

with a personalized Abs Diet nutrition plan—check out the Abs Diet EXTREME Workout. It'll blast fat and help you look and feel fitter than ever. **Directions:** You can do your entire workout using either Dumbbell Complex 1 or Dumbbell Complex 2, or use both complexes in the same workout. Simply choose a dumbbell complex and do each exercise within the complex for 30 seconds. Don't put the dumbbells down or take a breather until you've done all three exercises. Then rest for 90 seconds. That's one round.

After your 90-second rest period is up, you can either repeat Dumbbell Complex 1 or move on to Dumbbell Complex 2. Simply follow the same procedure, and then rest again. (That's two rounds.) Once you've rested, repeat the entire process until you've completed a total of 6 rounds. This is what Gaddour calls Level 1. It's the best place to start. And it takes less than 18 minutes, but it'll likely be all you want. If you feel like you need to work harder, you can move to Level 2 or Level 3, where you'll decrease the rest and increase the number of rounds. **Note:** A typical rep-range for each exercise is about 8 to 12 reps. If you're consistently getting more than 15 reps, the weight is too light. (Or you need to move to Level 2 or Level 3.) If you're consistently completing 6 reps or less, the dumbbells are too heavy. Also, for any single-leg or single-arm exercises, switch sides halfway through each work period. So you'd switch arms or legs at the 15-second mark of an exercise. **Level 2:** To make it harder, decrease your rest time to 60 seconds, and complete a total of 8 rounds. **Level 3:** This is really tough. Decrease your rest time to 30 seconds, and complete a total of 10 rounds. **DUMBBELL COMPLEX 1** Exercise 1: Close-Hands Pushup Exercise 2: Dumbbell Skier Swing Exercise 3: Overhead Split Squat

DUMBBELL COMPLEX 2 Exercise 1: Twisting Curls Exercise 2: Overhead Triceps Extension Exercise 3: Single-Arm Deadlift

The Abs Diet EXTREME Workout is available exclusively on Men's Health Personal Trainer. There you'll find Gaddour's complete 12-week plan, and have access to our customizable Abs Diet nutrition program—which will help you create the best diet for your goals, lifestyle, and preferences.

STRETCHING

Stretching is a good idea. It keeps you flexible, prevents stiffness/cramps, and gets the blood pumping. There is great debate whether you should stretch before, during, or after weight training. It doesn't have to be that complex. Warm up before weight or cardio training with some light exercises or stretching. While you're recovering in between weight training sets, stretch the muscle you are working. After training, incorporate a few more stretches to get more blood pumping into the muscle and to aid in recovery. As with any exercising, don't overdo stretching; this may just lead to decreases in strength. Also be careful not to overextend the stretch that it becomes painful.

Incorporate 2–3 sets of the basic static stretches below into your exercise routine. These are easy to learn and

effective. There are many other stretching exercises for each bodypart, just like there are other weight-training exercises for each bodypart. Actually, weight training (using full range of motion) helps improve flexibility too, since you are not only contracting (shortening) the muscle, but elongating it when you lower the weight back down to the starting position. If there is a particular muscle group or joint that tends to be more inflexible, focus on it a little more.

To lose fat but keep the muscle you worked so hard to build, here are a few tips to focus on. A lot of these are similar to the Building Muscle section, with just a few tweaks. This should be done in combination with consistent, intense cardio and weight training sessions, over an 8–12 week period.

