

Set aside the extreme philosophies. For upper-body mass, you don't have to choose between lifting heavy and light, low volume and high volume. This balanced approach has all your bases covered—and might save your shoulders in the long run.



BEST OF BOTH

WORLDS

BY MATT TUTHILL, C.S.C.S. // PHOTOGRAPHS BY EDGAR ARTIGA/WONDERFUL MACHINE



FLAT BENCH PRESS
Pressing power starts with a good setup: Retract your shoulder blades and tuck them into the center of the bench and grab the bar with a slightly wider-than-shoulder-width grip, and “pull” it to your chest. Your tucked shoulder blades will then flare as you press up, and this will engage your lats, giving you more pop at the bottom of the movement.

SHOT ON LOCATION AT COLOSSEUM GYM, COLUMBIA, MD, AND KINETIC SYSTEMS, COLUMBIA, MD

YOU HAVE TO LIFT HEAVY TO GET BIG.

It's an undeniable truth, and there's a simple beauty to the concept; continually pushing your body to lift weights it couldn't before strengthens both the muscles and the mind. Push to the limit too frequently and for too many years, however, and the body will begin to falter. Of course, time breaks down even the fittest bodies, but managing this balancing act will dictate how long you can stave off breakdown.

How many 40- to 50-year-old powerlifters (or gym rat bench specialists) have good things to say about their shoulders? Conversely, guys who follow a high-volume bodybuilding approach to adding size without first building up a respectable base of raw strength are left in the lurch as well. It doesn't matter how many reps you can do if you're not capable of testing your muscles with an appreciable amount of weight.

The chest and back workout we present here toes the line between these extremes, not by way of a weeks-long heavy phase followed by a deload week, but by doing so on a micro level within a single workout, incorporating elements of both bodybuilding and powerlifting. It contains just enough heavy work to build strength and enough volume to increase size while crafting an impressive physique at the same time.

You start off with a pre-exhaust superset of band-resisted

pushups and band-resisted pullups with only 60 seconds' rest at the end of each superset. Pre-exhausting is an old-school bodybuilding technique that will give you a good pump to work with right out of the gate, and in this workout serves as a warmup for the heavy benching and dumbbell rows that come next.

On both the flat bench and the dumbbell row you'll work as heavy as you can. Don't worry about burning yourself out for later sets. In both of these exercises, you're encouraged to take as much time as you need between sets so you're fully recovered to lift heavy.

Make the most of these long rest periods because timed rest periods come back into play for the remainder of the workout. By the time you get to the final superset of TRX pushups and inverted rows, your pecs and lats will be pretty well torched—which is why you're using only body weight instead of loading up more plates, to squeeze a little more volume out of the session without adding undue stress on your shoulders.

There is no magical program that can guarantee you won't incur injury, but this program will allow you to aggressively pursue upper-body mass while minimizing risk to your shoulders. Even if you've never injured these crucial joints, it's never too early to think about protecting them.

GROOMING: CONNIE TSANG FOR BEN NYE MAKEUP; TECH ADVISER: DAN YU



THE WORKOUT

How to do it: Perform the following workout 1-2 times per week. If you don't have access to a TRX or a comparable suspension trainer, substitute TRX pushups for feet-elevated pushups and substitute the TRX inverted row with a Smith machine inverted row. All TRX plank variations can be performed on the ground without a suspension trainer.



BAND-RESISTED PULLUP
Loop a resistance band (such as a jump stretch band) around the handle of a very heavy dumbbell (as pictured) or around the base of a power rack. Loop the other end of the band around your waist. Grab the pullup bar and pull up until your chin clears the bar. When you reach failure, stop midset, unloop the band from your waist, and continue.



INCLINE BENCH PRESS

Check your ego at the door of the gym. You're encouraged to use moderate weight on the incline press because of both the prescribed number of reps, and because at this point in the workout, timed rest periods come back into play. Stick to these rest periods exactly as prescribed; you'll get a better pump and also keep your heart rate elevated, which will help induce fat burning.

—George Eliot

ABOUT THE MODEL

Name: Duane Brickhouse
Residence: Ellicott City, MD
Height: 5'10"
Weight: 175 pounds
Favorite Body Part to Train: Back
Favorite Exercise: Pullup
Website: duanebrickhouse.com
Facebook: [facebook.com/duanebrickhouse](https://www.facebook.com/duanebrickhouse)
Instagram: @dbrick11
Interesting Facts: Winner of the 2012 M&F model search. Father to four daughters, ages 4-18. And yes, Brickhouse is his real last name.
Quote: "It is never too late to be what you might have been."

THE BEST OF BOTH WORLDS UPPER-BODY WORKOUT

EXERCISE	SETS	REPS	REST
1A) Band-resisted Pushup	3	20	—
1B) Band-resisted Pullup*	3	Failure	60 sec.
*Perform as a dropset, unhooking your feet from underneath the band when you reach failure on the resisted pullups. Keep cranking out body-weight reps until you reach failure again.			
2) Flat Bench Press	4	6	As needed
3) Dumbbell Row	4	6 each	As needed
4) Incline Bench	4	8-10	90-120 sec.
5) T-bar Row	4	8-10	90-120 sec.
6A) TRX Pushup	3	10-15	90-120 sec.
6B) TRX Inverted Row	3	10-15	90-120 sec.

Abs circuit — See Pg. 122



BAND-RESISTED PUSHUP

Loop both of your hands through either end of a resistance band. Drape the band across your back and get into a pushup position. Keep your shoulders, hips, knees, and ankles in a straight line and your core tight. Push up to a full lockout. If you can't complete the prescribed number of reps, unloop the band midset and continue.



DOUBLE CRUNCH

Lie flat on the ground with your hands behind your head and your legs fully extended. Curl your torso to the ceiling while simultaneously drawing your knees to your chest. Hold the top of the rep for one second then slowly return to the starting position. Don't "pull" your head with your hands, as this puts stress on your neck. Lead with your chest instead.



ABS CIRCUIT

Perform 30 seconds of each plank variation without resting in between, and go right into the double crunches to finish it off. Rest two minutes between each circuit, completing the routine three times through.

EXERCISE	REPS
TRX Plank	30 sec.
TRX Spread	
Eagle Plank	30 sec.
TRX Pike Plank*	30 sec.
Double Crunch	20

*Pictured on Pg. 114