

EXTREME HOME FAT-LOSS WORKOUT

Blasting fat has never been simpler, but are you up for the challenge?



Ever seen a photo of Mark Wahlberg's old home gym? (He recently sold the property.) It was loaded. Reportedly, the space was 2,500 square feet, with 18-foot ceilings. It housed racks of dumbbells, weight plates, and pre-loaded barbells, along with variety of benches and other necessities. There was a catwalk with cardio machines, and yes, a regulation-size boxing ring right in the middle of it all. Oh, and a full-size basketball court just outside. Plus, a massage table. (Naturally.)

Now, it might be tempting to think, If I had access to all that stuff—at my home!—I'd be in great shape, too! Lose fat faster, build bigger muscle, and last longer in bed! But sorry, that's just not true. Right now, basements are filled with dusty fitness equipment, from informal weight machines to expensive state-of-the-art treadmills. The truth is, it takes very little in terms of equipment to get fit. What it really requires is time, know-how, and effort. "The latter is the most important," says Men's Health fitness adviser BJ Gaddour, CSCS, and CEO of StreamFIT.com. "And I can help with the rest, including the equipment." That's because Gaddour

took all of these major obstacles into account—including lack of equipment—when he created the all-new Abs Diet EXTREME Workout.

Our challenge to him was this: How do you design a cutting-edge fat-loss workout that requires very little equipment and maximizes every second of your time? Gaddour's super-simple solution: the "dumbbell complex." This genius workout method allows you to get in the toughest workout of your life using just a single pair of dumbbells. An extreme workout, if you will. For men, 15- or 20-pound dumbbells will likely do the trick; for women, all that's needed is a pair of 8, 10, or 12-pound dumbbells. (That's roughly a \$25 to \$50 investment, depending on the type of dumbbell you purchase.) How does it work? You do three exercises, back-to-back-to-back, for 30 seconds each without resting. Then you catch a breather for 90 seconds, and repeat for several rounds.

You can also alternate between complexes of different exercises. But that's for starters. To make the workouts even harder, you can reduce the rest between rounds. This increases the intensity for even better results—

for both fitness and for fat loss. An important point: These complexes aren't comprised of random exercises that have been thrown together. Gaddour carefully chooses the movements so that the weights are challenging for each exercise, and to allow a smooth transition between moves while avoiding excessive "cross-fatigue." This enables you to work your hardest on each exercise for the entire 30 seconds, but still be able to go several rounds. The upshot: You work your entire body from head to toe, and at a high intensity. "This is called 'metabolic resistance training,' and it's the most effective way to quickly burn calories and boost your metabolism," says Gaddour. "You can do it almost anywhere, including your living room, and you don't have to waste time switching from machine to machine."

Ready to try it? Then check out the dumbbell complexes below. It's a time-saving technique that's expertly designed for the results you want. All you have to do is make the effort. And if you want a complete 12-week program that provides 24 different three-exercise complexes—along

