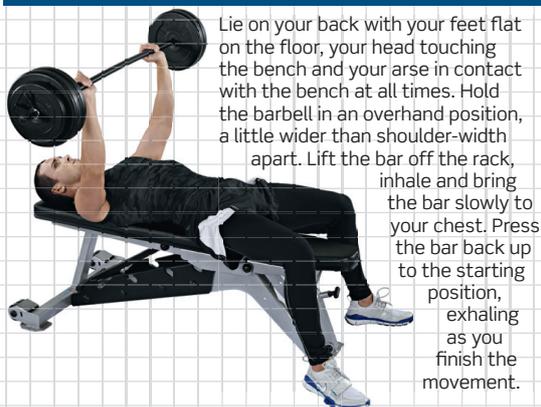


BARBELL CHEST PRESS (CHEST, SHOULDERS AND TRICEPS)



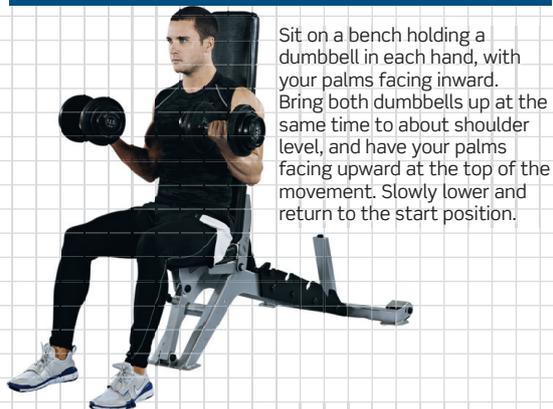
Lie on your back with your feet flat on the floor, your head touching the bench and your arse in contact with the bench at all times. Hold the barbell in an overhand position, a little wider than shoulder-width apart. Lift the bar off the rack, inhale and bring the bar slowly to your chest. Press the bar back up to the starting position, exhaling as you finish the movement.

DIPS (PECS, CHEST AND ABS)

Start with your arms almost fully extended. Grip the frame and lower yourself down until your elbows are near 90 degrees. Push back up to the starting position. If these are too tough, just go down half way until you're stronger.

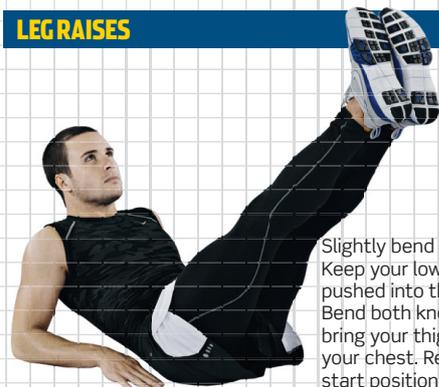


DUMBBELL CURLS (BICEPS)



Sit on a bench holding a dumbbell in each hand, with your palms facing inward. Bring both dumbbells up at the same time to about shoulder level, and have your palms facing upward at the top of the movement. Slowly lower and return to the start position.

LEGRAISES



Slightly bend your knees. Keep your lower back pushed into the floor. Bend both knees and bring your thighs up to your chest. Return to the start position. Keep the movements slow and controlled (3-5 seconds in and out).

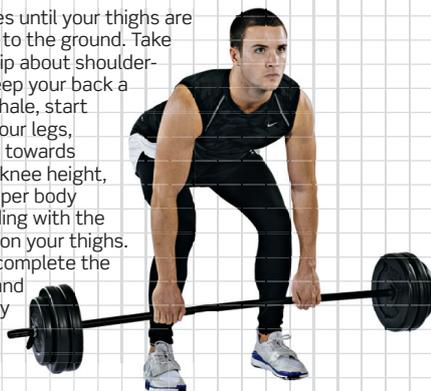
LAT PULLDOWN (BACK AND BICEPS)



Sit facing the Lat-Pull machine. Lock your legs under the rollers and take a wide overhand grip on the bar. Arch your back, inhale and pull the bar towards your upper chest with your elbows out wide (not tucked into your ribs). Return the bar slowly to the starting position, exhaling as you do.

DEADLIFT (ALMOST THE TOTAL BODY EXERCISE)

Bend your knees until your thighs are almost parallel to the ground. Take an overhand grip about shoulder-width apart. Keep your back a little arched. Inhale, start to straighten your legs, moving the bar towards your knees. At knee height, extend your upper body so you're standing with the barbell resting on your thighs. Exhale as you complete the movement. Stand still, then slowly return the bar to the floor.



SWISS BALL AB CURL



Recruit your deep abs by drawing them towards the ball. The whole movement should be done slowly. Curl your upper body off the ball, then return to the starting position. Don't pull on your head or your neck with your hand. Repeat the movement for 3-5 seconds each way.

CARDIO

Do four 30-minute sessions (or eight 15 mins sessions) per week of your choice of the following, varying the intensity. If you can't do these, do what you can and build up to it.

- Jog/run – treadmill (9-15km/h)
- Skipping
- Stair running or walking with weights
- Boxing or swimming
- Stepper or stair machine
- Outside interval run (harder, one min; easier, two mins)
- Incline walk in weight vest (6km/h+, 4-12 incline)
- Rowing (intervals)
- Cross Trainer
- Step ups (knee high bench) 300 each leg

THE COACH

Craig Harper answers your form queries. This month: marathons and Swiss balls.



Q: I've heard it's wrong to stretch before doing weights. Is that correct, and if so, when is it important?

A: When we do warm-up sets we are actually stretching the muscles and increasing blood flow. It is important to stretch any muscles before putting them under significant stress but the way in which you stretch is key. For example, when stretching before you sprint, doing progressively faster runs is more effective than stretching your "hammys" with your foot up on the fence.

Q: What is Fartlek training? It sounds painful.

A: Fartlek training is used by everyone from weekend warriors to Olympians. It is similar to interval training, in that short fast runs are alternated with slow running or jogging recovery intervals (no stopping). With fartlek, there is often no pre-planned formula but the runner will vary their pace and intensity according to how they feel. This is a very effective way to improve overall fitness and running speed.

Q: If I run for 60 minutes at a slower pace, rather than my usual 40 minutes, will I lose more body fat?

A: No, overall (run and post run inclusive) you will probably burn more fat doing the shorter, quicker run. We expend more energy (including fat) post-exercise when we train more intensely. So save yourself some time and go the 40-minute option.

Q: If I do cardio directly after weights, will I undo all the good of my weights workout?

A: If your primary goal is to build muscle, then probably post-weights is the go for your cardio. If you're all about being big, keep your cardio to incline walking or bike (they are more muscle sparing, while running will cost you muscle). If you really want to do cardio, keep it more intense.

If you have any form or general health questions that you want answered in the magazine, email our experts at alphasolutions@newsmagazines.com.au