

11 WAYS TO MAN UP YOUR UPPER BODY

High Intensity Training isn't meant to be easy but the results are worth it. Bodytech Gym founder, Peter Rana, has devised the perfect routine to transform your chest, back and arms for explosive growth using the HIT concept. The main idea behind the exercises is to make each routine as hard as possible. Mixing and matching exercises in a particular sequence stimulates muscle fibres for maximum growth and strength. Working out with a partner and a stopwatch enables you to time your repetitions and workout with maximum intensity. As they say, go hard or go home.



2

PULL-DOWN MACHINE USING NEGATIVE ACCENTUATED:

Use your fresh biceps to force your latissimus dorsi to make a deeper inroad of available muscle fibres for greater growth stimulation. Once muscular failure is reached, go straight from the pull-down machine and over to the chin up bar.



BACK

Designed to give you a double whammy by grouping the exercises in a double pre-exhaustion manner, taking your lats to their fatigable limit. If you do not have access to both pullover and pull-down machines, one will work quite effectively as well.



1

PULLOVER MACHINE-NEGATIVE ACCENTUATED REPETITIONS:

Begin by using both arms to get into a fully contracted position then alternate between the right arm and the left. Use slow, controlled repetitions throughout the full range of movement. With the correct resistance, you should be able to only grind out six negative repetitions with each arm.



3

CHIN-UP, NEGATIVE ONLY:

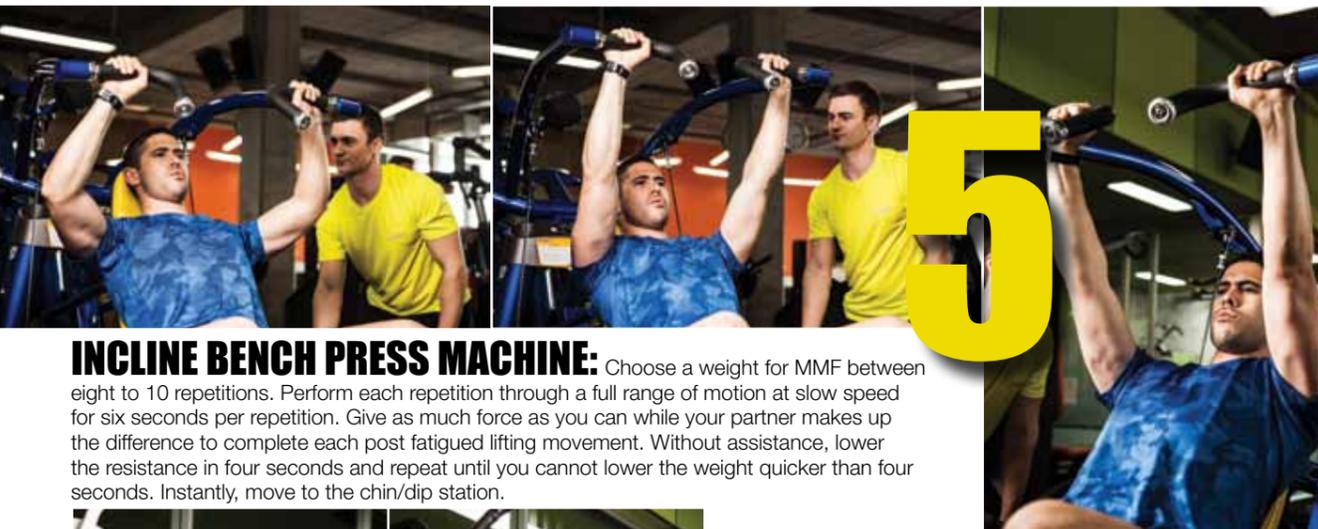
Use your legs by pushing against your partner's thighs to get yourself up in the top position. Hold the position, ease your feet off your friend's thighs just enough to allow your fresh biceps and fatigued lats to take the brunt of the burden. Slowly lower yourself in eight seconds using only your arms to resist gravity. At bottom, quickly get back into the top position and repeat until you can no longer control the movement. The goal is at least six negative repetitions.

CHEST

4



PEC-FLY: Choose a weight for momentary muscular failure (MMF) between eight to 10 repetitions. Take each rep through a full range of motion for three seconds to reach full contraction, pause one second and take four seconds to return in a stretched position, hold for a second and repeat. Repeat until complete failure is reached in good form.



5

INCLINE BENCH PRESS MACHINE: Choose a weight for MMF between eight to 10 repetitions. Perform each repetition through a full range of motion at slow speed for six seconds per repetition. Give as much force as you can while your partner makes up the difference to complete each post fatigued lifting movement. Without assistance, lower the resistance in four seconds and repeat until you cannot lower the weight quicker than four seconds. Instantly, move to the chin/dip station.



DIP, NEGATIVE ONLY: Use fresh triceps to force your pectorals to work deeper and harder. At the top position of the machine, straighten your arms, remove your feet from the steps and lower slowly to the stretch position over a full eight seconds. Repeat until you cannot lower yourself quicker than four seconds.

PUSH-UP ON THE FLOOR, NEGATIVE ONLY: With your hands under and a little wider than your shoulders, do as many push-ups as you can as best as you can. Then do several more in a negative-only manner by using your knees to help you get into starting position. Lower slowly to chest until you cannot control the negative movement



7

ARMS

8



BICEPS CURL MACHINE: Giving 100 percent of your focus for a strict eight to 10 repetitions. Take four seconds to full contraction, hold it for a second or two and return in a smooth transition to starting position. Repeat until you utterly cannot perform another repetition.



9

NEGATIVE BARBELL CURLS: Take the barbell in the contracted position. Your hands should be shoulder width apart and standing erect. Keep your body straight and slowly lower the barbell taking eight seconds to reach the bottom. Have your partner lift the barbell back in to the start position. Repeat until you can no longer lower the barbell in less than four seconds.



10

EXTREMELY SLOW DIP: Start the dip in the bottom position; take 60 seconds to push to the top and lower. Finally, position yourself at the cable station and start triceps push downs.

11

TRICEPS PUSH DOWN:

choose a resistance where it will take you to MMF of between eight to 10 repetitions. Completely isolate your triceps by keeping elbows close to your sides and directly pointing down. Grind out each repetition until failure is achieved.

