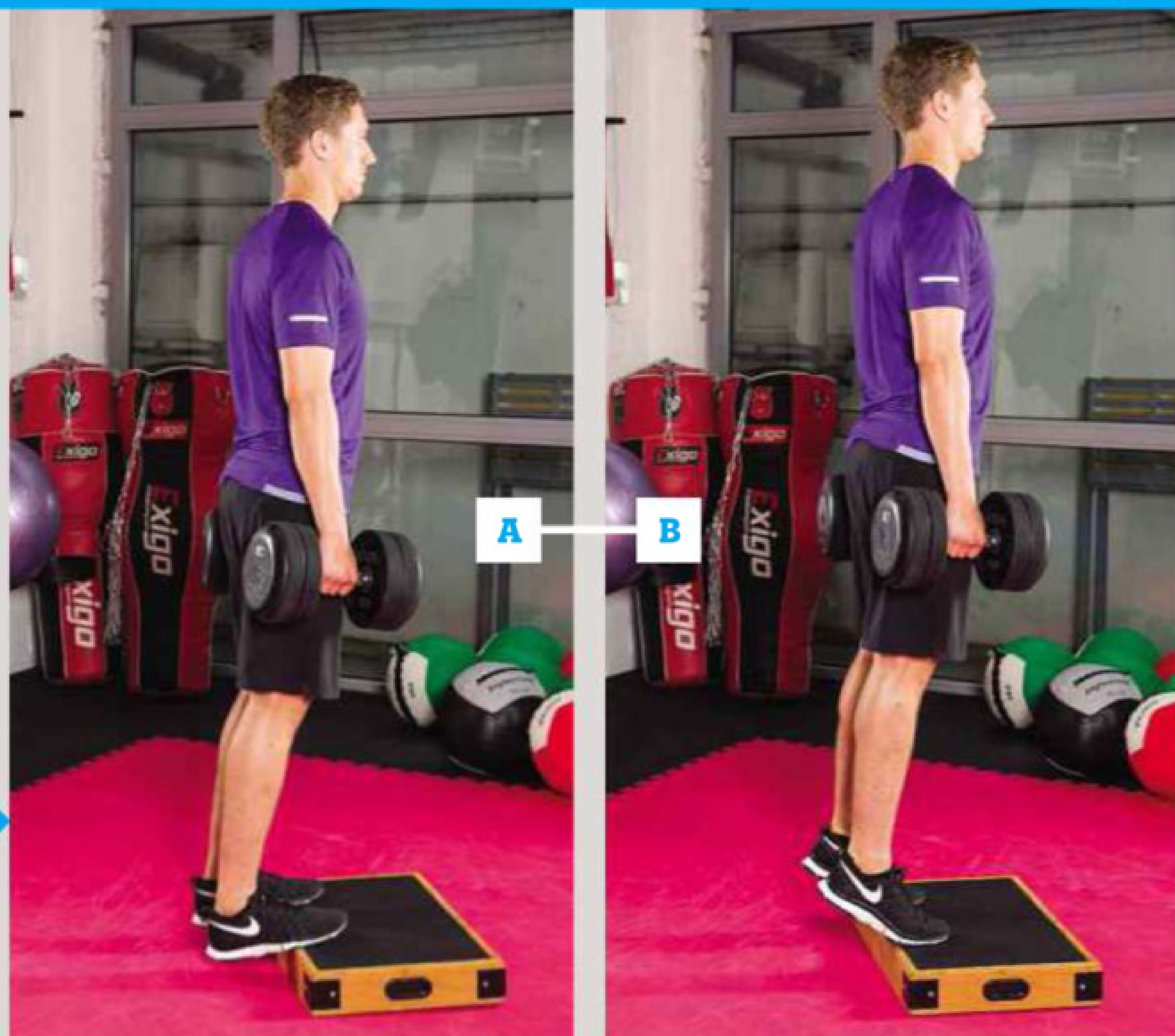
- Lie face down on a flat bench so your thighs and chest are supported and hold a dumbbell between your feet.
- Hold the bench with your hands to maintain balance.
- Squeeze your hamstrings to bend your legs and raise the weight, curling your legs as far as you can. Pause here, then return slowly, but don't let your knees lock out at the bottom.

5 DUMBBELL CALF RAISE

- Stand with your feet on the edge of a platform with a dumbbell in each hand.
- Raise your heels.
- Pause briefly, then return to the start, ensuring your heel goes below the platform to go through the full range of motion.

TIP

If you're struggling for balance, especially when you go heavier, it can be easier to work one calf at a time. Grasp a dumbbell in one hand and hold a fixed object with the other hand for support.



K

ARMS & SHOULDERS

MEDIUM REP, HIGH VOLUME

Giving the deltoids, pecs, biceps and triceps a weighty workout

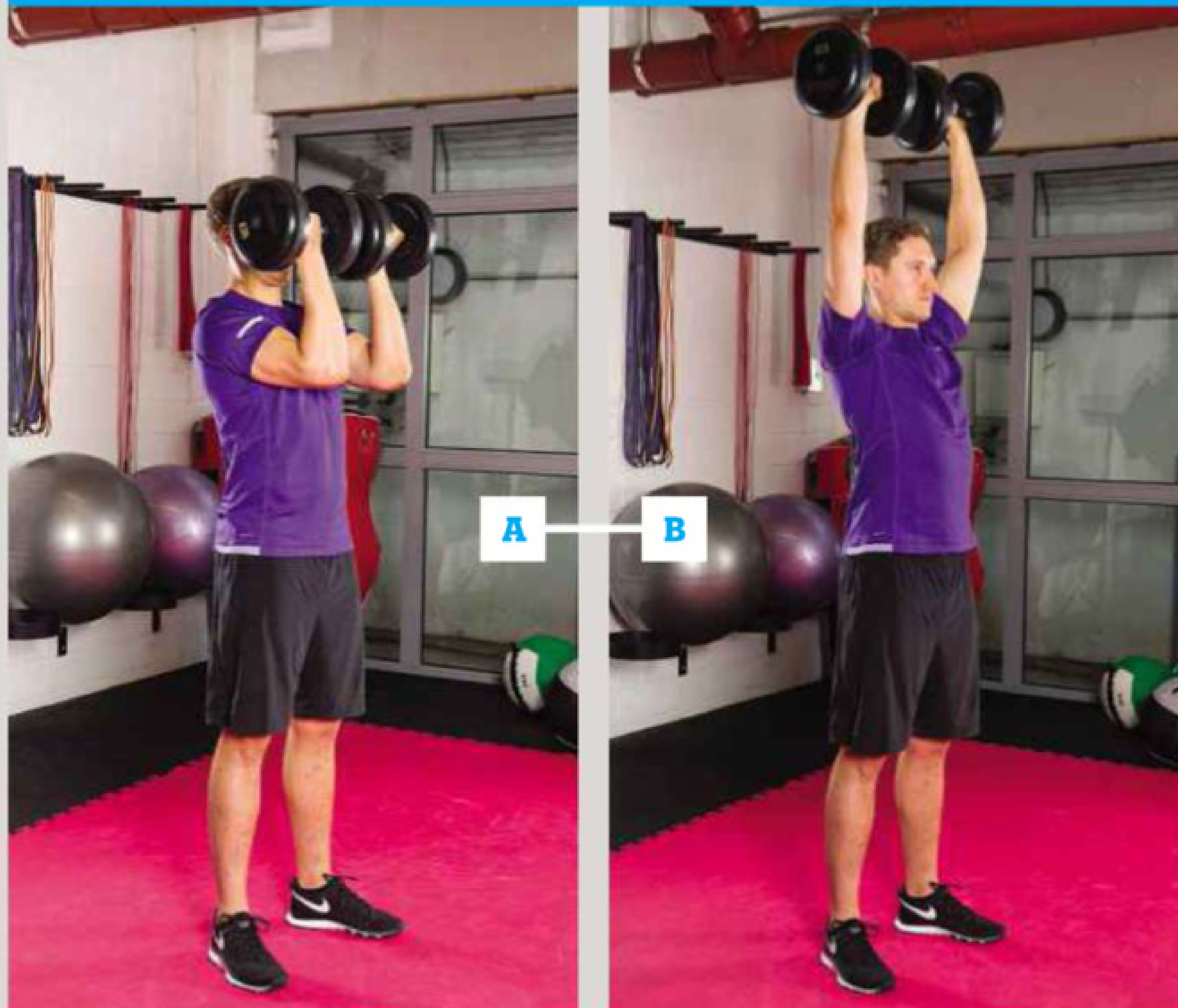
WORKOUTS

Perform for
step

21

EXERCISE	SETS	REPS	TEMPO	REST
1 Arnold press	3	20	2010	60sec
2 Seated cable face pull	3	20	2011	60sec
3 Front raise	3	20	1010	60sec
4 Partial side lateral raise	2	50	1010	60sec
5 Overhead EZ-bar extension	3	20	2110	60sec
6 Seated dumbbell curl	3	20	2111	60sec

1 ARNOLD PRESS



- Hold the dumbbells with your palms facing you and your upper arms horizontal so your deltoids are already working.
- Press the weights straight up and rotate your hands at the same time so your palms now face forwards, but don't lock out your elbows. Then reverse the move.



A

2 SEATED CABLE FACE PULL



B

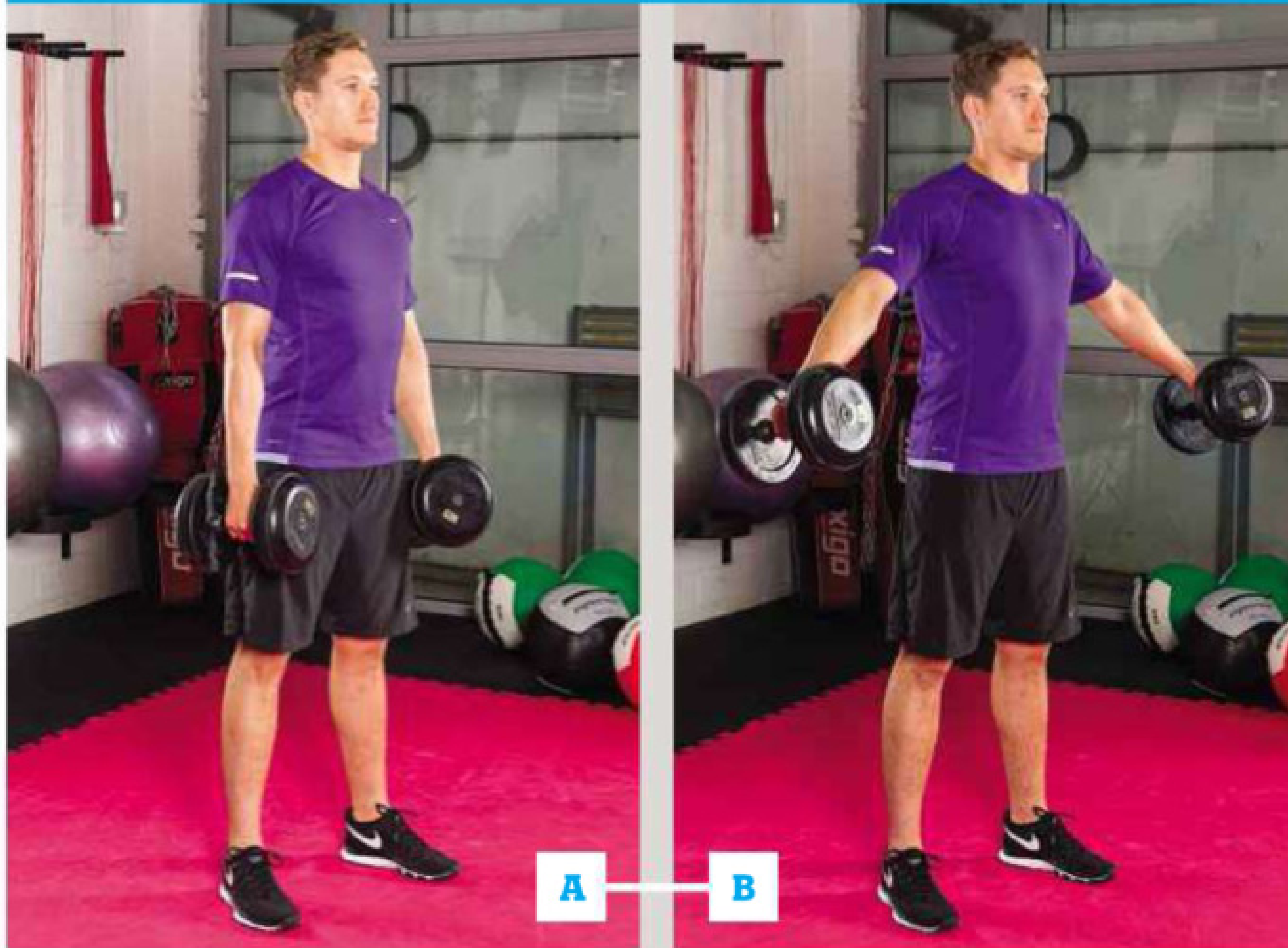
- Attach and hold a double-rod attachment to a cable machine.
- Start with arms fully extended with palms facing the floor.
- Pull the handles towards you and, when your hands are just in front of your face, rotate your arms so your palms are facing forwards and the handles are either side of your head.
- Slowly return to the start.

3 FRONT RAISE

- Hold the dumbbells in your hands in front of your thighs.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms slightly bent, raise one out in front of you until your arm is horizontal.
- Slowly lower your arm to the start and repeat with the other arm.

**B****A**

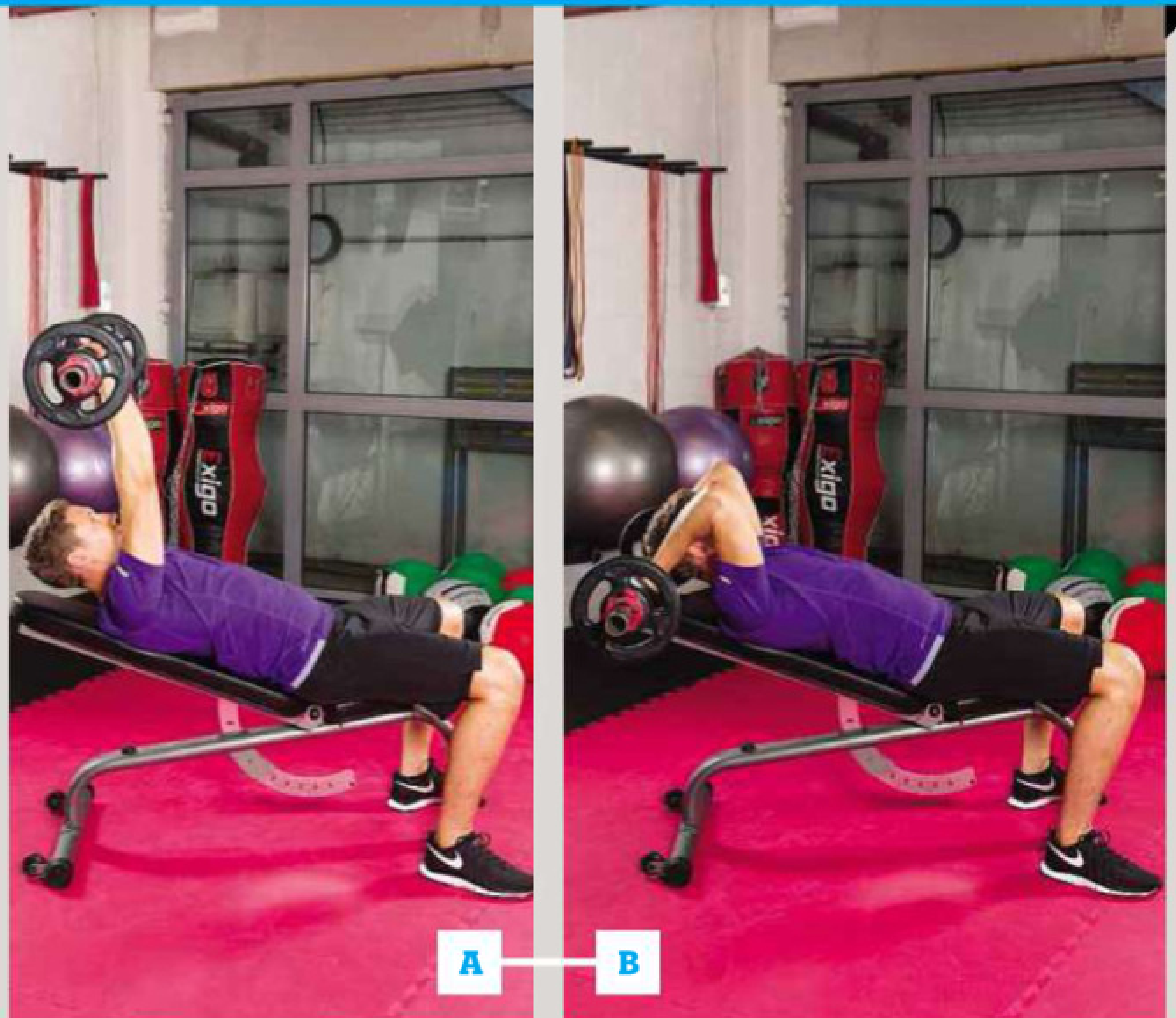
4 PARTIAL LATERAL RAISE



- Hold the dumbbells in your hands by your sides but don't let them rest against you.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms straight, raise the weights out to your side as if you are doing a lateral raise, but only go halfway to work the deltoids.
- Pause for a second at the top of the move, then lower slowly to the start.

5 OVERHEAD EZ-BAR EXTENSION

- Lie down on a bench with a slight incline.
- Hold the EZ-bar above you with an overhand grip, hands just less than shoulder-width apart.
- Slowly lower the weight behind your head by bending your arms at the elbow so your upper arms remain in the same place.
- Bring the bar back above you to the start position.



6 SEATED DUMBBELL CURL

- Sit on an upright bench holding a dumbbell in each hand, with your palms facing behind you.
- Keeping your elbows close to your sides, slowly raise both dumbbells up to shoulder height.
- As you raise the weight, twist your wrists so your grip goes from overhand at the bottom of the move to underhand at the top.
- Slowly return the weight to the start position.

TIP

Twisting the dumbbell at the bottom and top of this move ensures you work all the muscles that make up your biceps.



L

UPPER BODY

MEDIUM REPS, HIGH VOLUME

Keeping the pressure up, this time on the lats, pecs and shoulders

WORKOUTS

repeated for these steps

27

31

EXERCISE	SETS	REPS	TEMPO	REST
GIANT SET				
1A Wide-grip lat pull-down	3	12	2010	10sec
1B Dumbbell bent-over row	3	12	2010	10sec
1C Weighted hyperextension	3	12	2010	10sec
1D Shrug	3	12	2010	60sec
TRI-SET				
2A Incline twist bench press	3	15	2111	10sec
2B Flye	3	15	2111	10sec
2C Pull-over	3	15	2111	60sec
TRI-SET				
3A Arnold press	3	15	2010	10sec
3B Lateral raise	3	15	2010	10sec
3C Partial lateral raise	3	15	2010	60sec
SUPERSET				
4A Seated dumbbell extension	3	20	2111	10sec
4B Seated dumbbell curl	3	20	2111	60sec

1A WIDE-GRIP LAT PULL-DOWN

- Sit on the seat and take an overhand wide grip on the bar.
- Look forward, retract your shoulder blades and keep your torso upright.
- Keep your body upright and still while you pull the bar down in front of you until it reaches your upper chest.
- Squeeze your shoulder blades together at the bottom of the move and then slowly return the bar to the top.

TIP

Don't lean back to aid the movement because this will take all the emphasis off your lats. Reducing the weight is better than cheating on this move.



1B DUMBBELL BENT-OVER ROW



- Bend your knees slightly and hinge forward from the hips, keeping your core braced, back straight and shoulder blades back throughout.
- Hold the dumbbells so your hands are a little more than shoulder-width apart, letting them hang at knee level.
- Pull the weights up to your lower sternum, then lower them slowly to the start.

1C WEIGHTED HYPEREXTENSION

- Adjust the rest so you can position your feet securely and hold a weight plate to your chest.
- Keep your back straight and brace your core as you slowly raise your body until it's inline with your legs.
- Pause at the top for a second, then slowly lower your torso to the start.



1D SHRUG

- Hold the dumbbells by your sides.
- Keeping your core braced and arms straight, shrug your shoulders up towards your ears, keeping your arms straight.
- Pause at the top position, then slowly lower the weight back down.

TIP

Stand close to the dumbbell rack when doing this move so you can pick up and set down the heavy weights easily.



2A INCLINE TWIST BENCH PRESS PRESS



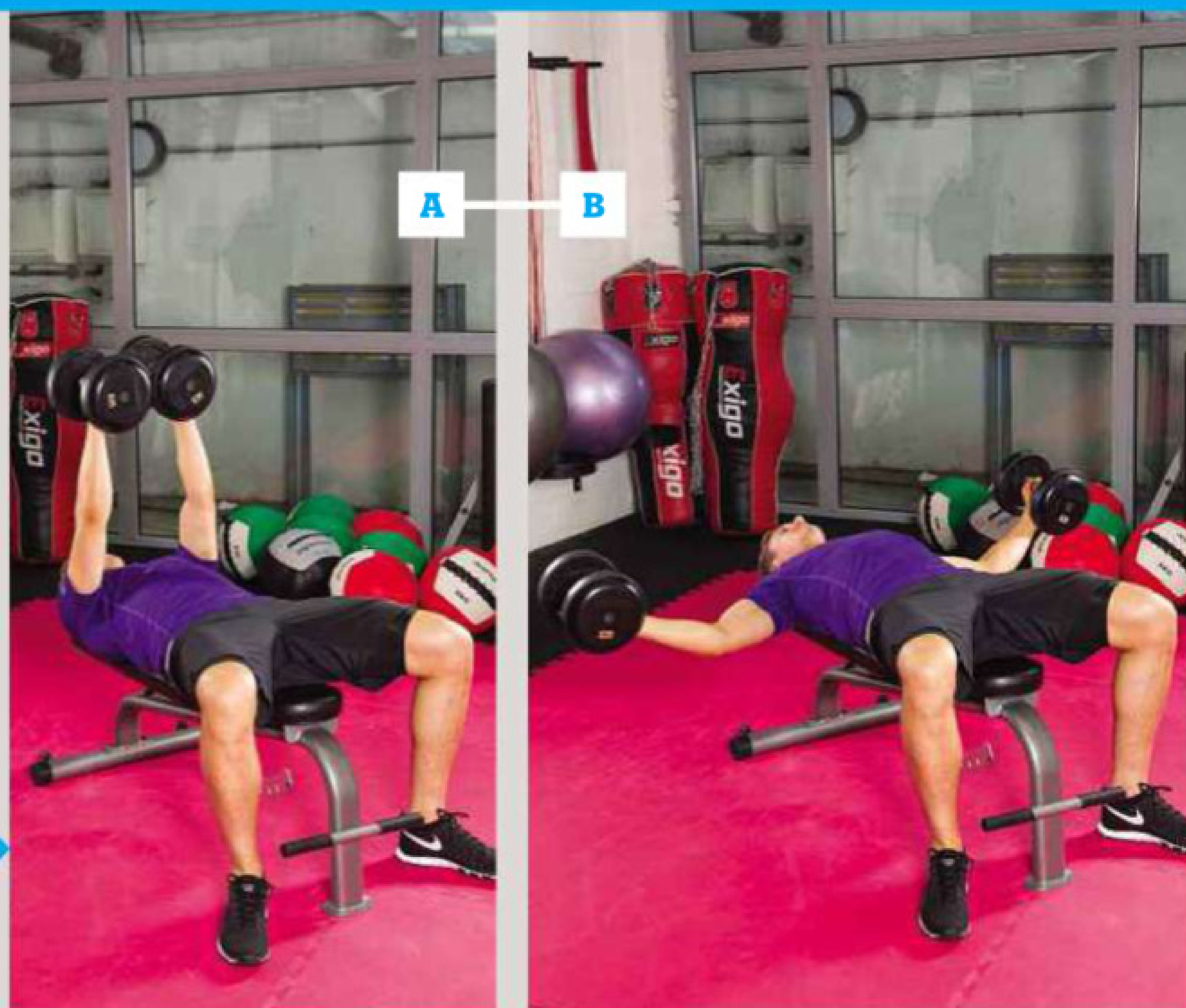
- Hold the dumbbells with an overhand grip either side of your chest.
- As you press up, twist your arms so your palms face each other and the weights are parallel.
- Bring the dumbbells together at the top of the move, pressing them together, then reverse the move.

2B FLYE

- Lie on a flat bench with a dumbbell in each hand above your face.
- Turn your wrists so that your palms face each other, then, keeping a slight bend in your elbows, lower your arms out to your sides until you feel a stretch in your pecs.
- Bring the weights back together over your chest.

TIP

At the top of the move press the dumbbells together to keep your pecs working hard throughout.





A

2C PULL-OVER

- Lie flat on a bench with your head and shoulders supported and feet flat on the floor.
- Hold a single dumbbell with both hands over your chest and engage your core.
- Slowly lower the weight behind your head, keeping a slight bend in your elbows. Don't arch your back.
- Raise the weight back over your head to the start position.



B

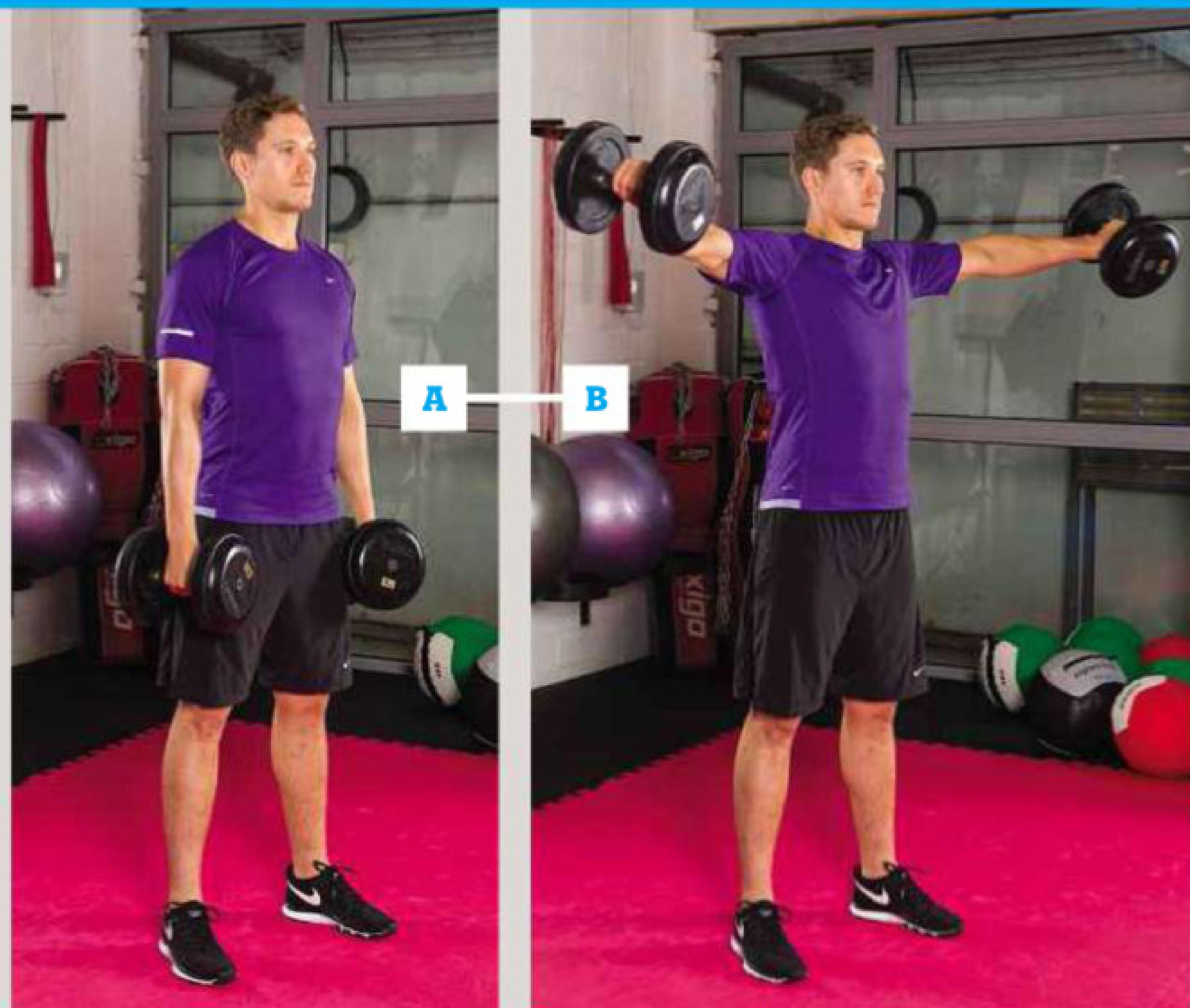
3A ARNOLD PRESS



- Hold the dumbbells with your palms facing you and your upper arms horizontal so your deltoids are already working.
- Press the weights straight up and rotate your hands at the same time so your palms now face forwards, but don't lock out your elbows, then reverse the move.

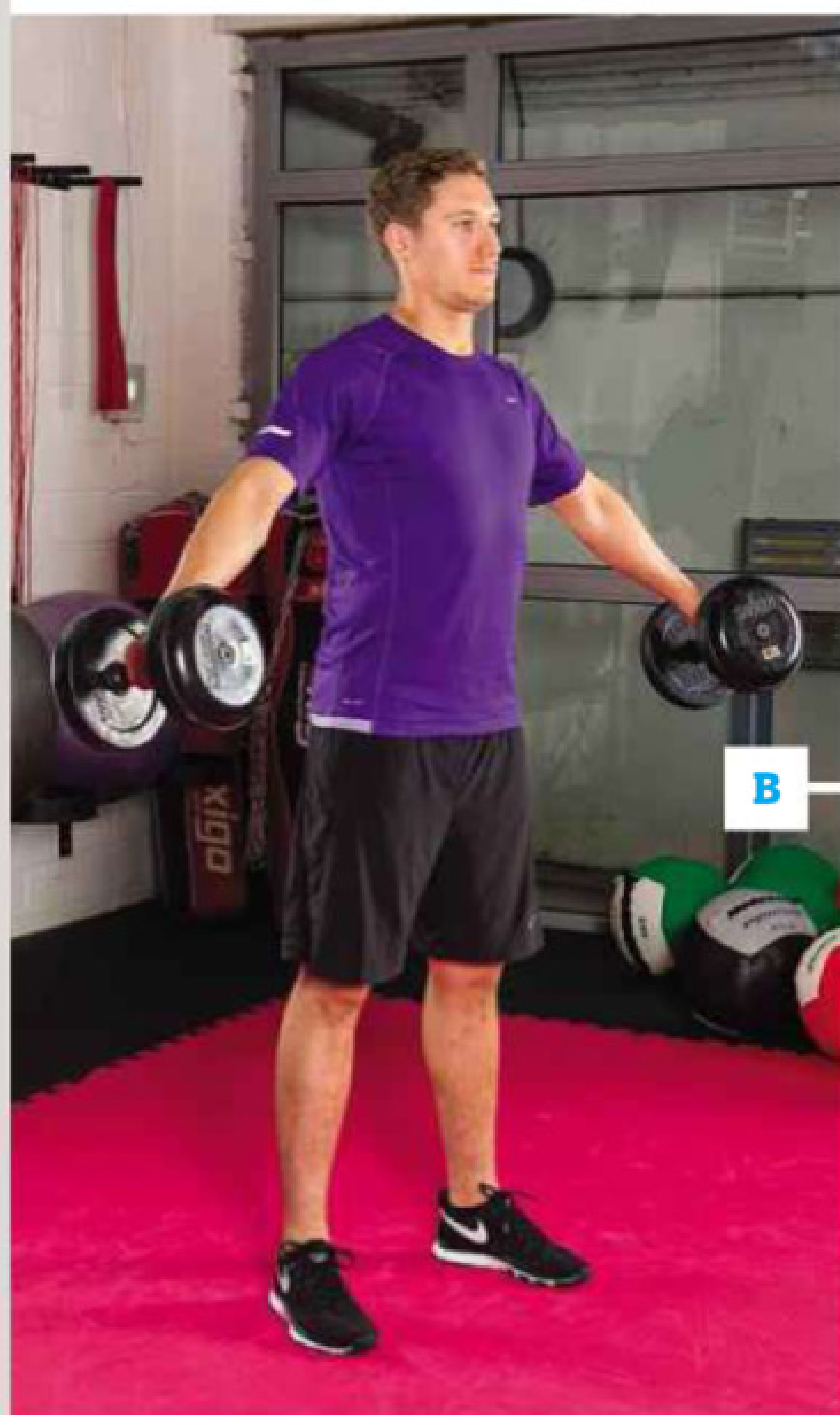
3B LATERAL RAISE

- Hold the dumbbells in your hands by your sides.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms slightly bent, raise the weights out to your sides until your arms are horizontal.
- At the same time twist your hands so the front ends of the dumbbells are slightly lower than the back ends.
- Slowly lower your arms to the start.



3C PARTIAL LATERAL RAISE

- Hold the dumbbells in your hands by your sides but don't let them rest against you.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms straight, raise the weights out to your side as if you are doing a lateral raise but only go halfway to work the deltoids.
- Pause for a second at the top of the move, then lower slowly to the start.



A

B

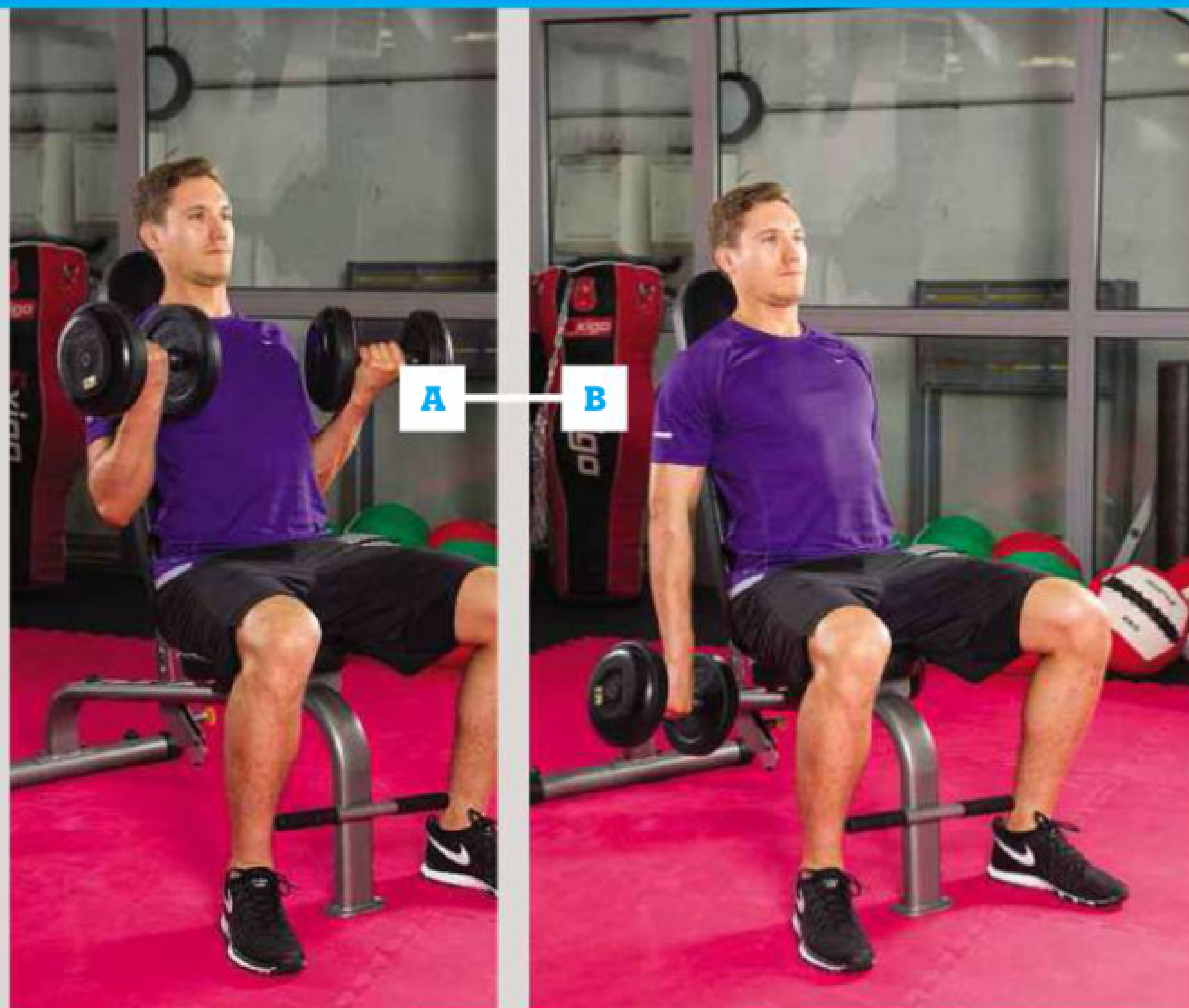
4A SEATED DUMBBELL EXTENSION



- Sit on an upright bench holding a dumbbell in each hand overhead with straight arms so your palms are facing.
- Keeping your upper arms still, bend at the elbow to lower the weights behind your head before pressing them back to the top of the move.

4B SEATED DUMBBELL CURL

- Sit on an upright bench holding a dumbbell in each hand with your palms facing behind you.
- Keeping your elbows close to your side, slowly raise both dumbbells up to shoulder height.
- As you raise the weight, twist your wrists so your grip goes from overhand at the bottom of the move to underhand at the top.
- Slowly return the weights to the start position.



M

LOWER BODY

MEDIUM REPS, HIGH VOLUME

Grin and bear it as your legs and glutes undergo a serious challenge

WORKOUTS

repeated for these steps

28

32

EXERCISE	SETS	REPS	TEMPO	REST
1 Squat	1	Max in 3mins*	1010	90sec
2 Bulgarian split squat	3	20**	1011	90sec
3 Lying hamstring curl	4	20**	1111	90sec
4 Dumbbell calf raise	3	40	1111	90sec

* Do these as density sets. Set a timer to three minutes and do as many squats as you can in that time. Set the bar down in the rack if you need to but push yourself to get as many reps as you can.

** Do these as triple drop sets. Every set is a triple drop set. Perform the reps, then reduce the weight by 15% and do them again. Repeat the process once more, then rest.

1 SQUAT

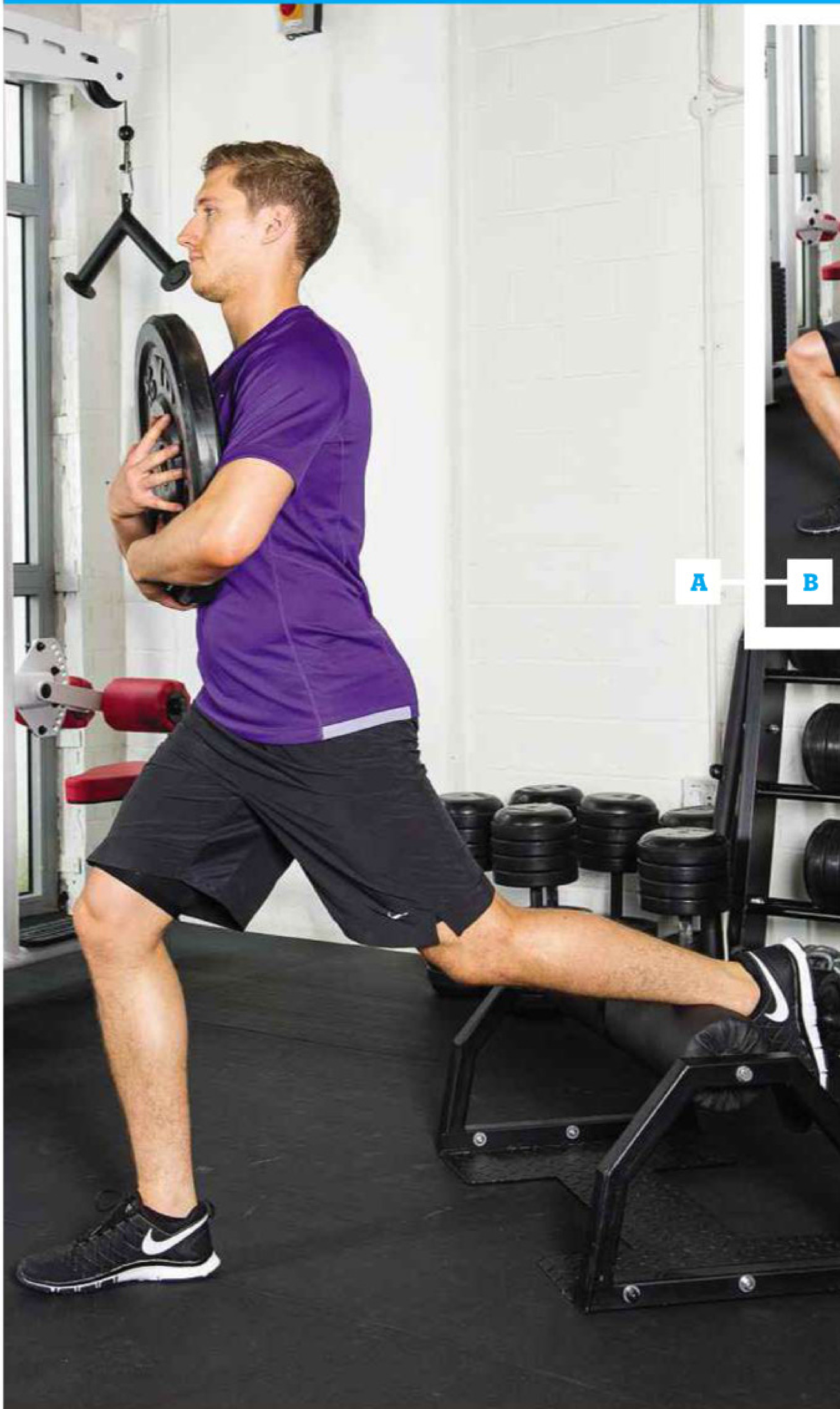


- Rest the bar on the back of your shoulders, holding it with an overhand grip.
- Your feet should be just wider than shoulder-width apart.
- Keep your chest up as you squat until your thighs are at least parallel to the floor. Pause for a second at the bottom of the lift, then drive back up through your heels.

TIP

Record the number of reps you manage in three minutes then try to beat that the next time you do this workout.

2 BULGARIAN SPLIT SQUAT



A

B

- With your torso upright, core braced and hips straight, rest one foot on a bench and hold a weight plate to your chest.
- Lower until your front thigh is horizontal, keeping your knee in line with your foot.
- Push through your front foot to return to the start.

TIP

Keep your glutes clenched throughout to help you balance and don't lock your knee out at the top of the move to keep tension on the muscles. This might burn a little but it's all worth it.

**A**

3 LYING HAMSTRING CURL

- Lie face down on a flat bench so your thighs and chest are supported, and hold a dumbbell between your feet.
- Hold the bench with your hands to maintain balance.
- Squeeze your hamstrings to bend your legs and raise the weight, curling your legs as far as you can. Pause here, then return slowly, but don't let your knees lock out at the bottom.

**B**

4 DUMBBELL CALF RAISE



A



B

- Stand with your feet on the edge of a platform with a dumbbell in each hand.
- Raise your heels.
- Pause briefly, then return to the start, ensuring your heel goes below the platform to go through the full range of motion.

TIP

If you're struggling for balance, especially when you go heavier, it can be easier to work one calf at a time. Hold a dumbbell in one hand and hold onto a fixed object with the other hand for support.

N

ARMS & SHOULDERS

MEDIUM REPS, HIGH VOLUME

A tough workout designed to continue building muscle up top

WORKOUTS
performed for
step

33

EXERCISE	SETS	REPS	TEMPO	REST
GIANT SET				
1A Scott press	3	12	1010	10sec
1B Reverse flye	3	12	1010	10sec
1C Behind-the-neck press	3	12	1010	10sec
1D Lateral to front raise	3	12	1010	60sec
2 Partial lateral raise	3	50	1010	60sec
3 Behind-the-back shrug	3	30	1011	60sec
SUPERSET				
4A EZ-bar skullcrusher	3	20	2111	10sec
4B Close-grip EZ-bar curl	3	20	2111	60sec
SUPERSET				
5A Triceps push-down	2	20	2011	10sec
5B Lying cable curl	2	20	2011	60sec

1A SCOTT PRESS



- Stand with your feet shoulder-width apart and your core braced to keep you balanced.
- Hold a dumbbell in each hand out to your side at head height with your arms bent.
- Press the weights straight up overhead.

TIP

Don't lock out your elbows at the top of the move or lower the weights too far. That way you'll keep maximum tension on your deltoids throughout this move.

1B REVERSE FLYE

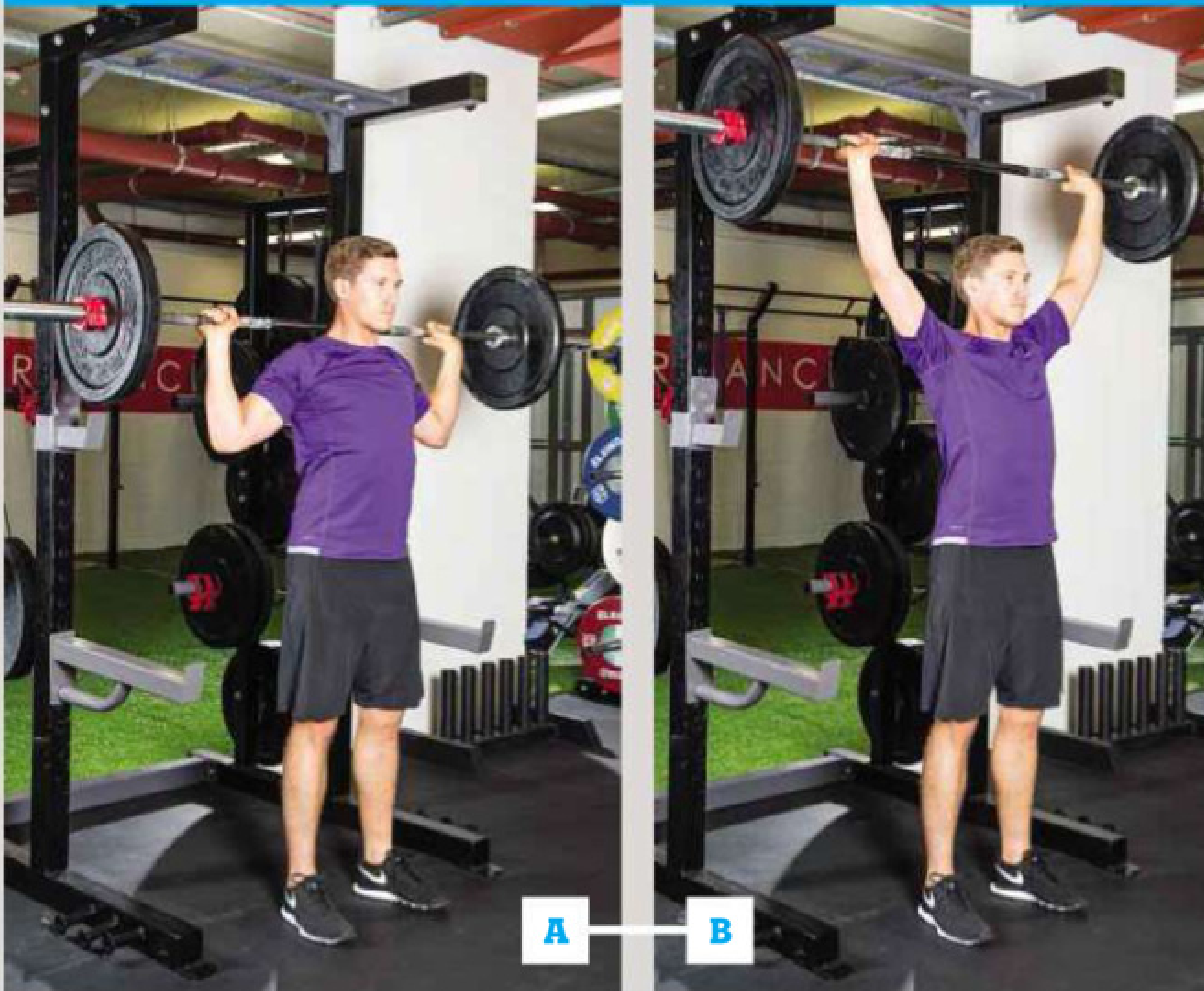
- Hold a dumbbell in each hand, leaning forward with a flat back.
- Raise your arms out to your sides, squeezing your shoulder blades together at the top for a second.
- Lower under control.

TIP

Avoid locking your knee out at the top of the move to keep the muscles under tension throughout. This is a bodyweight move but that doesn't mean it should be easy.

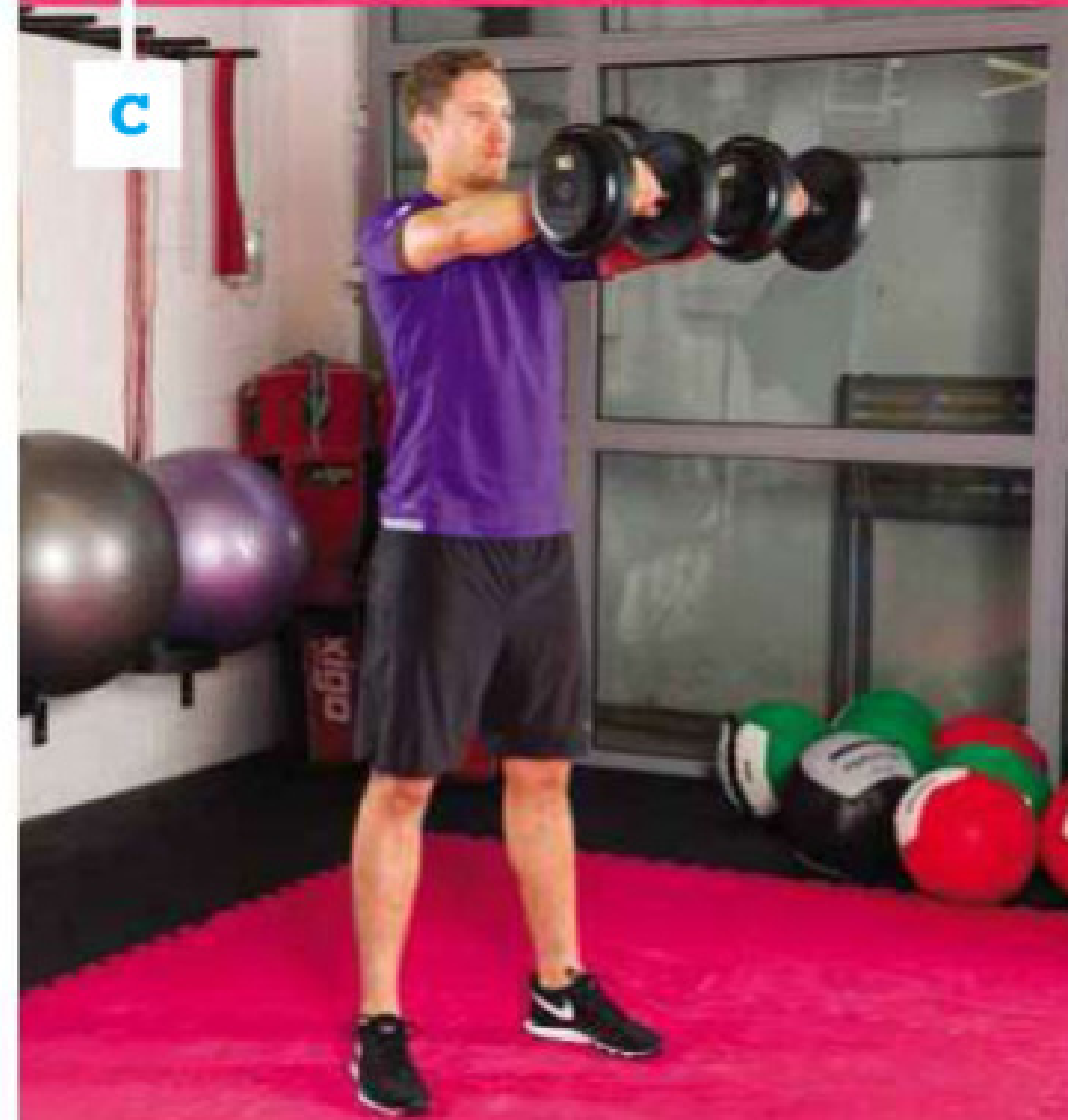


1C BEHIND-THE-NECK PRESS



- Rest the bar on the back of your shoulders holding it with an overhand grip.
- Stand with your feet shoulder-width apart and core braced.
- Press the bar up powerfully but don't lock out your arms at the top, then slowly lower until the barbell is just above the starting position.

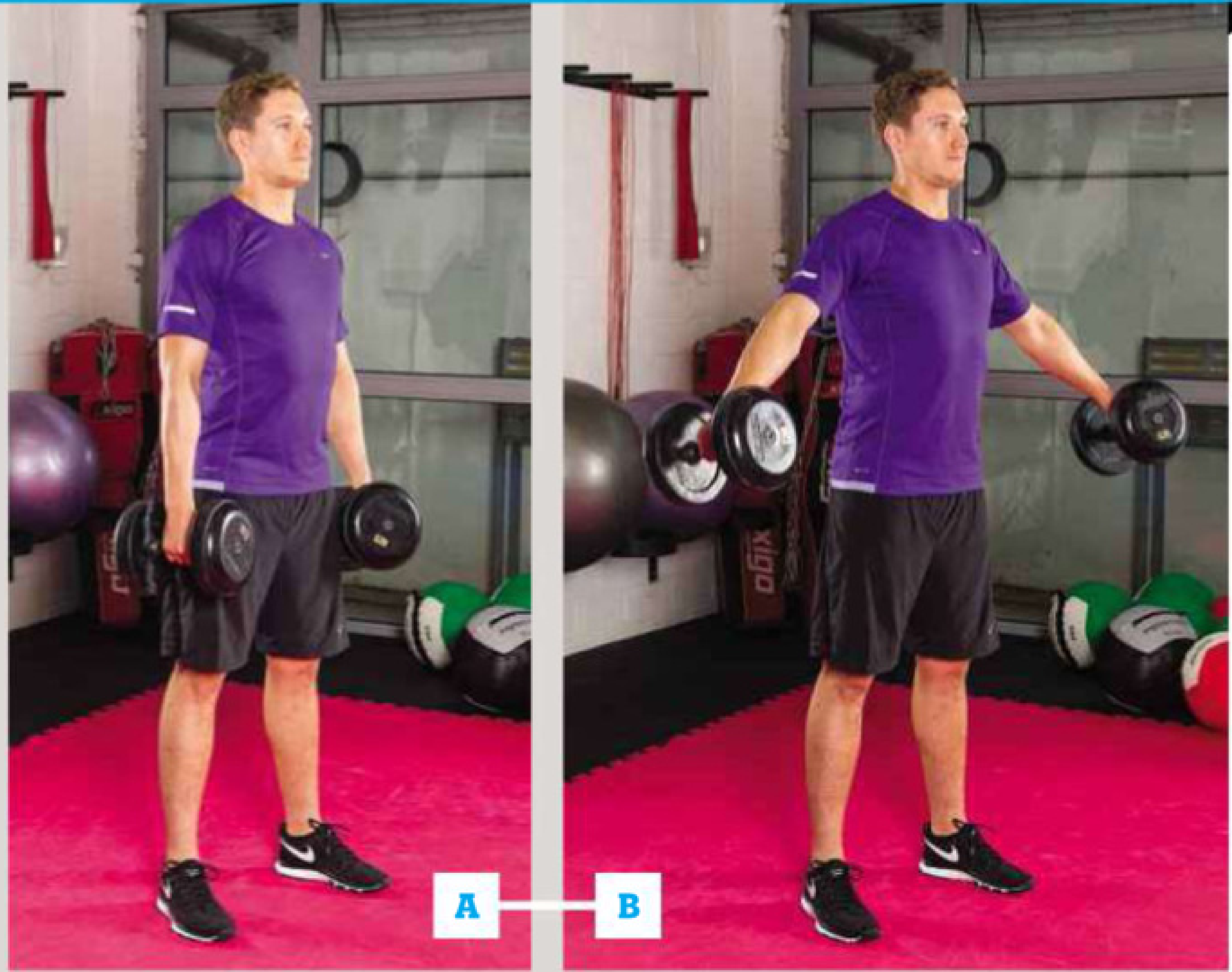
10 REPS LATERAL TO FRONT RAISE



- Hold the dumbbells in your hands by your sides.
- Raise the weights out to your side until your arms are horizontal.
- Keeping them at shoulder height, slowly bring them together in front of you.
- Slowly lower them in front of you and then back to your sides for the start position.

2 PARTIAL SIDE LATERAL RAISE

- Hold the dumbbells in your hands by your sides but don't let them rest against you.
- Keep your neck, shoulders and back relaxed but your core tensed.
- With your arms straight, raise the weights out to your sides as if you are doing a lateral raise but only go halfway to work the deltoids.
- Pause for a second at the top of the move, then lower slowly to the start.

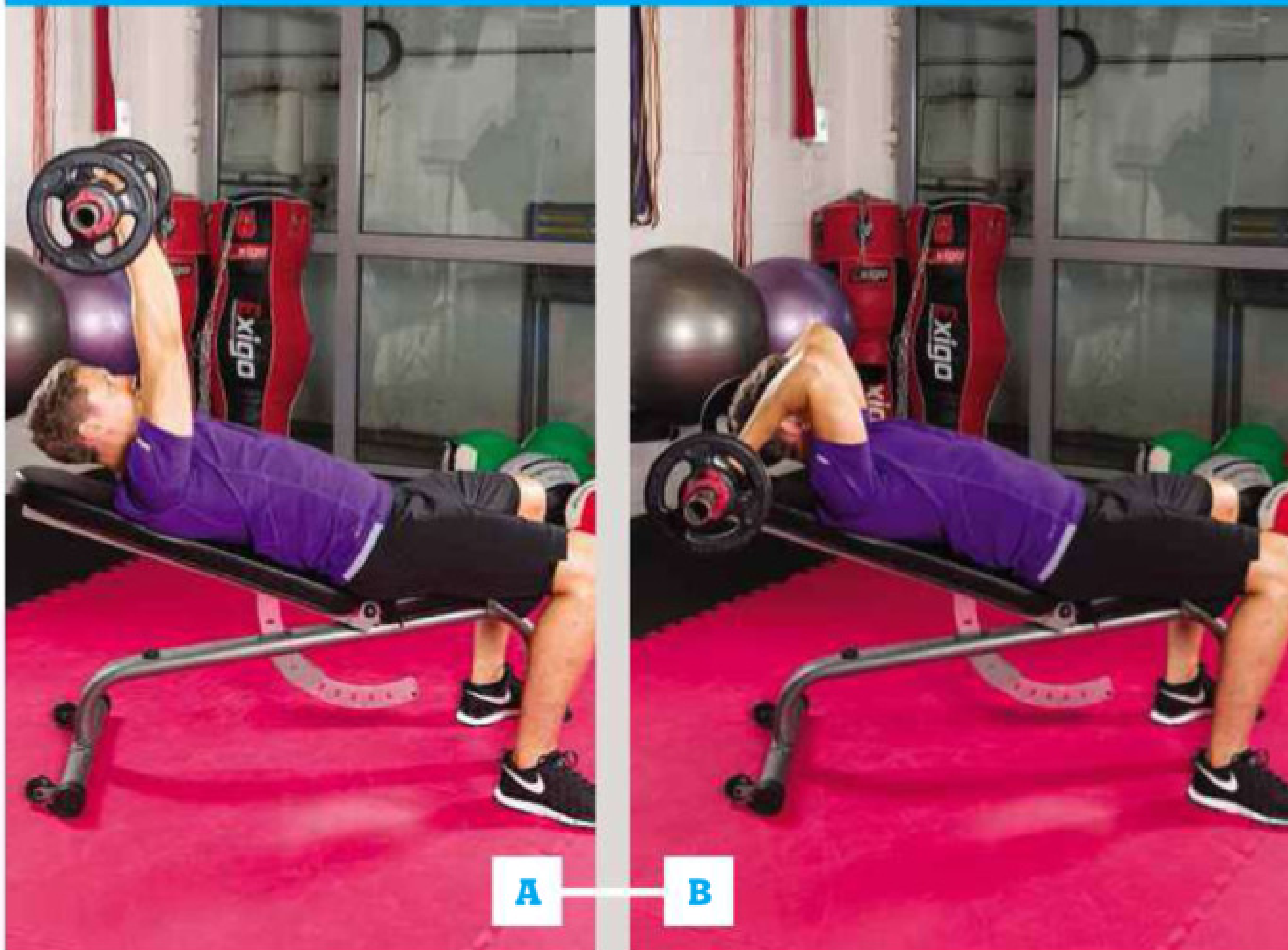


3 BEHIND-THE-BACK SHRUG



- Stand with your back to a barbell on the rests in a squat rack, set so it's at mid-thigh height.
- Hold the barbell so it's against the backs of your legs with an overhand grip and stand up.
- Shrug your shoulders up towards your ears, keeping your arms straight.
- Pause at the top position before slowly lowering the weight back down.

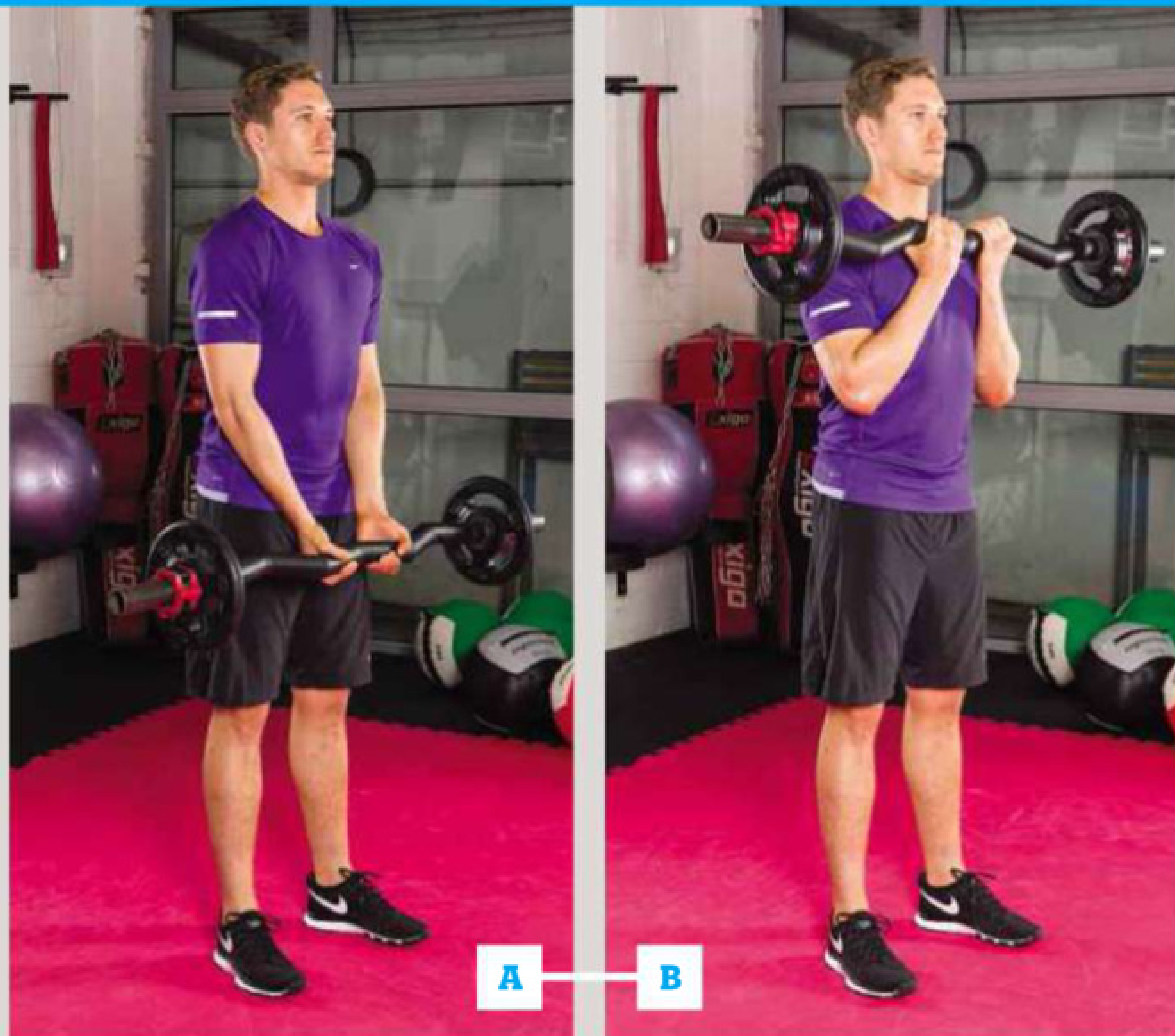
4A EZ-BAR SKULLCRUSHER



- Lie on a bench with a slight incline.
- Hold the EZ-bar above you with an overhand grip, hands just less than shoulder-width apart.
- Slowly lower the weight behind your head by bending your arms at the elbow so your upper arms remain in the same place.
- Bring the bar back above you to the start position.

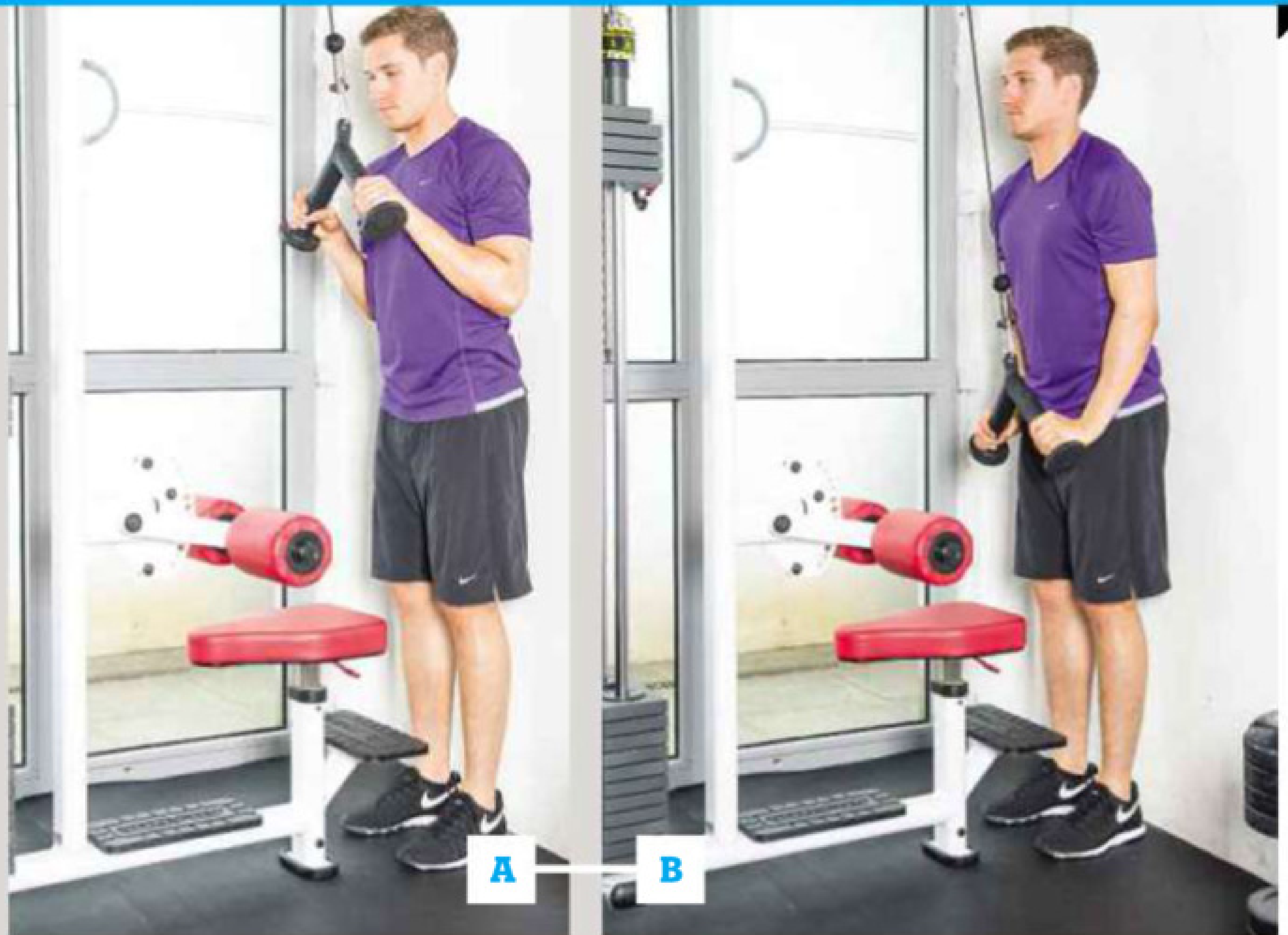
4B CLOSE-GRIP EZ-BAR CURL

- Hold the EZ-bar with an underhand grip, hands less than shoulder-width apart.
- Start with the bar resting against your thighs.
- Keep your elbows tucked in tight to your sides and curl the bar up to your chest, then flex your biceps.
- Slowly reverse the move, flexing your triceps at the bottom of the lift.



5A TRICEPS PUSH-DOWN

- Stand tall, holding a two-handed attachment fixed to the high pulley of a cable machine.
- Keeping your elbows close to your body, press your hands down to straighten your arms.
- At the bottom squeeze your triceps then return to the start, squeezing your biceps at the very top.



5B LYING CABLE CURL



- Lie on a seated row bench, holding the bar with a shoulder-width underhand grip.
- Keep your elbows tucked in close to your body and curl the bar to the top of your chest.
- Contract your biceps hard, then slowly return the bar to the start.

TIP

Cables ensure your muscles are under tension throughout this move but to exaggerate it, make sure you go super-slow as you return to the start position.

W O

WORKOUTS
performed for
step

39

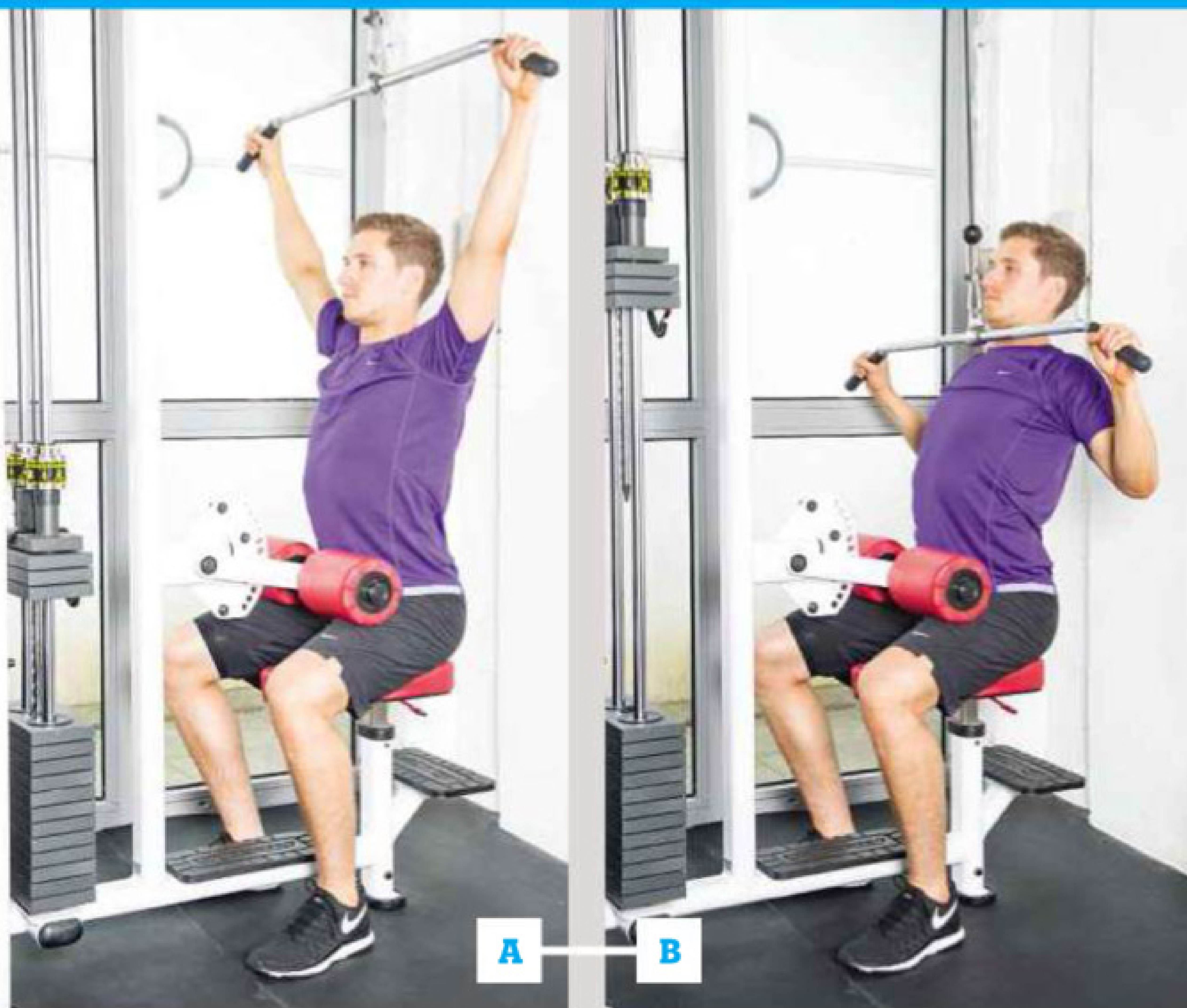
UPPER BODY

MEDIUM REPS, HIGH VOLUME

Building on your growing strength with more challenging session

EXERCISE	SETS	REPS	TEMPO	REST
1 Wide-grip lat pull-down	4	15	2012	60sec
2 Chest-supported bent-over row	4	15	2012	60sec
3 Decline dumbbell bench press	4	15	2112	60sec
4 Guillotine press	3	15	2111	60sec
5 Seated dumbbell overhead press	4	20	2010	60sec

1 WIDE-GRIP LAT PULL-DOWN



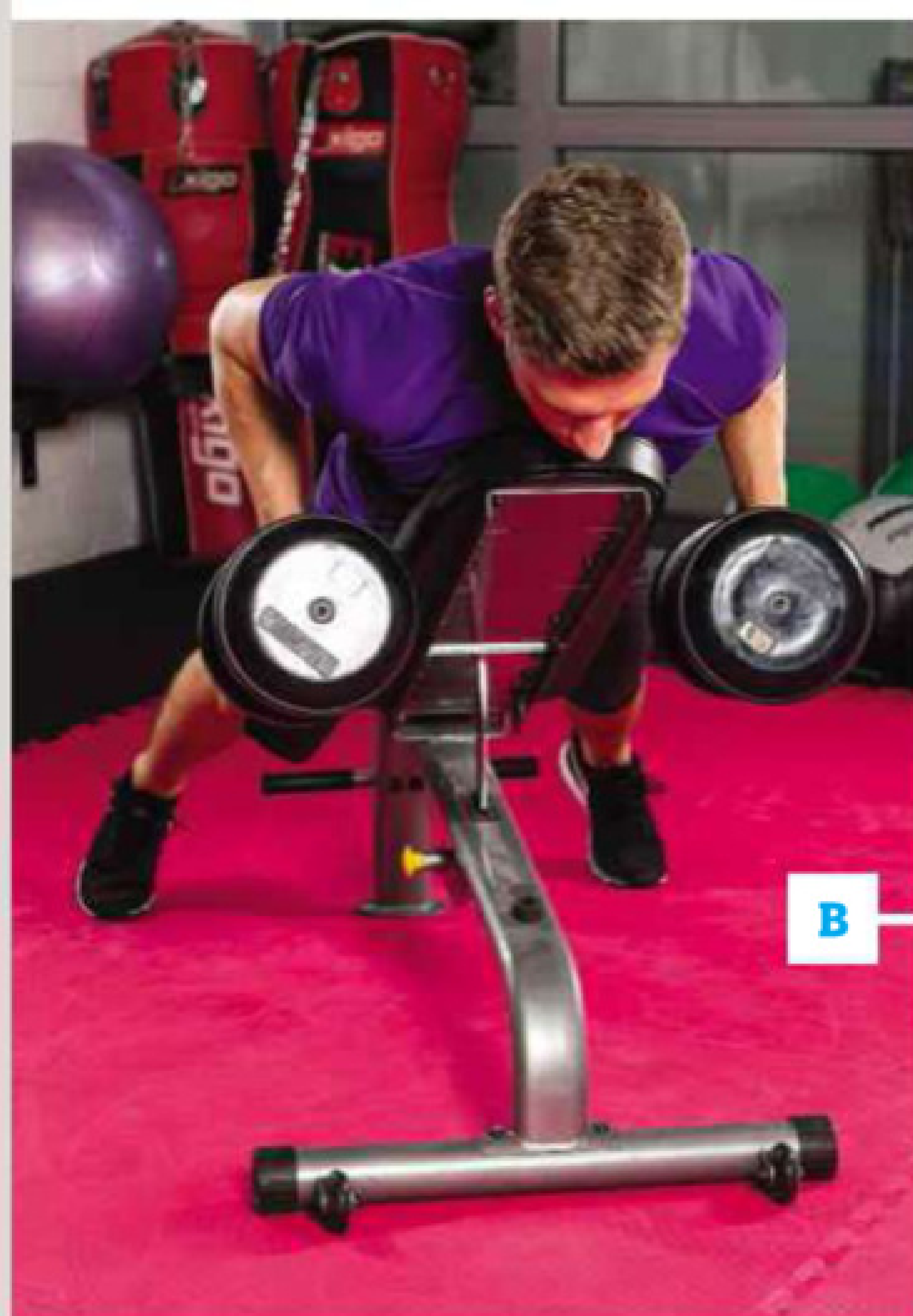
- Sit down and take a wide, overhand grip on the bar.
- Look forward, retract your shoulder blades and keep your torso upright.
- Keep your body upright and still while you pull the bar down in front of you until it reaches your upper chest.
- Squeeze your shoulder blades together at the bottom of the move and then slowly return the bar to the top.

TIP

Don't lean back to aid the movement because this will take all the emphasis off your lats.

2 CHEST-SUPPORTED BENT-OVER ROW

- Set up a bench at a 45° incline.
- Lie on it facing down so your chest is supported.
- Hold a dumbbell in each hand with an overhand grip and pull the weights up to so they are level with your sternum either side of the bench.
- Lower them slowly to the start.



B

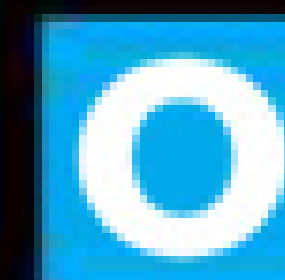
A



3 DECLINE DUMBBELL BENCH PRESS



- Set an adjustable bench so it's at a slight decline or, if it's a flat bench, put a couple of weight plates under one end to create a decline.
- Hold the 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 them slowly to the start position.



TIP

Unlike a typical bench press, position your body slightly further away from the rack so you can lower the bar towards your neck rather than your chest.

A

4 GUILLOTINE PRESS

- Lie on the bench with your feet on the floor, directly underneath your knees.
- Brace your core and maintain a natural arch in your back.
- Hold the bar with an overhand grip shoulder-width apart.
- Slowly lower the bar until it's just above your neck.
- Drive your feet into the floor and push the bar up strongly to the start position.



B

5 SEATED DUMBBELL OVERHEAD PRESS



- Sit on an upright bench holding a dumbbell in each hand level with your chin.
- Keep your feet flat on the floor, core braced, back against the bench.
- Press the weights up powerfully but don't lock out your arms at the top, then slowly lower until the weights are level with your chin again.

TIP

Making sure you don't lock your arms out at the top of this move or drop your arms too low at the bottom will keep your shoulders under muscle-building tension throughout this set.

P

LOWER BODY

MEDIUM REPS, HIGH VOLUME

Finishing off with more weighty work for the legs and glutes

WORKOUTS
performed for
step

40

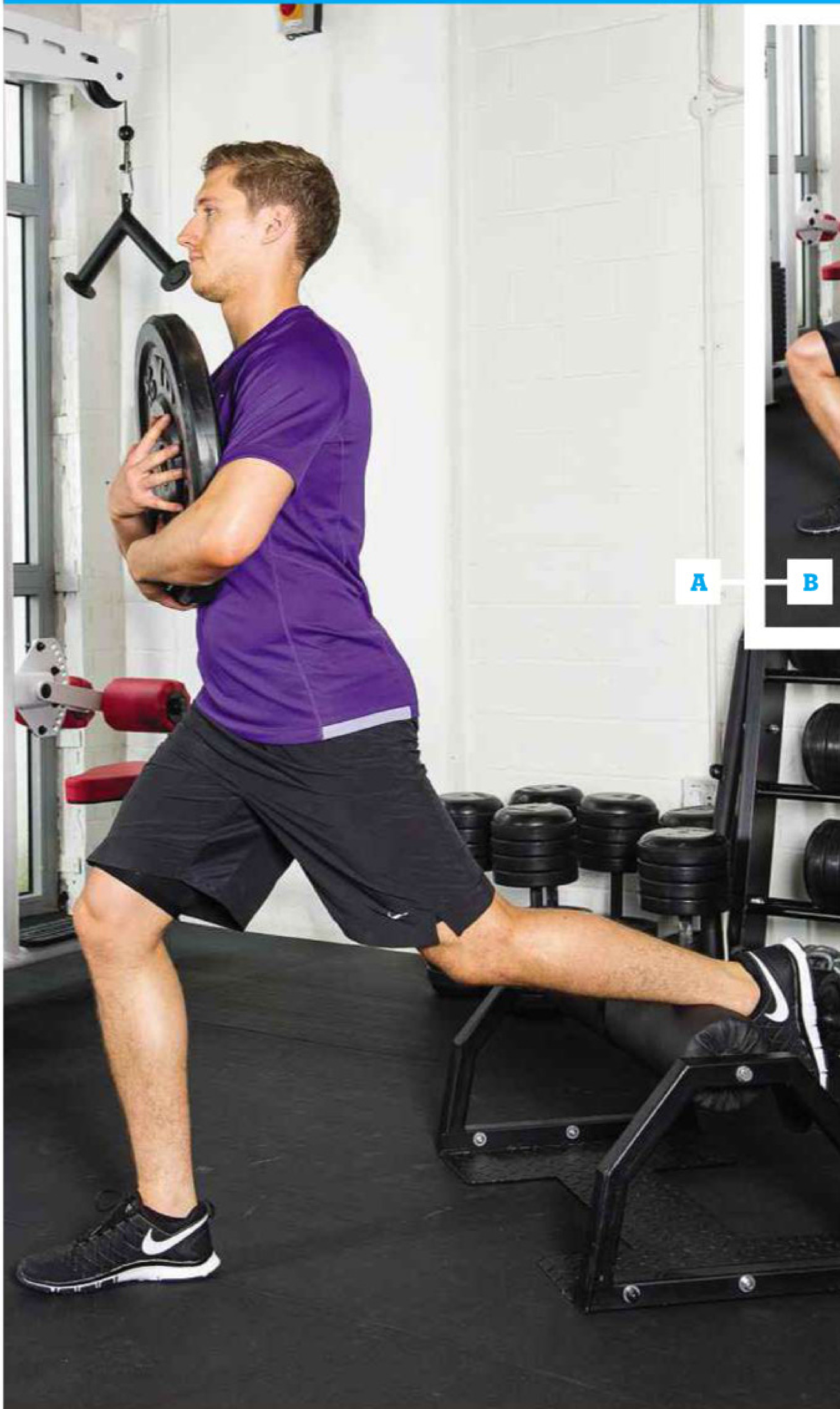
EXERCISE	SETS	REPS	TEMPO	REST
1 Squat	4	25	2010	60sec
2 Bulgarian split squat	3	15	2110	60sec
3 Lying leg curl	4	15	4111	60sec
4 Good morning	3	10	3111	60sec
4 Dumbbell calf raise	3	30	1112	60sec

1 SQUAT



- Rest the bar on the back of your shoulders holding it with an overhand grip.
- Your feet should be just wider than shoulder-width.
- Keep your chest up as you squat until your thighs are at least parallel to the floor. Pause briefly at the bottom of the lift before driving back up through your heels.

2 BULGARIAN SPLIT SQUAT



A

B

- With your torso upright, core braced and hips straight, rest one foot on a bench and hold a weight plate to your chest.
- Lower until your front thigh is horizontal, keeping your knee in line with your foot.
- Push through your front foot to return to the start.

TIP

Keep your glutes clenched throughout to help you balance and don't lock your knee out at the top of the move to keep tension on the muscles. This might burn a little but it's all worth it.



A

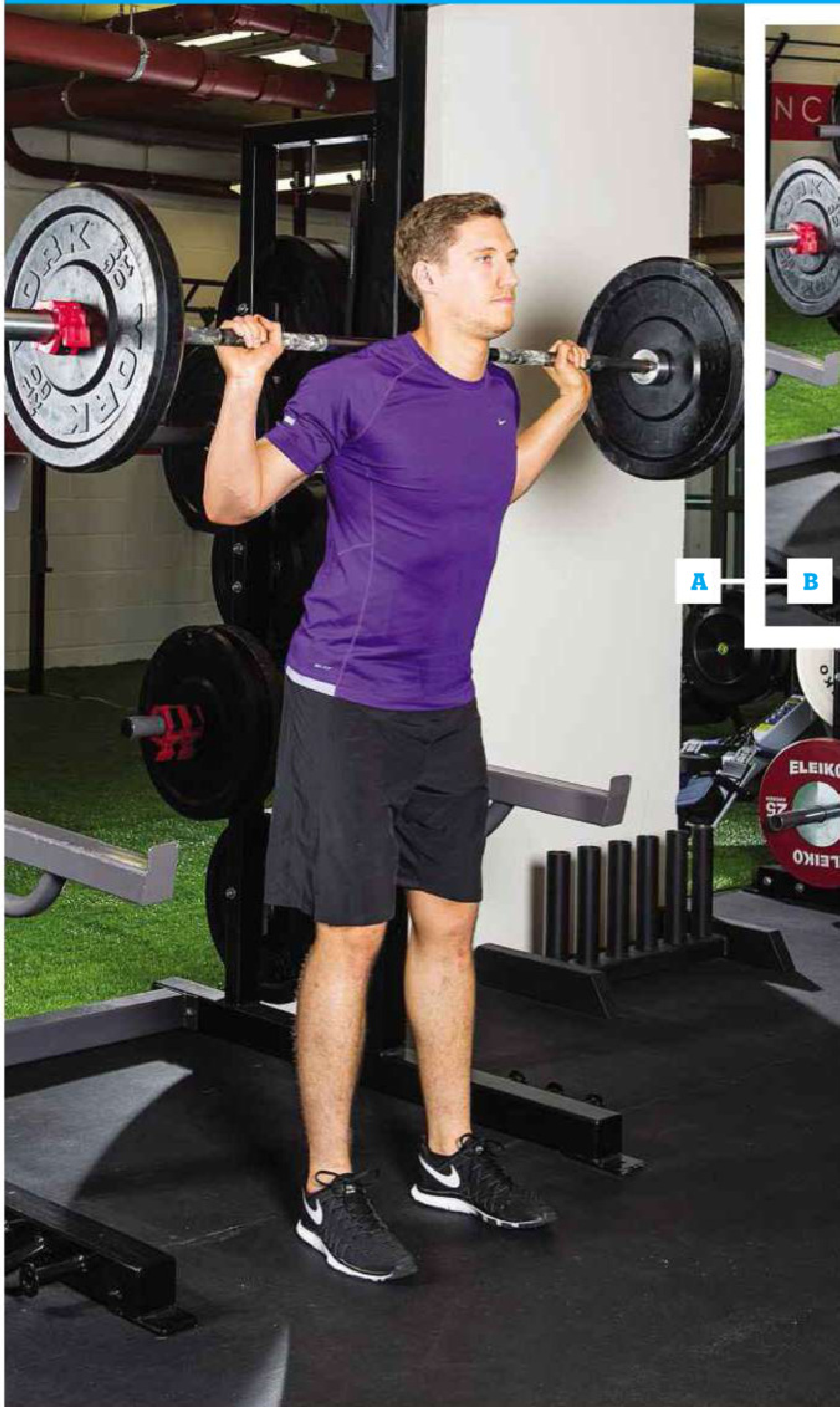
3 LYING HAMSTRING CURL

- Lie face down on a flat bench so your thighs and chest are supported, and hold a dumbbell between your feet.
- Hold the bench with your hands to maintain balance.
- Squeeze your hamstrings to bend your legs and raise the weight, curling your legs as far as you can. Pause here, then return slowly, but don't let your knees lock out at the bottom.



B

4 GOOD MORNING



A

B

- Rest the bar on the back of your shoulders, holding it in place with an overhand grip.
- Your feet should be just wider than shoulder-width apart.
- Keep your chest and chin up and your back straight as you slowly hinge forwards from your hips until you feel the stretch in your hamstrings.
- Make sure you don't round your back.
- Drive your hips forwards to reverse the movement back to standing.

5 DUMBBELL CALF RAISE

- Stand with your feet on the edge of a platform with a dumbbell in each hand.
- Raise your heels.
- Pause briefly, then return to the start, ensuring your heel goes below the platform to go through the full range of motion.

TIP

If you're struggling for balance, especially when you go heavier, it can be easier to work one calf at a time. Grasp a dumbbell in one hand and hold a fixed object with the other hand for support.





FINE TUNING

These extra measures will help you make the most of the hard work you've been putting in. Use the tips in this chapter to look your best come the end of your transformation and keep you progressing after the 10 weeks are up.

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FINISHING TOUCHES

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GLOSSARY

THE END'S IN SIGHT

Now here's a few ways to help you show off your body at its best

After 10 weeks Sam had done all the hard work in the gym and it was time to show off his hard-earned new muscle. Other transformations might involve a depletion phase in the final week designed to reduce body fat as low as possible. This wasn't necessary for Sam given we ensured his body fat remained as low as when he started, despite the vast quantities of food he was gorging on. However, there were a few finishing touches he used to look his best for the final photoshoot which you can use too - whether that's for your own shoot, the first day of your beach holiday or just to see exactly how much you can change in just 10 weeks.



PHOTO FINISH

These tips ensure you look your best when the work is done

TRIM YOUR CHEST AND GET A TAN

Trimming your chest hair and getting a tan are two of the most important things you can do to look your best for a photoshoot. Trimming your chest hair will make your chest look cleaner and more defined. A tan will make your skin look healthier and more vibrant.

PUMP IT UP

Warm-up your muscles before your photoshoot to get the most out of your muscles.

PRE-SHOOT PUMP

Pump your muscles before having your 'after' photo taken to look your best.

A professional photoshoot is a great way to mark your successful transformation. Follow these tips and look your best

WHAT NEXT?

Now you've got to shape, staying in shape is your next big challenge

DO THE SPLITS

Doing splits is a great way to improve your flexibility and prevent injuries. It's also a good way to warm up before a workout.

BEND THE RULES

Bending the rules is a great way to challenge yourself and improve your performance. Don't be afraid to try new things.

PUSH THINGS FORWARD

Pushing things forward is a great way to challenge yourself and improve your performance. Don't be afraid to try new things.

Your 10-week programme is over but the journey doesn't end here. Maintain the new body you've built with this advice

GLOSSARY

Simple explanations

Need to know your forced reps from your drop sets? Here's where you'll find it all explained

REP A single repetition of an exercise.

COMPOUND LIFT An exercise that involves multiple joints and muscle groups.

CONCENTRIC CONTRACTION The phase of a lift where the muscle is shortening.

DENSITY SET A set of exercises performed in a row with minimal rest.

ECCENTRIC CONTRACTION The phase of a lift where the muscle is lengthening.

FAILURE The point at which a muscle can no longer contract.

If you're confused by any of the terms used in this book - or anything you've heard in the gym - this guide should clear it up

PHOTO FINISH

These tips ensure you look your best when the work is done

TRIM YOUR CHEST AND GET A TAN

‘BODY HAIR WILL
TAKE THE EDGE
OFF YOUR NEWLY
DEFINED
PHYSIQUE’

If you're thinking of stepping in front of a camera to get some snaps of you in optimum condition, then you'll need to wax that chest rug and get a tan. Body hair will take the edge off your physique, whether it's a tuft of fluff or a full-blown Chewbacca costume. If your chest hair is a little on the thick side, it's best to trim it with clippers first before going for the ultra-smooth finish to minimise skin irritation.

Shades of tan are a matter of personal preference, but generally the darker you go, the more muscular you will look. The quickest, safest and most dramatic option is a spray tan, but if you'd rather not turn up at work the next day looking like an extra from *TOWIE*, try three or four careful sunbeds over the two weeks leading up to your photoshoot, then finish off with a subtle layer of fake tan.



PUMP IT UP

Follow this pump workout to look your best on camera

Complete the exercises below, rest for 90 seconds then repeat at least three times. It's best to have a mirror nearby so you can judge how well you're pumping up. This is by no means an exact science, so if you think your chest isn't bulging as much as it could, drop down and give it another 20 press-ups.

INCLINE PRESS-UP (WITH YOUR FEET ON A CHAIR)

SETS 1
REPS 30
REST 45SEC

SINGLE-ARM BENT-OVER ROW

SETS 1
REPS 20 EACH SIDE
REST 45SEC

LATERAL RAISE

SETS 1
REPS 20
REST 45SEC

BICEPS CURL

SETS 1
REPS 20



PRE-SHOOT PUMP

Pumping up your muscles before having your 'after' photo taken is essential if you want to look your best. Which exercises you use depends on which areas you want to prioritise, but you should be able to target every major muscle group with a pair of dumbbells or resistance band. Keep the reps high to flush blood into the working muscles for a defined look.

**'PUMP UP YOUR MUSCLES BEFORE
HAVING YOUR "AFTER" PHOTO
TAKEN TO LOOK YOUR BEST'**

WHAT NEXT?

Now you've got in shape, staying in shape is your next big challenge

So you've trained like a demon, stuck diligently to the eating regime, made it through the ten-week plan and built the body you've always wanted. Congratulations, you look great and you've earned it! But now isn't the time for complacency - the last thing you want after all that hard work is to slip back into lazy gym sessions and poor dietary choices. Instead, use this advice to build on all the progress you've made in the last two-and-a-half months and continue to get bigger and stronger.



'NOW IS THE TIME TO SHAKE THINGS UP, BE CREATIVE WITH YOUR WORKOUTS AND SET NEW CHALLENGES'

BEND THE RULES

You've done so well to get this far. Don't blow it by immediately reverting to your old diet or slacking off in the gym. Your body will bounce back to its original condition far quicker than the 10 weeks it took to get you here. But you can be more flexible with your nutrition without undoing all your good work.

By now you'll know from experience if you're eating enough so you won't have to worry about faffing around with the scales when preparing meals. Before you get sick of the same diet plan every week,

you should broaden your selection of recipes to follow and treat yourself to a free (rather than 'cheat') meal and a pint on a Saturday night. Now you know the nutritional rules that will support your training, you can order food at restaurants more wisely and you won't have to keep turning down those dinner dates.

If you want to maintain the body you've built, rather than keep progressing, see if you can hold on to your bodyweight with less food. Try reducing your daily calorie and macro targets by around 10% but keep tabs of your daily progress so you don't slip too far.

DO THE SPLITS

Over 10 weeks you've built a rock-solid foundation of strength and muscle. Now you can build upon that to get even bigger by following more specific body-part splits. Divide your four weekly workouts to target back and biceps, chest and triceps, shoulders and calves, and legs and abs. Select from the exercises in this plan to create these new-look workouts but keep rotating every three weeks between low-, medium- and high-volume sessions. Focusing on only two muscle groups in one workout, instead of all the upper-body muscles, means you can work them harder while also giving them enough time to recover fully.



PUSH THINGS FORWARDS

Building strength and size is all about forcing your muscles to adapt, and there are plenty of useful bits of equipment you can buy that will allow you to push yourself harder in the gym.

Grip strength can often be a limiting factor, especially in pulling and rowing moves such as pull-ups, deadlifts and heavy rows. There are lots of 'thick bar' options available that will do wonders for your forearm development and grip strength. Inevitably you'll have to lower the weights considerably if you use them, but you'll increasingly be able to handle

more load during each workout. When you return to normal bars you'll obliterate your previous strength plateaus.

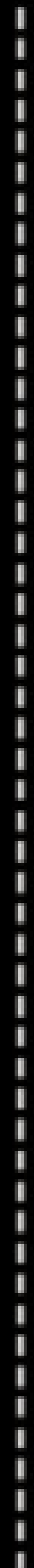
Chains and resistance bands are great for improving extension exercises such as bench presses, deadlifts, squats and triceps extensions. Adding chains or bands will encourage different strength adaptations, making them great for furthering progress and, if nothing else, helps to keep things fresh. After all, you've been following this strict plan for 10 weeks - now is the time to shake things up, be creative with your workouts, set yourself new challenges and, above all, enjoy the experience of getting fitter.





GLOSSARY
EXERCISE
TERMS

Need to know your forced reps from your drop sets?
Here's where you'll find it all explained





1RM

One-repetition maximum, or one-rep max: the maximum weight a lifter can handle for one rep of a given exercise. A useful tool for determining training loads, which are based on performing at different percentages of your 1RM.

COMPOUND LIFT

Any exercise that involves movement in two or more joints, such as the squat, deadlift and shoulder press. Such lifts should form the basis of programmes where increasing muscle size and strength is the objective.

CONCENTRIC CONTRACTION

During concentric contractions the muscle shortens while generating force. Concentric muscle actions are responsible for the 'raising' part of an exercise, such as lifting a dumbbell from your side to shoulder during a biceps curl.

DENSITY SET

A method of achieving very high volume to shock the muscles into growth. Complete as many reps as you can of an exercise at a set weight in a given time period, aiming to rest as little as possible.

DOMS

Delayed-onset muscle soreness, or the aches and pains you typically get the day after a workout. Often caused by severe trauma to the muscles, for instance by doing eccentrics, drop sets or forced reps.

DROP SET

Another method for achieving high volume. Start with a heavy weight, lift until you reach failure, then reduce, or 'drop', the weight and repeat. With a triple drop set you repeat this process three times in total.

ECCENTRIC CONTRACTION

During eccentric contractions the muscle lengthens under tension when controlling a weight. This usually means the 'lowering' part of an exercise, such as the biceps elongating as you control the weight back down to the start position during a biceps curl. It's heavy eccentric loads that cause the maximum amount of damage to muscles, that's why it's important to lower weights slowly and under control; this minimises the risk of injury and makes each rep more effective.

FAILURE

Training to muscular failure is a strategy in which you're unable to lift the weight with correct form on the final rep of your set. This form of overload training shocks your muscles into growing back bigger and stronger, but it's essential you have a spotter on hand to minimise the risk of injury, especially when doing the bench press with a barbell. **▀**

FASCIA

A layer of fibrous connective tissue that surrounds muscles, blood vessels and nerves. Think of it as a sheath that encases not only each muscle cell but also each body part and even your entire body. If your fascia is too tight, your body will have a harder time stretching it to create room for a muscle to grow bigger.

FORCED REPS

Reps done past the point of failure with assistance from a partner - for instance on the bench or in a seated shoulder press. They're an excellent way to shock stubborn muscles into growth, but should be used sparingly as they're tough to recover from.

GLYCOGEN

A type of energy stored in the muscles and liver, glycogen is the primary fuel used by your body in this programme. Too little glycogen and you can start to both look and feel 'flat'.

HIIT

High-intensity interval training - such as doing sprints, intervals or fast-paced bodyweight movements - can be one of the best ways of burning fat while preserving hard-earned muscle. To be used sparingly, as it draws on your resources for recovery.

HYPERTROPHY

An increase in the volume of a muscle



(or organ) owing to the enlargement of its cells. Hypertrophy occurs through either sarcoplasmic or myofibrillar growth, or a combination of the two.

INTENSITY

Refers to the percentage of your 1RM that you're lifting in an exercise. So a workout that calls for 3x2 sets of squats at 95% of your 1RM is more intense than one that calls for 5x5 at 90%.

ISOLATION LIFT

Involves movement at one joint only, for example a biceps curl (movement at the elbow joint only) or leg extension (movement at the knee joint only). These are great for working a target muscle group to fatigue.

ISOMETRIC CONTRACTION

During isometric contractions, a muscle generates force without changing length. Typical examples include your abs during a plank, or the muscles of the hand and wrist when you grip an object. Such contractions aren't as effective for building and maintaining muscle mass as concentric and eccentric contractions, but still form an important element of your training programme, especially for core work.

MUSCLE PUMP

When your muscles become engorged with blood after you've repeatedly shortened and lengthened them. Occurs when using weight training but sometimes can be achieved simply by flexing your muscles repeatedly as hard as possible. A good 'pump' can make you look bigger for 30 minutes.

MYOFIBRILLAR GROWTH

This is when a muscle gets bigger because of an increase in the number and size of cells within that muscle.

NEGATIVES

Reps that only incorporate the eccentric part of a move - for instance, jumping up to the top of a pull-up position and lowering under control. These are a great way of building strength and forcing growth, but they're often difficult to recover from.

OVERTRAINING

The result of doing too much work with not enough recovery. Overtraining happens as a result of consistently hammering your body. Warning signs are feeling lethargic, depressed or run down - address it with better sleep, higher quality food and toned-down workouts.

PEAK CONTRACTION

A peak contraction occurs when the muscle has a full contraction against resistance for the entire range of motion, as opposed to where it might get 'easier' as the rep is completed - a cable preacher curl for example.

RECOVERY

Where the magic happens. Your muscles grow during recovery, not when you're training, so planning for adequate recovery should be the cornerstone of your plan.

REPS

An abbreviation of repetition, one rep is the completion of a given exercise from start to finish through a full range of motion.

REST INTERVAL

Taking rest between sets and exercises allows your muscles to replenish their energy stores. In this programme, rest intervals are manipulated in different ways to help provide ongoing muscular stimulus.



SARCOPLASMIC GROWTH

When muscle size increases because of an increase in the volume of sarcoplasmic fluid in the muscle cells.

SETS

A set is a given number of reps performed consecutively without rest. The number of sets varies depending on the workout and its goals.

SPLIT ROUTINE

Any regime in which you focus on different body parts during different sessions, as opposed to doing a full-body routine. The best-known form of split is the classic bodybuilder regime of the chest and triceps on one day, the back and biceps on another and so on.

SUPER-COMPENSATION

The period after training and recovery during which you're fitter and stronger than before training. Training again in this window will result in further gains in strength, size and fitness, but training before it can result in overtraining.

SUPERSET

Two moves done back to back with little or no rest between exercises. Three moves together are called tri-sets. Four or more are called giant sets. They are a great way to shock your muscles into growing because of the increased workload.

TEMPO

The speed at which you lift and lower a weight during a rep. The slower the tempo, the longer your muscles are exposed to the stress of managing the weight. Tempo is detailed by a four-

digit code, such as 4010. The first number is the time in seconds you take to lower the weight; the second is the time the move is held at the bottom position; the third is the time you take to lift the weight (if 'X' is shown this means lift explosively); and the final digit is the time the weight is held at the top of the move.

TIME UNDER TENSION

The duration in seconds your muscles are controlling a weight through a range of motion. It's dictated by the tempo of each rep and how many reps in a given set.

VOLUME

The amount of work (basically, the total number of reps) done in a session. High-volume workouts will encourage hypertrophy but zap your central nervous system. Low-volume workouts will give your body time to recover.

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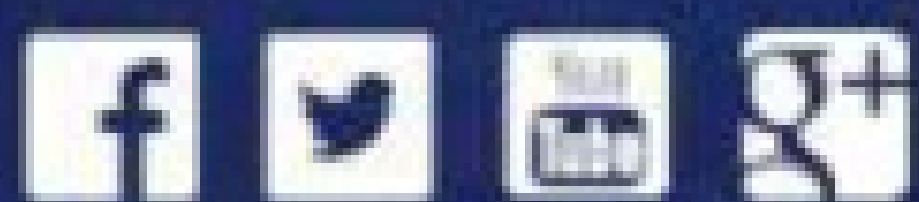


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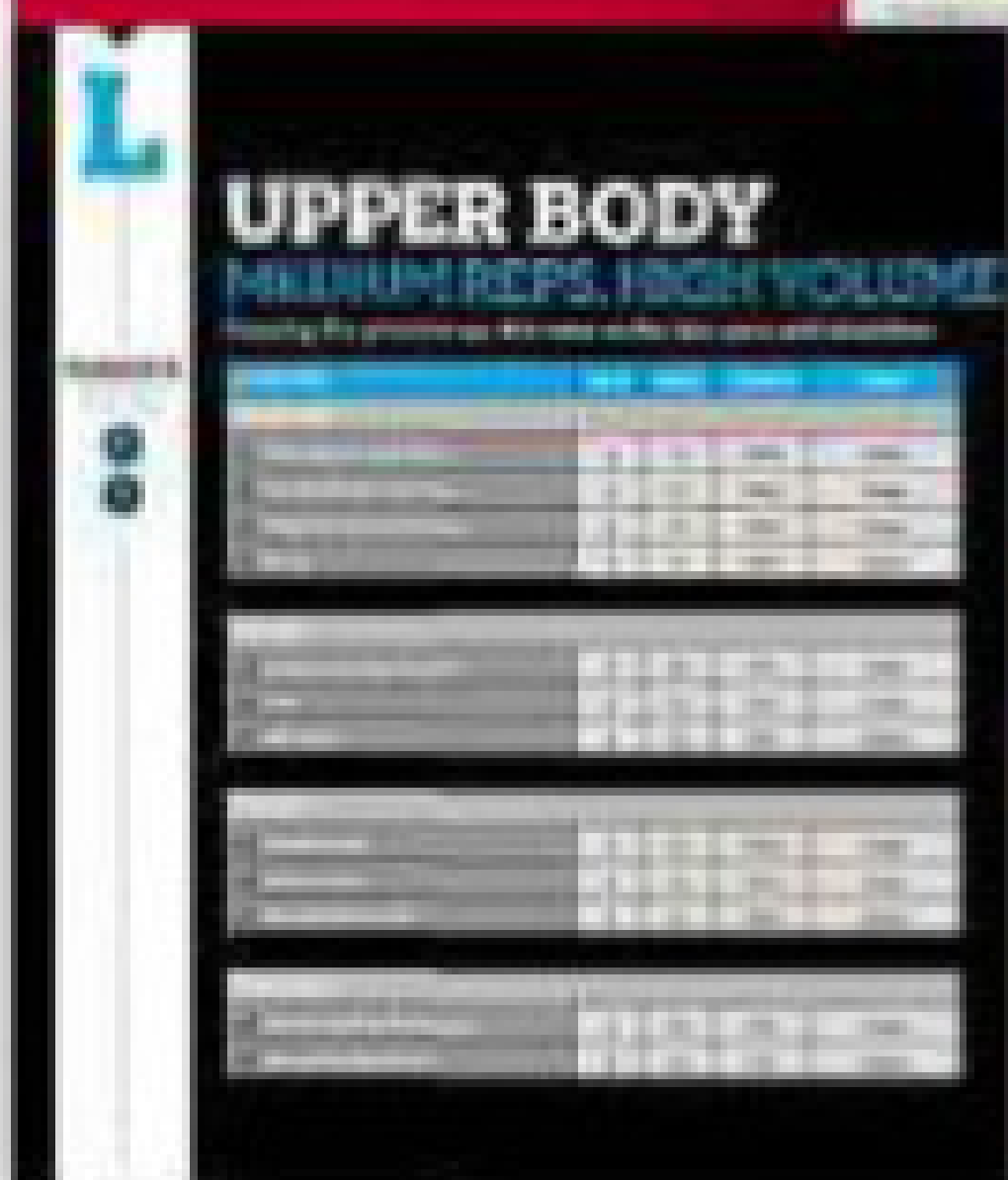
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Think it takes years to add significant muscle to your body? Sam Rider is living proof that it doesn't. In just 10 weeks, he packed on a phenomenal 7kg of lean mass - and this book contains every workout he did, plus a complete guide to building muscle, nutrition and supplements. With expert advice throughout, it gives you everything you need for a strong, muscular body.

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