

Okay, so you learnt how to feed your muscle right, you gleaned a few tricks of the trade to maximize your gym time. Now get down to work for rock-hard body you've always dreamed of owning.

In this rigorous programme, you'll train with circuits, doing one exercise after another with little or no rest between them, not unlike a fast-paced fight round. Some of the moves in the programme, such as the bear crawl with band, imitate techniques a kickboxer would use in a fight. The intensity of the exercises and the fluid transition between them will create a tremendous fat-burning effect, leaving you with the look of a fighter ready to weigh in.



LEAN MACHINE

DIRECTIONS

FREQUENCY: Plan on training three days a week (Workout A, B, and C), resting at least a day between each session.

HOW TO DO IT: Perform the exercises as a circuit, completing one set for each exercise in succession until the circuit is finished. You'll then repeat the circuit the prescribed number of times.

In Workout A, you'll perform three circuits, resting 60-120 seconds between them. Complete 10-12 reps for each exercise, and do not rest until the circuit is finished.

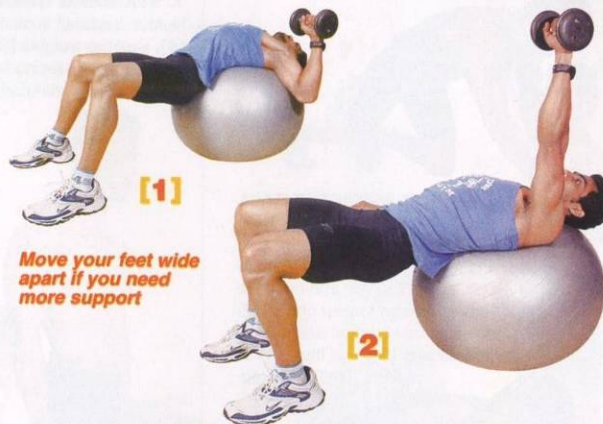
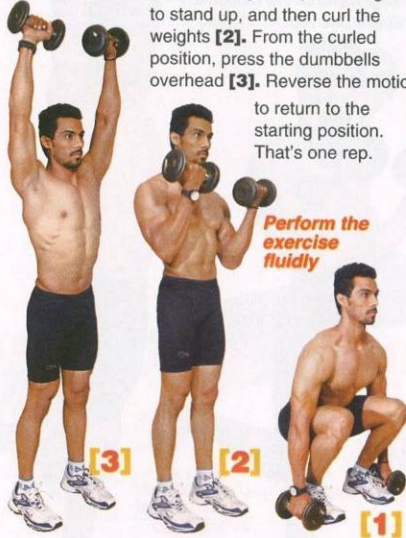
In Workout B, you'll perform three to five circuits, resting 60-120 seconds between circuits. Perform each exercise for 35 seconds at a time, and then rest 15 seconds before moving on to the next exercise.

In Workout C, you'll perform one to three circuits, resting 60-120 seconds between circuits. Complete 10-30 reps for each exercise, and do not rest until the circuit is finished.

WEIGHT: Except where otherwise noted, choose the heaviest weight that allows you to complete all the prescribed repetitions.

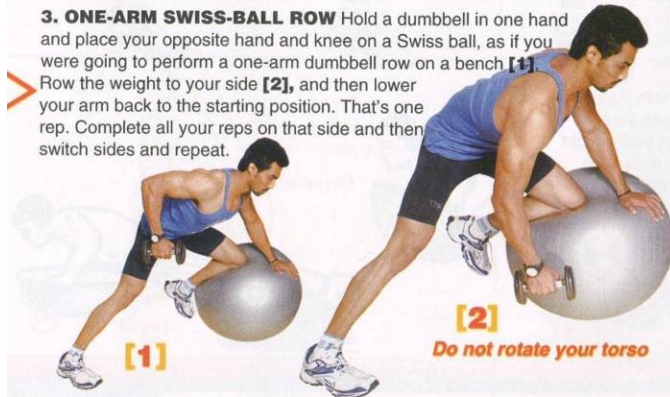
1. DUMBBELL DEADLIFT CURL TO PRESS

Hold a dumbbell in each hand and, keeping your lower back arched, squat down until the weights rest on the floor at your sides [1]. Extend your hips and legs to stand up, and then curl the weights [2]. From the curled position, press the dumbbells overhead [3]. Reverse the motion to return to the starting position. That's one rep.

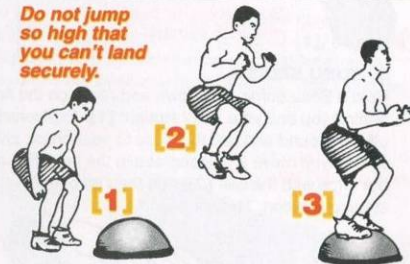
**2. ONE-ARM SWISS-BALL CHEST PRESS**

Hold a dumbbell in one hand and lie back on a Swiss ball as if you were going to perform a bench press [1]. Press the weight straight overhead while maintaining your balance [2]. Do not allow your body to rotate to one side. Reverse the motion to return to the starting position. That's one rep. Complete all your reps on that side and then switch sides and repeat.

3. ONE-ARM SWISS-BALL ROW Hold a dumbbell in one hand and place your opposite hand and knee on a Swiss ball, as if you were going to perform a one-arm dumbbell row on a bench [1]. Row the weight to your side [2], and then lower your arm back to the starting position. That's one rep. Complete all your reps on that side and then switch sides and repeat.



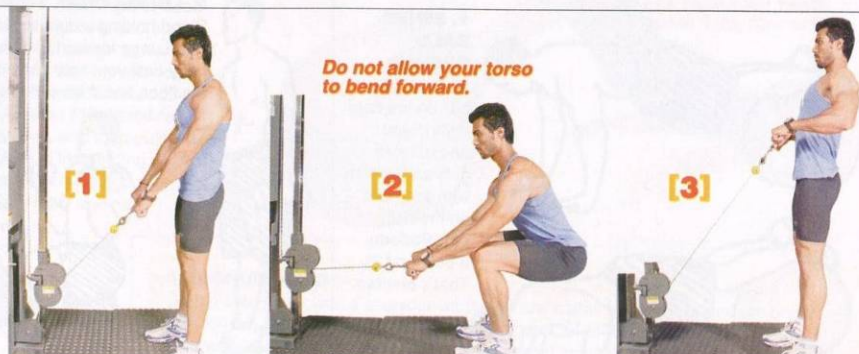
Do not jump so high that you can't land securely.

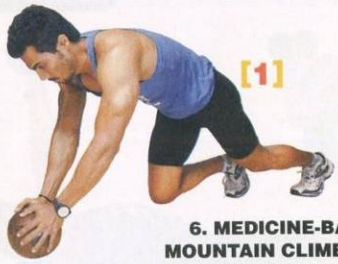
**4. BOSU POWER JUMP**

Place a Bosu dome-side up on the floor and stand a few feet behind it in an athletic position [1]. Jump high in the air [2], and land on the Bosu, stabilizing yourself before you step off [3]. That's one rep. You can also do this move on a step or box.

5. CABLE SQUAT TO ROW

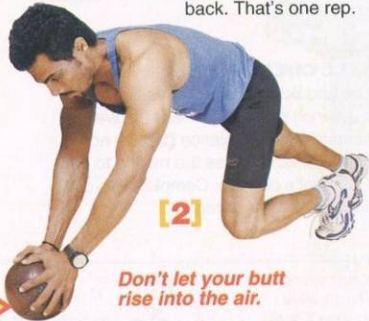
Attach a straight bar to the low cable of a pulley station. Hold the handle and stand back so that there is tension on the cable [1]. Keeping your lower back arched, squat down [2], and then row the weight to your sternum as you come back up [3]. That's one rep.





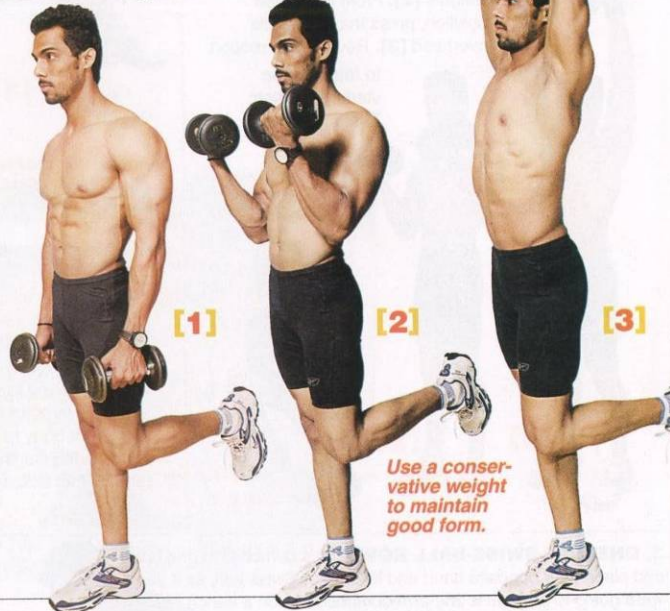
6. MEDICINE-BALL MOUNTAIN CLIMBER

Place a medicine ball on the floor and rest both hands on it. Extend one leg behind you and raise the other knee up to your chest **[1]**. Stay light on your feet and quickly alternate legs **[2]**, and then switch back. That's one rep.



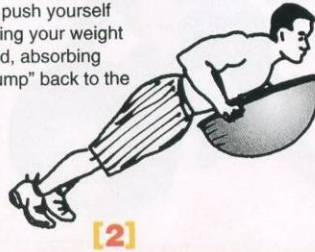
7. STANDING ONE-LEGGED CURL TO PRESS

Hold a dumbbell in each hand and stand on one leg **[1]**. Curl the weights **[2]**, and then press them straight overhead palm facing forward **[3]**. Reverse the motion to return to the starting position. That's one rep.

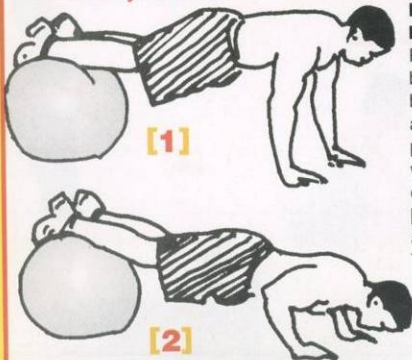


8. BOSU SMASH

Hold a Bosu dome-side down and rest it on the floor with your legs behind you and your body straight **[1]**. Explosively push yourself off the ground and pull the Bosu to your chest, shifting your weight so that you move a few degrees to the left **[2]**. Land, absorbing the force with the ball **[3]**, and then immediately "jump" back to the starting position. That's one rep.



Keep your head and neck in line with your torso.



1. SWISS-BALL PUSHUP

Place a Swiss ball on the floor behind you and get into pushup position with your feet on the ball **[1]**. Perform a pushup **[2]**. That's one rep.



2. LUNGE CURL TO PRESS

Stand holding a dumbbell in each hand **[1]**. Lunge forward and lower your body until your rear knee is just above the floor, and then curl the weights **[2]**.

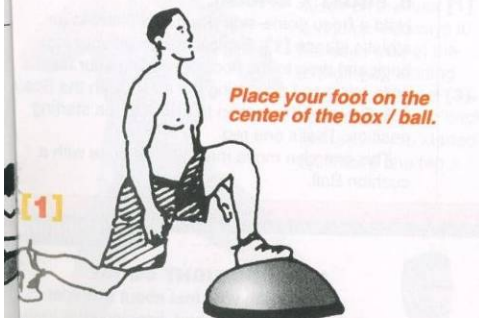
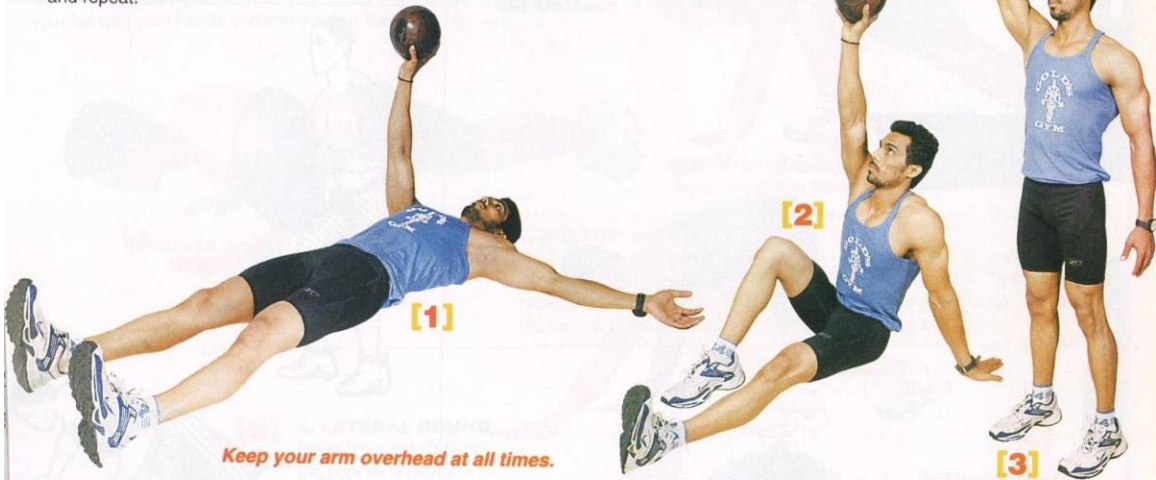
From the curled position, press the dumbbells straight overhead. Reverse the motion to return to the starting position. That's one rep.



WORKOUT

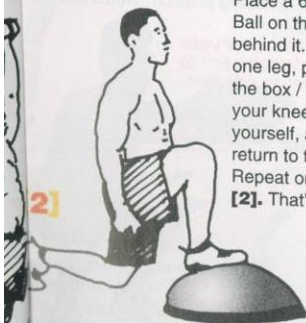
3. MEDICINE-BALL FLOOR GET-UP

Hold a medicine ball in one hand and lie on your back on the floor. Hold the ball straight over your chest [1]. Keeping the weight at arm's length overhead, raise your torso off the floor while bringing that side's knee up [2] and stand up as quickly as you can [3]. That's one rep. Reverse the motion to return to the starting position. That's one rep. Switch arms and repeat.



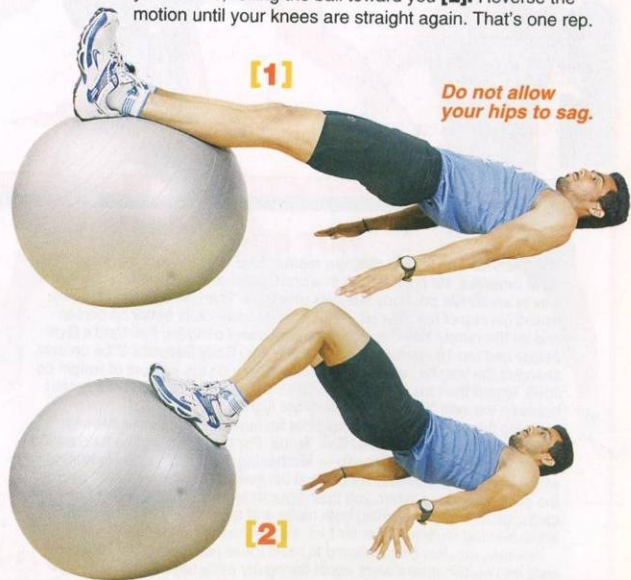
4. ALTERNATING STEP LUNGE

Place a 6-inch box or Bosu Ball on the floor and stand behind it. Lunge forward with one leg, placing your foot on the box / ball and bending your knee [1]. Stabilize yourself, and then push off to return to the starting position. Repeat on the opposite leg [2]. That's one rep.



6. SWISS-BALL LEG CURL

Lie on your back on the floor and rest your calves on a Swiss ball. Bridge your hips up into the air [1], and bend your knees, rolling the ball toward you [2]. Reverse the motion until your knees are straight again. That's one rep.

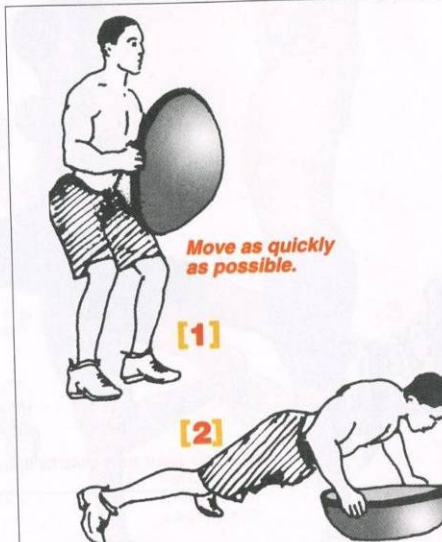
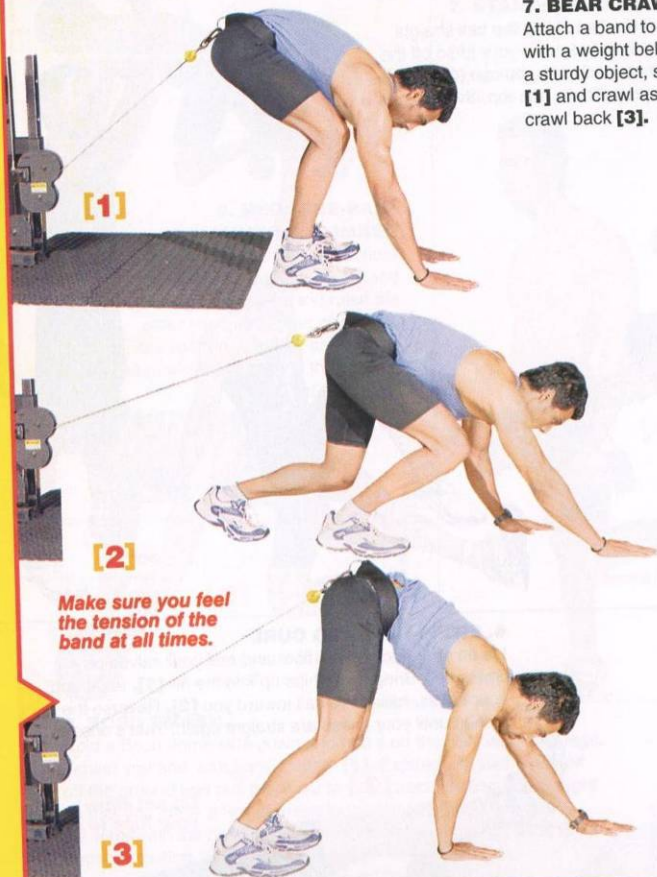


5. CHINUP HOLD (not shown)

Grab a chinup bar with a shoulder-width grip and palms facing you. Jump up and hold the top position for 35 seconds, or as long as possible. (If you can't hold it for 35 seconds, let go and jump up and start the hold again. Continue until you've been

7. BEAR CRAWL W/ BAND

Attach a band to your hips (you can rig up a harness with a weight belt) and tie the other end of the band to a sturdy object, such as a cable station. Get on all fours **[1]** and crawl as far as you can forward **[2]**, and then crawl back **[3]**.



8. SQUAT & SPRAWL

Hold a Bosu dome-side down and stand in an athletic stance **[1]**. Explosively shoot your legs back and drop to the floor, spreading your feet wide apart and absorbing the shock with the Bosu **[2]**. Reverse the motion to return to the starting position. That's one rep.

This exercise move may also be done with a cushion Ball.

WORKOUT

HOT BOD

When he was 45-kilo runt, our model Nasir Kazi thought big was beautiful. He pushed 500-lb weight plates and successfully ate his way to an 80-kilo pro body builder's physique. Then he decided beefcake wasn't his cup of tea after all — "A chiseled body looks better on screen and on the ramp." With his goal now to become a model, this Gold's Gym trainer and top 10 finalist of *Health & Nutrition* Body Beautiful 2006 contest, changed the way he worked out. Kazi cut back on the amount of weight he lifted, upped the reps from 8-12 to 12-15 per set, and reduced rest breaks between the sets "to keep my heart rate high."

Doing this, he says, helped promote fat burning and muscle damage which forced his body to build lean tissue. For the same reason Kazi added 2 days a week of intense cardio — kickboxing (Taekwondo) to his routine, which keeps him lean and supple and his metabolism high. "I don't overdo the cardio however. When you push your heart rate to 60% you're burning carbs; at 70% you're burning both carbs and fats; beyond 80, the body starts burning muscle tissue for fuel. So one has to be careful."

His diet, too, has been tailored to meet these new demands: "While my carb and protein intake were equal during my early days in the gym, now the protein intake is nearly double at 2 grams per kilo of body weight — i.e. 150 gms per day," says Nasir.

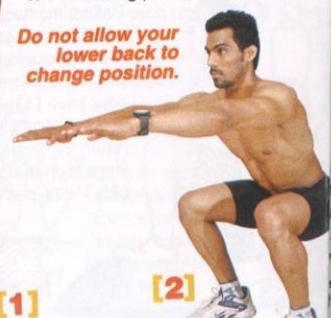
An energy bar, a sandwich, a large boiled potato or oats porridge at breakfast and before a workout is the sum total of his carb intake in a day, which has been cut down drastically. "Yes, it's a lot of work measuring out



1. BODY-WEIGHT SQUAT

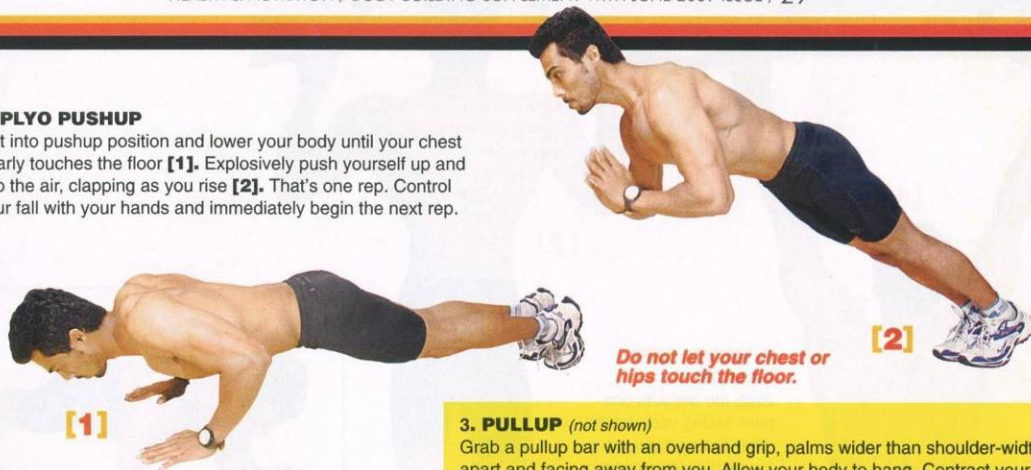
Stand with your feet about shoulder-width apart **[1]** and, keeping your lower back arched, squat down as low as you can **[2]**. Reverse the motion to return to the starting position. That's one rep.

Do not allow your lower back to change position.



2. PLYO PUSHUP

Get into pushup position and lower your body until your chest nearly touches the floor **[1]**. Explosively push yourself up and into the air, clapping as you rise **[2]**. That's one rep. Control your fall with your hands and immediately begin the next rep.



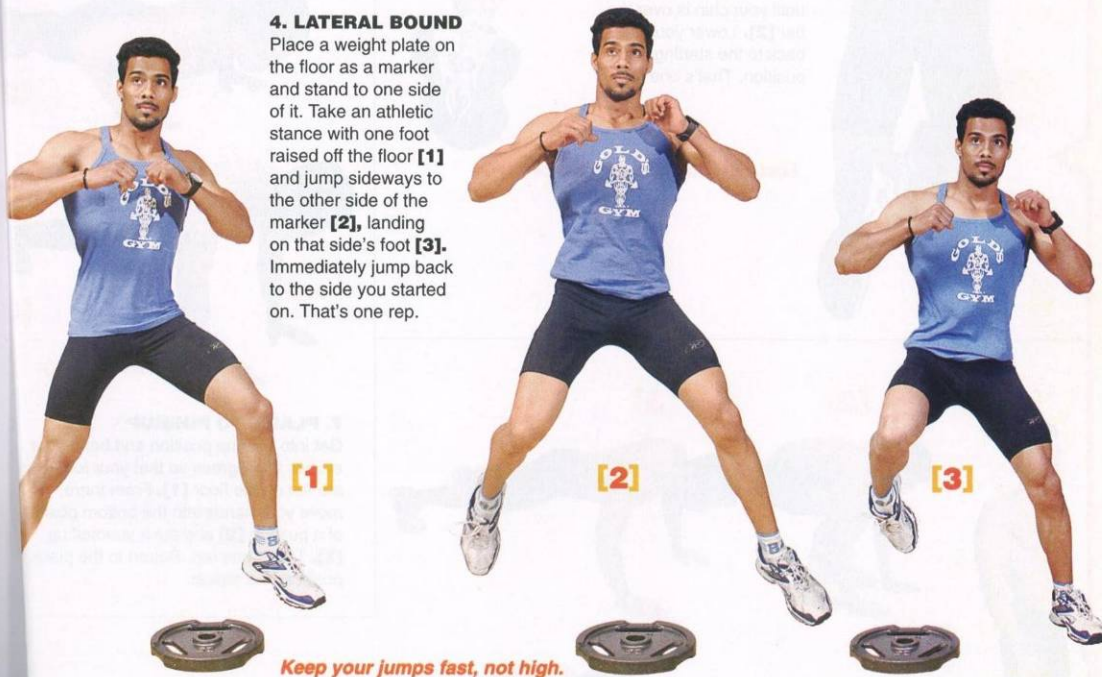
Do not let your chest or hips touch the floor.

3. PULLUP (not shown)

Grab a pullup bar with an overhand grip, palms wider than shoulder-width apart and facing away from you. Allow your body to hang. Contract your back and pull yourself up until your collarbone touches the bar. Reverse the motion to return to the starting position. That's one rep.

4. LATERAL BOUND

Place a weight plate on the floor as a marker and stand to one side of it. Take an athletic stance with one foot raised off the floor **[1]** and jump sideways to the other side of the marker **[2]**, landing on that side's foot **[3]**. Immediately jump back to the side you started on. That's one rep.



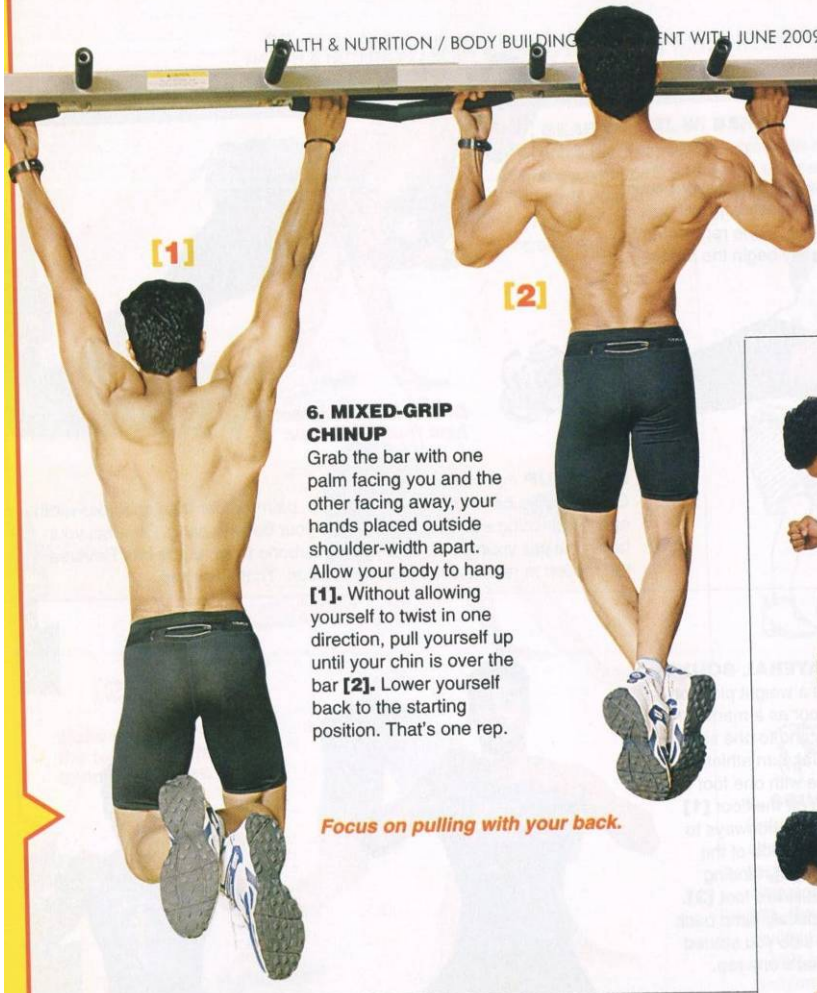
Keep your jumps fast, not high.

5. BENCH WALKOUT

Get on all fours and raise your hands as high in the air as you can. Walk your hands as far as you can forward, then "walk" back to the starting position. Each hand "walk" is



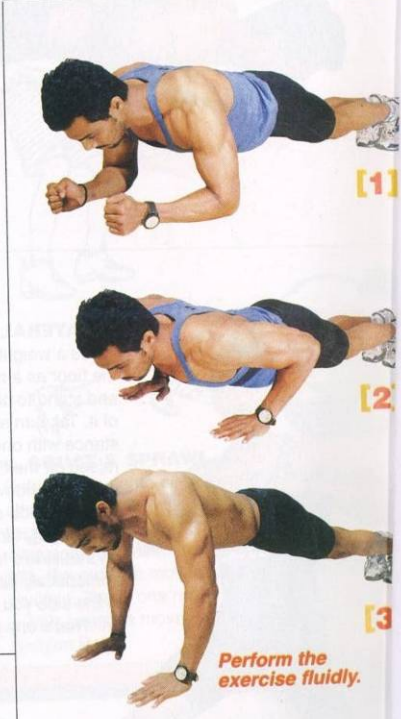
Do not move your feet.



6. MIXED-GRIP CHINUP

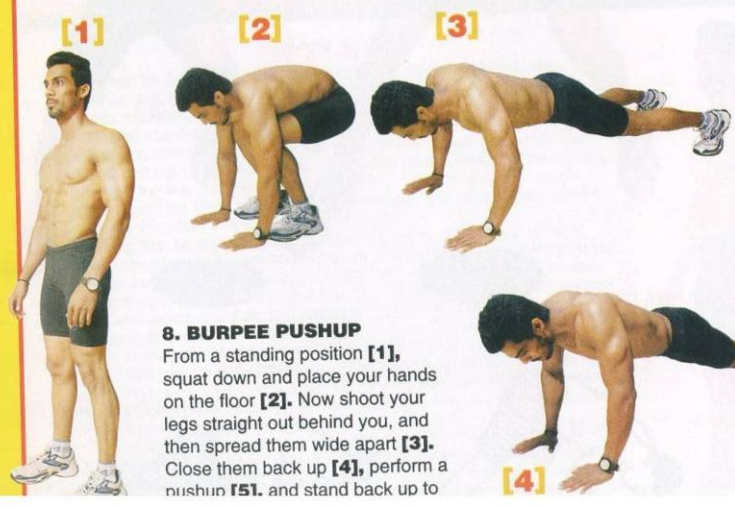
Grab the bar with one palm facing you and the other facing away, your hands placed outside shoulder-width apart. Allow your body to hang [1]. Without allowing yourself to twist in one direction, pull yourself up until your chin is over the bar [2]. Lower yourself back to the starting position. That's one rep.

Focus on pulling with your back.



7. PLANK TO PUSHUP

Get into pushup position and bend your elbows 90 degrees so that your forearms are flat on the floor [1]. From there, move your hands into the bottom position of a pushup [2] and push yourself up [3]. That's one rep. Return to the plank position and repeat.



8. BURPEE PUSHUP

From a standing position [1], squat down and place your hands on the floor [2]. Now shoot your legs straight out behind you, and then spread them wide apart [3]. Close them back up [4], perform a pushup [5], and stand back up to

Perform each rep as quickly as possible.