

MH PROMOTION

YOUR PULL-OUT GUIDE TO:

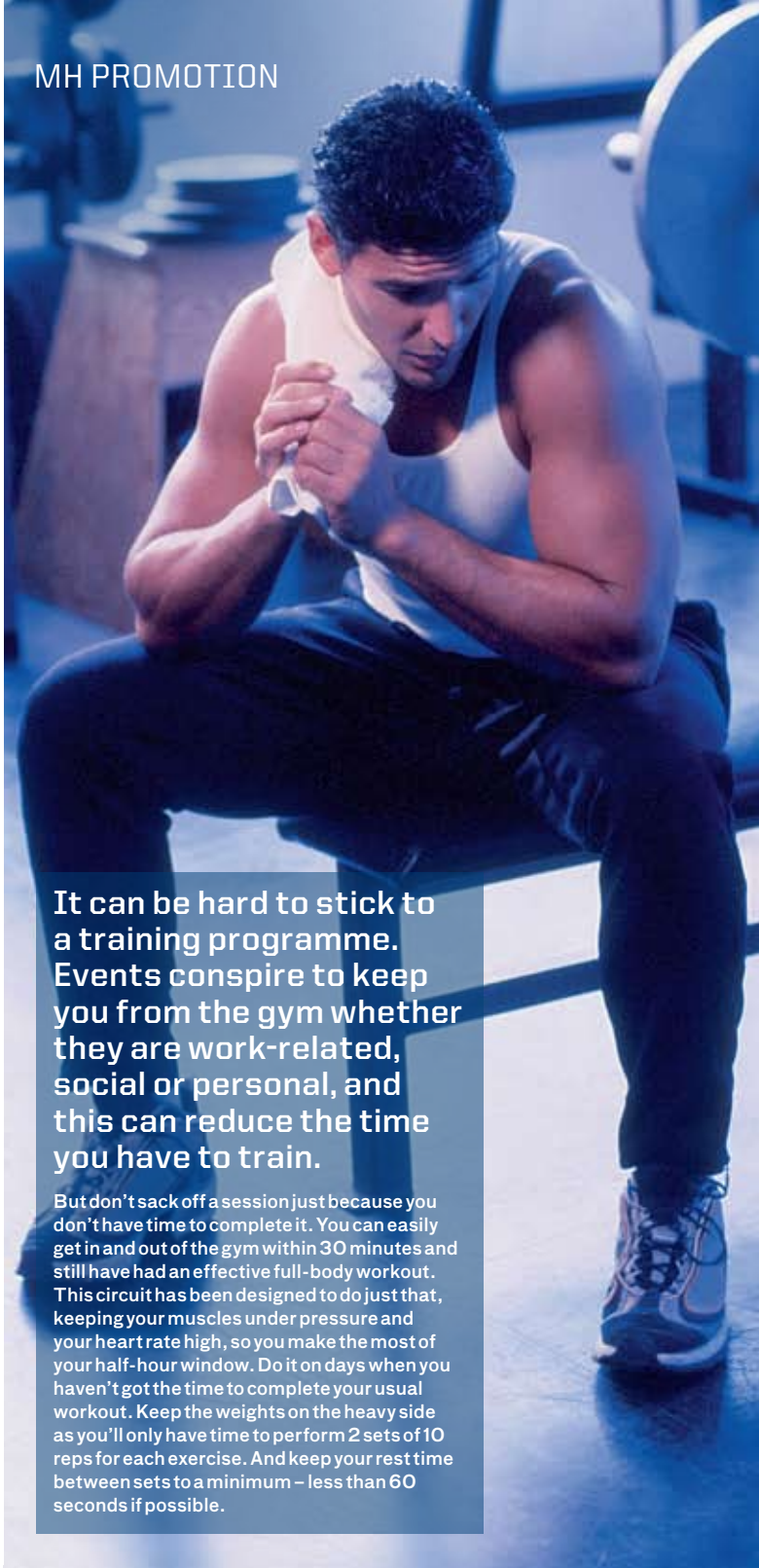
3 minute muscle

Don't think you've got time to train? This super-fast routine will get you in, out and showered within half an hour

Efficacy + anti-irritation = Sanex healthy skin

IN ASSOCIATION WITH





It can be hard to stick to a training programme. Events conspire to keep you from the gym whether they are work-related, social or personal, and this can reduce the time you have to train.

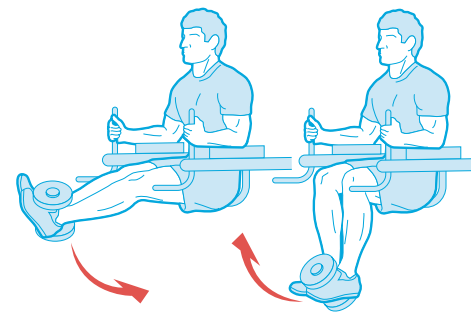
But don't sack off a session just because you don't have time to complete it. You can easily get in and out of the gym within 30 minutes and still have had an effective full-body workout. This circuit has been designed to do just that, keeping your muscles under pressure and your heart rate high, so you make the most of your half-hour window. Do it on days when you haven't got the time to complete your usual workout. Keep the weights on the heavy side as you'll only have time to perform 2 sets of 10 reps for each exercise. And keep your rest time between sets to a minimum – less than 60 seconds if possible.



1. BARBELL SQUAT

Why? Squats are one of the best moves you can do as they work a large percentage of your muscles, including your quads, glutes, abs and hamstrings. Make sure you do this first as you'll need to be fresh to complete the full set of reps.

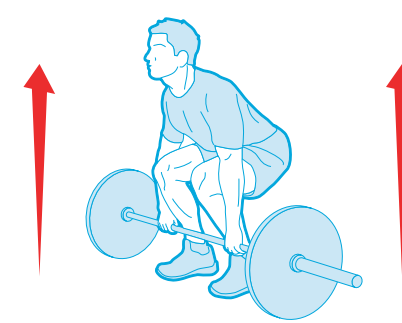
How? Load a bar and rest it on the back of your shoulders. Bend your knees until your upper thighs are parallel to the floor. Keep your back straight. Push up to the start along the same path but don't lock your knees at the top of the movement. That's one. Do 10 reps.



3. WEIGHTED KNEE RAISES

Why? Even without the extra weight this exercise works your abs like no other, specifically the hard-to-reach lower abs – they're the ones that poke out from the top of your shorts.

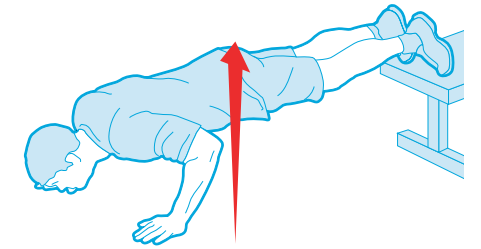
How? Position yourself in a Captain's chair with a dumb-bell between your feet. Tense your abs then bend your knees upwards until they become level with your diaphragm. Pause for a second at the top of the move, return to the start and repeat 10 times. Rest then repeat.



5. BARBELL DEADLIFT

Why? Deadlifts work virtually every muscle, which is why they're used in powerlifting events. Here it will keep your entire body under pressure while pushing your cardiovascular system to its limit.

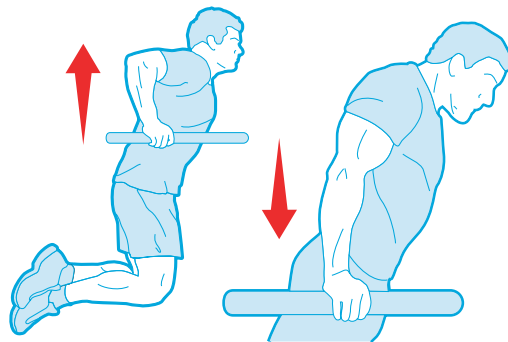
How? Standing with your feet should-width apart, grab the bar with an overhand grip. Raise the bar so your legs are fully extended. Slowly lower to the start position, keeping your back straight. Do 10 reps, rest for 60 seconds, then repeat.



7. INCLINE PRESS UPS

Why? The mighty press-up hits your chest, back and arms and is a great barometer of strength. Putting this at the end of the circuit may seem a trifle unfair but at least it's giving your legs a break before the interval sprints.

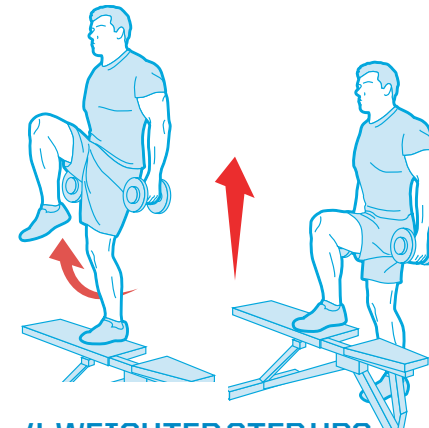
How? Get into a press-up position, hands on the floor shoulder-width apart. Put your feet up on a bench and go up on your toes. Keeping your back straight, bend your elbows so your chest almost touches the floor then return to the start position and repeat. Do 10 reps, rest, then go again.



2. DIPS

Why? No other exercise will hit your shoulders, chest and arms like parallel-bar dips. They're difficult to do at the best of times, but especially so after what has gone before. The more you bend forward, the more you work your pecs. The more you straighten your torso, the more you hit your arms. You may want to vary your position during the later sets as your muscles start to fatigue.

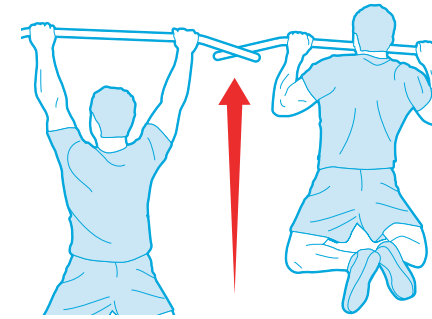
How? Grab the parallel bars and lift yourself so your arms are straight but your elbows aren't locked. Keep your legs bent and cross your feet at your ankles. Slowly lower your body by bending your arms until your upper body is parallel to the floor. At the bottom of the move explode back up to the starting position. Do 10 of these please. Rest, then go again.



4. WEIGHTED STEP UPS

Why? This fat-burner recruits the large muscles in your legs and glutes creating a massive calorie-burning response. It'll hurt but you'll be doing more to shift your gut than virtually any other exercise.

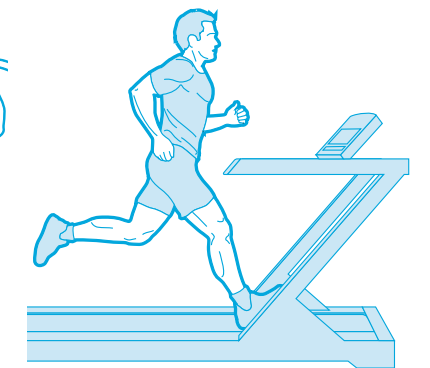
How? Stand holding two dumb-bells with your left foot on a bench. Keeping your shoulders back push up off the floor, bringing your right foot up. Without touching the bench, drive your right knee up then step back down onto the floor and repeat without pausing. Do this 10 times. When you've finished on your left leg, repeat on your right. Do this twice.



6. PULL-UP

Why? Pull-ups are the benchmark of true strength – entry to the armed forces is based upon how many you can do. They'll work your back, biceps and pecs and as part of this circuit, will transfer the focus to your upper body, giving your legs some well-deserved rest.

How? Grab a chin-up bar with your arms slightly further than shoulder-width apart, palms facing away from you. Hang with your arms straight and your elbows unlocked. Pull yourself up until your chin is even with the bar then slowly lower yourself back down. Do 10 reps, rest, then go again.



8. HIT SPRINTS

Why? Studies report that High Intensity Training (HIT) burns almost 10% more calories than any other type of exercise. So, what better way to finish off your super-fast workout.

How? Set a treadmill to a speed that's 90% of your maximum. So, if you know you can sprint at 18kmph, then set it to 16.2kmph. Stand with your feet either side of the moving band and hold onto the arms for balance. Carefully lower yourself onto the treadmill and sprint for 20 seconds. Lift yourself off, recover for 20 seconds then go again. Repeat this five times. Now you're done. Hit the showers and let Sanex give you long-lasting freshness all day long, whilst keeping your skin healthy.



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Cool Customer

Looking for the perfect cool-down regime? Then make sure Sanex Men Extra Cool antiperspirant deodorant is in your gym bag



Anyone who exercises regularly will know about the importance of a proper cool-down period. As well as reducing your heart rate and breathing it gives muscles time to repair and recover and helps eliminate pain-inducing lactic acid. Equally important, of course, is that feeling of cool, clean freshness we all crave after a good workout. And if you're looking for the perfect 30-second cool down after that 30-minute workout, grab yourself Sanex Men's new Extra Cool antiperspirant deodorant. Available as a spray or handy, gym-friendly roll on, it cleverly replaces traditional ingredients like alcohol and menthol, which can irritate the skin, with special technology to trigger the skin's heat receptors and cool the skin through evaporation. The result? Long-lasting freshness and an invigorating cool sensation.

What's more, Sanex Men Extra Cool also features the Anti-Irritation Complex found in all Sanex Men antiperspirants, which ensures skin is moisturised, protected against irritation and itching and that its delicate pH balance is preserved. And all this is achieved without compromising on results so you can be confident of staying clean, fresh, cool and protected against wetness and odour for 24 hours. So if you're looking for the perfect cool down after the perfect workout look no further than Sanex Men Extra Cool antiperspirant deodorant – it's quite literally, fresh thinking!

Sanex Men Extra Cool antiperspirant deodorant is available from leading pharmacies and supermarkets, 150ml aerosol RRP £2.29, 50ml roll-on RRP £1.79. Check out Active and Invisible variants too.

