

EXERCISE

For Men Only

IN PURSUIT OF TOTAL FITNESS

JANUARY 2005 CC

**SPECIAL
NEW YEAR'S
ABDOMINAL
ISSUE!**

56 AWESOME AB EXERCISES!

- Lose Your Love Handles
- Get Cut With Cables
- Blast Away Your Gut
- Martial Arts For A Six-Pack

**Superhero Shoulders!
Make Them A Reality**

**Medicine Ball Power!
Build Strength & Speed**

**Upper Body Size
Made E-Z!**

**Mold A
Muscular Chest!**

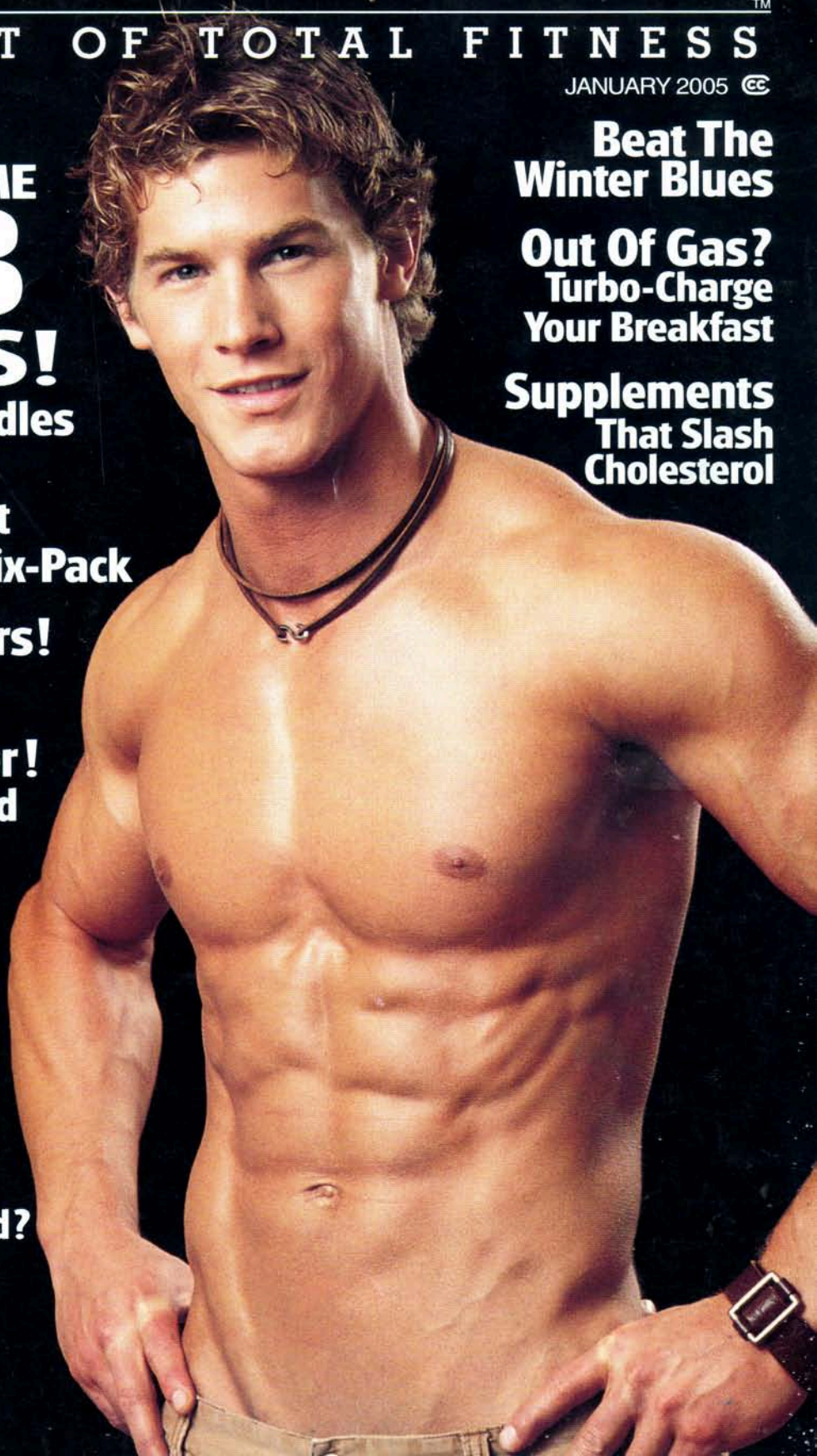
TIPS TO LIVE TO 100!

**Impotence Drugs:
Miracle Or Health Hazard?**

**Beat The
Winter Blues**

**Out Of Gas?
Turbo-Charge
Your Breakfast**

**Supplements
That Slash
Cholesterol**

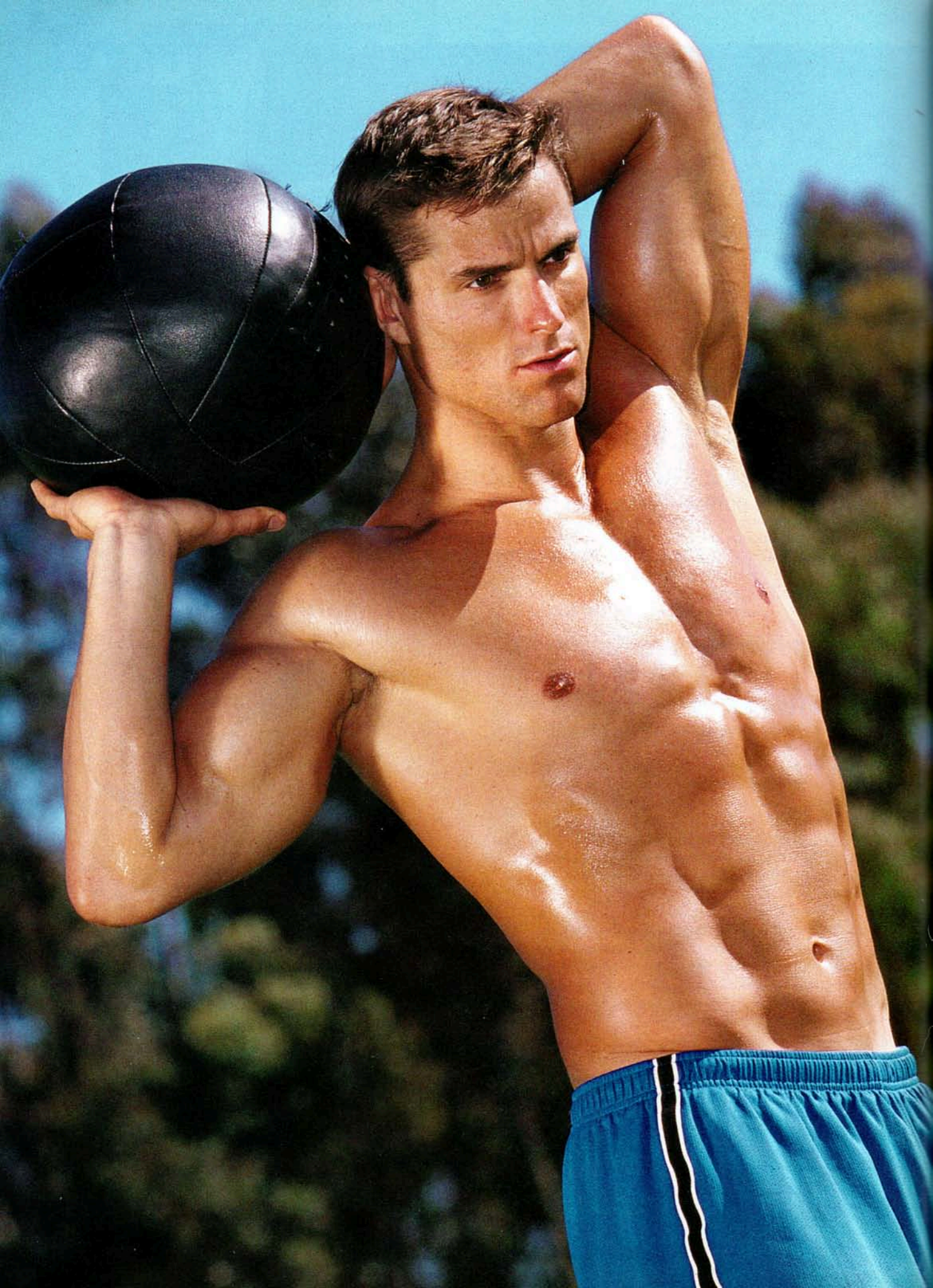


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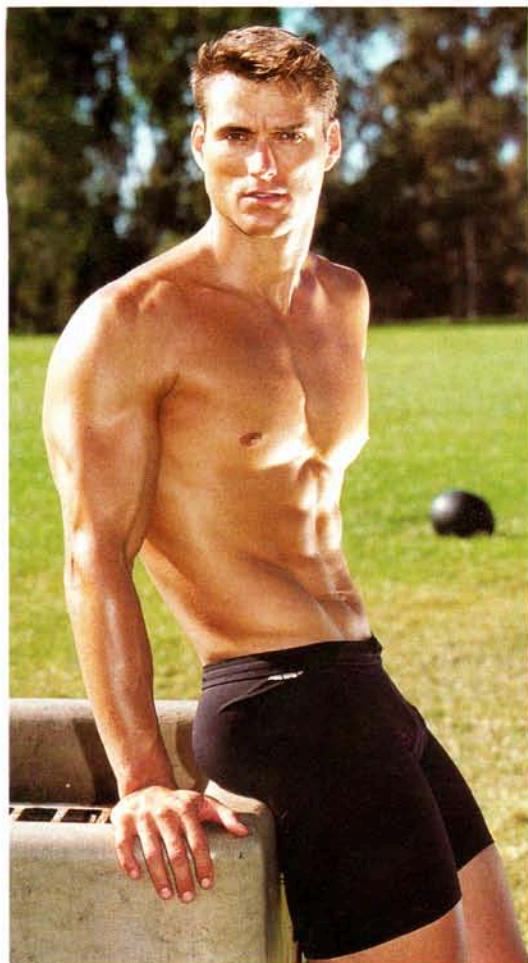
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PHOTOGRAPHY BY CHARLES WORTHINGTON

EXERCISE FOR MEN ONLY 105



PERIODIZING MB TRAINING

The following is a sample offseason training week incorporating MB training:

MONDAY

(Strength – Legs and Shoulders)

Squats
Push Press
Romanian Deadlifts
Single Leg Jumps
Lateral Shoulder Raises
Lower Abdominals: Leg Raise Variations

TUESDAY

(Strength – Chest, Back, Arms)

Bench Press
Barbell Low Rows
Dips
Dumbbell Biceps Curls
Rotator Cuff Injury Prevention
Rotational Abdominals

WEDNESDAY

(Power, Speed – Total Body Power)

Sprint Training Drills
High Knees
Cariocas
Bounders
Striders
Sprinting – 5 x 50 yards
MB Trunk Rotation
MB Wood Choppers

MB Lateral Hamstrings Stretch
Walking Lunges With MB Overhead Reach
Power Grass Drills
Squat Throws
Push Press

THURSDAY

(Strength – Total Body)

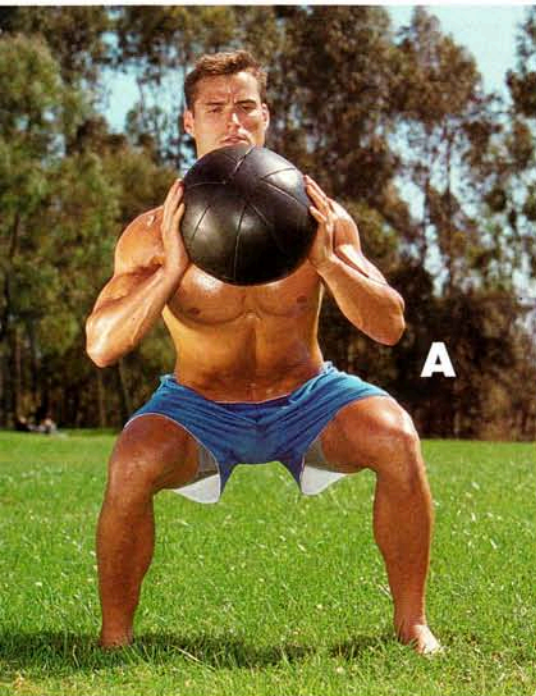
Power Cleans
Snatch Pulls
Pull-Ups
Close-Grip Bench Press
Physio Ball Knee Drives

FRIDAY

(Power – Upper Body and Torso)

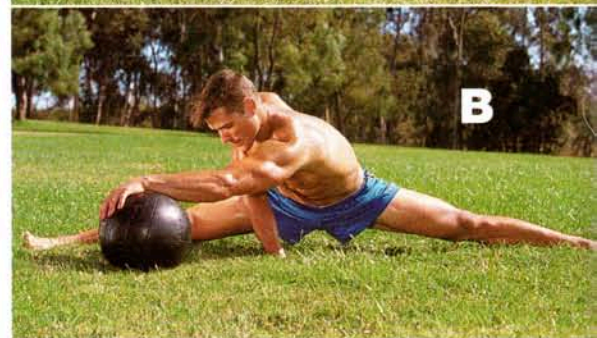
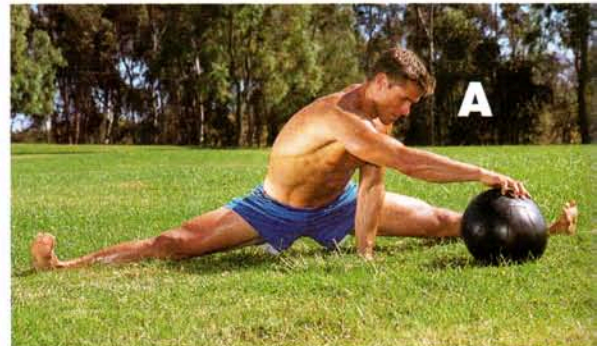
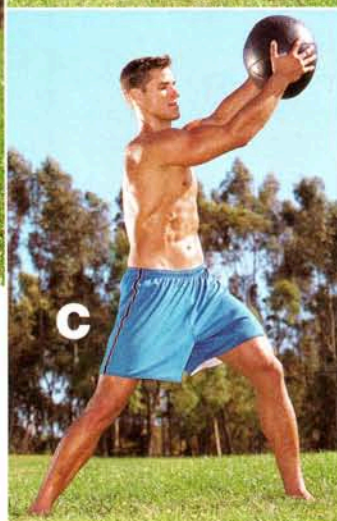
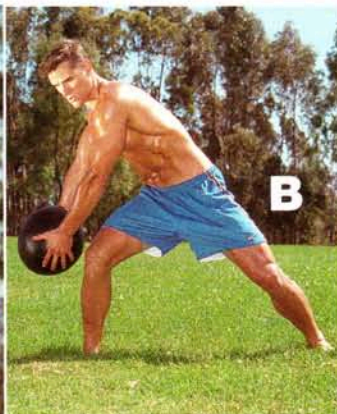
Warm-Up: Dynamic Stretches and Footwork
MB Trunk Rotations
MB Wood Choppers
MB Lateral Hamstrings Stretch
Plyometric Push-Ups
Seated Russian Press With Rotation
Rotational Abdominals
Torso Throw Downs

SATURDAY & SUNDAY (Off)



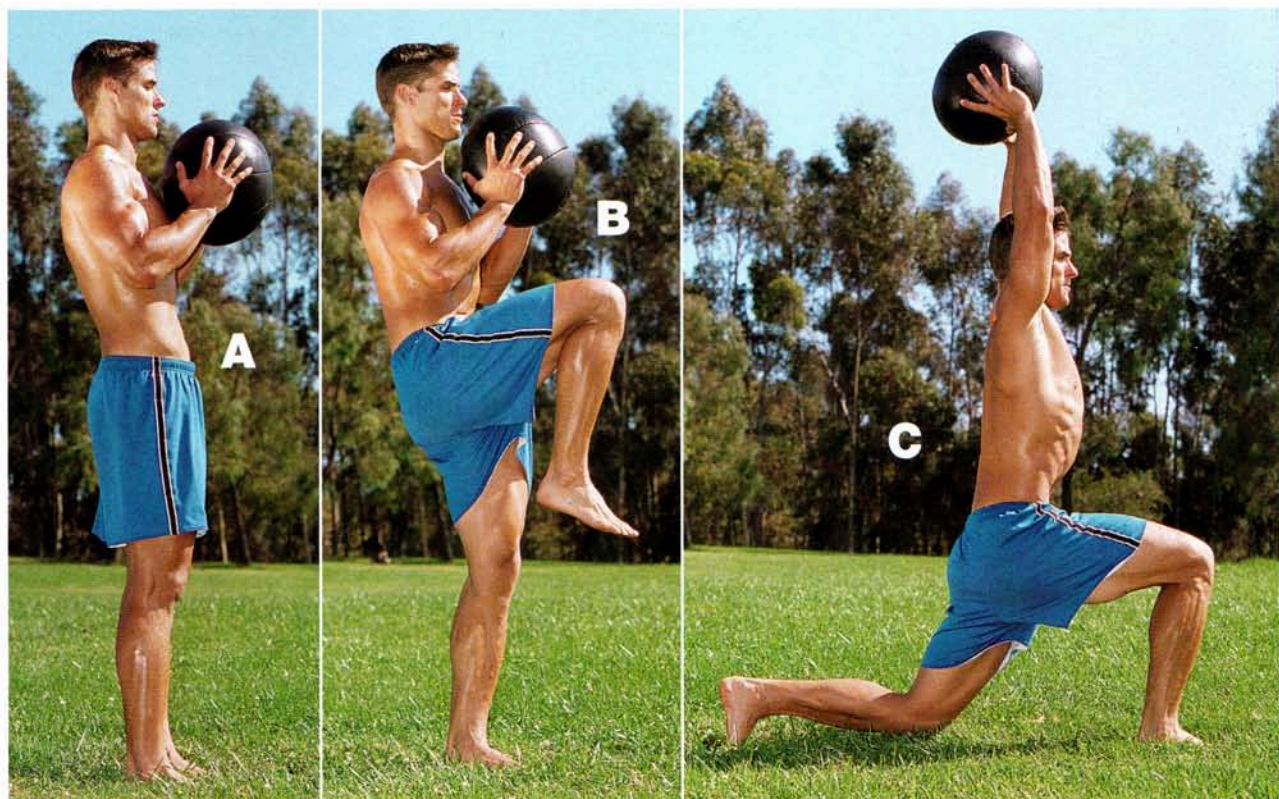
WOOD CHOPPERS

Establish a stable athletic stance and squat through the hips. Pull your lower abdominals in as you reach the medicine ball toward your right knee. Forcefully drive the ball across your body on a diagonal plane toward your left shoulder, utilizing your oblique and transversus abdominus musculature.



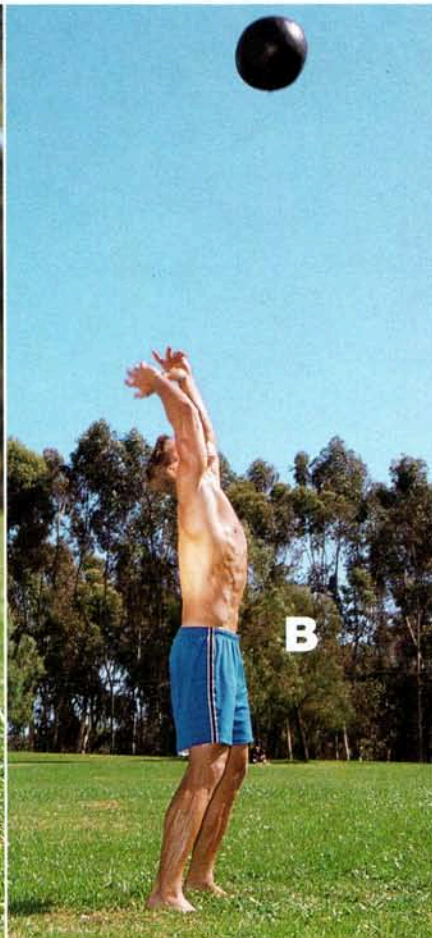
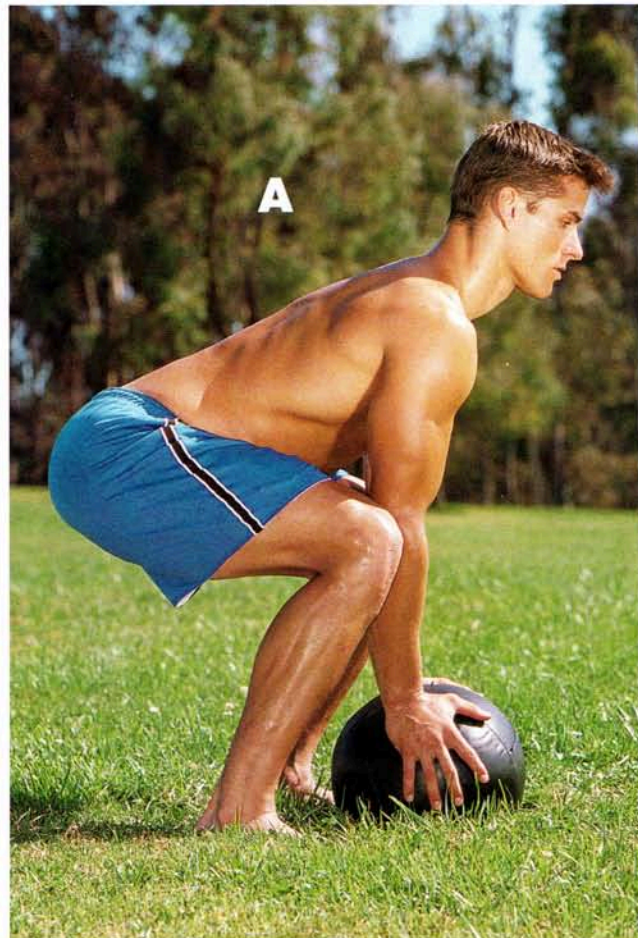
LATERAL HAMSTRINGS STRETCH

Laterally open your legs and tighten your abdominals as you reach the medicine ball to your left foot. Gradually roll the ball toward your opposite leg, stretching your hamstrings and lats throughout the movement.



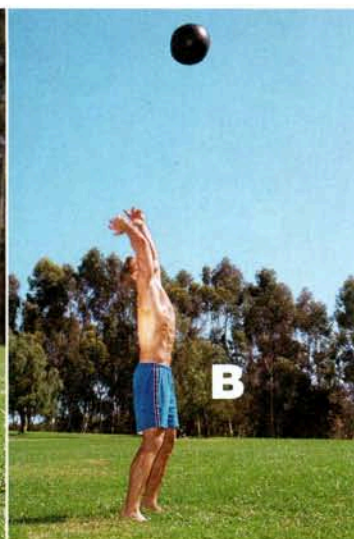
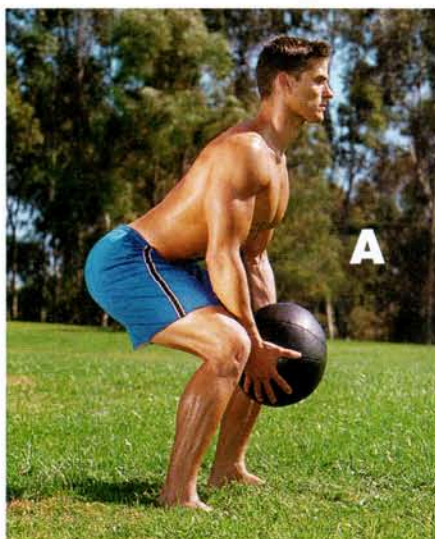
WALKING LUNGE WITH OVERHEAD REACH

Establish a neutral stance with the medicine ball pulled to your chest. Step with your right leg as if doing a slow sprinter stride. Neutralize your lower back by pulling your abdominals tight and press the medicine ball toward the sky. With one full step, drive your left leg to your chest and pull the medicine ball in. Stride fully with your left leg and press the medicine ball once again as your leading left leg is planted.



POWER GRASS DRILLS

Begin in a deep squat position with your hands on the medicine ball as it rests on the ground. Drop your chest to the ball as your feet drive backward. Forcefully drive your knees to your chest and position your upper body over the ball, as in a deep squat position. Scoop the medicine ball and maximally drive your hip musculature to propel the ball through the air.



SQUAT THROWS

Begin in a deep squat position with both hands on the medicine ball between your knees. Squat through your hips, keeping your chest open and utilizing an abdominal and lumbar co-contraction. Explode through your hips, quads and calves as your upper body launches the ball toward the sky. Prepare to catch the ball at its highest point on its way down and cradle the ball as your hip musculature descends.

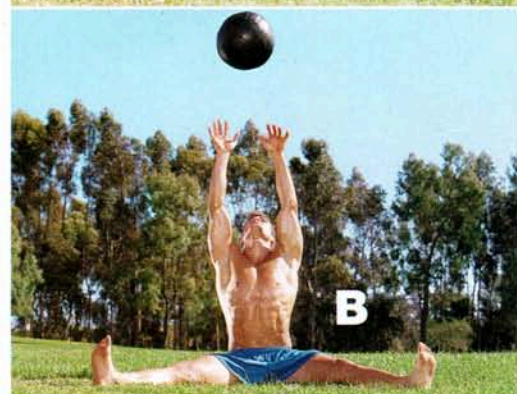
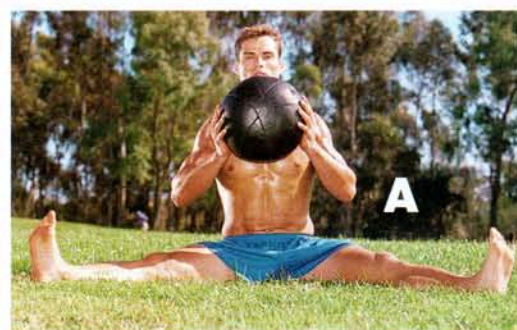
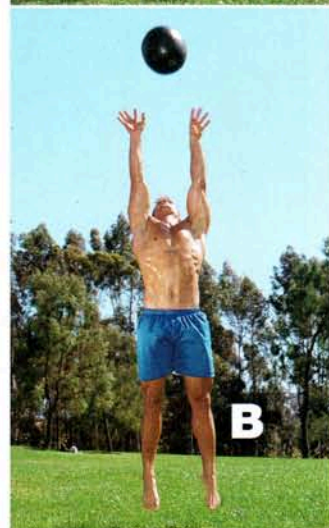
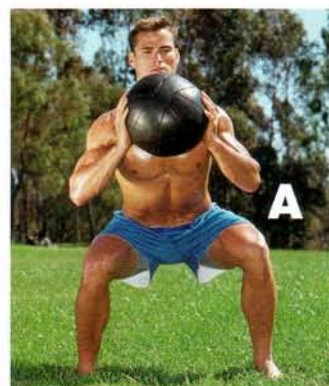


PLYOMETRIC PUSH-UPS

Begin in a prone position and place the medicine ball under your left hand. Explosively drive with both arms and pecs as you push your body upward, then exchange arms and land with your right hand on the ball, ensuring proper abdominal and lower back co-contraction. Rapidly drive from a full push-up position and exchange back to the opposite hand.

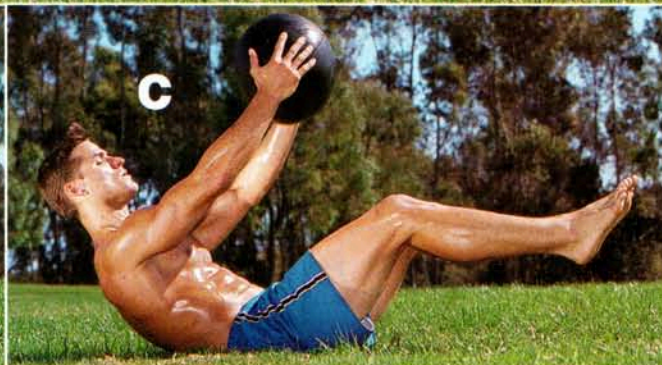
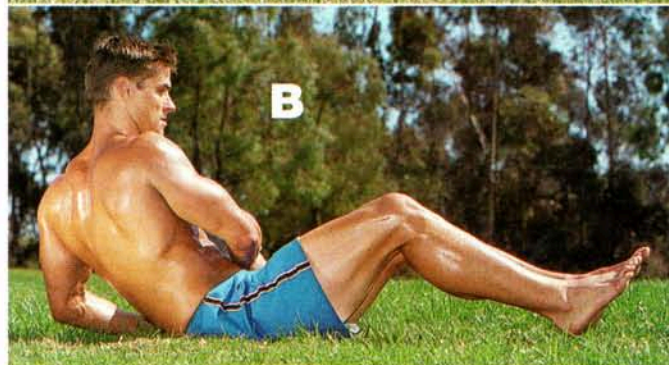
PUSH PRESS

Establish a stable athletic stance and squat through your hips, with the medicine ball pulled tight to your chest. Squat through your hips until your knees are positioned at 90 degrees. Explode through your hips, quadriceps and calves as your upper body launches the ball toward the sky. Catch the ball at its highest point and pull the medicine ball toward your chest as your hip musculature descends.



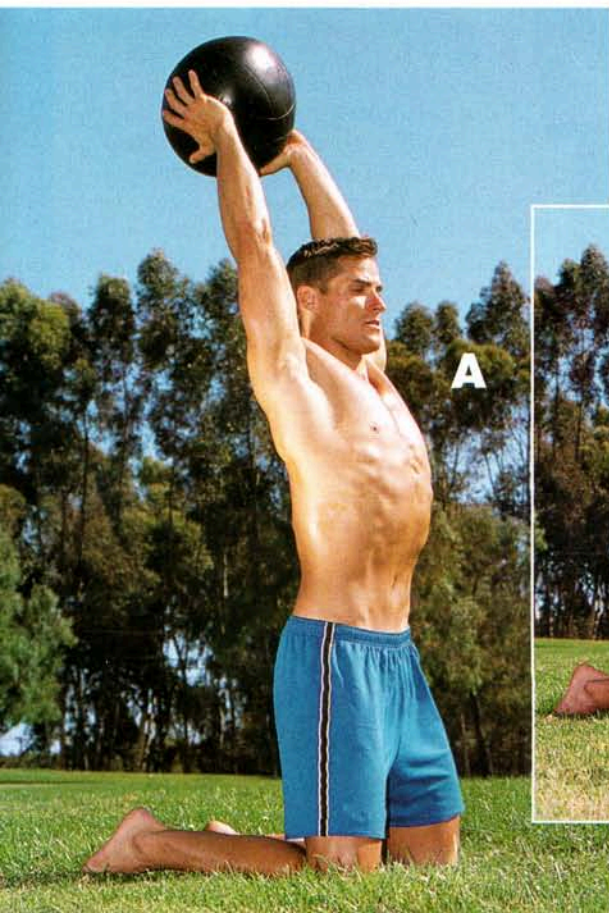
SEATED RUSSIAN PRESS

Sit with your legs open and pull the medicine ball to your chest, utilizing an abdominal and lumbar co-contraction. Retract your shoulder blades as you pull the ball to your chest, keeping an erect posture. Rapidly drive the medicine ball skyward, then reach up to catch it at its highest point as it falls toward you.



ROTATIONAL ABDOMINALS

Grasp the medicine ball and sit with your torso leaning back and your feet off the ground. Tighten your stomach and retract your shoulder blades as the your abs rotate the medicine ball to the left. Rotate the ball to the right, keeping it close to your belly. Return the ball to your chest and then drive it skyward.



TORSO THROW DOWNS

Establish a stable kneeling stance and drive your erectors and glutes explosively, mimicking a vertical leap, as you reach the ball to the sky. Forcefully drive the ball down to the ground, as your hip musculature descends. Drive the medicine ball into the ground, catch it as it comes back up, and repeat.

