



BONUS
MEAL
PLAN FOR
ABS!

30-MINUTE WORKOUT
MAXIMUM RESULTS MINIMUM TIME

32
COMPLETE
WORKOUTS
INSIDE

JOE WEINBERG

YOUR ULTIMATE
SOURCE FOR
TRAINING &
NUTRITION

UFC
KNOCKOUT
ARTIST*
**TODD
DUFFEE**

*FASTEST
KO IN
HISTORY

**GET YOUR
SIX-
PACK
NOW!**

**30 PAGES OF
AB TRAINING
& NUTRITION**

PLUS HOW TO GET CUT
LIKE A COVER MODEL

**ACCELERATE
MUSCLE
GROWTH** P. 182

**INSANE
STRENGTH
GAINS IN
6 WEEKS** P. 156

**WHY YOU
NEED
CAFFEINE**

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JULY
2010



THE EDGE TRAINING



**MORE
REST,
MORE
MUSCLE**

>> If you're trying to burn fat by weight training, then science says to rest less. One study found that subjects who rested for 30 seconds between sets of bench presses burned 50% more calories than when they rested for three minutes. If your goal is mass gain, however, slow down. Researchers from Kennesaw State University (Georgia) found that subjects who rested 2.5 minutes between sets during a 10-week weight-training program gained twice the arm size compared to a group that rested only one minute between sets. To maximize muscle gains, then, keep your rest periods at 2-3 minutes. But since variety is still important, consider mixing up your rest periods on occasion — as little as 30 seconds between sets in some workouts — to keep your muscles guessing.



**GEAR OF
THE MONTH**

**SUSPENDED
ANIMATION**

Suspension training is all the rage these days, and for good reason. While the TRX system gets its share of praise, the Gravity Bar by gofit.net is another great system that fits easily into any doorway in your home. You can train any muscle group with the Gravity Bar while simultaneously working your core and stabilizer muscles. One way to incorporate this system into your program is to do moves such as the suspended power push-up and suspended power row at the start of a training session. And if you're looking for some new and difficult ab exercises, this is the way to go. \$99.95; gofit.net

M&F BIG NUMBER

> 126

THE PERCENT INCREASE IN BENCH-PRESS STRENGTH WHEN ATHLETES MAXIMALLY ACCELERATED THEIR WEIGHTS DURING TRAINING COMPARED TO THOSE WHO DIDN'T