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REBOOT YOUR BODY

Sculpt lean muscle, drop fat, and increase your fitness with this two-week split workout program from *Extreme Weight Loss* coach and bikini competitor Heidi Powell

BY ALYSSA SHAFFER
PHOTOGRAPHS BY JAMES PATRICK

• TRAINING PROGRAM IN A RUT?

Recharge your routine with a 14-day workout plan that combines muscle sculpting and high-intensity training from weight-loss coach, trainer, and model for this workout Heidi Powell. "The workouts give you the best of both worlds—you'll build and sculpt lean muscle mass with training methods like dropsets, giant sets, and weak-point destroyers while creating a metabolic afterburn that incinerates fat for hours after your workouts are over," she says.

Powell and her husband, Chris, hosted five seasons of the hit TV show *Extreme Weight Loss* and have written two books on exercise and weight loss. She draws the program on these pages from their newest app, *Transform with Chris & Heidi*, which offers personalized programs for weight loss, physique and body sculpting, and performance-based cross-training. Give this comprehensive plan a try and you should begin to notice a difference in your strength, stamina, and body composition in as little as two weeks.

CONDITIONING FUNDAMENTALS

This workout incorporates several types of training modalities designed to challenge your muscles and boost metabolism. Here's how they work:

► **SINGLE SET:** These strength workouts typically start with a single set of a move. Increase weights as rep count goes down (use lighter weight for higher reps; heavier weight for lower reps, aka pyramid set).

► **SUPERSET:** Combine two sets together without resting between sets; take a break for the given amount of time only

when both sets are completed.

► **GIANT SET:** Similar to supersets, although this time you are combining three or more exercises without taking rest between each.

► **DROPSET:** Start with the heaviest weight you can handle for the given rep count; for each additional set, reduce to next heaviest weight.

► WEAK-POINT

DESTROYER: This finisher is designed to burn out the muscle at the end of your workout, says Powell. You'll typically finish with the same exercise you started, but instead of focusing on strength and hypertrophy, you're looking to maximize the muscle and build up lactic acid. Use the same weight for all seven sets.



Try the workout plan
for two weeks and
you'll start to notice a
change in strength
and stamina.

OUR MODEL/TRAINER

Heidi Powell

YOUR TWO-WEEK SPLIT TRAINING PLAN

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	UPPER BODY 1	LEGS 1	TOTAL-BODY HIIT	LEGS 2	UPPER BODY 2	LEGS 3	REST
	DB SHOULDER PRESS (4 x 15/12/10/ failure; rest 90 sec. between sets)	BACK SQUAT (4 x 15/12/10/ failure)	AMRAP 20: Do as many rounds as possible (AMRAP) in 20 minutes	ROMANIAN DEADLIFT (3x 20; rest 90 sec. between sets; moderate/ moderate/heavy)	PULLUP (ASSISTED OR FULL) (3 x 20; rest 90 sec. between sets)	BACK LUNGE (4 x 15/12/10/ failure; rest 2 min. between sets)	
	Superset (3 x 12 reps each; rest 90 sec. between supersets) a. DB INCLINE PRESS b. ASSISTED OR FULL PULLUP	Superset (3 x 12 reps each; rest 90 sec. between supersets) a. BACK LUNGE b. ROMANIAN DEADLIFT	PULLUP (ASSISTED OR FULL) (5) BURPEE (7) HANGING LEG RAISE (9) 400-METER RUN, ROW, OR BIKE	Superset (3 x 20 reps each; rest 90 sec. between supersets) a. BACK SQUAT b. BALL ROLL-IN	Superset (3 x 20 reps each; rest 90 sec. between supersets) a. DB INCLINE PRESS b. SEATED CABLE ROW	Superset (3 x 12 reps each; rest 90 sec. between supersets) a. BARBELL HIP THRUST b. BACK SQUAT	
	Giant set (3 x 15 reps each; rest 60 sec. between giant sets) a. SEATED DB SHOULDER PRESS b. UPRIGHT ROW c. VACUUM TWIST	Giant set (3 x 15 reps each; rest 60 sec. between giant sets) a. BARBELL HIP THRUST b. BALL ROLL-IN c. HANGING LEG RAISE		Giant set (3 x 20 reps each; rest 60 sec. between giant sets) a. BARBELL HIP THRUST b. BACK LUNGE c. HANGING LEG RAISE	Giant set (4 x 20 reps each; rest 60 sec. between giant sets) a. SEATED DB SHOULDER PRESS b. UPRIGHT ROW c. 3-WAY RAISE d. VACUUM TWIST	Giant set (3 x 15 reps each; rest 60 sec. between giant sets) a. ROMANIAN DEADLIFT b. BALL ROLL-IN c. HANGING LEG RAISE	
	Dropset (3 x 30; divide into 10/10/10 reps; rest 60 sec. between sets) 3-WAY RAISE	Dropset (3 x 30; divide into 10/10/10 reps; rest 90 sec. between sets) BACK SQUAT				Dropset (3 x 30; divide into 10/10/10 reps; rest 90 sec. between sets) BARBELL HIP THRUST	

WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	UPPER BODY 1	LEGS 1	TOTAL-BODY HIIT	LEGS 2	UPPER BODY 2	LEGS 3	REST
	BACK SQUAT (4 x 12/10/8/ failure; rest 2 min. between sets)	DB SHOULDER PRESS (4 x 12/10/8/ failure; rest 90 sec. between sets)	Complete 4 rounds as quickly as possible AIR SQUAT (15x) 100-METER RUN, ROW, OR BIKE BURPEE (15x) 100-METER RUN, ROW, OR BIKE HANGING LEG RAISE (15x) 100-METER RUN, ROW, OR BIKE PULLUP (ASSISTED OR FULL) (15x) 100-METER RUN, ROW OR BIKE	ROMANIAN DEADLIFT (3 x 20; rest 90 sec. between sets; moderate/ moderate/heavy)	PULLUP (ASSISTED OR FULL) (3 x 20; rest 90 sec. between sets)	BACK LUNGE (4 x 15/12/10/ failure; rest 2 min. between sets)	
	Superset (3 x 10 reps each; rest 90 sec. between supersets) a. BACK LUNGE b. ROMANIAN DEADLIFT	Superset (3 x 10 reps each; rest 90 sec. between supersets) a. DB INCLINE PRESS b. PULLUP (ASSISTED OR FULL)		Superset (3 x 20 reps each; rest 90 sec. between supersets) a. BACK SQUAT b. BALL ROLL-IN	Superset (3 x 20 reps each; rest 90 sec. between supersets) a. DB INCLINE PRESS b. SEATED CABLE ROW	Superset (3 x 10 reps each; rest 90 sec. between supersets) a. BARBELL HIP THRUST b. BACK SQUAT	
	Giant set (3 x 12 reps each; rest 60 sec. between giant sets) a. BARBELL HIP THRUST b. BALL ROLL-IN c. HANGING LEG RAISE	Giant set (3 x 12 reps each; rest 60 sec. between giant sets) a. SEATED DB SHOULDER PRESS b. UPRIGHT ROW c. VACUUM TWIST		Giant set (3 x 20 reps each; rest 60 sec. between giant sets) a. BARBELL HIP THRUST b. BACK LUNGE c. HANGING LEG RAISE	Giant set (4 x 20 reps each; rest 60 sec. between giant sets) a. SEATED DB SHOULDER PRESS b. UPRIGHT ROW c. 3-WAY RAISE d. VACUUM TWIST	Giant set (3 x 12 reps each; rest 60 sec. between giant sets) a. ROMANIAN DEADLIFT b. BALL ROLL-IN c. HANGING LEG RAISE	
	Weak-point Destroyer (7 x 8-12 reps; rest 30 sec. between sets) BACK SQUAT	Weak-point Destroyer (7 x 8-12 reps; rest 30 sec. between sets) ASSISTED PULLUP				Weak-point Destroyer (7 x 8-12; rest 30 sec. between sets) BARBELL HIP THRUST	

TRY THE APP! Get 30% off the Transform with Chris & Heidi app by using the promo code **FITHERS30** at thetransformapp.com.



INCLINE DB PRESS (ABOVE)

WORKS: CHEST

- ▶ Sit back against an incline bench holding dumbbell in each hand at shoulder height, elbows out to sides, and palms facing forward (A).
- ▶ Extend arms up, bringing weights directly above shoulders; lock elbows at top of the movement. Slowly lower back to start and repeat (B).

PULLUP

WORKS: SHOULDERS, BACK, ARMS

- ▶ Grasp a pullup bar with an overhand grip, hands outside shoulders. Hang from bar with arms extended; bend knees so ankles are crossing behind you.
- ▶ Pull chest up until chin is over the bar, keeping body straight without arching or swinging. Lower back to start and repeat.



SHOULDER PRESS

WORKS: SHOULDERS

- ▶ Stand tall with feet shoulder-distance apart, holding dumbbells just above shoulders with elbows out to sides (A).
- ▶ Press weights above head, keeping torso still and head forward (B). Slowly lower back to start and repeat.

UPRIGHT ROW

WORKS: UPPER BACK, SHOULDERS

- Stand tall with feet together, holding barbell in an overhand grip in front of thighs, elbows slightly bent.
- Lift bar up to chest, bringing elbows out to sides; keep elbows slightly higher than forearms. Hold for one count at top of movement; lower back to start and repeat.



VACUUM TWIST

WORKS: CORE

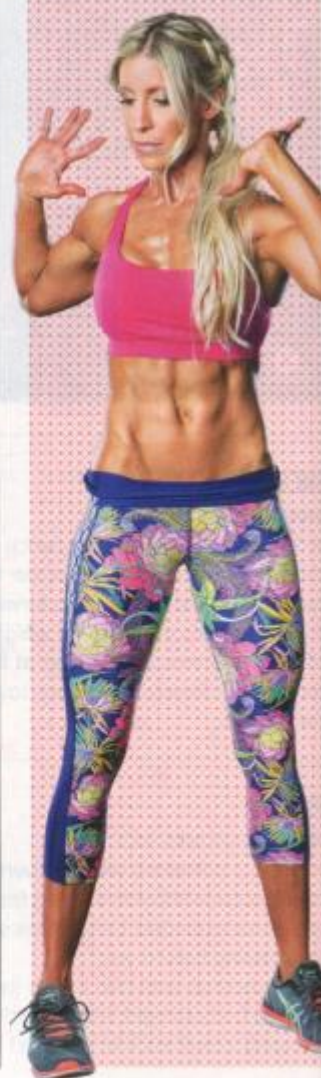
- Stand with feet shoulder-distance apart, elbows raised with hands at shoulder height, palms forward.
- Take a deep breath in, then exhale completely, drawing abs in at bottom of the exhale. Holding this position, exhale as you twist torso to the right as far as you can, squeezing obliques. Return to center and repeat on opposite side.



SEATED CABLE ROW

WORKS: BACK

- Sit in front of a low-pulley row machine with a V-bar attachment, knees slightly bent with feet on platform, holding V-bar in front of chest with arms extended, head in line with spine and abs engaged (A).
- Pull V-bar toward torso, keeping arms close to body, until elbows are bent 90 degrees and just past your sides (B). Hold for one count, squeezing back muscles; straighten arms and repeat.





BOOST YOUR FAT LOSS!

Add 10 minutes of cardio after each strength workout; Do 15 seconds at an all-out effort, followed by 45 seconds of recovery; repeat 10 times.

THREE-WAY RAISE

WORKS: SHOULDERS

- ▶ Stand tall with feet together, holding weights in front of thighs with palms facing body, abs engaged. Lift weights forward to shoulder height without locking elbows **(A)**. Pause for one count at the top of the movement; lower back to start.
- ▶ Bring arms to outside of thighs, keeping palms facing body. Lift weights out to sides at shoulder height, maintaining slight bend in elbows **(B)**. Pause for one count at the top of the movement, then lower arms back to outside of thighs.
- ▶ Hinge forward from waist, extending arms directly below shoulders. Keep abs tight and head in line with spine. Raise arms out to sides, pausing for one count at the top and contracting backs of shoulders **(C)**. Lower arms below shoulders. Stand up and repeat the full series.



BARBELL SQUAT

WORKS: GLUTES, LEGS

- Stand tall with feet hip-distance apart and a barbell across upper back, chest up and head facing forward.
- Bend knees as deeply as you can or just past 90 degrees, keeping weight over heels and torso upright.
- Push through heels to return to standing position.



WEIGHTED HIP THRUST

WORKS: GLUTES

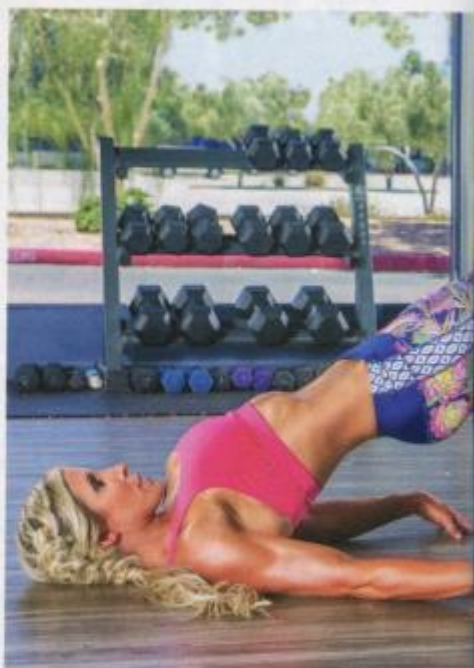
- Sit on floor with upper back against a flat bench. Place a small resistance band just above knees and a barbell across hips. (Use a foam pad for comfort.) Keep feet flat on floor, knees bent **(A)**.
- Driving through heels, thrust hips up; at the same time, bring thighs apart, working against the resistance of the band. Hold for one count at the top of the contraction, squeezing glutes **(B)**, then lower to start and repeat.



ROMANIAN DEADLIFT

WORKS: GLUTES, HAMSTRINGS

- Stand tall with feet about hip-distance apart, holding dumbbells in front of thighs, palms facing body and knees slightly bent. (Option: Use a barbell.)
- Hinge forward from hips, lowering weights toward shins. Push butt behind you, feeling a stretch along your hamstrings. Keep back flat and look up slightly.
- Drive hips forward to stand back to starting position; repeat.



BACK LUNGE

WORKS: GLUTES, LEGS

- ▶ Stand tall with feet hip-width apart, holding barbell placed across upper back. (Option: You can also hold dumbbells with arms at sides, palms in.)
- ▶ Lunge left leg back, bending both knees 90 degrees. Keep shoulders stacked above hips and right knee over heel.
- ▶ Press through right heel to return to standing. Do all reps on this side; switch legs and repeat.



HANGING KNEE RAISE

WORKS: ABS

- ▶ Grasp a pullup bar with hands wider than shoulder-distance apart in an overhand grip, arms straight and feet off the floor.
- ▶ Brace your core and use your abs to lift your knees up until thighs are parallel to floor or just past. Hold for one count; lower to start and repeat.



BALL ROLL-IN

WORKS: GLUTES, HAMSTRINGS

- ▶ Lie faceup on floor with arms at sides and calves resting on a stability ball. Lift hips, forming a straight line from shoulders to heels, chin tucked in toward chest (A).
- ▶ Keeping hips lifted, roll ball toward body, using hamstrings to drive the movement and pulling ball as close to you as possible (B). Pause briefly, then slowly roll ball back to start and repeat.

