

PAUL ANTHONY'S
DREAMBODY
POWER & SHAPE
LEG WORKOUT



As a trainer of thousands of clients, what I have found is that people either love doing leg workouts or they hate doing leg workouts. There is no in between. Many of my female clients would say it is a love/hate relationship; they love the results they get, but hate the pain during the workout. With that said, women prefer leg workouts more than men in general. In fact, women have a higher threshold for pain than men when it comes to doing leg workouts. Maybe it's partly because there is so much societal pressure on women to have beautiful legs. Things would be different if men had the same pressures, don't you think?

What if it was socially acceptable and preferred by women for men to wear skirts or bikinis? Then you might see men working out their legs two to three times per week like some women do, instead of chest and biceps three times a week, which is often the norm for most men. I can hear just hear them now — "Paul, I need to look good in my bikini and I only have a month to do it, you gotta help me and I can't have any cellulite! I absolutely have to be the hottest guy on the beach!"

The first thing I would do is laugh out loud then say "can you at least shave your legs first? I can't take you serious with those hairy legs!"





"look at me, I'm so huge."

"I recently had a new client who had the gall to tell me in order for him to sign up to train with me I had to promise him we wouldn't do legs in any of our workout sessions."

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▶▶ general, majority of men work their beach muscles (upper body). I recently had a new client who had the gall to tell me in order for him to sign up to train with me I had to promise him we wouldn't do legs in any of our workout sessions. Can you believe that? WOW! Firstly, I had to let him know he had the wrong trainer and that if he didn't start doing legs he would continue to miss out on 48% more testosterone and growth hormone (GH) release for the rest of his body to use. Most of these "no leg workout" men look like they are riding a chicken with their chest puffed out, walking around the gym thinking "look at me, I'm so huge." I just have to shake my head and laugh sometimes. Balance and symmetry are important too you know!

▼ Maci Before Cellulite Remover



Published research has shown in many studies including a study done by International J Sports Medicine in 1991, which was conducted on both men and women during resistance exercises: Squats and dead lifts increase GH and Testosterone levels more than any other compound exercise during workouts.

I believe however, that the large burst of testosterone and other hormones during leg exercises is the major reason why squats and dead lifts are so key for overall muscle building. It is the same reason why the bench press is a better overall mass builder than the chest fly. Why? Because the compound bench press releases more testosterone and GH in a workout than a chest fly.

The large burst of anabolic hormones resulting from squats and dead lifts allow most of your muscles to get involved and benefit from the release simultaneously. Squats and dead lifts work many muscles simultaneously in the body and will allow most of your body to get some stimulation from the release of hormones during the workout. The testosterone and GH released is very pivotal in being a catalyst of muscle growth. The release will not be as great when performing smaller exercises such as bicep curls or calve raises.

Let's face it, at times your leg workout plan can give you a lot of anxiety the night before your workout. If it doesn't you need to raise the intensity level and difficulty of your workout. You have to attack legs with a lot of energy and gusto to reap the rewards of LEG DAY. If your workout is at a level ten you need to be at a level twelve. Hamstrings curls on the ball and straight leg dead lift combo is what

I call the "cellulite remover." This combo fosters a lot of muscle growth, which is one of the keys to getting rid of cellulite. In case you haven't noticed most men do not have cellulite in their legs. Whether that is fair or not ladies, these are the facts. 95% of men don't have cellulite for this very reason: They have more muscle mass in their legs than most women. Another fact is that you will never see a sprinter with cellulite. This is because sprinting down the track is like one big leg day. They are constantly bounding and jumping (plyometric), getting their heels to their butts developing those gorgeous hamstrings. Sprinters when running, put about three and a half to four times their body weight on their legs. That's about five to eight hundred pounds on your quads, glutes, hamstrings and calves. What a workout! This is exciting news isn't it? I want to go sprinting right now! Did I mention you can also get really ripped from sprinting? That is a Huge bonus. If you want incredible legs you need to take up sprinting on the track or interval running on a treadmill.

In my workout plan I have you doing leg press with your feet in the straight on position. Here you are working all of your lower body but when you make that subtle shift in the position of your feet to a plea position, you are now working your inner thighs, which is usually a problem area for both men and women. With men they often have a lack of muscle development in this area and you can sometimes see a space between their legs and for women inner thigh flab is always high on the request list as an area of concern from my female clients.

Another awesome combination in the workout is the squat lunge combo. This will get your heart rate up!! It's sole purpose is to bring muscle and shape to your quads and glutes in a short period of time. Do this combination with very little rest and I guarantee it will shake the fillings out of your mouth (laugh out loud) but I promise you'll love it.

Then we finish with leg extensions. These are the finishing touches to your workout. This is to shape and separate three of the four very visible quad muscles. The vastus lateralis (the outside parts of the quads) the vastus medialis (inside quad) and the vastus intermedius (middle part of the quad)

Ideally you would like to go through this workout three times. For some of you twice will suffice. Enjoy WooooooHoooooo! ▶



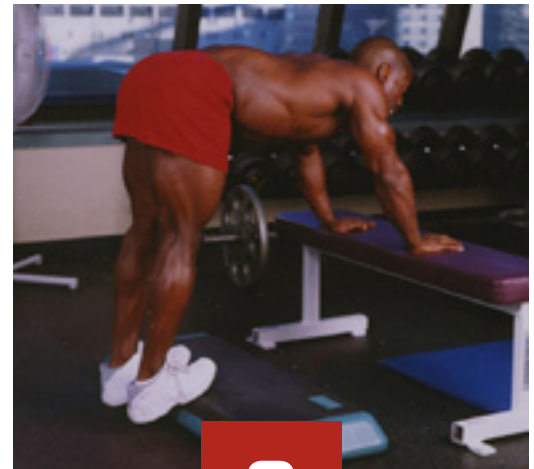
▲ Maci After Cellulite Remover



HAMSTRINGS & CALVES

1. **(20)** Lying down hamstring curls on hamstring curl machine — three seconds down one up.
2. **(20)** Straight leg dead lift — three seconds down one up.
3. **(20 each variation)** Calves raises on calve raise machine with feet
 - straight ahead
 - in plea position
 - in pigeon toed position.

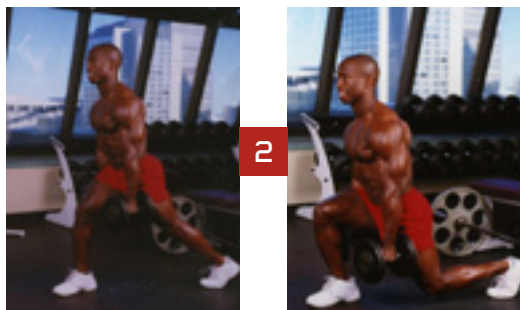
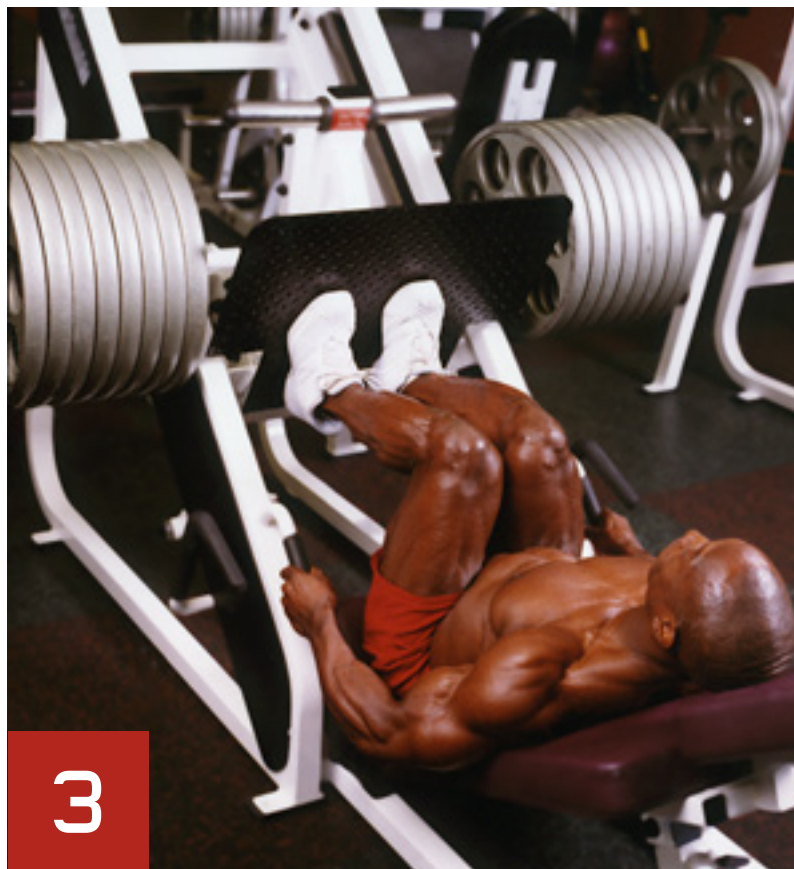
Repeat three times.



QUADS & GLUTES

1. **(20 each variation)** Squats with feet:
 - straight ahead
 - in plea position
2. **(20 each leg)** Stationary Lunges with lighter weights on your back.
3. **(20 each variation)** Leg press with feet:
 - straight ahead
 - in plea position
4. **(20 each variation)** Leg extensions with feet:
 - straight ahead
 - in plea position
 - in pigeon toed position.

helps to tone and give your quads that separated look)



THE ULTIMATE CELLULITE REMOVER

CHEEK LIFT

MOVES

NOW GET READY FOR A FEW EXERCISES OF THE ULTIMATE CHEEK LIFT!

1. Get on all fours, raise your leg up high and make sure your quad is parallel to the ground and there is a right angle between your hamstrings and your calves. Give little pulses toward the ceiling that are approximately two inches max: X 40 with foot straight X 40 with foot in plea position X 40 with foot in pigeon toed position, do both legs
2. Circular torpedoes: Still on all fours- leg straight out at your side- forming a right angle with your torso. Now make 30 really tiny circles clock wise and 30 counter clockwise, do both legs.

Repeat Cheek Lift Moves 1 and 2 twice.

These are just a few of the best exercises for a great leg and butt workout. There are many others, but these are some of the most effective.

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Stay Fit!

Wooohoooo!

**“THIS IS A BOOTY WORLD:
CHANGE YOUR BOOTY,
CHANGE YOUR LIFE!”**

FITNESS

