



WORK OUT LIKE A COVER MODEL

MH's cover model competition finalist, Leon Williams, shares the upper-body workout that helped him add muscle and sculpt definition in his arms and chest. "When it comes to training, take your time, as you're not going to get results overnight," says Williams. "It's like driving – we all had L-plates once, so be patient and make it fun. You'll get there." For each move, aim for 3 sets of 8-12 reps. Perform as a circuit to blitz your torso or work your favourite moves into your current gym routine.



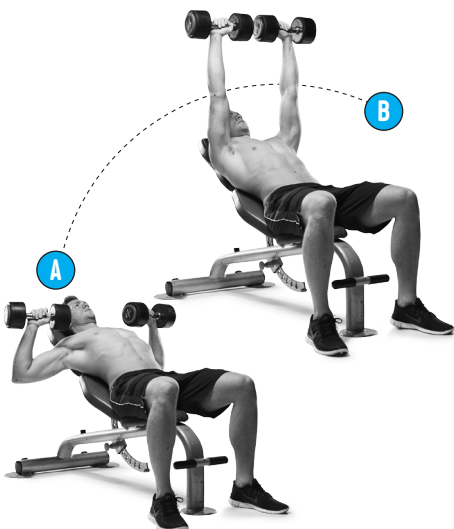
DECLINE BENCH FLY

Hold two dumbbells above your chest (A), then lower to the sides, keeping an arch in your elbows (B). Reverse the move and squeeze the weights together at the top. For an extra pump, Williams advises resting the dumbbells on your chest and pressing them together during your rest periods.



ARNOLD PRESS

Sit with a dumbbell in each hand, palms facing your shoulders (A). Leading with the elbows, bring the weight out and up, twisting your wrists so your palms face forward at the top, arms straight (B). "Why is it called the Arnold press? Because you should do as Arnie would and go heavy!" says Williams.



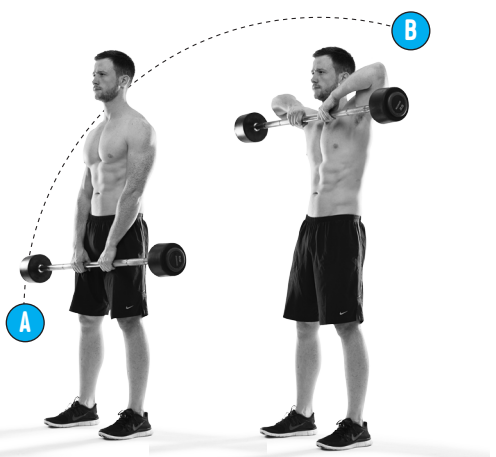
INCLINE CHEST PRESS

Set an incline bench to a 30-degree angle. Hold two medium dumbbells in front of your shoulders (A), then push them straight up until your arms are almost fully extended (B). Do not lock them. Pause and slowly lower. "The incline position works the top part of your chest more, which is often hard to hit."



LATERAL RAISE

Sit on a bench with your back flat against it, feet on the floor and dumbbells at your sides (A). With a slight bend in your elbows, raise your arms straight out to the sides until they're at shoulder level (B). Pause for a beat, then slowly lower to the start. This move is a peerless shoulder-sculptor.



UPRIGHT ROW

Stand holding a barbell with an overhand grip, hands slightly less than shoulder-width apart (A). Leading with the elbows, pull the bar up to your chin (B). Pause, then lower it back to the start. "This is a great exercise to end on as it finishes off your shoulders," says Williams. Your shirt sleeves will be straining.