

The Ultimate *Strength-Training* Guide



*The no-fuss,
total-body
plan to build
lean muscle
and burn fat*

Why You Should Strength Train

The science behind strong

If you're a cardio diehard, chances are you're tired of not seeing results. The hard truth: Cardio can build up your endurance and get you crazy-good at running, biking, etc. But *alone* it will never give you the body you want.

That's where strength training comes in. Whether it's with extra weights or just your body, strength training will build the muscle that gives you a toned, tight, and curvy shape. Here's the nitty-gritty of it all: Strength training builds lean muscle, which causes your body to burn more calories even after your workout is over, says Jacque Crockford, CSCS, spokesperson for the American Council on Exercise. Plus, strengthening the muscles surrounding your joints helps prevent injuries by helping you maintain good form, as well as strengthening joint integrity. And you can't forget the best perk of them all: You'll feel strong, powerful, and like a total badass.

The only catch? It can be intimidating if you don't know where to start. That's where this guide comes in.

YOUR GAME PLAN

You'll perform three days of strength training a week. On Mondays, you'll do Upper Body, on Wednesdays you'll do Lower Body, and on Fridays you'll do Back & Core. On Sundays, you'll take a hard-earned rest day.

The workouts are structured in supersets, meaning you alternate two different exercises for the given number of sets, then move on to the next set of exercises until you've completed the workout. For example, you do one set of exercise 1, then one set of exercise 2. Then repeat until the designated number of sets are completed. (The number of sets you do will depend on your workout level.)

Too easy? Add another set, decrease your rest time between moves, or challenge

your muscles by increasing the weight. Don't be afraid of the big dumbbells; lifting heavier weights has been linked to all sorts of health benefits, including fighting osteoporosis, losing belly fat, and torching more calories post-workout.

Cardio lovers, don't fret—you aren't quitting it completely. You'll do cardio three times a week, preferably not on strength training days. For best results, switch it up between HIIT and endurance training; you can still fit in long runs, sprint workouts, and spin classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Upper Body	Cardio	Lower Body	Cardio	Back & Core	Cardio	Rest Day

FIND YOUR LEVEL

BEGINNER — You're completely new to working out and/or strength training: Do each superset twice, performing 8 to 12 reps of each exercise.

INTERMEDIATE — You work out regularly, but don't do much strength training: Do each superset 3 times, performing 8 to 12 reps of each exercise.

ADVANCED — You currently do some strength training, but not on a consistent basis: Do each superset 4 times, performing 8 to 12 reps of each exercise.

THE WARM-UP

Warming up for strength training is essential. You want to get your muscles primed and ready before you start working them hard. This dynamic 5-minute warm-up is perfect for revving your whole body and getting it ready to go before any workout—strength training, cardio, or otherwise.

No time to watch the video?

Here's the quick breakdown: Do 30 seconds of each move below...

- ✦ Jump Rope (or jumping jacks if you don't have one)
- ✦ Alternating Knee Hugs
- ✦ Alternating Hamstring Stretch
- ✦ Walk-Out Planks
- ✦ Inner Thigh Stretch
- ✦ Butt Kicks
- ✦ High Knees

UPPER BODY

SUPERSET 1:

TRICEPS PUSH-UP // WIDE-GRIP PUSH-UP

TRICEPS PUSH-UP

A Starting in a high plank, rotate the crease of elbows forward; shift shoulders over wrists slightly. **B** With elbows hugging ribcage, slowly lower body until shoulders are even with elbows. Hold for two seconds, then return to starting position.

Do 8 to 12 reps.

WIDE-GRIP PUSH-UP



A Walk hands slightly wider than shoulder-width apart, feet hip-width apart.

B Maintaining a strong core, bend elbows to create a 90-degree angle biceps to forearms. Press back to starting position.

Do 8 to 12 reps.

SUPERSET 2:



OVERHEAD PRESS // V-RAISE

OVERHEAD PRESS



A Start standing with dumbbells in hands, arms straight down and touching thighs, palms facing inward. Lift elbows up so hands land at chest level. **B** From here, separate hands to shoulder level and then rotate palms up to land in goalpost position. **C** Press all the way up into a shoulder press and follow all the steps back to starting position.

Do 8 to 12 reps.

V-RAISE



A Grab a pair of dumbbells and stand with feet slightly wider than hip-width apart, arms by sides. Pull belly button toward spine to engage core.

B Keeping shoulder blades down and back, raise arms to a wide 'V' position at shoulder height, palms facing in (avoid leaning back as arms lift). Slowly return to starting position and repeat.

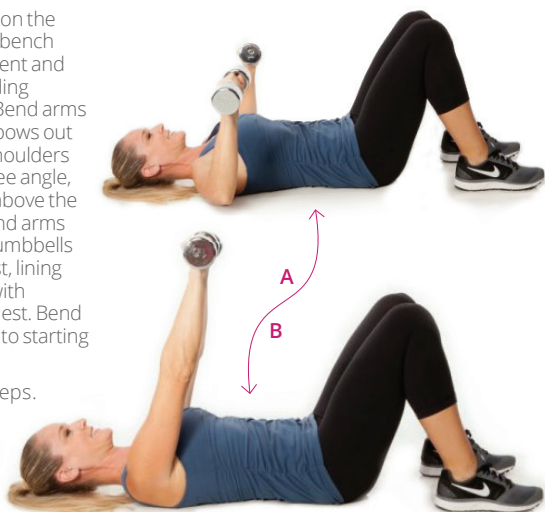
Do 8 to 12 reps.

SUPERSET 3: DUMBBELL CHEST PRESS // ALTERNATING CHEST FLY

DUMBBELL CHEST PRESS

A Lie faceup on the floor or on a bench with knees bent and feet flat, holding dumbbells. Bend arms and open elbows out to sides of shoulders at a 90-degree angle, elbows just above the floor. **B** Extend arms and press dumbbells up over chest, lining weights up with midline of chest. Bend elbows back to starting position.

Do 8 to 12 reps.



ALTERNATING CHEST FLY

A Grab a pair of heavy dumbbells and lie faceup on the floor with knees bent, feet flat. Extend arms straight over chest (elbows should be slightly bent). **B** Open right arm out to the side, lowering as close to the floor as possible without lifting left side of body off the ground. Return to starting position. Repeat, alternating sides each time.

Do 8 to 12 reps on each side.



SUPERSET 4: TRICEPS KICKBACK // BICEPS CURL

TRICEPS KICKBACK

A Stand with feet hip-width apart, holding a weight in each hand with arms by sides; hinge forward slightly at hips. Bend elbows behind you to pull weights to chest with palms facing each other to start. **B** Keeping elbows fixed, extend arms up and back behind you. Return to starting position.

Do 8 to 12 reps.



BICEPS CURL

A Stand with feet hip-width apart, holding a weight in each hand with arms by sides and palms facing forward. **B** Keeping core tight, curl weights toward shoulders. Slowly lower back to start.

Do 8 to 12 reps.



LOWER BODY

SUPERSET 1: BASIC SQUAT // SPLIT SQUAT



BASIC SQUAT

A Start in a standing position, feet shoulder-width apart and hands clasped in front of chest, elbows slightly bent. **B** Brace your abs, push your hips back, and bend your knees, lowering the body into a squat. Pause at the bottom, then push back up to the starting position.

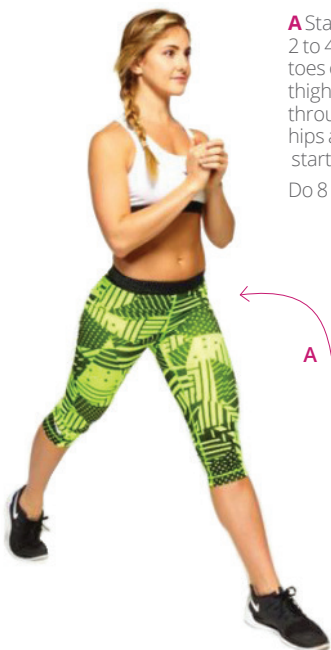
Do 8 to 12 reps.



SPLIT SQUAT

A Stagger your stance, with front foot 2 to 4 feet in front of rear foot. Stay on the toes of rear foot. **B** Lower hips until front thigh is at least parallel to the floor. Push through the front leg's heel, and drive the hips and knees upward to return to starting position. That's one rep.

Do 8 to 12 reps on each side.



SUPERSET 2: SINGLE-LEG DEADLIFT // LATERAL GOBLET LUNGE



SINGLE-LEG DEADLIFT

A Stand with feet hip-width apart, holding one weight in each hand with palms turned toward body and weights resting on thighs. Lift left leg a couple of inches off floor to start. **B** Hinge forward from hips, lowering torso toward floor and extending weights down close to legs as you extend straight right leg behind you until body forms a T. Slowly return to starting position.

Do 8 to 12 reps on each side.

LATERAL GOBLET LUNGE

A Stand with feet together, holding one heavy dumbbell vertically by one end with both hands at chest height, elbows bent by sides, to start. **B** Keeping left leg straight and both feet pointing forward, step right leg as far right as possible, bending knee and lowering hips deeply. Push off right foot to return to starting position.

Do 8 to 12 reps on each side.



SUPERSET 3: GOBLET PLIÉ SQUAT // CURTSY LUNGE

GOBLET PLIÉ SQUAT

A Stand with feet wide and toes turned out, holding one heavy dumbbell vertically by one end with both hands at chest height, elbows bent by sides, to start. **B** Squat, pushing knees out to sides, to return to starting position.

Do 8 to 12 reps.



CURTSY LUNGE

A Stand with feet hip-width apart, holding one dumbbell in each hand with arms by sides to start. **B** Keeping hips and shoulders square, step left leg behind and across right leg, bending both knees 90 degrees. Push off left foot to return to starting position.

Do 8 to 12 reps on each side.



SUPERSET 4: WEIGHTED BRIDGE // HEAVY LYING ABDUCTION

WEIGHTED BRIDGE

A Lie faceup on floor with knees bent and feet flat, holding one heavier dumbbell horizontally on hips with both hands to start. **B** Lift hips, squeezing knees inward, and hold for 3 seconds. Lower hips to return to starting position.

Do 8 to 12 reps.



HEAVY LYING ABDUCTION

A Lie on floor on left side, torso lifted, left forearm on floor perpendicular to body, legs stacked with one lighter weight resting above right knee, right hand resting loosely on weight to start. **B** Lift right leg and hold for 3 seconds. Lower leg to return to starting position.

Do 8 to 12 reps on each side.



BURNOUT ROUND:
JUMP SQUATS // SURRENDER SQUAT

JUMP SQUAT

A Stand with feet shoulder-width apart, hands clasped in front of chest, and descend into a squat position.

B Explosively push upward, jumping as high as you can. Make sure to drive through heels and not toes. Upon landing, immediately squat down.

Do 8 to 12 reps.



SURRENDER SQUAT

A Stand with feet hip-width apart and place hands on head, elbows pointing out. Lower into a squat until thighs are parallel to floor. **B** Lower right knee to the floor. **C** Lower left knee to the floor. **D** Step right foot forward, knee bent at a 90-degree angle. Step left foot forward to return to starting squat position. That's one rep.

Do 8 to 12 reps.



BACK & CORE

SUPERSET 1: DUMBBELL DEADLIFT // REVERSE PLANK-UP



DUMBBELL DEADLIFT

A Grab a pair of dumbbells and stand with feet hip-width apart, knees slightly bent, and palms facing thighs.

B Keeping spine naturally straight, brace abs in tight and hinge forward from hips, reaching dumbbells toward feet until chest is about parallel to the floor (avoid going below shin level to prevent back from rounding). Engage glutes to raise torso back to the starting position and repeat.

Do 8 to 12 reps.



REVERSE PLANK-UP

A Sit on floor with legs extended and together and palms pressing into floor behind hips with fingertips facing forward. **B** Push hands and heels into floor to lift hips until body forms a straight line from shoulders to heels. Return to starting position.

Do 8 to 12 reps.



SUPERSET 2: BENT-OVER ROW // PLANK BIRD DOG



BENT-OVER ROW

A Stand with feet hip-width apart and knees slightly bent, abs engaged, holding dumbbells. Hinge forward, bringing chest toward the floor, keeping spine naturally straight. **B** Bend elbows and pull dumbbells to sides of torso, squeezing shoulder blades back and together. Extend arms to return to starting position.

Do 8 to 12 reps.



PLANK BIRD DOG

A Start on floor in plank on palms. **B** Lift straight right leg off of floor. When balanced, lift left hand off floor and extend arm straight forward at shoulder height with palm facing down. Return to starting position.

Do 8 to 12 reps on each side.



SUPERSET 3: REAR FLY // V-UP



REAR FLY

A Stand with feet hip-width apart, knees slightly bent, holding weights. Brace abs in tight, and keeping back naturally straight, hinge forward from hips until chest is almost parallel to the floor. **B** Open arms out to sides of shoulders, squeezing shoulder blades back and together. Lower arms and return to starting position.

Do 8 to 12 reps.

V-UP

A Lie faceup on floor with arms extended overhead, palms facing up to start.

B Curl torso up as you raise extended left leg, reaching arms to meet toes above hips. Slowly lower to start.

Do 8 to 12 reps.



SUPERSET 4: PLANK LOW ROW // RUNNING MAN

PLANK LOW ROW

A Start on floor in plank with arms straight and a weight in each hand. **B** Keeping hips square, pull left weight to ribs. Return to starting position.

Do 8 to 12 reps on each side.



RUNNING MAN

A Start on floor in plank with arms straight and a weight in each hand. **B** Keeping body in a straight line, pull right knee between arms. Immediately switch sides; repeat.

Do 8 to 12 reps on each side.

