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1 of 21 Javelin Press Why? This show-off move will mark you out as a barbell expert. It uses a neutral grip to build bigger deltoids without straining them. Here's how to put your shoulders into them. How? - Hold the barbell at shoulder height lengthways, as if it was a javelin, with your elbow underneath your wrist. Don't actually throw it. - Keep your grip tight and drive the bar up until your bicep is next to your ear. Try to stop the bar wobbling, then lower it back to the start. Form Start off light or you'll only use your legs to cheat the weight up and lose control of the bar – which is scary. 2 of 21 Reverse curl Why? Doing any curl with a different grip strengthens your elbow flexors, and stronger elbows mean you can lift more weight for more response on your other exercises. Don't knock it. How? - Hold the barbell at shoulder width with an overhand 'motorbike' grip. - Keeping your wrists still, use your biceps to curl the bar up; squeeze the muscles for a second at the top. Slowly lower the weight back down, always keeping your elbows tucked in. Form Keep your torso still and watch you don't swing the bar up or you risk pranging your lower back. 3 of 21 Meadows row Why? This variation of a single-arm row lets you use more weight than normal and allows for a fuller range of motion. This means more muscle for your back. Solid. How? - Place the end of the barbell in a corner, or the base of a bench, and stand at the front end of the bar at a right angle. With an overhand grip, row it to your armpit. - Squeeze your shoulder at the top of the movement, then lower the weight back down until you feel a stretch. Form Sit back into the move, rather than bending over, to make sure your upper body does the work. 4 of 21 Perfect curl Why? Ditch your standard curl and co-opt gravity to maintain constant tension in your biceps. You're going to need a much bigger T-shirt. How? - Hold the barbell with a grip slightly wider than your shoulder width and pin your shoulder-blades back. Push your hips forward and lean back. - As you bring the bar up, push your hips back and lean forward. At the top of the curl you should be bent forward and the bar should be close to your face. Form Tighten your triceps as you slowly lower the bar, keeping your elbows fixed in position. 5 of 21 Cuban press Why? Bulk up while looking after yourself – this move can be classed as 'prehab', working the smaller internal muscles of your rotator cuff to keep your shoulders injury-free. How? - Hold the barbell at your waist, slightly wider than normal with an overhand grip. First, row it up to your belly button. Then rotate the bar to your forehead, palms facing forward. - Press the bar above your head. Reverse the movement to bring the bar back to the start position. Form As you rotate, keep your upper arms no higher than 70 degrees or you'll hurt the tendons in your upper back. 6 of 21 Pull over Why? This is the best way to work the middle of your chest, carving out more of a dip between your pecs and making the muscles themselves appear bigger. It's the beach-body cheat move, essentially. How? - Lie on a flat bench with a good base (in the same position as for the California press) and hold the bar above your chest with a slight bend in your elbows. Keep your arms in that position, then lower the weight in an arc over and behind your head. - When you feel a stretch in your pecs, bring the bar back up. Form Return the barbell only as far as your forehead to keep that burning tension going for the entire move. 7 of 21 Front squat Why? This squat doubles as an abs exercise, forcing your core to work hard to stabilise the bar. It's time to front up. How? - Stand with the bar across your shoulders, resting on your fingertips as shown. It's a light grip, but don't even think about dropping the bar. - Now place all your weight through your heels as you bend your knees and push your hips back – sink as low as you can, but keep your back straight. Push through the heels to drive back up. Form Fight the urge to look up – keep your eyes forward at all times to avoid back strain. 8 of 21 Romanian deadlift Why? With the RDL, your knees stay slightly bent, isolating your hamstrings. It's ideal for footballers, rugby players or runners looking to up their acceleration. A pretty useful move, we'd say. How? - Stand tall with the bar at your waist and a slight bend in your knees, now shift your hips back and let the bar slide down your legs. - Stop when your hamstrings tighten. Keep your back neutral. Drive your hips forward and squeeze your glutes to stand back up. Form Remember that the movement calls for maximal hip bend and minimal knee bend (20 degrees tops). 9 of 21 Snatch grip deadlift Why? The snatch grip demands a greater range of movement, so this is not one for novices. But once you've mastered it, you get much more tension in your mid and upper back. How? - With your feet hip-width and shins touching the bar, bend down to grab it. Your index fingers should rest on the outer ring of the knurling. - Pull your hips down and raise your chest. Take a deep breath to stabilise your lower back, then drive up, thrusting your hips. - Straighten your knees, then slide the bar back down the front of your legs to the start position. Form Push your shoulders back – don't let the weight make you slouch. 10 of 21 Good morning Why? Good mornings are often (mistakenly) blamed for back injuries. Wake up and smell the coffee: done well, they provide a new stimulus by placing the load on top of you, rather than below, as with a deadlift. How? - Hold the bar across the back of your shoulders, then lean forward and push your hips back as far as possible. - When your hams start to tighten, push your hips straight forward and bring your chest up as you straighten. Form To keep your spine rigid, imagine 'bending' the bar around your back. This should tighten your lats. 11 of 21 Weighted hip extension Why? It's hip to work your glutes. The largest muscles in your body are a powerhouse, and the stronger they are the better you can run and jump. How? - Sit with your knees bent and upper back resting on a bench behind you. Roll the bar on to the top of your hips and hold it in place. - Now push your feet down, lifting your hips up until your upper body is fully supported by the bench. - Squeeze at the top for a second and slowly lower back down to the floor. Form Don't focus on lifting your hips. Instead, think of pressing your heels through the floor; it's much easier. 12 of 21 Step up Why? This move encompasses every aspect of strength – functional, unilateral, multi-joint – and has a strong carry-over into both athletic and everyday movements. Time for you to step up to the plate. How? - With the bar across your upper back, place your left foot on a bench or knee-high box. - Push your front heel into the platform and rise up until your rear foot is level. Step down with the rear foot first, and alternate legs for every new rep. Form Don't push off the rear foot as you drive up, and try to keep your torso as rigid as possible for better balance. 13 of 21 Jump squat Why? Want a simple way to superior lower-body power. Here's a cheat worthy of Tiger Woods. Combining a squat with a jump will fire the fast-twitch fibres that have the most potential for growth. How? - Hold the bar across your upper back and squat. Keep your knees in line with your toes and sink as low as you can. - Now explode upward upward, pointing your toes in midair. Soften your knees to absorb the landing and drop straight into the next rep. Form The quicker you move into the next squat, the more force you produce, therefore the heavier you can go. 14 of 21 Side lunge Why? Most lower body moves focus on quads, hams and glutes; these target the adductors, which improves hip mobility and balance. How? - Stand with the bar across your upper back, pulling it tightly into your traps. Step one leg out; let the heel of the opposite leg take your weight. - Push your hips down, keeping the trail leg straight and foot flat. Drive through the heel of your bent leg to stand back up. Repeat on the other side. Form Make sure the front knee tracks in line with the foot and doesn't cave in, or you risk injuring the tendons. Which hurts like merry hell. 15 of 21 Landmine split squat Why? Holding the end of the bar provides 'offset' loading, causing a completely different type of muscle stimulation than the standard split squat. Brace yourself for some explosive growth. How? - Secure one end of the barbell and hold it by your side. Place one leg on a bench and point your toe. - Slowly lower until your knee is about to touch the ground, then push back up. Keep your chest up and spine straight. Bang! That's one rep. Form Set the bench close to the bar. Your arm should fall just under the shoulder so you're not 'reaching'. 16 of 21 Hang Clean Why? By skipping the first pull of the power clean, this is both easier and dodges any lower body stiffness, making it useful if you're short on time. How? - Start like the Romanian deadlift, but start the bar at your knees. From there, pull it up as you would on a power clean. For extra momentum, force your toes into the ground (don't overdo it and tip forward.) - Now pull yourself under, catching the bar on your chest in a slight squat, elbows high. Form Focus on the hip drive and shrug. Pull your shoulders up and drive your hips towards the bar. 17 of 21 Hang snatch Why? This mixes the benefits of the hang clean and the normal snatch. Its smaller learning curve and focus on the upper body makes it an ideal option for intermediate lifters. How? - Start as you would for a snatch-grip deadlift, gripping the bar outside the knurling. Deadlift it into a hang position at your knees, then pull hard, using your shoulders, hips and knees to (figuratively) throw the bar up. - Pull yourself under the bar to catch it above you with locked-out arms. Form Keep your arms long and loose, and try to pull your shoulders to your ears, rather than using your biceps. 18 of 21 Hip snatch Why? Removing many of the technical aspects of the snatch makes it easier to execute, while the emphasis on the hip drive will help you with more complicated lifts. How? - Begin like a standard snatch, then stand holding the bar with straight arms. Push your hips into a deadlift-like position. - Pull the bar up, driving your hips forward to get your body under it. Resist the urge to say 'ta-da'... you'll need your energy to get the bar back down. Form Push your hips and glutes back as far as possible to allow greater hip extension and to move the bar faster. 19 of 21 Landmine thruster Why? Your body is under less weight, so you can make more athletic movements, perform more reps and recover quicker. How? - Place the barbell in the corner of a wall or base of a bench. Hold its free end above and in front of your head with both hands. Step back until resting on your toes, leaning forward. - Lower the bar to your chest, squat into a crouched position. Drive your feet down, extend your knees and hips until straight, then push the bar back up. Form If squatting hurts your knees, move a few inches closer to the bar to reduce the angle. 20 of 21 Barbell chop Why? Your body doesn't move in vertical and horizontal planes alone. This move adds the often-lacking rotation needed for a full six-pack. How? - Place the barbell as you do for the landmine thruster. In an arcing motion, move it to your right hip. Drive your right foot down, extending your right knee and hips to rotate your hips explosively to the left. - Your torso and arms should follow so the bar rests on your right hip. Repeat in the opposite direction. Form Your torso and lower body dictate the movement of the bar; your driving foot rotates, knee and hip follow. 21 of 21 High pull Why? The 'catch' in Olympic lifts is tough on wrists, but the high pull puts less strain on them, so you can lift heavy without breaking your bones or spirit. How? - Start the same as the power clean, generating momentum from your knees, hips and shoulders to drag the bar up from the floor close to your body. But instead of catching, keep pulling it up, flexing your elbows to shrug the bar up to your chin like an upright row. - Lower it quickly – going slowly will only hurt. One for the impatient. Form Don't explode straight from the starting position. Aim to pull the bar toward your neck – but not into it.





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