

NoOrdinaryJoe1234

pro tip

Work on your diet as much as your muscles. Turn to page 120 for Joe's nutrition advice

ARMS

Like Rome, big arms aren't built in a day. Isolated exercises such as bicep curls and tricep pulls will pack on lean mass, but compound exercises will build your arms, chest and back at the same time.

CHEST

A stacked chest looks great, but your priority should be functional strength. After all, the chest controls how your arms push, pull and lift. Large multi-muscle exercises such as bench presses, squats and deadlifts will make that chest stand out proud.

UNLEASH THE BEAST

TRAIN LIKE A MONSTER AND YOU'LL HAVE A GREAT BODY IN NO TIME

Going to the gym isn't about socialising. It's not about pulling, and it's not about showing off. It's about sweating and grunting and pushing yourself to the limit. It's about mastering your own strength and sculpting your own image. It's about unleashing the beast inside.

If you want fast results, you need only a few exercises to create a strong base. Compound exercises are great for this: you target core muscle groups simultaneously and build muscle quickly. You spend less time in the gym and more time reaping the rewards of your hard work.

On the opposite page, you'll see my special beast-mode workout. It's a timed circuit, so do as many rounds as possible in 30 minutes. One round is 15 reps of each exercise.

You need to go big and you need to be bold. If you can't or won't, get out of the gym and go home.

ABDOMINALS

If there's one thing I know you want, it's a chiselled six-pack. Core exercises will give you balance, explosive power and upper-body stability – but a balanced diet is the *only* way of getting your abs to ripple.

QUADS, CALVES & GLUTES

BARBELL SQUATS & LUNGES

SQUATS AND LUNGES ARE THE DADDY FOR BUILDING YOURSELF POWERFUL QUADS, GLUTES, HAMSTRINGS, HIPS AND CALVES



TECHNIQUE Start with the barbell on your back, using an overhand grip. Keep your back straight, and squat down slowly until your bottom is parallel with the floor. Drive back up through your heels.

15 REPS PER SET



TECHNIQUE Hold the barbell as if you were going to squat, and take a large stride forward. Your thigh on your front leg and your shin on your back leg should be parallel with the floor. Stand up and repeat.

15 REPS EACH LEG PER SET



QUADS, ABS, GLUTES, ADDUCTORS & UPPER BACK

DEADLIFT

THIS IS A BEASTY POWERLIFT, SO IT WILL ENGAGE MOST OF YOUR MAJOR MUSCLE GROUPS. FOCUS ON FORM TO AVOID INJURY

TECHNIQUE Stand with your feet shoulder-width apart, the barbell on the floor in front of you. Bend your knees and take hold of the bar – keeping your head aligned with your spine. Your hands should be just outside your knees. Pull the weight up until you're fully standing. Pause, and then lower the bar back

to the floor. The heavier you go, the more stress your muscles will be under. Form is the most important thing when lifting from the ground – otherwise you could do serious damage to your lower back. Always keep your back straight and your head in line with your spine.

15 REPS PER SET

SHOULDERS & ARMS

THE PUSH PRESS

THIS HARDCORE FULL-BODY EXERCISE WILL GET YOU RIPPED FROM HEAD TO TOE



TECHNIQUE Start by holding a barbell at your chest. Dip your legs slightly then stand up straight and use the momentum to push the barbell above your head. Bring the barbell back to your chest in one motion. Repeat.

15 REPS PER SET



FREE WEIGHTS are great tools for building hard-core strength. Weights that aren't held in place by a machine, they will move 'freely' across three dimensions when you lift them. Your body will stabilise the weight by using and strengthening muscles surrounding the targeted area. This builds what's considered functional strength. What's better, is that it will improve your balance and coordination, too. Good examples of free weights are dumbbells and barbells, but actually, the best free weight of all is the human body.

HAMSTRINGS & GLUTES

DUAL KETTLEBELL SWINGS

WHAT, TWO 'BELLS? IT'S ALL FOR YOUR POSTERIOR CHAIN (GLUTES AND HAMSTRINGS)



TECHNIQUE Hold two kettlebells, one in each hand. Squat down and let them swing them between your legs. Drive your hips forward and up by contracting your glutes. You'll swing the bells into the air, and as they fall you go straight back down into the squat.

15 REPS PER SET