



PRESSED FOR TIME

Your busy life doesn't have to kill your goals. Get everything you need from the gym in minutes or less

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Photos by Steve Bonini*

Your home state just filed Chapter 11, your house was assessed for half of what you paid for it and the cubicles to either side of you are empty because your company just downsized your department. Since you'll be sweating out 16-hour days from now on to save your job and pay your mortgage, unfettered 90-minute gym sessions may have to come to an inglorious end. In today's economic climate, where idle time is as anachronistic as leasing a Hummer, something has to give. And that something is bound to be your workout regimen.

Our "Pressed for Time" programs are exactly what you need — workouts designed to have you in and out of the gym in 20 minutes or less while still accomplishing a major training objective, whether that's building strength, working a specific bodypart or developing an energy system. In fact, when done at the proper training tempo (no standing around to BS), these workouts won't make you compromise anything. Even if you're not in a hurry, these 20-minute blasts of intensity are a terrific way to change up your routine, shock your muscles into growing and overcome that stagnant feeling that comes with sleepwalking through the same program week after week.

In a typical hour at the gym, how much time do you actually spend under tension — five minutes? Ten, tops? Most people need more than an hour to complete their workouts because they engage in the two biggest time-wasters: Their rest periods are too long, and they spend too much time adding plates to the bar, setting up machines and swapping out dumbbells.

The solution? Use one implement, be it a barbell, dumbbell or elastic band, to perform a variety of movements with truncated rest periods between sets so you don't waste time switching between equipment. You'll find you can do the same amount of work or more in a fraction of the time. "If it's done right, the total volume is the same," says trainer Jason Ferrugia, owner of Renegade Gym in Watchung, New Jersey. "You can do a total-body split that includes push, pull and lower body, and it's very effective."

Matt McGorry, a trainer at Peak Performance in New York, shortens his clients' workouts by manipulating set and rep schemes. "You can save a ton of time by supersetting and even tri-setting movements without losing gains in strength or hypertrophy," he explains.

We've provided six sample PFT workouts, or you can design your own routines to suit your needs. When you focus on simply getting the work done, you'll be amazed how much time you save — all without affecting the quality of your sessions. **M&F**

PHOTOGRAPHER'S NAME

PFT ARM SPLIT

Getting the most bang for your buck is crucial when selecting arm exercises to perform in a limited time. Tate presses and hammer curls are excellent options, and there's no better triceps move than old-school dips. Keep your rest periods at 30–40 seconds, and perform this progression twice if you have time.

1) Tate Press: 3x10–12

2) Dip: 1x30

3) Hammer Curl: Run the rack, decreasing weight, with no rest for four sets. Follow with a 30-second plate hold with your forearms at 45-degree angles to your torso



TATE PRESS

Lie faceup on a flat bench with two dumbbells sitting vertically (one end up) on your chest. Your elbows should point out to your sides, palms facing away. Extend your elbows, keeping the weights together throughout the move. The dumbbells will be horizontal at the top.



PFT WHOLE-BODY BARBELL PROGRESSION

This works everything from top to bottom, even your core (which you engage anytime you support a load while standing). Use one weight for all exercises — beginners may have to lighten the load for snatches and overhead squats — and keep rest periods as short as possible. Compound lifts will fatigue you quickly, so err on the conservative side when choosing a weight.

- 1) Power Clean: 3x5
- 2) Power Clean and Jerk: 3x5
- 3) Front Squat: 3x8
- 4) Snatch: 3x5
- 5) Overhead Squat: 3x8



POWER CLEAN

With your feet about shoulder-width apart and a loaded barbell over the balls of your feet, squat down to grasp the bar with an overhand grip, hands outside your feet. Your shoulders should be directly over the bar and your back arched. Keep your arms loose and tension-free. Pull the bar straight up as you return to standing, accelerating as it approaches your knees. Simultaneously extend your torso in a jumping motion and shrug your shoulders. When the bar comes to hip level, rotate your elbows under it and catch it on your front delts. Carefully lower the bar to mid-thigh, then return it to the floor.

EXERCISES NOT PICTURED:

POWER CLEAN & JERK

Perform a power clean. When the bar is in the “racked” position at the top, bend your knees slightly, then explosively push up with your legs, using your lower body to propel the bar off your shoulders. Immediately drop down by splitting your feet — one back, one forward — while extending your arms in push-press fashion. Bring your feet back to parallel, then lower the bar to your shoulders and return it to the floor.

SNATCH

As in a power clean, begin with your feet shoulder-width apart, with the bar over the balls of your feet and your shoulders over the bar. With a very wide, overhand grip and your arms loose, begin the pull, gradually accelerating as the bar approaches your knees. Once the bar is at knee level, extend your body, shrug and pull the bar overhead — imagine you’re throwing it through the ceiling.

OVERHEAD SQUAT

Grasp a barbell using a wide, overhand grip and lift it overhead. With your elbows locked and your feet shoulder-width apart, descend as in a traditional squat, keeping your torso erect and your knees tracking forward. Push through your heels to return to the start position.





PFT WHOLE-BODY DUMBBELL PROGRESSION

This works your entire body, with a particular emphasis on smashing your posterior chain: hamstrings, lower back and abs. The exercises we've chosen get more difficult toward the end, so select a weight with which you can finish strong.

1) Dumbbell Swing: 3x10 each arm (can be done simultaneously, inside or outside legs)

2) Dumbbell Snatch: 3x10 each arm (can be done simultaneously, inside or outside legs)

3) Dumbbell Thruster: 3x10



DUMBBELL SWING

With your back flat, bend your knees and lean forward at the hips to grasp dumbbells placed either between or outside your feet, hands pronated. Extend your knees and hips, and use the momentum to swing the weights up to about forehead level, keeping your arms extended without locking your elbows. Allow gravity to return the dumbbells to the start position as you bend your knees and hips.



DUMBBELL THRUSTER

Hold a pair of dumbbells at shoulder level with your wrists slightly flexed. Perform a traditional front squat. On the ascent, use your momentum to simultaneously press the weights overhead.

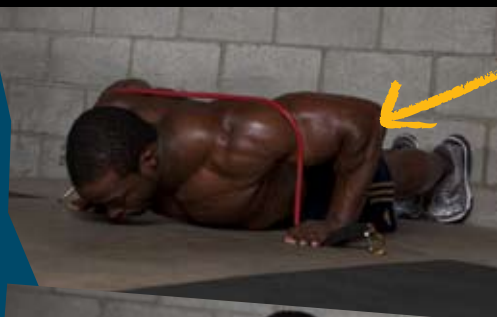




PFT UPPER-BODY BAND WORKOUT

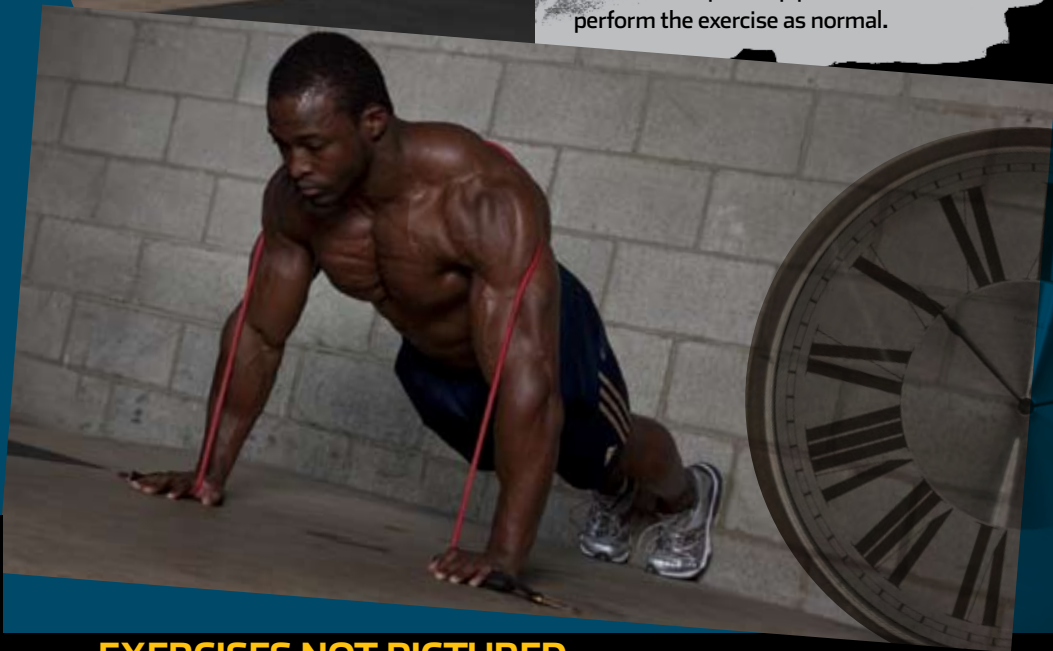
Elastic bands are a terrific fitness solution for those with limited space or resources, or anyone looking for a change of pace. With a little ingenuity, elastic bands can be used to simulate or enhance just about any move. This program targets all major upper-body muscle groups. Unless otherwise noted, perform three sets of each exercise, stopping one rep shy of failure.

- 1) Band Push-Up (band around upper back)
- 2) Band Face Pull (band anchored to stationary object)
- 3) Band Pushdown
- 4) Band Bent-Over Lateral/Lateral/Front Raises: Perform a circuit of eight reps each, with no rest between movements
- 5) Band Curl



BAND PUSH-UP

Kneel on the floor, then wrap a band around your upper back and grasp the handles in front of your shoulders so the bands are aligned with the bottom of your middle delt heads. Get in push-up position and perform the exercise as normal.



PFT CHEST/BACK SPLIT

If you want a big bench, you need a big back — it's that simple. Proponents of the iconic Westside Barbell methods originally theorized that the best way to train your lats is to work them in the same plane as your bench press. It has since been proven that this isn't universally true (some people need overhead pulling work), but pushing and pulling in the same groove is a sound concept that yields immediate results.

- 1) Bench Press: Warm up to: 65% 1RMx5, 75% 1RMx5, 85% 1RM to failure, followed by 3x10 at 40% 1RM, with 40 seconds rest between sets
- 2) Bent-Over Row: Start with the barbell on the floor and do 50 reps

EXERCISES NOT PICTURED:

BAND FACE PULL

Wrap a band around an overhead bar or other stable object. With the handles aligned at head level, grasp them at arm's length, hands pronated, and step back until you feel tension in the band. Pointing your elbows out, pull the handles toward your face until they're parallel to your ears, then return to the start position.

HINDU SQUAT

- Stand erect with your feet shoulder-width apart and draw your hands into your chest as if to elbow someone behind you. As you descend, rotate your arms backward, moving your hands behind your hips and brushing the floor with your fingertips, then return to the start position.
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PFT BODYWEIGHT PROGRESSION

- No compendium of in-and-out workouts would be complete without at least one option that doesn't require any external resistance. Keep track of how many reps you perform because you'll try to top it the next time around.

Unless otherwise noted, perform three sets of each exercise, stopping one rep shy of failure.

- 1) Dip
- 2) Pull-Up or Inverted Row
- 3) Hindu Squat: 100 total reps