

Slowing down your movements and increasing the time your muscles are under tension can actually increase the difficulty and effectiveness of your workout. Time under tension (TUT) refers to the length of time your muscles are under stress or performing work.

Directions:

Perform each exercise for a full minute. Slow down both the eccentric (lengthening) and concentric (shortening) phases of your movements to 3–6 seconds, with the eccentric portion being the longest.

For example, use a full 5 seconds to lower into your squat, hold for a second at the bottom, and use 2–3 seconds to return to standing. Rest for 30–45 seconds, and then perform the next set of the same exercise.

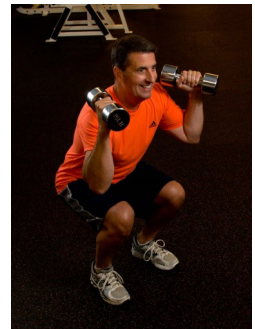
TRACK YOUR PROGRESS

Cross off each set as you go!

EXERCISE	SET 1	SET 2	SET 3
Squat	1 minute	1 minute	1 minute
Chest fly	1 minute	1 minute	1 minute
Cable high row	1 minute	1 minute	1 minute
Leg press	1 minute	1 minute	1 minute
Chest press	1 minute	1 minute	1 minute
Lat-pulldown	1 minute	1 minute	1 minute
Low plank hip dips	1 minute	1 minute	1 minute

Squat with Dumbbells

Stand with your feet shoulder-width apart, with dumbbells in your hands, resting on your shoulders. Press your hips back as you bend your knees, lowering your weight until your knees are at 90 degrees and your quads are parallel to the floor. Make sure to keep your weight in your heels, and don't let your knees go past your toes. Return to starting position.



Chest Fly

Lay on your back on a flat bench or the ground with your feet flat on the ground. Start with dumbbells together, palms facing each other, directly above your chest. Slowly lower dumbbells to the side, keeping a slight bend in your elbows until arms are parallel to the floor. Bring dumbbells back to starting position.



Cable High Row

Using a rope attachment, set the cable height a notch above head level. Grab the rope with your palms facing each other. Stand up straight with your core tight and shoulders down. Pull the rope toward your chest as your elbows pass your sides, and squeeze your shoulder blades together. Return to the starting position, and repeat.



Leg Press Machine

Sit on the machine with your back against the pad and your feet shoulder-width apart on the platform. Extend your hips and knees by pressing the platform away from your body. Unlock the sled by externally rotating the levers, and grasp the handles at your sides. Lower the sled by flexing your hips and knees until your knees are just short of complete flexion. Return by extending your knees and hips. Repeat until you finish the desired repetitions and then lock the sled.



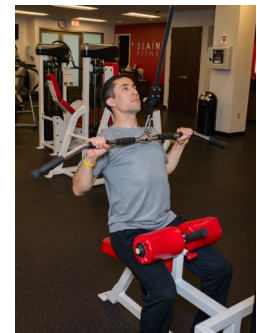
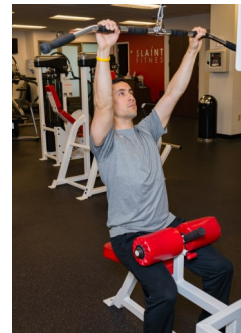
Chest Press with Dumbbells

Lie flat on your back on a bench. If a flat bench is not available, perform the exercise on the ground. With your palms facing away from you, extend your arms over your chest. Slowly bend your elbows at your sides as you lower the dumbbells toward your chest. When your elbows are at about 90 degrees, press up to starting position.



Lat-pulldown

Grab the bar with an overhand grip that is just beyond shoulder width. Your arms should be completely straight and your torso leaning slightly back. Keeping your torso steady, pull the bar to your chest. Focus on keeping your shoulder blades down and back. Pause, then slowly return to the starting position.



Low Plank Hip Dips

Position your elbows directly under your shoulders, with your legs extended behind you. Engage your core by squeezing your belly button toward your spine, and stabilize your back in a straight line. Rotate your hips to the right, almost touching the floor. Return to the starting position, and repeat on the left side. Continue alternating back and forth.

