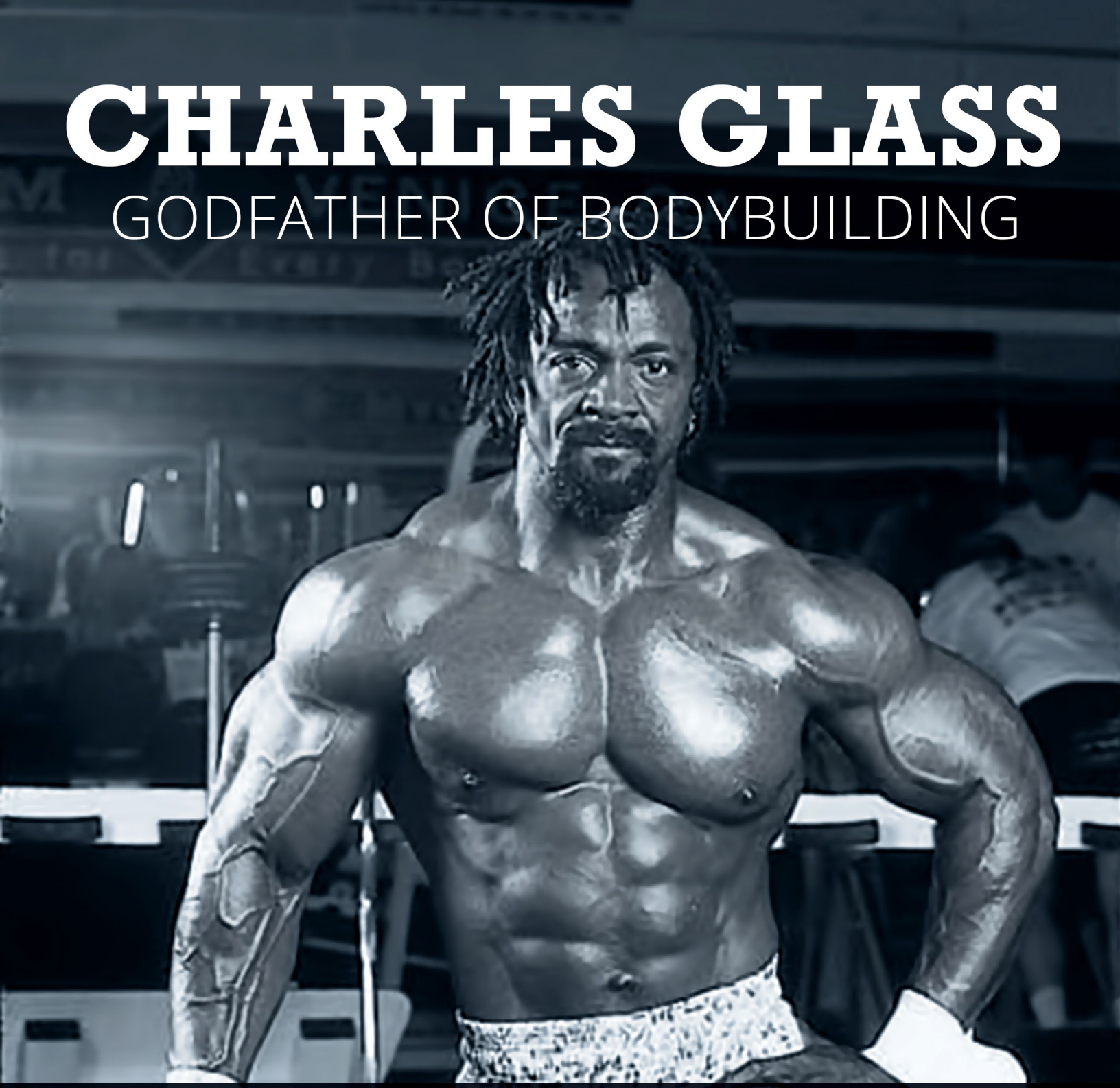
CHARLES GLASS

GODFATHER OF BODYBUILDING



FUNDAMENTALS OF BODYBUILDING AND PHYSIQUE SCULPTING

By Charles Glass
Written by Neal Cochran

INTRODUCTION

Why is Charles Glass the Godfather of Bodybuilding? Charles has over 40 years of experience as a trainer. Charles has modified his methods through years of practical experience, observation, and results to produce dramatic and significant gains to anyone that applies them. Prior to becoming the Godfather of Bodybuilding, Charles was an engineer. His engineering background gave him additional insight and perspective on ways to manipulate the angles of exercises to improve their ability to recruit muscle fibers. Charles is known for adjusting exercises so that a greater number of muscle fibers are recruited, which leads to greater development of the trained muscles.

The world has numerous people that are deemed exercise and fitness experts. With Charles, the proof is in the pudding. His clients cross the spectrum from celebrities, fitness athletes, and pro athletes to everyday people. His list of clients includes some of the most successful people in the fitness industry, such as:

- Flex Wheeler
- Dwayne "The Rock" Johnson
- Gunter Schlierkamp
- Shawn Rhoden
- Chris Cormier
- Paul Dillett
- Guy Cisternino
- Hidetada Yamagishi
- Wesley Snipes
- Steve Cook
- Eddie Bracamontes
- Sugar Ray Leonard
- Magic Johnson
- Ben Pakulski

By the end of this book, you will have a greater understanding of how to design a workout program for yourself. You should have an understanding of how many sets and reps and what kinds of rest intervals are needed to make a workout effective. And you should have a better grasp of how to perform the listed exercises.

ABOUT THE AUTHOR

Neal Cochran is a 39-year-old police lieutenant that has been weight training since he was 15 years old. Neal describes his genetics as average at best. Having read and tried almost everything to gain weight and have success in the gym, he reached out to Charles in 2013 for a training session. After one session with Charles, he realized how wrong he previously had been performing exercises. When training with Charles, he soon recruited fibers he did not know he had. He noticed the most dramatic gains of his life and stopped acquiring many of the injuries that had plagued him before he met Charles.

Neal started as a client, but became a devout student and friend to Charles. Neal made it a personal mission to learn all he could from Charles. He was so moved by the results he made and the knowledge he acquired, he felt compelled to share it in a detailed fashion so the rest of the word could see why Charles creates success for others.

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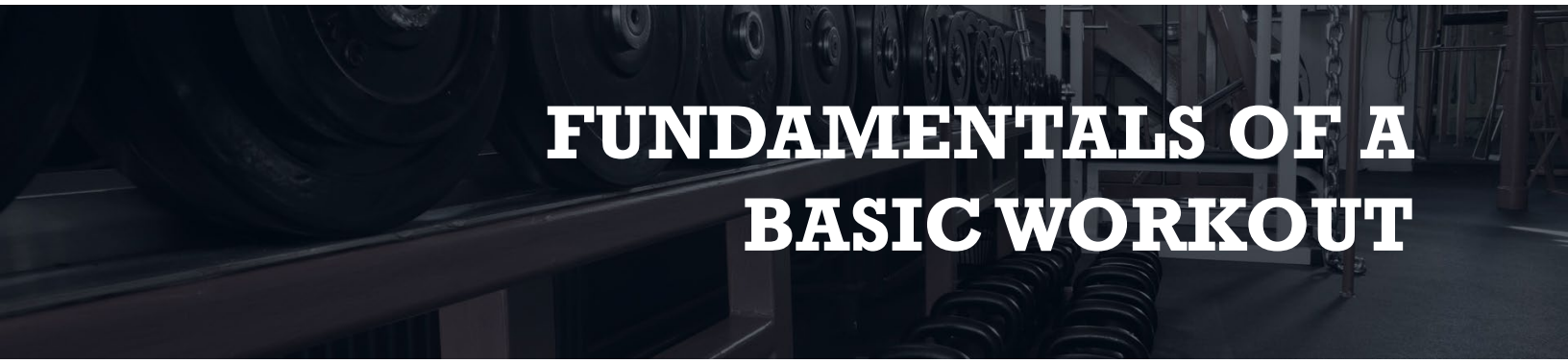

FUNDAMENTALS OF A BASIC WORKOUT

Weight training and its science can be complicated and overwhelming. In today's Internet age, there are countless articles and other pieces of literature available, each arguing why their techniques and protocols are best. I used to fall victim to the information overload that stemmed from reading various pieces of literature pertaining to different workout methods. I found that once I utilized actual practical experience as a guide, my clients' results improved dramatically. If you utilize the principles and techniques I show you in this book, I guarantee you will recruit fibers you did not know you had. You will see why my techniques have been so effective for developing and improving physiques.

The following are guidelines I generally use when training clients. There are times I deviate, but following these principles is a primary way to ensure continued success in the gym.

Reps:

I primarily use rep ranges of 8-10, with quads varying from 8-20 reps. I stick to specific rep ranges during a workout so as to target specific fibers. Fibers that are trained in these rep ranges are the most important to gain size and shape.

The purpose of sticking to given rep ranges is to fatigue the fibers that are trained in that rep range. Examples of rep ranges I may use on the given exercises are:

Upper Body

- 6-8
- 8-10
- 10-12
- 12-15

Legs

- 8-10
- 10-12
- 12-15
- 15-20

Calves/Abs

- 15-25

If you were to spread your rep ranges too broadly; for example, reps of 10, 8, 4, 4, you would fail to provide adequate fatigue to a given set of fibers, which would limit hypertrophy.

Sets:

I generally prescribe straight sets. A straight set is when you repeat your sets on one particular exercise until you reach your total desired number of sets. I generally prescribe four sets per exercise, but will do only three if the trainee is tired or a beginner.

I generally prescribe 12-16 sets per body part. Larger body parts need more sets than smaller body parts. I classify the following as large

body parts:

- Chest
- Back
- Quads
- Hamstrings
- Shoulders

Smaller body parts are:

- Arms
- Abs
- Forearms
- Calves.

Warm-up:

When training any given body part, I will start with two or three warm-up sets before beginning the actual work sets of my first exercise. The purpose of the warm-up is to get a pump into the region you intend to train. Ideally, a pump should begin to take place by the third set. For example, if you are aiming to do 8-10 reps at 60 pounds for Incline Dumbbell Bench, you should do two or three warm-up sets of that exercise in the following manner:

1. 30 lbs x 10
2. 40 lbs x 10
3. 50 lbs x 10

Once you complete your first exercise, no additional warm-ups need to be done. If you train a second body part later in the workout, do one light set on the first exercise before proceeding to heavier sets.

Pyramiding:

Pyramiding is a technique whereby the trainee progressively increases weight while lowering the targeted rep ranges. Pyramiding can spread across two rep ranges. This is acceptable because fibers will still be targeted adequately to acquire hypertrophy.

Examples of pyramiding rep ranges are:

- 4 sets of x 12 reps @ 100 lbs, 10 reps@ 110 lbs, 8 reps@ 120 lbs, 8 reps@ 130 lbs
- 4 sets of x 12 reps @100 lbs, 10 reps@ 110lbs, 10 reps@120 lbs, 8 reps@ 130 lbs
- 4 sets x 15 reps@90 lbs, 12 reps@100 lbs, 12 reps@110 lbs, 10 reps @120 lbs
- 4 sets x 15 reps@90 lbs, 12 reps@100 lbs, 10 reps@110 lbs, 10 reps@120 lbs
- 4 sets x 10 reps@130 lbs, 8 reps@140 lbs, 6 reps@150 lbs, 6 reps@160 lbs
- 4 sets x 10 reps@130 lbs, 8 reps@140 lbs, 8, reps@150 lbs, 6 reps@160 lbs

Pyramiding is an excellent technique to maximize the amount of weight lifted while reducing the risk of injury. This is because each successive set is performed with greater weight than the prior one. This technique steadily prepares the body for an increased weight load. By the time the maximal weight is deployed, injury is less likely because the body's exposure to increased weight has built up gradually.

Here is an example of pyramiding with weight on the bench press:

- 10 reps @ 135 lbs, 10 reps @ 145 lbs, 8 reps @ 155 lbs, and 8 reps @ 165 lbs

Notice that the weight increases with each set.

Reverse Pyramiding:

Reverse pyramiding consists of starting with the heaviest weight possible and reducing the weight for each successive set. A reverse pyramid would look something like:

- 6 reps @200 lbs, 8 reps @ 180 lbs, 10 reps @ 160 lbs, 10 reps@ 160 lbs

I do not prescribe reverse pyramiding to my clients. I have found it leads to many injuries because the athlete is starting at their heaviest weight and then lightening the load. The body

is not as prepared for such a high load of weight when using this method.

Rest:

Rest intervals are usually short, 45-60 seconds. When moving heavier weights, such as during leg movements, there are times when rest intervals may take longer because the trainee has to catch their breath before proceeding. These rest intervals can take as long as two minutes between sets.

The goal when weight training is to fatigue muscle fibers and break them down as much as possible. Allowing longer rest intervals allows the fibers to recover too much, which can reduce the amount of hypertrophy obtainable from a given workout. If your rest intervals are too short, sometimes your nervous system may not have recuperated in time for you to begin your next set. If you are training with a partner, you should start each set immediately upon completion of your partner's sets.

Please note: depending on your level of experience with weight training, your work capacity may not be able to handle short rest intervals, especially at first. If you keep striving to meet the time limits of these rest intervals, your body will eventually adapt. Just keep at it and your work capacity will improve.

Time to complete a workout:

My workouts never exceed one hour. When a workout exceeds an hour, your ability to create intensity during your sets becomes greatly diminished.

If you are able to train with a partner and perform your sets alternately with each other, your workouts will often take only 45 minutes.

Frequency:

My purpose when training is to completely fatigue a set of fibers so it needs one week to recover. Soreness in a set muscle group following a workout is a good indicator of a successful workout, but it is not necessary to make progress. I have encountered situations where I was not sore after completing some of the greatest workouts of my life.

I recommend each body part be trained only once a week with the exception of calves and abdominals. Calves and abdominals can be trained up to three times a week.

I recommend you do not perform the same workout more than six times in a row because your body will have adapted to the program by then and results will diminish. You may return to a workout after you introduce a different one to keep your body confused and always in a state of adaptation. I have included a sample workout for you to target the body parts of each area we cover. Once you have completed this workout, you can make it a new workout by changing the rep ranges and the order of the exercises. You should be constantly assessing your physique for strengths and weaknesses. Fine-tune the program to place emphasis on your visible deficiencies.

In the event you go to your local gym and each machine or piece of equipment you had hoped to use is busy when you come to that point in your workout, you can just change the order of the listed exercises. This will enable you to be flexible when needed and it will help keep your body from adapting to the program.

Speed of reps:

I do not intentionally count rep speed, but my clients generally execute reps that take one to three seconds. I have my clients execute their reps as fast as possible with a goal of maintaining tension on the muscle throughout the repetition. This does not translate to you having permission to throw weights around

recklessly. I have found that reps performed at the aforementioned speed allow you to place the greatest amount of weight and tension on the muscles, which leads to greater hypertrophy.

There are occasions where I use dead stops, AKA paused presses, and slow concentric movements, but they are advanced concepts and will be discussed in later publications.

Structural Balance:

When you design your workout, you should be mindful of deficiencies in the development of your muscles. You should always strive to develop each body part to its fullest so that you are never overly dominant in one particular area. I will explore this further in later chapters by addressing some of the more commonly deficient body parts.

Weight Belts:

I am a proponent of using a weight belt on virtually all exercises, with the exception of abdominal exercises. Wearing a belt is a great way to train yourself to keep your abdominal wall tight. Weight belts relieve unnecessary pressure from being placed on your lower back. Their usage can ensure greater weight poundage can be used on your exercises, which translates to greater recruitment of fibers, which translates to greater hypertrophy.

Regarding brands of weight belts, I prefer old-style, solid cowhide leather weight belts. These are the kinds that do not have lower back padding. Be mindful that the weight belts you can buy at sporting goods stores are often made from pig leather, which is cheaper but does not hold up over time.

Stretching and Injuries:

I have found it productive to stretch the trained muscles periodically between sets because it can reduce injuries. Repetitive motion, which is what weight training is, can cause micro trauma that can lead to injuries. Specifically, muscles can bind together because adhesions develop between fibers and at points where muscles intersect. When adhesions develop, they reduce the amount of pump one can attain as well as hinder performance because they do not allow opposing muscles to fire independently. Periodically stretching between sets can reduce the frequency of injuries and the resulting development of adhesions.

In the event your injuries become too severe or debilitating, I have found that the best treatment is myofascial release therapy. Its fundamentals can be researched extensively via the Internet.

Training Splits:

I train body parts in the following sequence over the course of a week. This requires you train five days a week:

- Chest & Biceps or Chest &Abs
- Quads
- Back & Triceps
- Shoulders & Abs or Shoulders & Biceps
- Hamstrings

You can take two days off as you see fit during the week.

Another set of options would include training six days a week:

- Chest& Abs
- Quads & Calves
- Back & Rear Shoulders
- Shoulders & Abs
- Hamstrings & Calves
- Arms

You can take your off day as needed.

You can choose training splits however you like, but please note the following principles when deciding how to design your own program:

Triceps muscles get a slight workout when one conducts a chest workout. Biceps muscles get a slight workout when one conducts a back workout. Shoulder muscles are trained when one conducts a chest workout.

For these reasons, if possible, one should be mindful not to pair or conduct training sessions for these body parts back to back. For example, if you have done a chest workout, wait before training your triceps or shoulders. Otherwise, you would impair the valuable rest needed for these fibers to recover.

Angles:

When you perform exercises, please keep in mind the importance of angles. As you follow along, you will understand what I mean. The angle at which you place your hands or feet on a given exercise, particularly in pressing movements, will play a direct role in how well you recruit the targeted fibers. In almost all pressing movements, you should have your hands or feet just shy of 90 degrees when your arm or leg is in the bent position. We use this concept later to demonstrate the proper execution of exercises.

Selection of Exercises:

When I design a workout for a client, I assess their structural deficiencies. My goal is to ensure complete development of each muscle group. I work a muscle group by training it at all angles so no portion of the muscle is neglected. For example, I would never have a client do flat dumbbell bench presses, flat machine bench presses, and flat barbell bench in the same workout. Let us explore the various ways you can ensure maximal development for your body.

CHEST

The chest is a crucial region for men. Having full, thick Pecs is a must if you are going to take your shirt off at the beach or pool. Using the tips presented in this book can facilitate pectoral growth. They will ensure maximal recruitment and development of your pectoral muscles.

When I train a client, I make it a point to ensure maximal development of the pectoral muscles by training each region of the pectoral muscles – upper, middle, and lower. The primary mistake I see people make when doing chest movements is that they fail to keep their shoulder blades pinched together. By keeping shoulders blades together during the movement, tension is forced onto the pectoral muscles. Trainees must also be cognizant not to lock out their arms at the top range of the movement, because this allows the trained muscles to rest. It also will cause you to unlock your shoulder blades.

In almost all people, the upper chest region is the most important portion of the chest to work on because it is usually the least developed. For this reason, I almost always start with an upper pectoral exercise.

Incline Dumbbell Bench Press – Upper Pecs

- The incline of the bench will be higher than usual, approximately 55 degrees high. The bench is elevated to put greater emphasis on the upper pectoral muscles.
- The inner edges of the dumbbells should be in line with your outer pecs, where the pectoral muscles and shoulders tie in, during the press.
- Shoulder blades must be pinched together throughout the exercise.
- Ensure the middle of your back is slightly arched, allowing your shoulder blades to drive into the bench, but make sure your lower back remains on the bench/padding.
- The top range of motion is just shy of locking the arms. This keeps tension on the pec fibers.
- The bottom range of motion is about two or three inches above the chest. Lowering the bar further recruits the shoulder muscles and takes tension off the pectoral muscles, thereby reducing hypertrophy by giving the pectoral muscles a rest.
- When performing the exercise, your arms should not bend beyond a 90-degree angle. This will ensure maximal tension is placed onto the pectoral muscles. If you extend beyond 90 degrees, tension gets redistributed to the shoulder muscles and taken off of the pectorals. To ensure your hands

are placed in the right place, the width of your grip should be the width your hands would naturally go if you put them in the air when you are lying down.

- Throughout the movement, your elbows should be about two or three inches below your shoulders. If you keep your elbows in line with your shoulders, you will be recruiting your shoulders and not your pecs.

Watch the following video for a demonstration:
http://bit.ly/2wq96Ld

Decline Barbell Bench Press – Entire Chest with emphasis on lower pecs

This is one of the most important compound chest movements because it trains the entire pectoral muscle.

- Pinch your shoulder blades together.
- Drive straight up from the nipples.
- Ensure the middle portion of your back is slightly arched, allowing your shoulder blades to drive into the bench while keeping your glutes on the pad.
- The top range of motion is just shy of locked arms so as to keep tension on the fibers.
- The bottom range of motion is about two or three inches above the chest. Lowering the bar further recruits shoulder muscles and takes tension off the pectoral muscles, thereby reducing hypertrophy by giving the pectoral muscles a rest.
- If you are standing over a person performing this exercise, where a spotter would stand, make sure their arm is just inside of a 90-degree angle. This will ensure maximal tension is placed onto the pectoral muscles. To accomplish this, the width of your grip should be the width your hands would naturally go if you put them in the air when you are lying down.
- Elbows should be about one to two inches lower than the shoulders while performing repetitions. This ensures tension remains on the pectoral muscles throughout the exercise, not on the shoulders.

Watch the following video for a demonstration:
http://bit.ly/2fcW2W7

Startrac Flat Bench Press Machine – Outer and Inner Chest

- Pinch your shoulder blades.
- Handles should be at nipple height.
- Keep elbows lower than shoulders by about two inches during the exercise.
- Drive your toes into ground, which helps drive your torso into the padding of machine.
- The bottom end of the range of motion is about two inches above the chest.
    - » Going all the way down places tension on the shoulder muscles, thereby allowing the pectorals a break from tension, which reduces hypertrophy.
- The top of the range of motion is just shy of locked arms so as to keep tension on the pectoral fibers.
- When performing reps, the arm should be just shy of a 90-degree angle when the arm is bent.
- These principles can be used on all flat bench press machines. They can

also be used on all flat bench press movements.

Watch the following video for a demonstration:
http://bit.ly/2wD9q9w

Flies – Upper, Inner Pectoral Muscles

I prescribe this exercise in a way that is completely different from most others. Traditional flies are performed with the palms facing each other. I perform them with thumbs facing each other.

- Do these on a low incline, 20 degrees of height.
- Position yourself so the tops of your shoulder blades hang just off of the top of the bench.
- This will place your shoulder blades into a locked, pinched position, facilitating the recruitment of the upper, inner pectoral muscles.
- At the top range your thumbs will be about four inches apart. This maintains tension on the pectorals. The movement should end over your hairline.
- The bottom portion of the movement will be in line with your ears.
- Your arms should be bent no more than 10-15 degrees, but never locked straight at 180 degrees.

Watch the following video for a demonstration:
http://bit.ly/2wbxS2a

A point to remember is that it can be ineffective to train the same region of a muscle with two virtually identical movements unless the area is grossly underdeveloped. For example, you should never do a flat barbell bench press in the same workout as a flat dumbbell bench press. You can, however, do two upper pectoral exercises. To do this properly, you would vary the angles of the two upper pectoral movements. This will ensure a variety of fibers are still targeted.

Chest Workout

A. Incline Dumbbell Bench Press 4 X 8-10
B. Decline Barbell Bench Press 4 X 8-10
C. Flat Bench Press Machine 4 X 8-10
D. Low Incline Flies 4 X 8-10

QUADRICEPS

My approach to legs is different from many people's in that I do quadriceps and hamstrings on separate days. Both sides of the legs require intensity and a high volume of sets to ensure hypertrophy. If your quads are trained properly, you will not have the energy to train your hamstrings effectively in the same workout. Let's review some basic leg principles to ensure maximal leg development.

Leg Extensions – Vastus Medialis

I always begin with leg extensions to warm up the quadriceps. Leg extensions are not mass builders. Although used as a warm-up exercise, they can also be used as a finishing exercise to sculpt the muscles by enhancing the separation of the quadriceps muscles.

- Toes should be pointed upwards, towards your knees aka dorsiflexed (shins flexed) throughout the movement.
- Toes should be angled slightly outward.
- To enhance quadriceps activation, set the seat back so you can lean your body backwards during movement.
- Throughout the movement, retract your shoulders and keep your chest elevated.

Watch the following video for a demonstration:
http://bit.ly/2v3MD71

Free Motion Back Squats – All Quadriceps Muscles with some glute recruitment

The Free Motion Squat Machine allows people to duplicate the squat but maintain stricter form with greater ease. If your gym has a Hammer Strength Squat Machine, these principles will apply.

- Place your back against the back pad.
- Feet should be shoulder-width apart or slightly wider.
- Your foot placement is crucial to success on this movement. From a side view, when you are in the bottom position, your legs should be just less than a 90-degree angle. If you are at an angle greater than 90 degrees, the tension will transfer to the glutes.
- Toes should be pointed out slightly.
- The chest should be upright.
- Push your lower back into the back pad throughout the movement.
- Break/bend at the hips – if you feel pain in your knees as you lower, there is a

good chance you are breaking at the knees instead of the hips.

- Push your abdominal wall into your weight belt as you drive upward. This relieves the hip flexors of tension so you can drop into position more easily.

- Push through your heels as you begin the ascent.

Watch the following video for a demonstration:
http://bit.ly/2uovd3d

Free Motion Front Squats – All Quadriceps Muscles – emphasis on quads

The Free Motion Squat Machine allows people to create a machine version of the front squat but maintain stricter form with greater ease. If your gym has a Hammer Strength Squat Machine, these principles will apply.

- Face the back pad.

- Feet should be shoulder-width apart or slightly wider.

- Do not place the weight plates all the way against the machine. You need to pull them out a few inches on each side so they do not strike your legs when you lower the weight.

- Toes should be pointed slightly outward.

- The top 30% of your foot should extend beyond the footpad. If you are shorter, your feet can go on the metallic portions. Taller people will have their feet wider than the metallic portions because their feet are placed wider.

- The edge of the padding should cover your trapezius muscles.

- Your chest should be upright. Do not slouch into the machine.

- Drop straight down and towards the machine. Your knees will travel towards the pad about 1-2 inches as you descend. You will initially bend down at the knees, but immediately transfer the weight to your hips and continue to lower the weight.

- Do not allow the glutes to shoot back – this will strain the lower back and take tension off the quads.

- Push through your heels as you begin the ascent.

- If you feel pain in your knees on the way down, there is a good chance you have not transferred the tension onto your hips.

- Push your abdominal wall into your belt. This allows the hip flexors to release so you can maintain a smooth rep movement going up and down in the squat.

Watch the following video for a demonstration:
http://bit.ly/2fdeq0S

Leg Press – All Quadriceps with additional emphasis on the Vastus Medialis

- From a side view, the back pad should almost be parallel to the footpad. Many people recline the back pad of the leg press too far. Reclining too far reduces the recruitment of the quadriceps.

- When seated, stick your chest up, retract your shoulders, and anchor your lower back into the bottom portion of the seat.

- If possible, place a two- or three-inch-thick pad behind your upper back. This allows you to keep your chest up and facilitates a full range of motion.

- Place your feet at least shoulder-width

apart on the footpad.

- Toes should be pointed slightly outward.
- Pull down on either the handles or the seat pad when you push the foot pad upwards.
- The top range of motion should be just shy of lockout.
- Preferably wear a weight belt. Blow into the belt, flexing your abdominal muscles with each concentric repetition.
- The bottom range of motion should be when the vastus medialis muscles contact your pectoral muscles, just above your armpits.
- When bent, from a side view, your legs should form an angle just less than 90 degrees.

Watch the following video for a demonstration:
http://bit.ly/2wpUETd

Hack Squats

I have modified the way my clients do hack squats by placing a pad behind their upper back when they perform the exercise. This lifts the chest off the back pad, which allows you to break at the hips easier, which allows for an easier recruitment of the quadriceps.

- Place a pad behind shoulder blades.
- If you do not have a pad, elevate your torso so that your traps are supported by the edge of the machine's pad (Your upper back will not make contact with the back padding of the machine.).
- Keep your shoulder blades retracted and arch your chest upwards.
- Place feet on the pad so that from a side view, when you are in the bottom position of the squat, your legs are just inside of a 90-degree angle.
- If you do not have a pad, lift your body upwards so that the ends of the shoulder pads are on your traps.
- Drive your lower back into the back pad. When you lift upwards, the tension should be placed on the back pad via your lower back, not your traps. This ensures your tension is kept on the quadriceps.
- Top position – do not lock your legs.
- Bottom position – aim to make your calves meet your hamstrings.

Watch the following video for a demonstration:
http://bit.ly/2v3u2Ib

Beginner/Intermediate:

Quad Workout

A. Leg Extension 4 X 12-15
B. Free Motion Front Squats 4 X 10-12
C. Leg Press 4 X 10-12
D. Hack Squats 4 X 10-12

Advanced:

A. Leg Extension 4 X 12-15
B1. Free Motion Front Squats 4 X 8-10
B2. Free Motion Back Squats 4 X 8-10
C. Leg Press 4 X 10-12
D. Hack Squats 4 X 10-12

For purposes of clarification, you will superset exercises B1 and B2, and there will be no rest between them. A superset is when you do a set for an exercise and immediately begin another set doing a different exercise.

HAMSTRINGS

The hamstrings are the biceps of the upper legs. They are often neglected because they cannot be seen easily in the mirror. Hamstrings can make or break a bodybuilder's success in competition because hamstring development is a sign of complete development and attention to detail. Even if you do not compete, having non-existent hamstrings is a great way to ruin the aesthetics of your legs.

Lying Leg Curls – Upper Hamstrings

A problem affecting hamstring development is that the vast majority of leg curl machines are poorly designed. Most leg curl machines have a hump in the middle of the machine. People will often follow the design of the machine to perform the exercise. Unfortunately, the hump in the machine results in poor execution and limits the recruitment of fibers. Let's review some basic fundamentals of hamstring execution to ensure you get maximal development when training.

- When you watch someone perform this exercise from a side view, his or her upper body should be as erect as possible. This goes against conventional wisdom as most all machines have a slight bend in the middle of the machine. When a person bends forward, as the machine's design suggests, it reduces recruitment of the hamstrings.
- To reduce the bend of your torso due to the machine's design, I recommend tucking your elbows under your upper torso and resting them on the pad. This will help you keep your torso erect during the movement.
- You should maintain dorsi-flexion of your toes during the movement. This means you must keep your toes pointed up, towards your knees, because it enhances recruitment of fibers.
- Your feet should be parallel.
- The top of your kneecaps should be just below the edge of the pad.
- The leg pad should be right at your Achilles tendon.
- While executing the movement, you must flex your glutes and tighten your abdominal muscles. These two tips will vastly increase the recruitment of your hamstrings. Conversely, these tips will also result in a substantial reduction of the poundage you can you use. Be patient, as this strength will return with continued proper form.

I have included two videos for this exercise. One involves a machine that has a minimal hump. The other video shows how I correct the hump in the machine to make it more effective by placing a box on the machine.

Watch the following videos for a demonstration:

Lying Leg Curl Machine with Hump:
http://bit.ly/2v3kbCq

Lying Leg Curl Machine with no Hump:
http://bit.ly/2v78sCK

Seated Leg Curls – Lower Hamstring

- Keep your chest upright.
- Keep your shoulders retracted.
- Your kneecaps should be just below the hinge on the machine that allows the leg pad to bend. Placing your knees just below the hinge allows for recruitment of the fibers at the lower insertion point of the hamstrings.
- Feet should be parallel.
- Toes should be in dorsiflexion position, which means your shins will be flexed. The reason we do not point our toes downward AKA plantar flexion is because it places emphasis on the calf muscles, diminishing hamstring recruitment).
- Pull the upper leg pad onto your thighs as tight as possible so you have no play between your legs and the pad.
- With each repetition, hold the contraction at the bottom range of the movement for one second before releasing upward. This will enhance the recruitment of the fibers.
- Raise the pad just short of lockout.

Watch the following video for a demonstration:
http://bit.ly/2vudVWF

Kneeling Single Lying Leg Curls – Upper Hamstring

- The non-working leg should be placed on the ground as though you were in the lunge type of position.
- Toes should be in a dorsiflexion position.
- Flex your glutes and abdominals as you curl upward. Do not allow your torso to lean forward as you curl upwards. Keep your torso upright.
- Place your forearms under your torso to keep you propped in an erect manner.
- Lower the working leg just shy of lockout.
- Be cognizant of the slight angle and opening created around the hip region of the working leg (refer to video). This needs to be maintained throughout the movement.

Watch the following video for a demonstration:
http://bit.ly/2vxzUfT

Stiff-Legged Deadlifts in Hack Squat Machine – Glute/ Hamstring Tie-In

- Face the machine.
- Place your feet so that your toes are on the ground and your heels are on the pad.
- Place your feet shoulder-width apart.
- Make sure your toes are pointed forward and feet are parallel.
- Rest your traps under the shoulder padding.
- Place your hands on the bottom

portion of the back pad and hold with a palm upward grip aka supinated.

- Stand up and lift the padding.
- Keep your legs just shy of locked out.
- As you lower, keep your legs almost locked.
- Lower until you start losing the arch in your lower back.
- Drive up through the heels and pull upwards through the upper hamstrings/glutes.
- Rise until being just shy of locking out. This will keep tension on the glutes throughout the movement.

Watch the following video for a demonstration:
http://bit.ly/2hsfQ8B

Hamstrings Workout

A. Lying Leg Curls 4 X 8-10
B. Seated Leg Curls 4 X 8-10
C. Lying Single Leg Curls 4X 8-10
D. Stiff Legged Deadlifts in Hack Squat Machine 4 X 12,10,8,8

CALVES

Calves are the finishing touches on balanced, complete legs. Given that calf muscles are designed to help us walk around, they are designed to tolerate a greater workload. I find that people often do not train these muscles enough or with proper technique. These muscles can be trained up to three times a week, depending on how much development they need.

Standing Calf Raises

- Feet should be parallel.
- Chest should be upright.
- Shoulders should be retracted to support the upper back.
- Put a slight bend in knees.
- Feet should feel as though they are about to fall off the platform during repetitions. This ensures a greater range of motion, particularly at the top range of motion.
- Lower your range of motion until you no longer feel a stretch in the calf muscles.
- When you get to the top, get as high on your toes as possible.

Although I suggested your feet should be parallel for this set of instructions, be mindful you can turn this exercise into three different exercises by merely changing the positioning of your feet. Simply point your toes inward, parallel or outward. Keep your toes positioned in these angles throughout your workout so as to ensure maximal fatigue to the trained fibers.

Watch the following video for a demonstration:
http://bit.ly/2fcBFIz

Seated Calf Raises

- Bend your upper torso forward, leaning over your knees. This ensures weight is more greatly distributed onto the calf muscles. Your upper torso will touch the hand rests of the machine.
- Feet should feel as though they are about to fall off platform. This ensures a greater range of motion, particularly at the top range of motion.
- When leaning forward, make sure the pad of the machine is directly on top of your vastus medialis. If you lean too far forward, the pad will be resting higher on your thigh, causing tension to be reduced on the calves.

Watch the following video for a demonstration:
http://bit.ly/2wbVhAr

Donkey Calf Raises

- Place a pad on your lower back.
- Straighten your legs until they are just shy of lockout.
- Place your feet on the platform below until your feet feel like they are about to slide off of platform.
- Raise the toes until you are on your tippy toes. Squeeze and flex for one second at top portion of the movement.
- Lower with a slight bend in your knees until you feel a stretch.

Watch the following video for a demonstration:
http://bit.ly/2vuJlw1

Calf Workout

A. Standing Calf Raises 4 X 15-25
B. Seated Calf Raises 4 X 15-25
C. Donkey Calf Raises 4 X 15-25

SHOULDERS

Shoulders have an important role in creating the visual impact of an aesthetic physique. The only way to ensure complete development of the shoulders is to train the muscles in such a manner that all heads – anterior, lateral and posterior – are equally developed.

Lateral Raises Machine – Lateral Deltoids

The lateral raise is the backbone exercise to creating a full, capped look to your shoulders. I usually start shoulder workouts with lateral raises. I like them as a starting exercise because lighter weight loads are used to perform the exercise. The lighter loads serve as a great way to progressively warm up the joints and muscles for the heavier movements that are used later in the workout.

I perform these exercises much differently than the conventional method, which is with palms facing each other. I perform lateral raises with my thumbs pointed towards my body. The pinkies are closest to the sky at the top of the range of motion. This ensures maximal recruitment of the lateral heads of the deltoids by working the muscles from each of the muscles' insertion points.

Although this video depicts a machine, the same principles apply to doing this exercise with free weights.

- Start position – Seated facing away from machine. This allows my hands to lower in a more effective manner than facing the machine.
- Keep arms in a slight bend, no more than 10 degrees, but do not lock them straight.
- Pinch your shoulder blades together.
- Ensure that your elbows are kept pointed towards the ceiling throughout the movement. This is the most important component of the movement because people often point the elbows backwards as they raise their arms, which takes tension off the lateral deltoids.
- Top position – Raise your arms until your biceps are almost parallel to the ground. Do not try to go higher than this as you will put undue strain to your joints because they are not designed to go higher.
- Bottom position – Your thumbs should land just behind your hips.

Watch the following video for a demonstration:
http://bit.ly/2wbFPo3

Front Raises with Dumbbell – Anterior Deltoids

- Start position – Place your lower back against an incline bench. This allows you to brace yourself during the movement.
- Lean forward about 10 degrees during movement.
- Place hands under the plates of a dumbbell.
- Lift upwards aiming to go as high as your hairline.
- Do not lower below your nipples.
- While lifting upwards with your anterior deltoids, pull your trapezius muscles downward. If you do not pull the trapezius muscles downwards, they will overtake the movement, which will diminish anterior deltoid development.
- Flex your abs and glutes during this exercise. This will ensure upper torso support and help keep tension on the anterior deltoids.
- Make sure your elbows stay under the plates of the dumbbells. When the weight is too heavy, people will allow their elbows to flare outward.

Watch the following video for a demonstration:
http://bit.ly/2vn8jOd

Dumbbell Upright Rows – Lateral Deltoids, Upper Trapezius

- When you row upwards, you will pull until your biceps are parallel to the ground.
- Your hands will be shoulder-width apart. The inner plates of the dumbbells should be in line with your deltoids as you pull upwards. This will create an angle just shy of 90 degrees when at the top of the range of motion.
- Pull directly upwards.
- At the top range of motion, your elbows will not come up higher than your shoulders.
- Bottom range – just shy of locking the arms. Locked arms will remove tension from the fibers.

Watch the following video for a demonstration:
http://bit.ly/2fcD564

Shoulder Presses – Anterior and Lateral Deltoids

I utilize a pressing movement in each shoulder workout. I prefer doing pressing movements second, third, or fourth in a workout so the joint is adequately warmed up. This helps reduce and prevent injuries with pressing movements, which require heavier weight loads. There are various ways to do a shoulder press. For this workout, I utilize an incline bench press machine.

- Bottom position – Handles will be in line with eye level. Common knowledge demands you lower the weight all the way down, but this places undue pressure on your joint capsules. When you lower the weight below your eyes, you will notice your shoulder capsule opens and you might experience a slight pop. This can lead to injury; therefore, only lower to eye level.
- Top position – Just shy of locking out.
- Hand placement – Shoulder-width. Your arms should bend into an angle slightly less than a 90-degree angle at the bottom portion of the movement.
- As you press, make sure your elbows are slightly forward. This will keep maximal tension on your deltoids.

Watch the following video for a demonstration:
http://bit.ly/2wbiGST

Posterior Deltoids

This is the smallest group of shoulder muscles. They are often neglected. These muscles are crucial in helping maintain symmetry as well as reducing injuries. People with slouched posture often lack posterior development, which contributes to their poor posture.

I generally perform posterior deltoid work at the end of shoulder workouts or at the end of a back workout. If the client has extremely underdeveloped posterior shoulders, I will prescribe a posterior deltoid exercise on back and shoulder days. I will continue the extra work until the muscle has caught up in development to the rest of the shoulder muscles.

Rear Shoulder/Pec Deck Machine

I like to target these muscles on the conventional pec deck/rear shoulder machine. I do these differently by not utilizing the handles designated for use. I have found it more effective to place my hands above the handles, on the machine, at about eye level or slightly higher. I then reverse my grip, which causes my knuckles to face each other during the movement. This position places added emphasis on the posterior deltoids and lower trapezius muscles.

- Start position – Utilizing the aforementioned hand placement, begin when tension is felt.
- End position – Your upper arms will be at about a 180-degree angle with your upper torso. Going beyond that is beyond the range of motion the joint is designed for.
- There should be no point of rest or lessening of tension on the fibers during the movement.
- Your lower back should slide back slightly while seated facing the machine. This ensures your upper body is arched upwards, pointing your chest upwards. Keeping this angle also allows for the lower trapezius muscles to be included (See next section for additional information on lower trapezius.)

Watch the following video for a demonstration:
http://bit.ly/2u8JN3C

Trapezius

The trapezius muscles cover a large area of the upper back. The upper trapezius muscles cover the upper back. The muscles extend all the way down between your shoulder blades, which are the lower trapezius muscles. The upper trapezius muscles often receive much indirect work via back exercises. Consequently, the upper trapezius muscles get overdeveloped. The lower trapezius muscles get neglected, which causes a muscular imbalance.

Neglecting these muscles can lead to further injury up to and including impingement syndrome. Thus, when I train trapezius muscles, I strive to put emphasis on the middle and lower trapezius region. This ensures complete development of the trapezius muscles, which serves aesthetic and functional purposes. The manner in which I prescribe shrugs will target the middle and lower trapezius muscles.

Shrug Machine – Trapezius

Although a machine is used in this video, you can use dumbbells to accomplish the same effect by leaning your upper body forward about 10 degrees. This redirects the tension lower on the traps.

- Start position – Dumbbells in each

hand, palms facing each other and against your hips.

- Tilt your upper body 10 degrees forward.
- Visualize pulling through your elbows upward instead of through the upper traps.
- Pull up as high as possible and hold for one second.
- Squeeze your lower trap muscles as you pull.
- Lower back to your hips ensuring you maintain tension throughout the movement.

Watch the following video for a demonstration:
http://bit.ly/2v1OGdx

Shoulder Workout

A. Machine Lateral Raises 4 X 8-10
B. Dumbbell Front Raises 4 X 8-10
C. Dumbbell Upright Rows 4 X 8-10
D. Machine Shoulder Press 4 X 8-10
E. Pec Deck-Rear Shoulders 4 x 8-10
F. Dumbbell Shrugs 4 X 8-10

BACK

In bodybuilding, it is often said that contests are won from the back. Fully developed back muscles are hard to achieve. The techniques I will explain will help you successfully recruit more of your back muscles so you can achieve maximal development.

A point to consider is the size of the back. Consequently, I generally do four to five exercises in each back workout. I target each region of the back to ensure complete development. The back consists of the following muscles: teres major, teres minor, latissimus dorsi (lats), and the rhomboid major. In layman's terms, I will refer to these as middle back, upper back, and lower back. When I design a back workout, I prescribe exercises that target each region of the back.

Mid-Back

I like starting back workouts by targeting the mid-back region. I have found this region to be grossly neglected and it is an area that serves as a perfect warm-up to the rest of the back. It serves as an excellent warm-up because these muscles are developed by exercises that are not heavy compound movements.

Supinated Lat Pull downs

- Start position – Sit all the way forward in the machine.
- Hands will be shoulder-width or an inch wider.
- Ensure that your hands do not completely grip the bar. The main grip comes from the pointer and middle fingers. The remaining fingers will maintain a grip, but not as tight. This allows your wrists to create a slight angle during the movement. This angle will ensure your wrists do not incur unneeded stress during the movement.
- Palms will face you.
- Pull down, aiming to take the bar to the upper chest.
- As you pull, thrust your chest upwards, which causes your back to arch with each repetition. This ensures tension is placed onto the lats and the muscles around and below the shoulder blades.
- Be mindful not to pull with your biceps. Many people fail to develop their backs because they allow the biceps to dominate the movement.
- At the top range of motion, your hands will be just shy of locked out. Keep this range of motion throughout and you will feel these muscles firing like never before.

Watch the following video for a demonstration:
http://bit.ly/2wqqlqi

Seated Cable Row – Entire Lats, Lower Back and Christmas Tree Region

This is an excellent exercise to hit all of the muscles of the back. It is especially beneficial for developing the lower lat region of the body, also known as the "Christmas Tree." Most people perform this exercise using the predesigned triangular bar. I also usually have clients sit on a dumbbell. Sitting on a dumbbell allows for the weight to be concentrated on the Christmas Tree region.

- Start point – Sit on a dumbbell, 30 lbs-50 lbs in weight. Ensure your legs have a slight bend. Reach down and grab the handles of the bar.
- Pull towards the area just below your rib cage and just above your belly button. You must arch your upper back at the top of the movement. This ensures tension is placed completely on the lats. This also helps prevent you from pulling exclusively with your biceps.
- Throughout the movement, you must maintain a forward lean of about 10 degrees. Many people lean backwards when they perform this exercise and this restricts the recruitment of the lats.
- Lower the weight just shy of locking your arms.
- Make sure you pull through your elbows and not through your biceps.

Watch the following video for a demonstration:
http://bit.ly/2wbEgGG

Upper/Outer Lats

If this region is not developed, you will not be able to create the visual V taper that completes the aesthetics of a complete back. I use the wide grip of the lat pull down machine to accomplish this.

Wide Grip Hammer Strength Row Machine – Upper Outer Lats

- Sit on the machine.
- Ensure the top of the pad is about 4-5 inches below your collar bones.
- Grab the widest grip on the machine.
- Slide your lower body back while leaning against the pad. This allows you to arch your upper back with each rep, thrusting your chest upward.
- Arching the back with each repetition ensures tension is kept on the back muscles.
- Lower just below lockout.
- Do not pull with your biceps. Ensure you pull through your elbows.

Watch the following video for a demonstration:
http://bit.ly/2hsMffe

Bent Over Barbell Row – Entire Lat

I always incorporate a rowing movement into a workout because it recruits the entire lat, ensuring complete back development. In this video, I present a variation on this exercise that can alleviate any strain to the lower back. I have modified it by lying face down on a slightly inclined bench. If you elect to not lie down on a bench, use these same principles while bending over at the same angle depicted in this video:

- Lie face down.
- Place hands palm down aka pronated, shoulder-width apart.
- During each row, ensure you retract your shoulder blades as you pull the bar towards you. While rowing, pop your chest upwards about one inch

at the top of the movement. This will exaggerate the arch in your back, which will magnify the recruitment of the lat muscles.

- Pull the bar to the bottom of the ribs with each repetition.

- At the bottom of the movement, stretch the lats just shy of a lockout position.

Watch the following video for a demonstration:
http://bit.ly/2vuD8A1

Back Workout

A. Supinated Grip Lat Pulldowns 4 X 8-10
B. Seated Cable Rows on Dumbbell 4 X 8-10
C. Wide Grip Hammer Strength Row Machine 4 X 8-10
D. Barbell Rows 4 X 8-10

BICEPS

Nothing exudes strength like a full, developed set of arms. Developed arms can make or break your favorite shirt. The last thing any of us want is to put on a shirt and have the sleeves flap around like a flag waving from a flagpole on a windy day. It may surprise you to hear this, but you can make dramatic gains to your arms if you execute form properly.

Biceps have three components: the short head, the long head, and the brachialis. I generally make it a point to attack each area during a workout. These muscles receive indirect work when you conduct your back workouts; therefore, I usually only do three exercises for the biceps. This is also why I do not pair biceps with back work.

Hammer Strength Preacher Curls – Short Head, Brachialis

The key to this exercise is ensuring you keep your shoulders from doing the lifting. To do this, you have to ensure that your upper arms are glued into the pad. The leverage of the curl must come from your elbows. This means your elbows have to drive into the pad throughout the movement.

As we have discussed earlier, our goal when training is to maintain tension on the fibers. Therefore, when you curl upwards, you should only curl to the point where tension stops being placed on the biceps. Coming higher than that will remove tension from the biceps.

Although this video demonstrates a machine, the same principles apply when using doing free-weight preacher curls.

- This exercise can be done with a wide or narrow grip.
- Keep the wrists cocked back slightly during the movement. This ensures maximal tension on the biceps.
- Lower the bar until being just short of lockout.
- Drive elbows into the pad throughout the movement. Do not let them come off the pad when you curl upward. If this happens, you are not positioned properly on the bench.
- Make sure you are not rocking the weight upwards with your shoulders each repetition.

Watch the following video for a demonstration:
http://bit.ly/2vn4aJZ

Incline Curls – Long Head

Incline curls are a great way to restrict the movement of the upper arms so as to ensure the shoulders do not come into play during the exercise.

- Sit on an incline bench.
- You will need to pinch your shoulder

blades together and arch your chest upwards.

- If you have difficulty arching your chest upward, place a dumbbell on the ground in front of you. Use a dumbbell greater than 40 pounds and place your feet on top of the dumbbells. The purpose of the dumbbells is to help anchor you into the bench to further isolate your upper arms.

- The angle of the bench is dependent upon your ability to lay your upper arms against the bench with your hands pointed directly outwards to your sides. This means that your upper arms will be parallel to the mirror, if you are facing a mirror.

- If you have stiff shoulders, your ability to point your hands outward may be inhibited. The bench will rest higher if this is the case.

- Keep your wrists slightly cocked back.

- Lower your arms just short of lock out in the bottom position.

- Raise the dumbbells as high as possible while maintaining tension on the biceps.

Watch the following video for a demonstration:
http://bit.ly/2u5RHGX

Standing Barbell Drag Curls, Short Head of the Biceps

- Stand upright.

- Take a shoulder-width handgrip.

- Drag the bar upwards, keeping it against your torso the entire time.

- Stop at the bottom of your rib cage.

- As you pull up, pull your elbows backwards. Imagine you are breaking a walnut with your arms.

- Pay attention that you do not shrug your traps when you pull upwards. This will reduce the tension placed on the biceps. Pull your traps down as you pull the bar up.

- Lower in the same range of motion, just shy of locking out at the bottom end.

Watch the following video for a demonstration:
http://bit.ly/2vJPXEC

TRICEPS

The triceps make up two-thirds of your upper arms. They are composed of three heads – the lateral head, the long head and the medial head. As with biceps, I make it a point to train each of the heads of the triceps to ensure complete, maximal development.

Triceps Pushdowns, Wide Grip – Medial and Lateral Head of Triceps

I always start my triceps workouts with a cable pushdown exercise. Starting with pushdowns is a great way to ensure the elbows are completely warmed up. By your last pushdown set, your elbows will be much less likely to incur an injury on the following compound movements.

- Shoulder-width grip hand placement.
- Tilt your body forward so your forehead almost touches the cable.
- Push straight down. Many people make the mistake of pushing at an angle towards their abdomen. This will take tension off the triceps.
- Many people make the mistake of bringing the bar up high enough that their forearm contacts their biceps. This will take tension off the triceps and reduce hypertrophy. Only bring the bar to parallel.
- Allow your elbows to flare out, if needed.

Watch the following video for a demonstration:
http://bit.ly/2hs51Dt

Straight Bar Lying Triceps Extension – Long Head of Triceps

I consider this to be a staple exercise in triceps workouts. I use both straight and EZ bars to complete this exercise. I also use wide and narrow grips. This video demonstrates a narrow grip.

- Lie on an adjustable incline bench. Raise the bench to a 20-degree angle. This slight angle intensifies the tension on the triceps.
- Using a straight bar, keep the width of your grip shoulder-width.
- You must keep your wrists canted forward slightly. This is the most essential component of the exercise because this wrist angle will ensure maximal tension stays on the triceps.
- There is a belief that the elbows must stay tucked in during the exercise. I feel it is more productive to allow the elbows to flare out and/or go in whichever direction is most comfortable.
- Raise the bar just shy of lockout

- Lower the bar to your hairline, keeping tension throughout the movement.

Watch the following video for a demonstration:
http://bit.ly/2vK5pna

Dip Machine – Long and Medial Heads of Triceps

- Face the machine.
- Place your hands so that your knuckles face your body and your palms face outward.
- Press downward. Notice that the movement is similar to a close grip bench press.
- Do not lock your arms at the end of the range of motion.
- Do not allow your arms to break parallel as you raise your arms.
- Keep your chest upright.

Watch the following video for a demonstration:
http://bit.ly/2v6KhnT

When I arrange an arm workout, I typically break up the order of the muscles trained. I generally do six exercises in the following order:

1. Biceps
2. Biceps
3. Triceps
4. Triceps
5. Biceps
6. Triceps

By breaking up the order, it allows you to give the muscles a slight break so you can return to giving them maximal effort later in the workout. This allows for a greater intensity to be delivered to the targeted muscles.

Arm Workout

A. Straight Bar Preacher Curls 4 X 8-10
B. Incline Curls 4 X 8-10
C. Rope Pushdowns 4 X 8-10
D. Lying Triceps Extensions, Straight Bar 4 X 8-10
E. Dumbbell Hammer Curls 4 X 8-10
F. Bench Dips 4 X 8-10

When a person takes their shirt off, one of the first areas people look at is the abdominal region. Strong, aesthetic abdominal muscles are pivotal in having a great-looking physique.

Abdominal muscles are designed to help us maintain a sturdy core as we live our daily lives. Although I have not found these muscles to be as much in need of high reps as the calf muscles, I do find they need more sets and reps than our larger muscles.

One mistake people make when they train their abdominal muscles is they have too great of a range of motion. A large range of motion allows tension to come off of the abdominals and be transferred to the hip flexors. The key to training abdominal muscles is to keep a tight, short range of motion that ensures tension is only placed on the abdominals. Rep ranges of the abdominals should range from 10-25 repetitions and 8-12 sets per workout.

Crunch Machine – Upper Abdominal Region

The following video is a demonstration of two separate exercises. You can make these a superset or do them independently of each other.

- Position yourself in the machine to ensure that you are easily able to bend forward in the machine. The top of the lower back pad should be in line with the bottom of your rib cage. Many people sit too low in the machine, which does not allow tension to be placed on the abdominals.

- Grab the handles and rest your elbows on the padding of the machine. If you are unable to position your elbows on a pad, just grab the handles.

- Bend forward, but aim to bring your elbows to your knees. Many people aim towards their belly button. Aiming towards the knees will enhance your contraction.

- Raise your upper body as high as you can while maintaining tension on the abdominals.

Watch the following video for a demonstration:
http://bit.ly/2uVPeyo

Crunch Machine with Leg Lifts

- Position yourself in the machine to ensure that you are easily able to bend forward in the machine. The top of the lower back pad should be in line with the bottom of your rib cage. Many people sit too low in the machine, which does not allow tension to be placed on the abdominals.

- Slide your glutes towards the edge of the chair.
- Point your toes upwards.
- Grab the handles and rest your elbows on the padding of the machine. If you are unable to position your elbows on a pad, just grab the handles.
- Bend forward, but aim to bring your elbows to your knees. Many people aim towards their belly button. Aiming towards the knees will enhance your contraction.
- Raise your upper body as high as you can while maintaining tension on the abdominals.
- Lift through your abdominals and be mindful to not pull through your hips.
- Imagine a string is pulling your kneecaps upward and this will help you ensure you are pulling through your abdominal muscles.

Fast forward to 40-second mark:
http://bit.ly/2vxLKFB

Roman Chair – Lower Abdominals

- Lean your upper body forward about 10 degrees and lean forward with each repetition.
- Lift your legs using the lower abdominals, being careful to avoid using your hip flexors to lift the legs. To do this, you will make sure not to pull up through your hips.
- Keep your shins flexed so your toes are pointed upwards. This helps you pull through your abs and not through your hip flexors.
- Lower the legs until your upper legs are just above parallel to the ground. If you lower the legs beyond this, it removes tension from the abdominal muscles.

Watch the following video for a demonstration:
http://bit.ly/2vqo6f6

Rope Crunches – Entire Abdominal Region with emphasis on Upper Abdominals

- This exercise can be done standing or on your knees.
- Bend your legs slightly.
- Grab the ends of the rope and place your hands in front of your forehead. Do not let them rest against your forehead.
- Bend forward and downwards towards your belly button. Lower your elbows until about your belly button. Do not go lower because you will lose resistance.
- Raise your body upwards just before you lose tension on the abdominals. You should be able to maintain tension on the abdominals throughout the repetitions.

Watch the following video for a demonstration:
http://bit.ly/2fg7xfl

Abdominal Workout

A. Crunch Machine or Crunch Machine with Leg Lifts 4 X 15-25
B. Roman Chair Leg Lifts 4 X 15-25
C. Rope Crunches 4 X 15-25

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