



## Body By Science Workout by Doug McGuff (The Big 5)

There is no excuse as to not being able to get in 12 minutes of exercise per week. This workout was designed by Doug McGuff and is composed of 5 movements. These movements should be basic compound movements that require very little skill to perform. Aim for low skill movements because all of your attention needs to be focused on effort and rapid fatigue not performing a complex movement that requires a lot of concentration. These exercises are best done on commercial gym machines like Nautilus, Cybex, Hammer Strength, Med-X, or Pendulum. I would only do this exercise at most twice a week and the other days could be recreational exercise, yoga, pilates and of course a clean diet.

The movements to perform are as follows:

1. **Pulldown:** A palms up, slightly narrower than shoulder width grip is best. This can also be done as a chin up (weight assisted chin-ups are available at many gyms).



2. **Chest Press:** Set up so starting point is hands just below nipple level and not too deep (hands even with the front plane of chest-shoulder and elbows at about 90 degrees).



**3. Compound Row:** A pulling motion in the horizontal plane.



**4. Overhead Press:** Use a palms facing each other grip as opposed to palms facing forward which externally rotates your upper arm and impinges the shoulder joint.



**5. Leg Press:** Starting point should be leg and hip joint at about 90 degrees. An extremely deep starting position is not necessary.



Each of these exercises should be done until you cannot produce any further movement of the weight. Perform them in a way that keeps the muscle under **constant stress** for the entire exercise.

### ***Here are some tips:***

Start the movement very slowly. Take at least 3 seconds to crack the weight stack and 3 seconds to move the first inch. After moving the first inch, just try to keep the movement going along smoothly. Done properly the cadence from that point should take you 5-10 seconds to complete the lifting phase of the repetition. On a pulling movement, hold the contracted position for 2-3 seconds if it feels harder to do so, if it feels easier to hold, simply begin the lowering portion smoothly. On a pushing movement end the positive about 10-15 degrees before your limbs fully straighten. If you fully straighten your limbs the weight will be resting on a bone-on-bone tower and the muscles will unload and get a respite. When you reach the point of 15 degrees before your joints lock, smoothly reverse direction and lower the weight at about the same speed you lifted it or slightly faster. As you approach the end of the lowering phase...slow down. If the weight stack touches at the bottom of your movement, you should allow the weights to barely touch without completely setting them down. Once you barely touch, you should barely start the next repetition, allowing 3 seconds to cover the first inch, then just try keeping the movement going. **By about the third repetition** you will be pushing as hard and as fast as you can, but you will only be able to go fast enough to move the weight through the positive in about 7-12 seconds. Once you fail or get stuck, do not heave or jerk in order to get another repetition, simply keep trying to produce movement (even though no movement occurs) for another 5 seconds or so. **A properly selected resistance will allow between 4 and 8 repetitions.** Once you have gone through this procedure on the first exercise, move briskly to the next exercise. You should not rest any more than 30 seconds between the end of one movement and the start of the next. Ideally, once you become more metabolically conditioned, you will have about 5-10 seconds between movements. *If you would like to see a demo of this workout on video click here <http://bit.ly/Big5WorkOut>*

This demonstrates how slow you have to move throughout the exercise.

## **Option #2:**

Do each exercise and complete each one in 2 minutes. Complete each exercise at a very slow rate and you should be able to complete only 2-4 repetitions. Make sure you never lock out at the beginning or end of the exercise. Move to the next exercise with little rest in between, ideally no more than 30 seconds.

This exercise program should only be done 2 times a week and no more than 3 times a week. You will find your strength increase very quickly and body fat drop.

You may want to include yoga at least 1-2 times a week for 45-60 minutes and 2-3 days of only 20 minute cardio session as noted below on a bike, treadmill, versa climber, elliptical trainer:

5-6 minutes warm up

20 seconds as fast as you can

10 seconds very slow almost like your cooling down

20 seconds as fast as you can

10 seconds very slow almost like your cooling down

continue to repeat this for 8-10 minutes

you should be exhausted by the time you are done & if you are not then you did not push hard enough (hint: your legs should feel like they are burning)

5-6 minutes cool down