

**The Idle Man Presents**

# **The Idle Guide To Fitness**

**By The Idle Man**

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# Introduction

The question you should be asking yourself is: Are you the best version of you? Nobody can answer that question for you, but for the purposes of improving the fitness version of you, [The Idle Man](#) have created this free e-book. The aim is to help you achieve a healthier and/or physically stronger you.

Fitness is important to us all, with it attaching not just a physical significance to ourselves, but also mental. Everyone is built differently and, if truth were told, it makes the world a more interesting place to live. You have people who are athletic, muscular, balanced, overweight, underweight and people who are none of the above.

The end of Christmas and New Year festivities will always indicate the end of calorie indulgence and the start of your six months plan to build a body ready for summertime. We have sought after a range of advice from some of the best personal trainers and fitness heads, so we can provide the best guide possible.

We have advice in gaining bigger muscles, long distance running, nutrition, weight-loss and home workouts. We also have a feature that will provide the holy grail of fitness, combining all elements to bring you the best way to burn fat and lose muscle.

Basically, we have covered all the essentials the average man would need to develop his fitness. The topics can be vast and long to explain so we have broke everything down to make this easy reading and even easier to follow. You'll definitely find something that will interest you, so start today and download this guide to start your year.



# Upper Body

# Five Tips for Bigger Biceps

Everyone knows bicep curls and parallel bar dips are key for building a great set of guns but here are 5 tips that will help you smash through plateaus and kick start some growth!

## Curl With Your Little Finger

One of the main purposes of the biceps muscle is to rotate the hand. Bend your arms at 90 degrees and hold onto the bicep of that arm with your opposing hand, now rotate the hand on the bent arm so your palm is facing down and then rotate so it is facing up, without changing the angle of your elbow. You will feel your biceps contract as you move into supination (palms facing up) and relax when your hand is pronated (palm facing down). So, when doing any kind of bicep curl, especially dumbbells, lead with your little finger! Imagine trying to turn your little finger out all the way through the movement to recruit maximum amount of muscle fibre.



## **Exercise With Perfect Technique**

Cheating too much will not build a great set of arms. When performing bicep curls you should take the muscle from full extension to full contraction, this means that you have straight arms at the bottom of a curl. Another thing to remember is to keep your elbows pointed at the floor all the way through a curl to avoid assistance from other muscle groups.





## **Understand the Strength Curve**

The strength curve describes the amount of force a muscle will apply through a specific range of movement. For example, during a preacher bicep curl more force is required at the bottom of the movement, where as a spider curl (leaning over a bench with arms hanging) will need the biceps to produce more force near the contraction point of the exercise to complete the movement. So when training biceps you want to select exercises that overload at three points (low range, mid range and upper range) of the strength curve.

## **Squeeze, Don't Relax**

Getting a good pump to create growth happens when there is an increase in the fluid surrounding the fibres within the muscle. In order for this to

occur you must flex at the contraction point of every rep, squeeze don't relax! In order to get a good pump to stretch the fibres you need the muscle to be full so make sure you are completely hydrated and have carbs present.



## **Don't Forget Grip Work**

If your bicep progress stalls it might be worth adding in some specific forearm training into your program. The stronger your grip the heavier you can curl, it's a no brainer. Stronger forearms, better grip, heavier weights used when curling, more overload on the biceps, greater hypertrophy.

# **A Beginners Guide to the Perfect**

## **Chest**

If your chest is a lagging body part or not as developed as much as other body parts, why not try this routine?

I like to train in a rep range of 8 -12 as this achieves maximum muscle growth. As for sets, I would aim for three but if you can feel you can do more, you can either add another set or increase the intensity of each working three sets by doing things like drop sets, negatives etc.

## **Cable Crossovers**

I like to use this exercise first as it's a great exercise to pre-exhaust the pecs. Stand between two facing cable stations with both pulleys set midway between the top and bottom of the station. Keep your elbows slightly bent and step forward so there's tension on the cables. Contract your pecs as hard as you can by bringing your hands together out in front of your chest.



## **Incline Dumbbell Press**

Set an adjustable bench to a 30-to 45-degree incline. Depending on the weight, you may need somebody to pass up one of the dumbbells. Lower them so the are roughly inline with your upper chest (around 90 degrees) and then press upwards but make sure you do so with good form. Working with dumbbells is more challenging than a barbell as each pec is working independently.



## **Flat Barbell Press**

Take the bar just outside shoulder width. Pull the bar out of the rack and lower it to your sternum, tucking your elbows about 90 degrees to your sides. When the bar touches your body, drive your feet hard into the floor and press the bar back up. Make sure you contract your core, as this will make sure your back is tightly against the bench allowing for your pecs to contract harder.



# **Top 3 Tips for Building Bigger**

## **Shoulders**

If you are a stylish, young and trendy male, cultivating a pair of big shoulders will give you a boost of confidence and make you stand out from the crowd.

Here are my Top 3 Tips for building bigger shoulders.

P.S. Look out for a bonus shoulder workout!

### **HIT Them Frequently**

If you want to get good at something, what do you do? Practice, practice, practice... practice makes perfect! When guys train shoulders, most only hit them 1x per week, but you want to stand out right? So hit them 2-3x per week.

### **Incorporate Compound Movements**

If you want the most bang for your buck, add in compound exercises like the seated dumbbell shoulder press and standing military press. These exercises recruit more muscle groups and allow you to lift heavier which gets you head turning shoulders! Include these exercises first (after your warm up) and use a 6-10 rep range.

### **Use Higher Reps**

Doing higher reps will pump your shoulders with blood, which instantly makes your shoulders look bigger. You'll also stimulate your body to produce a surge of feel good hormones called 'endorphins'.

After your compound movement, incorporate a higher rep range (15-25 reps) for each exercise.

## **The Workout:**

### **Warm Up:**

5 minute warm up on the cross trainer

10 circular shoulder swings forward + 10 backwards

2-3 light warm up sets of seated DB press (6-10 reps per set)

### **Exercise 1:**

Seated dumbbell press: 3 sets x 6-10 reps





## **Exercise 2:**

Side dumbbell lateral raises: 4 sets x 15-20 reps



## **Exercise 3:**

Bent over dumbbell lateral raises: 4 sets x 20-25 reps

\*Rest 60 seconds between each set

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