THE FORMULA

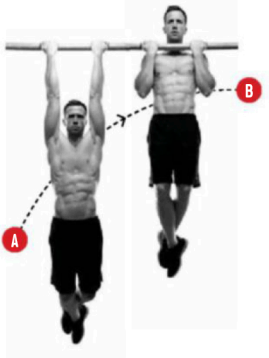
Statham's training is all about range of motion and joint stability. PT James Crossley takes The Stath's mantra and creates a full-body session. Do the giant set 4 times, resting 60sec between sets. Drop one rep off each move every set



01/ PULL-UP

10 REPS, 10SEC REST

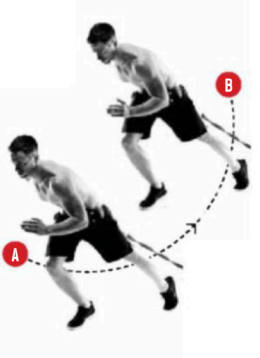
A fundamental of the movie star's training is mastering his own bodyweight, and there's no better move to do that than the pull-up. Hanging from the bar with straight arms (**A**), squeeze your back and pull your chest up toward the bar, making sure your head goes over the top (**B**), then slowly lower back down to the start. This will make hanging from helicopters light work.



02/ SLED SPRINT

20SEC, 10SEC REST

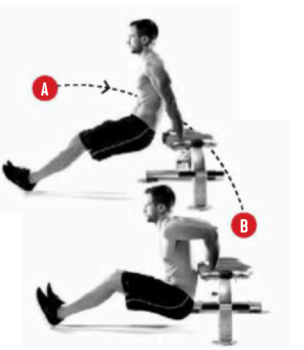
To build functional power in his lower body, Statham pulls heavy metal. Not only does this tax his leg muscles, it gets his cardiovascular system working just as hard. Attach a sled to your waist and set up in a sprinter's stance (**A**). Now run as fast and furiously as you can (**B**), before pausing and returning. Grit your teeth and pump your legs to cut fat and build Statham-like strength.



03/ BENCH DIP

10 REPS, 10SEC REST

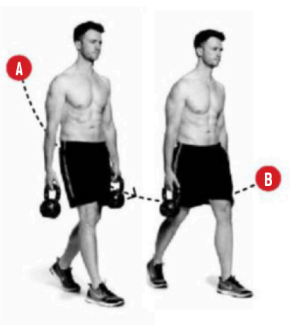
The Stath's triceps stack up against Dwayne Johnson's in *Fast & Furious 8* and we can see why. He uses parallettes for dips, but a bench works too. With hands behind you, arms and legs outstretched (**A**), bend your elbows as far as you can (**B**) before pushing explosively back up. Make it harder by placing a 20kg plate on your lap. This move will also improve your elbow joint stability.



04/ FARMER'S WALK

20SEC, 10SEC REST

The actor uses this classic strongman lift to carve out a V-shaped back. It's deceptively challenging – the walk is guaranteed to have your shoulders and traps on fire, lungs beating out of your chest and grip strength skyrocketing. Hold two heavy kettlebells by your sides (**A**). Keep your arms strong and walk short, quick steps as fast as possible (**B**). Turn around and walk back. Simple, but brutally effective.



05/ HANGING LEG RAISE

10 REPS, 10SEC REST

A staple in Statham's workouts, this move has been used by gymnasts for decades, which proves its effectiveness for building serious core strength. Gripping a bar overhead with straight legs (**A**), tense your core and raise your legs off the floor until your body forms an L-shape (**B**). Hold for a beat, then lower slowly. Statham also employs the L-sit as a tool for improving his hip and shoulder mobility.



06/ ROWING MACHINE

200M ROW, 60SEC REST

Statham finishes his giant set by blitzing body fat on the rowing machine, rather than the treadmill. That way, he protects himself from potential knee-joint pain. Keeping your core tight, shoulders down and arms stretched, initiate the push with your legs (**A**). Just before they straighten, retract your shoulders (**B**). Return by extending your arms, then bending your legs. Go the distance. Then start again.

