

body chiselling

chest and back

by Nathan Page

Over the next five issues of Ultra-FIT, discover some exercise programs that create a chiselled body. These are tried-and-tested, 4-week programs that work for all body shapes, targeting specific areas to achieve a hard, chiselled look. I always incorporate these weight training exercises into my workouts. When it comes to chiselling the body, there is no substitute.

Start your chiselling program by super-setting exercises for your chest and back. My interpretation of super-setting is to work one muscle group, then immediately work an opposing muscle group. Then rest for 90 seconds. Then repeat 3-4 times. This allows you to optimise your time in the gym by working two muscle groups in a shorter period of time. This is also referred to as volume training. It's very intense and you keep the reps higher than normal. The rests are short, forcing a lot of blood into your muscle, causing a phenomenal pump. If you have any doubts, just try it. You won't be disappointed.

My interpretation of super-setting is to work one muscle group, then immediately work an opposing muscle group... causing a phenomenal pump.

Back Exercise 1

Super-set with Chest Exercise 1

3 Options

Wide grip chin-ups (bar)
Wide grip chin-ups (on assisted machine)
Wide grip lat pull-downs

| | |
|---------|---------|
| 1st set | 20 reps |
| 2nd set | 15 reps |
| 3rd set | 12 reps |
| 4th set | 10 reps |

As you complete the reps, increase the weight, using increments that allow you to maintain good form.

When performing any one of these exercises, it's important to maintain the natural curve of your lower lumbar to avoid recruiting your abs. Keep your chin up, your chest high and squeeze through your back. I know it's difficult, but try to visualise pulling with your back, not with your arms. NEVER pull the bar behind your neck when doing chin-ups or lat pull-downs.

Chest Exercise 1

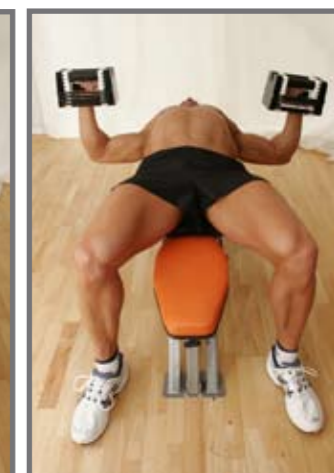
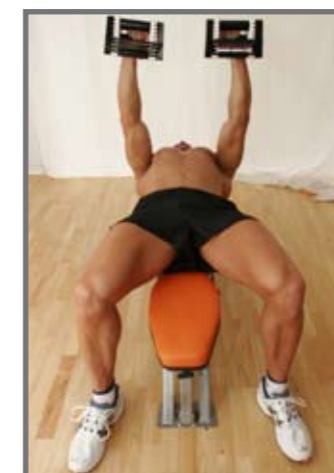
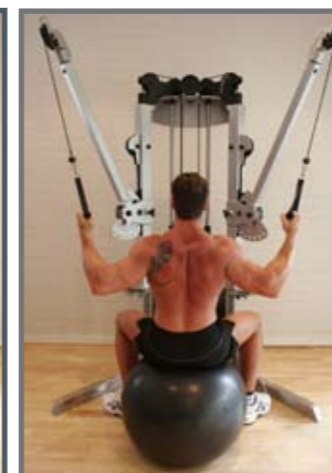
Super-set with Back Exercise 1

3 Options

Bench press (flat, bar)
Bench press (flat, dumbbell)
Push-ups (legs straight or on knees)

| | |
|---------|---------|
| 1st set | 20 reps |
| 2nd set | 15 reps |
| 3rd set | 12 reps |
| 4th set | 10 reps |

When doing high reps of any exercise, it is important to stay focused throughout the entire set, not just during the concentric phase (when pushing the bar), but also during the eccentric phase (when lowering the bar). You should be thinking about the muscles you're using throughout the entire range of motion. Don't rush it. It should take three seconds for the downward motion. Pause for a moment, then squeeze back up through the chest, keeping your shoulders back, while trying to make that mind-body connection. This makes a big difference to the end result.



Back Exercise 2

Super-set with Chest Exercise 2

Close-grip seated row

| | |
|---------|--|
| 1st set | 15 reps |
| 2nd set | 12 reps |
| 3rd set | 12 reps (on a heavier weight than 2nd set) |
| 4th set | 10 reps |

When performing seated row, always keep your chin up, knees slightly bent and pivot forward from the hips to allow a complete stretch in your lats. Concentrate on using only your lats, keeping your back straight. When you pull the bar towards you, keep your elbows close to your body and avoid bringing your back past 90°. What I do here with my clients is place my hand in between their shoulder blades (sub scapulars) and get them to squeeze their shoulder blades around my fingers. This creates perfect form.

Chest Exercise 2

Super-set with Back Exercise 2

Incline dumbbell press

| | |
|---------|--|
| 1st set | 15 reps |
| 2nd set | 12 reps |
| 3rd set | 12 reps (on a heavier weight than 2nd set) |
| 4th set | 10 reps |

Set the bench on a 45° angle. The incline allows you to target the upper part of your chest, which is often neglected. Choose a weight that you are more than capable of lifting. If you feel uncomfortable lifting dumbbells, use an incline press machine.



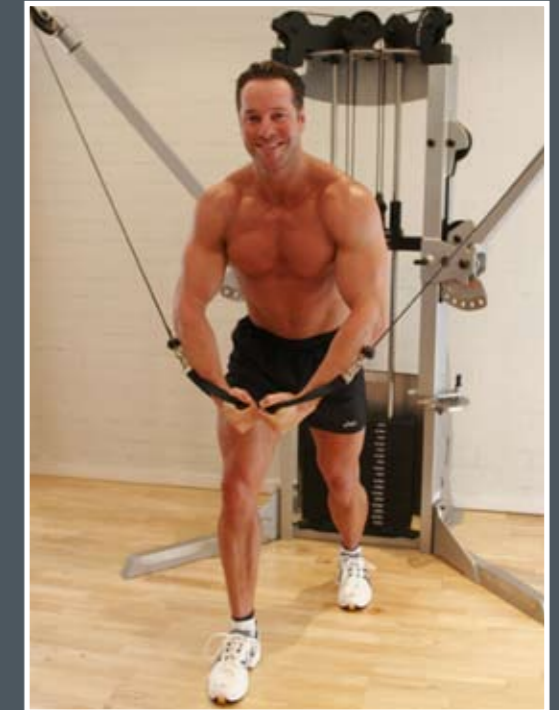
tip

Full Body Check

Before any exercise with weights, check that your body is in the correct position. Start at your feet and work your way up to your head checking each body part is starting in the correct position e.g. for standing barcu check feet are shoulder width apart, knees slightly bent, hips are straight, stomach is in to active core, shoulders are back, wrists are locked, chin is up and head is facing forward.

Muscle concentration

When working a specific body area, make sure you concentrate on working that muscle in isolation and that you aren't using momentum from another body movement to make the exercise easier. You will achieve faster results this way.



Back Exercise 3

Super-set with Chest Exercise 3

Wide-Grip Bent-Over Row

| | |
|---------|--|
| 1st set | 15 reps |
| 2nd set | 12 reps |
| 3rd set | 12 reps (on a heavier weight than 2nd set) |
| 4th set | 10 reps |

This exercise will build you a great looking back. It is very important to do this exercise with the best possible form. Your feet should be shoulder-width apart, knees slightly bent, stomach sucked in. Keep your back straight. People with any back injuries should opt for a wide-grip seated row.

As with all exercises that require you to be on your feet, you should do a full body assessment before you start to ensure you have correct posture and alignment for the exercise you are about to do. This helps prevent any undue pressure on your back.

Chest Exercise 3

Super-set with Back Exercise 3

Cable Cross-Over

| | |
|---------|--|
| 1st set | 20 reps |
| 2nd set | 20 reps (on a heavier weight than 1st set) |
| 3rd set | 15 reps |
| 4th set | 12 reps (followed by a 5th drop set) |

Finishing with the cable-cross over is an excellent way to isolate your chest muscles. With this exercise it is imperative that your form is perfect: keep your shoulders back, your arms locked in a slightly bent position and squeeze down through the chest. Once you are in the start position do not move your torso, keep it at a 45 degree angle as you don't want to use momentum to achieve the contraction.

After your 4th set, you want to hit total muscle fatigue and create maximum blood flow to your chest. Do this by using a lighter weight and increasing the reps. For example, on the 4th set, use 30kg for 12 reps, followed immediately by 20kg for 20 reps. Since your muscles are fatigued, the weight shouldn't feel noticeably lighter. Push through these extra 20 reps and experience an incredible pump. It's OK to train to failure here on your 5th and last set, since your muscles will have time to rest and recover.