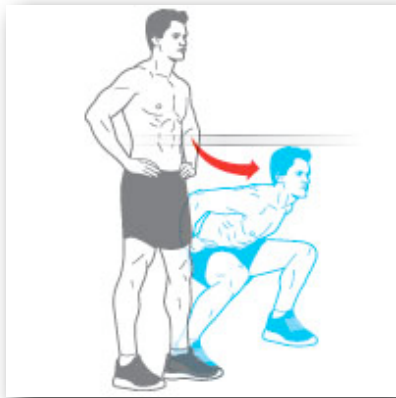


# Build an All-Sport Body

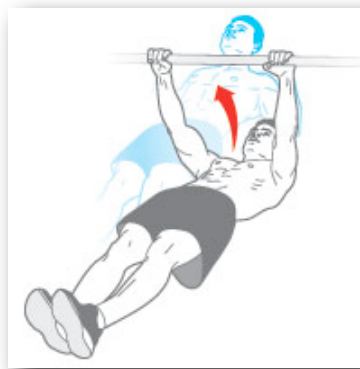
Lay the foundation for a year of muscle growth with a versatile training tool: the power cage. You'll improve your strength, mobility, and endurance with this simple routine. Do the workout three times a week, resting at least a day between sessions. Perform the exercises in succession, and then rest for 60 seconds before repeating the circuit once or twice.

## 1. Barbell Duck-Under



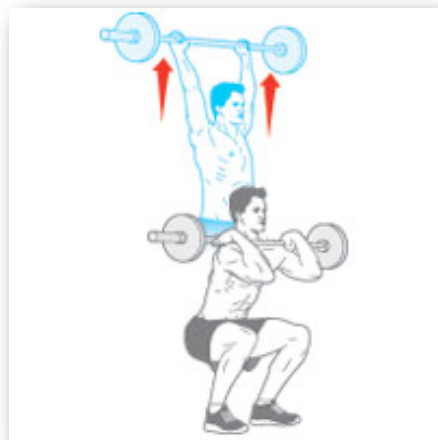
Set a barbell at waist level on the supports of a power cage, and stand with one hip next to it. Take a long stride beneath the bar, then duck underneath. Stand up on the other side, and repeat the motion to return to the starting position. Go back and forth until you've passed under the bar 8 to 10 times in each direction.

## 2. Reverse Pushup



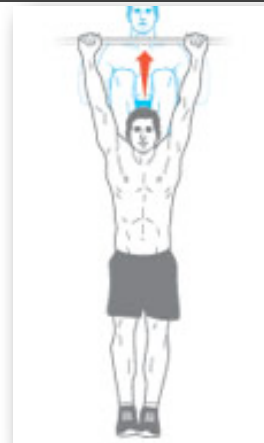
Sit on the floor under the barbell with your legs straight, and grasp the bar with a shoulder-width grip. Hang from the bar so only your heels touch the floor. This is the starting position. Pinch your shoulder blades together and bend your arms to pull your chest to the bar. Pause at your highest point, then lower yourself. Aim for 8 to 10 repetitions.

## 3. Front Squat to Shoulder Press



Load the barbell with a weight you can press overhead 8 times. Holding the bar on the front of your shoulders, bend at the hips and knees. Pause when your thighs are parallel to the floor (or lower), and then press up and push the bar overhead. Lower the bar to your shoulders. Do 8 reps.

## 4. Pullup to Hanging Leg Raise



Grab the pullup bar at the top of the cage with your palms facing away from you. Pull yourself up until your upper chest is as close to the bar as you can get it. Holding that position, bend your legs and bring your knees in toward your chest. Lower your legs, then lower your body to the starting position. Aim for 6 to 8 reps.

