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15

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- ✗ ABS OF STEEL

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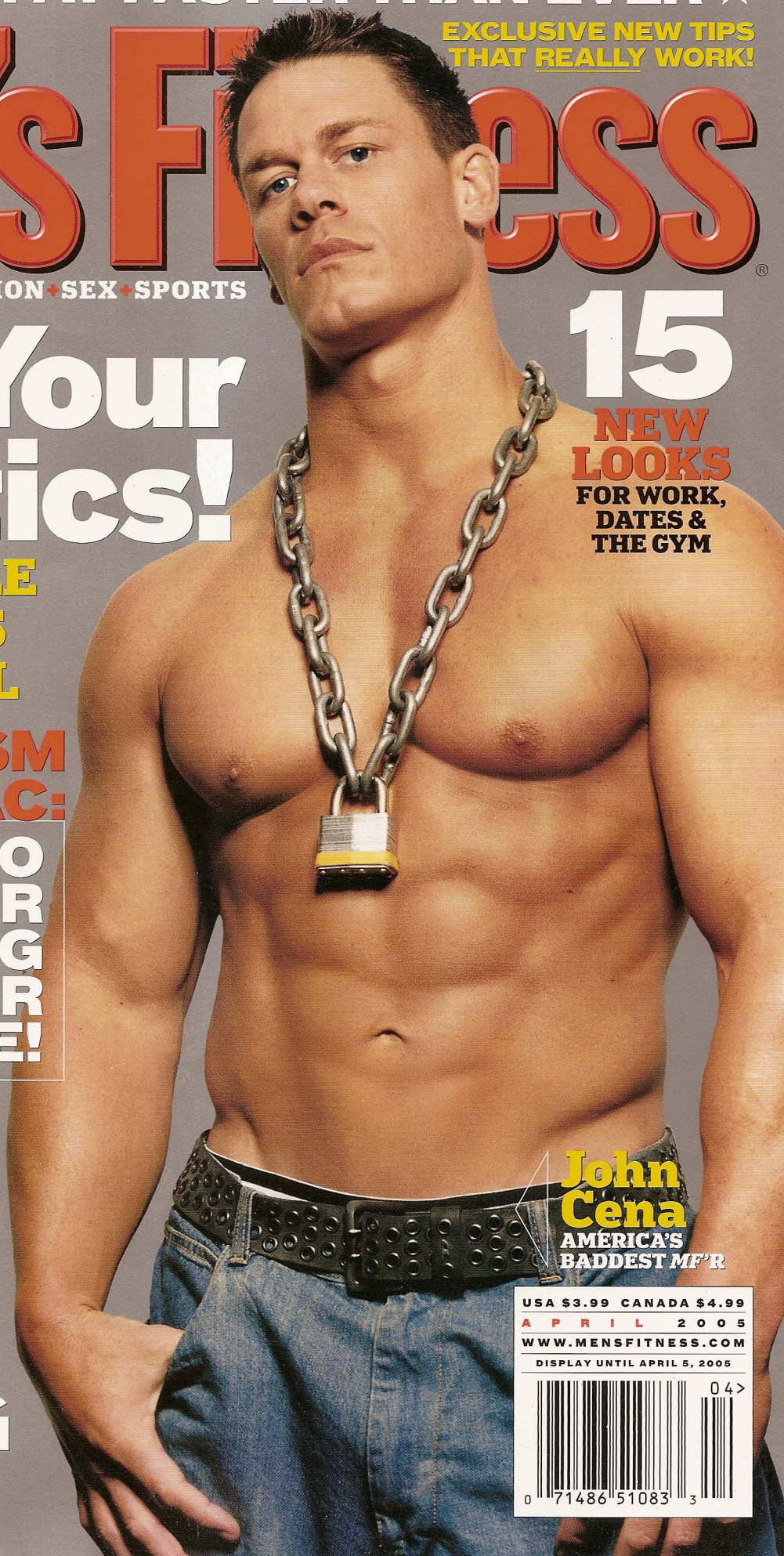
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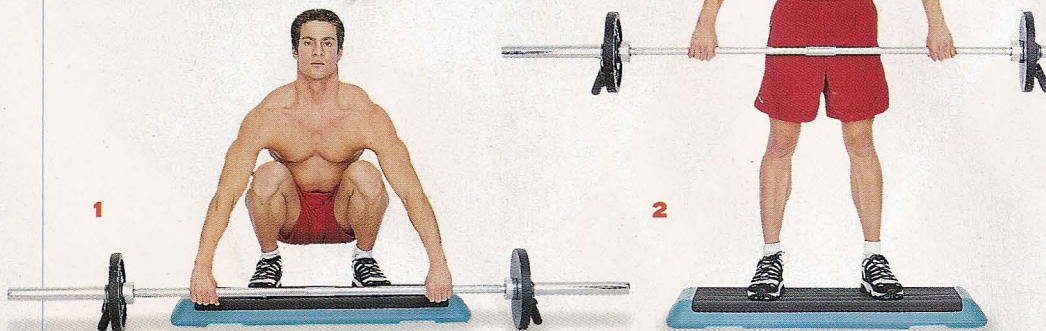
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get big

Exercise of the Month

The Elevated Snatch-Grip Deadlift
CAMERON MCGARR, C.S.C.S.



ITS NAME HAS FOUR WORDS AND EIGHT syllables—but the elevated snatch-grip deadlift is even tougher to do than it is to say. In reverse order, here's why those words build awesome muscle and strength:

Deadlift: You're using almost every muscle in your body—from the gripping muscles in your hands and forearms to your spine-protecting core, powerful gluteals and hamstrings, and the parts of your feet and ankles that keep you balanced.

Snatch-grip: By widening the grip to where you would hold the bar in an Olympic snatch, you make the exercise harder on the muscles in your shoulders, back, and midsection, which control your posture.

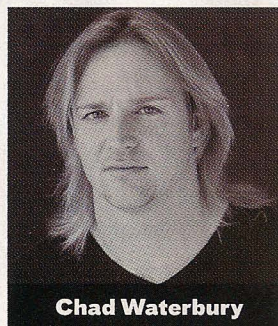
Elevated: What's harder than picking up a heavy weight off the floor? Picking up a heavy weight from below the floor. When you stand

on a step, you increase the range of motion a few inches. Since the lowest third is the hardest part of the deadlift's range, you make the exercise dramatically harder and more effective. (In a few weeks, go back to the regular deadlift—you'll be much stronger overall.)

How to do it: Use a weight that's about a third of what you'd ordinarily use on a max-effort deadlift. (If you have no idea how much you can deadlift, start with the bar and a couple of 5- or 10-pound plates and build up from there.) Now stand on a sturdy platform—an aerobic step or a couple of 25-pound weight plates, for instance—so that your feet are a few inches off the floor. From the starting position (grab the bar with a wide, overhand grip and keep your lower back flat, not rounded) [1], stand straight up, pulling the bar to your upper thighs [2]. Lower the bar, reset your grip, and repeat.

THE MAN

Meet the brains behind our brawn, *MF's* Trainer of the Month



Chad Waterbury

Creds: Waterbury is an exercise physiologist with degrees from the University of Arizona, and specializes in strength enhancement and power development for athletic performance. He has trained clients of all kinds for the past 10 years, including special-forces soldiers and athletes of all levels.

Listen up: Waterbury is a former barroom bouncer with a background in Brazilian jiu-jitsu. He's also a completely "raw" lifter, meaning he can bench press twice his body weight, and squat more than three times his body weight without the use of belts, straps or other assistive equipment. Meanwhile his vertical jump is 38". To build Waterbury-caliber power yourself, check out his "backward training" method, beginning on page 81. For more on the big guy, visit his Web site, chadwaterbury.com.

BULKER'S OMELET



Nutrition Facts

Serv. Size: 1 omelet

Per Serving	Total
Calories	953
Protein	107 g
Carbs	13 g
Fat	50 g
Fiber	2 g

INGREDIENTS:

- 6 oz lean turkey sausage
- ½ small onion, chopped
- 2 tsp butter
- 1 Roma tomato, chopped
- ¼ cup sliced mushrooms
- ¼ cup fresh coriander, chopped

- 6 egg whites, 3 whole omega-3 eggs
- ½ cup shredded Colby cheese

PREP TIME:

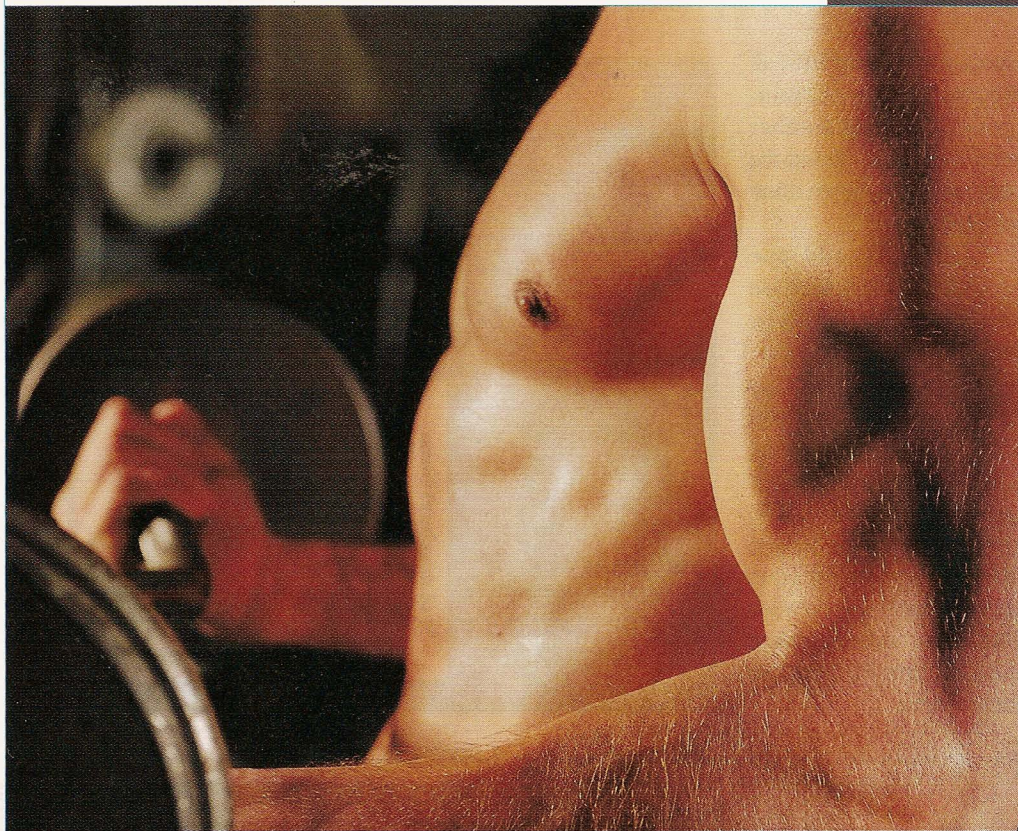
20 minutes

TO MAKE:

Sauté the sausage and onions in a large skillet with 1 tsp butter

until brown. Add tomato, mushrooms, and coriander and stir for 3 minutes, until tomatoes become soft but not entirely dissolved. Remove mixture from skillet and add the remaining butter and eggs. Flip the omelet, add the sautéed mixture and cheese, fold the omelet, and serve.

For more bulking recipes to use in *The Beach-Body Program* (available at mensfitness.com), check out *Gourmet Nutrition at johnberardi.com*.



CURLY: Armed with this program, he'll be bigger by next issue.

reps will *never* train your muscles to their full potential. So you'll grow, but not as much as you could. The reason: Those lighter weights don't provide enough tension, the second crucial factor for massive gains.

THE SCIENCE OF MUSCLE, PART 2

The more weight you use, the more tension you place on your muscles. That activates a greater number of fibers, leading to greater growth. It also builds strength faster, which means you'll be able to lift even heavier weights, increasing the tension on your muscles even more. But there's one problem: Lifting near maximal weights means you won't be able to do as many reps per set, and you'll need more time to recover in between, limiting the total volume you can perform in a workout—and the size of your muscles. Thankfully, there's a loophole.

A POWERFUL COMBINATION

By simply flipping your sets and reps so you're doing 10 sets of three repetitions—instead of three sets of 10—you can easily combine the concepts of high-volume and high-tension training into a single workout, creating a program that works your muscles maximally. The low number of reps allows you to use a much heavier weight than you would for a 10-rep set. And by strategically

Backward Training

It's the best way to build muscle and strength that you've never tried **BY CHAD WATERBURY**

IF I HAD TO PICK ONE TRAINING REGIMEN TO follow until the end of my days, I'd die huge. That's because I'd use the plan I'm about to share with you. It's simple, fast, and works for *everyone*. In fact, there's nothing I've found that's better for building muscle size and strength for my clients—or myself—than this largely unknown method. The secret: It requires you to do 10 sets of three repetitions instead of the standard three sets of 10. So it's the complete opposite of the way most guys lift. Call it "backward training." Used properly, this simple set-and-rep reversal will allow you to challenge your muscles more effectively than ever before. Of course, if you're satisfied with conventional results, stick with your conventional workout. But if you want a better way to build massive size and super-strength, read on for the details. After all, backward training is for forward thinkers. Just like more muscle.

THE SCIENCE OF MUSCLE, PART 1

Before we get to the specifics of backward training, it's useful to understand the basic science of building muscle. There are two keys to stimulating maximal growth. The first is ensuring that you perform an adequate amount of volume, or total number of repetitions. My research has shown that a volume of 24–50 total reps per muscle group (or movement pattern) is perfect for increasing muscle size. That's why three sets of 10 repetitions work. It gets you in the optimal range—30 total reps—for growth. Unfortunately, the lighter weights you're forced to use to complete all the

adjusting the amount of weight you use—the final ingredient of the backward training formula—you'll be able to take shorter rests between sets and still hit all your reps. The result: You'll keep both volume and tension high.

HOW TO TRAIN BACKWARD

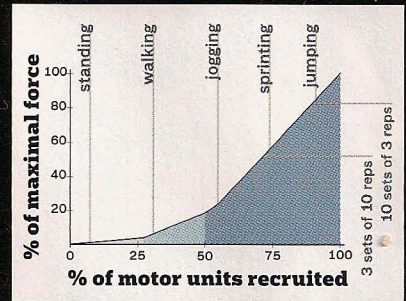
Choose a weight that lets you perform no more than six perfect reps, but do only three, lifting as fast as you can. The key is *not* to go to failure—the point at which you can't complete one more repetition—so that you don't become fatigued

before you've completed all the sets. Rest for 1–2 minutes and then do another set of three reps. Repeat the process until you've done 10 total sets.

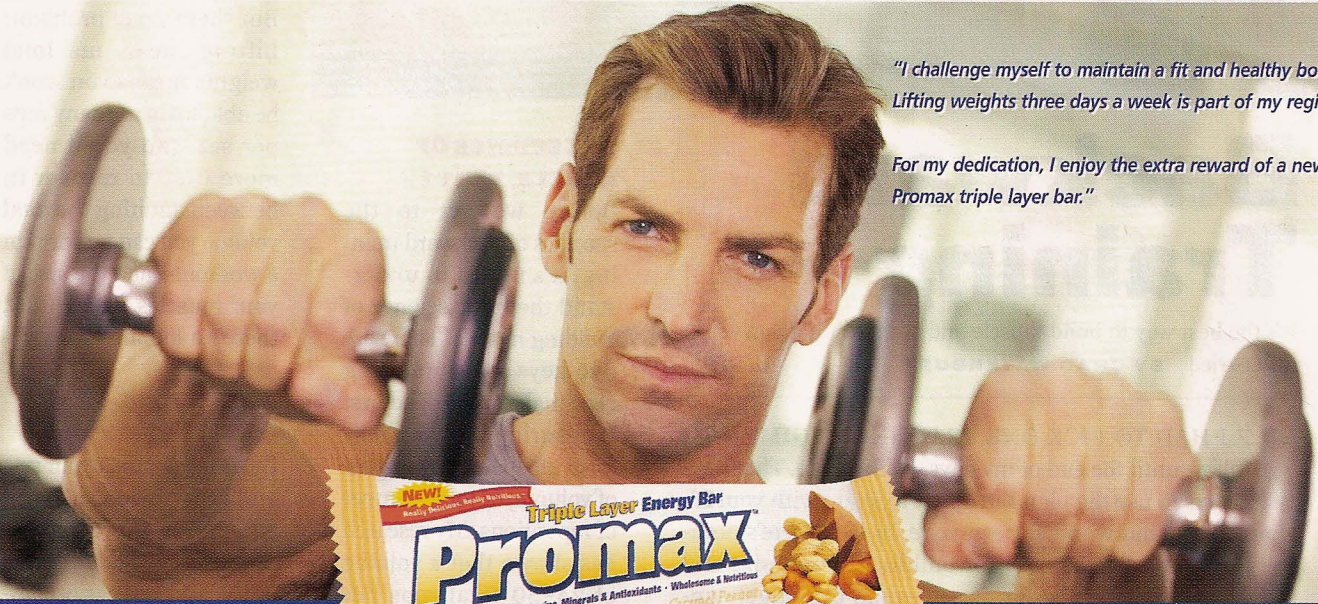
Each week, add one more rep to each exercise in each workout, so that by the third week, you're performing 10 sets of five reps for every exercise (that's 50 total reps, which means you'll have run the whole gamut for optimal muscle growth). Three weeks into the program, retest your six-rep max—it'll be a lot heavier—and then repeat the program for another three weeks.

MASS COMMUNICATION

Your strength will increase dramatically from week to week, primarily because your central nervous system—the command center of your muscles—improves its ability to recruit more motor units, the scientific name for a nerve and the muscle fibers it controls. You see, when you lift heavy weights, you not only train the muscles themselves but also the network of nerves that activates those muscles, leading to better mind–muscle communication. Ultimately, that means you'll work more fibers for greater growth. The graph below shows that backward training activates as many motor units as sprinting and jumping. And if you've ever seen track and field athletes, you know they're about as lean and muscular as a guy can get.



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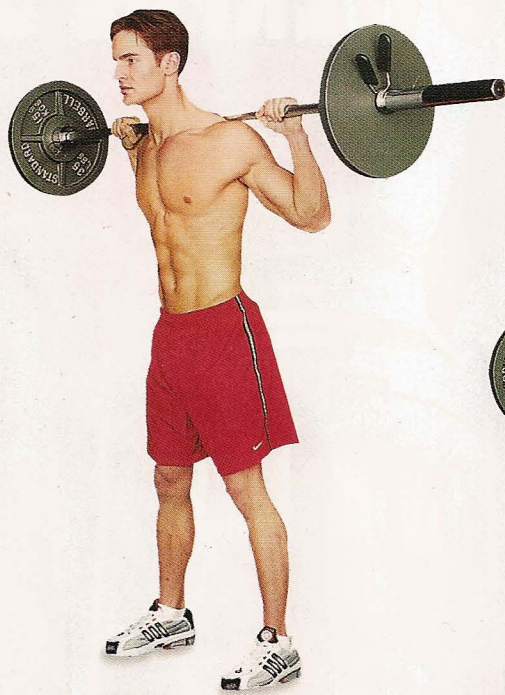
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Workout A

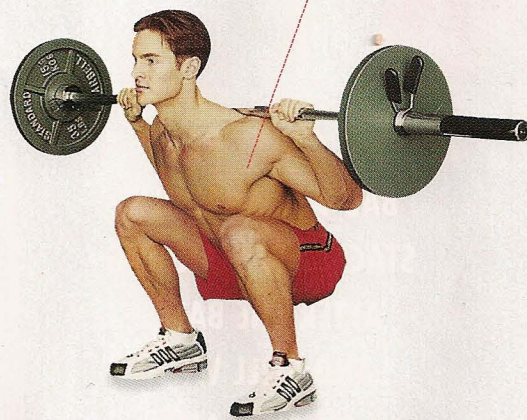
FREQUENCY: Do this workout once a week for three weeks. On the following day, do Workout B (on page 86).

HOW TO DO IT: Perform the exercises as straight sets, completing 10 sets for each before moving on to the next. Between sets, rest exactly 90 seconds. You'll perform three reps per set the first week, then four reps the second, and five reps the third.

WEIGHT: Choose the heaviest weight you can lift for six perfect reps but do only the prescribed number. Use the same weight every workout for three weeks, then retest your six-rep max and increase the weight for the next three weeks.



■ Keeping your torso as upright as possible, lower your body as far as you can.

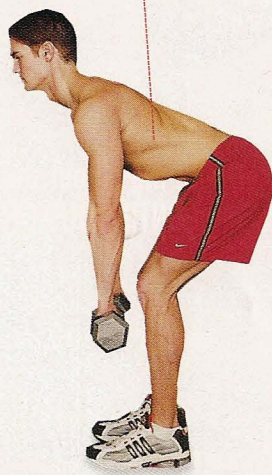


1 SQUAT

Sets: 10 Reps: Week 1 = 3, Week 2 = 4, Week 3 = 5



■ Keep your lower back naturally arched for the entire movement.

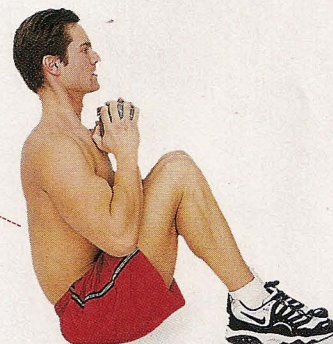


2 DUMBBELL ROMANIAN DEADLIFT

Sets: 10 Reps: Week 1 = 3, Week 2 = 4, Week 3 = 5



■ Raise your upper body until it is perpendicular to the floor.



3 WEIGHTED SITUPS

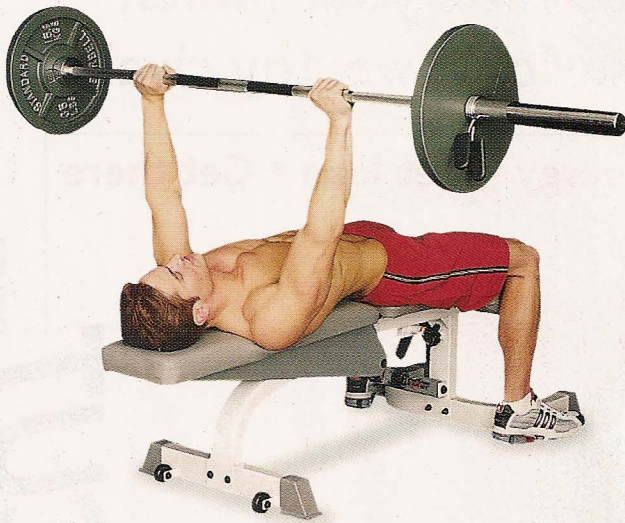
Sets: 10 Reps: Week 1 = 3, Week 2 = 4, Week 3 = 5

Workout B

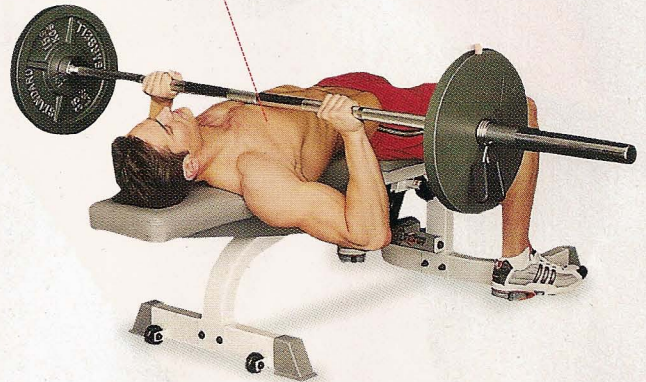
FREQUENCY: Do this workout once a week for three weeks, resting a day before moving on to Workout C (on page 88).

HOW TO DO IT: Perform the exercises as straight sets, completing 10 sets for each before moving on to the next. Between sets, rest exactly 90 seconds. You'll perform three reps per set the first week, then four reps the second, and five reps the third.

WEIGHT: Choose the heaviest weight you can lift for six perfect reps but do only the prescribed number. Use the same weight every workout for three weeks, then retest your six-rep max and increase the weight for the next three weeks.



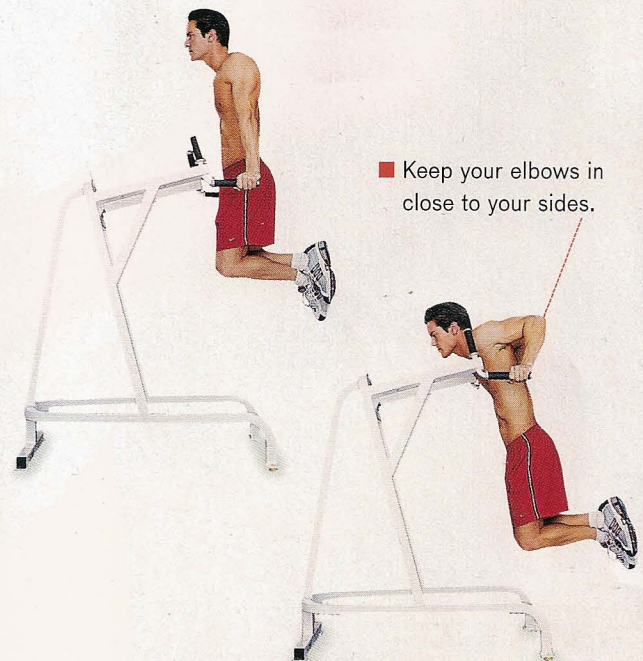
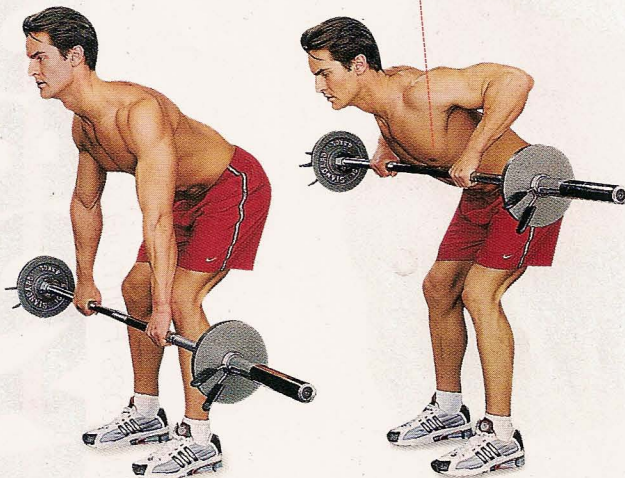
■ Lower the bar until it nearly touches the middle of your chest.



1 BENCH PRESS

Sets: 10 **Reps:** Week 1 = 3, Week 2 = 4, Week 3 = 5

■ Keep your lower back arched and don't move your torso.



■ Keep your elbows in close to your sides.

2 BENTOVER ROW

Sets: 10 **Reps:** Week 1 = 3, Week 2 = 4, Week 3 = 5

3 DIP

Sets: 10 **Reps:** Week 1 = 3, Week 2 = 4, Week 3 = 5

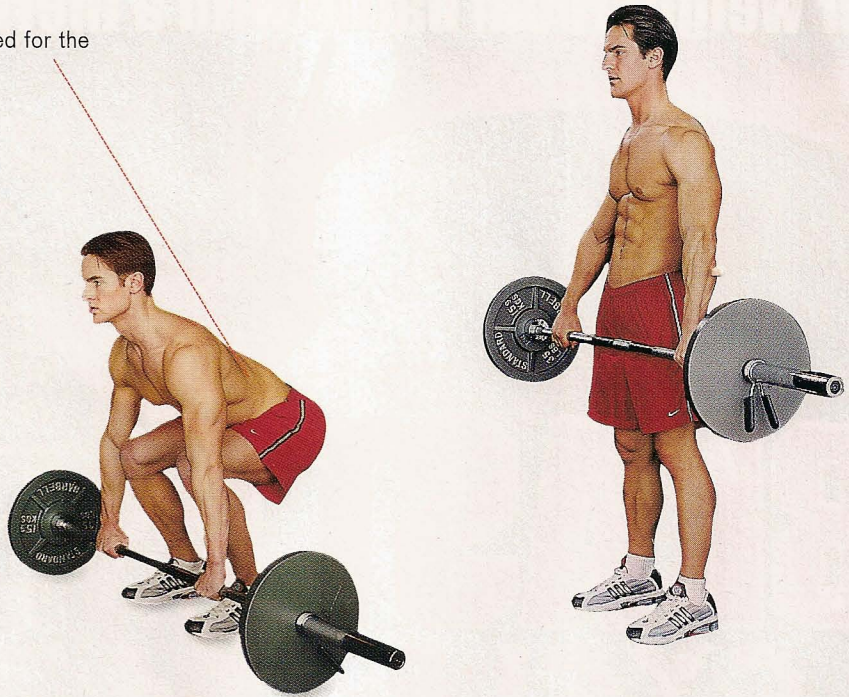
Workout C

FREQUENCY: Do this workout once a week for three weeks. On the following day, do Workout D (on page 90).

HOW TO DO IT: Perform the exercises as straight sets, completing 10 sets for each before moving on to the next. Between sets, rest exactly 90 seconds. You'll perform three reps per set the first week, then four reps the second, and five reps the third.

WEIGHT: Choose the heaviest weight you can lift for six perfect reps but do only the prescribed number. Use the same weight every workout for three weeks, then retest your six-rep max and increase the weight for the next three weeks.

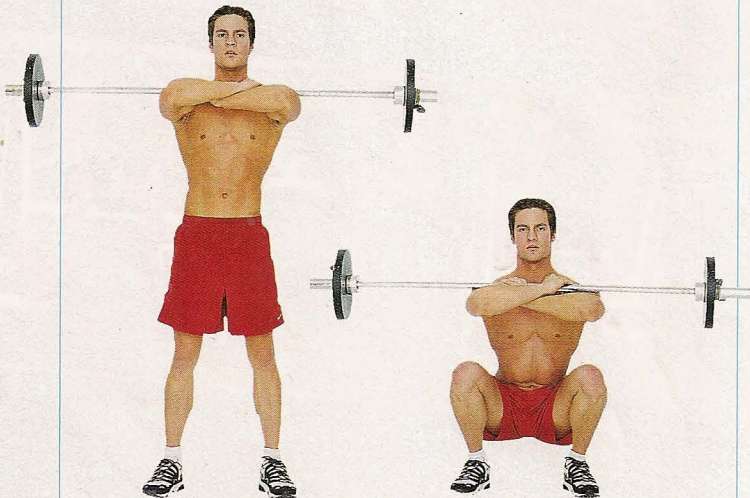
■ Keep your lower back naturally arched for the entire movement.



1 DEADLIFT

Sets: 10 **Reps:** Week 1 = 3, Week 2 = 4, Week 3 = 5

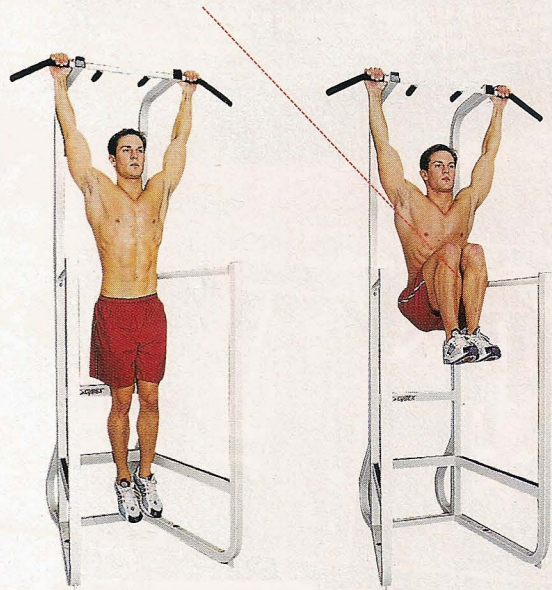
■ Balance the bar on the front of your shoulders. Keeping your torso as upright as possible, lower your body as far as you can.



2 CROSS-GRIP FRONT SQUAT

Sets: 10 **Reps:** Week 1 = 3, Week 2 = 4, Week 3 = 5

■ Pull your knees up and in toward your chest.



3 HANGING KNEE RAISE

Sets: 10 **Reps:** Week 1 = 3, Week 2 = 4, Week 3 = 5

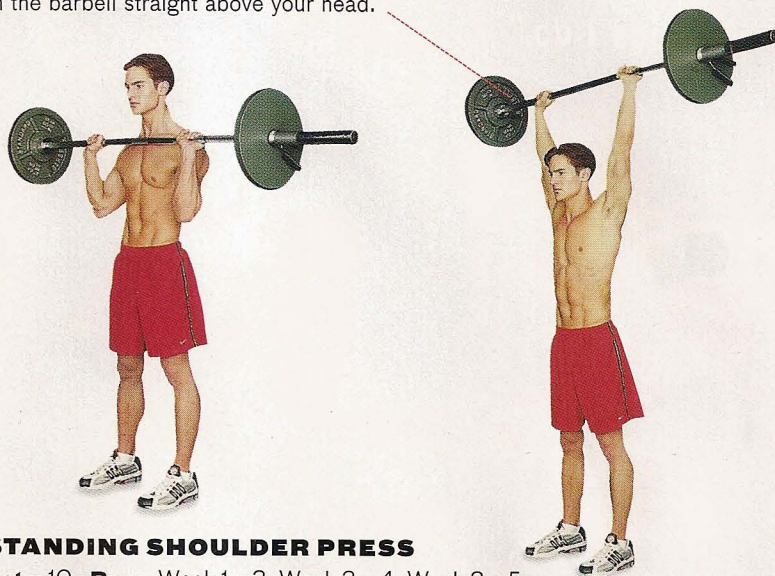
Workout D

FREQUENCY: Do this workout once a week for three weeks, resting two days before repeating Workout A (on page 84).

HOW TO DO IT: Perform the exercises as straight sets, completing 10 sets for each before moving on to the next. Between sets, rest exactly 90 seconds. You'll perform three reps per set the first week, then four reps the second, and five reps the third.

WEIGHT: Choose the heaviest weight you can lift for six perfect reps but do only the prescribed number. Use the same weight every workout for three weeks, then retest your six-rep max and increase the weight for the next three weeks.

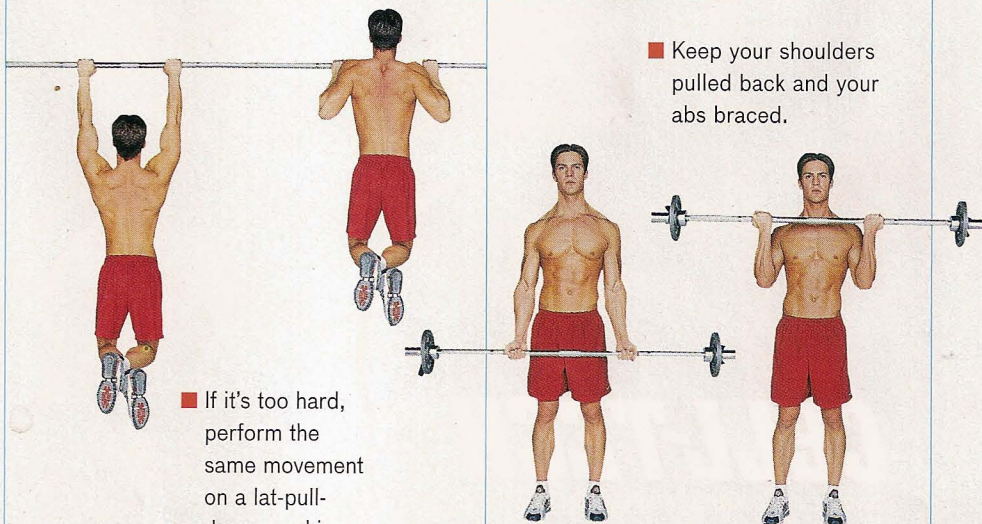
■ Push the barbell straight above your head.



1 STANDING SHOULDER PRESS

Sets: 10 **Reps:** Week 1 = 3, Week 2 = 4, Week 3 = 5

■ Keep your shoulders pulled back and your abs braced.



■ If it's too hard, perform the same movement on a lat-pull-down machine.

2

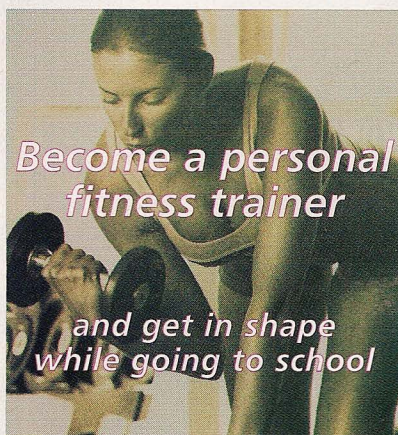
PULLUP

Sets: 10
Reps: Week 1 = 3, Week 2 = 4, Week 3 = 5

3

BARBELL CURL

Sets: 10
Reps: Week 1 = 3, Week 2 = 4, Week 3 = 5



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