

SECOND EDITION

# The **Men's Health**<sup>®</sup> **GYM BIBLE**

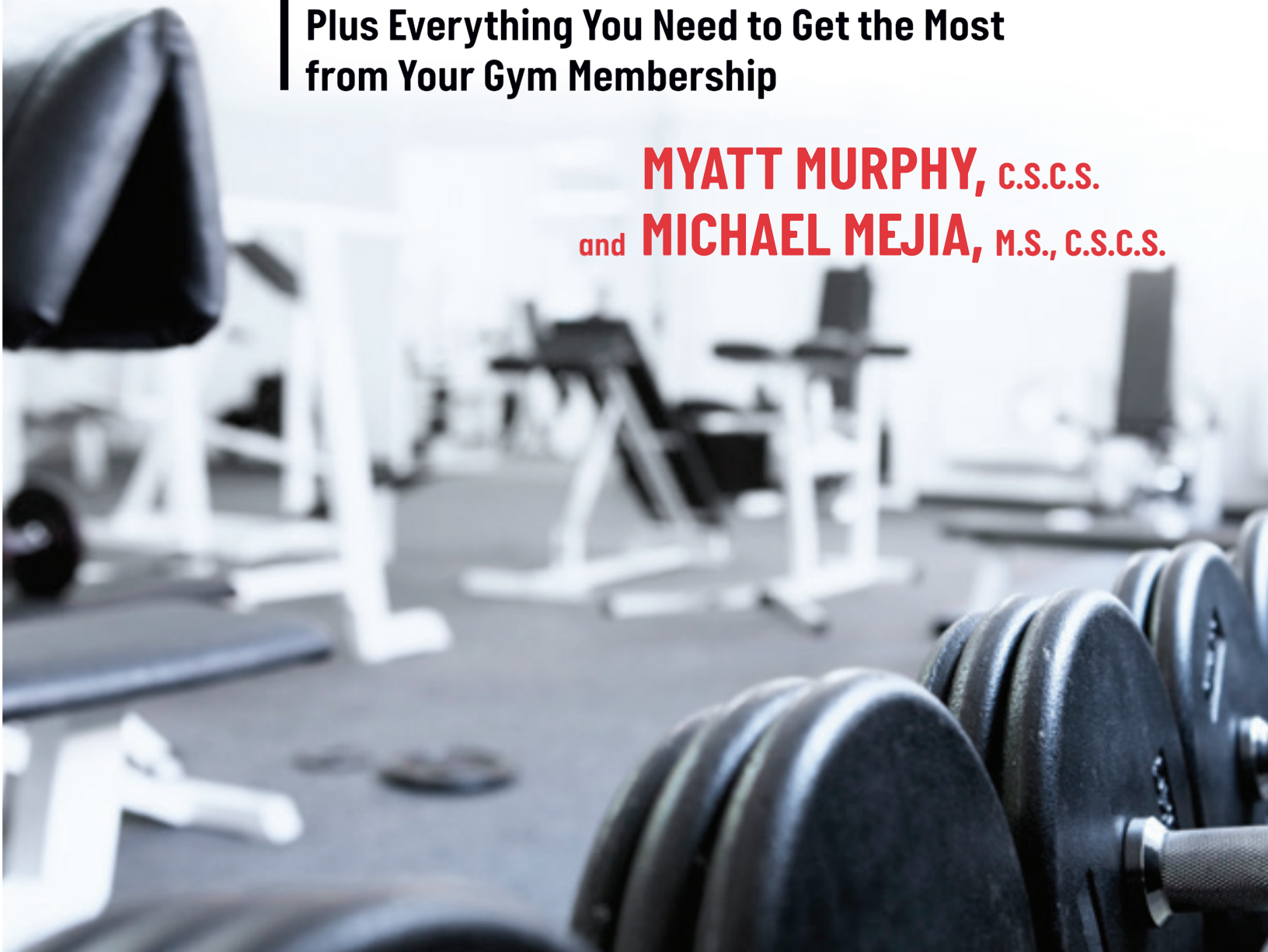
INCLUDES HUNDREDS OF EXERCISES FOR

**WEIGHTLIFTING AND CARDIO**

Plus Everything You Need to Get the Most  
from Your Gym Membership

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easier to pull off a high intensity interval training (HIIT)-style workout without having to push any buttons. It's common to see riders alternating between pedaling and moving the handles as fast as possible for 15 seconds, then quickly shifting to a slow leisurely pace for 45 seconds.

**Butt Blaster (or Donkey Kick Machine):** Although not just for ladies, you'll seldom if ever catch a guy on this machine. It's designed to target that all-important gluteus maximus. After selecting your weight, begin by getting down on all fours (get your mind out the gutter) and placing one foot up on the force plate. From there it's just a matter of pressing the weight up until your leg is just about straight. Hold, lower, and repeat.

**Donkey Calf Raise:** Another machine that puts you in a rather precarious position, this is one of the best calf developers you'll find. Once you've selected a weight, simply position your lower back under the pad, with only the front part of your feet on the footplate. Resting on your forearms, keep your back as straight as possible as you rise all the way up onto the balls of your feet. Pause for a second at the top and then lower the weight back down until your heels are below the level of the footplate. Repeat for the desired number of reps.

**Glute-Ham Bench:** Not many gyms have these, so if yours does, consider yourself lucky. This is quite simply one of the best lower back/glute/hamstring exercises you can do. Begin by positioning yourself in the machine with your knees either directly on or slightly behind the pad, your feet firmly on the platform, and the back

of your calves gently pressed against the upper ankle hook.

Your torso should be perpendicular to the floor, arms folded across your chest. Begin by squeezing your hamstrings, glutes, and abs as you slowly lower your body until your torso is perpendicular to the floor. From there, press your toes into the footplate and pull yourself back into the starting position using your hamstrings.

**Knee Raise/Dip Station:** These usually look like big old high chairs, only adult-sized and minus the seat. Depending on your gym, they might come with a pullup bar across the top, but they can also stand alone. This multipurpose piece can be used for doing knee lifts to work the abs, dips to work the chest, shoulders, and triceps, and if it's got a pullup bar, pullups to work the upper back and biceps.

**Power Plate:** This unique piece of exercise equipment is reportedly used by three-quarters of the teams in the NFL, NBA, and MLB and uses a patented vibration technology that stimulate your muscles to move 30 to 50 times every second. How's it work? As you perform certain exercises on it, such as squats, planks, lunges, etc., the vibrating Power Plate moves up/down, forward/backward, and side-to-side, all at the same time. What this does is boost the intensity of whichever exercise you're performing by simultaneously activating every single muscle in your body. The machine is proven to improve balance and circulation, increase metabolic demand to help in weight loss, and even reduce the appearance of cellulite—even though that's not really a guy issue (but it's certainly nice to know).



Butt Blaster



Watson Plate Load Donkey Calf Raise



Glute-Ham Bench

To use it, the control panel on a Power Plate is always located front and center on the machine—all you do is press the start button. You can adjust the amount of time the vibration will last and the vibration level. If you're a beginner, try some basic exercises to start—such as squats or lunges—at a lower vibration level to get a feel for it. In addition to doing body-weight exercises on it, other workout tools can be incorporated easily, such as wrapping resistance bands around the platform or placing a foam roller on the platform—the vibrations may actually help boost the effectiveness of your massage therapy.

**Spider Row:** Pretty much the same idea as the T-Bar Row except for the fact that your upper body is supported by the pad, easing strain on the lower back. The only adjustment to make here is to the footplate. Make sure it's positioned so that the pad hits you right in the middle of the chest. Then you simply select your grip and pull the weights up until your elbows slightly pass your torso. Hold, lower, and repeat.

**T-Bar Row:** Even though this is technically a machine, the fact that it's plate-loaded usually makes it a staple in the free-weight section. It's much like a bent-over row, but slightly easier to perform due to the leverage advantage it gives you. It allows you to use a variety of grips to target different areas of the back. Whichever grip you choose, the execution is pretty much the same. Stand on the platform with your feet shoulder-width apart and lean forward at the waist, keeping a slight arch in your lower back. Select your grip and keeping your knees bent and torso fixed almost parallel to the floor, pinch your shoulder blades

together and pull the bar up to your chest. Pause, lower, and repeat.

**Tibia Dorsi Flexion Machine:** You may notice this rather odd-looking contraption on the floor over by the calf machines. Its purpose is to strengthen the oft-overlooked tibialis anterior muscle, which is located on the front of your shin. Strengthening this seemingly insignificant little strip of muscle can help stave off shin splints, as well as improve the stability of your ankle joints. To use it, simply load the weight on the side (careful, it won't take much) and from either a seated (using both feet) or standing (using one foot at a time) position, slide your foot in under the pad and pull your toes up toward your shin(s). Hold for a second, return the weight back down, and repeat.

**Upper Body Ergometer (or Upper Body Cycle):** Another hard-to-find cardio piece, this one relegates its torture to just your upper body. To begin, position the seat so that when one arm is extended it still has a little bit of bend in the elbow as you're grasping the handle. You'll also want to set the seat height so that your shoulder is basically even with the rotational axis of the machine. Having your shoulders set higher, or especially lower, than this position could cause some discomfort. From there it's as simple as cycling your arms either forward or backward until you've completed your workout.

**VersaClimber:** Those of you who are old enough to remember Rocky IV may remember Rocky's opponent, Ivan Drago, pumping away on this futuristic climbing machine. Well, decades later, equipment manufacturers still haven't been able to top this consummate calorie burner. Because



Knee Raise/Dip Station



T-Bar Row



Upper Body Ergometer