

# THE LEBRON JAMES WORKOUT

Build a body that dominates,  
with a plan that's  
fit for a king

"I WANT TO BE  
THE BEST, SO  
I GO OUT AND  
GET THE WORK  
DONE. IT'S A  
RESPONSIBILITY.  
I HAVE MY NAME  
TO UPHOLD."

BY SCOTT QUILL  
PHOTOGRAPH BY  
CARLOS SERRAO

2007  
POSTER  
SERIES

LEBRON JAMES

# FAST WORKOUT, HARD MUSCLE

LeBron James attacks the weights like he does the hoop—with thunder. Follow his lead for rim-rattling power, sculpted shoulders, and rock-hard abs

LeBron James's workout regimen is about what you'd expect from the most precocious superstar in sports—a blend of cutting-edge training techniques and classic muscle-building exercises.

For example, James does his squats standing on a vibrating platform, which sounds strange, but scientists have found that training this way can boost strength and power. (Low-level frequencies may help the central nervous

system activate more muscle cells.) But his staple moves are pushups and pullups, and his favorite cardio workout, other than hoops, is simply riding his bike.

And this goes to show that you don't need our cover guy's endorsement deals to build marquee muscle. Use the power plan below—the weight-lifting portion of James's athletic-training regimen—for a body that looks and performs like a pro's.

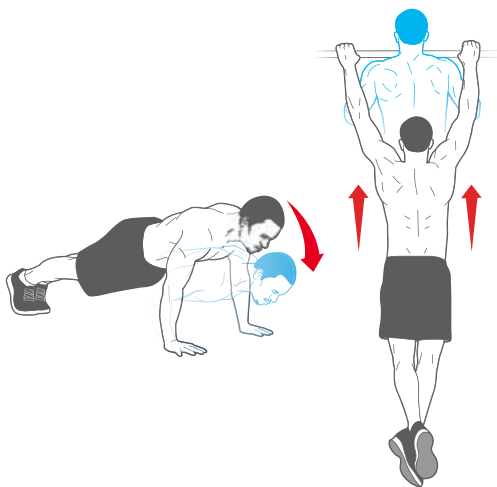
## THE WORKOUT

Begin each session with calisthenics and core moves. Then do the exercises specified for each day as pairs, or supersets, moving from one exercise to the next without rest. Do each superset three times, resting 45 seconds between supersets.

For LeBron's full training plan and video, go to [MensHealth.com](http://MensHealth.com), keyword **LeBron**.

### MONDAY

#### Superset 1

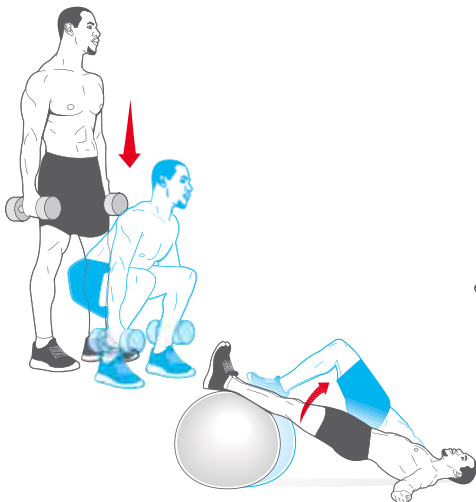


**PUSHUP**  
Assume the classic pushup position, with legs straight, hands beneath your shoulders. Keeping your body rigid, bend your arms to lower yourself until your chest is just off the floor. Then push back up until your arms are extended. Do as many reps as you can.

**PULLUP**  
Grab a chinup bar with an overhand grip (palms forward) and your hands slightly more than shoulder-width apart. Hang with your arms straight and pull your shoulder blades down. Pull your chest to the bar. Then lower yourself to the starting position. Aim for 10 reps.

### TUESDAY

#### Superset 1

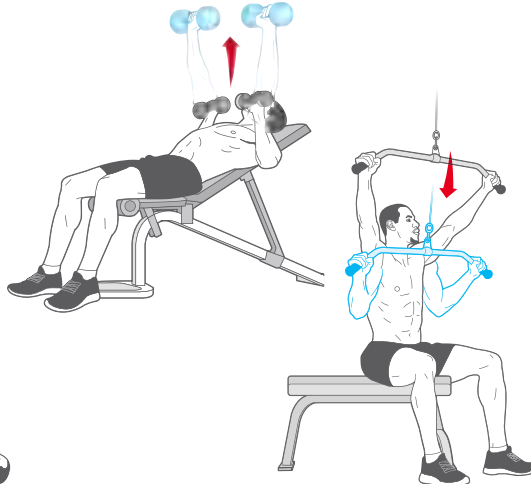


**DUMBBELL SQUAT**  
Stand with your feet shoulder-width apart and hold a pair of dumbbells at your sides. Keeping your back naturally arched, bend at the hips and knees and lower your body until your thighs are at least parallel to the floor. Push back up. Do eight to 12 reps.

**SWISS-BALL HAMSTRING CURL**  
Lie on the floor with your ankles on a Swiss ball, arms at your sides. Raise your hips so your body forms a straight line. Squeezing your glutes, pull the ball toward your legs. Then roll the ball back out. Do 12 reps.

### THURSDAY

#### Superset 1

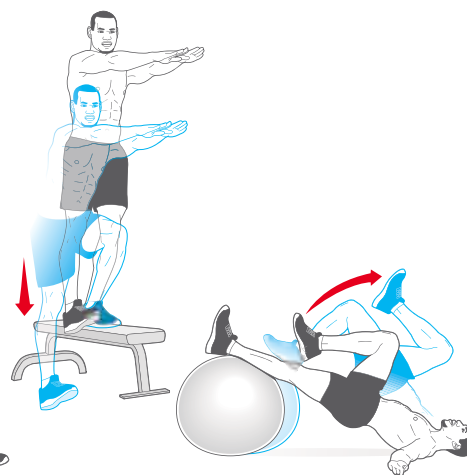


**DUMBBELL INCLINE-BENCH PRESS**  
Lie faceup on an incline bench and hold a pair of dumbbells at the sides of your chest with an overhand grip (palms forward). Press the weights straight above your chest. Then lower them to the starting position. Do 10 reps.

**LAT PULLDOWN**  
Sit at a lat-pulldown station and grab the bar with an overhand grip, hands slightly more than shoulder-width apart. Keeping your head and back straight, pull your shoulder blades down and then pull the bar to your chest. Let the bar rise. Do 10 reps.

### FRIDAY

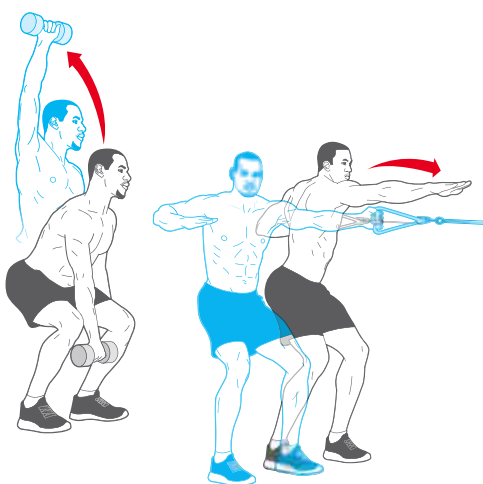
#### Superset 1



**SINGLE-LEG SQUAT**  
Stand on a bench. Hold your arms in front of you and flex your right ankle so your toes point up. Keeping your torso as upright as possible, bend your left knee and lower your body until your right heel touches the floor. Push up. Aim for five reps per leg.

**SINGLE-LEG SWISS-BALL LEG CURL**  
Perform as you do the Swiss-ball hamstring curl (at left), but use only one leg. Lift your left leg and bend your knee toward your chest. With your right leg, pull the ball toward your butt and then push it back out. Aim for 10 reps with each leg.

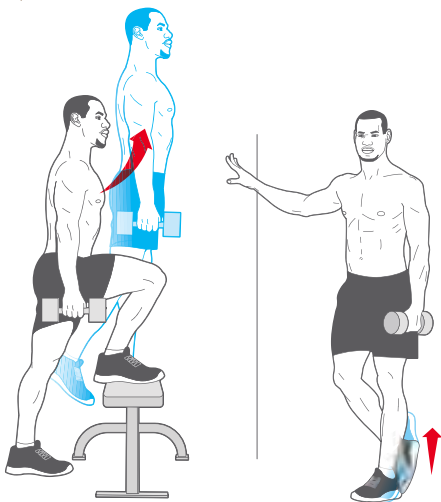
#### Superset 2



**DUMBBELL SNATCH**  
Assume an athletic position (knees bent, hips back), holding a dumbbell in one hand below your knees. In one movement, jump as you thrust the weight overhead, keeping the weight close to your body. Land softly. Aim for 5 reps with each arm.

**CABLE SINGLE-ARM ROW**  
Grab the handle of a mid-pulley cable with your left hand, pulling your right arm back. Row the handle to your torso as you extend your right arm. Then resist the weight as you return your arms to the starting position. Do 10 reps with each arm.

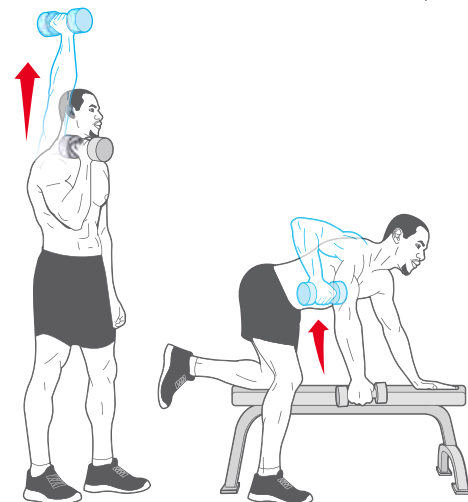
#### Superset 2



**DUMBBELL STEPUP**  
Holding heavy weights at your sides, lift one foot and place it on a bench. Then push your body up until your weight-bearing leg is straight and your other foot hangs off the bench. Return to the starting position. Do 10 reps with each leg.

**DUMBBELL CALF RAISE**  
Hold a dumbbell in your left hand and stand on your left foot. Rest the instep of your right foot across the back of your left ankle. Hold onto something for balance. Rise on your toes as high as you can. Do 12 reps with one leg before repeating with the other leg.

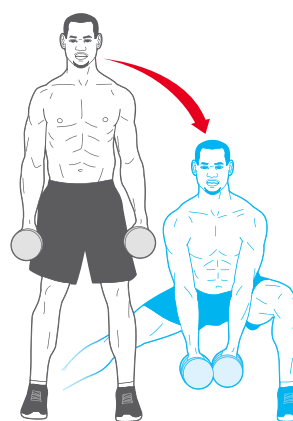
#### Superset 2



**DUMBBELL SINGLE-ARM OVERHEAD PRESS**  
Stand holding a dumbbell at shoulder height with your palm facing toward your body (as shown). Press the weight straight up and then slowly lower it. Do six to eight reps before repeating with the other arm.

**DUMBBELL SINGLE-ARM ROW**  
Hold a dumbbell in your right hand, arm straight, and place your left hand and left knee on a bench. Use your upper-back muscles to pull the dumbbell up and back. Pause, then slowly lower the weight. Do 10 reps on each side.

#### Superset 2



**DUMBBELL SIDE LUNGE**  
Stand holding dumbbells at your sides. With your left leg, take a wide step directly to the left. Bend your left knee and push your hips back until your left thigh is parallel to the floor. Then push back up. Do 10 reps in each direction.

**UNSTABLE JUMP ROPE**  
(Not shown)  
Skip rope for 45 seconds on a cushiony surface, such as a stretching mat. The instability will help strengthen your ankles.

## JAMES BY THE NUMBERS

**20**  
Number of pullups this 6'8", 240-pound forward can do—no sweat

**100**  
Number of pushups James can bang out in a row

**45**  
Number of minutes this 24-year-old commits to flexibility work after his weight-training routine

**8,000**  
Number of points James had scored by age 22—the youngest any player ever reached this point total

**5**  
Number of minutes James jumps rope as a warmup to his weight-lifting routine

**30**  
Number of minutes—tops—it takes James to complete his weight-training workout