

GET RIPPED LIKE SBW

CHEST

Dumb-bell bench-press: Raise dumb-bells straight up until your elbows are close to being locked and lower them back slowly after a short pause.

BICEPS

Chin-ups: Hold the bar with palms facing forward with a wide grip.

OBLIQUES

Dumb-bell side-bend: Grasp dumb-bell with arm straight to side and bend waist to opposite side of dumb-bell until slight stretch is felt.

REPETITIONS

Exercises should be done every three days. A good number to start with is three sets of 12-15 repetitions. He-men could try each exercise for about one minute.

FAT

All the crunches in the world won't result in abs like SBW's unless fat is lost through exercise and a healthy diet.

DELTOID

Dumb-bell fly: While lying on a bench holding the dumb-bells at arm's length with a slight bend at the elbow, raise the dumb-bells to the top.

UPPER ABS

Floor crunch: Most exercises, such as the classic crunch, work the upper abs.

LOWER ABS

Hanging knee raise: Hanging with your feet slightly off the floor, slowly pull your knees up, keeping your legs together. Pause for a second, then slowly lower your knees back to the starting position.

LEGS

Weighted walking lunges: Stand upright with weights in hands and lunge forward while never letting your knee go 'over' your toe.

