


Men's Fitness
magazine

12



MINUTE WORKOUT

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MAGBOOK



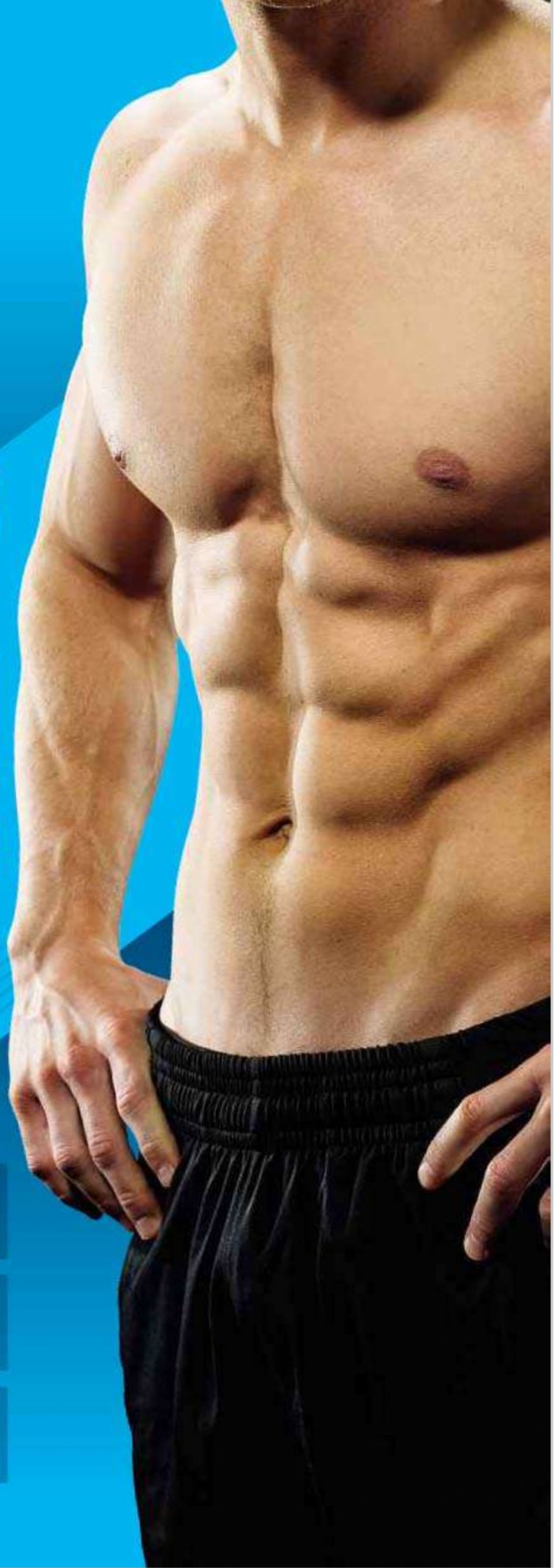
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MINUTE WORKOUT

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Foreword



At *Men's Fitness* magazine we get a lot of letters and emails from readers, and many of them say the same thing: 'I just can't find the time to train properly!'

People are busy. You have to juggle work, home, family and social commitments, and you don't want to have to give any of them up in order to spend an hour in the gym several times a week. But you do want to look good, feel energised and protect your health.

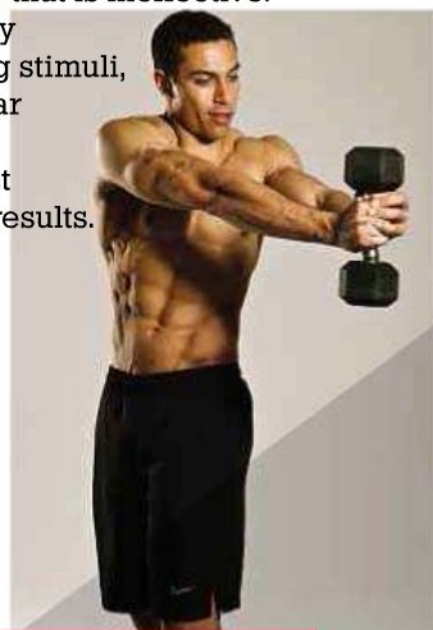
So what can you do?

The answer is not to train harder, but to train smarter. Many men waste hours in the gym simply wandering around, waiting for equipment or training in a way that is ineffective. The truth is you don't need an hour-long workout to get fit and lean. By following routines that maximise your body's response to the training stimuli, you can torch fat, add new muscle and get an effective cardiovascular workout in just 12 minutes.

That doesn't mean these workouts are easy – some of them will test even seasoned athletes – but they are all very efficient and they get results.

Try one today. You may discover that you have more free time than you realised.

Pete Muir, Editorial Director, *Men's Fitness*



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Tip & Terms



Everything you need to get you started

15-69

The Workouts



27 effective routines – all 12 minutes long

71-127

Form Guides



How to perform each exercise perfectly

HOW TO USE THIS GUIDE

Have you got 12 minutes spare to do a workout?

There are 27 of them for you to choose from in this guide

Here are a few of the things you should consider when selecting which workout to do:

■ **What level of fitness are you at?**

■ **What equipment do you have available?**

■ **What is the main effect you want the workout to have?**

Use the information on the left-hand side of each workout to guide you in making your choice. You don't need to start at Workout 1. You can pick and choose to suit your needs, or even create your own workouts based on the exercises and formats that you learn about in this guide. You can try a different workout each time, or aim to improve your performance in a particular workout.

Whichever workout you go for, be sure to follow the form guides and train within your ability.

Intro

This will tell you what to expect from the workout and what the training effect will be.

Target

The red highlights show which muscle groups are targeted in the workout.

Kit

What you'll need to do the workout.

Level

Level 1 is for beginners and anyone returning to exercise after a lay-off.

Level 2 is for those who already train regularly.

Level 3 is for experienced weight trainers and may include heavy or complex exercises.

This is an abbreviated description of how to perform the workout. A longer description is in the left-hand panel, marked 'How to do it'.



MINUTE WORKOUT

DO THIS

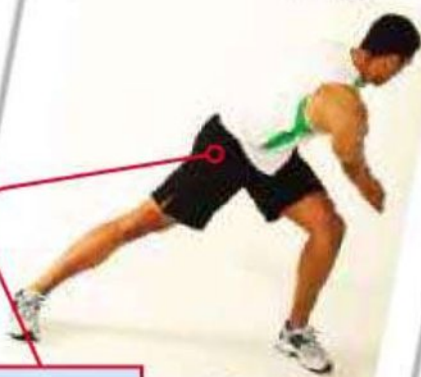
- 2 supersets for each group
- Rest 30 secs between supersets
- Rest 60 secs between groups



MINUTE WORKOUTS

Superset 2

Side lunge woodchop
10 reps (5 reps each side)



Form guide: p201

Superset 3

Lunge with rotation
10 reps
(alternate sides with each rep)



Form guide: p. 10

Exercises

Each image shows one part of the exercise. If you need a fuller explanation of how to perform it, find it in the Form Guides section.

Form Guides

The page number of the form guide for each exercise is located at the bottom of the exercise. The form guides give detailed explanations on how to perform each exercise correctly and safely.

**FORM GUIDES**

GLOSSARY

Some terms you'll find throughout this book

Workout

A series of exercises performed with a specific goal.

Circuit

A type of workout where exercises are performed back-to-back with no rest in between.

Rep

Short for repetition, a single execution of a particular exercise.

Set

A specific number of reps.

Superset

Two sets of different exercises performed back-to-back with no rest in between.

Rest

The time taken between sets to recover before beginning again.

Core

The muscles of your midsection, including abdominals and lower back.

Failure

The point at which you can't

complete another rep without compromising good form.

Tempo

The speed of movement of an exercise. A change in tempo will alter the effect of an exercise.

Compound

An exercise that uses multiple joint movements and muscles groups at the same time.

Isolation

An exercise that uses single joint movements and targets a specific muscle group.

Plyometric

An exercise that uses dynamic, explosive movements such as jumps or fast lifts.

Eccentric

The portion of a lift where the muscle lengthens under resistance (the lowering portion).

Concentric

The portion of a lift where the muscle shortens under resistance (the lifting portion).

Resistance

The force that works against a muscle during exercise.

Stability

An exercise that requires your muscles to hold your body in a stable, balanced position.

Free weights

Weights, such as dumb-bells and barbells, that are not restricted in their usage or path of motion (as opposed to exercise machines that only allow the user to exercise in a particular manner).

Splits

The way a workout routine is divided, usually by different body parts or movement patterns.

Spotter

Somebody who assists you during heavy lifts by taking control of the weight when you hit failure.

Cardio

Short for 'cardiovascular', it refers to exercise that is designed to strengthen the heart and improve general fitness.

KIT ROUNDUP



DUMB-BELL



BARBELL



STRETCH BAND



PULL UP BAR



GYM BALL



MEDICINE BALL

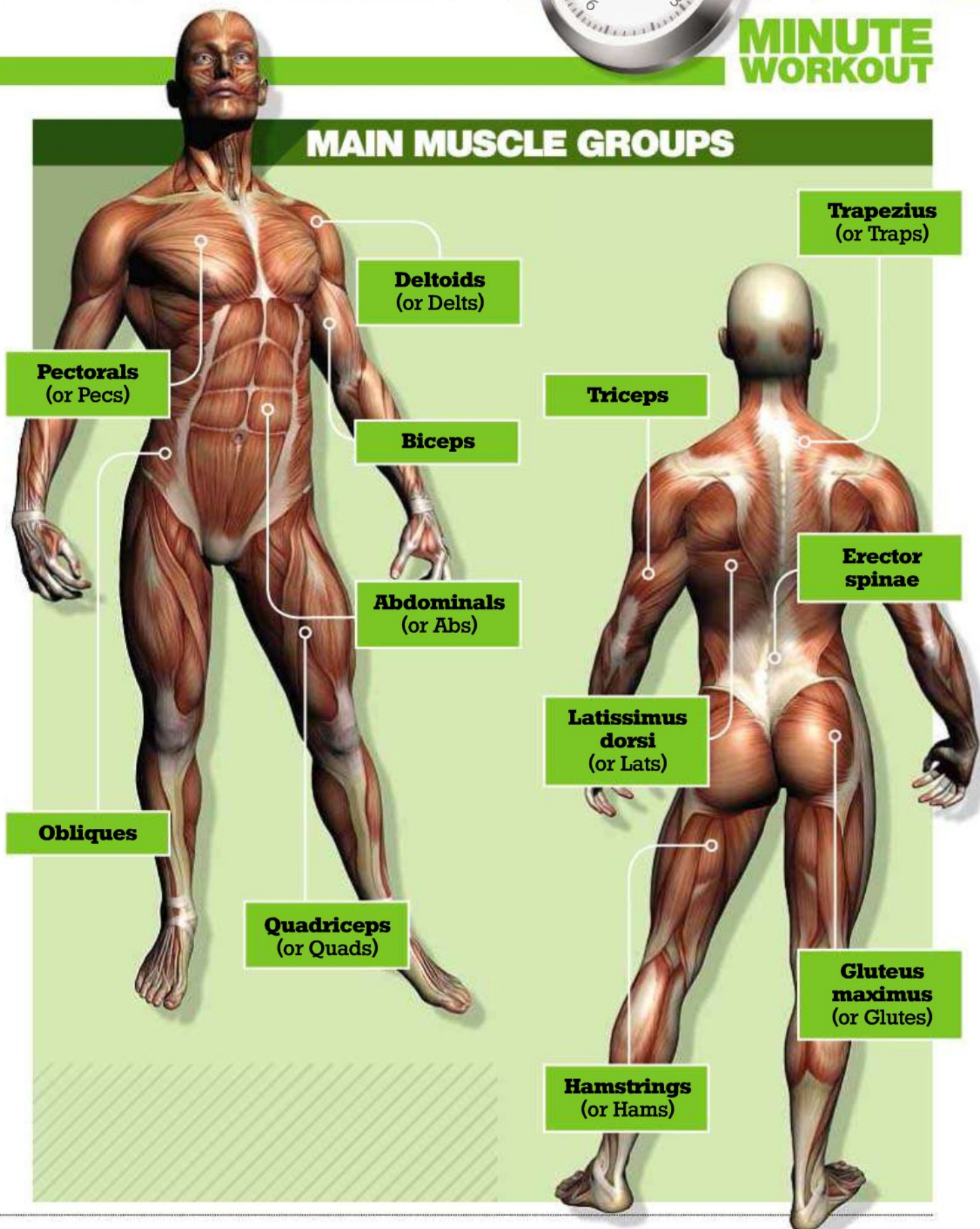


BENCH



12 MINUTE WORKOUT

MAIN MUSCLE GROUPS



TRAINING TIPS

Get the most from your workouts

A few things to keep in mind before you begin



Get checked out

If you have any worries at all about your readiness, get yourself checked by a GP, especially if you have a history of heart trouble.



Warm-up properly

Before doing any of the workouts, raise your body temperature by doing gentle cardio work, such as running or cycling, and prepare your muscles by doing squats, bends and presses. It will help to prevent strains or muscle tears.



Stretch afterwards

Stretching helps flush lactic acid out of your muscles, which can prevent some muscle soreness. Good flexibility also allows you to work your muscles through a bigger range of motion, which will help you to get fitter and stronger faster.



Listen to your body

If you feel pain at any time during your workout, stop immediately. Don't work through it – you could do serious damage to muscles, joints or tendons.



Watch your form

Check the form guides for each exercise and follow

them to the letter. Good form will not only help you to avoid injury, but will ensure the best results in terms of your fitness gains.



Choose the right weight

Pick a weight you can manage easily the first time you perform any lifting exercise. This way you can focus on performing the exercise perfectly, then build up the weight once you've mastered the move. The correct weight is one that is challenging but still allows you to perform all the stated reps.



Keep your core muscles tight

Before any heavy lift or dynamic movement, you should tighten your core muscles to protect your lower back from injury. Imagine that someone is going to punch you in the

lower the weight, and breathe out through pursed lips as you lift.



Make it regular

How often you work out is up to you, but for best results try to train between three and five times a week. Exercise is most effective when done in small, regular bursts. Don't be tempted to train every day.



Get your rest

Your body doesn't get stronger during a workout – it gets stronger while it recovers after a workout. That's why you need to give yourself plenty of rest time between sessions and aim to get a good kip every night.



Make your workouts progressive

Aim to increase the resistance you use for an exercise by around

Exercise is most effective in small, regular bursts

stomach and brace your abs. Now hold it like that for the duration of the lift.



Always keep breathing

Never hold your breath during a lift. The general rule is to breathe in as you





12 MINUTE WORKOUT

10% every three or four weeks, or try to improve on the number of reps you perform in a particular time. You can't get fitter by doing the same workout with the same weight every time.



Drink more

Keep a water bottle handy and drink regularly. Dehydration will affect your performance and your workout won't be as effective.



Always eat after your workout

The 40 minutes immediately after you finish your last

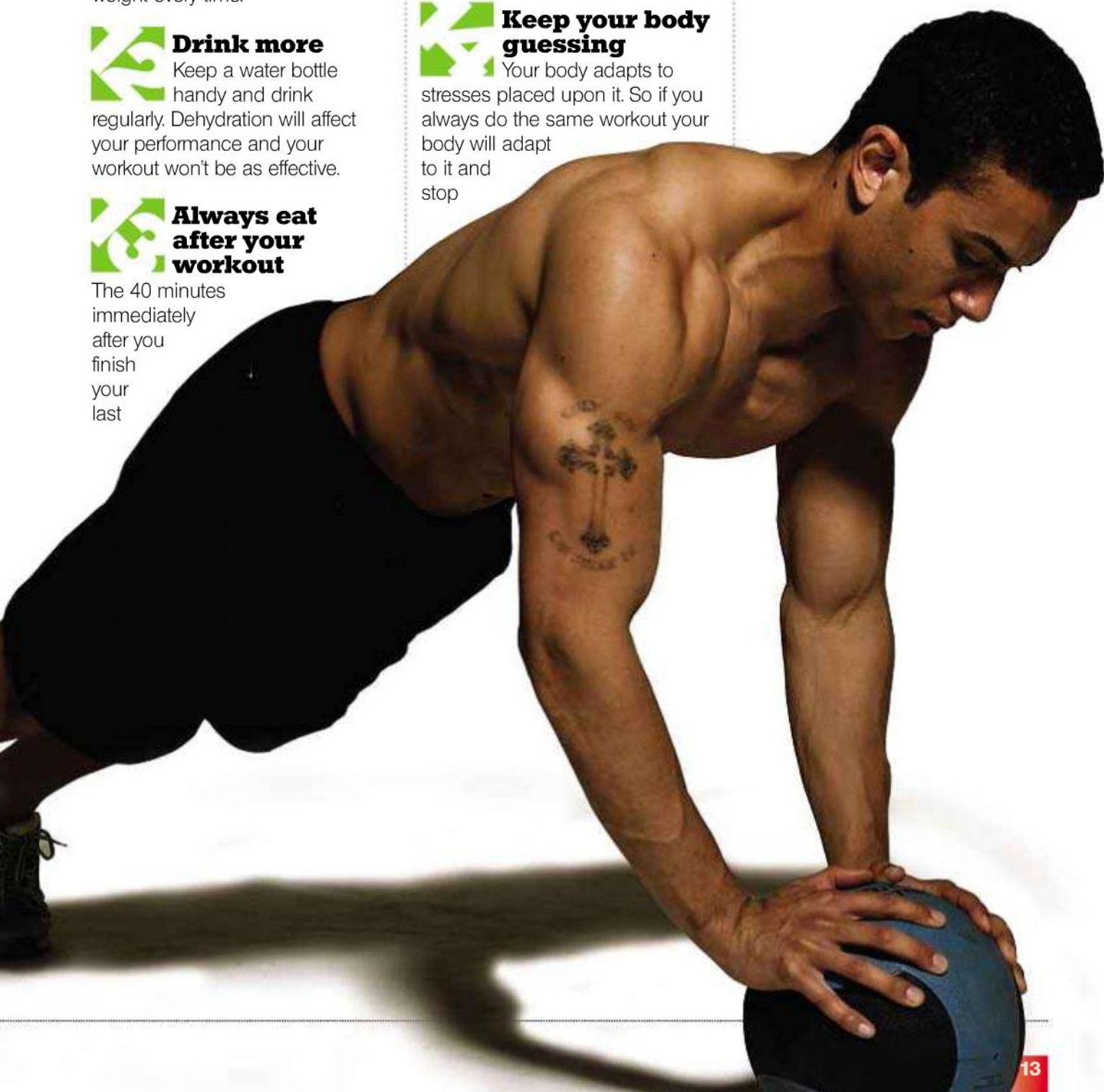
rep is a vital time to get muscle-replenishing nutrients. A snack that mixes fast-acting carbs and protein (for example a bagel with cream cheese) is best.



Keep your body guessing

Your body adapts to stresses placed upon it. So if you always do the same workout your body will adapt to it and stop

growing new muscle. Keep altering your workout every few weeks to keep your body responding by building muscle and burning fat.



the solo performance

feel the difference

feel the difference

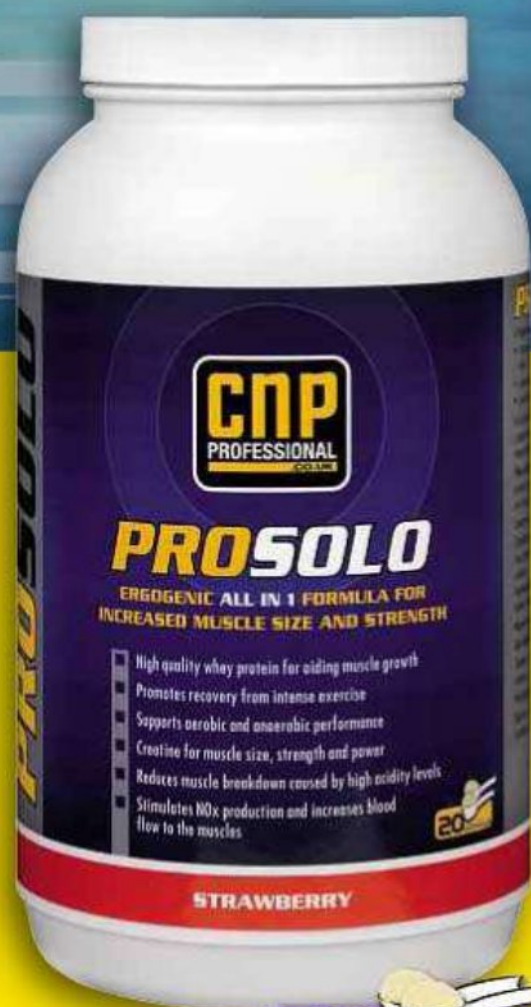
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12
MINUTE
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THE
WORKOUTS

MINUTE
WORKOUT

WORKOUT 1

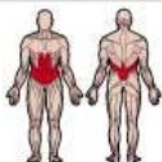
Weight-free

Core values

This workout is a great way to develop the muscles of your core – the ones around your abdomen and lower back. These muscles not only provide the much-valued six-pack, but are vital in maintaining good posture, preventing back pain and improving all areas of athletic ability.

A strong core provides the foundation upon which all other muscle gains are made, so don't move onto the more dynamic workouts until you have spent some time strengthening your core.

TARGET



LEVEL

1

KIT



How to do it

- Perform 10 reps of exercise 1A.
- Move immediately onto exercise 1B and do 10 reps.
- Rest for 30 seconds and then repeat exercises 1A and 1B.
- Rest for 60 seconds and then begin exercise 2A, followed immediately by 2B.
- Repeat the rest pattern as before, until you have performed 12 exercises in all.

Tips

- Keep your movements slow and controlled.
- To engage your core muscles, tense your stomach as though you were about to take a punch to the gut.
- Try to keep your back straight during each exercise.

Superset 1

1a

Split deadlift to rear flye

10 reps (alternating feet with each rep)



Form guide: p88

1b

Dorsal raise with shoulder rotation

10 reps (hold the raised position for two seconds)



Form guide: p92

FIT NOTE A superset is two exercises done back

DO THIS

- 2 supersets for each group
- Rest 30 secs between supersets
- Rest 60 secs between groups



12

**MINUTE
WORKOUT**

Superset 2

2a

Side lunge woodchop

10 reps (5 reps each side)



Form guide: p83

2b

Side bridge

10 reps (5 reps each side)



Form guide: p121

Superset 3

3a

Lunge with rotation

10 reps
(alternate sides with each rep)



Form guide: p81

3b

Glute bridge

10 reps



Form guide: p120

-to-back with no rest in between

WORKOUT 2

Weight-free

Starters for ten

When time is short and all you want is a quick, simple workout that you can do anywhere, and that will hit all parts of your body, plus torch up to 200 calories in just a few minutes, then this is a great place to start.

Even if you're new to exercise, you can alter the tempo or number of reps to make this routine fit your needs.

| TARGET | LEVEL | KIT |
|---|----------|------|
|  | 1 | None |

How to do it

- ❑ Perform 10 reps of exercise 1A.
- ❑ Move immediately onto exercise 1B and do 10 reps.
- ❑ Rest for 60 seconds and then repeat exercises 1A and 1B.
- ❑ Rest for 90 seconds and then begin exercise 2A, doing as many reps as you can in one minute.
- ❑ Move immediately onto 2B and do ten reps, then rest 60 seconds before repeating the superset.
- ❑ Repeat the pattern for superset 3.

Tips

- ❑ A wall clock with a second hand is easier than a watch for timing your one-minute sets.
- ❑ Try to pick the best tempo for you – as fast as you can manage without having to stop during each set.
- ❑ Use your full range of motion for each exercise, especially squats and press ups.

Superset 1

1a

Prisoner squat

10 reps



Form guide: p74

1b

Press-up

10 reps (or max you can do before failure)



Form guide: p100

FIT NOTE 'Failure' is the point at which you can no

DO THIS

- 2 supersets for each group
- Rest 60 secs between supersets
- Rest 90 secs between groups



12

**MINUTE
WORKOUT**

Superset 2

2a

**Jumping
jacks**
1 minute



Form guide: p107

2b

Turkish get-up
10 reps (alternating sides each rep)



Form guide: p122

Superset 3

3a

Side lunge to touch
10 reps (alternating
sides each rep)



Form guide: p83

3b

**Jumping
jacks**
1 minute



Form guide: p107

longer perform an exercise with perfect form

WORKOUT 3

Weight-free

Free for all

Just because a workout uses no equipment and only takes 12 minutes doesn't mean it can't be demanding.

This kit-free workout will test the muscles of your legs, chest, arms and abs, as well as getting your heart pumping. The result is that your metabolism will shoot up, giving you a strong fat-burning effect that lasts long after you've finished the session.

This workout is done in the form of a circuit, so you'll move from one exercise to the next with no rest in between.

| TARGET | LEVEL | KIT |
|---|----------|---|
|  | 2 |  |

How to do it

- Perform each exercise in order, taking no rest between exercises.
- Do either the number of reps stated, or as many reps as you can in the time stated.
- Once you have completed one full circuit, rest for one minute before starting all over again.
- Do three circuits in total.

Tips

- Pace yourself so you can complete all your circuits.
- On the one-leg squats, keep your movements slow and controlled.
- Don't compromise form in favour of speed.

1

Squat thrust

30 seconds

START



Form guide: p107

6

Jumping lunge

30 seconds (alternating sides)

FINISH



Form guide: p82

FIT NOTE This circuit can be made tougher by

DO THIS

- 3 circuits
- Rest 60 secs between circuits



12

MINUTE WORKOUT

2

One-leg squat (left leg)

10 reps

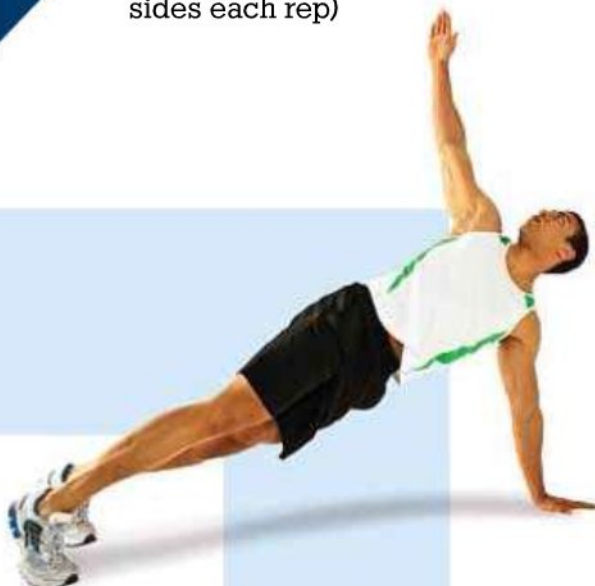


Form guide: p74

3

T press-up

30 seconds (alternating sides each rep)



Form guide: p103

5

Bicycles

30 seconds



Form guide: p117

4

One-leg squat (right leg)

10 reps



Form guide: p74

adding light dumb-bells

WORKOUT 4

Weight-free

Middle manager

This session focusses on your core – those muscles around your middle – but is a step up from Workout 1. It also targets your glutes and hip flexors, which provide power and stability when running.

Your core is the connection between your lower and upper body, and almost every sport demands a strong midsection to allow for powerful all-body movements. Once you get good at this circuit, you will find that your performance in all physical activities improves as a result (a hard set of abs is just a pleasant side-effect).

TARGET



LEVEL

2

KIT



How to do it

- Perform each exercise in order, taking no rest between exercises.
- Do either the number of reps stated, or as many reps as you can in the time stated.
- Once you have completed one full circuit, rest for one minute before starting over again.
- Do two circuits in total.

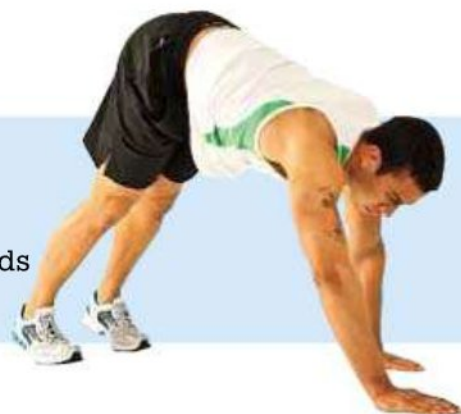
Tips

- For the majority of exercises, take up to three seconds for each rep – slow is good for core training.
- For planks and bridges, aim to keep your body in a straight line – don't overextend your lower back.

1

START

Inch worm
30 seconds



Form guide: p124

FINISH

7

Plank
1 minute



Form guide: p118

FIT NOTE Your six-pack is actually one muscle –



12 MINUTE WORKOUT

2

Bicycles
30 seconds



Form guide: p117

3

**One-leg
offset
touch**
10 reps
each leg



Form guide: p89

DO THIS

- 2 circuits
- Rest 60 secs between circuits

4

Glute bridge with leg raise
20 reps (alternating sides each rep)



Form guide: p120

6

Side bridge
10 reps each side



Form guide: p121

5

**Dorsal raise with
shoulder rotation**
10 reps



Form guide: p92

the rectus abdominis – which runs from your ribs to your pubic bone

WORKOUT 5

Weight-free

Half-time blast

Who says a decent workout has to eat into your precious time? This circuit will help you build stability, increase muscle mass and burn fat – and you can do it at home during the half-time interval when watching the football on telly.

The trick to making the workout effective is to keep a steady tempo for each exercise – approximately three seconds per rep – and really focus on making each movement as controlled and deliberate as possible.

TARGET



LEVEL

2

KIT



How to do it

- Perform each exercise in order, taking no rest between exercises.
- Take around three seconds for each rep (except squat thrusts, which should be done at speed).
- Once you have completed one full circuit, rest for one minute before starting all over again.
- Do three circuits in total.

Tips

- Make a space big enough so you can lunge in all directions on Exercise 1.
- Use your full range of motion for all exercises.
- Engage your core muscles to control all the movements.

1

Clock lunge

2 reps (1 rep = 10 lunges around the clock)

START



Form guide: p84

6

Glute bridge with leg raise

10 reps (alternating sides each rep)

FINISH



Form guide: p120

FIT NOTE Watch your breathing – out on the

DO THIS

- 3 circuits
- Rest 60 secs between circuits



12

**MINUTE
WORKOUT**

2

Press-up

10 reps



Form guide: p100

3

Lower-body rotation

10 reps (alternating sides each rep)



Form guide: p110

5

Squat thrust

30 secs



Form guide: p107

4

Prisoner squat

10 reps



Form guide: p74

exertion phase of each rep, in on the recovery phase

WORKOUT 6

Pull-up bar

Push, pull, punch

Welcome to the first of the Level 3 workouts in this guide. A pull-up bar is one of the best bits of home training equipment you can buy, and the cheap ones that fit into a doorway are as effective as any.

Pull-ups use a huge number of muscles and also target areas such as the back and biceps that are hard to train without any equipment.

Nearly all the exercises in this circuit are compound moves that take a lot of energy to perform, and many of them (squat jumps, plyo press-ups, boxing) require dynamic effort as well. In short, this will take your muscular and cardiovascular systems to their limits. Have fun!

| TARGET | LEVEL | KIT |
|---|----------|---|
|  | 3 |  |

How to do it

- Perform each exercise in order, taking no rest between exercises.
- Once you have completed one full circuit, rest for one minute before starting all over again.
- Do four circuits in total.

Tips:

- Do the exercises quickly and dynamically – but always under control.
- Engage your core muscles to protect your lower back during dynamic movements.
- Mix up the shadow boxing moves as much as possible.

1

Squat jump 10 reps

START



Form guide: p74

5

Shadow boxing 1 minute

FINISH



Form guide: p106

FIT NOTE A compound movement is one that

DO THIS

- 4 circuits
- Rest 60 secs between circuits



12

**MINUTE
WORKOUT**

2

Pull-up

10 reps
(or max you
can do)



Form guide: p94

3

Hanging knee raise

10 reps (or max you can do)



Form guide: p116

4

Plyo offset press-up

10 reps (or max you can do)



Form guide: p103

uses several muscle groups at once to bend and flex multiple joints

WORKOUT 7

Stretch band

Elastic fantastic

This Level 1 workout won't tax you if you are already fit. But that doesn't mean it's just for beginners.

The main purpose of the workout is to improve the strength of small stabilising muscles and tendons – especially in your shoulders, knees, ankles and core – which provide the platform upon which the bigger 'glory' muscles can be built without risking injury.

Everyone should do a workout like this regularly to keep the stabilisers strong.

TARGET



LEVEL

1

KIT



How to do it

- Perform exercise 1A, followed immediately by exercise 1B.
- Rest for 30 seconds and then repeat superset 1 (exercises 1A and 1B) but swapping sides, eg using your right hand if you used the left before.
- Rest for 60 seconds and then begin exercise 2A, followed immediately by 2B.
- Repeat the pattern for superset 3.

Tips

- The rotator cuff muscles of the shoulder are easily injured, so keep the resistance light at first.
- Attach the stretch band to a solid object that won't shift or break.
- Manoeuvre yourself so there is tension on the band at the beginning of each move.
- To increase resistance, simply make the band shorter.

Superset 1

1a

Internal rotation

15 reps



Form guide: p98

1b

External rotation

15 reps



Form guide: p98

FIT NOTE The resistance of a stretch band

DO THIS

- 2 supersets for each group
- Rest 30 secs between supersets
- Rest 60 secs between groups



12

**MINUTE
WORKOUT**

Superset 2

2a

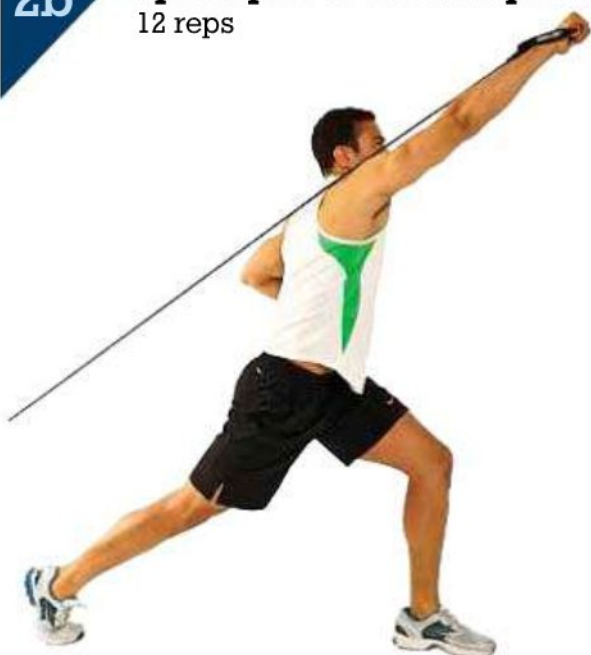
Split squat to one arm row
12 reps



Form guide: p85

2b

Split squat to one arm press
12 reps



Form guide: p85

Superset 3

3a

Squat to high pull
12 reps



Form guide: p76

3b

Judo throw
12 reps



Form guide: p113

increases towards the end a move, which gives a different training effect to dumb-bells

WORKOUT 8

Stretch band

Band on the run

The stretch band is a great piece of home workout kit because it takes up virtually no space and provides an almost unlimited number of possible exercise options. If you're a gym-goer, this circuit is a great way to avoid the queues for equipment when it gets busy. You'll have finished your workout and be out the door by the time others are just getting started.

Just find something solid to attach the band to at ankle-height, and away you go.

| TARGET | LEVEL | KIT |
|---|----------|---|
|  | 2 |  |

How to do it

- Perform each exercise in order, taking no rest between exercises.
- Once you have completed one full circuit, rest for 45 seconds before starting all over again.
- Do three circuits in total.

Tips

- Use a clock with a second hand to time each exercise – you won't be able to look at a watch on your wrist.
- To increase resistance, anchor the band nearer to its middle.
- For complex moves such as woodchops, practise with a light resistance first to learn the move.

1

Prone stretch band pull (right hand)

30 seconds

START



Form guide: p121

FINISH

7

Split squat to one-arm press (right hand)

30 seconds



Form guide: p85

FIT NOTE If you train in a gym, this circuit can be



12 MINUTE WORKOUT

2



**Woodchop
(left to
right)**
30 seconds

Form guide: p112

3

**Prone stretch band pull
(left hand)**
30 seconds



Form guide: p121

4

**Woodchop
(right to
left)**
30 seconds



Form guide: p112

DO THIS

- 3 circuits
- Rest 45 secs between circuits

6

**Squat to
high pull**
30 seconds



Form guide: p76

5

**Split squat to
one-arm press
(left hand)**
30 seconds



Form guide: p85

performed using a cable machine set to ankle-height

Planes and trains

Physical fitness isn't simply about lifting and lowering the heaviest weights possible – it's about teaching your body to be a more efficient machine. To do that you need to train it in multiple planes, using different muscle groups simultaneously, all while maintaining good posture and balance.

That's what this workout is all about. Keep the weights light, because the main thing is to perform each move perfectly. The result will be stronger joints and stabilising muscles.

TARGET



LEVEL

1

KIT



3-6kg each

How to do it

- Perform each exercise in order, taking no rest between exercises.
- Take approximately 4 seconds per rep on each exercise.
- Once you have completed one full circuit, rest for 30 seconds before starting all over again.
- Each exercise is 'one-sided'. Choose either the left or right side for the first circuit, then swap to the other side for the following circuit.
- Do four circuits in total.

Tips

- Start on your weaker side first. You'll have more energy to perform the reps.
- Go slow and focus on balance. If you wobble or stumble, take a moment to compose yourself and start again.
- No egos! Use a light weight and get the form spot-on.

1

Single-leg deadlift to row

10 reps

START



Form guide: p89

4

Side plank with lateral raise

10 reps

FINISH



Form guide: p121

FIT NOTE Not got dumb-bells at home? Plastic



12 MINUTE WORKOUT

DO THIS

- 4 circuits
- Rest 30 secs between circuits

2

One-leg curl to press
10 reps



Form guide: p97

3

Lunge with rotation
10 reps alternating



Form guide: p81

milk cartons filled with water are a good substitute

WORKOUT 10

Dumb-bells

Push and punch

Dumb-bells are perhaps the most versatile bit of exercise equipment you can own. For less than £30 you can buy an adjustable set that will give you thousands of options for training at home. The only downside is having to change the weights every time you change exercise.

Not with this workout. Just pick one weight and then go for it. You'll test the majority of muscles in your body and get your heart pumping as well.

If you're new to training, use a light weight and build up over time as you get fitter.

TARGET



LEVEL

1

KIT



4-6kg each

How to do it

- ❑ Perform exercise 1A, followed immediately by exercise 1B.
- ❑ Rest for 30 seconds and then repeat superset 1 (exercises 1A and 1B).
- ❑ Rest for 60 seconds and then begin exercise 2A, followed immediately by 2B.
- ❑ Repeat the pattern for superset 3.

Tips

- ❑ Keep your core muscles engaged and maintain good posture throughout.
- ❑ On the timed exercises (hill climbers and jabs) go as fast as you can without losing form.

Superset 1

1a

Squat to curl to press

10 reps



Form guide: p77

1b



Russian twist

15 reps (twisting to both sides is one rep)

Form guide: p108

FIT NOTE This session can be performed with

DO THIS

- 2 supersets for each group
- Rest 30 secs between supersets
- Rest 60 secs between groups



12

**MINUTE
WORKOUT**

Superset 2

2a

Hill climbers

30 seconds

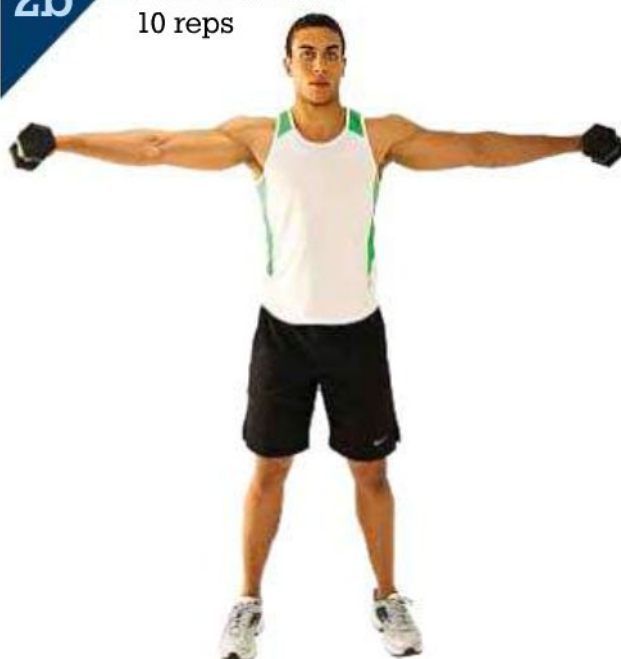


Form guide: p107

2b

Lateral raise

10 reps



Form guide: p98

Superset 3

3a

Lunge

10 reps
(alternating
sides each
rep)



Form guide: p78

3b

Jabs

30 seconds



Form guide: p106

no weights at all and still give a good conditioning workout

WORKOUT 11

Dumb-bells

Hot metal

With a light set of dumb-bells, this session is a great heart-pumper for newcomers to circuit training. With a heavier set of dumb-bells, this becomes a lung-busting, muscle-blasting workout for even seasoned gym-goers.

The circuit combines upper- and lower-body moves simultaneously, which requires your heart to work hard, supplying blood to many different muscles. You'll feel fitter, stronger and more coordinated – not bad for 12 minutes.

| TARGET | LEVEL | KIT |
|---|------------|---|
|  | 1-2 |  3-8kg each |

How to do it

- Perform each exercise in order, taking no rest between exercises.
- Once you have completed one full circuit, rest for one minute before starting all over again.
- Do three circuits in total.

Tips

- Keep a steady pace for each exercise – don't compromise form for speed.
- Aim for 3-4 seconds for each rep.
- Use your full range of motion for exercises – no skimping on the squats or lunges.

1

Squat to biceps curl

10 reps

START



Form guide: p77

5

Dumb-bell side lunge to touch

10 reps (alternating sides each rep)

FINISH



Form guide: p83

FIT NOTE For squats and lunges, aim to keep

DO THIS

- 3 circuits
- Rest 60 secs between circuits



12

**MINUTE
WORKOUT**

2

Split Romanian deadlift to rear flye

10 reps (alternating sides each rep)



Form guide: p88

3

Alternating shoulder press

10 reps
(alternating
sides each rep)



Form guide: p97

4

Dumb-bell lunge with rotation

10 reps
(alternating sides
each rep)



Form guide: p81

your knees in line with your feet to prevent unnecessary strain on your knees

WORKOUT 12

Dumb-bells

Ups 'n' downs

Stand up, get down, stand up, get down... this session switches between standing and lying moves, challenging your core muscles and your cardio fitness at the same time. The six exercises combine to target every muscle in your body, meaning that you can walk away after 12 minutes knowing that your training is balanced and efficient.

Your core especially will feel the burn on this one, so keep all your movements deliberate and stop if you feel your form going. Over-stressing your core is the quickest route to lower-back problems.

TARGET



LEVEL

2

KIT



5-10kg each

How to do it

- ❑ Perform each exercise in order, taking no rest between exercises.
- ❑ Once you have completed one full circuit, rest for 90 seconds before starting all over again.
- ❑ Do three circuits in total.

Tips

- ❑ Aim for around three seconds for each rep (except jabs, where you should go as fast as possible).
- ❑ Be careful when moving from a lying to a standing position between exercises.
- ❑ Keep a straight back and tight core to avoid straining your lower back.

1

Lunge to curl

10 reps (alternating sides each rep)

START



Form guide: p80

6

Jabs

30 seconds

FINISH



Form guide: p106

FIT NOTE Aim to make the eccentric (lowering)

DO THIS

- 3 circuits
- Rest 90 secs between circuits



12 MINUTE WORKOUT

2

Dumb-bell press up

10 reps



Form guide: p102

3

Russian twist

10 reps
(both ways
equals one rep)



Form guide: p108

5

Renegade row

10 reps (alternating sides each rep)



Form guide: p91

4

Squat to press

10 reps



Form guide: p77

portion of a lift slow and controlled, and the concentric (lifting) portion fast and powerful

WORKOUT 13

Dumb-bells

Combo special

Most people in a gym only train one muscle at a time. That's why it takes them so long to get through a workout!

These exercises work multiple muscle groups simultaneously, saving you valuable time and making your training sessions more efficient. Combo moves are simply different exercises stitched together to create a new exercise, and you are only limited by your imagination as to how to create these super-moves.

A perfect example is the first exercise of this session. It combines a press up, a burpee, a clean and a press to make a move that is almost a workout in itself.

TARGET



LEVEL

2

KIT



5-10kg each

How to do it

- ❑ Perform each exercise in order, taking no rest between exercises.
- ❑ Once you have completed one full circuit, rest for one minute before starting all over again.
- ❑ Do three circuits in total.

Tips:

- ❑ Make all your movements controlled and deliberate. Good form is all-important.
- ❑ Use a wall clock to time the exercises – you won't be able to keep an eye on a wrist watch.

1

Press-up to burpee to clean to press

10 reps

START



Form guide: p123

6

Uppercuts

30 seconds
(alternating sides each rep)

FINISH



Form guide: p106

FIT NOTE Plyometric exercises, such as jumping

DO THIS

- 3 circuits
- Rest 60 secs between circuits



12

**MINUTE
WORKOUT**

2

Side lunge woodchop

10 reps each side



Form guide: p113

3

Punch up crunch

30 seconds (alternating sides reach rep)



Form guide: p116

5

Jumping lunge with twist

30 seconds (alternating sides each rep)



Form guide: p82

lunges, use the most fast-twitch muscle fibres – ones that have the best potential for growth

WORKOUT 14

Dumb-bells & bench

Hell's bells

It's time to go heavy. This workout is designed to maximise muscle growth while minimising time. The exercises target the major muscle groups using compound movements, which will stimulate a big hormone surge in your body to promote new muscle.

Pick the heaviest weight you can manage for each exercise without compromising good form. You should be able to complete the reps for each set, but only just. If it feels like you could do more reps the weight is too light.

TARGET



LEVEL

3

KIT



12-20kg each

How to do it

- ❑ Perform exercise 1A, followed immediately by exercise 1B.
- ❑ Rest for 30 seconds and then repeat superset 1 (exercises 1A and 1B).
- ❑ Rest for 90 seconds and then do exercise 2A, followed immediately by 2B.
- ❑ Rest for 30 seconds and then repeat superset 2.
- ❑ Repeat the pattern for superset 3.

Tips

- ❑ Aim to hit failure at or near the end of each set.
- ❑ Keep your ego in check – don't compromise good form for the sake of heavy weights.

Superset 1

1a

Dumb-bell incline bench press

10 reps



Form guide: p105

1b

Dumb-bell incline bench row

10 reps



Form guide: p91

FIT NOTE Targeting large muscle groups creates

DO THIS

- 2 supersets for each group
- Rest 30 secs between supersets
- Rest 90 secs between groups



12

**MINUTE
WORKOUT**

Superset 2

2a

Dumb-bell squat to press

10 reps



Form guide: p77

2b

Dumb-bell high pull

10 reps



Form guide: p99

Superset 3

3a

Dumb-bell seated Russian twist

10 reps (both sides
equals one rep)



Form guide: p111

3b

Lower body rotation (straight leg)

10 reps (each side
equals one rep)



Form guide: p110

a hormone surge that helps build muscle in all areas of your body

WORKOUT 15

Dumb-bells & gym ball

Steady Eddie

The gym ball is a handy piece of kit to have at home. It's a cheap alternative to a workout bench, and you can hide it under the bed when it's not in use (best to let the air out first). But the main value of the gym ball lies in its wobbliness.

Keeping the ball steady while you sit or lie on it requires you to use your core muscles for stability, which improves posture and helps to provide that all-important six-pack. Because these exercises are so unstable, start with a light weight and build up once you have mastered the movements.

TARGET



LEVEL

2

KIT



5-10kg each

How to do it

- Perform each exercise in order, taking no rest between exercises.
- Once you have completed one full circuit, rest for 30 seconds before starting all over again.
- Do five circuits in total.

Tips

- Use your core muscles to minimise the wobble on the gym ball.
- When lying back on the ball keep your head and shoulders supported.
- Keep your body as straight as you can when lying on the ball.

1

Gym ball alternating chest press

16 reps (alternating sides each rep)

START



Form guide: p105

4

Gym ball Russian twist

10 reps (twisting both sides equals 1 rep)

FINISH



Form guide: p111

FIT NOTE The correct size of gym ball is one

DO THIS

- 5 circuits
- Rest 30 secs between circuits



12

**MINUTE
WORKOUT**

2

Gym ball prone alternating row

16 reps (alternating sides each rep)



Form guide: p91

3

Squat to rotating shoulder press

16 reps (alternating sides each rep)



Form guide: p77

where when you lie back on it with your knees bent at 90°, your body is horizontal

WORKOUT 16

Gym ball

Shake, rattle & roll

When the queues for the equipment build up in the gym, grab a spare gym ball, find a quiet corner and knock out this fast workout. You'll be finished while the others are still programming their treadmills.

This session won't leave you gasping for breath, but it will train your body to stabilise itself in a range of different planes. You will become functionally fitter – able to do more, more efficiently.

Even seasoned weight trainers can benefit from a day away from the heavy barbells, doing this workout, and focussing on the deep stabilising muscles.

TARGET



LEVEL

1

KIT



How to do it

- ❑ Perform exercise 1A, followed immediately by exercise 1B.
- ❑ Rest for 30 seconds and then repeat superset 1 (exercises 1A and 1B).
- ❑ Rest for 90 seconds and then do exercise 2A, followed immediately by 2B.
- ❑ Rest for 30 seconds and then repeat superset 2.
- ❑ Repeat the pattern for superset 3.

Tips

- ❑ Practise moves before the workout to assess where best to place your feet on the ball.
- ❑ Make your moves slow and deliberate, concentrating on stabilising the ball's wobble.

Superset 1

1a

Gym ball leg curl

10 reps



Form guide: p126

1b

Gym ball jackknife

10 reps



Form guide: p126

FIT NOTE Swapping a bench for a gym ball turns

DO THIS

- 2 supersets for each group
- Rest 30 secs between supersets
- Rest 90 secs between groups



12

**MINUTE
WORKOUT**

Superset 2

2a

Gym ball split squat with rotation

10 reps (twist left first set, right second set)



Form guide: p82

2b

Gym ball squat and reach

10 reps



Form guide: p75

Superset 3

3a

Gym ball twisting crunch

10 reps



Form guide: p117

3b

Gym ball plank

30 seconds



Form guide: p120

any exercise into a core stability exercise

WORKOUT 17

Gym ball

Rolling thunder

Many men don't like gym balls – there's something a bit 'girly' about them. They feel that men should use heavy things made out of iron, not rubber balls.

If that has been your opinion, this workout may just change your mind. It requires you to perform seven exercises back-to-back, testing a different part of your body with each one, but always making you work those core muscles to keep your body stable on the gym ball. Do it with strong, controlled movements and you'll get a full-body muscle burn and good cardio workout to boot.

Balls to all those guys who don't like balls.

TARGET



LEVEL

2

KIT



How to do it

- Perform each exercise in order, taking no rest between exercises.
- Once you have completed one full circuit, rest for one minute before starting all over again.
- Do three circuits in total.

Tips

- Note that you will need a solid wall for one exercise.
- Hold each exercise for a second at the point of maximum contraction. It will teach your body to control its own weight.

1

Gym ball twisting jackknife

12 reps (alternating sides each rep)

START



Form guide: p126

FINISH

7

Gym ball one-leg wall squat

5 reps each leg



Form guide: p75

FIT NOTE Swap one-leg pistols for two-leg wall



12 MINUTE WORKOUT

2

Gym ball press-up

12 reps



Form guide: p103

3

Gym ball hip raise to leg curl

12 reps



Form guide: p126

DO THIS

- 3 circuits
- Rest 60 secs between circuits

4

Gym ball back extension

12 reps

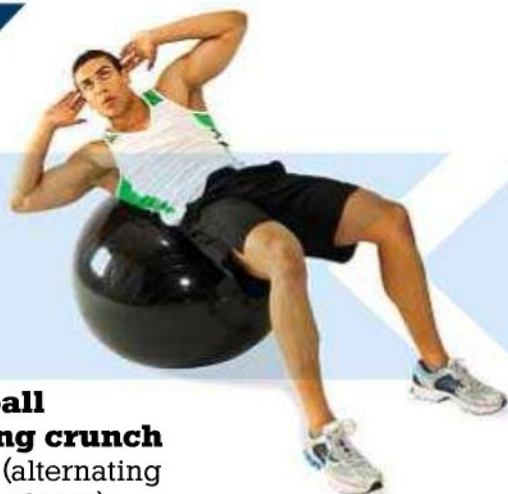


Form guide: p92

6

Gym ball twisting crunch

12 reps (alternating sides each rep)



Form guide: p117

5

Gym ball supine reach

12 reps
(alternating sides each rep)



Form guide: p93

squats if the former prove too difficult

WORKOUT 18

Medicine ball

Slam dunk

The beauty of the medicine ball is that you can slam it on the floor or throw it against the wall without taking chunks out of your décor. You can't do that with a dumb-bell.

The dynamic throwing exercises you do with a medicine ball utilise the fast-twitch muscle fibres in your body. These are the fibres that are used in explosive movements such as heavy lifts, jumps and throws (as opposed to slow-twitch fibres which come into play during endurance exercises such as running) and they have the most potential for growth.

Adding a medicine ball into your routine is a fast way to add muscle to your frame.

TARGET



LEVEL

2

KIT



4-6kg

How to do it

- ❑ Perform each exercise in order, taking no rest between exercises.
- ❑ Once you have completed one full circuit, rest for 90 seconds before starting all over again.
- ❑ Do three circuits in total.

Tips

- ❑ Remove anything breakable from the vicinity – a wayward throw-down could be costly.
- ❑ Watch out for sweaty hands that could undermine your grip on the ball.
- ❑ Pick a weight of ball that is challenging but allows you to complete the moves without compromising good form.

1

START

Throw down
30 seconds



Form guide: p127

FINISH

7

Russian twist
30 seconds



Form guide: p108

FIT NOTE If maintaining grip proves tricky, use



12 MINUTE WORKOUT

2

Squat and reach

30 seconds



Form guide: p75

3

Medicine ball press-up

30 seconds



Form guide: p102

DO THIS

- 3 circuits
- Rest 90 secs between circuits

4

Lunge chop (to left)

30 seconds



Form guide: p113

6

Lunge chop (to right)

30 seconds



Form guide: p113

5

Crunch throw

30 seconds



Form guide: p116

a medicine ball with handles

WORKOUT 19

Medicine ball

Take your medicine

There are only three exercises in this circuit. Just three. What could be easier?

Don't be fooled, this is a heart-pumping, muscle-burning workout that will keep gym masochists happy when time is short. The opening exercise is really a combination of three exercises – press up, burpee and overhead squat – with a heavy ball thrown in to make it more interesting. It takes coordination, muscle stability, core strength and flexibility to perform this exercise with fluidity, so practise it first with no weight before you begin the circuit.

TARGET



LEVEL

3

KIT



4-6kg

How to do it

- ❑ Perform each exercise in order, taking no rest between exercises.
- ❑ Once you have completed one full circuit, rest for 30 seconds before starting all over again.
- ❑ Do four circuits in total.

Tips

- ❑ Practise all moves first before adding in the medicine ball.
- ❑ Maintain a pace that is challenging, but that allows you to complete all your reps without having to stop.
- ❑ Engage your core muscles to protect your lower spine during each exercise.

1

Medicine ball press up to burpee to overhead squat
10 reps

START



Form guide: p123

2

Medicine ball sledgehammer
15 reps

FINISH



Form guide: p127

FIT NOTE If you find that you lean forward too

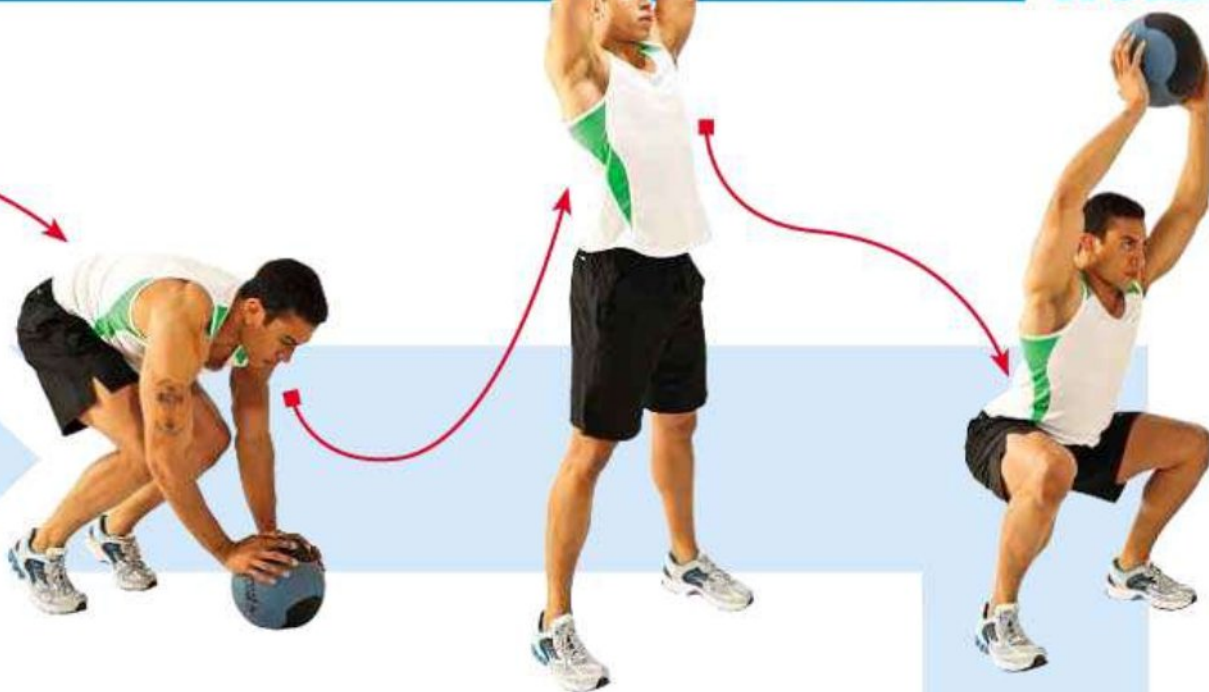
DO THIS

- 4 circuits
- Rest 30 secs between circuits



12

MINUTE
WORKOUT



3

Medicine ball seated Russian twist

10 reps (both ways equals one rep)



Form guide: pl11

far on the overhead squats, spend more time stretching your hamstrings and hip flexors

WORKOUT 20

Barbell

All bar none

The barbell is the close cousin of the dumb-bell. The main difference is that a barbell is more stable to handle than a dumb-bell, allowing you to perform similar exercises with more weight. More weight equals more muscle.

With this workout you'll do a series of classic compound barbell moves – but all linked together to form a complex circuit. Three sets of ten reps of seven exercises would take most gym-goers up to an hour to complete. You'll be done and dusted in 12 minutes, having worked every muscle in your body and boosted your fat-burning metabolism to boot.

TARGET



LEVEL

2

KIT



10-25kg

How to do it

- Use the same weight of barbell for each exercise.
- Perform each exercise in order, taking no rest between exercises.
- Once you have completed one full circuit, rest for 1 minute before starting all over again.
- Do three circuits in total.

Tips

- Don't put the bar down during the circuit – it is designed so you can move from one exercise to the next without a break.
- Pick a weight that is challenging but allows you to complete all your reps without stopping.
- Use collars on an Olympic bar to prevent the plates slipping.

1

START

Romanian deadlift 10 reps



Form guide: p86

FINISH

7

Barbell biceps curl 10 reps



Form guide: p125

FIT NOTE A standard Olympic barbell weighs

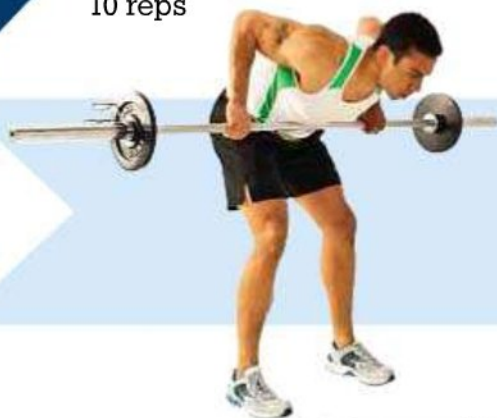


12 MINUTE WORKOUT

2

Bent over row

10 reps



Form guide: p90

3

Barbell squat

10 reps



Form guide: p72

4

Shoulder press

10 reps



Form guide: p96

DO THIS

- 3 circuits
- Rest 60 secs between circuits

6

Barbell rotation

10 reps
(alternating
sides each
rep)



Form guide: p110

5

Lunge

10 reps
(alternating
sides each rep)



Form guide: p80

20kg before you add any weight plates

WORKOUT 21

Barbell

Heavy duty

It's time to go heavy. Doing compound moves with a heavy barbell will stimulate a surge of testosterone which is vital to build muscle.

In order to save time you will still do exercises back-to-back in the form of a circuit, but only three of them with eight reps each. Pick the heaviest weight you can manage, but don't compromise on form – it's better to pick a manageable weight and get each move right than to lift heavy weights badly.

| TARGET | LEVEL | KIT |
|---|----------|--|
|  | 3 |  30-40kg |

How to do it

- Use the same weight of barbell for each exercise.
- Perform each exercise in order, taking no rest between exercises.
- Once you have completed one full circuit, rest for 60 seconds before starting again.
- Do five circuits in total.

Tips

- The power clean to front squat should be performed as one fluid motion. If it proves too tricky, split the exercise into distinct parts.
- Aim to hit failure on each exercise at or near the rep range.
- Try to regulate your breathing with the movements of each rep – out on the exertion phase, in on the recovery phase.

1

Power clean to front squat

8 reps

START



Form guide: p76

FIT NOTE A rep range in the region of 8-12 per

DO THIS

- 5 circuits
- Rest 60 secs between circuits



12

**MINUTE
WORKOUT**

2

Push press

8 reps



3

Romanian deadlift to bent over row

8 reps



FINISH

Form guide: p97

Form guide: p88

set is considered the optimum for building muscle

WORKOUT 22

Barbell & bench

Push me, pull you

There are four main movements in weight training: push, pull, squat, bend. Any balanced all-body muscle-building workout should be based around these four moves.

Too often men will focus on the exercises they like best, or the muscles they want to build most – that's why you see far more people in gyms doing bench presses than you see doing rows. But if you target your chest without doing the equivalent work on your back, you risk postural problems.

This workout will hit the muscles of your body equally by pairing exercises that are the opposites of each other.

TARGET



LEVEL

3

KIT



How to do it

- ❑ Perform exercise 1A, followed immediately by exercise 1B.
- ❑ Rest for 30 seconds and then repeat superset 1 (exercises 1A and 1B).
- ❑ Rest for 90 seconds and then do exercise 2A, followed immediately by 2B.
- ❑ Rest for 30 seconds and then repeat superset 2.
- ❑ Repeat the pattern for superset 3.

Tips

- ❑ For each exercise, choose the heaviest weight that still allows you to complete all the reps.
- ❑ Use a spotter (see note below, right) on exercises such as the bench press and squat if you are training at maximal effort.

Superset 1

1a

Power clean

10 reps



Form guide: p76

1b

Pull up

10 reps



Form guide: p94

FIT NOTE A spotter is someone who can help

DO THIS

- 2 supersets for each group
- Rest 30 secs between supersets
- Rest 90 secs between groups



12

**MINUTE
WORKOUT**

Superset 2

2a

Bench press

10 reps



Form guide: p104

2b

Bent over row

10 reps



Form guide: p90

Superset 3

3a

Squat

10 reps



Form guide: p72

3b

Push press

10 reps



Form guide: p97

take the weight of the bar during an exercise if you hit exhaustion and can't control the bar

WORKOUT 23

Back & biceps

Get your back up

The final five workouts in this guide will focus on training specific parts of the body. If you prefer to organise your training regime by body-part splits, then there's a 12 minute workout to suit you.

This session pairs exercises that target the back and biceps. These two muscle groups are often trained together because they frequently work as team on pulling movements such as rows and pull-ups.

| TARGET | LEVEL | KIT |
|---|----------|---|
|  | 2 |  |

How to do it

- Perform exercise 1A, followed immediately by exercise 1B.
- Rest for 45 seconds and then repeat superset 1 (exercises 1A and 1B).
- Rest for another 45 seconds and then repeat superset 1 again.
- Rest for one minute and then do exercise 2A, followed immediately by 2B.
- Repeat superset 2 twice more, resting 45 seconds between supersets.

Tips

- For back exercises, contract your shoulder blades to stabilise your shoulders and scapulae before your start.
- At the point of maximum contraction, squeeze the muscle as hard as you can to enhance the muscle-growth effect.

Superset 1

1a

Chin-up
Max reps



Form guide: p95

1b

Bent over row
12 reps



Form guide: p90

FIT NOTE 'Splits' is a term to describe how you

DO THIS

- 3 supersets for each group
- Rest 45 secs between supersets
- Rest 60 secs between groups



12

**MINUTE
WORKOUT**

Superset 2

2a

Incline bench dumb-bell reverse flye

12 reps



Form guide: p93

2b

Incline bench dumb-bell biceps curl

12 reps



Form guide: p125

break up your training regime. Many men will split their weekly regime by body part

Leader of the pec

If the previous workout was all about pulling, this one is all about pushing.

Your chest muscles (pectorals) and triceps (the rear portion of your upper arm) both come into play whenever you push something away from you. This movement manifests itself most obviously in that classic weight training exercise, the bench press.

This workout moves from stability exercise, to compound exercise to isolation exercises to give your chest and triceps the maximum possible growth stimulus in the minimum possible time.

| TARGET | LEVEL | KIT |
|---|----------|---|
|  | 2 |  |

How to do it

- ❑ Perform one set of exercise 1, doing as many as you can comfortably manage, but no more than 20.
- ❑ Rest for one minute, then perform exercise 2.
- ❑ Do four sets in total of exercise 2, resting one minute between each.
- ❑ Rest for another minute and move on to exercise 3A, followed immediately by 3B.
- ❑ Rest for one more minute before repeating superset 3 (3A and 3B).

Tips

- ❑ For the bench press, pick a weight that you can manage eight times, but no more than 12.
- ❑ If possible, use a spotter for the bench press.
- ❑ Make each movement slow and controlled, taking 3-4 seconds for each rep.

1

Medicine ball passing press-up

1 set, 10-20 reps



Form guide: p102

FIT NOTE When performing bench presses,

DO THIS

- Exercise 1: 1 set, 10-20 reps
- Exercise 2: 4 sets, 8-12 reps
- Superset 3: 2 supersets, 12 reps



12

**MINUTE
WORKOUT**

2

Bench press

4 sets, 8-12 reps



Form guide: p104

Superset 3

3a

Dumb-bell bench flye

12 reps



Form guide: p105

3b

Dumb-bell lying triceps press

12 reps



Form guide: p125

retract your shoulder blades to stabilise your shoulder joints and place the focus on your chest

WORKOUT 25

Abs & lower back

Ab- solution

Washboard stomach, abs, six-pack... call it what you like, but the Holy Grail of all serious weight trainers is a solid, visible set of abdominals. Strange, then, that so many people are unaware of the best way to train them.

Like other muscles, abdominals respond best to reps in the 8-12 range, with the final rep being to failure. In order to achieve this you need to add resistance to your crunches, which is exactly what you'll do in this workout.

You'll start by attacking your abs, and their supporting muscles, from several different angles, and then take the abdominals to exhaustion using three sets of weighted crunches.

TARGET



LEVEL

2

KIT



How to do it

- Perform exercises 1 to 4 in order with no rest in between, to make one giant set.
- Do three giant sets in total, resting one minute between each.
- Rest for another minute and then move on to the final exercise, the weighted crunch.
- Do three sets of weighted crunches in total, resting one minute between each set.

Tips

- For the first two exercises make your movements dynamic but controlled. Use your abs to decelerate the motion of the ball.
- Take at least four seconds for each weighted crunch, making the lowering part as controlled as possible.

Giant set 1

1a

**Medicine ball
sledgehammer**
15 reps



Form guide: p127

1c

Bicycles
15 reps (both sides equals one rep)



Form guide: p117

FIT NOTE The strongest abs in the world still

DO THIS

- Giant set (exercises 1 to 4) x 3 sets
- Weighted crunches: 3 sets



12

**MINUTE
WORKOUT**

1b



**Medicine ball
Russian twist**
15 reps (both sides
equals one rep)

Form guide: p109

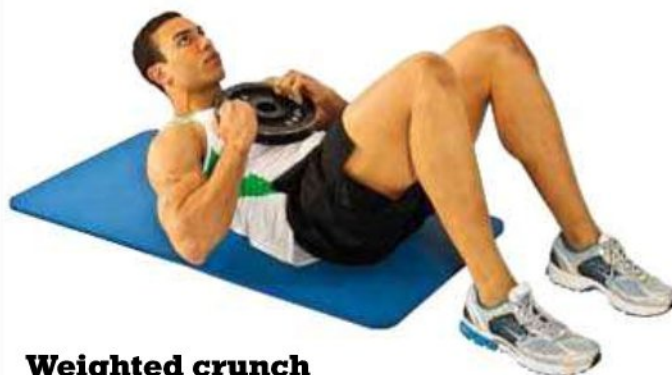
1d

Aquaman
15 reps (both sides equals one rep)



Form guide: p92

2



Weighted crunch
8-10 reps

Form guide: p114

won't show if they are covered with fat. Aim to reduce your body fat with good diet

WORKOUT 26

Shoulders & traps

Delt force

Delts and traps – that's muscle-speak for your shoulders and upper back. To give them their full names, the deltoids are the muscles that surround your shoulder joint, and the trapezius is the large diamond-shaped muscle beneath your neck that comes into play whenever you shrug your shoulders.

This workout starts with a rotator cuff (the stabiliser muscles in your shoulder) warm-up, followed by supersets of heavy compound moves and lighter, more targeted exercises to take the muscle groups to full exhaustion.

| TARGET | LEVEL | KIT |
|---|----------|---|
|  | 2 |  |

How to do it

- Perform exercise 1, doing 30 seconds on each arm, and then rest for one minute.
- Do exercise 2A, followed immediately by exercise 2B with no rest in between.
- Rest for one minute then repeat superset 2 (2A and 2B) another two times, resting for 60 seconds between supersets.
- Rest for another minute and then do three sets of superset 3 (3A and 3B), resting for 60 seconds between supersets.

Tips

- For the prone pulls use a light resistance. The idea is to warm up the rotator cuff without over-stressing it.
- Only lift the weights to shoulder-height on the lateral raises.

1

Prone stretch band pull

30 seconds each arm



Form guide: p121

FIT NOTE No gym membership? Most of these

DO THIS

- 1 set of exercise 1
- 3 sets of superset 2
- 3 sets of superset 3
- 1 minute rest between each



12

**MINUTE
WORKOUT**

Superset 2

2a

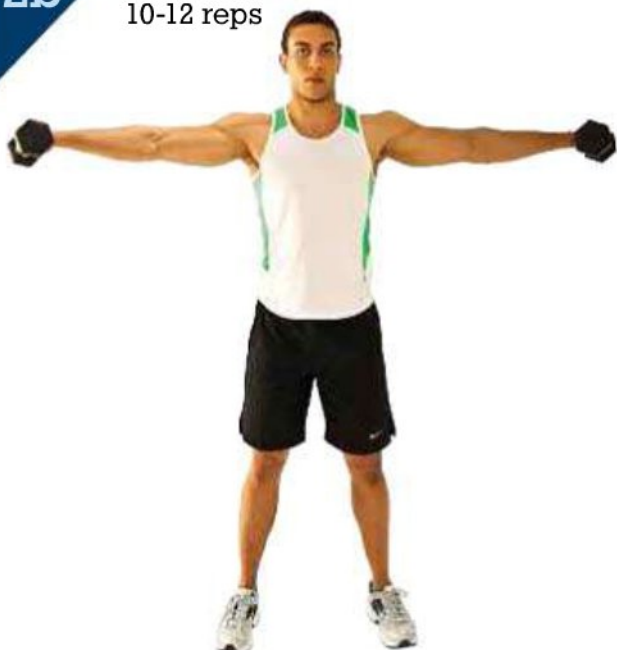


**Barbell
push press**
8-10 reps

Form guide: p97

2b

Lateral raise
10-12 reps



Form guide: p98

Superset 3

3a

Barbell shrug
8-10 reps



Form guide: p99

3b

**Dumb-bell
high pull**
10-12 reps



Form guide: p99

exercises can be performed using a single item of kit, such as stretch band or dumb-bells

Two legs good

Poor old legs. They carry you around all day, but when it comes to training they often get ignored in favour of the 'glory' upper body muscles.

This is a mistake, not only because it leads to an unbalanced physique, but because leg training is one of the best ways to get a more muscular upper body. When you lift weights, you release hormones that encourage new muscle growth all over your body. The bigger the muscles trained, the bigger the hormonal surge, and muscles don't come much bigger than the ones in your legs.

TARGET



LEVEL

2-3

KIT



How to do it

- Perform exercise 1, the clock lunge. Once round the clock takes ten lunges, so a circuit in each direction takes 20 lunges.
- Rest for 30 seconds, then perform exercise 2.
- Rest for another 30 seconds, then perform exercise 2 again.
- Repeat the pattern for the remaining exercises, doing two sets of each with 30 seconds rest in between.

Tips

- For squats and lunges use the biggest range of motion you can manage without compromising good form.
- On most heavy lifts, take three seconds for the eccentric (lowering) portion, and then perform the concentric (lifting) portion quickly and powerfully.

1

Clock lunge

20 reps (once round the clock in each direction)



Form guide: p84

4

Squat jump

10 reps



Form guide: p74

FIT NOTE The glutes – gluteus maximus – are

DO THIS

- Exercise 1, once round the clock in each direction (20 lunges in total)
- 2 sets each of remaining exercises
- 30 seconds rest between each



12

**MINUTE
WORKOUT**

2

Barbell squat

8-10 reps



Form guide: p72

3

Barbell Romanian deadlift

8-10 reps



Form guide: p86

5

Gym ball hip raise to leg curl

10 reps



Form guide: p126

6

Calf raise

10 reps
each leg



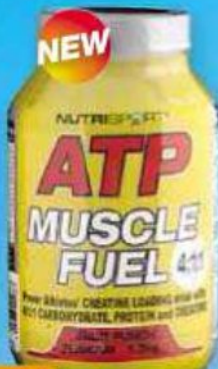
Form guide: p124

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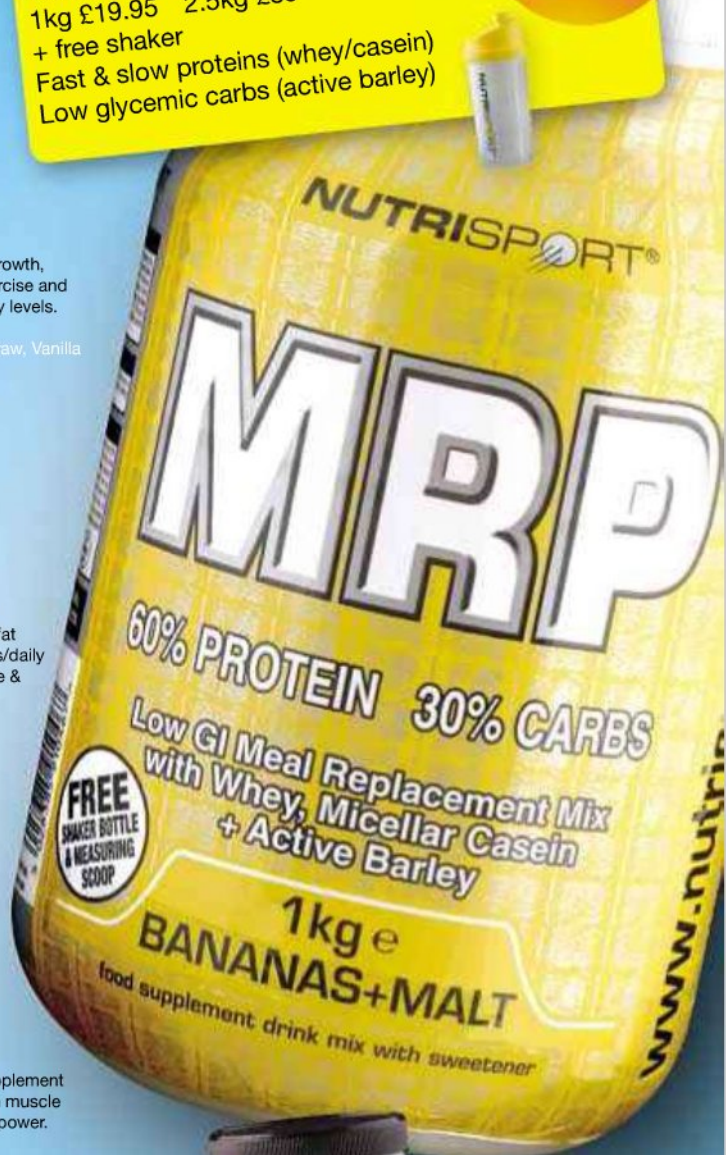
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12
MINUTE
WORKOUT

FORM GUIDES



MINUTE
WORKOUT

FORM GUIDES

BARBELL SQUAT

A classic power move, the squat builds muscle all over your body. Make it the cornerstone of your training.



▲ Shoulders and elbows back.

▲ Head up, looking forward.

▲ Rest the bar on the back of your shoulders, not your neck.

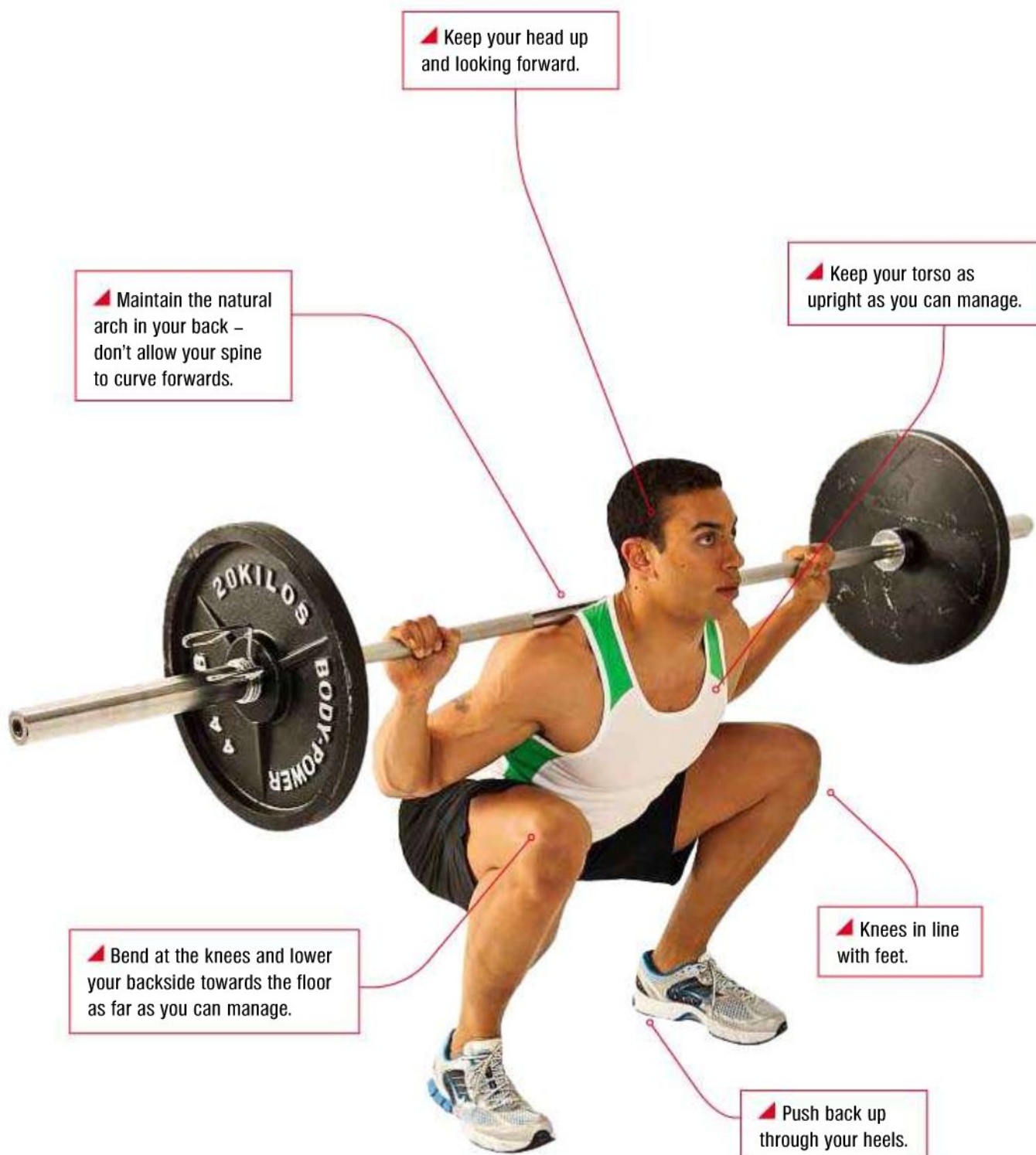
▲ Brace your core muscles by holding your abdominals tight.

▲ Feet just wider than shoulder-width apart, with toes turned out slightly.



12

MINUTE WORKOUT



FORM GUIDES

PRISONER SQUAT

- ▲ Follow the same form guides as for the barbell squat on the previous page.
- ▲ Touch your fingers to your temples and keep your elbows back.
- ▲ Keep your back upright and knees in line with your feet.
- ▲ Squat as low as you can manage without losing form.

1



2



1



2



SQUAT JUMP

- ▲ Lower into a deep squat with your arms by your sides.
- ▲ Pause briefly and engage your core muscles.
- ▲ Spring up powerfully.
- ▲ As you land, bend your knees to absorb the impact and go straight into the next squat.

ONE-LEG SQUAT

- ▲ Keep your back straight with your shoulders back and core muscles engaged to hold your body steady.
- ▲ Hold your arms out for balance.
- ▲ Lower slowly as far as you can manage before pushing back up.
- ▲ Keep your bending your knee in line with your foot.

1



2

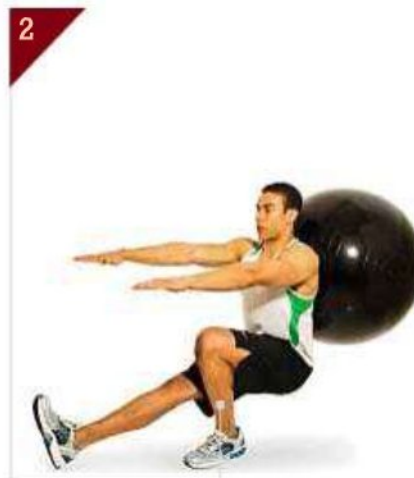
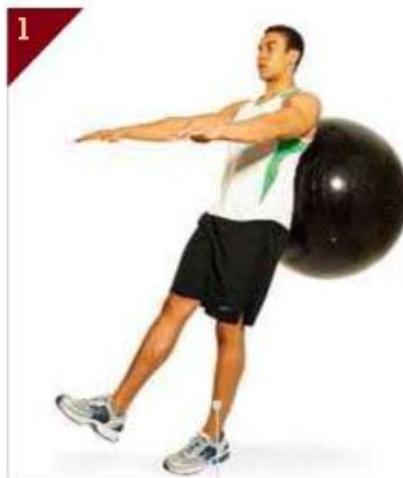




12 MINUTE WORKOUT

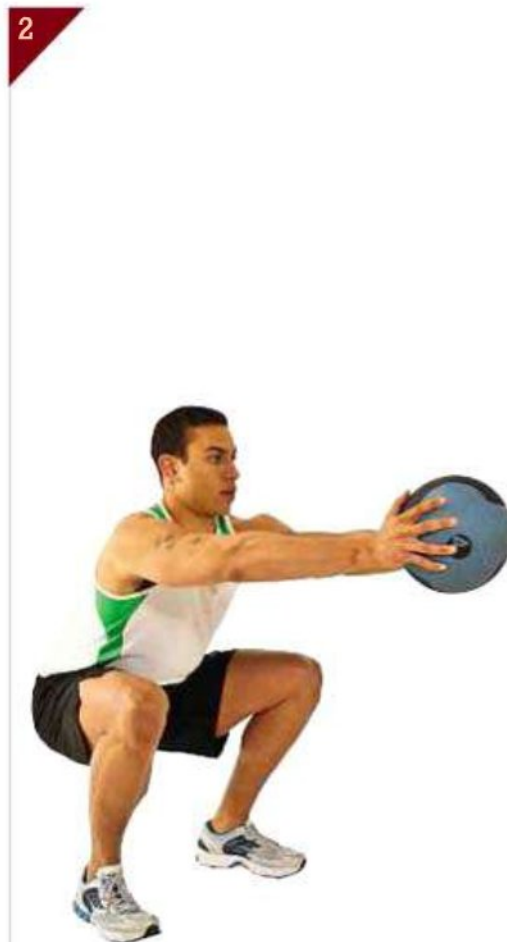
GYM BALL ONE-LEG WALL SQUAT

- ▲ Place a gym ball between your lower back and a wall.
- ▲ Put your standing foot slightly in front of your body.
- ▲ Bend your knee in line with your foot, and slowly lower as far as you can.
- ▲ Hold your raised leg out in front of you as you roll down the ball.



MEDICINE BALL SQUAT AND REACH

- ▲ Stand up straight, holding a medicine ball to your chest.
- ▲ Feet just wider than shoulder-width apart with toes turned out slightly.
- ▲ As you squat down, press the ball away from you at chest-height.
- ▲ The counterbalance of the ball should allow you to squat lower than usual.



ALSO TRY

GYM BALL SQUAT AND REACH



FORM GUIDES

SQUAT TO HIGH PULL

- ▲ Attach the centre of a stretch band to a solid object at floor level.
- ▲ Get tension on the band before squatting down facing the band.
- ▲ As you stand up, pull the handles up to shoulder-height, leading with your elbows.
- ▲ Keep your back straight and core braced throughout.



POWER CLEAN TO FRONT SQUAT

- ▲ Start in a deadlift position (see p87 for more tips), with the bar close to your shins and directly beneath your shoulders.
- ▲ Grip the bar just outside your legs and keep your back straight and core braced as you drop your hips to begin the lift.
- ▲ Pull the bar up powerfully in front of you, keeping the bar close to your body and raising your elbows high.
- ▲ As the bar reaches chest-height, flip it over so it rests on your fingers and the fronts of your shoulders.
- ▲ With your elbows pointing forward and your back as upright as you can manage, lower into a squat, keeping your knees in line with your feet.
- ▲ Push back up and then carefully reset the bar on the floor to begin the next rep.





12 MINUTE WORKOUT

SQUAT TO BICEPS CURL

▲ Hold dumb-bells at your sides with palms facing in.

▲ Lower into a squat. As you stand, curl the weights to your chest, turning your palms so they face up.

▲ Keep your elbows tucked into your sides as you curl the dumb-bells.

1



2



ALSO TRY

SQUAT TO CURL TO PRESS

After curling the dumb-bells to your chest, press them overhead, turning your palms to face forward.



1



2



SQUAT TO PRESS

▲ Hold dumb-bells at shoulder-height with your elbows out to the sides.

▲ Lower into a squat with a straight back and knees in line with your feet.

▲ As you stand up, press the weights directly overhead.

▲ Lower the weights as you drop into the next squat.

SQUAT TO ROTATING SHOULDER PRESS

▲ Hold dumb-bells at shoulder-height with your elbows out to the sides.

▲ As you stand up, rotate your body to one side, rising up on your toes.

▲ At the same time, press one of the weights up and across your body.

▲ Return to the start and press to the other side on the next rep.

1



2



FORM GUIDES

LUNGE

Lunging works all your lower body muscles and improves stability and sporting performance.



▲ Head up, looking forward.

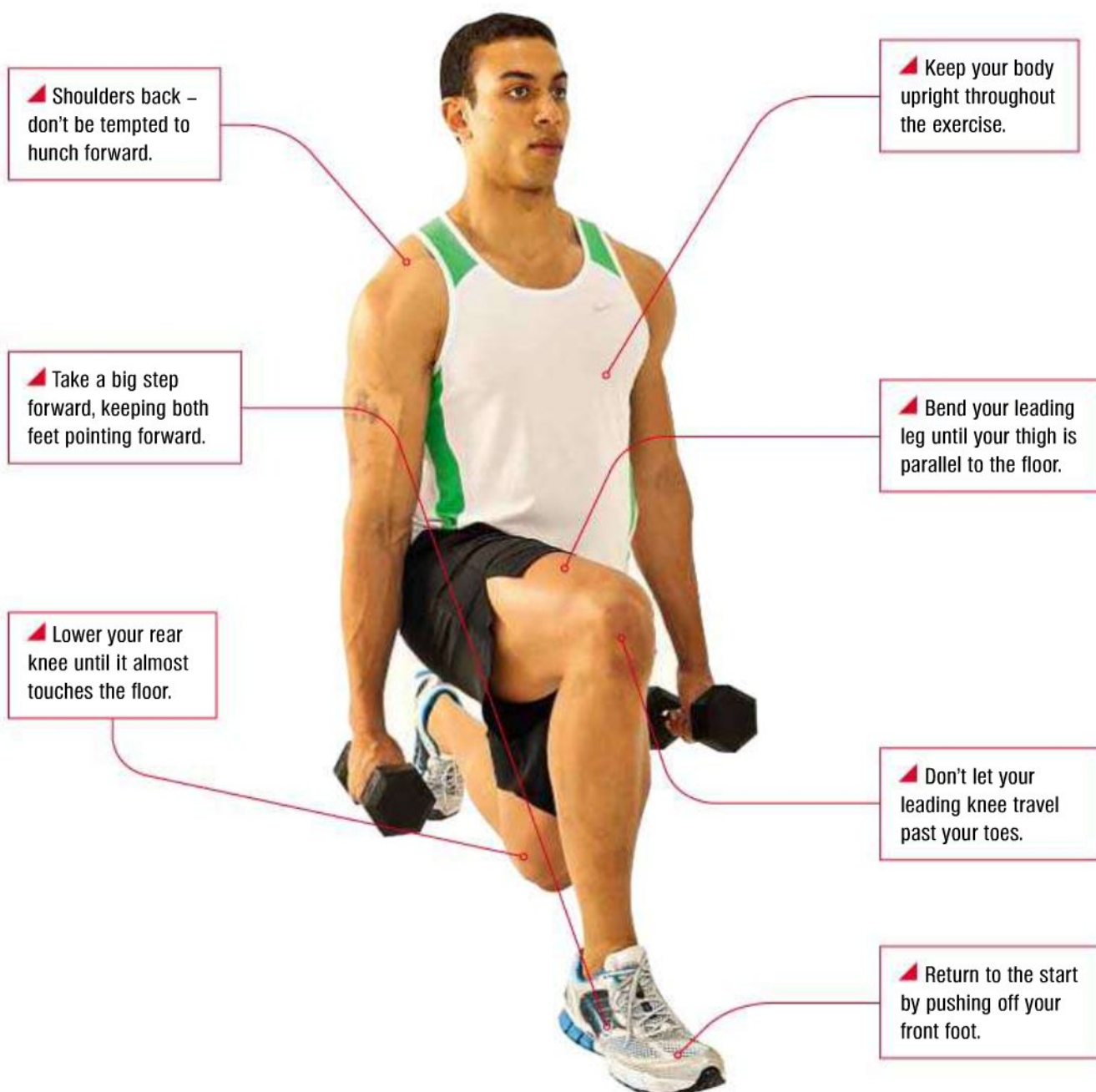
▲ Body upright with core muscles engaged.

▲ Hold weights by your sides with palms facing in.

▲ Feet apart slightly with toes pointing forward.



12 MINUTE WORKOUT



FORM GUIDES

BARBELL LUNGE

- ▲ The form points are the same as for the lunge on the previous page.
- ▲ Hold a barbell across the back of your shoulders, not your neck.
- ▲ Pull your elbows and shoulders back.
- ▲ Keep your body upright throughout.

1



2



LUNGE TO CURL

- ▲ Hold dumb-bells at your sides with palms facing in.
- ▲ Lunge forward, keeping your feet pointing forward and your body upright.
- ▲ At the same time, curl the dumb-bells up to chest-height, turning your wrists so that your palms face upwards.
- ▲ As you curl, keep your elbows tucked into your sides.
- ▲ Push back to the start and lower the weights to your sides again.

1



2





12 MINUTE WORKOUT

LUNGE WITH ROTATION

- ▲ Step into a lunge and hold your arms out in front of you at chest-height.
- ▲ Keep your back upright and core braced, with feet pointing forward.
- ▲ At the lowest point of the lunge – with front thigh parallel to the floor – rotate your body to one side.
- ▲ Return to facing forward before pushing off your front foot to return to the start position.
- ▲ On the next repetition, rotate to the other side.

ALSO TRY

DUMB-BELL LUNGE WITH ROTATION

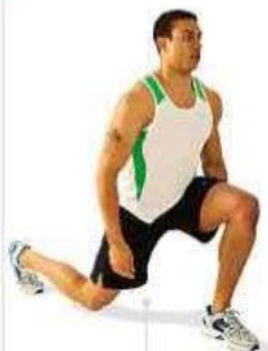


FORM GUIDES

JUMPING LUNGE

- ▲ Get into a lunge position with back upright and core braced.
- ▲ Jump up and swap leg positions in mid-air.
- ▲ Land in lunge position and pause for a second before pushing up for another jump. Swap leg positions again.

1



2



3



1



2



3



JUMPING LUNGE WITH TWIST

- ▲ Start in a lunge position holding a dumb-bell outside your leading thigh.
- ▲ Jump up and swap leg positions while bringing the weight across your body.
- ▲ Land in lunge position on the other side, and repeat the jump in the other direction.

GYM BALL SPLIT SQUAT WITH ROTATION

- ▲ Stand in a split stance with one foot ahead of the other, both feet pointing forward and your back upright.
- ▲ Hold a gym ball in front of you at chest-height.
- ▲ Lower into a lunge position while rotating your body to one side.
- ▲ Alternate sides each rep.

1



2





12 MINUTE WORKOUT

SIDE LUNGE WOODCHOP

▲ Stand up straight and hold your hands together over one shoulder.

▲ Take a big step sideways, keeping both feet pointed forward, and lower onto your leading knee, keeping your training leg straight.

▲ At the same time, bring your arms down and across your body in a chopping motion, before pushing back to the start.



SIDE LUNGE TO TOUCH

▲ From standing, take a big step to the side, with both feet pointing forward.

▲ Lower onto your leading knee while keeping your trailing leg straight.

▲ With a straight back, lean forward to touch your leading foot before pushing back to the start.

▲ Alternate sides with each rep.



ALSO TRY

DUMB-BELL SIDE LUNGE TO TOUCH



FORM GUIDES

CLOCK LUNGE

▲ For this exercise you lunge towards different points around the clock, until you have completed 10 lunges in total to bring you back to the beginning.

▲ The first lunge is straight ahead, leading with your right leg, the next at 45° to your right, then 90° to the right, then behind you at 45° to the right, then directing backwards leading with your right leg, then backwards leading with your left leg, then at 45° behind you to the left... and so on until your final lunge is forwards leading with your left leg.

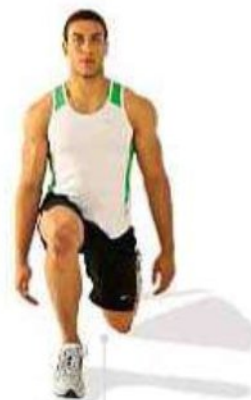
▲ For each lunge, keep your body upright and core braced.

▲ Aim to keep your feet pointing forwards with each lunge.

1



2



3



4



5



6





12 MINUTE WORKOUT

SPLIT SQUAT TO ONE-ARM ROW

▲ Attach a stretch band to a solid object at floor level and hold the handle in your right hand with tension on the band.

▲ With both feet pointing in line with the band, take a split stance with left leg forward and lower your body by bending both knees until your back knee is close to the floor.

▲ Rotate your torso towards the band while keeping your body upright.

▲ As you stand up, rotate your torso away from the band and pull the handle into your side.

▲ Return slowly to the start and repeat.



SPLIT SQUAT TO ONE-ARM PRESS

▲ Attach a stretch band to a solid object at floor level and hold the handle in your right hand with tension on the band.

▲ Facing away from the band, take a split stance with your leg forward and the handle held at shoulder-height.

▲ Lower your body by bending your knees, and turn your torso towards the band while keeping your body upright.

▲ As you stand up, rotate your torso away from the band and press the handle up and away from you.

▲ Return slowly to the start and repeat.

FORM GUIDES

ROMANIAN DEADLIFT

This move targets your glutes and hamstrings as well as your core muscles.



▲ Shoulders back and shoulder blades engaged to stabilise your upper body.

▲ Hold the bar just outside your thighs with an overhand grip.

▲ Bar resting against your thighs.

▲ Head up and looking straight ahead.

▲ Hold your stomach muscles tight for the duration of the lift.

▲ Feet shoulder-width apart with toes pointing forward.





12 MINUTE WORKOUT

▲ Keep your shoulders back – don't hunch.

▲ Bend at the hips, keeping your back straight.

▲ Use your glute muscles to control the descent of the bar.

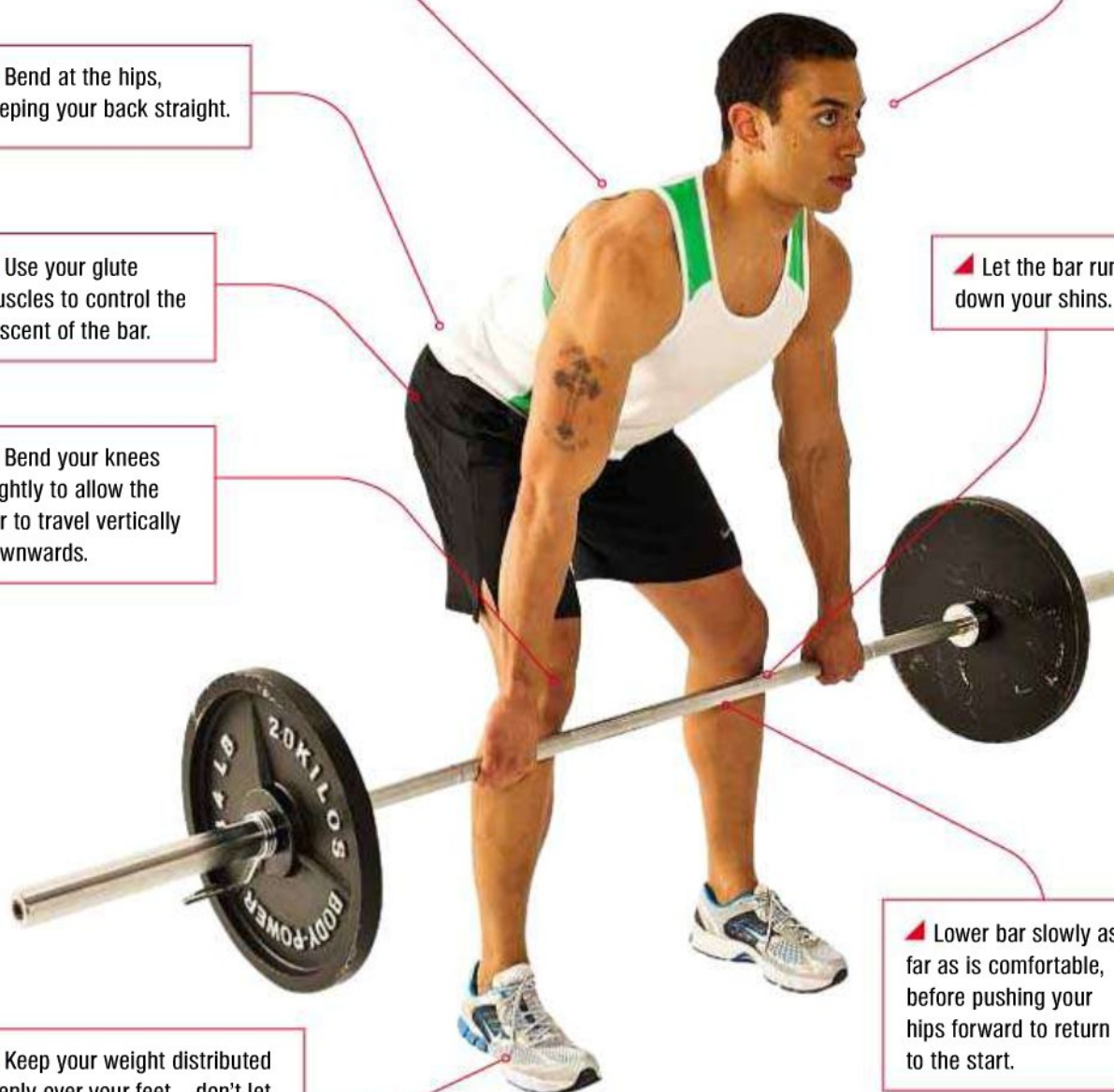
▲ Bend your knees slightly to allow the bar to travel vertically downwards.

▲ Head up, looking forward (without over-extending your neck).

▲ Let the bar run down your shins.

▲ Lower bar slowly as far as is comfortable, before pushing your hips forward to return to the start.

▲ Keep your weight distributed evenly over your feet – don't let your weight tip you forward.



FORM GUIDES

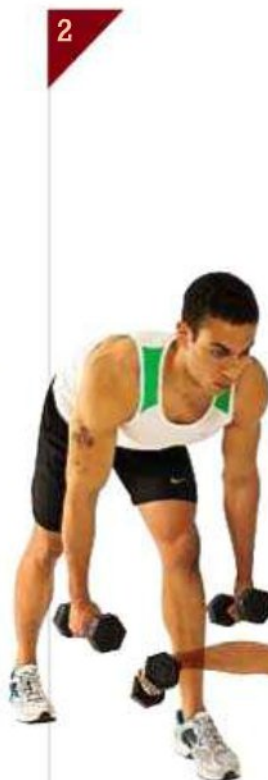
ROMANIAN DEADLIFT TO BENT OVER ROW

- Follow the form for the Romanian deadlift on the previous page.
- Lower the bar down your shins by bending at the hips and unlocking your knees, while keeping your back straight.
- At your lowest point, pause and then pull the bar into your abdomen, squeezing your shoulder blades together.
- Reverse the movement to the start.



DUMB-BELL SPLIT DEADLIFT TO REAR FLYE

- Take a small step forward and lean over at the hips, lowering the weights down your front shin.
- Keep your weight on your front foot and your back straight.
- At the lowest point, hold the position and raise your arms out to the sides, squeezing your shoulder blades together.



ALSO TRY

SPLIT ROMANIAN DEADLIFT TO REAR FLYE





12 MINUTE WORKOUT

ONE-LEG OFFSET TOUCH

- ▲ Stand on one leg, with your back upright and toe pointing forward.
- ▲ Lean forward slowly at the hips, keeping your back straight.
- ▲ Bend your knee slightly to maintain your balance.
- ▲ Touch the floor to the outside of your foot and return to the start without losing your balance.

1



2



SINGLE-LEG DEADLIFT TO ROW

1



2



3



- ▲ Hold dumb-bells by your sides and keep your back straight with your core muscles engaged.

- ▲ Lean forward slowly at the hips with a straight back and let the weights hang straight down.

- ▲ Hold the position while you draw the weights into your sides. Reverse the movement back to the start.

FORM GUIDES

BENT OVER ROW

This compound move builds the muscles of your mid-back while strengthening your core.



▲ Lean forward at the hips.

▲ Bend your knees slightly.

▲ Feet just wider than shoulder-width apart with toes pointing forward.

▲ Back straight and core muscles engaged.

▲ Shoulders directly over the bar.

▲ Hold the bar just outside your shins with an overhand grip.

▲ Hold your position as you lift the bar – don't rock up and down.

▲ Squeeze your shoulder blades together.

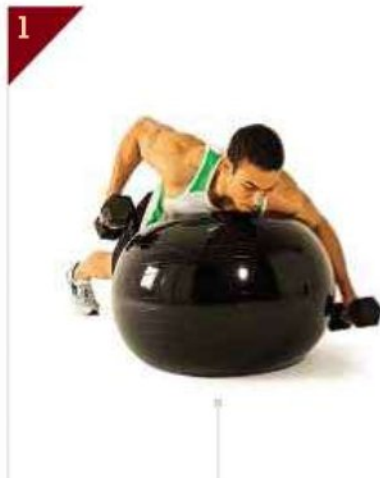
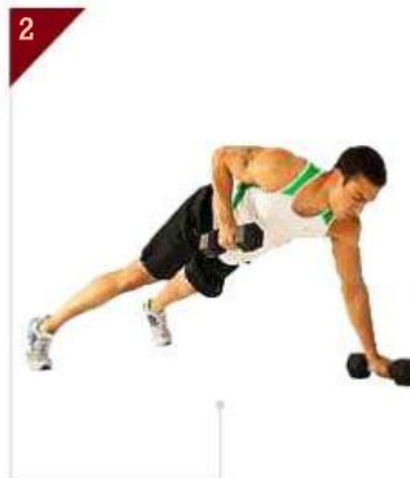
▲ Pull the bar into your abdomen and hold for a second before lowering slowly.



12 MINUTE WORKOUT

RENEGADE ROW

- ▲ Get into a press-up position while holding dumb-bells at shoulder-width.
- ▲ Feet apart for balance.
- ▲ Keep your body straight from head to heels, and engage your core muscles.
- ▲ Draw one of the weights into your side and lower again before repeating on the other side.



GYM BALL PRONE ALTERNATING ROW

- ▲ Lie on a gym ball with your body straight and the ball beneath your chest.
- ▲ Hold dumb-bells on either side of the ball.
- ▲ Alternately draw one weight up while lowering the other.
- ▲ Keep your body steady throughout.

DUMB-BELL INCLINE BENCH ROW

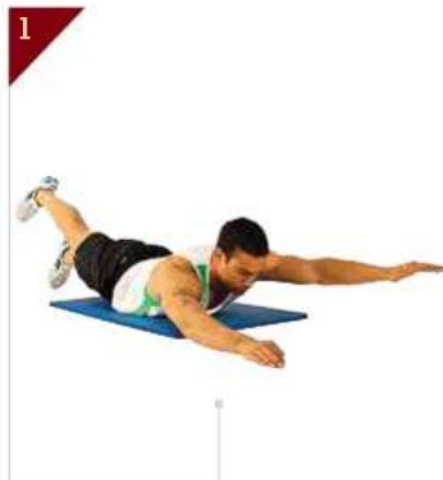
- ▲ Set the bench at 30° to 45°.
- ▲ Lie face-down on the bench and let the weights hang straight down with palms facing backwards.
- ▲ Draw the dumb-bells into your sides and squeeze your shoulder blades together before lowering slowly.



FORM GUIDES

DORSAL RAISE WITH SHOULDER ROTATION

- ▲ Lie face-down on a mat with your arms out to the sides, palms facing down.
- ▲ Lift your shoulders off the mat.
- ▲ At the same time twist your palms, so your thumbs point to the ceiling, and squeeze your shoulder blades together.
- ▲ Hold for a second before lowering.

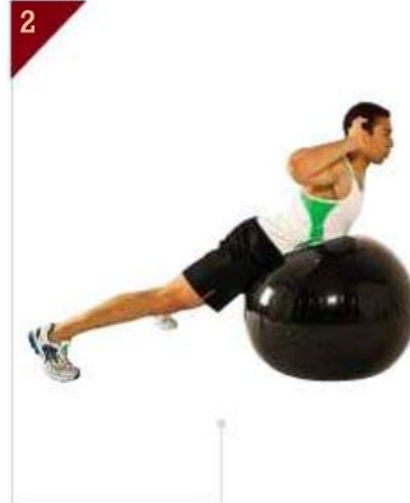
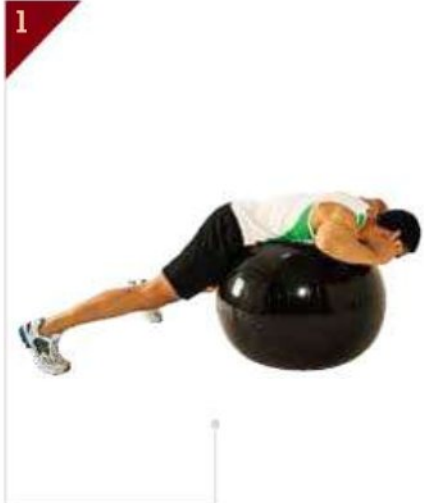


AQUAMAN

- ▲ Lie on your front with your arms stretched out in front of you.
- ▲ Raise your left arm and right leg, keeping them both straight.
- ▲ Hold for a second and then lower them, while at the same time raising your right arm and left leg.
- ▲ Alternate sides in a swimming motion.

GYM BALL BACK EXTENSION

- ▲ Lie on a gym ball so it is beneath your abdomen.
- ▲ Keep your feet apart for balance and don't let them raise off the floor.
- ▲ Touch your fingers to your temples and curl your body around the ball.
- ▲ Lift your shoulders until your body forms a straight line – don't over-extend your spine.





12 MINUTE WORKOUT

INCLINE BENCH DUMB-BELL REVERSE FLYE

▲ Set the bench to between 30° and 45°.

▲ Lie face-down and hold dumb-bells with your palms facing each other.

▲ Keeping a slight bend in your elbows, raise your arms in an arc to the sides.

▲ At the top of the move, squeeze your shoulder blades together and then lower slowly.

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GYM BALL SUPINE REACH

▲ Lie on a gym ball so your head and shoulders are supported.

▲ Hold your body horizontal and place your feet apart on the floor so that your knees form a 90° angle.

▲ Point one arm to the ceiling while pressing your other upper arm into the ball.

▲ Push down on your bent arm and reach up to the ceiling with your straight arm, using your back and core muscles to get the maximum movement upwards.

FORM GUIDES

PULL-UP

The ultimate bodyweight exercise, the pull-up targets your back, lats and biceps, and is a true test of strength.



▲ Hang at full arm's length to start, and lower all the way down with each rep.

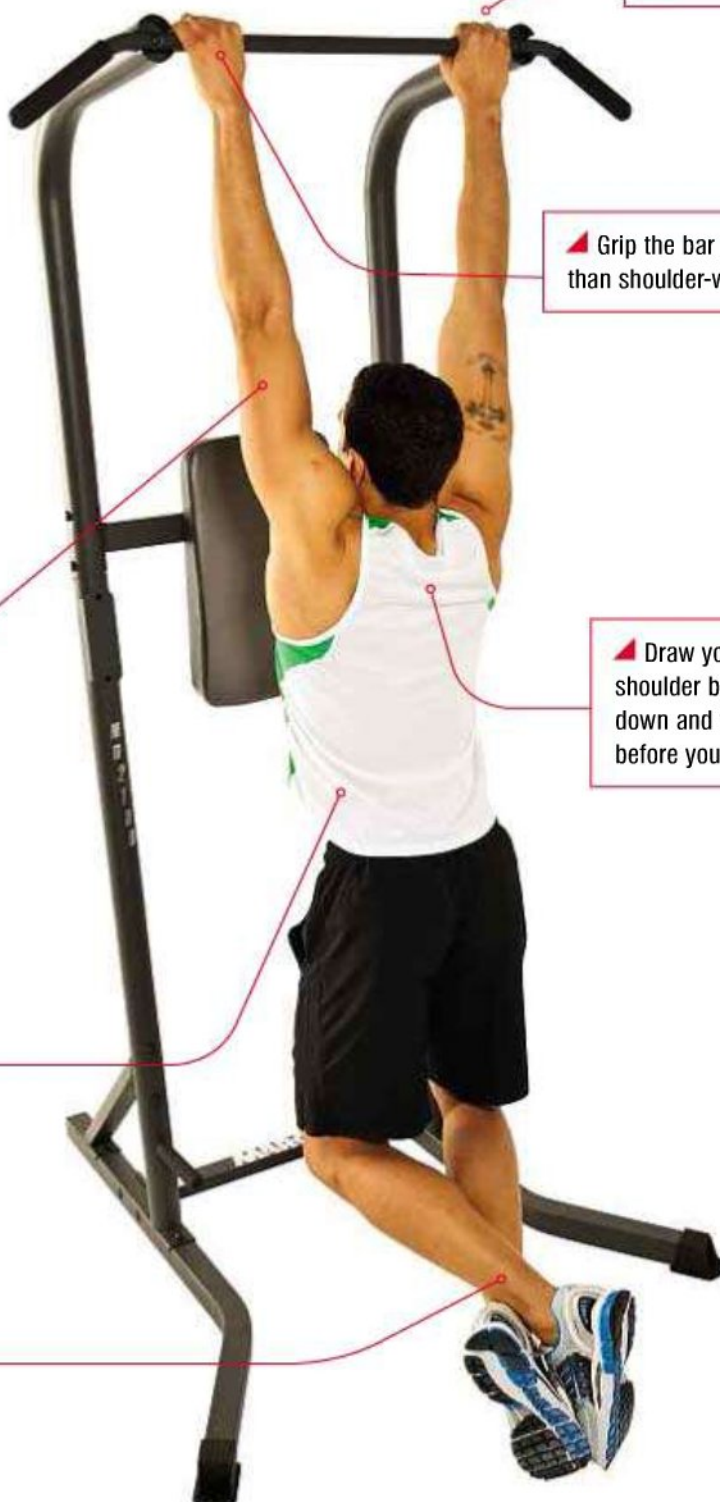
▲ Hold your core muscles tight throughout the exercise.

▲ Cross your feet or hold your legs together.

▲ Overhand grip.

▲ Grip the bar just wider than shoulder-width.

▲ Draw your shoulder blades down and together before you pull up.





12 MINUTE WORKOUT

▲ Pull up until your chin is level with the bar.

▲ Squeeze your shoulder blades at the top of the move.

▲ Don't raise your legs or swing your body to gain momentum as you lift.

▲ Lower as slowly as you can manage.



ALSO TRY

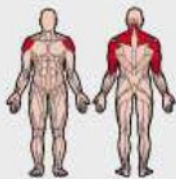
CHIN-UP

An underhand grip places more emphasis on your biceps



SHOULDER PRESS

Also called the military press, this is the standard exercise for building bigger shoulders.



▲ Head up, looking forward.

▲ Hold the bar on your upper chest.

▲ Press the bar directly overhead.

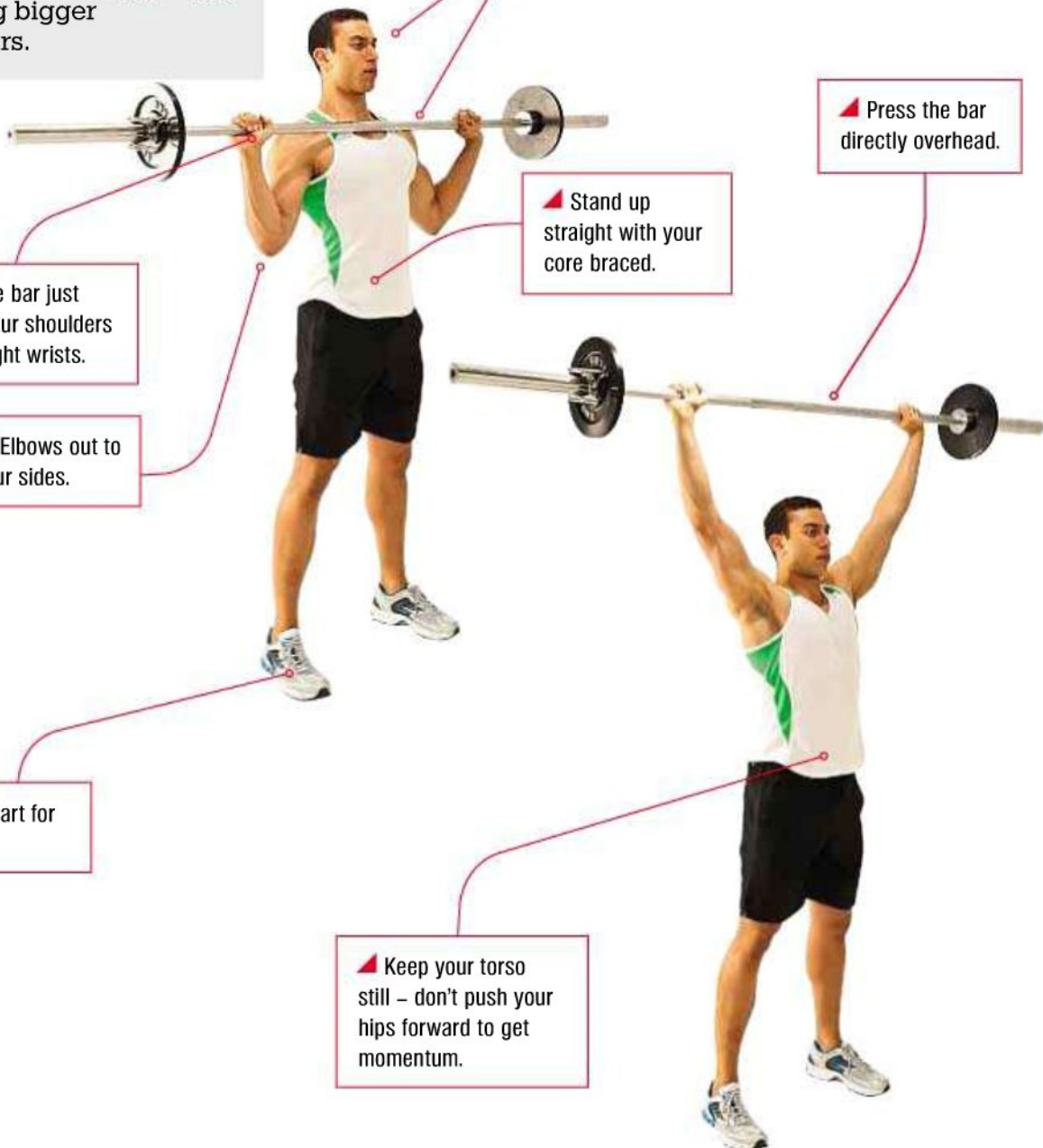
▲ Grip the bar just outside your shoulders with straight wrists.

▲ Elbows out to your sides.

▲ Stand up straight with your core braced.

▲ Feet apart for stability.

▲ Keep your torso still – don't push your hips forward to get momentum.





12 MINUTE WORKOUT

ONE-LEG CURL TO PRESS

- ▲ Stand on one leg with your body upright.
- ▲ Curl the dumb-bells up to your chest, keeping your elbows close to your sides.
- ▲ Press the weights overhead, turning your wrists as you go.
- ▲ Reverse the move to the start.

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ALTERNATING SHOULDER PRESS

- ▲ Hold dumb-bells at shoulder-height with your elbows out to the sides, palms facing forward.
- ▲ Press one of the weights directly overhead.
- ▲ As you lower it, press the other one up.
- ▲ Alternate sides with each rep.

PUSH PRESS

- ▲ Follow a similar form to the shoulder press.
- ▲ Before you lift, unlock your knees and drop into a shallow squat.
- ▲ As you push up with your legs, press the bar directly overhead – the added momentum will allow you to press heavier weights.

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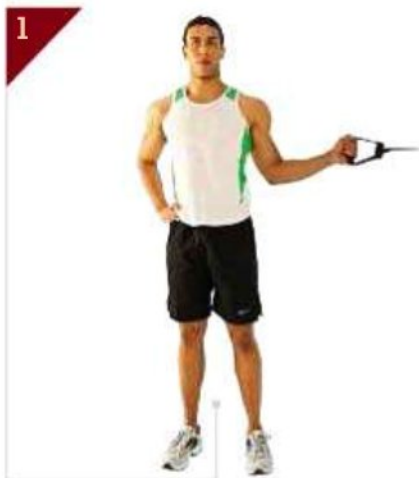
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FORM GUIDES

INTERNAL ROTATION

- ▲ Stand side-on to a stretch band that has been attached to a solid object at waist-height.
- ▲ Grip the handle so your arm forms a 90° angle with your forearm pointing horizontally out to the side.
- ▲ Rotate your arm inwards, keeping your upper arm vertical.



EXTERNAL ROTATION

- ▲ Stand side-on to a stretch band that has been attached to a solid object at waist-height.
- ▲ Grip the handle with the arm furthest from the band, keeping your upper arm vertical and lower arm horizontal across your body.
- ▲ Rotate your arm outwards from your body with your elbow tucked at your side.

LATERAL RAISE

- ▲ Stand up straight, holding dumb-bells in front of you with your palms facing each other.
- ▲ Keeping a slight bend in your elbows, raise your arms in an arc out to the sides until they reach shoulder level.
- ▲ Pause for a second at the highest point and then lower the weights as slowly as you can.





12 MINUTE WORKOUT

DUMB-BELL HIGH PULL

- ▲ Hold dumb-bells in front of your thighs with your palms facing back.
- ▲ Unlock your knees and bend forward at the hips, keeping your back straight.
- ▲ Pull the dumb-bells up in front of you in a dynamic movement, leading with your elbows.
- ▲ Rise up onto your toes to get more momentum into the move.
- ▲ Squeeze your traps at the top of the move and then return to the start in a controlled manner.

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BARBELL SHRUG

- ▲ Hold a heavy barbell in front of your thighs with an overhand grip.
- ▲ Keep your body upright and your core muscles braced.
- ▲ Without moving any other part of your body, lift your shoulders up towards your ears.
- ▲ Squeeze your traps at the top of the move and then return to the start in a controlled manner.

FORM GUIDES

PRESS-UP

A classic bodyweight move, the press-up tests your chest, triceps, shoulders and core.



▲ Brace your core muscles and hold your body in a straight line from head to heels – don't let your hips sag.

▲ Feet close together to make your core work harder at stabilising your body.



▲ Hands just wider than shoulder-width apart.

▲ Hands beneath shoulders.



12

MINUTE WORKOUT

▲ Bend at the elbows and keep them pointing backwards and not out to the sides.

▲ Lower as far as you can without touching the floor with your chest.

▲ Lower slowly and press back up powerfully.

▲ Don't arch your back or push your hips forward to get more momentum.

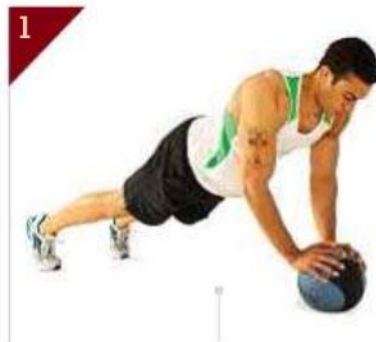


FORM GUIDES

DUMB-BELL PRESS-UP

▲ Get into a press-up position (see form on previous page) holding dumb-bells with straight wrists.

▲ The extra height allows you to go deeper on the lowering portion of the exercise for more effective results.



MEDICINE BALL PRESS-UP

▲ Get into a press-up position (see form on previous page), but with both hands on a medicine ball and your feet apart for stability.

▲ Lower your chest to the ball, keeping your elbows close to your body.

MEDICINE BALL PASSING PRESS-UP

▲ Start in a press up position with one hand on a medicine ball.

▲ Keep your body in a straight line.

▲ You may need to take a wide stance to help maintain balance.

▲ Lower your body as far as you can and, as you rise up, roll the ball towards the other hand.

▲ Place your other hand on the ball and perform another press up before rolling it back again.

▲ Swap sides with each press up.





12 MINUTE WORKOUT

T PRESS-UP

▲ Get into a press up position but with a wider stance for balance.

▲ As you push up, lift one hand off the floor and rotate your torso until you can point towards the ceiling.

▲ Alternate sides with each rep.



PLYO OFFSET PRESS-UP

▲ Start in a press-up position, but with one hand further forward than your shoulders and one further back.

▲ Lower your chest towards the floor, then push up with enough force to lift your hands off the floor.

▲ In mid-air swap the position of your hands and go straight into the next press up as you land.

▲ Keep moving your hands backwards and forwards with each rep.

GYM BALL PRESS-UP

▲ Get into a press-up position, but with your feet resting on a gym ball.

▲ Keeping a straight back, lower your nose towards the floor and then push up while trying to minimise the wobble of the gym ball.



FORM GUIDES

BENCH PRESS

The bench press is the king of upper-body moves, working your chest, shoulders and triceps together.



▲ Grip the bar just wider than shoulder-width apart.

▲ Keep your core muscles engaged throughout.

▲ Hold the bar directly above your chest.

▲ Head and shoulders supported by the bench.

▲ Feet flat on the floor for stability.

▲ Maintain the natural arch in your back.

▲ Lower the bar slowly to just above your chest, then press back up again powerfully.

▲ Elbows to the sides.

▲ Don't lift your hips off the bench as you press the bar back up.



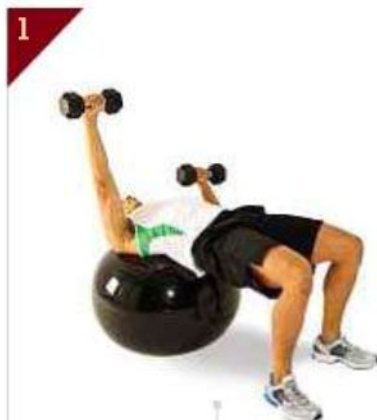
12 MINUTE WORKOUT

GYM BALL ALTERNATING CHEST PRESS

▲ Lie on a gym ball with your head and shoulders supported, and your body in a straight line with knees bent at 90°.

▲ Hold dumb-bells at chest-height with your elbows out to the sides.

▲ As you press one weight straight up, lower the other one, alternating with each rep.



DUMB-BELL INCLINE BENCH PRESS

▲ Set a bench at around 45° and sit with your back and head supported.

▲ Hold dumb-bells at chest-height with your palms facing forward and elbows out to the sides.

▲ Press the weights vertically upwards and then lower slowly to the start.

DUMB-BELL BENCH FLYE

▲ Lie on a flat bench with your head supported and feet flat on the floor.

▲ Hold dumb-bells above your chest with palms facing each other.

▲ Keeping a slight bend in your elbows, lower the weights slowly to the side in an arc, before squeezing your chest muscles and returning to the start.



FORM GUIDES

SHADOW BOXING

▲ This exercise emulates boxing moves to give you a cardio workout.

▲ Get into a boxing stance with feet apart and fists by your chin.

▲ Throw jabs, crosses, hooks and uppercuts with both hands – the aim is to keep moving and stay balanced on your feet.

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JABS

■ Hold dumb-bells at shoulder-height with palms facing in.

■ Throw a punch out quickly with one hand, turning the palm to face down.

■ Swap sides with each rep and twist your torso into each jab to get more power behind it.

UPPERCUTS

▲ Stand up straight holding dumb-bells at waist-height.

▲ Twist your torso to one side, rising up on your back foot, and perform an uppercut movement with the dumb-bell.

▲ Alternate sides with each rep, aiming to make each uppercut fast, powerful and controlled.

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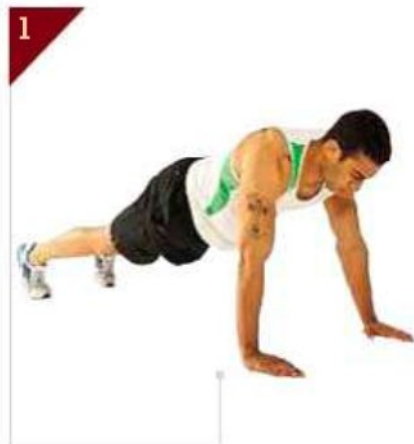


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MINUTE WORKOUT

JUMPING JACKS

- ▲ Stand with your arms by your sides.
- ▲ Jump, moving your feet apart and raising your arms over your head at the same time.
- ▲ Jump back to the start and repeat, making your movements fast and controlled.



SQUAT THRUSTS

- ▲ Start in a press-up position with your body straight and your hands beneath your shoulders.
- ▲ Jump your feet forward, so your knees come up to your chest, and then jump your feet back to the start.
- ▲ Repeat quickly and under control.

HILL CLIMBERS

- ▲ From a press-up position, bring one knee in close to your chest.
- ▲ Jump that leg back while bringing the other one forward – a bit like running on the spot.
- ▲ Repeat quickly and under control.



FORM GUIDES

RUSSIAN TWIST

This move builds a strong core and improves sporting performance.



▲ Hold the weight straight out in front of you at chest-height.

▲ Keep your back upright and your core muscles braced.

▲ Feet just wider than shoulder-width apart.



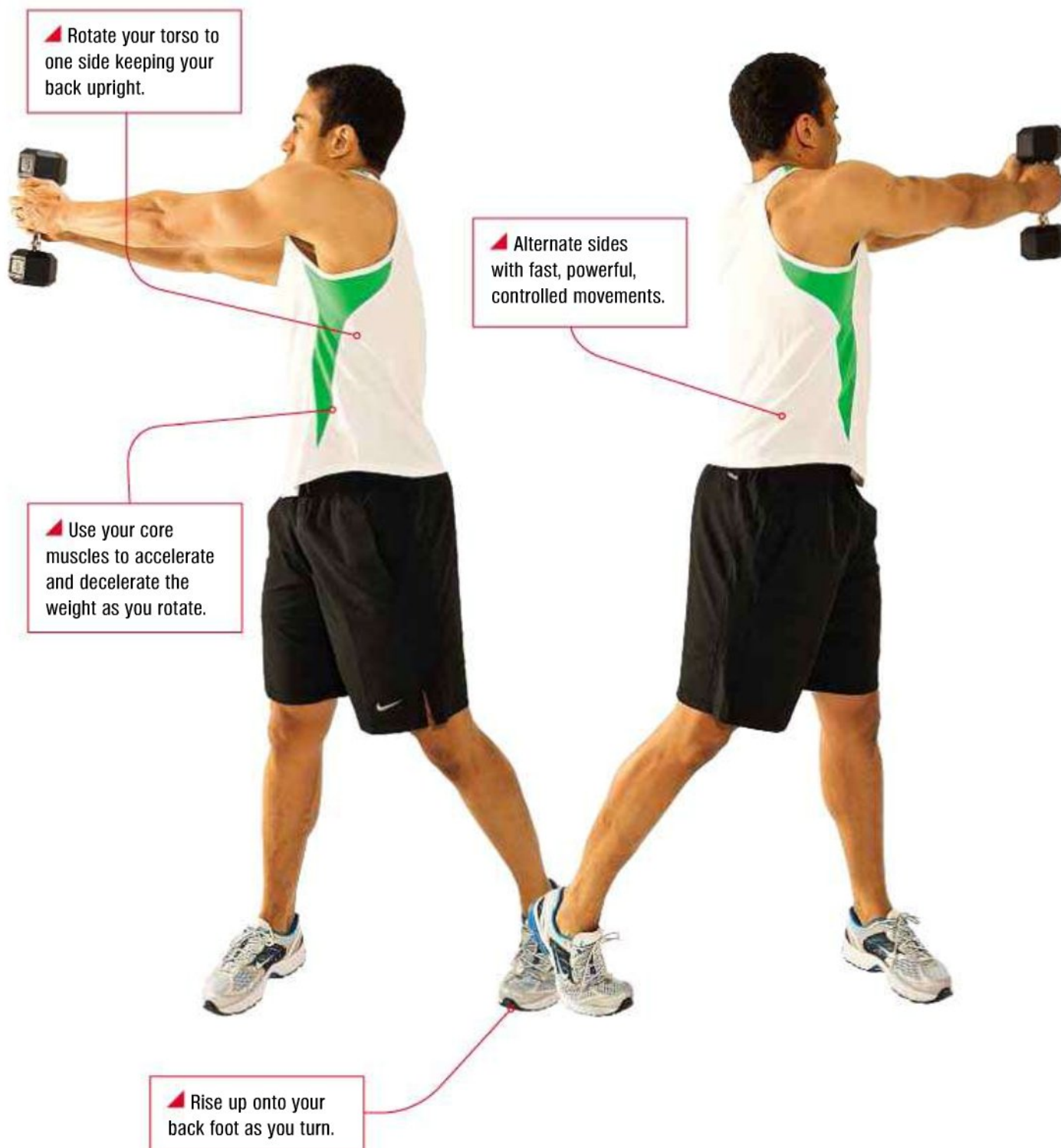
ALSO TRY

MEDICINE BALL RUSSIAN TWIST





12 MINUTE WORKOUT



▲ Rotate your torso to one side keeping your back upright.

▲ Alternate sides with fast, powerful, controlled movements.

▲ Use your core muscles to accelerate and decelerate the weight as you rotate.

▲ Rise up onto your back foot as you turn.

FORM GUIDES

BARBELL ROTATION

Follow same the form as the Russian Twist on the previous page.

Hold a barbell across the back of your shoulders – not your neck.

Stand upright and use your core muscles to control the rotation of the bar.



LOWER-BODY ROTATION

Lie on your back with your arms out to the sides for support.

Hold your thighs vertical with your knees bent at 90°.

Rotate your lower body to one side until your knees almost touch the floor, and then return to the start and repeat on the other side.

Keep your shoulders on the floor at all times.



ALSO TRY

STRAIGHT LEG LOWER-BODY ROTATION



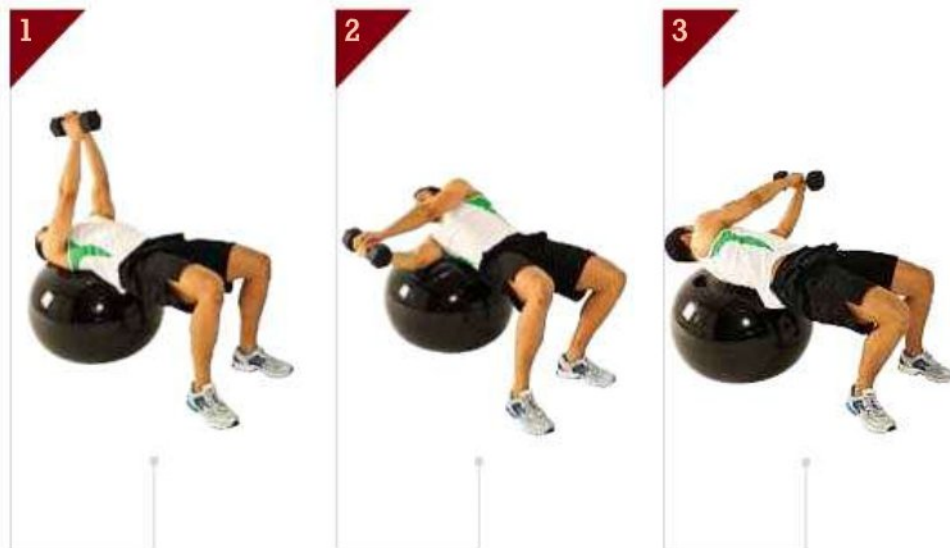


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MINUTE WORKOUT

GYM BALL RUSSIAN TWIST

- ▲ Lie on a gym ball with your head and shoulders supported, your feet on the floor and body held in a straight line.
- ▲ Hold a dumb-bell above your chest, keeping your arms straight.
- ▲ Rotate your torso to one side, allowing the ball to roll under you.
- ▲ Use your core muscles to control the rate of rotation.



DUMB-BELL SEATED RUSSIAN TWIST

- ▲ Sit on the floor and hold your torso at around 45° to the floor, keeping a straight back.
- ▲ Keep your legs slightly bent and out in front of you for balance.
- ▲ Hold a dumb-bell in front of your chest and rotate your torso from side to side while maintaining the angle of your back.



ALSO TRY

MEDICINE BALL SEATED RUSSIAN TWIST



FORM GUIDES

WOODCHOP

This move works multiple muscle groups through several different planes to provide real-world strength.



▲ Keep your back straight and core muscles braced throughout.

▲ Keep your arms straight as you pull them up and across your body.

▲ Stand side-on to a stretch band attached to a solid object at floor level.

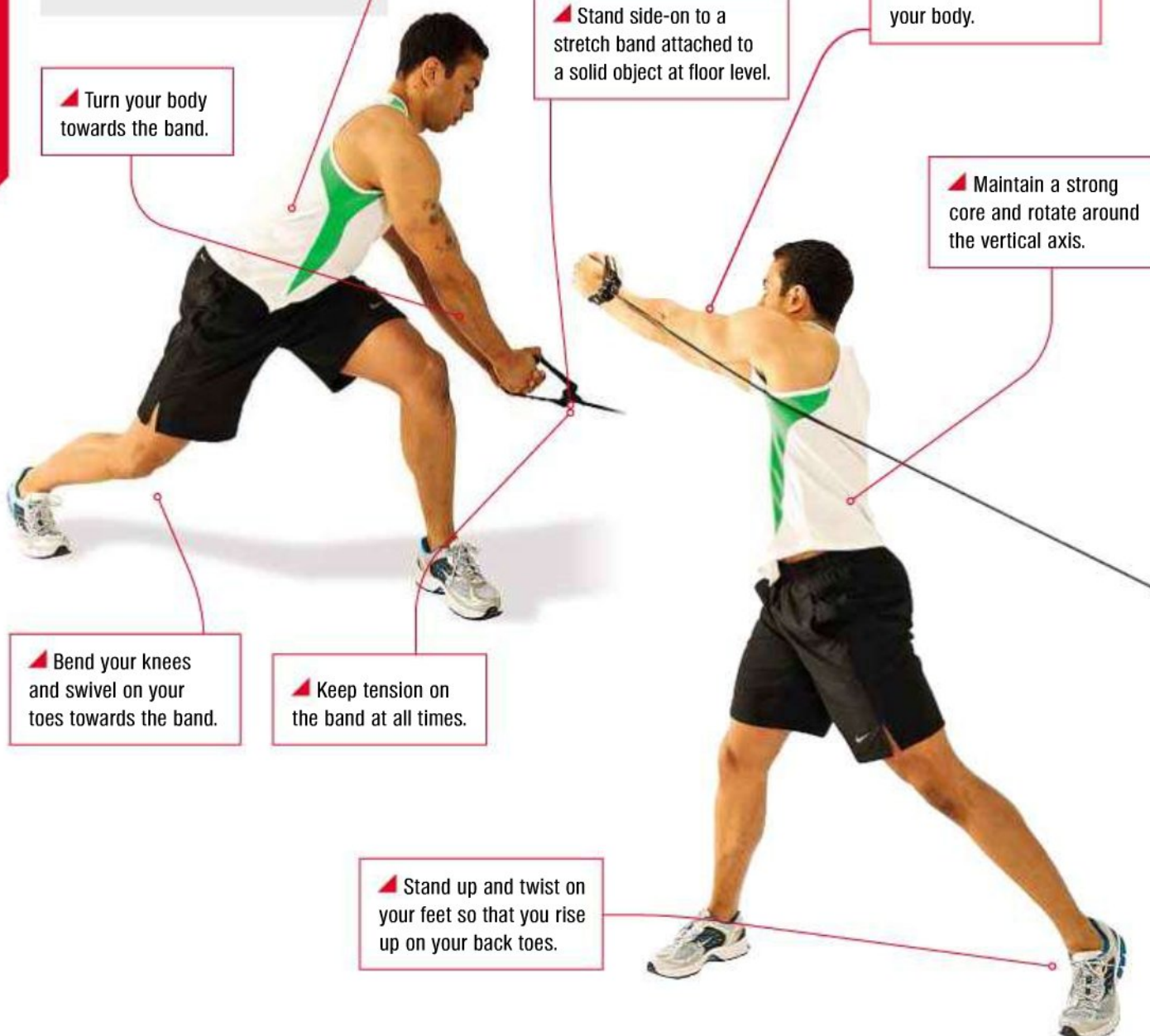
▲ Maintain a strong core and rotate around the vertical axis.

▲ Turn your body towards the band.

▲ Bend your knees and swivel on your toes towards the band.

▲ Keep tension on the band at all times.

▲ Stand up and twist on your feet so that you rise up on your back toes.

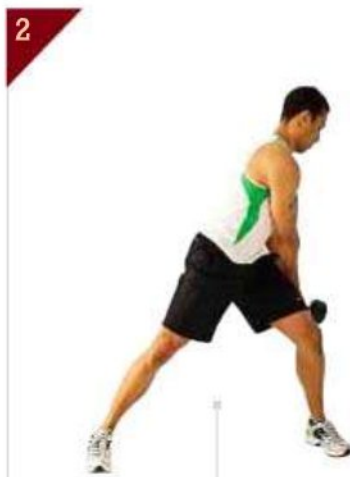
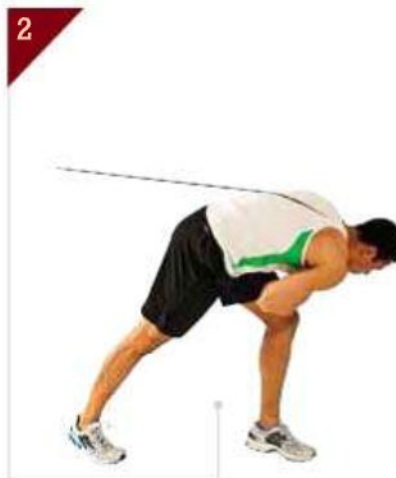




12 MINUTE WORKOUT

JUDO THROW

- ▲ Stand side-on to a stretch band attached at shoulder-height.
- ▲ Start with tension on the band and twist away from it, bringing the handle over your shoulder.
- ▲ With the handle held at your chest, crunch forward using your abs to pull the band further down.



DUMB-BELL SIDE LUNGE WOODCHOP

- ▲ Stand up straight with feet together and a dumb-bell held over one shoulder.
- ▲ Take a step to the side with both feet pointing forward and bring the dumb-bell down and across your body in a chopping motion.
- ▲ Keep your back straight and core tight as you rotate your torso.

MEDICINE BALL LUNGE CHOP

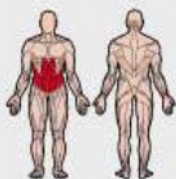
- ▲ Stand up straight with a medicine ball held over one shoulder.
- ▲ Take a big step forward into a lunge, leading with the leg on the opposite side to the ball.
- ▲ At the same time, bring the ball down and across your body in a chopping motion.
- ▲ Keep your body upright throughout.



FORM GUIDES

WEIGHTED CRUNCH

The crunch is the standard move for training your abs. Adding weight allows you to work to a specific rep range.



▲ Hold a weight plate or dumb-bell against your chest.

▲ Knees bent and feet flat on the floor.

▲ Hold your head off the floor at the start.

▲ Use a mat to protect your lower back.





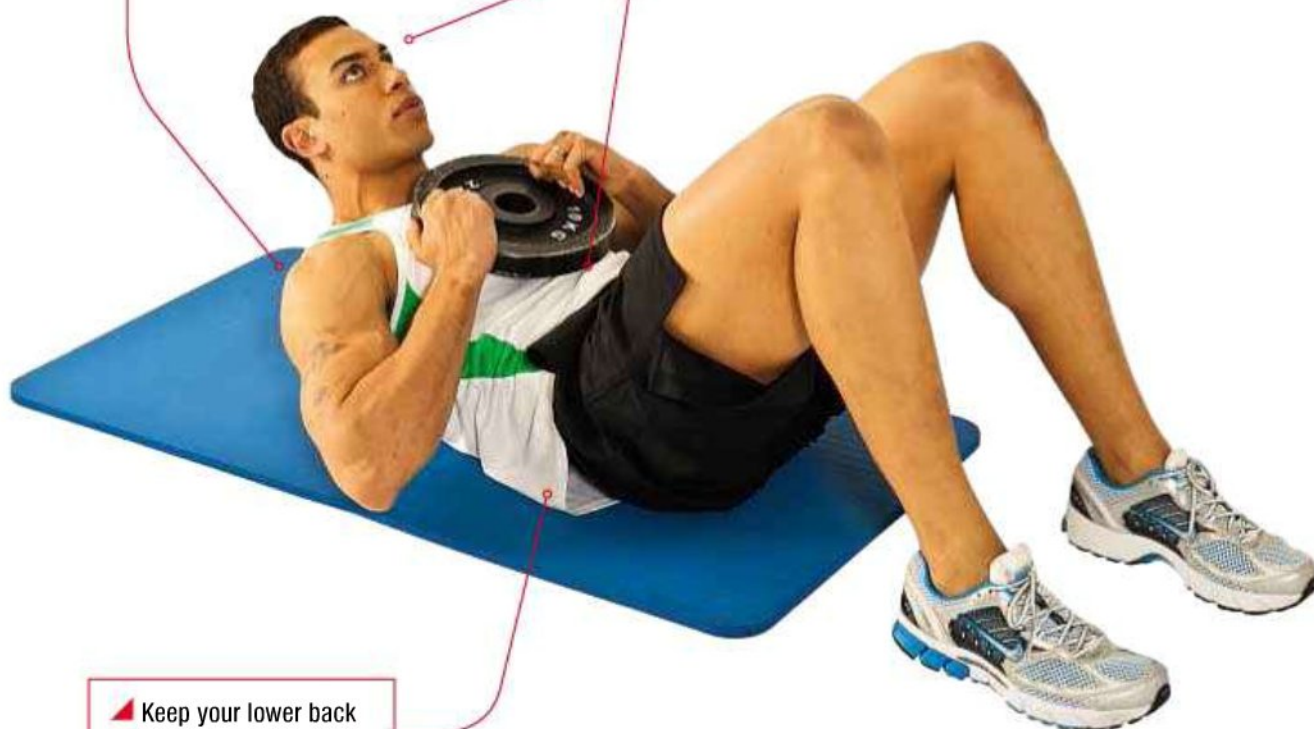
12

MINUTE WORKOUT

▲ Lift your shoulders off the floor and curl your chest towards your knees.

▲ Head in line with your torso.

▲ Squeeze your abdominal muscles and aim to hold the top position for a second before lowering slowly.



▲ Keep your lower back in contact with the mat.

FORM GUIDES

PUNCH UP CRUNCH

- ▲ Lie on the mat with knees bent and feet flat on the floor.
- ▲ Hold dumb-bells at chest-level.
- ▲ Crunch up and punch out with one of the weights up and across your body.
- ▲ Alternate sides with each rep.

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CRUNCH THROW

- ▲ Hold a medicine ball to your chest.
- ▲ Sit up powerfully, raising your shoulders and lower back off the mat.
- ▲ As you come up, throw the ball away from you to a partner or against a wall.
- ▲ Catch the rebound and lower back to the start.

HANGING KNEE RAISE

- ▲ Hang from a pull-up bar with legs bent and feet crossed or together.
- ▲ Draw your knees up to your chest, using your abs to gain as much height as you can.
- ▲ Hold the top position for a second before lowering slowly.
- ▲ Don't swing to gain momentum.

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12 MINUTE WORKOUT

BICYCLES

- ▲ Lie on the mat and touch your fingers to your temples.
- ▲ Hold your feet off the floor.
- ▲ Bring one knee back towards your chest and, at the same time, lift the opposite shoulder off the floor and twist your torso to bring your elbow to touch your knee.
- ▲ Twist back and forth, pumping your legs and touching your elbows to your knees.
- ▲ Use your abs to control the motion.

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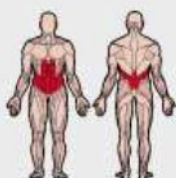
GYM BALL TWISTING CRUNCH

- ▲ Lie back on a gym ball with it beneath your lower back.
- ▲ Keep your feet on the floor.
- ▲ Touch your fingers to your temples and lean right back on the ball to get the full range of motion.
- ▲ Lift your shoulders up and crunch your chest towards your knees, twisting your torso to one side.
- ▲ Return slowly to the start and then repeat on the other side.

FORM GUIDES

PLANK

For building core stability and protecting your spine, the simple plank is a must-do exercise.



▲ Keep your body in a straight line from head to heels – don't let your hips sag.

▲ The wider apart your feet are, the more stable you become. Keep your feet close together to make your core work harder.

▲ Your elbows should be directly beneath your shoulders.





12

MINUTE WORKOUT

▲ Lock your shoulders into position so they are aligned and not hunched.

▲ Keep your head in line with your spine – don't over-extend your neck.



▲ Hold the position for as long as you can, and stop when you can no longer maintain good form.

FORM GUIDES

GYM BALL PLANK

- ▲ Rest your forearms on a gym ball, keeping your elbows beneath your shoulders.
- ▲ Hold your body in a straight line.
- ▲ Keep your feet apart for stability.
- ▲ Aim to hold the position for as long as possible while minimising the wobble of the gym ball.

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GLUTE BRIDGE

- ▲ Lie on your back with knees bent and feet flat on the floor.
- ▲ Hold your arms by your sides for support.
- ▲ Raise your hips until your body forms a straight line from knees to shoulders.
- ▲ Hold for two to three seconds before lowering slowly.

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ALSO TRY

GLUTE BRIDGE WITH LEG RAISE

As you raise your hips, extend one leg in line with your body.





12 MINUTE WORKOUT

SIDE BRIDGE

- ▲ Lie on your side with your elbow beneath your shoulder.
- ▲ Raise your hips until your body forms a straight line from head to heels.
- ▲ Hold the position for two to three seconds before lowering slowly.



PRONE STRETCH BAND PULLS

- ▲ Attach a stretch band to a solid object at floor level.
- ▲ Get in to a press-up position facing the band, but far enough from it that there is tension on the band when you hold the handle.
- ▲ Use your core muscles to maintain the press-up position while you draw the band back in a series of different motions.
- ▲ Pull the handle into your abdomen, then draw it out to the side with a straight arm, then pull it beneath you or overhead. You can mix up movements as you see fit.

SIDE PLANK WITH LATERAL RAISE

- ▲ Get into a side plank position with your elbow beneath your shoulder and body in a straight line.
- ▲ Hold a dumb-bell in your upper arm and raise and lower it slowly in front of your body without compromising your plank position.



FORM GUIDES

TURKISH GET-UP

▲ Lie on the floor with your left knee bent and left arm pointing straight up.

▲ The aim of the exercise is to get from lying to standing while pointing upwards constantly.

▲ Start by rising onto your elbow.

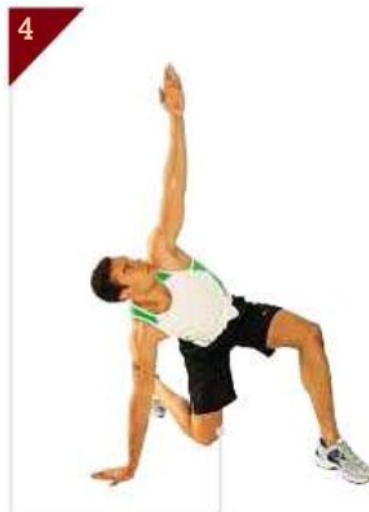
▲ Lift your hips and push up onto one hand so that your body forms a straight line from head to toe.

▲ Bring your unsupported leg beneath you and place your toes on the floor behind you.

▲ Push up into a lunge position, still pointing upwards.

▲ Now stand up and bring your feet together before reversing the movement back to the beginning.

▲ Keep your core braced throughout, and make all your movements slow and deliberate.





12 MINUTE WORKOUT

PRESS-UP TO BURPEE TO CLEAN TO PRESS

▲ Holding dumb-bells, perform a press-up before jumping your feet forward beneath your chest.

▲ Rock back onto your heels and hold the weights at shin-height with a straight back and tight core.

▲ Pull the weights up in front of you and when they reach chest-height, drop into a squat and flip the weights over to catch them on your palms.

▲ Press the dumb-bells overhead.

▲ Reverse the move to the start.



MEDICINE BALL PRESS- UP TO BURPEE TO OVERHEAD SQUAT

▲ With your hands on a medicine ball, perform a press-up and then jump your feet forward beneath your chest.

▲ Grab the ball and stand up, lifting the ball above your head.

▲ Keep your back straight and core braced as you lift the ball.

▲ With the ball over your head, lower into a squat, keeping your torso upright and your knees in line with your feet.

▲ Reverse the move back to the start.

FORM GUIDES

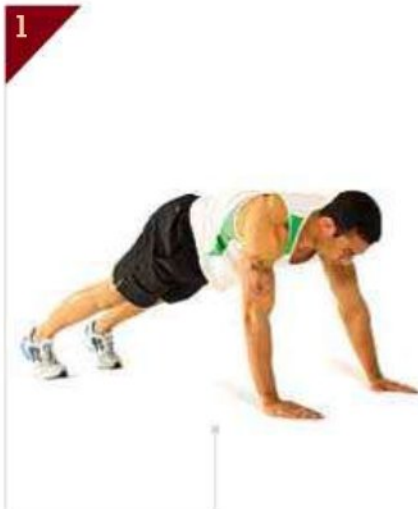
CALF RAISES

- ▲ Stand on the edge of a box or step and use a wall for balance.
- ▲ Hold a dumb-bell in your other hand.
- ▲ Lower your heel as far as you can.
- ▲ Push up onto your toes and hold the position for a second before lowering slowly.



INCH WORM

- ▲ Start in a press-up position with your body straight and hands beneath your shoulders.
- ▲ Walk your feet forwards, taking small steps until your body forms an inverted 'V' shape.
- ▲ Now walk your hands forward until you return to the press up position.
- ▲ Repeat the movement pattern so that you move forwards slowly across the room.
- ▲ Keep your back flat and core braced throughout.

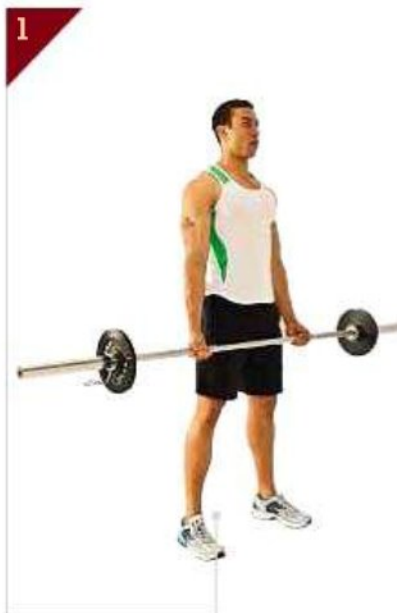




12 MINUTE WORKOUT

BARBELL BICEPS CURL

- ▲ Stand up straight with your shoulders back and core braced.
- ▲ Hold a barbell either side of your thighs in an underhand grip.
- ▲ Curl the bar up chest-height, keeping your elbows tucked close to your sides.
- ▲ Squeeze your biceps at the top and lower the bar slowly to the start.
- ▲ Don't lift your elbows or rock your body to gain extra momentum.



INCLINE BENCH DUMB-BELL BICEPS CURLS

- ▲ Set the bench at 45° and sit with your head supported and feet on the floor.
- ▲ Hold two dumb-bells with palms facing forward and your arms hanging straight down.
- ▲ Curl the weights up as far as you can without lifting your elbows.

DUMB-BELL LYING TRICEPS PRESS

- ▲ Lie on a flat bench and hold a dumb-bell in both hands over your head with your arms tilted back slightly.
- ▲ Keeping your upper arms in the same place, bend your elbows to lower the weight and then press back to the start by squeezing your triceps.



FORM GUIDES

GYM BALL LEG CURL

- ▲ Lie with your head and shoulders on the floor and heels on a gym ball.
- ▲ Hold your body in a straight line and keep your arms by your sides for stability.

ALSO TRY

GYM BALL HIP RAISE TO LEG CURL

Start with your back on the floor and raise your hips to begin the move.



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- ▲ Draw the ball in towards your backside and raise your hips.

- ▲ Move the ball back and forth, using your hamstrings and core muscles to control the ball's movement.

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GYM BALL JACKKNIFE

- ▲ Get into a press-up position with your hands beneath your shoulders and feet on a gym ball.
- ▲ Hold your body in a straight line.

ALSO TRY

GYM BALL TWISTING JACKKNIFE

Push your knees out to the sides as you draw the ball in.



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- ▲ Pull your knees into your chest, rolling your feet over the ball as you move.

- ▲ Use your abs and hips to control the ball's motion.

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MINUTE WORKOUT

MEDICINE BALL THROW DOWNS

- ▲ Take a wide stance and hold a medicine ball in front of you.
- ▲ Lift the ball over your head to your full extension and then throw it down in front of you as hard as you can.
- ▲ Make your movements fast and dynamic.
- ▲ Catch the ball on the bounce and repeat – note that some balls can bounce very high so it might be best to try this one outside.



MEDICINE BALL SLEDGEHAMMER

- ▲ Take a wide stance and hold a medicine ball between your legs.
- ▲ Keep your back straight and core braced.
- ▲ Bend at the knees and push your backside out.
- ▲ Stand up powerfully, pushing your hips forward, and lift the ball over your head in a swinging motion.
- ▲ Use your abs to decelerate the ball at the top of the move, and then bring it back down powerfully to the start.



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Don't train longer – train smarter! 12 minutes is all you need!

WORKOUT 1

Kit Free

Core values

The workout is a great way to develop the muscles of your core – the centre of your body – and burn fat. These muscles not only provide the main support for your body, but they also play a key role in maintaining good posture, preventing back pain and improving all areas of physical ability. A strong core provides the foundation upon which all other muscle groups are built. As such, most of the time, it's the core muscles that are the most under-trained. This workout will help you build a strong, stable core and improve your overall fitness.

WORKOUT LEVEL 1

How to do it:

1. Perform 10 reps of exercise 1a.
2. Move immediately into exercise 1b and do 10 reps.
3. Rest for 30 seconds and then repeat exercises 1a and 1b.
4. Rest for 30 seconds and then repeat exercises 1a and 1b.
5. Repeat the set pattern as many times as you like, but no more than 10 sets in total.

Tip: Keep your core muscles tight and contracted. To maximize your results, make your movements as smooth as possible and take a 30-second rest.

12 MINUTE WORKOUT

FORM GUIDES

SHOULDER PRESS

12 reps
30 seconds rest
10 sets

1a. Stand with feet shoulder-width apart, holding a barbell with an overhand grip. Lift the barbell up to your shoulders, then press it straight up over your head. Lower the barbell back to your shoulders and repeat.

1b. Stand with feet shoulder-width apart, holding a barbell with an overhand grip. Lift the barbell up to your shoulders, then press it straight up over your head. Lower the barbell back to your shoulders and repeat.

1c. Stand with feet shoulder-width apart, holding a barbell with an overhand grip. Lift the barbell up to your shoulders, then press it straight up over your head. Lower the barbell back to your shoulders and repeat.

12 MINUTE WORKOUT

ONE-LEG CURL TO PRESS

12 reps
30 seconds rest
10 sets

1a. Stand with feet shoulder-width apart, holding a barbell with an overhand grip. Lift the barbell up to your shoulders, then press it straight up over your head. Lower the barbell back to your shoulders and repeat.

1b. Stand with feet shoulder-width apart, holding a barbell with an overhand grip. Lift the barbell up to your shoulders, then press it straight up over your head. Lower the barbell back to your shoulders and repeat.

1c. Stand with feet shoulder-width apart, holding a barbell with an overhand grip. Lift the barbell up to your shoulders, then press it straight up over your head. Lower the barbell back to your shoulders and repeat.

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