

# REV UP YOUR WORKOUT

TEST DRIVE FIVE OF THE WORLD'S  
MOST EFFECTIVE, EXPERT-  
APPROVED TRAINING TECHNIQUES

By Ray Klerck / Photography by Sebastian Kriete

Your muscles are like you watching *Late Night Poker* – they get bored easily. And if you haven't been smashing your sweat session goals fast enough, then you need to break the tedium – fast. Variety is vital, because your body is the most adaptable thing you own and it thrives on new challenges. So if you're impatient about hitting your fitness goals, every workout should be tougher than a two-dollar schnitzel. You don't need to ditch your current routine to see better results – just hit your workout's refresh button by including these intensity-increasing techniques to turbocharge your fat burn and tone up faster.

To build strength and bust through a plateau

#### DO THIS PARTIAL REPS

**PLEASE EXPLAIN?** You lift a weight through an incomplete range of motion – at the top, in the middle or at the bottom – of an exercise. They're like a mini-repetition done with a heavier weight than you would usually use.

**WHY THEY WORK** “You can use partial reps to build the strength to blast through an exercise's ‘sticking-point,’” says Michelle Drielsma, a Sydney-based exercise physiologist from Studio Evolve (studioevolve.com.au). An example: if you struggle to stand up from the deepest part of a squat – that's your “sticking-point”. You can do partial reps at that point



● *Firing on all cylinders*

**GTX Professional 2**  
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(the bit where it burns like hell) to the mid-point of the exercise, where you haven't completely stood up straight. This strengthens your muscles though that section of the lift, so you'll then be able to push more weight when you do full range motion squats or lifts or leg presses.

**HOW TO USE THEM** Partial reps are great starters and finishers to your workout. "Use them to kick off your

session while you're still fresh, so you can get stronger in an exercise that you've stagnated on," Drielsma says. As finishers, you should do them through your strongest part of an exercise – after you've done all your full range of motion reps – to build more strength endurance in that muscle. See? Sometimes a half-arsed approach does pay the most dividends. Gotta love that.

## THE MOVES

### Strength booster

Use this workout to get more power. Rest for 1-2 minutes after each set and use the heaviest weights you can manage.

#### BARBELL FRONT SQUAT

**WORKS** quads, hamstrings, glutes, abs  
Rest a barbell on your front shoulders, holding it with your hands (A). Bend your hips and knees simultaneously to a 90-degree angle from the floor (B). Rise halfway then drop into another partial rep. Do 3 sets of 6 partial reps.

**TRAINER TIP** Keep your back straight and don't let your knees go past your feet.

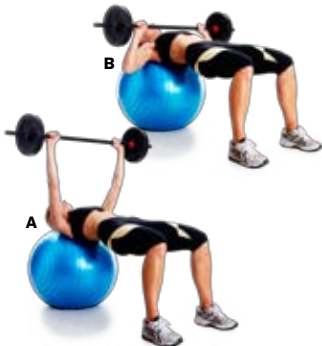


#### BARBELL BENCH PRESS

**WORKS** chest, triceps, shoulders

Lie on a bench or fitness ball and grab the barbell with an overhand grip (your palms facing away from you), your hands slightly wider than shoulder-width apart (A). Remove the bar from the uprights. Lower it 15cm, without letting it touch your chest (B), then straighten your elbows to press the weight up until your arms are straight. Do 3 sets of 6 partial reps.

**TRAINER TIP** Don't lock elbows.



## To build more muscle definition

### DO THIS NEGATIVE REPS

**PLEASE EXPLAIN?** Occasionally, dwelling on the negative is a good thing. These will offer a positive gift to your muscles: tone. You take 3-4 seconds to lower a weight, or yourself, to force your muscles to work during the lowering part of an exercise, rather than the lifting part.

**WHY THEY WORK** Negative reps demand you lower the weight slowly, forcing your muscles to fight against gravity and the resistance created by the weight. Arizona State University, US, researchers found the lowering part of an exercise can lead to greater gains than the raising portion. "But make sure you have a spotter

nearby," advises study author Kyle Carothers. Getting trapped under a weight doesn't help anyone.

**HOW TO USE THEM** It's best to do negative reps with a partner. "Get him or her to lift as much of the weight during the lifting phase as possible then let you lower all of it," says Paul Collins, author of *Strength Training for Women* (amazon.com).

"If you don't have a training partner, use machines instead of free weights. On a biceps curl machine, raise the weight with both limbs then lower it with one." Your spare limb becomes your training cohort and, unlike some partners, it's never stuck in traffic.



## THE MOVES

### Toned arm workout

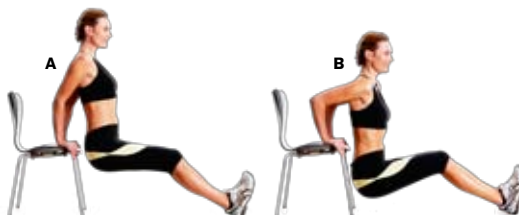
Sculpt your way to sexy guns by doing 3 sets of 8 reps on each exercise, resting 60 seconds between each bout.

#### TRICEPS BENCH DIPS

**WORKS** triceps

Place your hands on the edge of a couch or chair. Step forward until your legs are extended in front of you with a slight bend in your knees (A). Your arms should be straight and supporting your weight. Take 4 seconds to bend your elbows to lower your bum towards the floor (B). Straighten your arms to press yourself up to the start.

**TRAINER TIP** Don't lock your elbows – at any time.



MAIN PICTURE: MODEL WEARS: RUNNING BARE CLOTHING AND ADIDAS BY STELLA MCCARTNEY SHOES. WORKOUT PHOTOGRAPHY: JOHN RINTOUL. HAIR & MAKE-UP: ELSA MORGAN. MODEL WEARS OWN CLOTHES.



● Tyred out

## GET YOUR HEAD IN THE GAME

Install mental software to make your mind motivate your muscles

**1** Clench your teeth to finish that last rep. Scientists from Marquette University, US, found that athletes who bit down produced more force and jumped higher. Just don't clench too hard – a broken-glass smile isn't worth the extra power.

**2** Before a tough set, visualise what each rep will feel like and how long it will take you. Two studies in the *Journal of Sport & Exercise Psychology* found that practising this kind of imagery increased strength by 10 per cent.

**3** Cardio can be body- and mind-numbing, but researchers at Smith College, US, found that if people tried to remember a list while they cycled, the activity felt easier than if they concentrated. Ingredient list for tonight's lasagne, weekend plans – use anything to drive yourself with distraction.

**4** Venting your anger can increase muscle force by up to 25 per cent, found research in the *Journal of Sport & Exercise Psychology*. Rather than screaming, think of the idiot who cut into your lane in traffic that day the next time you stall on a rep.

### BICEPS BARBELL CURLS

**WORKS** biceps

Stand with your feet shoulder-width apart holding a barbell with an underhand grip (A). Curl the weight up until the weight reaches your shoulders (B). Take 4 seconds to lower the weight to the start.

**TRAINER TIP** Keep your upper arms tucked against your sides and your shoulder blades pulled back.



## To burn fat faster

### DO THIS DROP SETS

**PLEASE EXPLAIN?** You push out 6-8 reps of an exercise, then decrease the weight by 15 per cent and continue to do another 6-8 reps with the lighter weight. This will make your muscles feel like they're on fire – which is a sure sign you're frying more fat.

**WHY THEY WORK** “Drop sets fatigue your muscles in a short time, accelerate your heart rate and will help you pump out 100 per cent more reps after your muscles have already given up,” says Dr Mark Bellamy, sports psychologist and inventor of Power Bags (from \$80, sportstek.net). “And more

reps means that more kilojoules are being burnt.” You can even do several drop sets on one exercise – sure, it might hurt like buggery initially but you'll reap the rewards in the end, big time.

**HOW TO USE THEM** There are two ways. First, do an entire workout where you do a drop set on each exercise. Or you can do them on the final two to three exercises of your workout – like the drills over the page – for an extra kilojoule-crushing kick before it's time to hit the showers. Whichever you choose, remember to keep an eye on your form. ▶



To the spanner born

**THE MOVES**

**Fat-burning circuit**

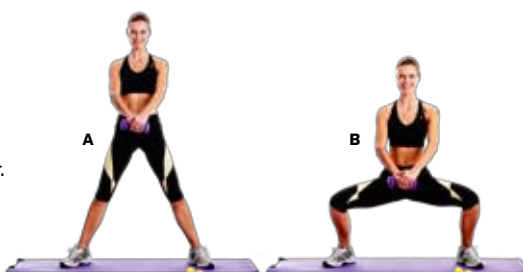
Do these exercises in succession, moving from one exercise to the next without rest. Once you've finished it, rest for 60 seconds then repeat two more times.

**SUMO DEADLIFT**

**WORKS** hamstrings, lower back, glutes, abs  
Before you start, grab two dumbbells: one must be about 15 per cent heavier than the other. Stand with your feet twice shoulder-width apart and your toes

pointed out. Grab the heaviest dumbbell and hold it in front of your thighs (A). Bend at your hips and knees till thighs are parallel to floor. (B). Stand back up. Do 6 reps then grab the light dumbbell and do another 6.

**TRAINER TIP** Back straight!



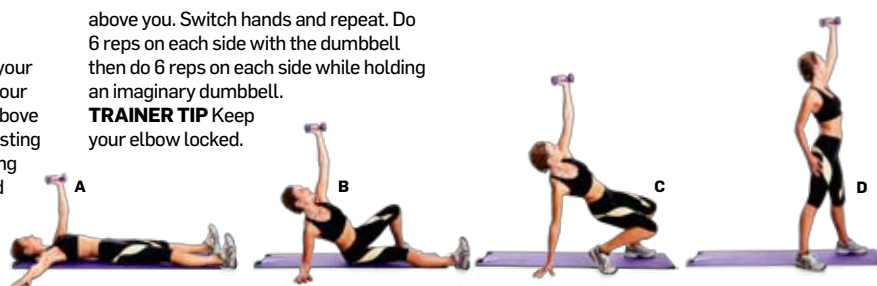
**TURKISH GET-UP**

**WORKS** quads, abs

Lie on the floor on your back with your legs straight. Hold a dumbbell in your left hand, hold your arm straight above your chest. Keep your right arm resting on the ground (A). Stand up, pushing off the ground with your right hand (B, C). Keep the weight above your head (D). Then lie back down as you keep holding the weight

above you. Switch hands and repeat. Do 6 reps on each side with the dumbbell then do 6 reps on each side while holding an imaginary dumbbell.

**TRAINER TIP** Keep your elbow locked.



**To get fitter and improve your sports performance**

**DO THIS PLYOMETRICS**

**PLEASE EXPLAIN?** You lift your body weight fast and explosively so you get a split second of airtime at the end of each rep. This harnesses the elastic properties of the muscle, increasing power, acceleration and speed.

**WHY THEY WORK** Game-ready form is more than just fitness and strength. It's about combining agility, acceleration, reaction times and power, and is what makes good athletes great. "Speeding up your repetitions forces your muscles to generate high amounts of force, which is what will make you quicker than your competition," says Drielsma.

What's more, a study in the *American Journal of Sports Medicine* found women who did plyometrics increased overall power by up to 44 per cent, decreased their risk of injury and could jump 10 per cent higher. Winner.

**HOW TO USE THEM** Do the plyometric circuit (right) at the end of your workout and it'll reset your muscles into moving quicker the next time you square up against your soccer rival.

**THE MOVES**

**Sports performance accelerator**

Rest 1-2 minutes between each of these sets and you'll soon be holding the trophy.

**JUMPING SPLIT SQUATS**

**WORKS** quads, hamstrings, glutes, abs  
Stand in the lunge position with your right leg forward and the left leg behind you with your knees slightly bent (A). Bend your knees and jump up (B). While you're in the air, cross your legs so when you land your left leg is forward and your right leg is behind you. Immediately jump into the next rep. Do 3 sets of 4 reps on each leg.

**TRAINER TIP** When you land, bend your knees to absorb the impact.



**KNEELING CLAP PUSH-UPS**

**WORKS** triceps, chest, shoulders, abs  
Lie face-down on the ground. Support body on your knees and position hands slightly wider than shoulder-width apart (A). With a straight back, bend your elbows to lower yourself to the floor (B). Just before your chest touches the floor, explosively straighten your elbows so your hands become airborne (B). Clap them together if you can (C). Do 4 sets of 5-6 reps.

**TRAINER TIP** Keep your arms straight but not locked.



## To boost stamina and endurance

### DO THIS GIANT SETS

**PLEASE EXPLAIN?** It's a circuit of between one and 10 exercises done using the same weight for all the moves in the circuit. That means you'll keep your hands on the same barbell or set of dumbbells for the entire set, creating a constant resistance that builds stamina so quickly, even your running shoes will be shaking in their boots.

**WHY THEY WORK** Normal sets last 20-40 seconds, after which you take a breather. Giant sets can last for 2 to 3 minutes before you get a chance to sip from your water bottle. "This forces your muscles to do a hybrid of weight-lifting and cardio that'll drastically increase the stamina you have in both," says Collins.

**HOW TO USE THEM** For Russell Brand-like stamina, swap that 10-minute bike ride or rowing session at the end of your workout for 3 to 4 giant sets that'll improve muscle tone and keep you going longer. Do 4-5 exercises in each set, as shown in the workout below. To take your endurance to another level, you can devote an entire workout to this principle by doing 4 to 6 giant sets of 10 exercises each. We believe the technical term for the after-effects is "killer".

### THE MOVES

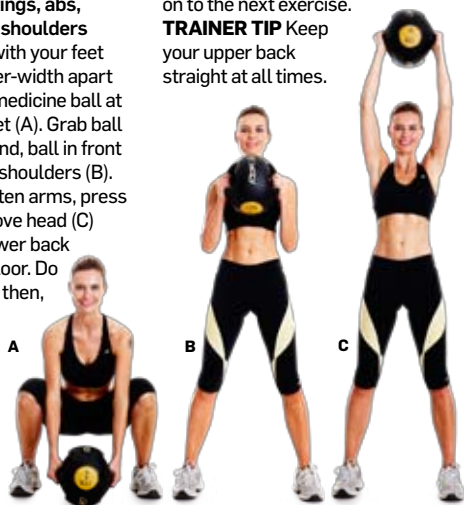
#### Full-body endurance builder

Try this using the same medicine ball – repeat the workout 3 to 4 times, resting 60 seconds after each circuit.

#### CLEAN AND JERKS

**WORKS** quads, hamstrings, abs, glutes, shoulders  
Squat with your feet shoulder-width apart with a medicine ball at your feet (A). Grab ball and stand, ball in front of your shoulders (B). Straighten arms, press ball above head (C) then lower back to the floor. Do 14 reps then,

without resting, move on to the next exercise. **TRAINER TIP** Keep your upper back straight at all times.



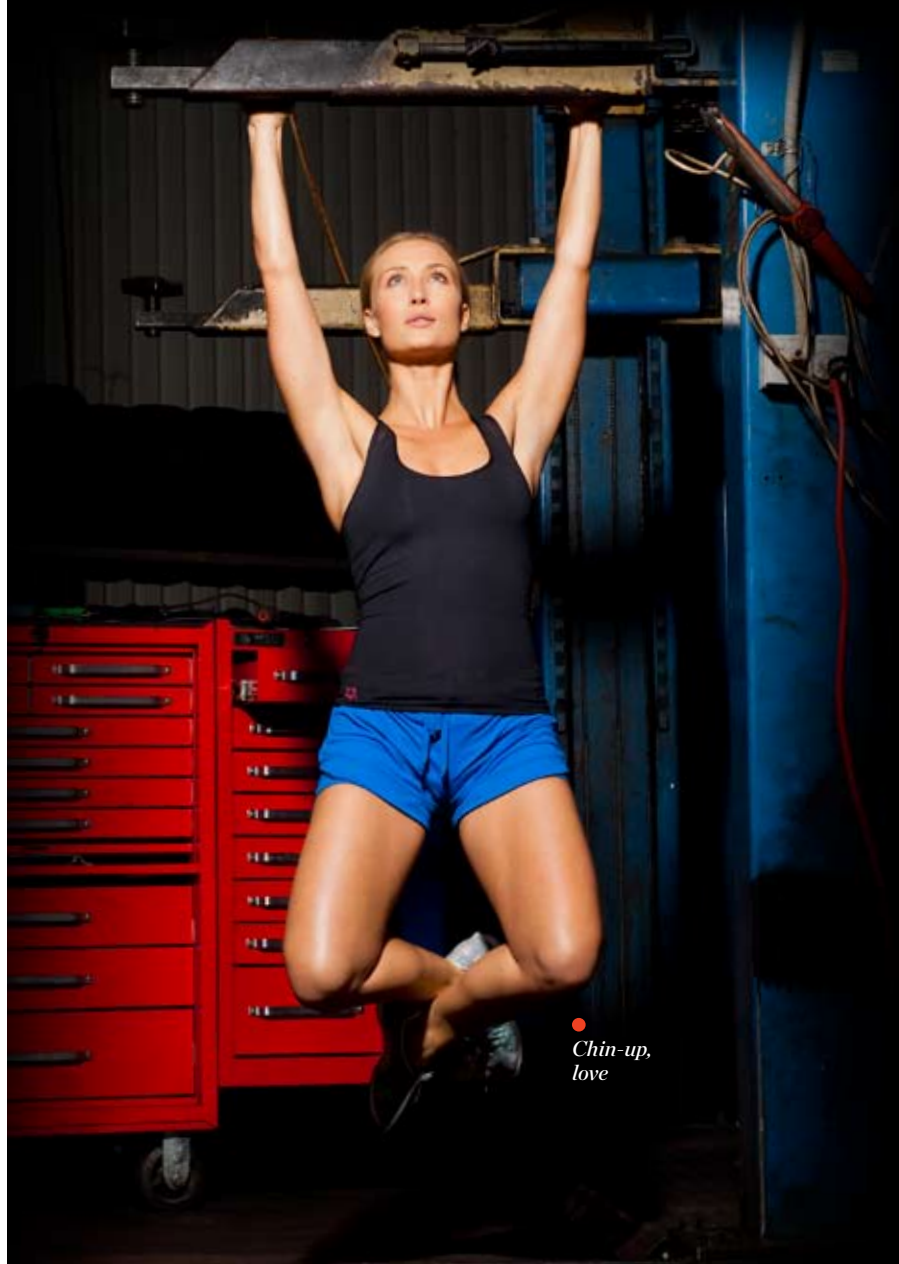
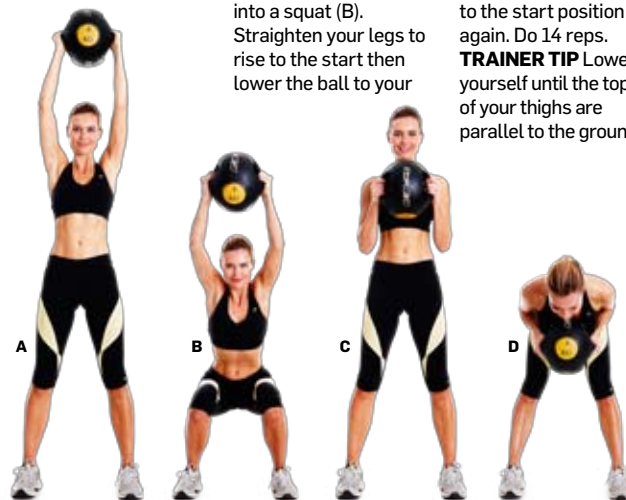
#### OVERHEAD SQUATS TO GOOD MORNINGS

**WORKS** hamstrings, quads, abs, glutes  
Keep your feet in the same position you were in for the last

exercise and hold the ball above your head with straight arms (A). Bend your knees and hips to lower yourself into a squat (B). Straighten your legs to rise to the start then lower the ball to your

chest and hold it there (C). Bend your torso over your lower half as if you were bowing to Bruce Lee (D). Rise to the start position again. Do 14 reps.

**TRAINER TIP** Lower yourself until the tops of your thighs are parallel to the ground. *wh*



● Chin-up, love