



BUILD YOUR OWN GYM

Create your own fitness mecca for less than the price of a year's gym membership and get ripped, not ripped off



Tim Walker is a personal trainer and body-transformation guru who's more at home flipping tractor tyres and slamming sledgehammers than jogging on a treadmill. The creator of the **Warrior Workout** programme explains how to beef up without shelling out...

04 Every guy likes a bench-press – it's the number-one exercise for men – because it works the mirror muscles, the ones that make you look good: chest, shoulders, arms. You could just lie on the floor, but with an adjustable bench you can set it to different angles and work different parts of the chest. If you're tight on space, get a bench that can just slide under your bed.

05 For everything from bench-press to dead lifts, a barbell set is essential. You can go down the cheap route and get some from Argos for 40 quid, but they're a bit flimsy. You're better off investing in an **Olympic barbell set** – with a thicker, sturdier grip. It could cost up to £200, but it's worth it.

06 Kettle bells are really versatile – you can do a lot of different exercises with a 16kg one. You can use them for static exercises such as bicep curls and lying chest presses, or for explosive power exercises, like swings – where you hold the handle with both hands and thrust your hips forward in a big swinging motion.

07 Your mind always gives up before your body, so music is really important. Listening to the right tunes affects your performance and not having speakers set up is one of the reasons people struggle in their home gyms. Even if you don't normally like it, some heavy metal or dubstep will get you in the right mindset.

08 Having a mirror in the room is good for checking your technique, which is crucial when you don't have anyone to spot you. Otherwise you can be doing a shoulder press with one hand higher than the other and create unhealthy imbalances. Plus, if you're looking good, it inspires you to carry on exercising.

BUFF NOT BROKE