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Stallone's *Expendables* Workout

"Sly has to look powerful; he has to look athletic. You have to believe he's actually doing what he does in the movie with that body," says Stallone's trainer, Gunnar Peterson, CSCS. "So when he runs off the dock and dives into the water, you say, 'Yeah, I buy that.'"

Stallone will do a workout like this four days a week but never the same one. Peterson will change it every time they train together. The whole thing takes 60-70 minutes.

COMPLETE 3-4 TIMES

SQUAT JUMP PULL-UP + FINISHING PULL 6/8/10 REPS

• Standing under a pull-up bar, Sly drops into a full squat and then explodes out of it, jumping up to grasp the bar and pulling himself up. After reaching his target rep count, he performs the same number of regular pull-ups.

HANGING SCAPULAR RETRACTION + HORIZONTAL ATTEMPT 12-20 REPS

• Sly hangs from a pull-up bar using a pronated grip. He rotates his shoulder blades down and together by flexing his upper-back and trapezius muscles. He then attempts to bring his body parallel to the floor.

BARBELL SQUAT 8-15 REPS

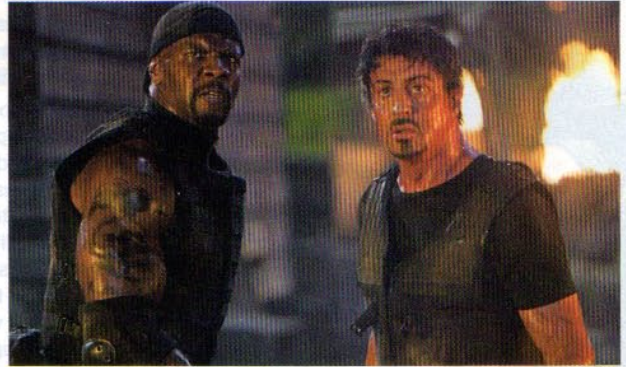
BARBELL SHRUG 8-15 REPS

ABS LOX 5/5/10, 5/5/15, 5/5/20

5 REPS WITH THE LEFT HAND, 5 WITH THE RIGHT HAND, THEN 10 DOUBLES. INCREASE THE DOUBLES BY 5 EACH TIME THROUGH

STRIVE CURL 5/5/5
CHANGING THE EMPHASIS EACH SET

HAMMER CURL 6-7 REPS



THEN COMPLETE THE FOLLOWING 2-3 TIMES

KETTLEBELL GOBLET SQUAT TO HAMMER CURL 6-10 REPS

• Holding a kettlebell by the horns and close to his chest, Sly completes all squats, then drops back into a deep squat — using his elbows to pry open his knees to emphasize hip mobility — and performs the hammer curls.

HANDBALL AB ROLLOUT CIRCLES 8-12 REPS

• Sly straps a device to each hand that's like a shell with a big ball bearing inside it. He gets on his knees and rolls out. It's much like the old-fashioned ab wheel, except it can go in any direction, instead of just a straight line.

CABLE WRIST ROLLER

• Holding a wrist roller out in front of him (Peterson constantly changes the angle of the exercise), Sly lowers the weight, rolling the bar toward his fingertips. When the weight hits the bottom, he does 10 mini iso-curls and then rolls it back in a throttle motion. At the top he performs more iso-curls.

FLAT-BACK KETTLEBELL ROW ON PLYO BOX 6-8 REPS PER SIDE

• Very similar to a one-arm dumbbell row, Sly stands on a plyo box to get the extra distance out of the motion.

HANGING LEG RAISE ON 12-20 REPS

POWER-RACK ROTATIONAL HANDLES

STANDING CALF RAISE TO SHRUG 15,18,20/8-12 REPS

• Sly uses a standing calf-raise machine then goes right into shrugs using the same weight, with his hands on his hips and calves stretched.

for four reps and squats 495 for six reps — but Crews gets his point across: This was a tough group of dudes.

"Filming *The Expendables* was testosterone city," says Crews, who played a total of six years in the NFL for the Chargers, Redskins and Eagles. "I didn't want to be the weak one. I was willing to take it to the next level." He hits the gym four days a week for weights but runs every day, usually 3½ miles.

"On a day I don't lift, I might run 5-6 miles. It helps me stay lean," he says. "I always stay one week away from where I can show my body. I've always trained very, very hard.

It carried over from football and I stuck with it."

Crews conscientiously changes his workout and exercise order, but he'll typically hit legs on Monday, back on Tuesday, and chest and arms on Thursday. On Friday he'll work his shoulders after a brutal and highly athletic circuit.

After the workout at right, Crews goes to an overhead-press machine and does four heavy sets of 10 reps to get that feel of pushing around serious weight. From there, he wisely does rotator-cuff protective exercises with elastic bands. He finishes with abs (which he hits every day), then runs 3 miles on the treadmill.

• Use a 135-pound barbell and move between exercises without rest. Perform this circuit four times, resting two minutes between circuits.

UPRIGHT ROW 6 REPS

POWER CLEAN 6 REPS

ROMANIAN DEADLIFT 6 REPS

SQUAT JUMP 6 REPS

• Then go immediately into the shoulder workout. Grab a set of 40-pound dumbbells and move quickly between exercises. Perform this circuit four times, resting two minutes between circuits.

FRONT RAISE 10 REPS

ARNOLD PRESS 10 REPS

LATERAL RAISE 10 REPS

BENT-OVER LATERAL RAISE 10 REPS