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**GUIDE**

**LOSE FAT  
IN MINUTES**

# **HIGH INTENSITY WORKOUTS**

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- **SAVE TIME**

ISSUE 31

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# HIGH INTENSITY WORKOUTS

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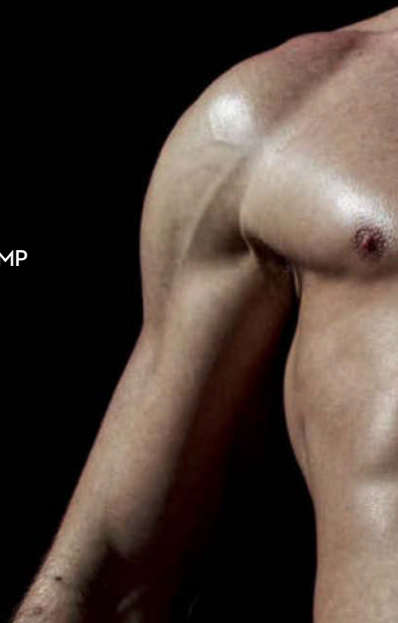
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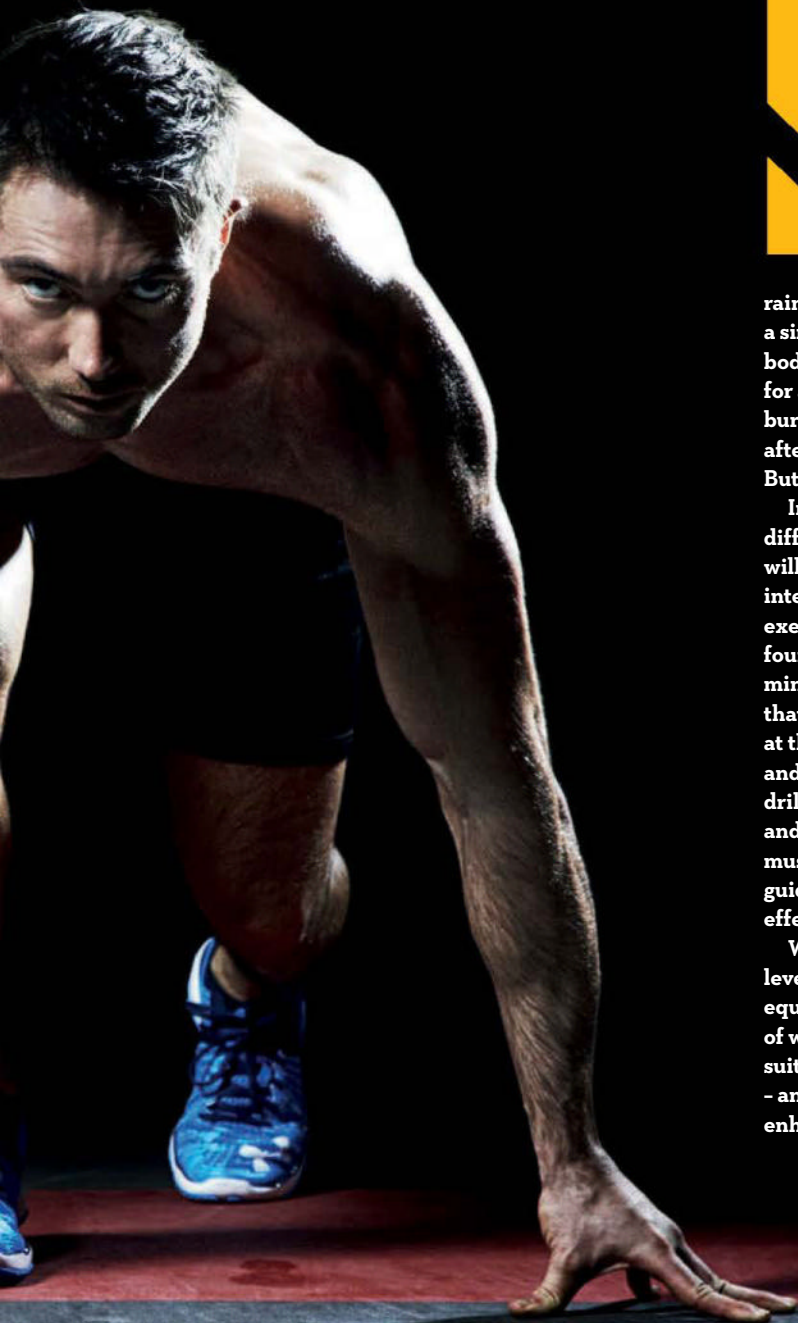


# ABOUT THIS GUIDE

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*Arm yourself with the most effective high-intensity workouts to torch fat, build lean muscle and reveal your six-pack*





raining at a high intensity is a simple principle: push your body hard enough - even if only for a few seconds - and it will keep burning calories for several hours after your workout has finished. But where do you start?

In this guide, we've selected six different training methods that will get you training at a sky-high intensity. From bodyweight exercise tabatas that take just four minutes, to EMOM (every minute on the minute) workouts that will get you building muscle at the same time as burning fat, and even modified strongman drills that will give you the engine and endurance to match your lean muscle and low body fat, this guide is bursting with fun and effective workouts.

Whatever your goals, fitness level or available time and equipment, you'll find a variety of workouts in this guide that will suit, inspire and challenge you - and, ultimately, dramatically enhance your fitness.

# TABATA

*Four minutes. That's all these training blasts last, but in that time you'll reap the fat-burning and cardio-boosting benefits of an hour-long workout. Just remember not to hold back.*

## DIRECTIONS

Each workout consists of two exercises. Perform the first exercise continuously at maximum intensity for 20 seconds, then rest for ten seconds, then perform the second exercise at maximum intensity continuously for 20 seconds and rest for another ten seconds. Do this four times to complete the workout.

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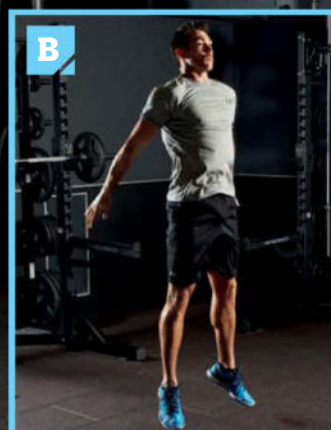






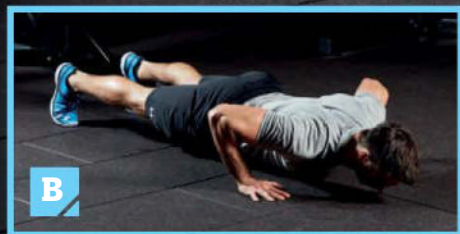
# 1 JUMP SQUAT

Keeping your back straight, squat until your thighs are at least parallel to the floor, then jump up explosively. Bend your knees to cushion your landing and continue straight into the next rep.



# 2 PRESS-UP

Get into a press-up position with your feet together and your hands on the floor directly beneath your shoulders. Keep your body straight, engaging your core and glutes to stop your hips from sagging. Bend your elbows to lower your chest to the floor, then press back up.



# 1 BURPEE

From standing, drop down and place your hands on the floor outside your feet. Jump your feet back, so you're in the top press-up position, then back to between your hands. Jump up, clapping your hands overhead.

**A**



# 2 MOUNTAIN CLIMBER

Start in the top press-up position. Keeping your shoulders locked, alternate jumping each foot forward, so your knee comes towards your elbows but your hands stay on the ground.

**B**



**A**



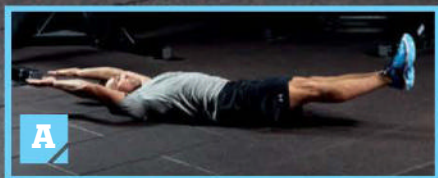
# 1 JUMP LUNGE

Start in a forward lunge position. Jump off the ground by driving up with your front leg. Swap your legs over in mid-air, so you land with the other leg forward. Alternate legs with each rep.

**A****B****C**

# 2 V-SIT

Lie on your back with your arms and legs outstretched. Contract your core and bring your legs and arms together, keeping them straight, then lower to the start under control.

**B****A**

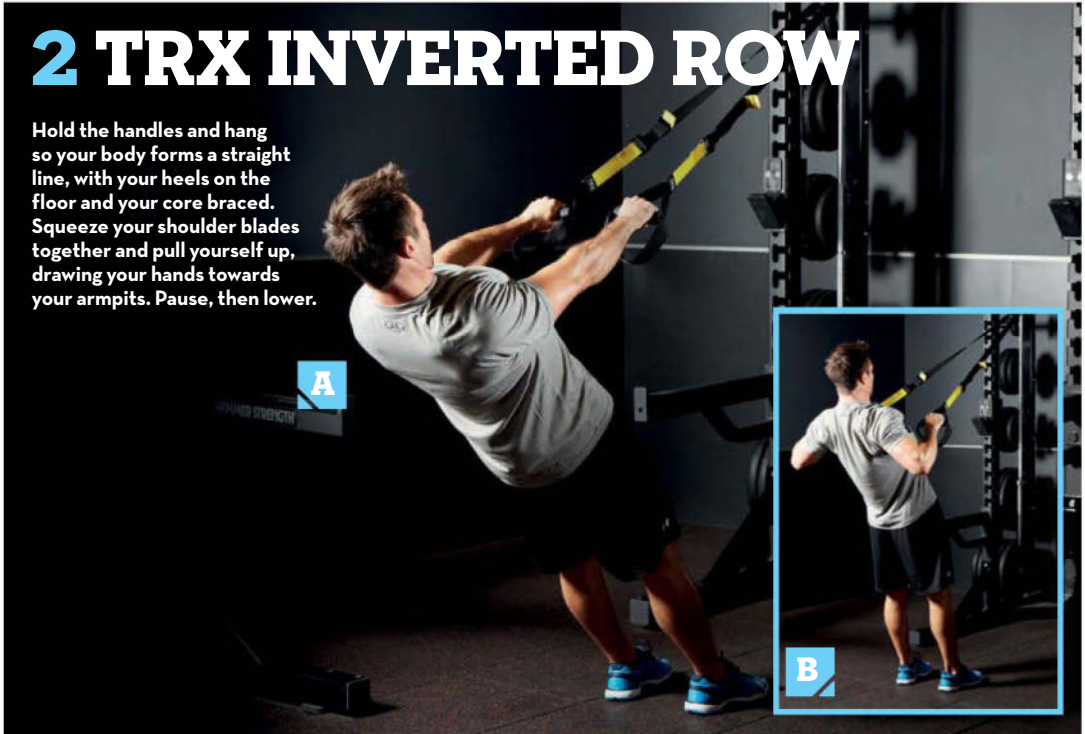
# 1 TRX CHEST PRESS

Assume an incline stance with your feet shoulder-width apart. Lower your chest towards your hands, keeping your entire body as straight as possible - similar to a press-up - then return to the start.



# 2 TRX INVERTED ROW

Hold the handles and hang so your body forms a straight line, with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower.



# 1 TRX FLYE

Stand under the TRX holding the handles with an overhand grip, with your palms together. Lean forward and tense your core, to keep your body in a straight line. Keeping your arms straight throughout, bring your hands out to the sides to lower your body until you feel a stretch in your chest, then bring your hands back together in front of your chest.



# 2 TRX REVERSE FLYE

Hold the handles and hang so your body forms a straight line, with your heels on the floor, your core braced and your hands together. Contract your upper back muscles and, keeping your arms straight throughout, bring your hands out to your sides to raise your body. Lower to the start.



# 1 TWO-ARM KETTLEBELL SWING

Stand tall with your feet placed shoulder-width apart, then push the kettlebell off your body to start the swing. As you lower, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, drive your hips forward, swinging the kettlebell to head height.

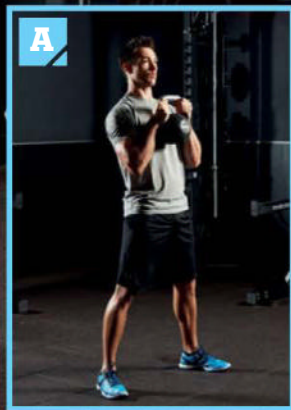
A



# 2 GOBLET SQUAT

Hold a kettlebell by the handle with both hands. Keeping your back straight and chest up, lower into a deep squat. Drive through your heels to stand.

B



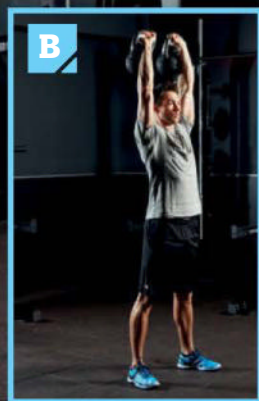
# 1 KETTLEBELL FRONT SQUAT

Hold two kettlebells in front of your chest at shoulder height, with the bells resting on the backs of your forearms. Keeping your chest up and back straight, squat until your thighs are at least parallel to the floor, then drive back up.

**B****A**

# 2 KETTLEBELL PUSH PRESS

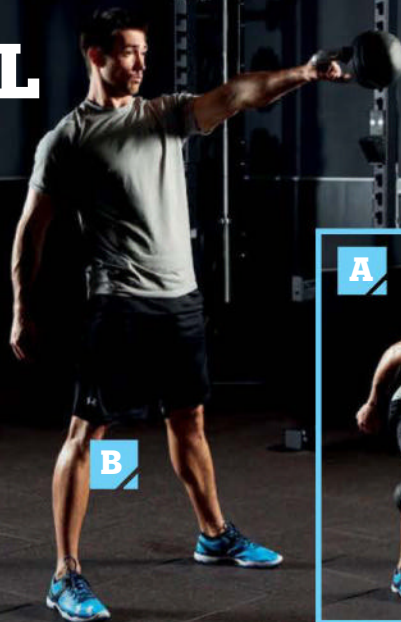
Hold two kettlebells at your shoulders with your elbows bent and the bells resting on the back of your forearms. Drop into a quarter squat and drive back up, using the momentum to push the kettlebells directly overhead until your elbows are locked out. Lower the kettlebells to your shoulders and repeat.

**A****B**



# 1 ONE-ARM KETTLEBELL SWING

Stand tall with your feet placed shoulder-width apart, holding a kettlebell in one hand. Push the kettlebell off your body to start the swing. As you lower, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, drive your hips forward, swinging the kettlebell to head height. Swap hands every three reps.



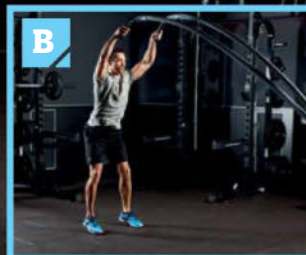
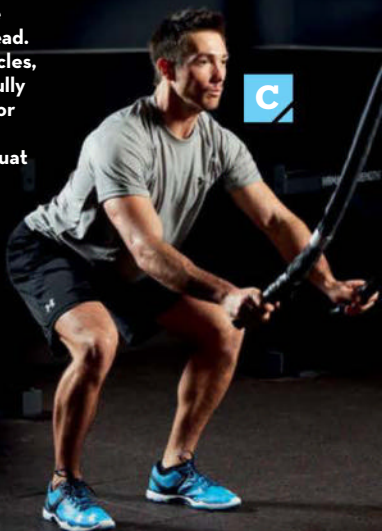
# 2 KETTLEBELL CLEAN AND PRESS

Hold a kettlebell on the floor by the handle. Clean the kettlebell to your shoulder by extending through the legs and hips as you pull the kettlebell towards your shoulder. Rotate your wrist as you do so, so your palm faces forward. Press the kettlebell overhead, locking out your arm. Lower the weight to the floor to return to the start. Swap hands every three reps.



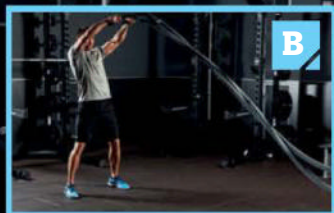
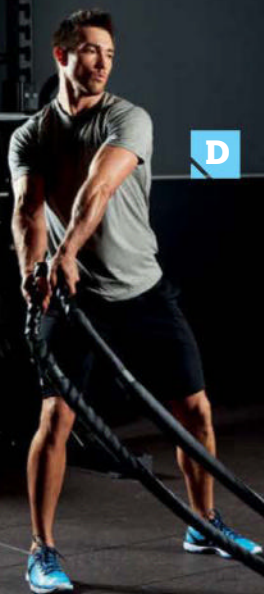
# 1 BATTLE ROPE TWO-ARM SLAM

Grip the rope tightly and raise your hands high above your head. Using your back and core muscles, bring your arms down powerfully and slam the rope into the floor hard to create an undulating wave, sinking into a shallow squat as you go. Return to the start.



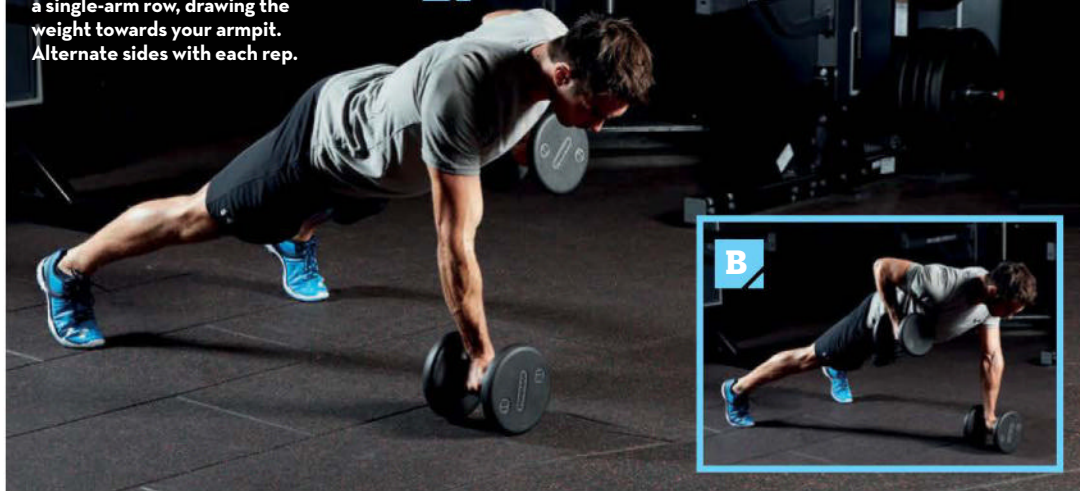
# 2 BATTLE ROPE CIRCLE

Hold the ropes together, standing with your feet shoulder-width apart. Keeping your core engaged, move the ropes around together in a big circle to create a spiralling wave. Alternate directions with each 20-second period, to work your obliques equally.



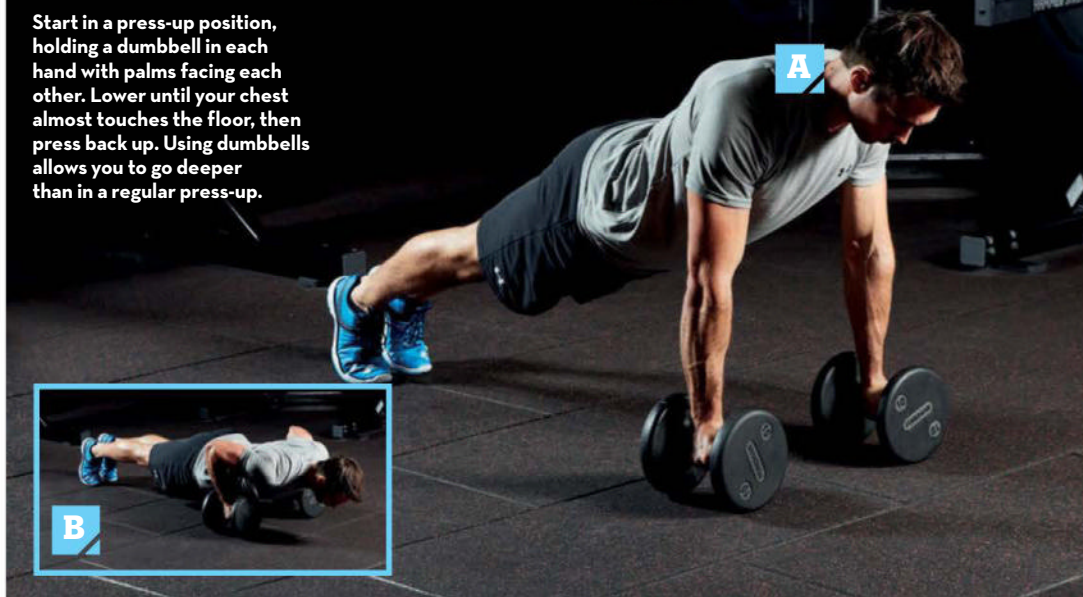
# 1 RENEGADE ROW

Start in a press-up position, with your feet shoulder-width apart and a dumbbell in each hand. Brace your core to keep your hips static and do a single-arm row, drawing the weight towards your armpit. Alternate sides with each rep.



# 2 DUMBBELL PRESS-UP

Start in a press-up position, holding a dumbbell in each hand with palms facing each other. Lower until your chest almost touches the floor, then press back up. Using dumbbells allows you to go deeper than in a regular press-up.



# CARDIO

---

*The cardio equipment in your gym is easily misunderstood. Pedalling away for an age on the exercise bike won't do you any good. In fact, it could just increase the stresses on your body that cause levels of hormones, such as cortisol, to rise, making you store fat and catabolise muscle. However, when used wisely, the bike, rowing machine and even the humble skipping rope can provide fun, challenging and varied high-intensity workouts to burn fat and build muscle.*

## **DIRECTIONS**

Cover the prescribed distances for the cycling, sprinting and rowing intervals as fast as you can, then drastically reduce your intensity and cover the distance again. Repeat this ten times. For the skipping, alternate between 30 seconds of high intensity and 30 seconds of rest, repeated ten times.

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# CYCLING

## DISTANCE 250M

Adjust the height of the saddle so your leg has only a slight bend in the knee when the pedal is at its lowest point. Strap both your feet into the pedals and grip the bars with both hands. Make sure your knees don't flare out as you get tired. Use your rest periods as active recovery, by pedalling at a lower intensity.



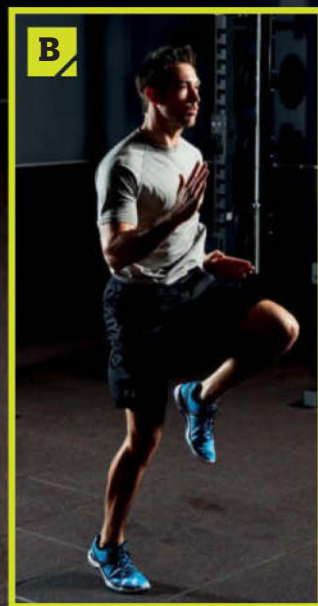
# SPRINTING

**DISTANCE 60M**

Run as fast as possible on the balls of your feet, keeping your chest up and pumping your arms to help generate momentum.

**A**

**B**



# ROWING

## DISTANCE 150M

Start with the seat close to your heels and hold the handle with straight arms. Keep your back straight and drive powerfully through your feet to straighten your legs, but don't lock them. Pull the handle close to your sternum and lean back slightly. Slowly reverse the movement, arms first then legs, to the start.





# SKIPPING

## TIME 30 SECONDS

Bounce on the balls of your feet, with your legs just slightly bent. Keep your head up, looking straight ahead. Keep your hands by your sides at hip height and use your wrists, rather than your shoulders, to rotate the rope. This will keep tension in the rope, to reduce the chance of you tripping. For an added challenge, try running on the spot as you rotate the rope.



# EMOM

---

*Every minute on the minute (EMOM) is a protocol that keeps the intensity high and rest low, to challenge your power of recovery and force your body to adapt. It's especially good at boosting power endurance, as you need as much power in the last minute as in the first.*

## DIRECTIONS

Each workout consists of one exercise performed for a specific number of reps, every minute on the minute for a specific number of sets. For every workout, use a timer and start each set at the beginning of each minute. The quicker you get through the reps, the more rest you'll have before the next set starts.

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# WIDE-GRIP PULL-UP

SETS 10 REPS 5

Grasp the bar with an overhand grip, so your palms are facing away from you and your hands are more than shoulder-width apart. Contract your upper back muscles to pull your sternum towards the bar. Lower under control to return to the start.

B

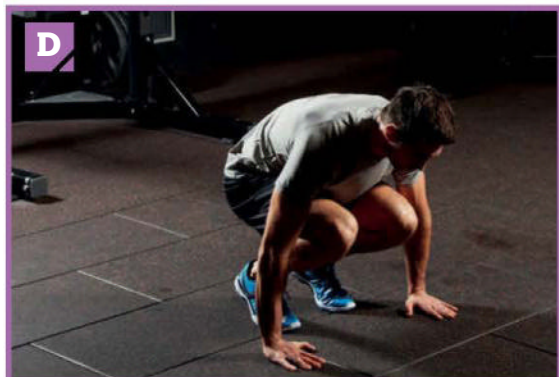
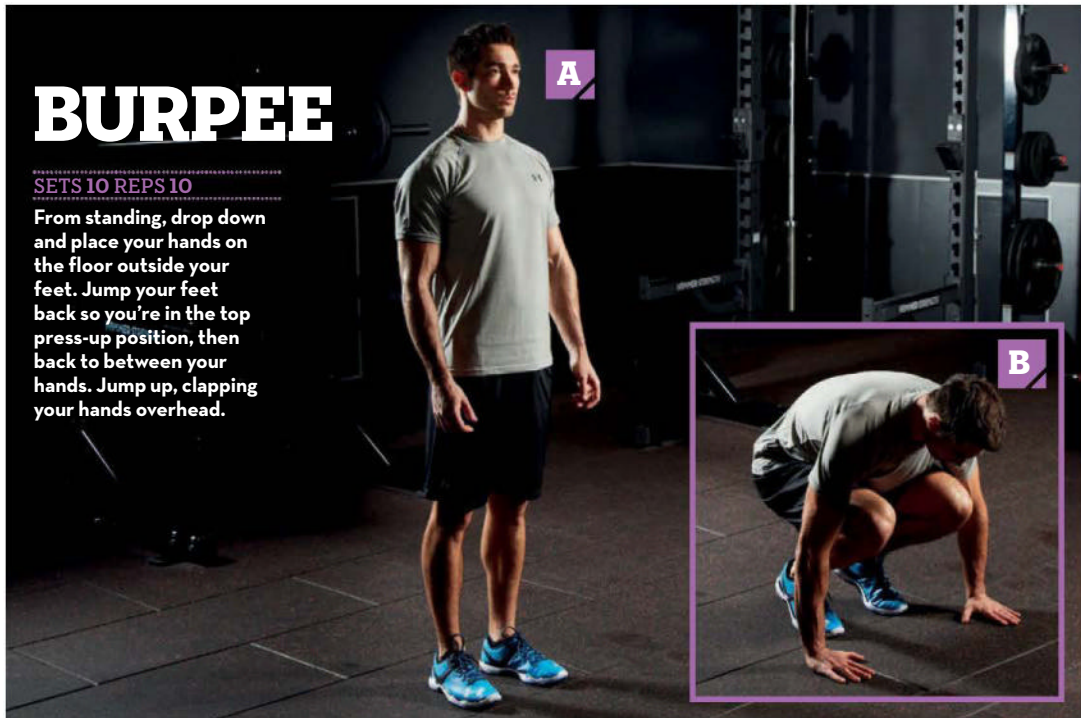
A



# BURPEE

SETS 10 REPS 10

From standing, drop down and place your hands on the floor outside your feet. Jump your feet back so you're in the top press-up position, then back to between your hands. Jump up, clapping your hands overhead.



# TWO-ARM KETTLEBELL SWING

SETS 12 REPS 12

Stand with your feet placed shoulder-width apart and push the kettlebell off your body to start the swing. As you lower, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, drive your hips forward, allowing the kettlebell to rise to head height.

A

B

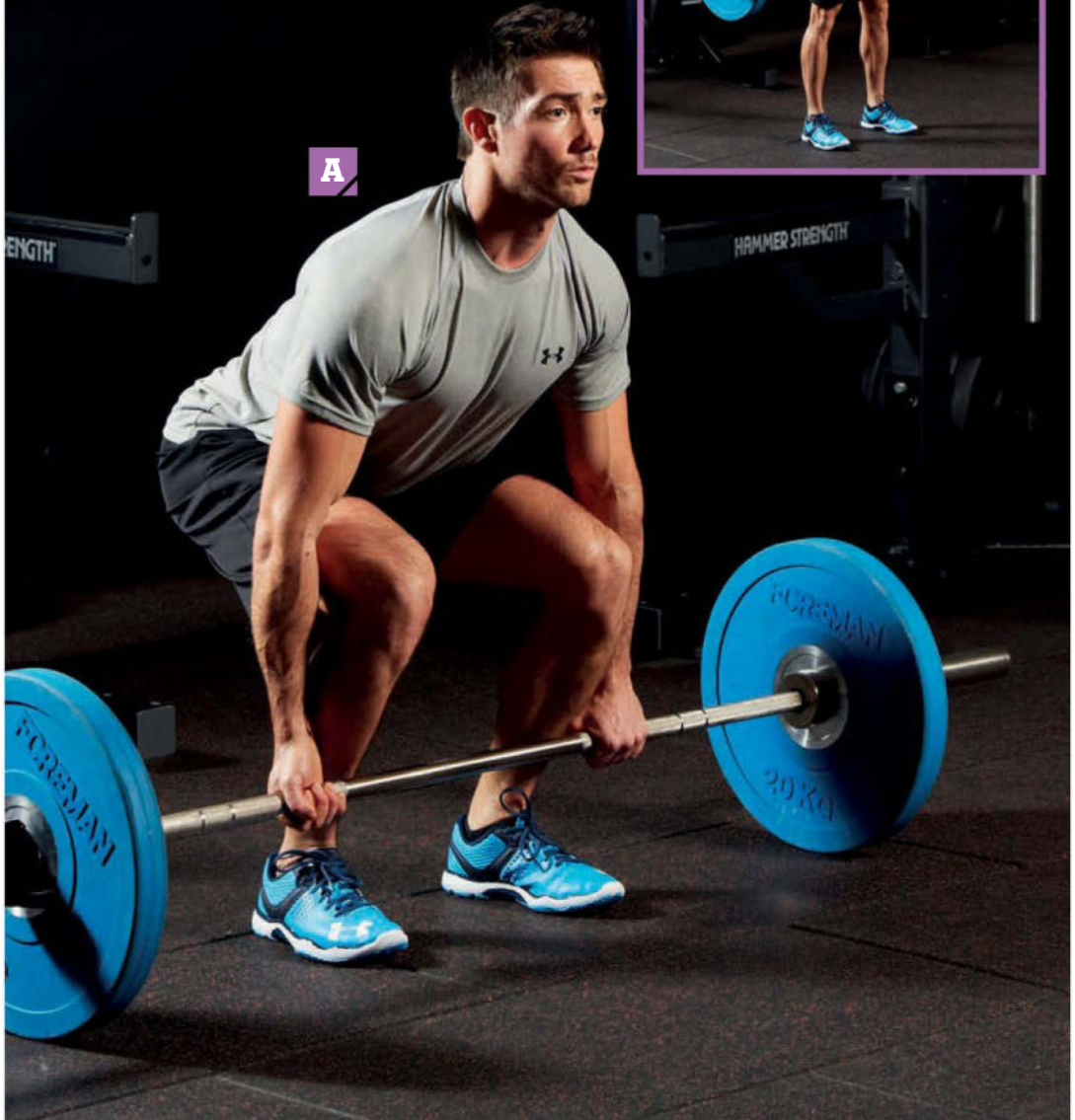


# DEADLIFT

SETS 10 REPS 3

Hold the bar with a shoulder-width underhand grip, with your arms straight and your feet under the bar. Keeping your chest up and back straight, drive through your heels to raise the bar and push your hips forward to stand tall.

A



B



# FRONT SQUAT

SETS 10 REPS 6

Rest the barbell across your upper chest with your hands holding it in place and your elbows as high as you can get them. Keeping your chest up and back straight, squat until your thighs are at least parallel to the floor, then drive back up.

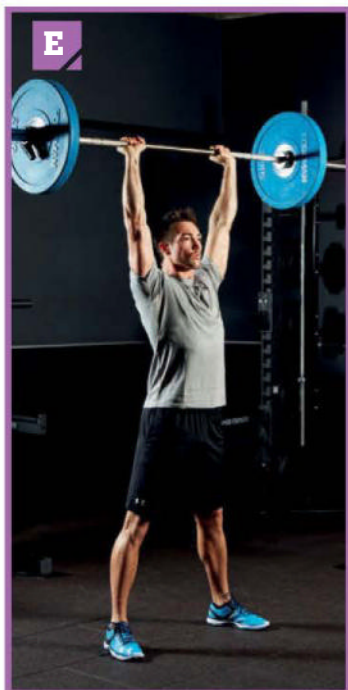




# CLEAN AND PRESS

SETS 10 REPS 3

Stand with your shins almost touching the bar and your feet shoulder-width apart, then squat down and grasp the bar with an overhand grip. Keeping your core braced, your chest up and a natural arch in your back, raise the weight to chest height by powerfully pushing through your heels and, as the bar passes mid thigh-height, forcefully driving your hips forwards. Quickly drop into a squat under the bar and catch it on the top of your chest, holding it in place with your fingers and keeping your elbows high. Drive through your heels to stand and, using this momentum, continue to press the bar overhead. Return the bar to the floor under control.



# STRONGMAN

---

*Classic strongman-style carrying exercises are great for building muscle and burning fat, and you don't need to be towing a truck to feel the benefits.*

## **DIRECTIONS**

For each workout, perform the exercise continuously for one minute, then rest for one minute. Repeat this for a total of five rounds. Go heavy, but not so much that it compromises your form.

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# FARMER'S WALK

Pick up the heaviest kettlebells you can carry in each hand. Stand tall, with your arms straight at your sides, and walk with your chest out. If space is limited, walk in a figure-of-eight pattern.

A

B



# DUMBBELL OVERHEAD CARRY

Hold a dumbbell in each hand overhead with your arms straight. Walk, keeping your core and glutes engaged to help you stand tall, and your upper back strong to keep your arms raised. If space is limited, walk in a figure-of-eight pattern.

**A****B**

# KETTLEBELL WALKING LUNGE

Holding a kettlebell in each hand, lunge forward, keeping your back upright and your front knee over your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to stand and continue straight into the next lunge with your other leg.

A

B



# SANDBAG ZERCHER CARRY

Hold a heavy sandbag against your chest in the crook of your elbows. Walk, keeping your core strong to resist being pulled forward by the weight and your back straight to stand tall. If space is limited, walk in a figure-of-eight pattern.

**A****B**

# LADDERS

---

*No snakes here – just a steep climb and fast descent. Start by performing a low number of reps and work your way up with twinned exercises. Then, after you’ve hit your target, work your way down again. Your heart will be racing by the last rep.*

## **DIRECTIONS**

Each workout consists of two exercises. Perform one rep of the first exercise, followed immediately by one rep of the second exercise, then rest for 40 seconds. Perform two reps of each exercise, then three reps and so on, all the way up to ten, resting for 40 seconds between each pair. Once you’ve completed ten reps of each, work your way back down the ladder to one rep, keeping the rest periods the same.

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**1 PULL-UP/PRESS-UP**

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**2 KETTLEBELL SWING/  
BOX JUMP**

**PAGE 44**







# 1 PULL-UP

Grab the pull-up bar with an overhand grip, so that your hands are just wider than shoulder-width apart. Contract your upper back and pull your chest towards the bar. Only count the rep if your chin comes above the bar.

**B****A**

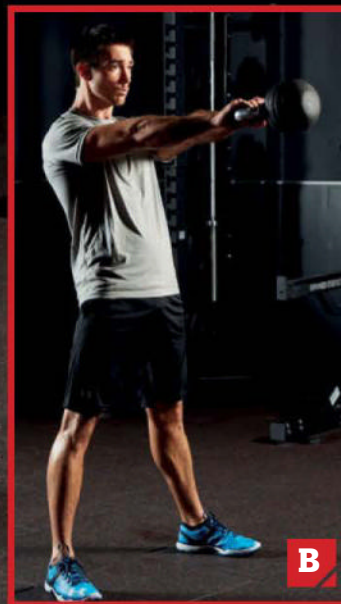
## 2 PRESS-UP

Start with your hands placed shoulder-width apart and your body straight from head to heels. Lower your chest towards the floor until your elbows reach 90°, then press back up.



# 1 TWO-ARM KETTLEBELL SWING

Stand with your feet placed shoulder-width apart and push the kettlebell off your body to start the swing. As you lower, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, drive your hips forward, swinging the kettlebell to head height.

**A****B**

## 2 BOX JUMP

Stand facing a knee-high box or bench. Jump onto it, using your arms to generate momentum if you need to and bending your knees to soften the landing. Step rather than jump down.

**B**

# AMRAP

---

*AMRAP means completing as many rounds (or reps) as possible, resting only when absolutely necessary, and it's a useful way to monitor your fitness progress. Using your previous score as a target to beat is also a great way to motivate yourself when revisiting the same workout, ensuring you channel your maximum effort into every session.*

## DIRECTIONS

Each workout consists of six exercises performed in a circuit, with a prescribed number of reps for each exercise. Set a timer for five minutes and do as many circuits as possible, with no rest. At the end of the five minutes, rest for one minute, then start the circuit from where you left off. Do four five-minute work periods.

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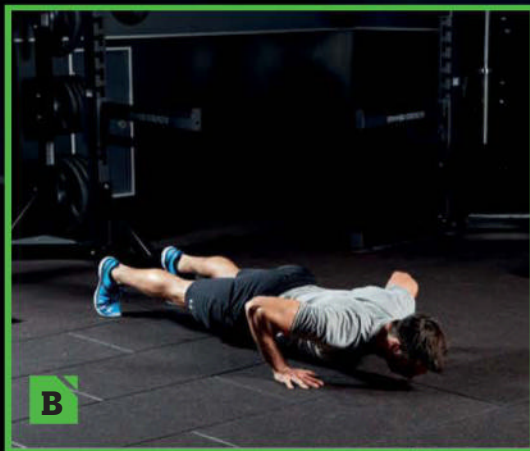




# 1 PRESS-UP

## REPS 10

Get into a press-up position with your feet together and your hands on the floor directly below your shoulders. Keep your body straight, engaging your core and glutes to keep your hips from sagging. Bend your elbows to lower your chest to the floor, then press back up.

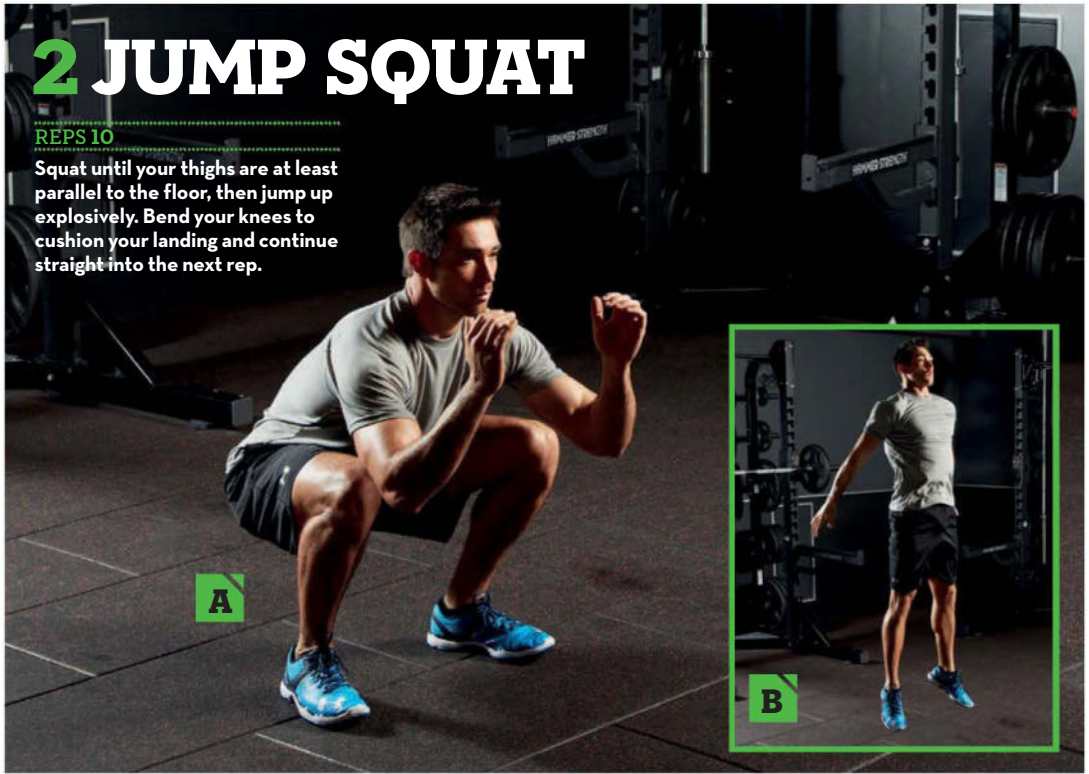




## 2 JUMP SQUAT

### REPS 10

Squat until your thighs are at least parallel to the floor, then jump up explosively. Bend your knees to cushion your landing and continue straight into the next rep.



## 3 MOUNTAIN CLIMBER

### REPS 10 EACH SIDE

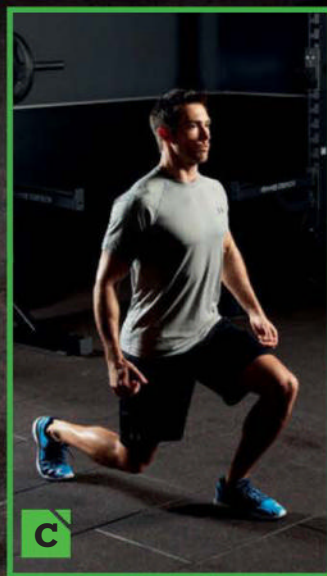
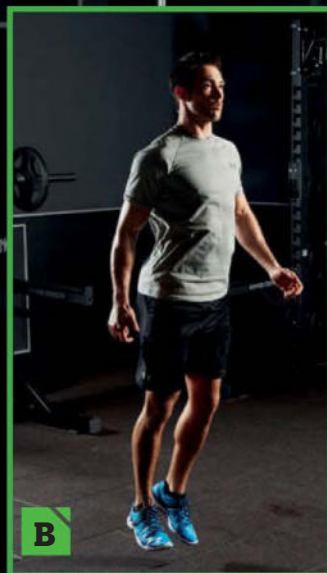
Start in the top of a press-up position. Keeping your shoulders locked, alternate jumping each foot forward, so your knee comes towards your elbows but your hands stay on the ground.



# 4 JUMP LUNGE

## REPS 10 EACH SIDE

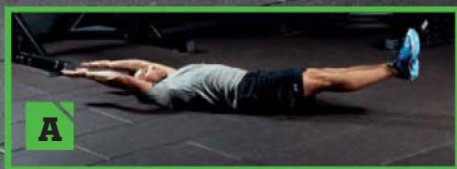
Start in a forward lunge position with your hands on your hips for balance. Jump off the ground by driving up with your front leg. Swap your legs over in mid-air, so you land with the other leg forward. Alternate sides.



## 5 V-SIT

### REPS 10

Lie on your back with your arms and legs outstretched. Contract your core and bring your legs and arms together, keeping them straight, then lower under control to return to the start.



## 6 BURPEE

### REPS 10

From standing, drop down and place your hands on the floor outside your feet. Jump your feet back, so you're in the top of a press-up, then back to between your hands. Jump up, clapping your hands overhead.



# 1 ONE-ARM KETTLEBELL SWING

## REPS 10 EACH SIDE

Stand with your feet placed shoulder-width apart, holding the kettlebell in one hand. Push the weight off your body to start the swing. As you lower, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, drive your hips forward, swinging the kettlebell to head height. Switch hands and continue straight into the next rep.

**B**

## 2 TWO-ARM KETTLEBELL SWING

### REPS 10

Stand with your feet placed shoulder-width apart and push the kettlebell off your body to start the swing. As you lower, hinge at the hips by pushing your glutes back. When you feel a stretch in your hamstrings, drive your hips forward, swinging the kettlebell to head height.

**B****A**

## 3 GOBLET SQUAT

### REPS 10

Hold a kettlebell by the handle with both hands. Keeping your back straight and chest up, lower into a deep squat. Drive through your heels to stand.

**B****A**

# 4 BATTLE ROPE CIRCLE

## REPS 10 EACH DIRECTION

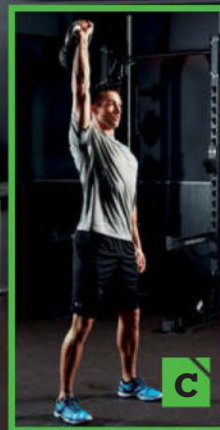
Hold the ropes together, standing with your feet shoulder-width apart. Keeping your core engaged, move the ropes around together in a big circle to create a spiralling wave. Complete all the reps in one direction, then repeat in the other.



# 5 KETTLEBELL CLEAN AND PRESS

## REPS 10 EACH SIDE

Hold a kettlebell on the floor by the handle. Clean the kettlebell to your shoulder, by extending through the legs and hips as you pull the kettlebell towards your shoulder. Rotate your wrist as you do so, so your palm faces forward. Press the kettlebell overhead, locking out your arm. Lower the weight to the floor to return to the start. Complete all the reps, then swap hands and repeat.



# 6 BATTLE ROPE SLAM

## REPS 10

Grip the rope tightly and raise your hands high above your head. Using your back and core muscles, bring your arms down powerfully and slam the rope into the floor hard, to create an undulating wave, sinking into a shallow squat as you go. Return to the start.

C



# 1 DUMBBELL INCLINE CHEST PRESS

## REPS 8

Lie on a bench set at a 45° angle, holding a dumbbell in each hand at shoulder height. Keep your feet flat on the floor and your back against the bench. Press the weights directly above your head, but don't lock your elbows at the top.





## 2 DUMBBELL BULGARIAN SPLIT SQUAT

### REPS 8 EACH SIDE

Hold the dumbbells by your sides and place one foot on a bench behind you. Bend your front leg to lower, keeping your chest up and front knee over your toes. Pause, then drive back up through your front foot to return to the start.



## 3 DUMBBELL PULL-OVER

### REPS 8

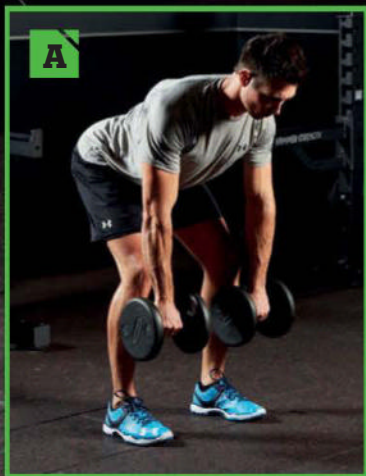
Lie on a flat bench, holding a dumbbell in both hands straight above your chest. Keeping your arms straight and core locked, to resist arching your back too much, lower the weight over your head until you feel a stretch in your chest. Reverse the move to the start.



# 4 DUMBBELL BENT-OVER ROW

## REPS 8

Stand with your feet placed shoulder-width apart, holding dumbbells with an overhand grip in front of your thighs. Bend your knees slightly and hinge forward from the hips, keeping your back slightly concave and your shoulder blades back. Pull the weights up to your lower sternum, then lower.

**B****A**

## 5 RENEGADE ROW

### REPS 8 EACH SIDE

Start in a press-up position with your feet shoulder-width apart and a dumbbell in each hand. Brace your core to keep your hips static and do a single-arm row, drawing the weight towards your armpit. Alternate sides with each rep.

B



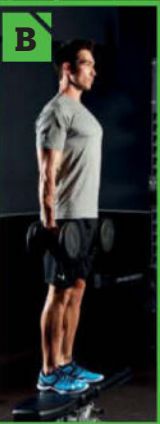
A

## 6 DUMBBELL STEP-UP

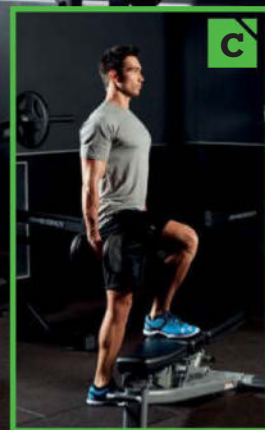
### REPS 8 EACH SIDE

Holding a pair of dumbbells by your sides, brace your core and place one foot on a bench. Drive through the heel of your raised foot to step up on the bench with the other foot. Step back down, lead leg first. Alternate sides with each rep.

A



B



C

# 1 CHIN-UP

REPS 5

Hold the bar with an underhand grip, hands shoulder-width apart. Brace your core and pull yourself up until your chin is above the bar, keeping your elbows tucked in to your body, then lower under control.

B



## 2 TOES-TO-BAR

### REPS 5

Hang from a bar with your body straight. Keeping your legs straight, use your abs to raise them until they touch the bar. Return under control to the start.

**A****B**

## 3 JUMP SQUAT

### REPS 5

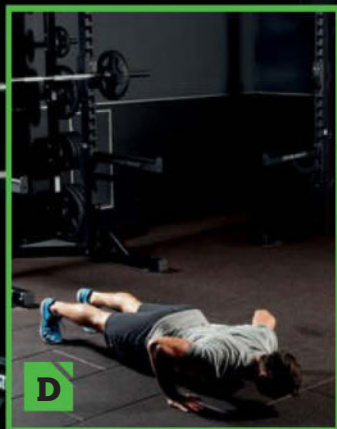
Squat until your thighs are at least parallel to the floor, then jump up explosively. Bend your knees to cushion your landing and continue straight into the next rep.

**A****B**

# 4 BURPEE PRESS-UP

## REPS 5

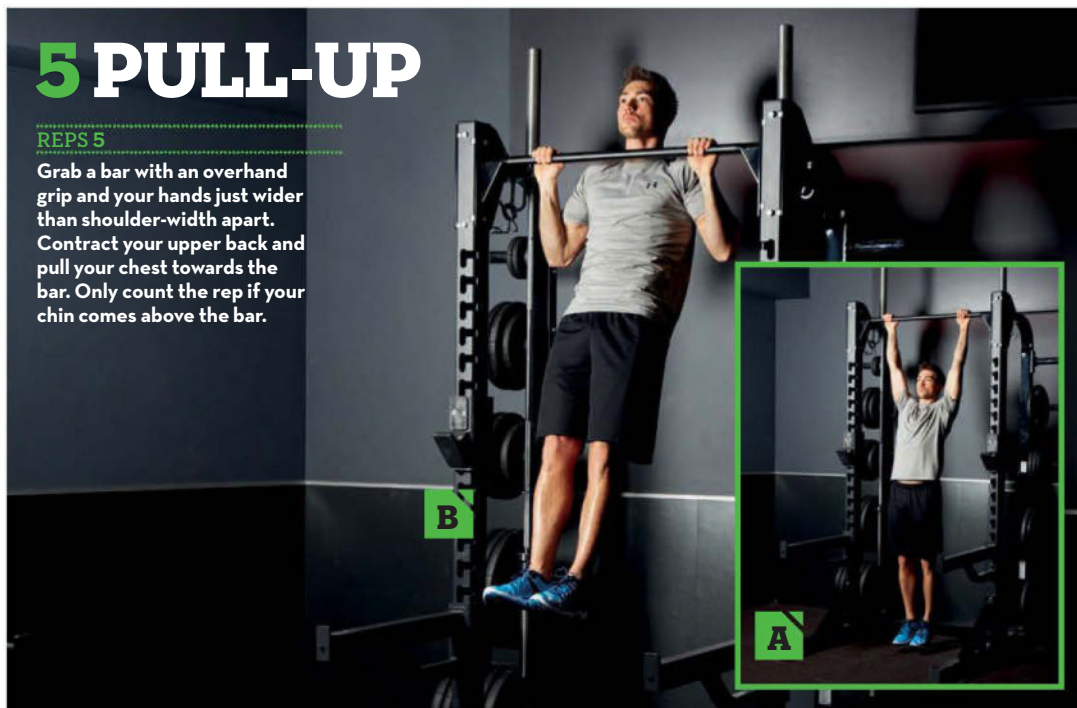
From standing, drop down and place your hands on the floor outside your feet. Jump your feet back, so you're in the top press-up position. Perform a press-up by lowering your chest towards the floor until your elbows reach 90°, then press back up. Jump your feet back to between your hands, then jump into a standing position, clapping your hands overhead.

**F**

## 5 PULL-UP

### REPS 5

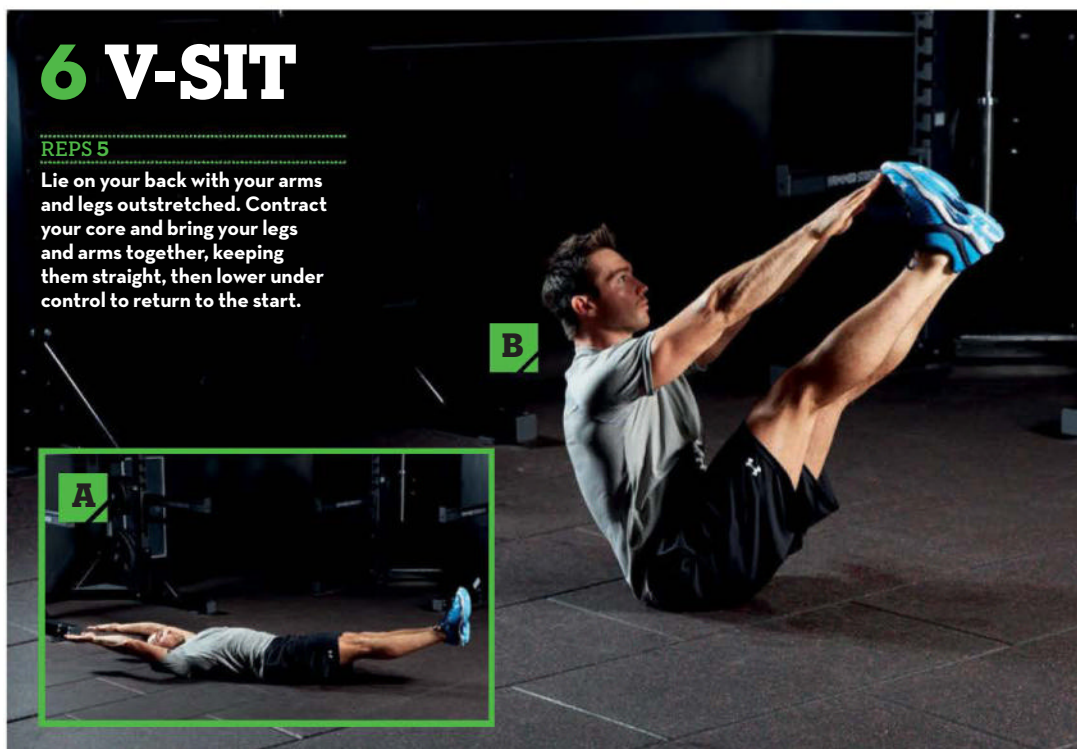
Grab a bar with an overhand grip and your hands just wider than shoulder-width apart. Contract your upper back and pull your chest towards the bar. Only count the rep if your chin comes above the bar.



## 6 V-SIT

### REPS 5

Lie on your back with your arms and legs outstretched. Contract your core and bring your legs and arms together, keeping them straight, then lower under control to return to the start.



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