

Men'sHealth **BELLY OFF!** *Summer Special*

The ultimate weight-loss plan you can take anywhere

The COMPLETE Workout Guide

www.menshealth.com/bellyoff

■ WORKOUT A

The 2-Minute Drill

Perform each of the following exercises in a relaxed fashion at work effort of 6-7 on a scale of 1-10. Do each movement for 15 seconds and transition immediately into the next movement until you have done all eight for a total of 2 minutes.

Jumping jacks, skips, high knees, side-to-side hops, pushups, crunches, mountain climbers, and bodyweight thrusters.

Strength Warm-Up Circuit

Complete this warm-up circuit one time through.

SHOULDER ROLL (10 REPS FORWARD, 10 REPS BACKWARD)

KNEE LIFT (10 REPS PER LEG)

STICKUP (10 REPS)

STANDING HIP HURDLE (10 REPS PER LEG)

REVERSE SNOW ANGEL (10 REPS)

PUSHUP TO SPIDERMAN (10 REPS)

PRISONER SQUAT (10 REPS)

BACKWARD LUNGE TO HAMSTRING SWING (5 REPS PER LEG)

STRENGTH EXERCISES

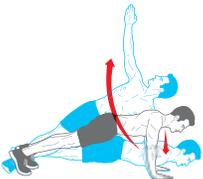
(Superset 1)

Perform these exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.



BULGARIAN SPLIT SQUAT (10 REPS)

Place one foot well in front of the other in a staggered position with your rear foot placed firmly on top of a bench or box no higher than 18 inches. Set your core and maintain an erect torso as you descend as deep as possible with your front heel firmly on the floor. You should feel a stretch in your rear leg's hip flexor region as you descend. Drive upward and exhale as you pass the halfway point during the ascent. Complete all the repetitions with one leg, then switch to the other to complete the reps.



T PUSHUP (12 REPS)

With hands placed shoulder-width apart on the floor, do a pushup. When your arms are straight, lift your right hand and rotate to the right so that you raise your right arm straight up over your shoulder and your body forms a T. Bring back to the floor. Do another pushup, working the left side. That's one rep.

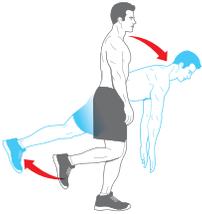
[Superset 2]

Perform these exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.



PULLUP (1 REP BEFORE FAILURE)

Using a pronated grip (palms facing away from you) with hands slightly wider than shoulder width, start in a complete hanging position under a fixed bar. Drive your elbows out and down to raise your body until your chin is above the bar.



SINGLE-LEG RDL (10 REPS PER LEG)

Stand with your feet slightly more than shoulder-width apart. Raise one foot and extend it behind you, just off the floor. Contract your glutes, brace your abs, and keep your spine naturally arched. Focusing on balance, lower yourself until your torso is parallel to the floor. Initiate the movement by pushing your hips back. Push back up to the starting position.

[Superset 3]

Perform these exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.



TEMPO PUSHUP (5 REPS)

Assume the classic pushup position: legs straight, hands beneath your shoulders. Now brace your abs. Keeping your body rigid, lower yourself until your chest touches the floor. Then push back up until your arms are extended.



PRISONER SQUAT (15 REPS)

Stand with your hands behind your head, your chest out, and your elbows back. Sit back at your hips and bend your knees to lower your body as far as possible without losing the natural arch of your spine. Squeeze your glutes and push yourself back up to the starting position.



SEATED LEG SCOOP (8 EACH WAY)

Sit on the edge of a bench. Grip the edge of the pad and lean back slightly, extending your legs down and away, and keeping your heels 4 to 6 inches off the floor. Bend your knees and slowly raise your legs toward your chest, bringing them toward you in a scooping motion. At the same time, lean forward with your upper body, allowing your chest to approach your thighs. Do all reps in one direction, then reverse the motion.



■ WORKOUT B

Warm up for 5 minutes

Choose bike, treadmill, elliptical, jump rope, or shadow box—and perform at an increasing effort level starting at a 3 out of 10 and moving to a 6 or 7 toward the end.

Mobility and Dynamic Flexibility

Perform the following exercises as fast as possible with good form. Rest 30 seconds between exercises and 1 minute between rounds. Perform 2 rounds.

3-STEP LATERAL RUN AND PAUSE (5 REPS)

SPEED LUNGE (8 REPS)

PLANK WITH LEG DRIVE (10 REPS PER LEG)

Strength Warm-Up Circuit

Complete this warm-up circuit one time through.

SHOULDER ROLL (10 REPS FORWARD, 10 REPS BACKWARD)

KNEE LIFT (10 REPS PER LEG)

STICKUP (10 REPS)

STANDING HIP HURDLE (10 REPS PER LEG)

REVERSE SNOW ANGEL (10 REPS)

PUSHUP TO SPIDERMAN (10 REPS)

PRISONER SQUAT (10 REPS)

BACKWARD LUNGE TO HAMSTRING SWING (5 REPS PER LEG)

STRENGTH EXERCISES

(Superset 1)

Perform these exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.



SPLIT SQUAT WITH FRONT FOOT ELEVATED (10 REPS PER LEG)

Stand with one foot 2 to 3 feet in front of the other, each in line with its corresponding buttock. Place the front foot on a 6-inch riser. Keep your upper body erect as you descend until the top of your front thigh is parallel to the ground. Pause, then press back up to the starting position.

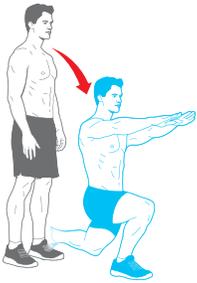


SHOULDER PRESS PUSHUP (10 REPS)

Place your feet on a bench and hands on the floor slightly wider than shoulder-width. Pike your hips up in the air, so you are as vertical as can be. Slowly lower your head to the floor. Pause, and push with your shoulders and triceps back to the start position.

[Superset 2]

Perform these exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.

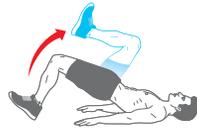


LUNGE AND THROW (8 REPS PER LEG)

Stand with your feet together, then move your left foot forward. Swing your arms straight out in front of you. Keeping your head and chest up, bend both knees to lower your body. Shift your weight forward until the front of your right thigh feels stretched and your right knee is an inch or two off the floor. Hold, then return to the starting position.

GLUTE BRIDGE WITH LEG RAISE (10 REPS PER LEG)

Lie on your back with your knees bent, feet flat on the floor. Raise your hips so your lower back is off the floor. Then, holding this bridge position, straighten your right leg and move it up as far as possible. (Don't let your hips drop.) Slowly bring the leg back down, lower your foot to its starting position, and slowly lower your hips to the floor. Repeat with your left leg.



V-UP AND ROLL (10 REPS)

Lie on your back with your legs straight. Hold your arms straight above your chest, your fingers pointing toward the ceiling. Contracting your abdominal muscles, fold your body up by lifting your legs off the floor and stretching your arms toward your toes. Keep your back straight. Pause, then return to the starting position. Roll to one side and repeat.



[Superset 3]

Complete the following exercises, in any order, as fast as possible with good form. Record your time and seek to improve each week.

PRISONER SQUAT (50 REPS)

JUMPING JACK (50 REPS)

MOUNTAIN CLIMBER (50 REPS)

PUSHUP (50 REPS)

CRUNCH (50 REPS)

■ WORKOUT C

The 2-Minute Drill

Perform each of the following exercises in a relaxed fashion at work effort of 6-7 on a scale of 1-10. Do each movement for 15 seconds and transition immediately into the next movement until you have done all eight for a total time of 2 minutes.

Jumping jacks, skips, high knees, side-to-side hops, pushups, crunches, mountain climbers, and bodyweight thrusters.

Mobility and Dynamic Flexibility

Perform each of the following for 10 seconds as fast as possible with good form and rest 20 seconds before the next exercise. Perform two rounds, resting 1 minute between each.

SEATED ARM ACTION (10 SECONDS)

STANDING MARCH (10 SECONDS)

HIGH KNEE (10 SECONDS)

¼ EAGLE (10 SECONDS)

Strength Warm-Up Circuit

Complete this warm-up circuit one time through.

SHOULDER ROLL (10 REPS FORWARD, 10 REPS BACKWARD)

KNEE LIFT (10 REPS PER LEG)

STICKUP (10 REPS)

STANDING HIP HURDLE (10 REPS PER LEG)

REVERSE SNOW ANGEL (10 REPS)

PUSHUP TO SPIDERMAN (10 REPS)

PRISONER SQUAT (10 REPS)

BACKWARD LUNGE TO HAMSTRING SWING (5 REPS PER LEG)

STRENGTH EXERCISES

(Superset 1)

Perform these exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.



STEPUP WITH KNEE DRIVE (12 REPS PER LEG)

Stand facing a step or bench. Place one foot on the step and push down through your heel to lift your other leg up to the step and drive the knee up. Return to the starting position and finish the reps with one leg before switching legs and repeating the exercise.

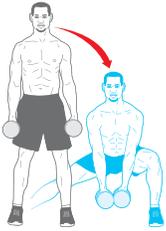


DIP (1 REP BEFORE FAILURE)

Grab parallel dip bars and use your legs to boost yourself up so your arms are straight and all your weight is resting on your hands. Keeping elbows tucked close to your body, slowly lower yourself by bending your elbows. When your upper arms are parallel to the floor, explode back up to the starting position.

[Superset 2]

Perform these exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.



LATERAL LUNGE (12 REPS)

Stand with your feet shoulder-width apart and your hands clasped in front of your chest. Keeping your toes pointed forward, step to your right. Then squat down on your right leg, keeping your left leg straight. Pause for 2 seconds, then return to the starting position and repeat. Finish all of your repetitions on that side before switching to the other leg.



LATERAL ELEVATED PUSHUP (10 REPS)

Place one hand on the floor and one on a box, slightly wider than shoulder-width apart. Slowly lower yourself down until you are 1 inch off the ground. Push through your chest, shoulders, and triceps to return to the start position. Keep your body in a straight line at all times. Do reps for one side and then change hand positions on the box, then repeat.



[Superset 3]

Perform these exercises back-to-back, no rest between. Rest 1 minute before repeating the superset two more times.

WALL RUN (20 SECONDS)

Lean against a wall at 45 degrees, your hands against the wall, arms straight. Punch your left knee toward the wall, your foot nearly skimming the floor. Then drive your leg back to the floor as you move your other knee toward the wall.

WALL SIT (30 SECONDS)

Stand about 18 inches from a wall, facing away from it. Lean back so your hips, back, shoulders, and head are against the wall. Slowly lower your body until your thighs are parallel to the floor. Hold.

SINGLE-LEG HIP BUCK (10 REPS PER LEG)

Lie on your back, with your knees bent and feet flat on the floor. Brace your abs while you take your right leg, straighten it, lift it off the floor and point it straight ahead. Raise your hips so your body forms a straight line from your shoulders to your knees. Slowly lower your hips down until they are an inch above the ground. Perform all reps for one leg and then switch sides.



■ THE BIG FINISH

Perform the following exercises in an alternating fashion, working as fast as possible with good form for 20 seconds and resting for 10 seconds between each for a total work time of 4 minutes. Work to increase your effort level and pace each week.

BODYWEIGHT THRUSTER (20 SECONDS)

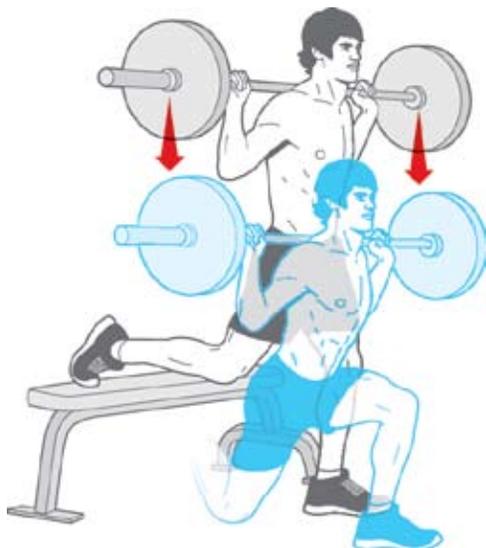
REST 10 SECONDS

HIGH KNEE RUN (20 SECONDS)

REST 10 SECONDS

REPEAT FOR 4 MINUTES

EXERCISE INDEX



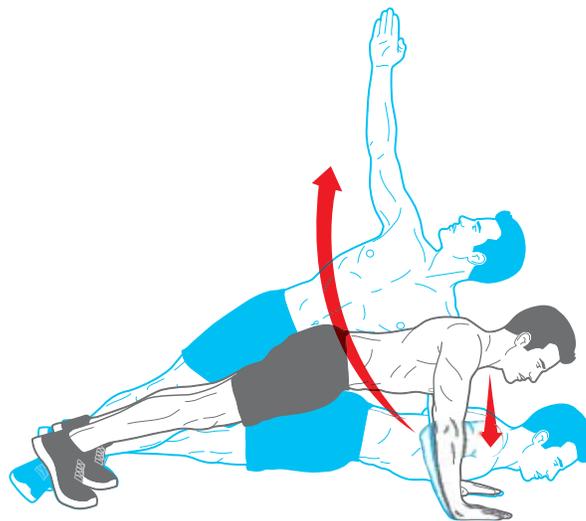
BULGARIAN SPLIT SQUAT

Place one foot well in front of the other in a staggered position with your rear foot placed firmly on top of a bench or box no higher than 18 inches. Set your core and maintain an erect torso as you descend as deep as possible with your front heel firmly on the floor. You should feel a stretch in your rear leg's hip flexor region as you descend. Drive upward and exhale as you pass the halfway point during the ascent. Complete all the repetitions with one leg, then switch to the other to complete the reps.



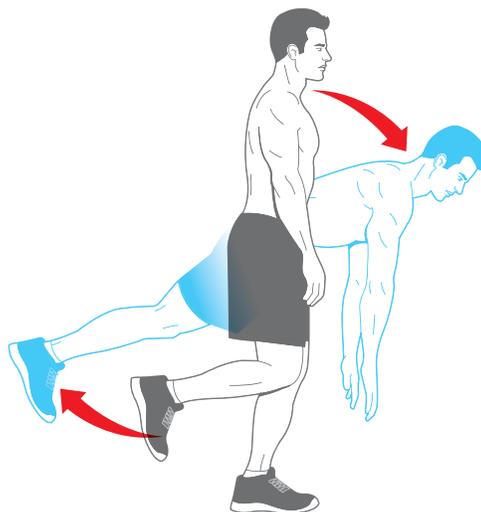
PULLUP

Using a pronated grip (palms facing away from you) with hands slightly wider than shoulder width, start in a complete hanging position under a fixed bar. Drive your elbows out and down to raise your body until your chin is above the bar.



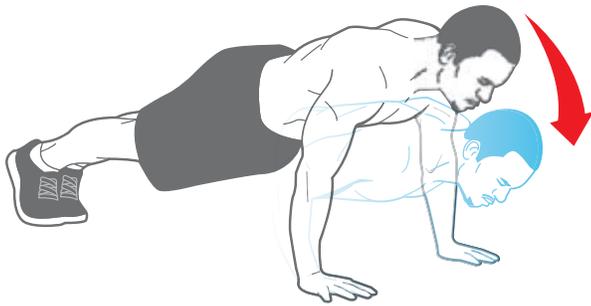
T PUSHUP

With hands placed shoulder-width apart on the floor, do a pushup. When your arms are straight, lift your right hand and rotate to the right so that you raise your right arm straight up over your shoulder and your body forms a T. Bring back to the floor. Do another pushup, working the left side. That's one rep.



SINGLE-LEG RDL

Stand with your feet slightly more than shoulder-width apart. Raise one foot and extend it behind you, just off the floor. Contract your glutes, brace your abs, and keep your spine naturally arched. Focusing on balance, lower yourself until your torso is parallel to the floor. Initiate the movement by pushing your hips back. Push back up to the starting position.



TEMPO PUSHUP

Assume the classic pushup position: legs straight, hands beneath your shoulders. Now brace your abs. Keeping your body rigid, lower yourself until your chest touches the floor. Then push back up until your arms are extended.



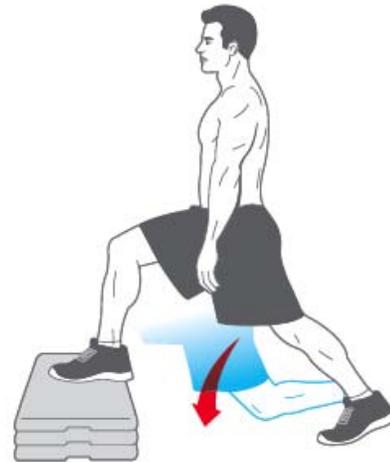
PRISONER SQUAT

Stand with your hands behind your head, your chest out, and your elbows back. Sit back at your hips and bend your knees to lower your body as far as possible without losing the natural arch of your spine. Squeeze your glutes and push yourself back up to the starting position.



SEATED LEG SCOOP

Sit on the edge of a bench. Grip the edge of the pad and lean back slightly, extending your legs down and away, and keeping your heels 4 to 6 inches off the floor. Bend your knees and slowly raise your legs toward your chest, bringing them toward you in a scooping motion. At the same time, lean forward with your upper body, allowing your chest to approach your thighs. Do all reps in one direction, then reverse the motion.



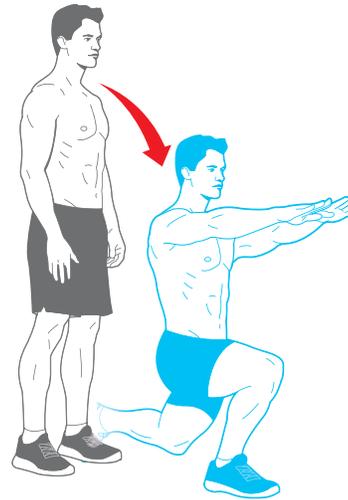
SPLIT SQUAT WITH FRONT FOOT ELEVATED

Stand with one foot 2 to 3 feet in front of the other, each in line with its corresponding buttock. Place the front foot on a 6-inch riser. Keep your upper body erect as you descend until the top of your front thigh is parallel to the ground. Pause, then press back up to the starting position.



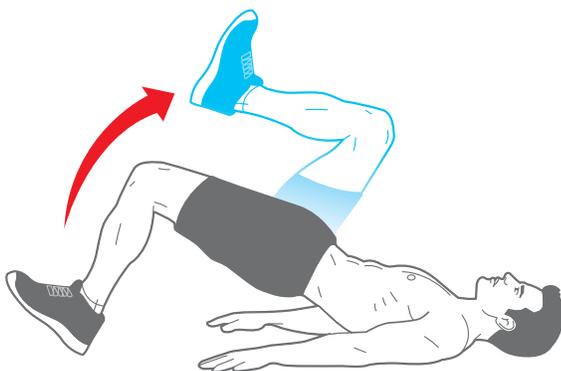
SHOULDER PRESS PUSHUP

Place your feet on a bench and hands on the floor slightly wider than shoulder-width. Pike your hips up in the air, so you are as vertical as can be. Slowly lower your head to the floor. Pause, and push with your shoulders and triceps back to the start position.



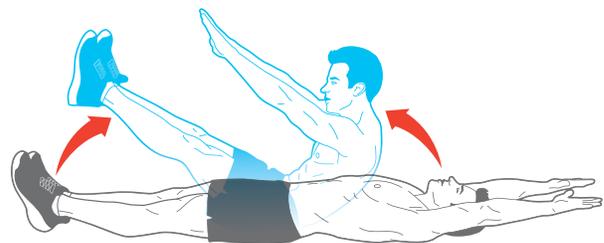
LUNGE AND THROW

Stand with your feet together, then move your left foot forward. Swing your arms straight out in front of you. Keeping your head and chest up, bend both knees to lower your body. Shift your weight forward until the front of your right thigh feels stretched and your right knee is an inch or two off the floor. Hold, then return to the starting position.



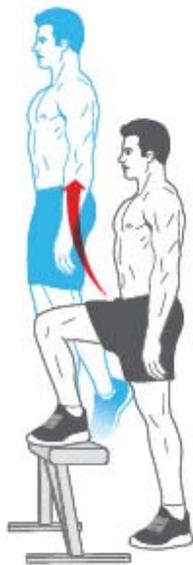
GLUTE BRIDGE WITH LEG RAISE

Lie on your back with your knees bent, feet flat on the floor. Raise your hips so your lower back is off the floor. Then, holding this bridge position, straighten your right leg and move it up as far as possible. (Don't let your hips drop.) Slowly bring the leg back down, lower your foot to its starting position, and slowly lower your hips to the floor. Repeat with your left leg.



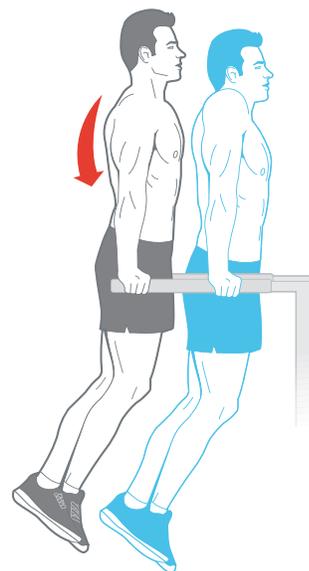
V-UP AND ROLL

Lie on your back with your legs straight. Hold your arms straight above your chest, your fingers pointing toward the ceiling. Contracting your abdominal muscles, fold your body up by lifting your legs off the floor and stretching your arms toward your toes. Keep your back straight. Pause, then return to the starting position. Roll to one side and repeat.



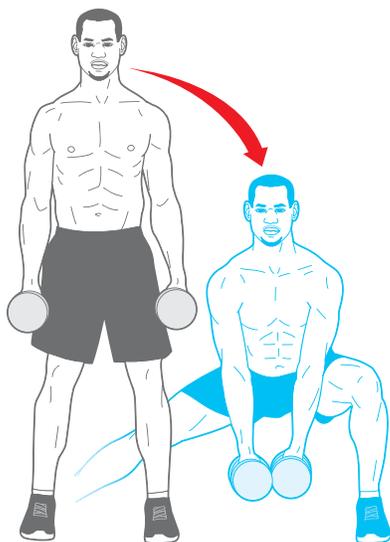
STEPUP WITH KNEE DRIVE

Stand facing a step or bench. Place one foot on the step and push down through your heel to lift your other leg up to the step and drive the knee up. Return to the starting position and finish the reps with one leg before switching legs and repeating the exercise.



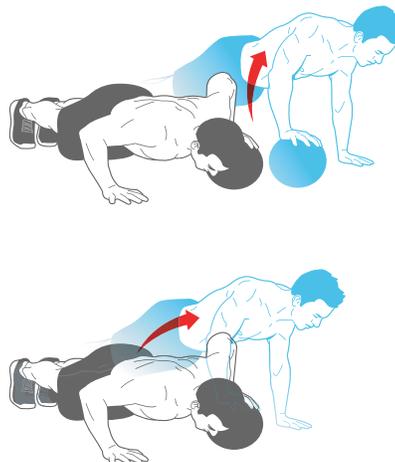
DIP

Grab parallel dip bars and use your legs to boost yourself up so your arms are straight and all your weight is resting on your hands. Keeping elbows tucked close to your body, slowly lower yourself by bending your elbows. When your upper arms are parallel to the floor, explode back up to the starting position.



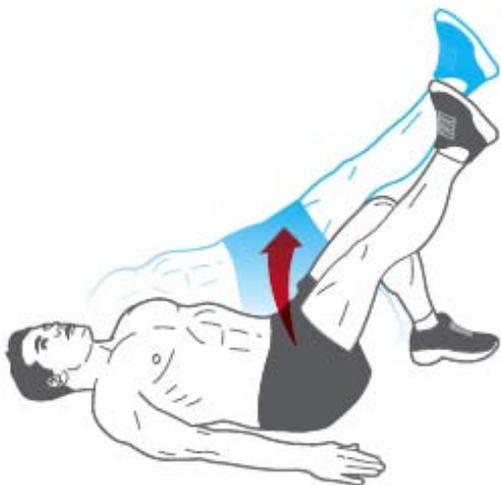
LATERAL LUNGE

Stand with your feet shoulder-width apart and your hands clasped in front of your chest. Keeping your toes pointed forward, step to your right. Then squat down on your right leg, keeping your left leg straight. Pause for 2 seconds, then return to the starting position and repeat. Finish all of your repetitions on that side before switching to the other leg.



LATERAL ELEVATED PUSHUP

Place one hand on the floor and one on a box, slightly wider than shoulder-width apart. Slowly lower yourself down until you are 1 inch off the ground. Push through your chest, shoulders, and triceps to return to the start position. Keep your body in a straight line at all times. Do reps for one side and then change hand positions on the box, then repeat.



SINGLE-LEG HIP BUCK

Lie on your back, with your knees bent and feet flat on the floor. Brace your abs while you take your right leg, straighten it, lift it off the floor and point it straight ahead. Raise your hips so your body forms a straight line from your shoulders to your knees. Slowly lower your hips down until they are an inch above the ground. Perform all reps for one leg and then switch sides.