



SHORT

N'

SIMPLE

2XPW FULL BODY ROUTINE

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SHORT N' SIMPLE FULL BODY ROUTINE

ULTRA ABBREVIATED 40-50 MIN WORKOUT



45* LEG PRESS

2 x 6-8

Use a hip width stance and descend as low as you are able. Driving the knees out slightly will help to increase depth, as it allows the knees to travel past chest. Slight heel elevation is ok at the bottom, but nothing excessive. Keep a smooth rhythm, try not to lock out vigorously, rather keep the tension pinned on the quads. There will usually be more reps in the tank so worthwhile to film the set as it can be deceiving. Lower the weight by 25% or so for 2nd set.



1

2

PARALLEL BAR DIPS

1 x 6-8 / 1 x 3-5 + 2 Negatives.

The parallel bar dips, or 'upper body squat' should be warmed up thoroughly - more so perhaps than any other upper body movement. Ensure the hand position is comfortable, slightly wider than shoulder width grip seems to work well for most. Thicker bars are also more forgiving on the palms. Start with your arms locked out and descend slowly, leaning forwards slightly as you move down to a position where ideally the elbows are slightly higher than the shoulders. Comfort levels may dictate the depth you can reach. Drive upwards smoothly with the hands, keeping the head elevated and finish with elbows locked.



CHINS

1 x 6-8 / 1 x 3-5 + 2 Negatives

Starting from a fully stretched hang position and using an underhand shoulder width grip starting pulling the torso upwards, maintaining a proud chest throughout. Let the upper torso move slightly under the bar and finish with the chin above the bar the arms flexed fully so that the forearms are touching the biceps. Pause for a fraction of a second before descending slowly until the arms are completely locked out. Again, pause for a little before initiating the upwards movement again.

3



MACHINE SHOULDER PRESS

1 x 6-8

Pick a shoulder machine that feels comfortable, enables you to lift in a trajectory conducive for shoulder stimulus and allows for a full range of motion. Starting from a position where the hands are more or less parallel to the tops of the shoulders, drive upwards with force until the elbows are locked out. Without resting at the top, descend slowly and smoothly to the same start position. Ensure each rep looks the same, albeit for the slower concentric (upwards) as fatigue sets in.

4



5



DB INCLINE CURLS / DB OVERHEAD EXTENSIONS

2 x 8-10

These two exercises are to be performed as a superset. Leading with the curls, set the bench at around 60* and let the arms hang with a fully supinated grip position. Keeping the upper arm stable, curl the palms upwards towards the shoulder, squeeze once the forearm is pressed against the bicep and descend slowly ensuring the palms remain upright. Once the set is complete rest for 30 seconds or so and move onto the extensions. Keeping the bench at the same angle, straddle the base with your legs and lean back keeping your upper back slightly above the top of the bench (you may need to place a plate behind the bench to stop it moving). From an elbow locked, overhead position, descend slowly - again much like the curl keeping the upper arm stable. Allow a full stretch on the triceps by letting the top of the DB's clear the ears and then forcefully extend the arm, locking out briefly at the top.

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BB SLDL

1 x 6-8



Using a standard shoulder width foot stance, grip the bar just outside of feet position. Using the weight of the bar, drag your upper torso down sticking the bottom backwards. Keep the knees slightly soft but locked and pull your shoulder blades back to ensure a proud chest upon lift initiation. Keeping the bar very close to your shins, lift the upper torso upwards holding back posture and knee angle until the hips are fully locked out. Pause for half a second before descending slowly, ensuring the bar doesn't move away from the body. Lift again once the bar is set on the floor.

1

2

MACHINE INCLINE PRESS

1 x 6-8

Pick an incline machine (either seated or laying) that feels comfortable and allows for around a 45-60 degree lifting angle. Ensuring the handles and seat are set right, plant the feet firmly on the floor, arch the back and keep the torso very rigid. Press the weight upwards smoothly until the elbows are locked out and descend slowly, moving seamlessly into the next rep without bouncing and using momentum. No matter how hard the set gets ensure the body position is fixed and the tempo is consistent.



CHEST SUPPORTED ROW

2 x 6-8

Again, it is important to choose a machine that feels comfortable and allows for a good ROM and easy progressive overload (ideally plate loaded). Set the seat height so that the elbows are driven back towards the lower abdomen. Pull with intent, attempting to pull the elbows back as far as you are able whilst keeping a proud chest. Hold for a fraction of a second before returning back slowly without losing the upper torso rigidity. Stretch as far as able without additional back rounding and initiate the rep again. ROM may diminish on the last few reps slightly, continue until the reps are several inches out from end point of first rep.



3

SMITH MACHINE CALF RAISES

1 x 6-8 + RP x 2

Set up either a step or a bumper plate directly under the smith machine bar. Ensure that is set at the right trajectory so that the body can move up and down in a straight line once the bar is set on the traps (regular high bar squat position). Set half of both feet on the raised platform, allowing the heels to drop behind and under. Push the body and bar upwards until calves are fully flexed then descend slowly, allowing the heels to travel below the platform height but not so much that the front half of the feet start to slip backwards. Once you are unable to achieve another full rep, rack the weight and rest for 10 seconds before attempting to do another few reps. Do this twice over, so it should look something like the following: 9 reps > 3 reps > 2 reps



4

5



CABLE BAR PUSHDOWNS / CABLE BAR CURLS

2 x 8-10

These two exercises are to be performed as a superset on the same cable set ideally. Leading with the pushdowns, set the pin at the top of the height adjuster. Grip the bar at shoulder width position and take a shoulder width stance and draw the bar to the upper chest so that the arms are fully bent at the elbow but the upper arm is fixed closely into the sides of the torso. Leaning forwards slightly push the bar downwards with a firm grip until the arms are locked out and the bar is just in front of the hips. Ascend slowly, ensuring the upper arm stays more or less fixed to the torso. With maybe 20-30 seconds rest adjust the cable start position to the bottom most pin. The same principles now apply in reverse. Same grip and stance, upper arm fixed to the sides of the torso, curl upwards smoothly until the hand is level with the shoulder (a little higher towards nose is ok for extra squeeze). Descend slowly maintain the fixed upper position until the elbow joint is more or less locked out.

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