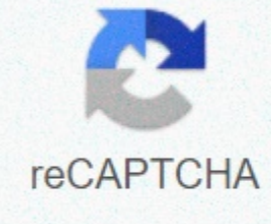




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Is bbg workout worth it

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Web site Gimme20 is a social workout site that lets users share, track, and build their favorite workouts.You can start building your workout from the ground up by choosing the Build Workout option and then adding different exercises (be it weightlifting running, or cross training) to a workout. We've covered a lot of fitness-related web apps in the past (like Traineo, for example), but Gimme20 is the first I've seen designed to actually let you create and find varied workouts. It's clearly a young site, and the interface is a little busy and perhaps too feature heavy, but it has promise. Web site Traineo is a weight loss and fitness tracker designed to keep you motivated to achieve...Read moreGimme20 [via Download Squad] Went in a little early this morning because Bally the Dog is still on a weekend sleeperover at the dog-camp lady's house... Got in and did... 1A) Bench - worked up to 285 1B) RDL - 3x6 2A) DB Incline - 3x8 with 80s 2B) BB Row - 3x8 with 205 That was it. The extra rest and warmup for the bench press made the workout long...50 minutes. Thats it. Not much else to report. Good trip to Chicago on the weekend, but now I'm home until next monday when i head down to washington for a few days. Train hard but safe, Craig Ballantyne, CSCS, MS PS - Don't forget the 5th TT Transformation Contest starts today.....and we've added a "couples" category for this one. Find out more here: => Transformation Contest Rules This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io In addition to being able to read about all the transformation guys and their workouts, I'm posting mine here as well... Today we're keeping the focus building the upper back in strength and thickness with this session 1) Clean (3x1) - 205 2a) trap bar dl (3x6) - 3502b) incline bench (3x8) 185 Plus one set of closegrip incline at 135 for 12 reps 3a) bb snatch row (3x10) - 1503b) plank on ball (3x60)3c) hatfield back ext (3x15) [from the Jan-Feb Men's Health] Trap bar is my favorite but it beat me today, CB This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Felt pretty fresh today before the workout. Was tired during warm-up but the warmup was right on and got me in the right mindset to lift. 1) Snatch (3x2) 2a) Bench (5x3) - 2652b) overhead lunge (3x5) (Subbed out db split squat and subbed in the oh lunge b/c of quad soreness from last fridays squat session) 3a) powerblock incline press (3xMax)3b) powerblock elbow out row (3x12) Biceps exercises were added for fun at the end of the workout. You can get a lot done for arms in only 5 minutes. Back to work to finish an Oxygen magazine article and add a nutrition and training interview to www.TTMembers.com Craig Ballantyne, CSCS, MSwww.TurbulenceTraining.com www.TTMembers.comwww.workoutmanuals.com www.TurbulenceTraining.blogspot.com This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io To create the Spartacus Workout, we chose 10 exercises that collectively work every part of your body. Then we made each exercise a 60-second station so you can challenge your heart and lungs as well as your muscles. The final product is a high-intensity circuit designed to torch fat, define your chest, abs, and arms, and send your fitness level soaring. (Take it to the next level: Get New Rules Of Muscle, the total-body workout program from Men's Health that shreds fat and builds muscle.)Directions: Do this circuit 3 days a week. Perform 1 set of each exercise (or "station") in succession. Each station lasts 60 seconds. Do as many reps as you can (with perfect form) in that time, and then move on to the next station. Give yourself 15 seconds to move between stations, and rest for 2 minutes after you've completed 1 circuit of all 10 exercises. Then repeat twice. If you can't go the entire minute, rest a few seconds and then resume until your time at that station is up. Use a weight that's challenging for 15 to 20 reps.Photo: ThinkstockRelated Video: Station 1 Goblet SquatWith both hands, grab one end of a dumbbell to hold it vertically in front of your chest, and stand with your feet slightly beyond shoulder width [A]. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor [B]. Pause, and push yourself up to the starting position. If that's too hard, do a body-weight squat instead.Unsure what exercises you should focus on? Men's Health Personal Trainer not only has experts to guide you through your program, but a variety of instructional videos you can download and take with you to the gym.Photo: Beth BischoffStation 2 Mountain ClimberAssume a pushup position with your arms completely straight. Your body should form a straight line from your head to your ankles [A]. Without allowing your lower-back posture to change, lift your right foot off the floor and slowly move your right knee toward your chest [B]. Return to the starting position, and repeat with your left leg. Alternate back and forth for the duration of the set.Photo: Thomas MacDonaldStation 3 Single-Arm Dumbbell SwingHold a dumbbell (or a kettlebell) at arm's length in front of your waist. Without rounding your lower back, bend at your hips and knees and swing the dumbbell between your legs [A]. Keeping your arm straight, thrust your hips forward and swing the dumbbell to shoulder level as you rise to a standing position [B]. Swing the weight back and forth. At the 30-second mark, switch arms.Photo: Beth BischoffStation 4 T-PushupGrab a pair of hex dumbbells and assume a pushup position, your arms straight [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. As you push yourself back up, lift your right hand and rotate the right side of your body as you raise the dumbbell straight up over your shoulder until your body forms a T [C]. Reverse the move and repeat, this time rotating your left side. Photo: Mitch MandelStation 5 Split JumpStand in a staggered stance with your feet 2 to 3 feet apart, your right foot in front of your left. Keeping your torso upright, bend your legs and lower your body into a lunge [A]. Now jump with enough force to propel both feet off the floor [B]. While you're in the air, scissor-kick your legs so you land with your left leg forward. Repeat, alternating your forward leg for the duration of the set.NOTE: If you haven't worked out recently or are overweight, just do a regular lunge instead.Photo: Beth BischoffStation 6 Dumbbell RowGrab a pair of dumbbells, bend at your hips (don't round your lower back), and lower your torso until it's nearly parallel to the floor. Let the dumbbells hang at arm's length [A]. Without moving your torso, row the weights upward by raising your upper arms, bending your elbows, and squeezing your shoulder blades together [B]. Pause, lower the dumbbells, and repeat.Photo: Beth BischoffStation 7 Dumbbell Side Lunge and TouchHold a pair of dumbbells at arm's length at your sides [A]. Take a big step to your left and lower your body by pushing your hips backward and bending your left knee. As you lower your body, bend forward at your hips and touch the dumbbells to the floor [B]. Repeat for 30 seconds, and then switch to your right leg. If the exercise is too hard, do the move without the dumbbells; just reach for the floor with your hands.Photo: Beth BischoffStation 8 Pushup-Position RowGrab a pair of hex dumbbells and assume a pushup position, your arms straight [A]. Keeping your core stiff, row the dumbbell in your right hand to the side of your chest, bending your arm as you pull it upward [B]. Pause, and then quickly lower the dumbbell. Repeat with your left arm.Photo: Mitch MandelStation 9 Dumbbell Lunge and RotationGrab a dumbbell and hold it horizontally by its ends, just under your chin [A]. Step forward with your right foot and lower your body into a lunge. As you lunge, rotate your upper body to the right [B]. Return to the starting position, and repeat with your left leg. Alternate left and right until your 60 seconds are up. If the exercise is too hard, perform the movement without the dumbbell.Photo: Beth BischoffStation 10 Dumbbell Push PressStand holding a pair of dumbbells just outside your shoulders, with your arms bent and palms facing each other. Stand with your feet shoulder-width apart and knees slightly bent [A]. Dip your knees [B], and then explosively push up with your legs as you press the weights straight over your shoulders [C]. Lower the dumbbells back to the starting position and repeat.Photo: Beth Bischoff This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io is bbg a good workout. does bbg workout really work. is bbg worth it

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