

WIN THE WAR ON FAT: 128 LEAN TIPS

WHY THE BEST  
MAN WINS

# Men's Fitness

EXERCISE • HEALTH • NUTRITION • SEX • SPORTS • GEAR

## Carve 6-Pack Abs!

THE MF  
EXCLUSIVE  
FITNESS  
PLAN

MF STYLE

**5** WAYS TO  
CHANGE  
YOUR  
LOOK NOW

GET THE BODY  
IN LESS TIME!

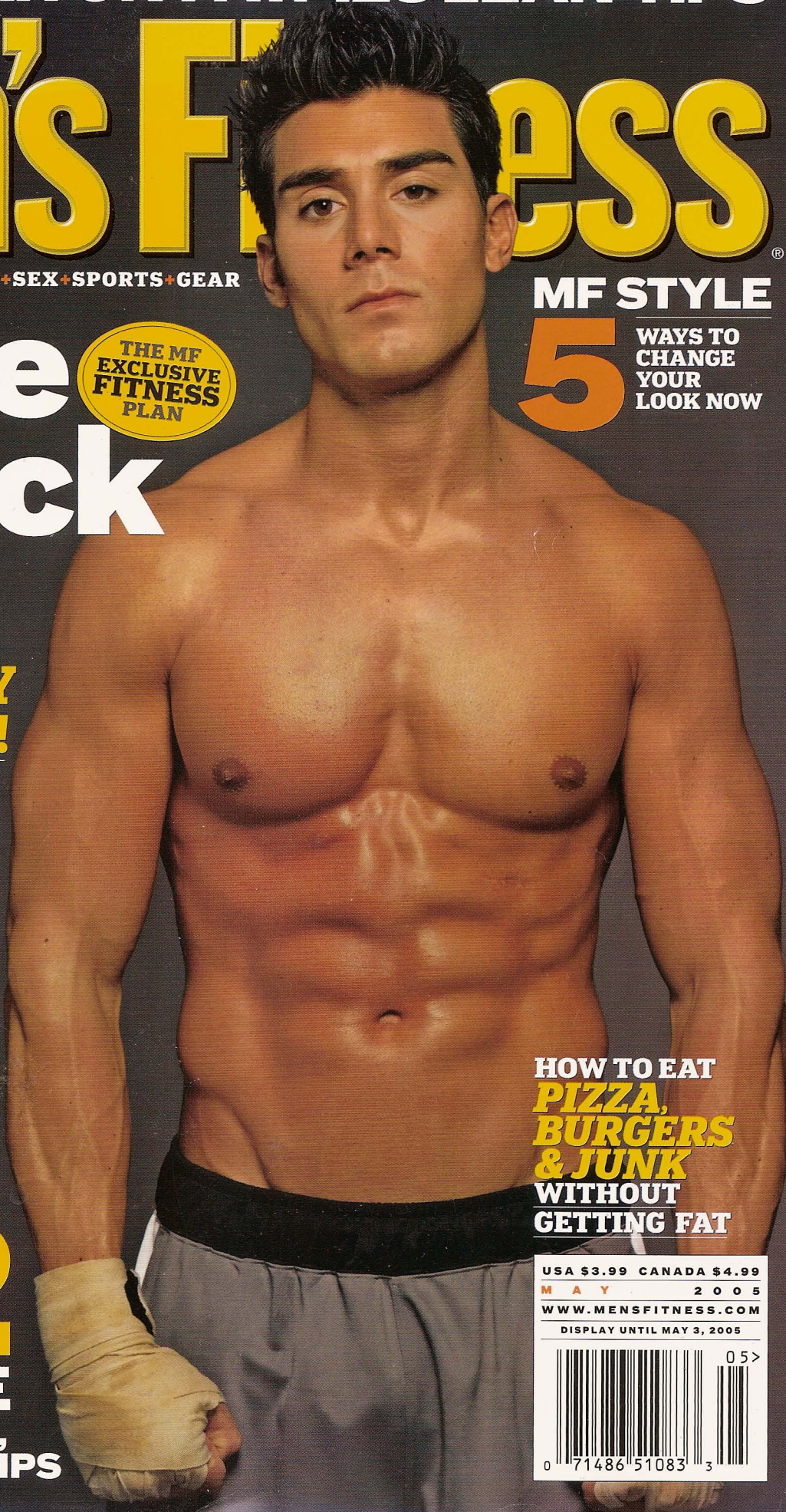


SHE  
WANTS  
MORE!

**54**  
WAYS TO  
GIVE IT  
TO HER

# 982

EXCLUSIVE  
MUSCLE-BUILDING,  
SEX & NUTRITION TIPS



HOW TO EAT  
**PIZZA,  
BURGERS  
& JUNK**  
WITHOUT  
GETTING FAT

USA \$3.99 CANADA \$4.99

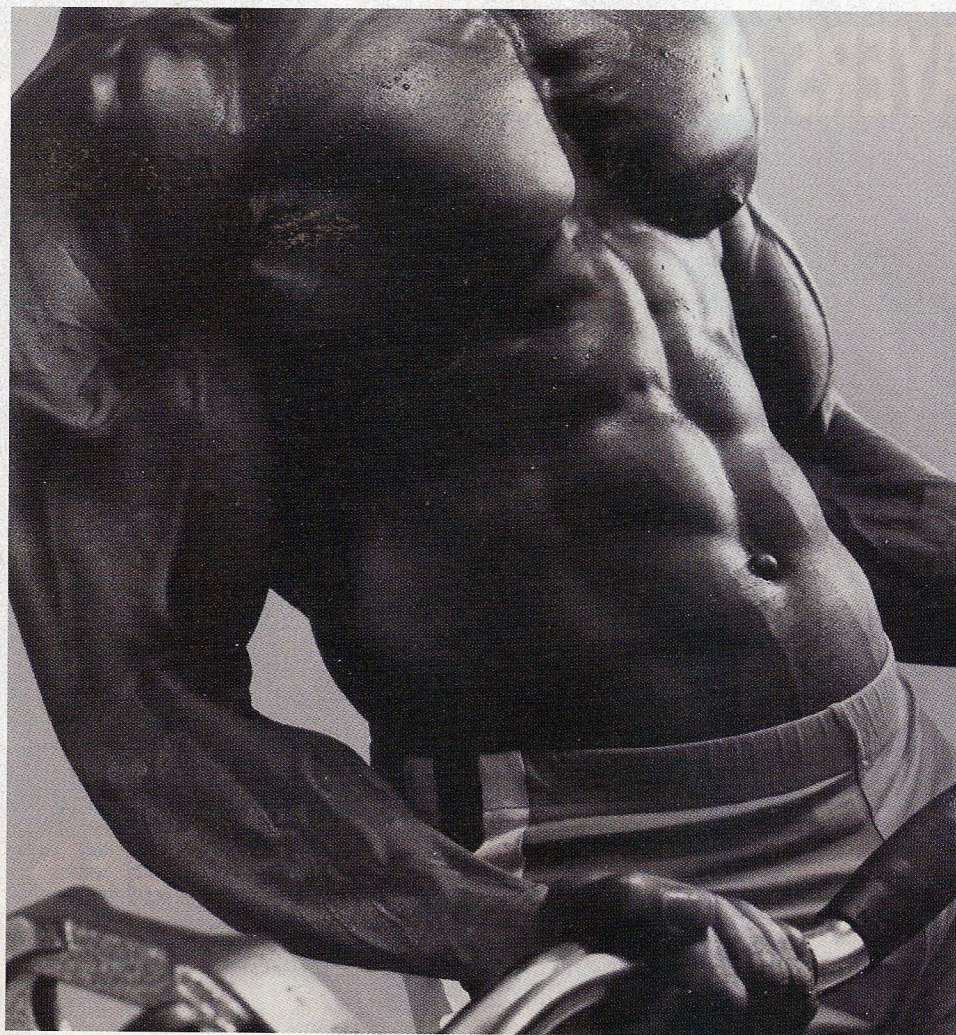
M A Y 2 0 0 5

WWW.MENSFITNESS.COM

DISPLAY UNTIL MAY 3, 2005



0 71486 51083 3 05 >



## The Secret to Faster Gains

Use this little-known training method to ignite never-before-seen growth **BY CHAD WATERBURY**

**C**ONVINCING TRADITIONAL BODYBUILDERS TO break the “rules” of training is a lot like asking the pope to convert. (Only he doesn’t respond with expletives.) And that’s especially true when it comes to the most sacred of all lifting commandments: “Thou shalt not work a muscle group two days in a row.” Unfortunately for those devout followers, that doctrine should go the way of the stone tablet. That’s because if you do it right, training a muscle on back-to-back days will actually stimulate it to grow bigger and faster than ever before.

Skeptical? Take a look at the calves on a professional soccer player, the lat development of an Olympic swimmer, or the upper-back musculature of a lumberjack. These guys

challenge the exact same muscles day after day, yet they maintain amazing muscular size.

Allow me to enlighten you. After an intense workout, your muscles need time to recover to ensure maximal performance in your next session. For example, if you work your chest hard on Monday, you’ll probably find it impossible to perform the exact same number of sets and repetitions with the same weights on Tuesday. So the original idea behind not hitting a muscle group on consecutive days makes sense, assuming both workouts use heavy weights and a high

number of total sets and reps. But eliminate that assumption, and you’ve just found a loophole in the “law”—and the payoff is literally huge. That’s because performing an “active-recovery workout” with light weights and high reps for the same muscles you worked the previous day (or for the muscles you’ll work tomorrow) is the secret to the fastest gains in size that you’ve ever experienced. Sound too good to be true? Keep reading and you’ll see the light.

### THE ROAD TO RECOVERY

One of the primary ways a muscle recovers from intense exercise is through the transfer of nutrients from your capillaries—tiny blood vessels that feed your tissues—into your muscle fibers. When you train a muscle group with a light load and high repetitions—as you do in active-recovery workouts—blood flow to the working muscles is greatly increased (causing the ego-flattering “pump”). In fact, it’s up to 12 times higher than when the muscle is at rest. This creates higher levels of nutrient transfer, increasing the rate at which your body repairs damaged muscle. That’s important because the faster your muscles recover, the faster they grow. Faster recovery also allows you to work the same muscles more frequently so you can stimulate even greater growth—the precise reason why steroids are so popular in bodybuilding. Thankfully, the active-recovery methods I’ll show you are both

safe and legal, and loaded with benefits that stretch beyond mere recovery.

#### Increased Muscle Size

There are two primary types of muscle growth. The first, called sarcomeric hypertrophy, increases the actual size of the contractile units of the muscle fiber. This type of growth occurs through low-rep, heavy-weight training. The second, known as sarcoplasmic hypertrophy, is caused by an increase in the area of space around your muscle fibers due to a greater number of energy-producing structures in the muscle cells. This is the type of muscle growth induced by the higher-rep training that's done in active-recovery workouts, and it's key for anyone looking to fill out his tank top. If up till now you've been training only with heavy weights and low reps, you're about to boost your muscle size fast.

#### Reduced Muscle Soreness

Because of increased nutrient transfer, active-recovery workouts allow your body to repair muscle tissue quickly, reducing soreness dramatically. My clients are continually amazed that what seems

like unbearable soreness can be all but relieved when active-recovery sessions are thrown into their regimens.

#### Better Muscular Endurance

Active-recovery workouts activate the slow-fatiguing muscle fibers that are rarely taxed with traditional weight-training methods. By training these fibers, you'll increase your ability to keep your muscles contracted for longer periods of time.

#### THE WORKOUTS

Choose one of the three active-recovery methods that follow. No method is superior to another; they're all equally effective. If you're currently doing total-body workouts, go with Method No. 2 or Method No. 3. If you do a body-part or movement-pattern split, use the method that best suits your schedule, but stick with just one method for four weeks. (If you train a muscle group hard only once a week, you'll want to rethink that approach, since your muscles will be recovering faster now.) One caveat: Limit the use of active-recovery workouts to two muscle groups at a time. Using this technique for more than that is usually too demanding on your body and defeats the purpose. So if you want the

most growth for your chest and biceps, use your active-recovery workouts to target those muscles only. As you bring them up to size, you can switch to different muscle groups. Use these basic recommendations.

Select only one exercise to train each muscle group. (See "Choose Your Weapon" for a list of exercises.)

Follow the "load" recommendations as closely as possible. This is denoted as a repetition maximum (RM). For instance, if you see "30RM," you'll use the heaviest weight you can lift 30 times and perform the prescribed number of repetitions. If you think that weight sounds easy, you're right; the idea is to increase blood flow and recovery without inducing excess fatigue.

The amount of rest prescribed is the time you'll take between sets. In Method No. 1, it's four hours, but in Method No. 2 and Method No. 3, it's only five minutes. Stick to these religiously.

If you're using active-recovery workouts for two muscle groups, rest five minutes between each set of each muscle group. So in Method No. 1, you'll work one muscle group, rest five minutes, work the other muscle group, and then rest four hours as recommended

before repeating the process. For Method No. 2 and Method No. 3, you'll work one muscle group, rest five minutes, work the other muscle group, then rest another five and repeat.

#### METHOD NO. 1

Perform these workouts on any day you don't train the targeted muscle group. (So if you train the targeted muscle group hard only on Monday, you can perform active-recovery workouts any and every day from Tuesday through Sunday.)

**LOAD: 30 RM**

**SETS: 4**

**REPS: 25**

**REST: 4 HOURS**

#### METHOD NO. 2

Perform this workout the night before you train the targeted muscle group.

**LOAD: 60 RM**

**SETS: 2**

**REPS: 50**

**REST: 5 MINUTES**

#### METHOD NO. 3

Perform this workout six to eight hours after you train the targeted muscle group.

**LOAD: 60 RM**

**SETS: 2**

**REPS: 50**

**REST: 5 MINUTES**

*Chad Waterbury owns Chad Waterbury Strength and Conditioning in Tucson, Ariz.*

## CHOOSE YOUR WEAPON

And blast through long-time plateaus

There's no need to get fancy. In fact, it's best to use simple exercises that require very little equipment. That way, you can perform your active-recovery workouts from home. Virtually any exercise is fair game, but here are the moves I've had the most success with. —C.W.

**Biceps:** Standing dumbbell biceps curl; hammer curl

**Triceps:** Triceps pressdown; lying dumbbell triceps extension

**Deltoids:** Front raise; lateral raise; rear lateral raise

**Chest:** Flat, incline, or decline dumbbell bench press

**Back:** Upright row; dumbbell row; lat pulldown

**Quadriceps:** Lunge; split squat; body-weight squat; stepup

**Hamstrings:** Standing, lying, or seated leg curl

**Calves:** Standing calf raise