

# BODY LIKE

**➤** Building a torso that even the famous 007 would be proud of is easier than you think. Get the agent's physique with this celebrity inspired workout.

Craig was coached by a former military man, Simon Waterson, for his roles in *Casino Royale* (2006), *Quantum of Solace* (2008) and *Skyfall* (2012), adopting a mix of circuits, weight lifting, pull-ups and compound exercises.

Compound exercises are multi-joint movements that aid balance improvement across the joints, help you burn more calories and enable you to lift heavier items, therefore building the overall body strength.

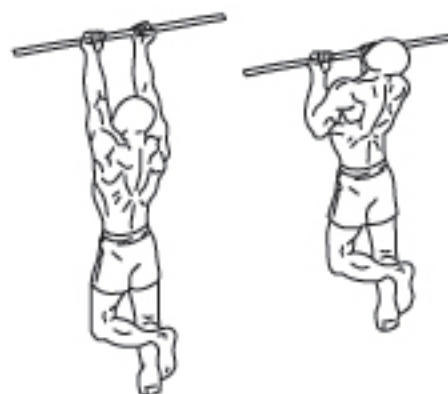
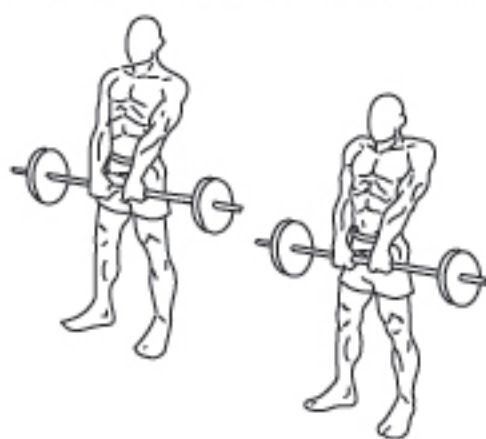
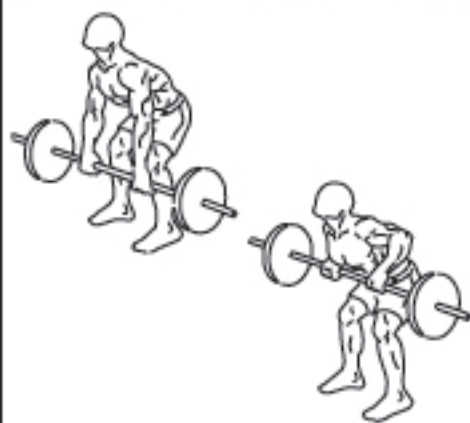
Now here's your chance to achieve the very same torso à la Daniel Craig, at home and for free. It couldn't be simpler.

**THE SQUAT IS A PERFECT EXAMPLE OF COMPOUND EXERCISES AS IT USES THE ANKLES, KNEES AND HIPS.**

- ➊ Place a chair behind you.
- ➋ Stand with your feet slightly further apart than the width of your shoulders.
- ➌ Extend your arms out in front.
- ➍ Squat back as if to sit down.
- ➎ Stand back up again with your arms still out in front.
- ➏ Action three sets of ten with a minute's rest in between.



## UPPER BACK BUILDUP



### BENT OVER ROWS

- ➊ Stand with your feet shoulder width apart, keeping your head up and bending your knees.
- ➋ Bend over so you are almost parallel to the floor.
- ➌ Now lift your weights, using your back muscles to draw it up to your chest, tucking your elbows in to your body.
- ➍ Slowly lower the weight and repeat.

### BARBELL SHRUGS

- ➊ With your arms fully extended, hold the barbell at your thighs, keeping your back straight and chin up, trying to shrug your shoulders as high as you can.
- ➋ Pause at the height of the shrug, then slowly lower your shoulders until the weight is at its original position.
- ➌ You can also use a pair of dumbbells instead of a barbell if so desired.

### CHIN UPS

- ➊ Hold onto a bar above you with your palms up and hands at your jaw line.
- ➋ Now slowly use your upper body strength to pull yourself up until your head is above the length of the bar.
- ➌ Hold your whole body weight for a few seconds, then slowly lower yourself down again until you are at the same position you started.

### DUMBBELL ROW

- ➊ Let the dumbbell hang down with your arms fully extended.
- ➋ Now draw the weight up to your chest, making sure your elbows are tucked in to your side and your palms are facing upward.
- ➌ Now slowly move the weight back down to its original position.