

# THE 15-MINUTE MUSCLE-BUILDER

**O**UR FAVORITE piece of fitness equipment: the classic barbell. You can use it not only for jousting, but also to do this total-body exercise from Mark Philippi, C.S.C.S., the strength coach at UNLV. Do six repetitions of each move without changing weights and without rest. After you're finished, rest 1 minute and repeat (give yourself 2 minutes if you're a beginner). The benefit: Hard work=hard muscle. Start with a 45-pound barbell. Too hard? Try some dumbbells.



**1. Squat and press** MUSCLES WORKED: *entire body*  
Place the bar behind your head and rest it behind your shoulders, holding it so that your elbows are pointing down [A]. Slowly sit back as you lower yourself until your thighs are parallel to the floor [B]. Pause, then press your heels into the floor, push yourself back up to the starting position, and use your upward momentum to drive the bar over your head to do a shoulder press [C]. Lower the bar to the starting position and repeat.

**2. Good morning** MUSCLES WORKED: *lower back, hamstrings*  
From the same starting position as for the squat and press [A], bend forward at the waist by moving your hips backward while your back remains slightly arched and your knees slightly bent. Lower your chest; your back should go no farther than parallel to the floor [B]. Return to the starting position.



**3. Bent-over row** MUSCLES WORKED: *upper back*  
Hold the bar with an overhand grip, hands slightly wider than shoulder-width apart. Bend your knees, then bend at your waist, holding the bar at arm's length. Keep your back flat throughout the movement [A]. Bend your elbows to pull the bar to your chest [B]. Pause, then return to the starting position.



**4. Upright row** MUSCLES WORKED: *shoulders*  
Grab the bar with an overhand grip with your hands slightly wider than shoulder-width apart. Rest the bar at arm's length on the front of your thighs [A]. Keep the bar close to your body and pull the weight up to your lower chest, keeping your elbows above the bar [B]. Pause, then return to the starting position.



**5. Biceps curl** MUSCLES WORKED: *deltoids, biceps*  
Hold the bar with an underhand grip, your hands shoulder-width apart [A]. Keep your elbows close to your sides and curl the weight toward your chest [B]. Pause at the top of the movement, then return to the starting position.