

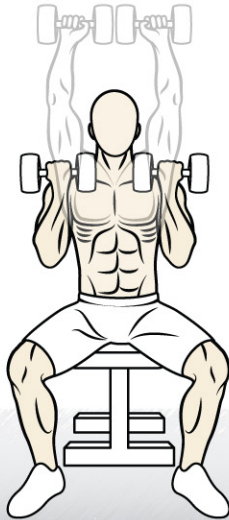
# V-SHAPED TORSO

## WORKOUT 1 - DELTOIDS/SHOULDERS

### 1 ARNOLD DUMBBELL PRESS

Place dumbbells in front of shoulders, palms facing your body. Start the motion by taking elbows out to the sides. Keep raising your elbows outward while pressing the dumbbells over your head until your arms are straight. Lower arms the same way and repeat.

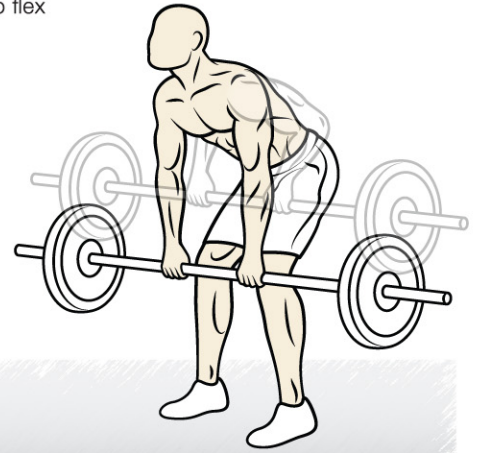
SETS: 4  
REPS: 8 - 10



### 2 BARBELL REAR DELT ROWS

Grasp bar with shoulder width or slightly narrower overhand grip. Leading with the elbows pull bar towards neck. Allow wrists to flex as bar rises.

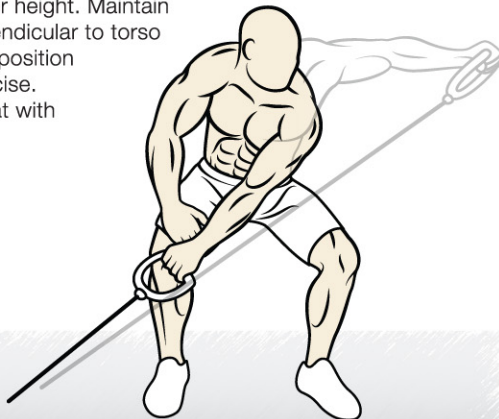
SETS: 4  
REPS: 8 - 10



### 3 BENT OVER SIDE LATERAL RAISES

Stand side on to low pulley. Grasp handle with hand furthest from pulley. Bend knees slightly and bend over with resting arm to side of low pulley. Raise arm to side until elbow is shoulder height. Maintain upper arm perpendicular to torso and fixed elbow position throughout exercise. Lower and repeat with both arms.

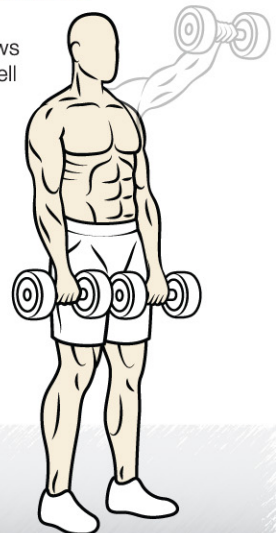
SETS: 4  
REPS: 8 - 10



### 4 FRONT DUMBBELL RAISES

Hold dumbbells in both hands positioned in front of thighs with elbows straight or slightly bent. Raise dumbbell forward and upward until upper arm is just above horizontal. Lower and repeat with other arm.

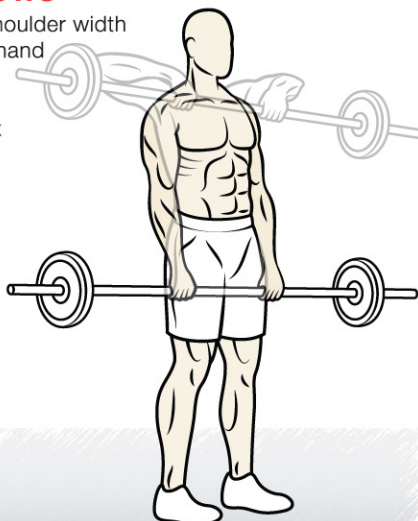
SETS: 4  
REPS: 8 - 10



### 5 UPRIGHT ROWS

Grasp bar with shoulder width or slightly narrower overhand grip. Leading with the elbows pull bar towards neck. Allow wrists to flex as bar rises.

SETS: 2  
REPS: TO FAILURE



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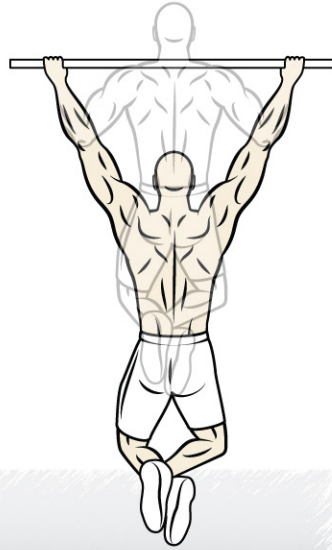
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## WORKOUT 2 - BACK/LATS

### 1 PULL-UPS

Grab the bar with a wide overhand grip. Keeping your arms completely straight and crossing your ankles behind you, hang at arm's length. Slowly pull yourself up until your chin is over the bar. Slowly lower your body back down to hanging position and repeat.

**SETS: 4**  
**REPS: 8 - 10**



### 2 WIDE GRIP PULL-DOWNS

Grasp bar with shoulder width or slightly narrower overhand grip. Leading with the elbows pull bar towards neck. Allow wrists to flex as bar rises.

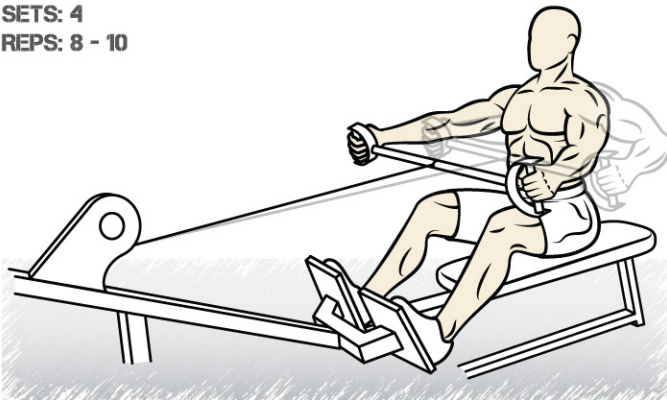
**SETS: 4**  
**REPS: 8 - 10**



### 3 WIDE BAR SEATED CABLE ROWS

Position yourself on a low pulley row machine. Leaning forward, grab hold of the wide bar and then lean back until you torso is completely upright. Leading with your elbows, slowly pull the bar back towards the bottom of your chest. Slowly move arms back to starting position and repeat.

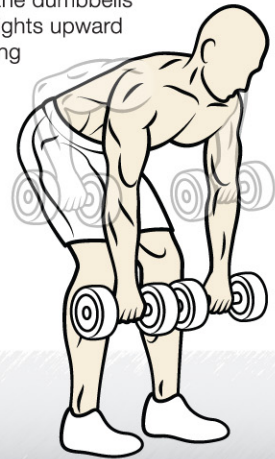
**SETS: 4**  
**REPS: 8 - 10**



### 4 BENT-OVER DUMBBELL ROWS

With dumbbells in each hand, bend at your hips with straight back, and lower your torso until it's nearly parallel to the floor. Let the dumbbells hang at arm's length. Row the weights upward by raising your upper arms, bending your elbows, and squeezing your shoulder blades together. Pause, lower the dumbbells, and repeat.

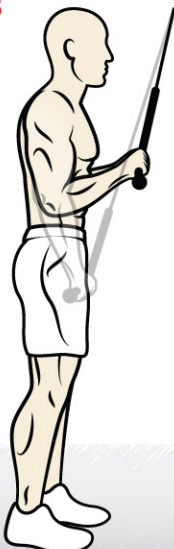
**SETS: 4**  
**REPS: 8 - 10**



### 5 CABLE ROPE PULL DOWNS

Stand about 1m back from high pulley (to target delts) and grasp rope attachment with both hands. Extend arms down. Turn palms down at bottom. Return until forearm is close to upper arm and hands are in original position. Repeat.

**SETS: 4**  
**REPS: 8 - 10**



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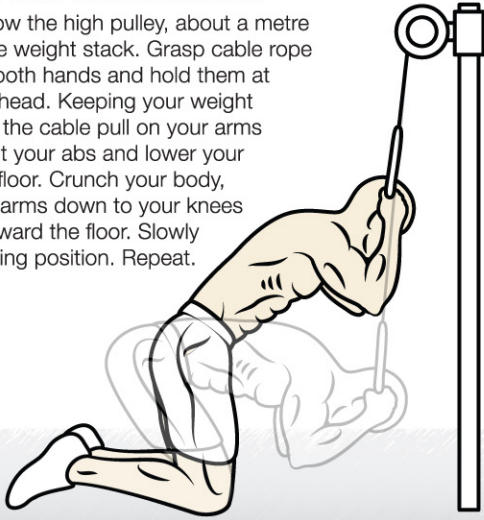
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## WORKOUT 3 - ABDOMINALS/OBLIQUES

### 1 CABLE ROPE CRUNCHES

Kneel below the high pulley, about a metre out from the cable weight stack. Grasp cable rope attachment with both hands and hold them at the sides of your head. Keeping your weight on your knees let the cable pull on your arms while you contract your abs and lower your torso toward the floor. Crunch your body, bringing your forearms down to your knees and your head toward the floor. Slowly return to the starting position. Repeat.

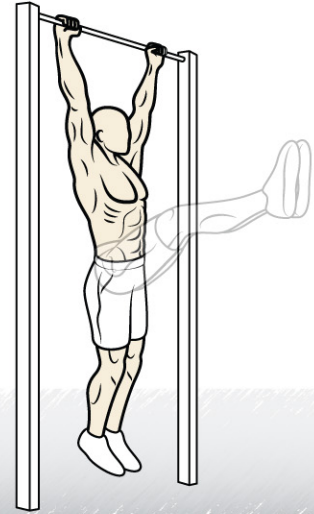
SETS: 4  
REPS: 12 - 16



### 2 HANGING LEG RAISES

On an appropriate bar or beam assume the top position for the Bar Dip exercise with elbows locked. With the knees slightly bent, raise the legs as high as you can in front of the body. Minimise any swing by controlling the downward phase of the movement.

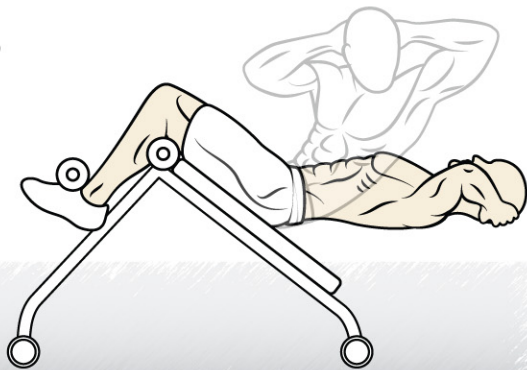
SETS: 4  
REPS: 12 - 16



### 3 DECLINE BENCH CRUNCH WITH TWISTS

Set bench at around a 45 degree decline. Sit on edge of bench with knees bent and feet hooked under ankle pads. Sitting straight up (there should be a 90 degree angle between hips and knees), slowly rotate torso from right to left. Repeat.

SETS: 4  
REPS: 12 - 16



### 4 PLANKS

Get into a push up position on the floor but bend your elbows and rest your weight on your forearms. Keep your abs pulled in and your back flat with your elbows directly beneath your shoulders. Hold the position for 60 secs. Repeat.

SETS: 4  
REPS: TO FAILURE



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