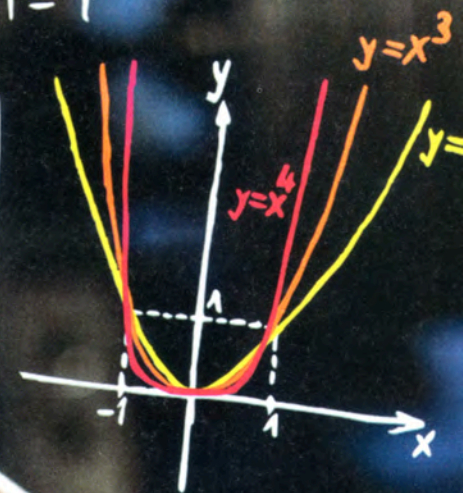


$$a^2 = b^2 + c^2 - 2bc \cos A$$

$$\tan \frac{x}{2} = \frac{1 - \cos x}{\sin x} = \frac{\sin x}{1 + \cos x}$$

$$z = 1$$
$$+ z = \lambda$$
$$+ \lambda z = \lambda^2$$

$$z - 1 = 1$$



$$= \frac{c}{\sin}$$

$$2x - \sin 2x$$

0,1  
1,0



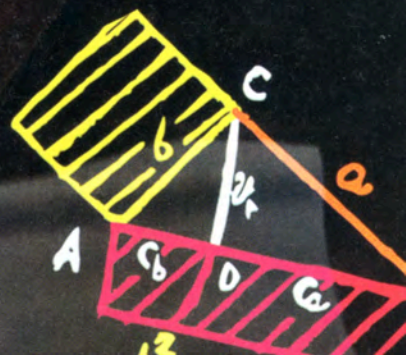
$$\frac{2x}{x^2 + 2y^2}$$

$\neq 0$

$$\sin(x+y) = \sin x$$

$$y' - \frac{\sqrt{y}}{x+2} = 0; y(0) = 1$$

$y=1, z=2$



$$\left( \frac{1}{1} ; \frac{1}{1} \right)$$

# Upgrade Yourself

## Getting to a New “You 2.2” Physique

by Tony DiCosta  
Photography by Michael Neveux

No matter how hard you try, you just can't escape it—someone, somewhere, is trying to get you to “upgrade.” It could be the incessant advertising of your TV provider or the giant corporation insisting that your one-year-old cell phone is now a prehistoric relic.

It's not just the big guys who want you to step up—the 99-cent apps on your phones and pads clamor for your attention daily, promising to make your life so-o-o much better if you will just upgrade to the latest version.

I hate to admit it, but sometimes we *do* get a better deal, a better device or a time-saving app. So, in fact, the cell phone you carry is probably only a year or two old and it holds your 1,000-song collection of your favorite workout music—a far cry from the shoebox-sized device that was a mobile phone only two decades ago—and your computer most likely has a pretty new operating system. So why are you still using your trusty old training and nutritional programs, with their roots strongly planted in an era that got its music from vinyl discs the size of your forearm. Maybe it's time to upgrade your training—and your physique—to a new “You 2.2.”

What elements make for a good upgrade? We can take a few hints from the crafty folks who peddle hardware and software. A worthwhile upgrade usually includes benefits like operating system updates, bug fixes, performance upgrades

and a higher-resolution display, to name just a few. How can we take advantage of the upgrade principles used in tech industries to help us better our physiques and re-imagine our visions of what we can achieve?

Let's start with a reality shared by both the tech and physique worlds: Minor upgrades are usually free, but major versions must be purchased. In other words, minor workout tweaks don't take too much effort, but a serious upgrade is going to cost you something in terms of time, effort and mental commitment.

As an example of a “free” minor

upgrade, let's look at your calves (a scary topic for many of us!). Do you have that upside-down heart shape that looks so amazing? Or is the inner portion of your gastrocnemius developed and the outer not? If it's the latter, you're not alone.

A minor tweak would be to turn your toes inward while placing the weight disproportionately on your outer soles and concentrating intensely on pushing up with your outer calves. Yes, it can be done. If you get it right, you may feel a burn in your outer calves for the first time.



Model: Tony Freeman

Maybe it's time to upgrade your training—and your physique—to a new “You 2.2.”



Model: Chris Falido

Minor workout tweaks don't take too much effort, but a serious upgrade is going to cost you something in terms of time, effort and mental commitment.

That little tweak is like a free upgrade. Other than a little extra concentration, the effort is not much more than you were doing before. While it may be less a function of biomechanics than of mind/muscle connection, the important thing is, it works.

### A Higher-Resolution Display

From your phone's screen to the TV, everything you look at is high-def, and that goes for the beach you stroll down too. High-definition abs are a must-have these days—but it goes beyond the midsection. All that shoulder work you put in is wasted if there aren't at least a few striations

in those coconuts that cap your upper body.

So, are you still rocking a low-definition display, one more suitable for a decade when mullets were in style? Time to upgrade.

Getting a hi-def look is not a minor upgrade, however. This one is gonna cost ya. That's because it involves the dreaded D-word: *diet*.

How do you acquire this particular upgrade? For some it may mean leaving behind antiquated bulking and cutting cycles to embrace a diet that can leave you leaner and more defined year-round. For some it may be a more diligent application of the equally-dreaded C-word—*cardio*—possibly replacing either no cardio or low-impact work that has

## Workout Upgrade Options

Major change can trigger new gains. Here are a few proven ways to upgrade your workout with something new. They can build muscle for anyone, but they are especially good for older trainees who no longer can or want to train with ultra-heavy poundages. You can use any of these on select exercises or take the plunge and do it on every move in your program—the ultimate upgrade.

**4X.** Take your 15-rep-max weight, but do only 10 reps. Rest 40 seconds; then do 10 more. Rest 40 seconds, and try to get 10 again. Rest 40 seconds one last time, and go to failure. If you get 10, add weight to the exercise at your next workout.

**Downward-Progression 4X.** Again take your 15RM, but this time do 12. Rest 45 seconds, add weight, and do 10. Rest 45 seconds, add weight, and try for eight. Rest 45 seconds one last time, add weight, and go to failure, striving for six reps. The short rests between sets will prevent you from using joint-jarring poundages, even on the last, heaviest sets.

**TORQ—tension-overload repetition quantity.** Take your 30-rep-max weight and get 30. In other words, go to failure. Rest 45 seconds, and then try to get 20 reps with that weight. Rest 45 seconds one last time, and go to failure, striving for 15 reps. These sets hit the target muscle with extremely long tension times, something most bodybuilders never get. It's a unique growth stimulus.

**Editor's note:** TORQ is an offshoot of Mr. America Doug Brignole's Super-TORQ method, which includes 50-rep sets. An interview with him and his complete program, as well as information and programs on 4X, DP 4X and TORQ, are available at [www.X-Workouts.com](http://www.X-Workouts.com).

devolved into a relaxing stroll on the treadmill with some high-intensity interval training. HIIT doesn't take any more time (and will probably take less), but 20 minutes spent on, say, a stair-stepper going as hard as you can stand for 30 seconds to a minute and then slowing down long enough for your breathing to normalize, repeating the cycle until your time is up, can be a serious upgrade. It can burn as many calories as an hour of slow, steady-state work but has the significant advantage of raising your resting metabolic rate for hours afterward, enabling you to burn additional calories with no additional effort.

## Bug Fixes

Bug fixes usually involve changes that correct seemingly minor operating-system flaws yet alleviate incredibly annoying system or application crashes. In a bodybuilding sense a "bug" can be a minor but nagging injury or persistent pain that forces you to train around a bodypart or miss training days com-

pull, with elbows up, right to your goatee-covered chin. Even if you don't have sore wrists, this is a great variation and is particularly effective for targeting the traps from a different angle as well as hitting the medial delts pretty hard.

## A Major Operating-System Upgrade

This is the most ambitious of all upgrades. Corporations like Microsoft and Apple put in years of research and millions of dollars to create and market an effective operating-system upgrade, yet even those giant conglomerates can miss the mark, especially if they put style over substance (think Windows Vista).

In terms of your bodybuilding "operating system," what is it, and how can you avoid "releasing" a flawed upgrade? Your operating system is the set-and-rep scheme you employ coupled with the training methodology you use. You may be using German Volume Training or a basic five-sets, eight-to-12-reps-

will stand the test of time and be adopted by thousands of bodybuilders, entering the mainstream of physique-building knowledge that separates good systems from those founded on "bro-science" or based on fads.

An example of a good operating-system upgrade might be switching from your tried-and-true eight-reps-per-set system to a 4X and/or TORQ (tension-overload repetition quantity) program (see "Workout-Upgrade Options" on page 78). Both are moderate-weight, growth-threshold approaches popularized by *IRON MAN* Editor in Chief Steve Homan. They are based on solid research, have been backed up by emerging research and have been used successfully by thousands of bodybuilders over the past few years, including this writer. Yes, it's true that going to a higher-rep system can be a daunting change, but if it brings you improved results, the upgrade will be well worth it.

So don't let all the "upgrade" hype and commercialism sway you: Chose your upgrades carefully—both minor and major. You'll avoid being wedded to your "frozen" system and be able to display a much-improved You 2.2.

Going to a higher-rep system can be a daunting change, but if it brings you improved results, the upgrade will be well worth it.

pletely. It can be a painful elbow from too many heavy presses or ever-present wrist pain from upright rows done with considerable poundage because your traps are so strong.

A software programmer would try to engineer a way for the application to perform its intended function without causing a crash. To apply that approach to the elbow pain mentioned above, both your elbows and your pectorals will benefit from a switch to flat-bench flies, a movement that is especially effective in working the highly responsive stretch position of the muscle. Just make sure you get that stretch at the bottom of the movement by rolling your shoulders backward—not by hyperextending your anterior delts with the shoulder joints fixed.

The bug fix for painful wrists from upright rows can be to switch from a straight bar to a double-handed strap (attached to a low pulley) that you slip your hands through and

per-set, upper-body/lower-body split. No matter which system you are down with, your body will adapt over time, and you'll reach a plateau or even backslide as you overtrain, trying to compensate.

When recognizing the need for a major upgrade of this sort, you can avoid the pitfall of a flawed product by 1) recognizing when it's time to upgrade (you don't need to keep up with every new version change; it's perfectly acceptable to stay with a good system until yours no longer meets your needs) and 2) avoiding upgrading to something that has not proven itself in use.

"New" training systems are "discovered" almost daily by trainers who have neither the scientific background to support their theories nor enough in-the-gym results from those who have used it. Yes, there are many good systems that modern research, improved muscle-imaging science and fresh thinking have spawned. The best of them



Tony DiCosta.

Conso Photographic

**Editor's note:** Tony DiCosta is a successful national-level masters bodybuilder who's in his 60s. **IM**