

Men'sHealth

FREE
WORKOUT
POSTER
GET THE BODY
YOU WANT

CUT OUT AT
PERFORATION AND
TAKE TO THE GYM

SUMMER-FIT IN 30 DAYS

Use these blubber-blasting routines to
make sure you're ready to go shirtless

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WORKOUT PHOTOGRAPHS BETH BISCHOFF

DON'T MISS NEXT MONTH'S ISSUE FOR ANOTHER FREE WORKOUT POSTER!

STRIP AWAY BELLY FLAB

Burn fat and build muscle in 4 weeks flat

For months, your physique has enjoyed plausible deniability, hidden beneath layers of dissembling fabric. But the arrival of summer exposes the truth. Lucky for you, these workouts can reverse a winter of neglect – in just 30 days. They employ density training, a technique that allows you to do more work in less time. You'll sweat enough to raise sea levels, while you burnish your muscles and torch fat.

DIRECTIONS Complete these workouts 4 days a week. Do workout A the first day and workout B the next, then take a day off. Repeat A and then B over the next 2 days; take 2 days off, and start again the next week. For instance, do workout A on Monday and workout B on Tuesday; then rest on Wednesday and complete the workouts again on Thursday and Friday. Restart the programme the following Monday.

WORKOUT

A For each exercise pairing (1A and 1B, for example), alternate back and forth between sets of the two exercises, completing as many sets as possible in 10 minutes and resting only as needed. After you finish, rest for 2 to 3 minutes and then move on to the next pair of exercises. On each exercise, perform only 5 reps per set, but use a weight you can lift 10 times. (Don't worry: after a couple of minutes, it'll be quite challenging.) Increase your rest, if needed, to complete all 5 reps.

1

A Goblet squat

Hold a dumbbell vertically next to your chest, with both hands cupping the dumbbell head. Brace your abs, and lower your body as far as you can by pushing your hips back and bending your knees. Pause, then push through your heels to return to the starting position.



B Chin-up

Grab a chin-up bar with a shoulder-width, underhand grip, and hang at arm's length. Then pull your chest to the bar. Once the top of your chest touches the bar, pause, then slowly lower your body back to the starting position.



2

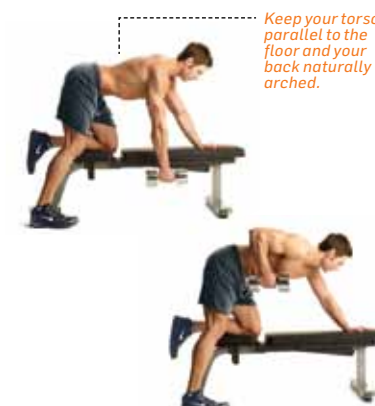
A Push press

Stand holding a pair of dumbbells next to your shoulders with your elbows bent and your palms facing each other. Dip your knees, and push up with your legs as you press the dumbbells over your head. Lower the dumbbells back to the starting position.



B Single-arm dumbbell row

Place your left hand and knee on a bench, and hold a dumbbell in your right hand. Let the dumbbell hang straight down from your shoulder. Row the weight by raising your elbow straight up. Lower to the starting position. Do 5 reps, switch sides, then repeat.



3

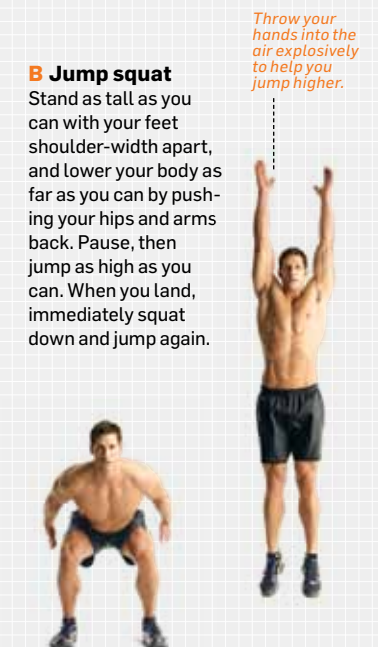
A Alternating dumbbell bench press

Grab a pair of dumbbells and lie on your back on a flat bench, holding the dumbbells over your chest with arms straight. Lower one dumbbell to the side of your chest, then press the weight back to the starting position. Switch arms and repeat. That's 1 rep.



B Jump squat

Stand as tall as you can with your feet shoulder-width apart, and lower your body as far as you can by pushing your hips and arms back. Pause, then jump as high as you can. When you land, immediately squat down and jump again.



WORKOUT

B Perform these 6 exercises as a circuit, doing one after another until all the exercises have been completed. That's 1 round. Do 10 repetitions of each exercise and rest 30 seconds before moving to the next one. Try to increase the weight you use each week. Complete a total of 3 rounds.

1

Dumbbell hang pull

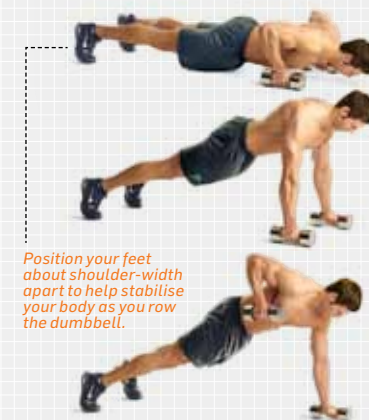
Hold a pair of dumbbells just below your knees with your hips pushed back and knees slightly bent. Pull both dumbbells to shoulder height by thrusting your hips forwards and standing up on your toes. Return to the starting position, pause, then repeat.



2

Dumbbell push-up and row

Place a pair of hex dumbbells on the floor, shoulder-width apart. Grab the handles and set yourself in a push-up position. Do a push-up, then row one dumbbell to the right side of your chest. Return to the starting position and repeat on the left side. That's 1 rep.



3

Reverse lunge and swing

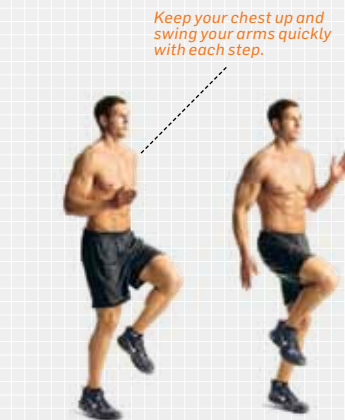
Hold a dumbbell in front of your chest. Lunge back with your right leg as you rotate to your right and swing the dumbbell to your right hip. Then push back to a standing position as you swing the dumbbell to eye level. Repeat to the left. That's 1 rep.



4

High-knee run

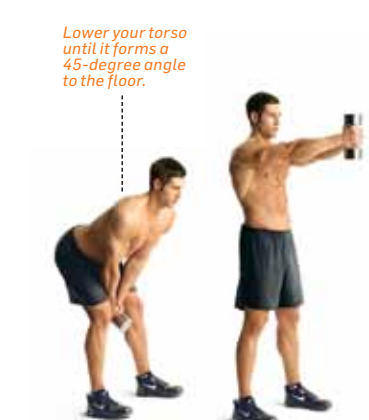
Stand tall and run in place as fast as you can. Drive through the balls of your feet and try to bring your heels up under your backside so that your knees go high. Keep your hands relaxed, elbows bent and shoulders down, and swing your arms back and forth.



5

Dumbbell swing

Hold a dumbbell with both hands at arm's length, bend at your hips and knees, and swing the dumbbell between your legs. Then thrust your hips forwards and swing the dumbbell to chest level. That's 1 rep. Continue to swing back and forth.



6

Cross-body mountain climber

Assume a push-up position with your arms straight. Lift your left foot off the floor and raise your left knee towards your right elbow. Return to the starting position and raise your right knee to your left elbow. That's 1 rep. Keep your hips level and don't pause during the motion.

