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**LANCE
ARMSTRONG'S
TRAINING
SECRETS**

Men's Fitness

EXERCISE / NUTRITION / SPORTS / SEX

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BODY**

**THE PHYSIQUE
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**HUNG'S
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JANE**

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**K.O.
STRESS!**

**4 NUTRIENTS THAT
WILL END
YOUR WORRIES**

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If you want to make real progress in the gym, you need to get out of your comfort zone.



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Actor Thomas Jane claims he's just a regular guy. But for the star of HBO's *Hung*, his commitment to fitness is anything but ordinary.

MAIN IMAGE: IAN SPANIER



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SPORTS, ADVENTURE & LIFE

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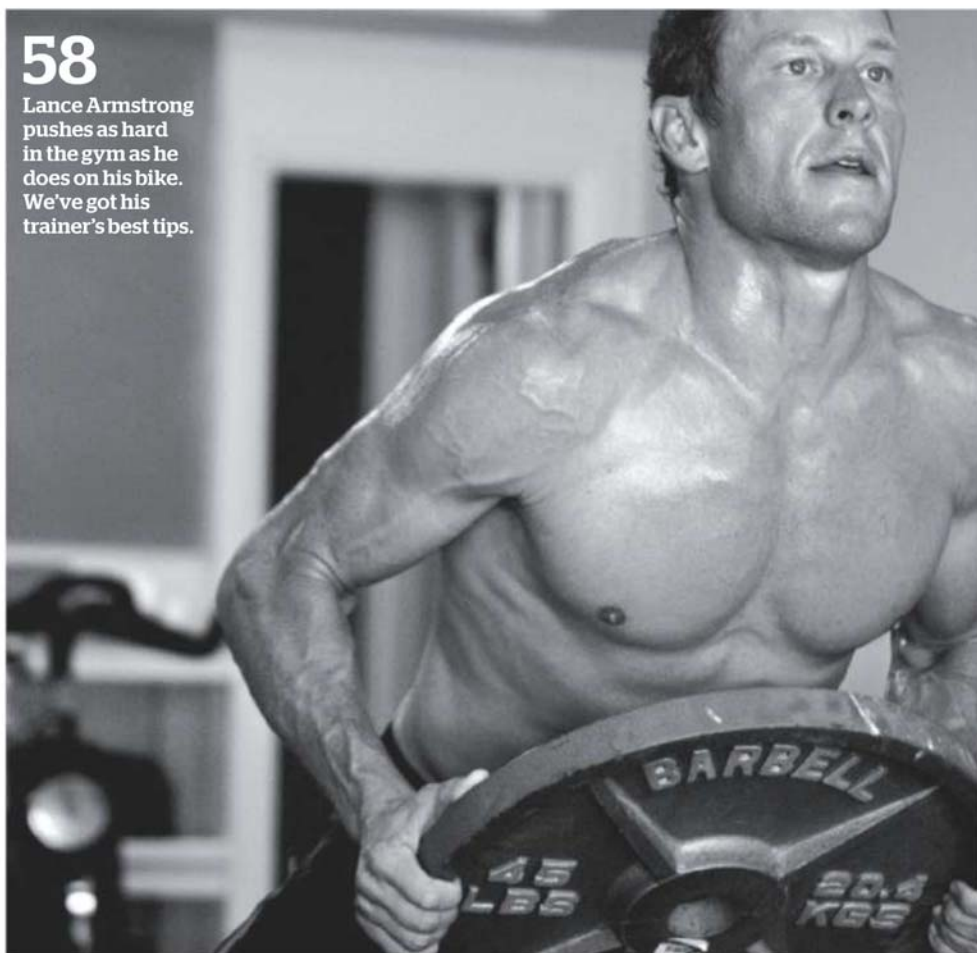
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Your turn to weigh in.

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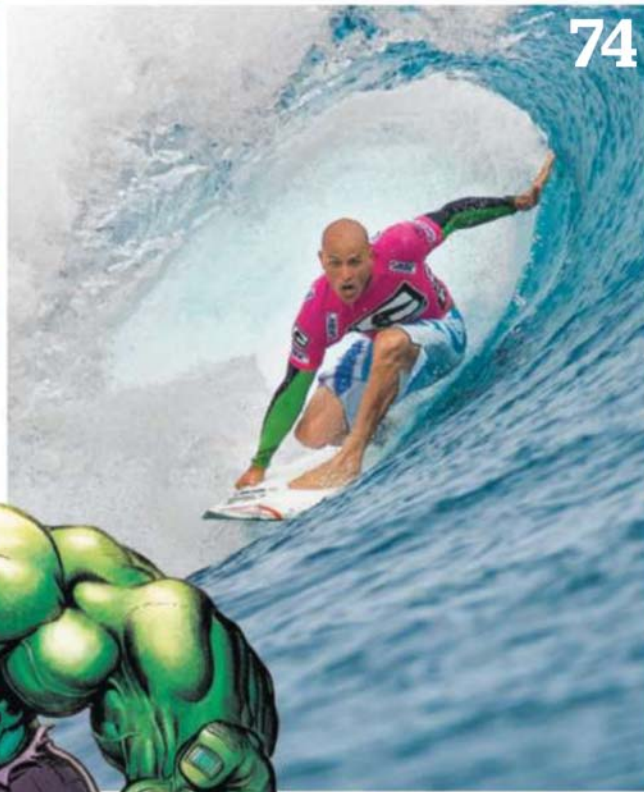
Lance Armstrong pushes as hard in the gym as he does on his bike. We've got his trainer's best tips.



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COVER

THOMAS JANE

PHOTOGRAPHED BY
ART STREIBER

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CIOFFOLETTI FOR
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GROOMING BY KIM
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STANDARD" IN FINISH RIGID



66

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YOUR BOSS,
SEAT 3B.**



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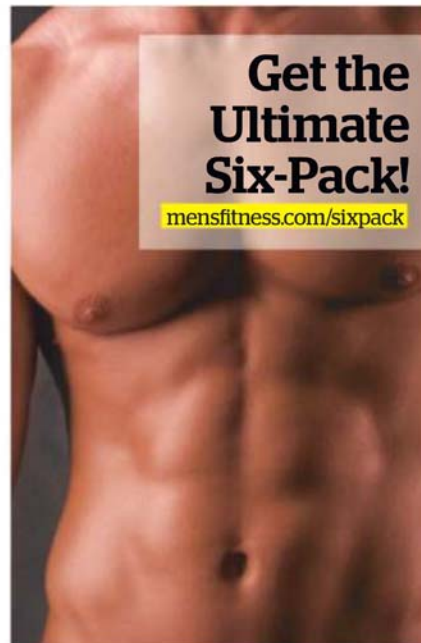


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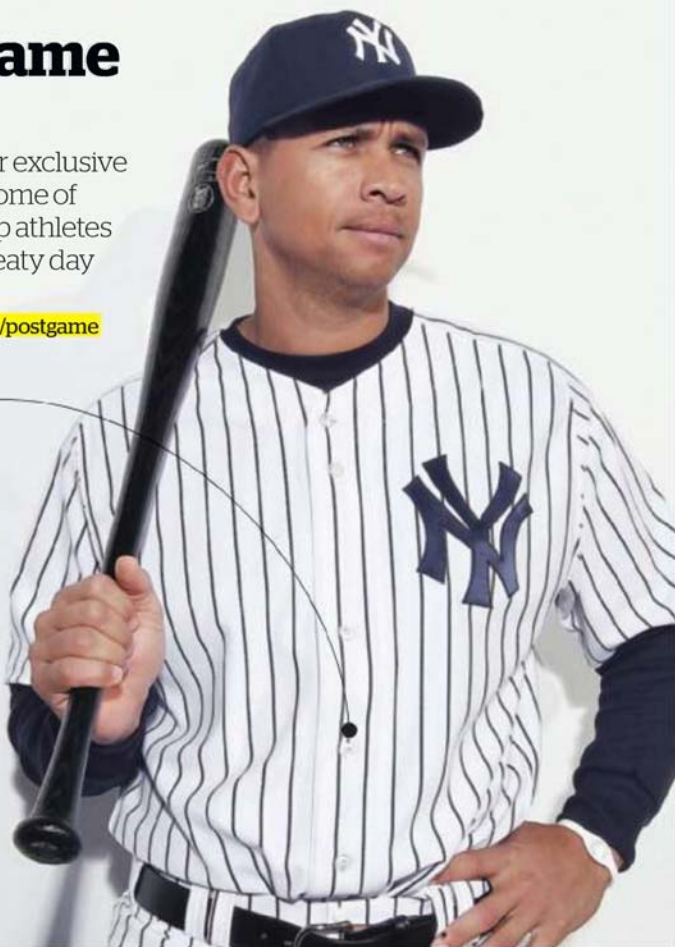
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Postgame Grub

Check out our exclusive look at how some of the world's top athletes eat after a sweaty day at the office.

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- Joe Montana, Hall of Fame Quarterback



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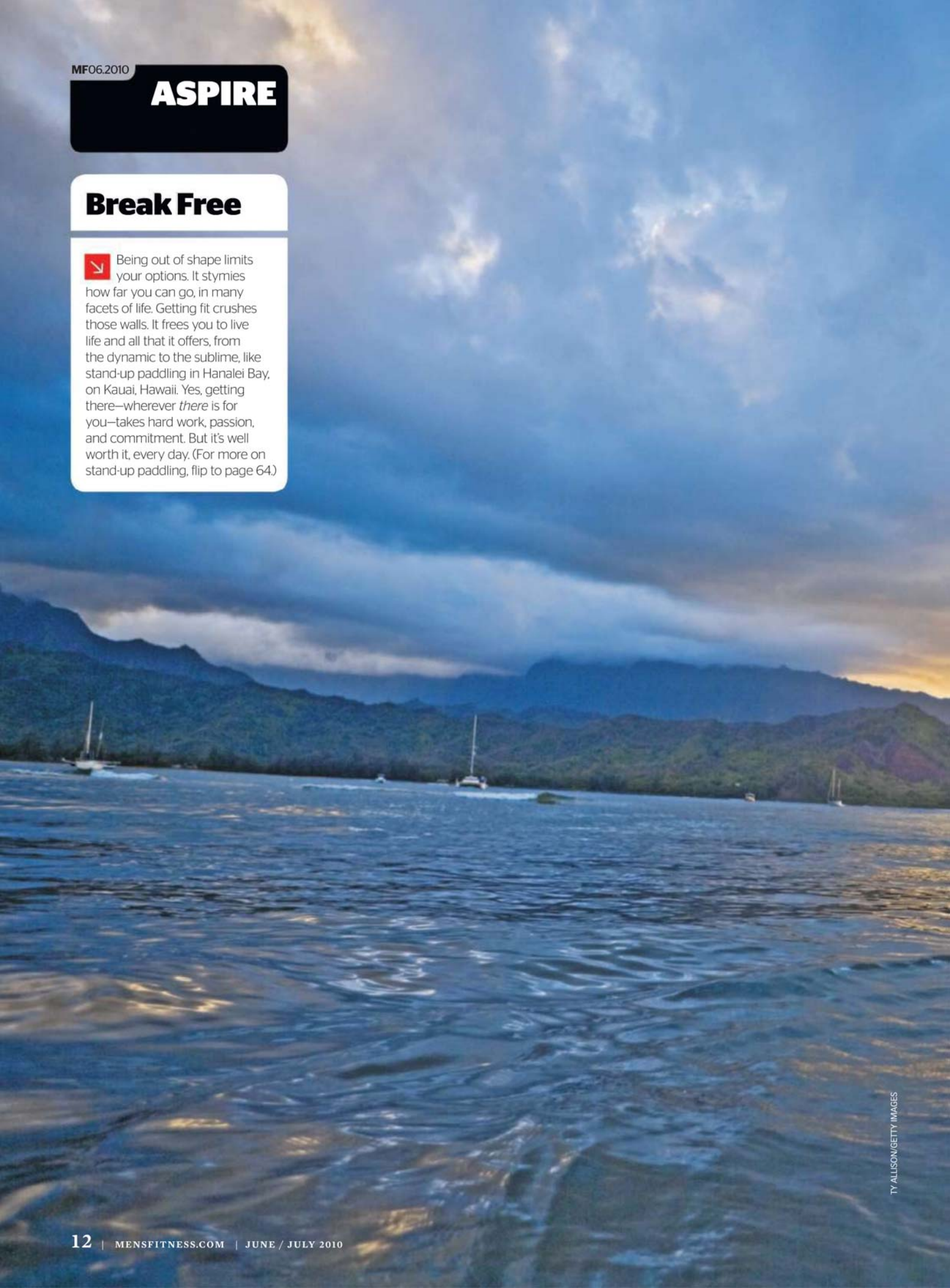


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*Based on Ford drive-cycle tests of comparably equipped 2011 Ford and 2010 competitive models.

Break Free

▮ Being out of shape limits your options. It stymies how far you can go, in many facets of life. Getting fit crushes those walls. It frees you to live life and all that it offers, from the dynamic to the sublime, like stand-up paddling in Hanalei Bay, on Kauai, Hawaii. Yes, getting there—wherever *there* is for you—takes hard work, passion, and commitment. But it's well worth it, every day. (For more on stand-up paddling, flip to page 64.)

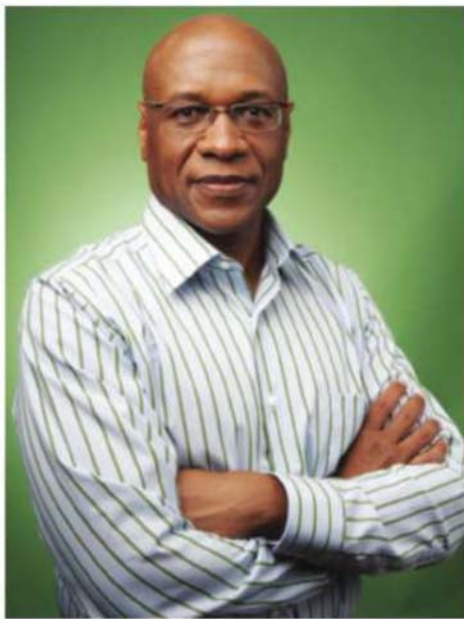




400
CALORIES

WHAT YOU'LL
BURN IN AN HOUR
OF PADDLING

Pass The Word



Get excited about where life is taking you, through the incremental gains you make every day.”

OUR MFER GETS (MORE) JACKED

Our fitness editor, Sean Hyson, is in great shape, of course. But he's not stopping there. He's putting himself through a 12-week body transformation, getting cut abs on his 6'4", 240-pound frame while gaining added strength. Follow his blog on mensfitness.com, where he'll reveal his workouts, diet plan, favorite recipes, and advice.

Savor the Next “You”

Some time ago, I asked a longtime friend about his diet. “Why?” he responded suspiciously. Yes, I thought he was fat. Fatter than he'd been in years, and far from his days as a college athlete. But of course I couldn't say that. So I told him about my eating regimen (and the cleanse I mentioned on this page a few issues back) and how it, along with regular and rigorous exercise, helped me stay fit. After a few moments, when I'm sure he wanted to smack my head off, we talked a bit more and he agreed to make a change. He's since lost more than 20 pounds and is in his best shape in years. He gets plenty of compliments in the gym from guys who witnessed the metamorphosis, and from the ladies as well. But he still always says, “They should have seen what I used to look like.”

Forget that guy, I tell him. He's gone. Forget who you *used* to be. Get jacked about who you're *going* to be.

Too many guys stop working out because they aren't seeing the progress they want. Some hit a plateau and lose their passion. Some suffer an injury and grow frustrated at not being able to train at the same levels. Others simply set goals so unrealistic that they stand a better chance of landing a sleepover with Megan Fox than looking like the guy they ripped out of *Men's Fitness* and stuck in their wallet.

Many of us do the same outside the gym. Especially if we've lost a great job or a hot girlfriend. Sure we go back to work, we start dating again. But too often we lament that we're not where we used to be, or that she isn't as hot as our ex.

Well, forget that old gig, that old girlfriend. Get excited about where life is taking you, through the incremental gains you make every day—in your career, in your relationship, and in the

gym. You love working out because it's going to make you look and feel better. You're smarter than you've ever been (you are reading this magazine, aren't you?), and you're probably eating better than you did years ago. You're going to be stronger, fitter, and healthier, even if you think you don't look as good as you once did.

Forget that guy. He got lucky, maybe benefited from being at the right end of the gene pool. The guy you're going to be will be even better, no luck involved.

Tackle today with the zeal you display in your workouts. Imagine if you pushed as hard at work as you did on that last rep or during that last mile on the treadmill.

Imagine if you were as meticulous about your career as you are about your regimen, which you chronicle and track like a mad scientist.

Imagine if you were as curious and diligent in your relationship as you are about what you eat.

Yes, the old job was great. The old girlfriend was hot. Sure, you were once the hottest hunk on the beach.

But if you attack today with enthusiasm, passion, and commitment, those old you—as cool as they were—will quake in the shadow of the you you'll surely become.

Onward,

Roy S. Johnson
VP/Editor in Chief



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Our Experts

TRAINER SPOTLIGHT JOE KENN

Get schooled by this veteran strength trainer

CREDENTIALS



Joe trained hundreds of college athletes during 19 years as an award-winning master strength and conditioning coach. He is also the author of *The Coach's Strength Training Playbook* and currently owns and operates Big House Power, a Web site for athletes, coaches, and parents. You'll find it at bighousepower.com.

Joe's Top Three Tips

PULL YOUR OWN WEIGHT

"The true key to developing lasting strength is to master yourself. The ability to handle your body weight in exercises such as chinups, pushups, and squats is critical to successfully building muscle."

SLOW MOTION

"Increasing reps is not necessarily the way to get size. Slowing down the tempo is better. Regardless of the number of reps per set, a muscle group must be under tension for approximately 40 seconds for it to develop size."

GET DOWN

"If you're after maximal strength and power in the hips and increased size in your legs, you need to squat as deeply as possible. My goal for all my athletes is to work with them until their thighs are at least parallel with the floor when they squat."

IN THIS ISSUE

The trainers behind this month's fitness coverage

➤ **ZACH EVEN-ESH** A strength coach in Edison, N.J., Even-Esh specializes in training combat athletes at the Underground Strength Gym. zacheven-esh.com

➤ **ROBERT REAMES** This L.A.-based exercise and nutrition consultant is a member of the Gold's Gym Fitness Institute. robertreames.net

➤ **JIM SMITH** Based in Sayre, Pa., "Smitty" specializes in training athletes at all fitness levels. acceleratedmusculardevelopment.com

➤ **STEW SMITH** A former Navy SEAL located in Severna Park, Md., Smith trains Special Ops recruits and has written several fitness books, including *The S.W.A.T. Workout*. stewsmith.com

➤ **PAVEL TSATSOUNINE** Now living in L.A., Tsatsouline is a former physical training instructor for the Soviet Special Forces. He also launched the RKC kettlebell certification. powerbypavel.com

➤ MIKE WUNSCH

Director of program design at Results-Fitness, Santa Clarita, Calif.



MF ADVISORY BOARD



What's the best way to get into cycling this summer?

"Just hop on the bike and ride at a steady pace for an hour. As you get stronger, add intensity by pushing the pace for a few minutes on hills or flat ground."

Chris Carmichael

LANCE ARMSTRONG'S COACH

For more of Carmichael's training tips, turn to page 58

COOKING

DEVIN ALEXANDER
Chef, author, and the host of *Healthy Decadence* on FitTV. devinalexander.com

EMERIL LAGASSE
Celebrity chef, cookbook author, and TV personality

FOOD AND NUTRITION
ELIZABETH M. WARD, M.S., R.D.
Nutritionist and author, Reading, Mass.

JIM WHITE, R.D.
Owner, Jim White Fitness and Nutrition Studios, and American Dietetic Association spokesperson

HOLISTIC HEALTH
ANDREA DONSKY, R.H.N.
Holistic nutritionist

REHAB
GREG BRADLEY-POPOVICH, D.P.T., C.S.C.S.
Physical therapist, Morgantown, W.Va.

NICHOLAS A. DINUBILE, M.D.
Orthopedic consultant, Philadelphia 76ers

ROBERT SALLIS, M.D.
Co-director, Sports Medicine Fellowship at Kaiser Permanente Fontana Medical Center

I can't lose weight. Am I eating too much?

"Most likely. Try cooking less and serving yourself smaller portions, then waiting at least 20 minutes before getting a refill."

Edward Abramson, Ph.D.

EMERITUS PROFESSOR OF PSYCHOLOGY AT CALIFORNIA STATE UNIVERSITY



SEX AND RELATIONSHIPS
IAN KERNER, PH.D.
Diplomat, American Board of Sexology

GABRIELLE MOORE
Intimacy expert and author

SPORTS PERFORMANCE
JON HINDS
Founder, Monkey Bar Gym, Madison, Wis.

ANDREA HUDY
Asst. Athletics Director, University of Kansas

CASEY SMITH
Head athletic trainer, Dallas Mavericks

WEIGHT LOSS
CHRISTOPHER R. MOHR, PH.D., R.D.
Nutritionist and owner, Mohr Results Inc.

WEIGHT TRAINING
JOHN ALVINO
Owner, Iron Athletes, Morristown, N.J.

JASON FERRUGGIA
Owner, Renegade Gym, Watchung, N.J.

CJ MURPHY, M.F.S.
Owner, Total Performance Sports, Everett, Mass.

JIM WENDLER
Senior Editor, Elite Fitness Systems

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What Matters To Men

1

HOT GAMES!

> We survived another winter! Bring on **baseball**, the **World Cup** (see page 52), the NBA Finals, and the Tour de France. This summer's best bet: **Wimbledon** (June 21-July 4), which boasts epic matches and sexy players, including **Caroline Wozniacki** (pictured).

CATCH
WOZNIACKI
ON THE SONY
ERICSSON
WTA TOUR.



2

50,000

> That's how many gymgoers are treated annually in the ER after mishaps with **treadmills**, **heavy weights**, **exercise balls**, and **jump ropes**, according to the Consumer Product Safety Commission.



3

GOD OF WAR III

Kratos maintains his godlike physique with Spartan training. The year's most anticipated video game is out now for PS3.



4

KILLER IN THE HOME

> Step away from the remote! A new Australian study says that for every hour you spend watching TV daily, **you are 11% more likely to die prematurely** from all causes and 18% more likely to die from some form of heart disease.



6

FAT-LOSS GAINS

> The idea of a weight-loss pill may be hard to swallow. But it could be on the horizon. One composed of leptin, **the protein that tells our brain to stop eating**, is being developed by a group of Canadian docs. Take the pill, feel full, eat less, drop pounds. We'll see.



5

3-D TV

It's here, and so are 3-D channels. DirecTV will have three available this June, while ESPN will broadcast at least 85 games live in 3-D, including **World Cup matches** and the **2011 BCS title game**.



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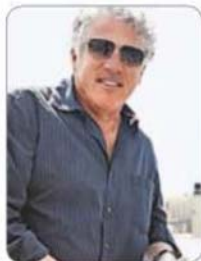


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MFERS



Mark Morrison

• "I've been tracking Thomas Jane since *Deep Blue Sea*," says MF's West Coast editor, Mark, who wrote this month's cover story on the actor, on page 92, and helps us corral Hollywood celebs. A founding editor at *InStyle*, Mark has interviewed everyone from Matthew Fox to Michael Jordan and is delighted to see Jane finally receiving his props. To stay fit, Mark cycles through the L.A. hills, where he lives with his wife and daughters.



Chad Waterbury

• A neurophysiologist and strength and conditioning expert, Chad understands how the nervous system affects muscle growth. That know-how helps him design workouts that are incredibly safe—and highly effective, such as "The Perfect Workout," page 113. (Chad also contributed arm-building advice to "New Moves, New Muscle," page 84.) The author of *Huge in a Hurry* and *Muscle Revolution*, Chad also trains MMA fighters and celebs in Los Angeles.



Jonathon Kambouris

• Soccer fever may come and go with the World Cup, but Jonathon never takes his eye off the ball. "I rarely miss a game," says the staunch Liverpool Football Club supporter who got behind the lens to shoot this summer's hottest shades and colognes, on page 76. "I watch at a pub with other die-hard fans who wake up at 7 a.m. on Saturdays to catch the game as it's happening in England." Based in Brooklyn, N.Y., Jonathon also contributes to *Details*, *Spin*, and *XXL*.

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 Ben Weider (1923–2008)

"I enjoy riding my bike through traffic in Manhattan. I also like hiking in the Catskills and surfing Rockaway Beach in Queens."

"Hands down—swimming, you stay cool and can work on your tan!"

What's your favorite warm-weather activity?

"I'm definitely a volleyballer. It's easy to get girls to play and helps the body get tan and stay lean."

"Tennis. I picked up the game six years ago at 45 and now have a national amateur ranking!"

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JUNE/JULY '10 MEN'S FITNESS EVENTS & PROMOTIONS

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Instant Returns

"25 WAYS TO GET STRONGER NOW!" (April 2010) has to be one of my favorite articles you've done. I have it taped to the wall in my home gym and am working through all the tips. So far, my bench is up 20 pounds!

—Sam B., Boston, MA

APRIL'S STRENGTH STORY IS THE reason I buy *Men's Fitness*. I read it on my way to the gym and used your suggestions on grip and warming up to beat both my bench and deadlift max that same day!

—Dan S., New York, NY

Neck and Neck

I REALLY ENJOYED YOUR APRIL WORKOUT "Build an NFL Neck." The program ended after four weeks and I've gotten great results. Is it safe to keep going? How long can I stretch it out?

—Ryan Q., Seattle, WA

Editor's note:

Continue doing the neck exercises as prescribed, trying to add reps or weight each workout. If you're following the 5/3/1 method we recommended, stick with it. If you're doing your own thing, try increasing or decreasing reps, or switch to similar lifts that train the same basic muscles. Keep getting yoked!

Team Green

THANKS FOR ALL THE ENVIRONMENTAL coverage in your April issue. From the renewable camping gear to the story on Yao Ming fighting the shark trade to the piece on eco cars, it's great to see that you want readers to be fit while also doing everything they can to keep the Earth healthy as well.

—Thiago W., Houston, TX

Lady Love

BETWEEN THE SHOWERING BABE LAST month ("Dripping Wet," March 2010) and Danielle Panabaker in the saddle in your April issue ("Scream Queen"), you guys are definitely motivating me to get fit. Keep up the good work—and the sexy pics!

—Eddie C., Miami, FL

DANIELLE PANABAKER IS OBVIOUSLY gorgeous, but she also has some great dating advice. Any chance of getting her number?

—Joseph B., Boulder, CO

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> The ultrathin Garmin nuvi 1390T GPS (\$270 @ garmin.com) is the ultimate road-trip companion. Just 14.5 mm thick, this sleek navigator is loaded with features including free traffic alerts and nearly 6 million points of interest. It also sports a 4.3-inch touch screen, hands-free calling compatibility, and Garmin's ecoRoute feature, which calculates more fuel-efficient driving routes. The only thing that's better than saving gas? Free gas! That's why we're also throwing in \$500 worth of Shell V-Power gasoline, the only gas designed to help clean your engine of performance-robbing gunk.

> For a chance to win both, e-mail a 20-word-or-less description of your ultimate summer road trip to contests@mensfitness.com (subject line: GPS). Best story wins.



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Send your comments, rants, or ideas to letters@mensfitness.com or mensfitness.com/contact or write us at Letters, *Men's Fitness*, One Park Ave., 3rd Fl., New York, NY 10016. If we print yours, we'll send you a copy of HBO's hit series *True Blood*, season 2—in stores this month. Letters become the property of MF and may be edited.

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Hunt something that could eat me.

Crash Awards Show after-party.

Have groupies.

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More calluses.

More bugs in my teeth.

Dance till dawn in Madrid.

Own classic muscle car. Or two.

Go commando to board meeting.

Find the perfect scotch.

Grow beard a bird could live in.

Guys month out.

Forget my address.

Land a swordfish.

Rock an arena.

Brew my own beer.

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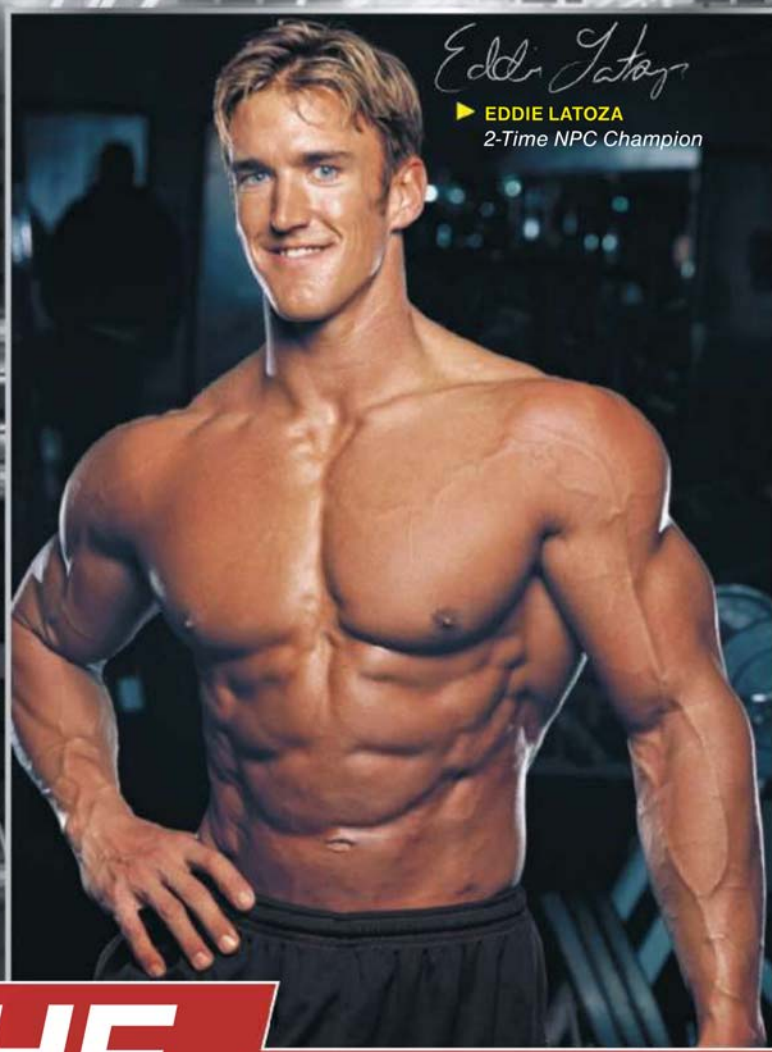
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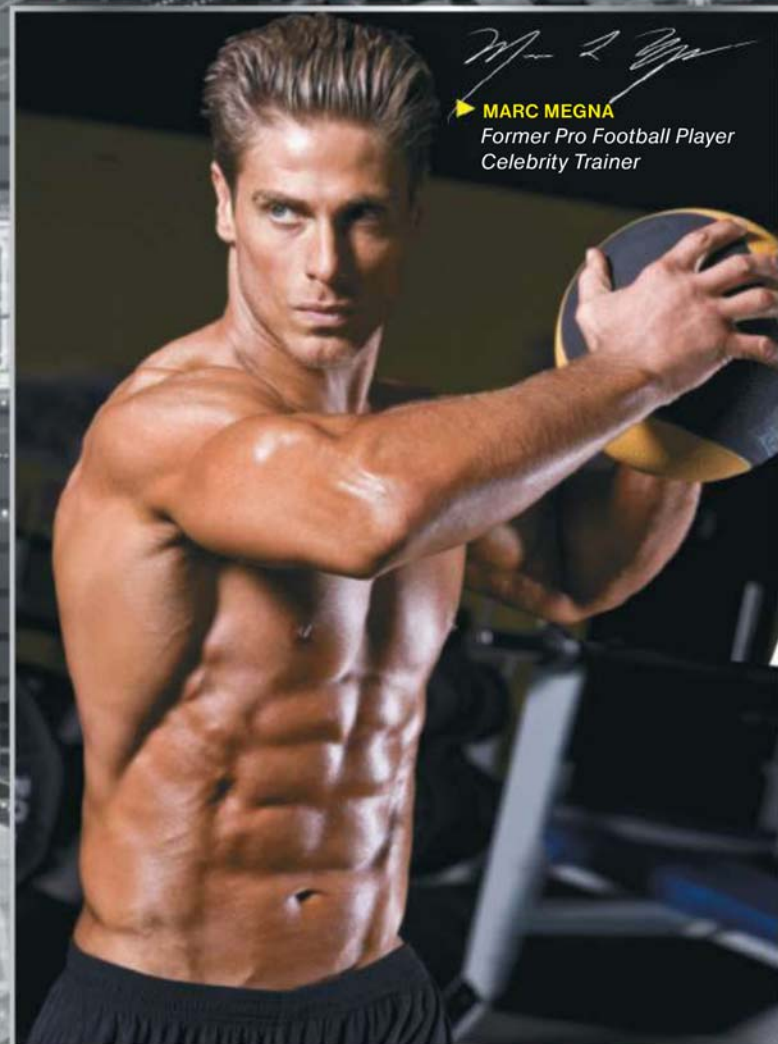
Eddie Latoza
 ► **EDDIE LATOZA**
 2-Time NPC Champion

ASK THE EXPERTS /

When it comes to building muscle, who better to listen to than the guys who do it for a living? Read what the best in the business have to say about three powerful supplements designed to get you **bigger and **stronger, faster!****

They know all about the documented research. They've experienced the powerful effects first hand. Now hear what three pros who make a living off their physiques have to say about three high-powered sports nutrition supplements that have quickly taken the industry by storm. Team MuscleTech™ sat down with champion-caliber competitors, Rodney Helaire, Jim Cordova, Eddie Latoza and

celebrity trainer Marc Megna, to uncover their raw, honest opinions on the newest MuscleTech innovations – Cell-Tech™ *Hardcore Pro Series*, Nitro-Tech™ *Hardcore Pro Series* and naNO Vapor® *Hardcore Pro Series*. How do they stack up to the competition? Do they live up to the hype? Read on and you'll find answers to these burning questions plus much more in this special 4-page exclusive.



Megna
MARC MEGNA
 Former Pro Football Player
 Celebrity Trainer



Cordova
JIM CORDOVA
 2-Time Mr. Universe

One-on-One Exclusive

Team MuscleTech: Rodney, Eddie, Marc, Jim ... thanks for coming in. You guys have been called here today because you are the best at what you do – building muscle. You have spent years perfecting your craft, so you know what works and what doesn't. On top of

Rodney: "Honestly, without a word of a lie, I've tried a lot of different types of creatine supplements in my life and Cell-Tech Hardcore Pro Series is by far the best musclebuilder! If you want more muscle and more strength, it's definitely the product to get. I've noticed more gains while supplementing with Cell-Tech Hardcore Pro Series than anything else."

"Every muscle group has gotten bigger, better and stronger. I've added 2 inches to my chest and my biceps have their largest peaks ever. I now have the best physique I've ever had." – Jim Cordova

determination, drive and proper diet, it's no secret that all of you rely heavily on high-quality supplements to build the near-perfect physiques you sport today. So, everyone wants to know, out of all the supplements out on the market, is the Hardcore Pro Series line the real deal? Let's start with Cell-Tech Hardcore Pro Series.

Jim: "I couldn't agree more. Cell-Tech Hardcore Pro Series helps you get bigger and stronger, fast! Using a scientifically advanced post-workout supplement is the perfect way to kick start your muscles into growth. For noticeably bigger gains, get on Cell-Tech Hardcore Pro Series. I've packed on lean muscle in just a couple of weeks with it."

Eddie: "With other creatine supplements I've used in the past the results were so-so, but after taking Cell-Tech *Hardcore Pro Series*, I was bigger and stronger. My bench has gone up along with a lot of other exercises and my muscles are as full as ever – it's amazing and I'll keep using it as long as I'm working out!"

The Benefits of Cell-Tech™ *Hardcore Pro Series*



- ▶ Loaded with a 10,000 mg blend of creatine and 75 g of creatine-driving dextrose.
- ▶ Precisely dosed with the most scientifically validated form of creatine in existence!
- ▶ Scientifically designed to deliver head-turning gains in size and strength.

THE SCIENCE: In a 28-day study on 32 individuals divided into 4 groups and conducted at a physiology lab in Greenwich, CT, subjects taking the core ingredients in Cell-Tech *Hardcore Pro Series* with a hardcore training program built significantly more mass than subjects taking creatine alone (4.34 lbs. vs. 0.16 lbs.).

Team MuscleTech: Awesome...It's always great to hear positive reviews from the best in the business. Now what about Nitro-Tech *Hardcore Pro Series*? How does it compare to other whey protein supplements you've used?

Jim: "There is no comparison. Nitro-Tech *Hardcore Pro Series* is the only protein formula I'll trust to pack on rock-hard muscle. I would never rely on anything else. While using Nitro-Tech *Hardcore Pro Series*, every muscle group has gotten bigger, better and stronger. I owe it to the university research backing the core ingredients in Nitro-Tech *Hardcore Pro Series*."

"I tell every client I train to take Nitro-Tech *Hardcore Pro Series* after each workout." – Marc Megna

Marc: "When it comes to building muscle and strength, Nitro-Tech *Hardcore Pro Series* definitely outperforms regular whey protein. For me, more muscle and more strength means better athletic performance – it's simple. That's why every client I train takes Nitro-Tech *Hardcore Pro Series* after each workout."

Seeing is Believing:



ENGINEERING SUCCESS

Name/ Age: Chris San Juan / 31 **Occupation:** Field Engineer
Location: Chicago, IL **Transformation:** 16 weeks

Chris's Story:

Chris San Juan trusted the core ingredients in Nitro-Tech *Hardcore Pro Series*, Cell-Tech *Hardcore Pro Series* and a previous version of naNO Vapor *Hardcore Pro Series* to make a dramatic transformation in just weeks. "I saw results faster than I ever thought possible – I looked bigger and better than ever before. Anyone serious about building a better body should get on these products as soon as they can." – Chris.

The Benefits of Nitro-Tech® *Hardcore Pro Series*



- ▶ Formulated with a whey protein component that delivers 11 g of leucine and 13 g of BCAAs per maxed-out daily dose.
- ▶ Designed to overpower and outperform the musclebuilding capabilities of regular whey protein.
- ▶ Features 25% more protein per serving than the previous formula.

THE SCIENCE: In a 6-week, gold-standard study conducted by researchers from University of Saskatchewan and St. Francis Xavier University, test subjects using the core ingredients in Nitro-Tech *Hardcore Pro Series* packed on 73 percent more lean muscle than subjects using whey protein (8.8 vs. 5.1 lbs.).

Dramatic Real-Life Results in Just Weeks



CRUNCHING THE NUMBERS

Name/ Age: Kurt Malcore / 25

Occupation: Financial Analyst

Location: Minneapolis, MN

Transformation: 8 weeks

Kurt's Story:

"I was sick of not being in shape. I wanted to look better and feel better about myself, which is why I turned to MuscleTech supplements. Within the first week, I could tell that they were working," testifies Kurt after his rapid 8-week transformation using the core ingredients in Nitro-Tech Hardcore Pro Series, Cell-Tech Hardcore Pro Series and a previous version of naNO Vapor Hardcore Pro Series.

In a 12-week study, subjects taking a core ingredient in naNO Vapor Hardcore Pro Series gained an average of 7.12 pounds of muscle. In a 28-day study, subjects taking the core ingredients in Cell-Tech Hardcore Pro Series gained an average of 4.34 pounds of mass. In a 6-week study, subjects taking the core ingredients in Nitro-Tech Hardcore Pro Series gained an average of 8.8 pounds of muscle.



LIFE-CHANGING DECISION

Name/ Age: Greg Smyers / 39

Occupation: Sales Person

Location: Pittsburg, PA

Transformation: 12 weeks

Greg's Story:

Greg Smyers gained inches on his arms when he stacked the Hardcore Pro Series line of supplements. "I couldn't have done it without the Hardcore Pro Series line," says Greg. "I've been working out for close to 20 years and never in my life have I experienced these types of results. MuscleTech supplements are truly the greatest in the world!"

The Benefits of naNO Vapor® Hardcore Pro Series



- **Advanced pre-workout formula with added benefits of scientifically studied key ingredients!**
- **Designed to trigger intensity, rapid muscle pumps, enhanced performance and increased strength.**
- **Experience energy-enhancing effects in just minutes.**

THE SCIENCE: A scientific study that separated 20 test subjects into two groups of 10, showed that subjects taking core ingredients in naNO Vapor Hardcore Pro Series gained 8 times more muscle than control subjects in just 8 weeks (3.72 vs. 0.41 lbs.).

Team MuscleTech: So, Cell-Tech Hardcore Pro Series and Nitro-Tech Hardcore Pro Series are a hit. How does naNO Vapor Hardcore Pro Series stack up?

Rodney: "Once you train with naNO Vapor Hardcore Pro Series, you'll never want to experience a workout without it! From the very first serving, I get an insane energy boost and incredible muscle pumps."

Eddie: "Yeah. Once the pump sets in, it's a feeling I can't even explain. I never have to worry about my intensity while I'm training with naNO Vapor Hardcore Pro Series. Within 15 minutes of taking it, I just want to attack the weight and never let go. I get so intense and focused on the task at hand, building the best physique possible comes easy."

Team MuscleTech: I couldn't have said it better myself. Athletes everywhere agree, the Hardcore Pro Series line of supplements are second to none. Guys, thanks again for speaking up today and good luck to all of you this year. Hardcore Pro Series. Real Science. Real Results.

GET BIG!

FLIP FOR STRENGTH!

Get strong and build stamina like former UFC champ **Rashad Evans** with this killer strongman move

BY ZACH EVEN-ESH

FLIPPING A TRACTOR tire is a fun way to build power, sport-specific strength, and conditioning. (Some trainers think it's more useful than the bench press.) Follow this workout and roll over those old plateaus.

WHAT YOU NEED

- A large tractor tire—obviously. You can usually find one at an auto-body shop or junkyard. Most weigh between 400 and 600 pounds. Some hardcore gyms also have them.

WARM UP

- Do body-weight squats, lunges, push-ups, and leg raises. About 10 reps for each. Then do a set of dumbbell swings (swing the weight up to eye level) and chinups to prep your muscles for flipping.

START

- With the tire lying on its side, stand close (as in a deadlift) with your arms outside your legs and grab the underside of the tire. Lean into it so your chest is against it and your weight is on the balls of your feet.

POP

- Explosively lift the tire using your hips and chest. The movement is like a power clean. When the tire clears your waist, raise one knee (either one) to help you boost it upright (on its treads).

FLIP

- Switch to an over-hand grip and push hard through the tire. If you can't move it forward, push away and jump back so it doesn't drop on your feet. Now, go work on your deadlift (it's the best for flip strength).



Former UFC light-heavyweight champ Rashad Evans flips tires to flip opponents.

EVANS: SYE WILLIAMS/CORBIS OUTLINE; USHER: FAIRLIGHT/IDOLS; PEAS: GLOMERQUE/GETTY IMAGES

WORKOUT

● Perform two sets of three to six flips, resting two minutes between sets. Time your sets and try to improve your time each week. You can also flip the tire after your weight workout as a finisher.



THE MF GUY » USHER

BY BRANDON GUARNERI

► When R&B superstar Usher is in the “zone,” his mesmerizing energy knows no limits. “I could do a two-hour show, then head to the gym for another hour workout,” he says. When not on the road, Usher, who just released his sixth album,

AGE
31
HEIGHT
5'9"
WEIGHT
170

BODY OF WORK
“Love in This Club”
(2008)
“Yeah” and “Burn”
(2004)
“U Remind Me”
(2001)

Raymond vs. Raymond, trains with Cliff “Hollywood” Boyce in Atlanta. At least three times a week, he hits his core as part of a circuit that includes cardio. Usher also does body-weight exercises and traditional lifting. He also keeps his diet extremely clean. “I’m big on natural juices like wheatgrass,” he says. “Having abs isn’t just hundreds of situps.”

HIS WORKOUT

At least three times per week, Usher completes this ab circuit. He does a move for 30 seconds, then, after a 10-second rest, runs on the treadmill for two minutes. He repeats with the next movement until he’s done with each exercise. His goal: five circuits in less than an hour.

Floor plank

► In a pushup position, rest on your forearms on the floor.

Incline Swiss-ball plank

► In a pushup position, place your forearms on the ball and hold. Keep your body straight.

Prone knee tuck

► In a pushup position, rest on your forearms. Bring your right knee toward your left elbow, return to the starting position, then switch.

Alternating medicine-ball pushup

► In a pushup position, keep one hand on the floor and the other on a medicine ball. Lower your body and then roll the ball to your other hand and come up.

Upside-down banana crunch

► Lie flat on your stomach with your hands and feet off the floor. Roll on your back and try to touch your toes without touching the floor.

Egg roll crunch

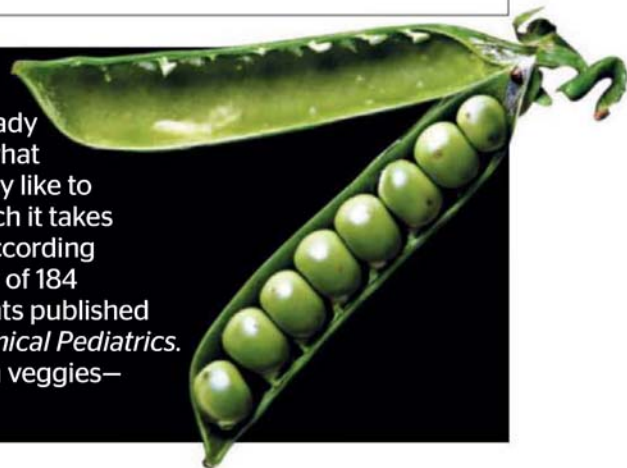
► Lie on your back, cup your ears, and bring your knees to your chest. Roll up into a sitting position, then back on your shoulders so your hips are above your chest. Do not allow your hands to touch the floor.

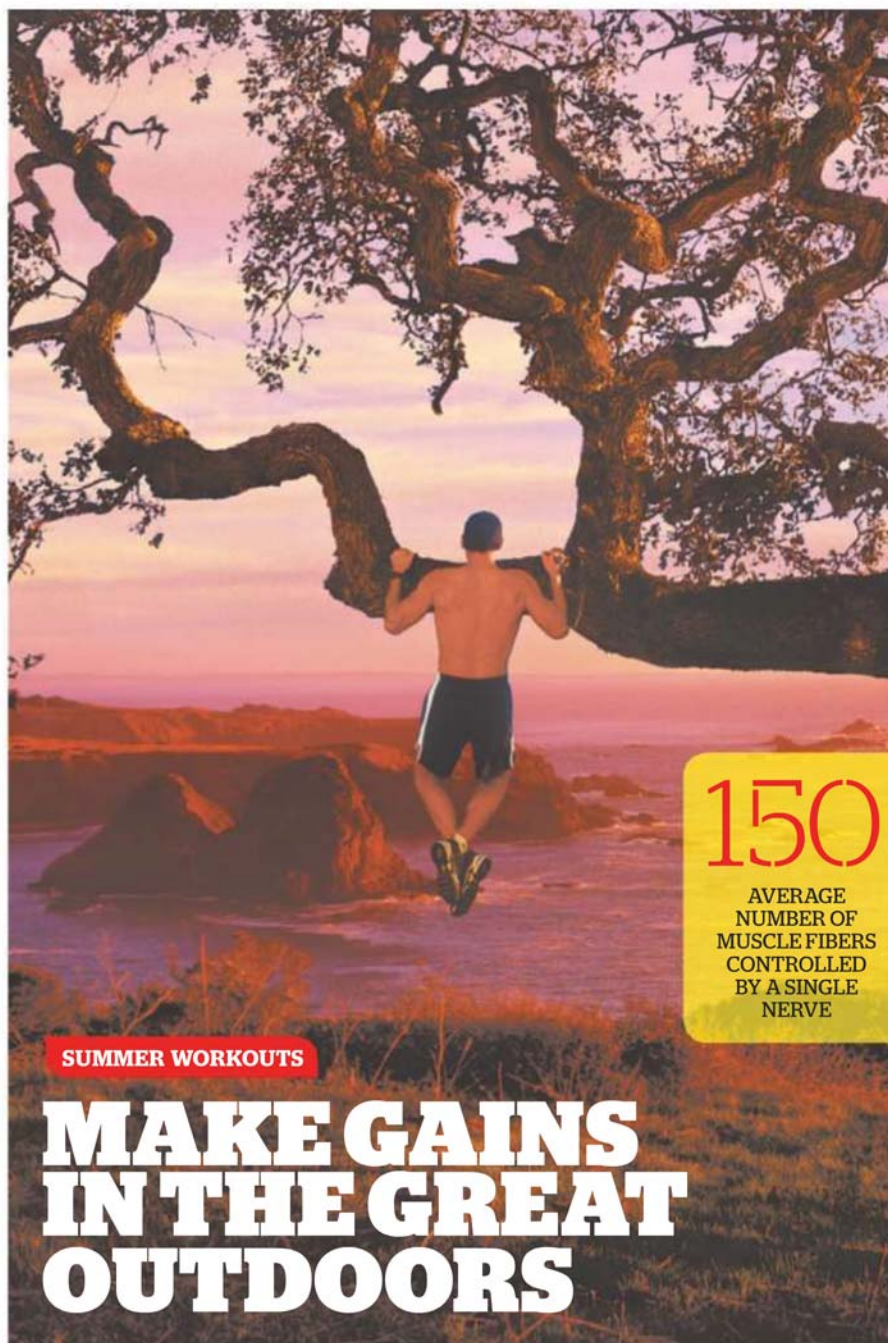
For full exercise descriptions, visit mensfitness.com/ushersabs

FIT NEWS

3
MONTHS

Age at which babies have already begun to learn what kinds of food they like to eat and how much it takes to fill them up, according to a recent study of 184 overweight infants published in the journal *Clinical Pediatrics*. Lesson: Feed ‘em veggies—early and often!





SUMMER WORKOUTS

MAKE GAINS IN THE GREAT OUTDOORS

150

AVERAGE
NUMBER OF
MUSCLE FIBERS
CONTROLLED
BY A SINGLE
NERVE

4 ways to take your workouts out of the gym and into Mother Nature

BY JON HINDS

● It's summer! No need to squat in a dank gym anymore. Build muscle, burn fat, and get killer abs by adding a few of these outdoor challenges to your routine.

Suspension training

Many parks have bars you can use to do chinups and dips. Increase your options with a suspension training device, such as the Jungle Gym (available at monkeybargym.com). Attach the adjustable straps to any bar or even a sturdy tree limb to do dozens of exercises.

Blockbusters

After warming up, sprint one block at about 75% of full speed. Then walk a block. Repeat for two to three miles. The following week, try to up your distance.

Hill sprints

Find a hill (about 100 yards is ideal). Sprint to the top and then walk down. Repeat six to 10 times.

Wheelies

The Power Wheel, a patented ab wheel, is the most effective core-training tool, say California State University researchers. Attach it to your feet, get into pushup position, and start walking on your hands. When you can make it 100 yards, you will have ripped abs.

GYM LIES

THE LIE

YOU NEED VARIETY TO MAKE PROGRESS



THE TRUTH

Changing your routine too often can prevent you from making quantifiable progress. Keep doing basic compound lifts (deadlifts, presses, etc.), but swap them every four to six weeks with similar movements. For example, swap rack pulls for deadlifts or use dumbbells for presses.

HARD GAINER

INTENSITY VS. VOLUME

Tips for guys who have trouble putting on muscle

BY JASON FERRUGGIA

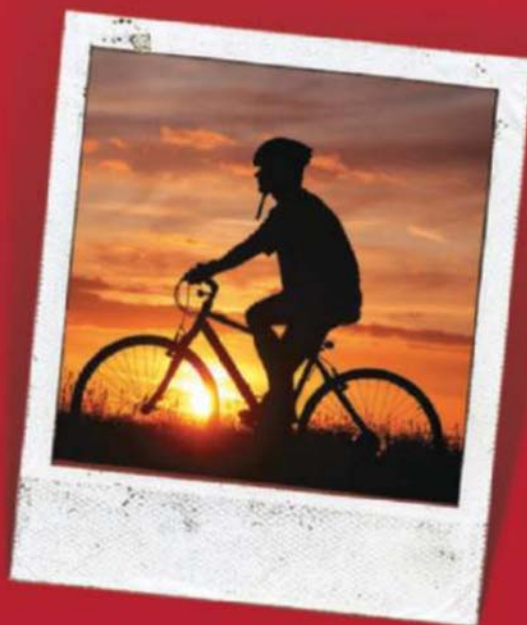
To train effectively and safely, you need to understand the difference between lifts that work through "intensity" and those that require "volume." The squat, deadlift, and bench press are all intensity exercises. They require exacting form. If you do too many sets or reps (more than five per set), you risk injury and overtraining.

Alternatively, dips, pushups, and chinups are volume exercises. It's safe and more effective to perform lots of reps on them. Save the heavy lifting for the barbell exercises, and finish your workouts with easier exercises where you can do the most reps.

► Jason Ferruggia is the owner of musclebuildingsecrets.com. Follow him on Twitter at twitter.com/JasonFerruggia

I'm one rider,

inspired by one little boy with diabetes,
to join thousands of other riders across the
nation, supported by contributions from
thousands more. I ride for the 24 million
people living with diabetes, and the 57
million more Americans currently at risk.
I ride for one little boy.



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READY FOR THE BEACH!

Put the finishing touches on your beach body in the last eight weeks

BY ROBERT REAMES, C.S.C.S.

➔ Congratulations! You're at the final phase of our four-part program for getting a beach-ready body. If you're just discovering it, go to mensfitness.com/beachplan and start catching up. Here's the plan for the remaining weeks.

Weeks 13-16

NUTRITION >

You're training at a high level now, so support it with anti-inflammatory foods that help recovery. Spice your meals with ginger and turmeric and start adding omega-3 fats (such as flaxseed oil) to foods you prepare.

TRAINING >

Switch your workouts to split routines, working your chest, shoulders, and triceps one day; legs the next; and back and biceps on the third day. (Do eight sets of eight to 12 reps per set.) After the weights, do interval cardio for five minutes at the hardest pace possible. Train your core four days a week after your main lifts with exercises such as hanging knee raises and back extensions. Rest on Day 4. Repeat the cycle for the rest of the week.

Weeks 17-20

NUTRITION >

Eat lean protein, veggies, healthy fats, and fibrous starches (such as quinoa, couscous, and brown rice). Continue cutting the starches after 12 p.m.

TRAINING >

Drop your reps to five to eight. Switch the routine so you hit upper body one day, lower body the next, and then rest on Day 3. When you repeat workouts, increase the reps to eight to 12.

PART
4
OF FOUR

YOUR WORKOUT SUCKS!

DON'T ISOLATE, INTEGRATE

Trainer Mike Wunsch tweaks a reader's current program for better results

BY SEAN HYSON, C.S.C.S.

● Dan Reiner from Towson, Md., sent us his regimen. We called trainer Mike Wunsch of Santa Clarita, Calif., for some pointers.

Dan's program: Three full-body workouts a week, following 45 minutes of treadmill running. Here's Day 1. (The other workouts use similar exercises and rep ranges on different days.)

45-degree leg press

➤ Sets: 3 Reps: 20

Seated cable row

➤ Sets: 3 Reps: 20

Dip

➤ Sets: 2 Reps: 15-20

Machine shoulder press

➤ Sets: 2 Reps: 20

Cable curl

➤ Sets: 2 Reps: 20

Triceps extension

➤ Sets: 2 Reps: 20

Plank

➤ Sets: 3 Reps: 60-second holds

Mike's thoughts: "Full-body workouts are great, and three days of training will leave plenty of time for recovery. However, you don't have a single exercise that targets the hamstrings, glutes, and other interrelated muscles on the back side of the body, where total-body strength originates. You're also lifting too light to build muscle."

The overhaul: Drop the leg press in favor of a squat (using a barbell). Replace the machine shoulder press with a standing barbell press. You should also reduce your reps on each exercise to between five and 12 (go heavier). Finally, save your cardio for after you lift. Doing it beforehand will only tire you out, leaving you to lift with less focus and intensity.

I Accept No Limits.

Jason Powell's focus on being the best 'natural athlete' possible starts with a diet where nothing's left to chance. That's why we developed Platinum Hydrowhey, our most advanced protein technology. We start with the best protein, then purify and break it down to produce our fastest uptake ever. Next, we go the extra step of enhancing it with micronized BCAAs and digestive enzymes. Jason's true strength starts with a belief he can achieve anything without compromising. That's what Optimum Nutrition is all about. Read about Jason's True Strength at

TRUESTRENGTH.COM/JASON

FIND YOUR TRUE STRENGTH


JASON C. POWELL



30
GRAMS OF
HYDROLYZED
PROTEIN

8.8
GRAMS OF
BCAAs

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Prepare for
hydration.

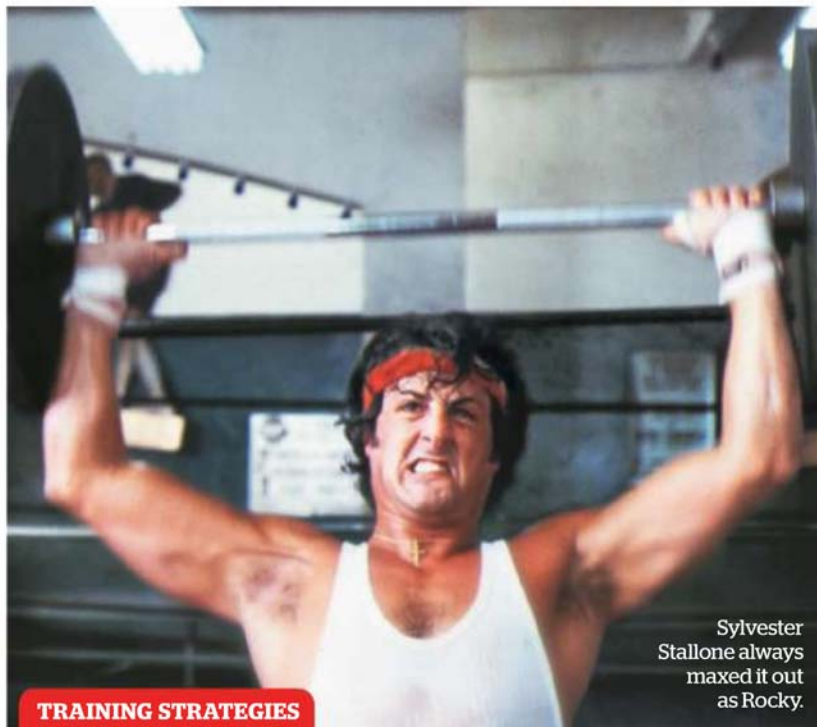


New Schick Hydro™ Shave Gels prepare your skin for a smooth shave, and take care of it afterwards with hydrating moisturizers.

Schick
HYDRO

FREE YOUR SKIN™

GET BIG



Sylvester Stallone always maxed it out as Rocky.

TRAINING STRATEGIES

MAX EFFORT = MAX RESULTS

We break down the basics of **max-effort training**

BY JIM SMITH, C.S.C.S.

WHAT IT IS

► The quickest strategy for making significant strength gains. **You work up to lifting 95% of your one-rep max** on a compound exercise (usually a barbell lift).

HOW TO USE IT

► Choose a lift—the squat, deadlift, or any barbell press is perfect. **Warm up gradually, increasing the weights each set but keeping your reps at five or fewer to save strength.** Continue until you reach 95% of your max and perform three to five reps. Reduce the weight by 10% and do another set. Follow the max-effort lift with exercises that train the same muscles (if you did a bench press, you could do chest exercises now) **and ones that work the opposing muscle**

groups (such as back moves, in this example). Repeat this workout a week later, trying to increase the weight on the main lift by five to 10 pounds. After three weeks, reduce the loads you're lifting to 50% to 75% of your one-rep max and start the cycle again in your next workout.

THE BENEFITS

► The technique increases strength, size, and coordination, and develops thicker tendons and ligaments, reducing your risk of injury.

THE RISKS

► Since you're lifting heavy, **it can be difficult to recover.** Workouts need to be well planned to avoid plateaus and overtraining.



MF PICK SLEEP TRACKER

► **Lots of devices** can tell you how many calories you burn in a day or the total distance in your run, but the Fitbit does all that **and more:** It monitors the quality of your sleep by noting the **time you fall asleep**, how long you are under, and how many **times you wake up**, giving you a better sense of how much rest **you're really getting.** **\$100 @ fitbit.com**

The New Schick Hydro™ 3.



Only Hydro has a water-activated gel reservoir that hydrates your skin as you shave.



It lasts up to twice as long as ordinary strips, and conditions with aloe and vitamin E.



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A better shave than the Mach 3.



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HYDRO

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THE CHEAT SHEET

CUSTOMIZE YOUR WORKOUT

Make every program work for you!

In an effort to make workouts simple, many trainers create only a basic template, leaving you to customize the routine as needed to suit your fitness level. Here's how to read those typical, generic routines and modify them for the best results.

YOUR STRATEGY

1) Work up to an RM •

When a program calls for an "RM" (rep max) it means lift the most weight you can handle for that number of reps. But don't start there. Work up to that weight. Do warm-up sets of two to five reps and increase the weight in 30- to 50-pound increments until you've found the appropriate load.

2) Stay in the range •

When you get a range of sets and reps, you can do the low end and add more sets or reps next week, or do the high end and reduce that number by adding weight.

BASIC WORKOUT

Bench press
 > 5 RM

Chinup
 > 3-5 x 5-10, 90 sec.

Dumbbell shoulder press
 > 3-5 x 10, 90 sec.

Dumbbell curl
 > 3 x 8-12, 60 sec.

Lying triceps extension
 > 3 x 8-12, 60 sec.

3) Leave some "in the tank"

If the program says eight reps, choose a weight that allows you nine or 10 reps. By leaving a rep or two "in the tank," you won't overly tax your system. In later workouts, you can aim for only the prescribed reps.

4) Rest as needed

Depending on the shape you're in, you may need more or less rest than what's written. Always rest as little as needed, but take more time when you really need it. Performing intense sets with good form is the most important thing when training.

MF HYDRATION STATION

H₂O can make you stronger

Muscles are made of 70% water, so failing to drink enough can leave you weak.

DRINKING WATER BOOSTS YOUR

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- > Storage of creatine
- > Energy level

Brands such as Smartwater, which is calorie-free and made from purified, distilled water, are your best bet. We like it because it's also packed with many of the essential electrolytes you lose while training.



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Gut Check

➤ **LOSE WEIGHT**
➤ **BURN FAT**

MF
06.2010



DIVE IN, GET LEAN

Use your local pool to lose weight and carve a six-pack

BY DEAN STATTMANN

➤ There's a reason Michael Phelps has such a lean, ripped V-shaped torso. Swimming burns lots of calories—750 or more per hour. We asked Stew Smith, C.S.C.S., a former Navy SEAL who's trained thousands of Special Ops recruits, for a fat-burning water workout. (This routine is designed for an Olympic-size pool, but any pool will work. Just adjust the laps as needed.) "You may not even have to diet," says Smith. "You should drop at least a couple of pounds a week."

THE WORKOUTS

Time

- 30-45 minutes per session
- Four to five sessions each week

Stroke

- Don't doggie paddle. For a novice, the backstroke is the easiest, then the side-stroke, breast stroke, and freestyle.

Beginner

- Tread water for three minutes, then stretch on a mat outside the pool.
- Swim 10 lengths of 50 meters each. Rest 30 to 45 seconds after each lap.
- "Beginners should try to add 100 or 200 meters every week," says Smith.

Intermediate

- Swim 200 meters (two Olympic-size laps), then stretch out.
- Swim 100 meters, then hop out of the water and do 10 pushups and 20 crunches. Rest for 30 to 45 seconds. Repeat for 10 sets.
- If you usually perform an upper-lower-body split, substitute body-weight squats for pushups on leg days.

Trainer Tip

Don't hit the water until you finish the rest of your training, says Smith. "It's good to swim after doing weights and calisthenics because you're going to be in a better fat-burning mode." And once you're done, you can hit the beach, guilt-free.



Get Lean

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The revolutionary fat burner

Red Zone is another incredible innovation from the scientists at Ultimate Nutrition. This revolutionary fat burner not only boosts calorie burning but also extends your workouts and increases your power. The Calorie Burning Complex is composed of eight powerful thermogenic compounds that stimulate fat loss. The Power Enhancing Complex features a clinically proven ingredient, PowerGrape®, that can increase power by an amazing 21 percent! The Fatigue Delay Complex includes the endurance-boosting combination of beta alanine and coenzyme Q10.

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GET MARIO'S ABS IN WEEKS

His new book, *Extra Lean*, shows you how to do it

BY BRANDON GUARNERI



Actor and TV correspondent

Mario Lopez has always been ripped. The former *Saved by the Bell* star and *Extra* host lays out a seven-week nutritional plan to help you drop up to 14 pounds in 14 days.

Stay Balanced

Lopez recommends sticking to a specific ratio of daily calories: Half should come from carbs, and a quarter each from protein and fat. "Eating too much of anything starts to complicate things," he tells *MF*. "It's all about finding a healthy medium." Aim for a good split at each meal, but remember that your daily total matters more than each individual plate. So if you had a salad for lunch, dinner can be heavier on carbs with whole-wheat pasta or brown rice. →

Lopez didn't get this body in the gym alone. Disciplined eating is the key.



Keep Going

Iso Meal Xtreme Complete Meal Supplement

Ultimate Nutrition Iso Meal Xtreme is a complete meal replacement for those with an active on-the-go lifestyle. It is the first complete meal supplement designed with whole grain oats and isolated proteins. This great tasting meal replacement shake is further enhanced with free-flowing BCAAs, glutamine, essential fatty acids, fiber and a complex vitamin and mineral blend, all in a convenient packet. For added portability, Ultimate Nutrition Iso Meal Xtreme is also available in a great tasting bar!

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Snack Strong

Eat frequently, but don't go crazy. "I try to graze all day—like a goat," Lopez says.

Grab a couple of healthy snacks between lunch and dinner—a small piece of fruit, a handful of raw nuts, or nonfat Greek yogurt, for example. This will keep your metabolism stoked and prevent you from getting so hungry that you'll eat anything in sight. If you don't plan ahead, you're much more likely to cheat.

Make Smart Choices

Eating often doesn't give you free reign to pick whatever you want. **Stick to whole-grains, fruits, or vegetables for carbs.**

Keep your proteins lean, like turkey breast, chicken, or fish. And shoot for variety. Eating the same thing every day can get boring. As long as your meals are in balance, your calories are in check, and you're eating frequently, **you can get away with a late-night snack—just not a candy bar.** "Half a frozen banana is a great option before you lie down for the night," Lopez says.

Always Be Ready

Lopez maintains his busy schedule by keeping workout gear on hand at all times. **"I always have a gym bag full of clothes in the car with a towel and all my toiletries. My trunk looks like a gym,"** he says. It's

hard enough to get your workouts done, but **keeping a change of clothes close by will take away one of your excuses.** "I've got my boxing gear, a basketball if there are hoops around, my racquetball racquets. I'm ready to go."

Cut Yourself Some Slack

"It's good to have occasional cheat days," Lopez says. "I love ice cream, pie, and cake." Whatever your favorite treat may be, let yourself have it once in a while. Just don't make it a regular part of your weekly diet. "You can't have it all the time, but take full advantage when you do, so you never feel deprived."



MARIO'S SHRIMP QUESADILLA

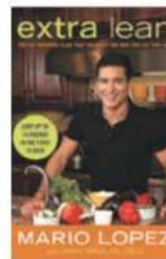
Ingredients

- 1 tsp canola oil
- 1 clove garlic, chopped
- 3 raw shrimp, peeled and deveined
- ¼ cup red onion, thinly sliced
- ¼ cup bell pepper, sliced
- ¼ cup mushrooms, sliced
- 1 cup baby spinach
- ¼ cup Worcestershire sauce
- Nonstick cooking spray
- 1 whole-wheat tortilla
- ¼ cup low-fat cheese, shredded
- 2 tbsp salsa
- 2 tbsp nonfat Greek yogurt

Make It

- **1** Heat oil in a nonstick skillet. **2** Add garlic and shrimp, and cook for 1-2 minutes per side. **3** Add vegetables and sauce; cook for an additional 5 minutes; remove to a bowl.
- 4** Spray the skillet with cooking spray, place tortilla in pan, and top half with shrimp mixture and cheese. **5** Fold tortilla in half and cook for 2 minutes per side, pressing down with a spatula until cheese melts.
- 6** Serve topped with salsa and yogurt.

Nutritional Breakdown 396 calories, 32g protein, 37g carbs, 11g fat, 5g fiber



Recipe from
Extra Lean by
Mario Lopez
and Jimmy Peña

WHAT I EAT



Lopez keeps his diet extremely clean—free of processed foods and excess fats and sugars. Here's a sample menu from a typical day.

BREAKFAST

Granola, some fruit, some yogurt

LUNCH

Scrambled egg whites with chicken breast and bell peppers

DINNER

Raw fish with a little bit of rice. "When I do a more aerobic workout," he says, "I'll pump up the carbs a little bit more during the day."

PRE-WORKOUT

Chicken breast

POSTWORKOUT

Fish and vegetables

SNACK

Peanut butter with a banana and almonds. "I'll usually go home and have a few more munchies," he says.



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Build your summer body



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Man Meals

SALADS THAT SATISFY

These hearty dishes are fresh, low cal, and they make a great meal or snack

Beef “California Roll” Salad

Ingredients

- ½ cup hoisin sauce
- 2 tbsp minced garlic
- 1 tbsp sesame oil
- ½ tsp pepper
- ¼ cup + 1 tsp pomegranate juice
- 2½ tbsp minced fresh ginger
- 3 boneless beef top loin (strip) steaks, cut ¾ inch thick (about 8 oz each)
- 2 tsp wasabi paste
- 2 cucumbers, thinly sliced
- 1 tbsp light mayonnaise
- 2 cups thinly diced carrots
- 1 medium avocado, diced
- ½ cup fresh pomegranate seeds
- 1 tbsp toasted sesame seeds

Make It

➤ **1** Combine hoisin sauce, garlic, sesame oil, pepper, ¼ cup of the pomegranate juice, and 2 tbsp of ginger in a bowl. **2** Add the steak to the mixture and let marinate for at least 15 minutes. **3** For Wasabi Cucumbers, combine wasabi and remaining 1 tsp pomegranate juice in bowl; add cukes; toss to coat, then refrigerate. **4** To make Gingered Carrots, mix mayo and remaining ½ tbsp ginger. Add carrots; toss to coat, then refrigerate. **5** When ready to eat, grill steaks. Slice the cooked meat thin and serve over cukes and carrots. Top with avocado, pomegranate and sesame seeds.

Nutritional Breakdown

➤ **310** calories, **28g** protein, **17g** carbs, **14g** fat, **4g** fiber. Serves **6**

A Sub With Kick

Can't find hoisin sauce? Swap in soy sauce spiked with ginger or chili pepper—whatever you like to give the meat some extra bite.



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Tomato & Watermelon Salad

Ingredients

- 4 lbs watermelon, cubed
- 3 large tomatoes, cut into 1-inch pieces
- 6 oz feta cheese, crumbled
- 2 tbsp extra-virgin olive oil
- ½ cup diced fresh basil
- ¼ cup diced fresh mint

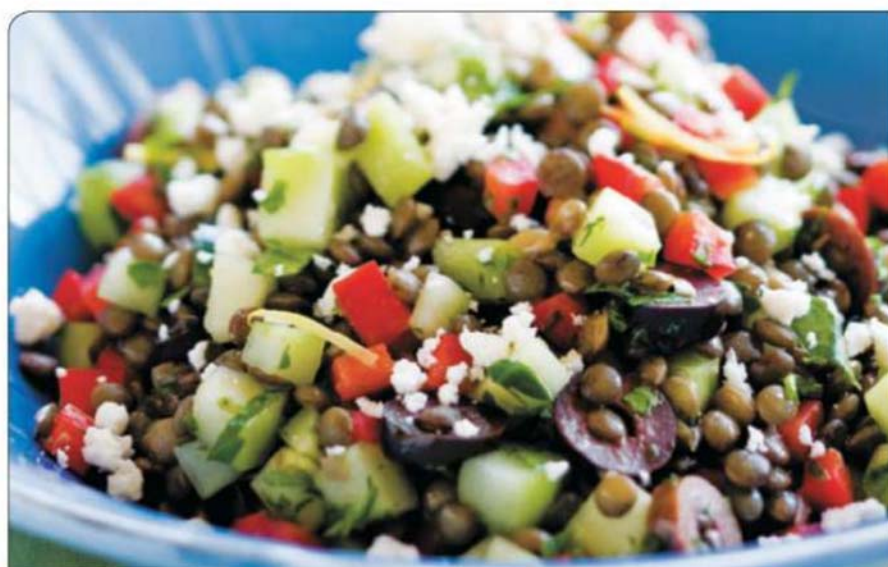
Make It

- **1** Place watermelon and tomatoes in a bowl. **2** Crumble feta over the top. **3** Drizzle with olive oil. **4** Season with salt and pepper. **5** Toss gently and top with basil and mint.

Nutritional Breakdown

- **347** calories, **9g** protein, **59g** carbs, **12g** fat, **3g** fiber. Serves **6**

CREATED BY ANDREW SWALLOW, AUTHOR OF *MIXT SALADS: A CHEF'S BOLD CREATIONS*



Mediterranean Lentil Salad

Ingredients

- 1 cup dried lentils, rinsed well
- 1 clove garlic, minced
- ¼ tsp dried oregano
- 2 bay leaves
- ¼ tsp cinnamon
- ¼ cup extra-virgin olive oil
- 1 tbsp brown rice vinegar
- 2 tbsp lemon juice
- ½ tsp ground cumin
- ¼ tsp sea salt
- 1 red bell pepper, seeded and diced
- 1 small cucumber, diced
- ½ cup pitted Kalamata olives, sliced
- 3 tbsp chopped mint or parsley
- 2 oz feta cheese, crumbled

Make It

- **1** Combine the lentils, garlic, oregano, bay leaves, and cinnamon in a saucepan. Add water until lentils are submerged approximately 2 inches. Bring mixture to a boil, then cover and let simmer over low heat until tender, about 20 to 25 minutes. **2** Drain lentils and discard bay leaves. **3** Whisk together olive oil, vinegar, lemon juice, cumin, and salt. Toss the lentils with the vinaigrette, stir in remaining ingredients, and top with feta.

Nutritional Breakdown

- **210** calories, **7g** protein, **21g** carbs, **12g** fat, **5g** fiber. Serves **6**

CREATED BY REBECCA KATZ, AUTHOR OF *THE CANCER-FIGHTING KITCHEN*

Carrot & Beet Salad

Ingredients

- 2 tbsp orange juice
- 2 tsp lemon juice
- 2 tsp extra-virgin olive oil
- ½ tsp minced fresh ginger
- ¼ tsp sea salt
- 1 cup peeled and shredded carrot
- 1 cup peeled and shredded red beet
- 2 tbsp chopped fresh mint

Make It

- **1** Mix the orange juice, lemon juice, olive oil, ginger, and salt together. **2** Toss carrots with half the dressing and the beets with the other half. **3** Serve salads side by side or mixed together, topped with mint.

Nutritional Breakdown

- **50** calories, **1g** protein, **7g** carbs, **3g** fat, **2g** fiber. Serves **4**

CREATED BY REBECCA KATZ, AUTHOR OF *THE CANCER-FIGHTING KITCHEN*



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FTT FOOD



ONE FOOD, FOUR SNACKS

Create these tasty, low-cal treats using **Greek yogurt**

BY ELIZABETH M. WARD, M.S., R.D.

With 12 grams of protein and a measly 130 calories per serving, low-fat Greek yogurt is one of the best things you can put in your body. And you don't have to eat it straight to maintain your diet: It's great with fresh fruit, as a substitute for sour cream, or in any of these quick, easy mini meals.

FROZEN SORBET

Blend fresh or frozen peach slices and a bit of sweetener until the peaches are finely chopped. Add ½ cup of yogurt, a dash of OJ, and ½ teaspoon vanilla extract. Mix until blended. Scoop into 1-cup serving dishes and freeze.



BONUS > Leaner than ice cream with twice your daily allotment of vitamin C, each serving also supplies a healthy shot of potassium and fiber.

SPINACH DIP

Mix 2 cups yogurt, ½ cup fat-free mayonnaise, 1 teaspoon salt, and 10 ounces of frozen chopped spinach (thawed and well drained). For extra crunch, add an 8-ounce can of water chestnuts (drained and chopped).



BONUS > It has less fat and calories than premade dip, plus loads of carotenoids for healthy eyes and vitamin K for strong bones.

INSTANT PARFAIT

Mix a bit of sweetener into a cup of yogurt. Then, in a tall glass, layer yogurt with your favorite whole-grain cereal and banana slices.



BONUS > Whole grains help to keep you feeling full and supply ample B vitamins to keep you energized.

SMOOTHIE

Mix a cup of fresh or frozen blueberries with ½ cup of OJ, ½ cup of yogurt, and some ice, and blend until frothy.



BONUS > The drink has fewer calories than a milk shake and is packed with fiber, potassium, and vitamins to help ease postworkout muscle soreness.

ME PICK » GRANOLA YOUR WAY



Most store-bought granola is full of preservatives and never has enough of the good stuff you love. For a better option, surf over to meandgoji.com and mix up your own custom blend of grains, nuts, and dried fruit. A nutrition tracker even counts calories, carbs, and nutrients as you go. Twenty-five ounces (about two boxes of regular cereal) costs around \$10.

AVOCADO 101

These green powerhouses are packed with vitamins and healthy fats. If you're only eating them in salads or with chips, you're missing out. Grab a ripe fruit and try one of these unique preparations to get more in your diet.

GRILL IT

► Brush a couple of cut, peeled halves with olive oil and grill them for three to four minutes. **The outside will get crispy—the inside turns molten and creamy.** Fill the grilled halves with salsa for an easy side dish. (Just make sure your grill is well oiled before using; or the avocado may stick.)

SAUCE IT

► In a food processor or blender, mix together 1 avocado, ¼ cup each of milk and sour cream plus onion powder, garlic, cilantro, hot sauce, lemon juice, and salt and pepper to taste. **Serve over grilled steak or chicken.** (The sauce tastes best at room temperature or warmed slightly.)

MIX IT

(with chocolate)

► For an easy natural pudding, dump ¼ cup of almond butter, ½ cup of agave nectar, 1 tsp vanilla, ¼ cup of cocoa powder, and 1 avocado into a food processor. **Process until smooth, adding up to half a cup of water as needed for moisture.** For extra creaminess, stir in a bit of coconut oil just before you eat it.

DIP IT

► Stir together some diced avocado, chopped tomato and green onion, black beans (rinsed and drained), a bit of red wine vinegar and hot sauce, plus a small can of Mexican-blend corn (drained). **Let it chill in the fridge then use as a dip for chips,** pita, or anything else you like.

SWAP IT

► Try smearing some fresh avocado on toast or a bagel instead of butter or cream cheese. **It's also great on burgers in place of high-calorie processed cheeses** or on a sandwich instead of fatty mayo.

Nutritional Breakdown
Per fruit
320 calories
4g protein
17g carbs
29g fat
14g fiber



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Sam Pasceri — Finisher,
Virginia Triple Iron Triathlon
— 3 back-to-back marathons
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Balls

★ PRO WORKOUTS
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2010 World Cup Special

FIT FOR BATTLE

To take on the world's best, team USA defender **Jonathan Bornstein** got in the best shape of his life

BY NATE MILLADO

Even before soccer's quadrennial global showcase began, Jonathan Bornstein was a World Cup hero—to Hondurans. During an October qualifying match against Costa Rica, the USA defender headed a corner kick into the net for a game-tying goal. The play eliminated Costa Rica from World Cup competition and propelled Honduras into the tournament for the first time since 1982. The goal came in the 95th minute of the game, a time when many players run out of gas. "That's what you train for day in and day out," he says. "I pride myself on being one of the fittest guys on the team, so that when a chance to score at the 95th minute comes along, I'm still able to push through." Still, to earn a spot on the American roster—and jostle with the world's best—Bornstein had to up his training intensity significantly. →



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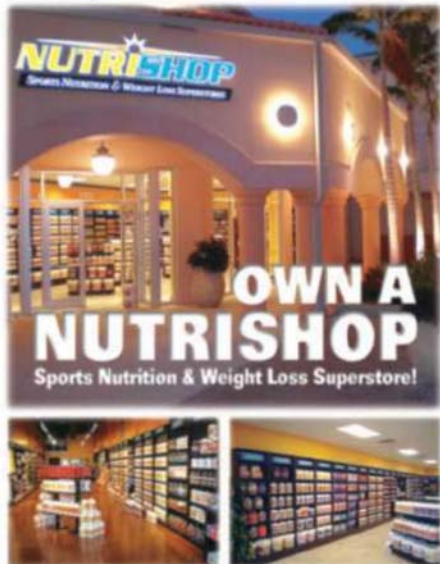
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We are dedicated to assisting our store owners in achieving success in this fast-growing retail nutrition industry. We are committed to providing full-training, complete marketing support from our in-house marketing and design team and complete operational guidance. Come share our success!

◀ **MELISSA PITTMAN** • Model Universe Champion, mother of 2 and a NUTRISHOP customer!
Image by: JW Atherton

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BALLS

BORNSTEIN'S WORKOUT

STAMINA

"To build a good base for my off-season training, I consistently try to run two miles under 11 minutes. I also do 'doggies' [shuttle runs], where I run from the end line to the six-yard line and back, to the 18-yard line and back, and to midline and back. During a match I have to run forward, stop on a dime, then come right back and defend."

UPPER BODY

"At 5'9", 150 pounds, I've always had to defend against bigger guys, so I need strong arms to hold them off. My upper-body workout concentrates on biceps, triceps, and chest. I'm building strength, not bulk, so I don't go super heavy. For biceps curls, I'll do two sets of 10 reps using 35-pound weights. For bench, I use 40 pounds on each side of the bar for three sets of 10 reps. It's not grueling, but it's enough to give you a good burn."

WORLD CUP '10 WHAT, WHY, WHO...

Everything you need
to know before kickoff

BY DEAN STATTMANN

Billions of viewers will tune in to watch the World Cup spectacle in South Africa. Here's your get-up-to-speed primer on the teams.



WHEN TO WATCH

You won't have to stay up into the wee hours to catch the matches. Thanks to a convenient five-hour time difference, all 64 games will air live and in HD on ABC, ESPN, and ESPN2. For the full schedule, visit mensfitness.com/worldcup.

LANDON DONOVAN
U.S.A.

LOWER BODY

"I focus on squats, leg presses, and calf raises. But again, I don't like to go heavy. If you tire your legs, you won't be able to run very well, and you're more prone to injury. I use 25-pound weights in each hand for lunges and 45 pounds on each side when squatting. **Beach runs make a great leg workout—man, do my hamstrings burn when I do 'em.** The sand slows you down a bit, so you've really got to push yourself."

CORE

"A strong core gives you a good center of balance, which is important in soccer because you're always changing directions. To be able to explode from where you are quicker than your opponent can is key. I end every workout with situps: 40 situps with my legs at 90 degrees, alternating knee touches, and jackknife situps. Then I do one-minute pillar bridges and three sets of 25-second side planks."

THE FAVORITES

Brazil

> The most successful team in FIFA tournament history with five World Cup titles. Team Brazil has also won every tournament it has participated in since 2006.

Italy

> The reigning Cups have changed since 2006, but goalkeeper Gianluigi "Superman" Buffon gives the Italians a great ship at retaining the crown.

Spain

> The current European champions enter their 13th World Cup in top form. Considered one of the best teams to have never won it all.

USA'S CHANCES

> Thanks to a fortuitous draw, Team USA should make it to the second round. The Americans face the Brits in one of the most eagerly anticipated games on June 12 at 2 p.m. ET on ABC. England trumps the U.S. in World Cup experience, having won the tournament in 1966.

THE STUDS

Landon Donovan

> The 28-year-old is the most dangerous weapon in the United States' World Cup arsenal.

Lionel Messi

> The Argentine forward (and the 2009 FIFA World Player of the Year), just 23 in June, is considered the best player in the world.

Kaká

> Maybe the best player of his generation. Last summer, Real Madrid signed the Brazilian midfielder for \$87 million.

WAYNE ROONEY
ENGLAND

DIDIER DROGBA
IVORY COAST

RONALDO
PORTUGAL

LIONEL MESSI
ARGENTINA

KAKÁ
BRAZIL

MESSI: AFP/GETTY IMAGES; ROONEY: AFP/GETTY IMAGES; DROGBA: CHRISTIAN LEWIG/MEDIA SPORTS/CORBIS; RONALDO: AFP/GETTY IMAGES; KAKÁ: CHRISTIAN LEWIG/CORBIS

Are your child's **ADHD** symptoms consistently controlled even during family time?



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prescription.

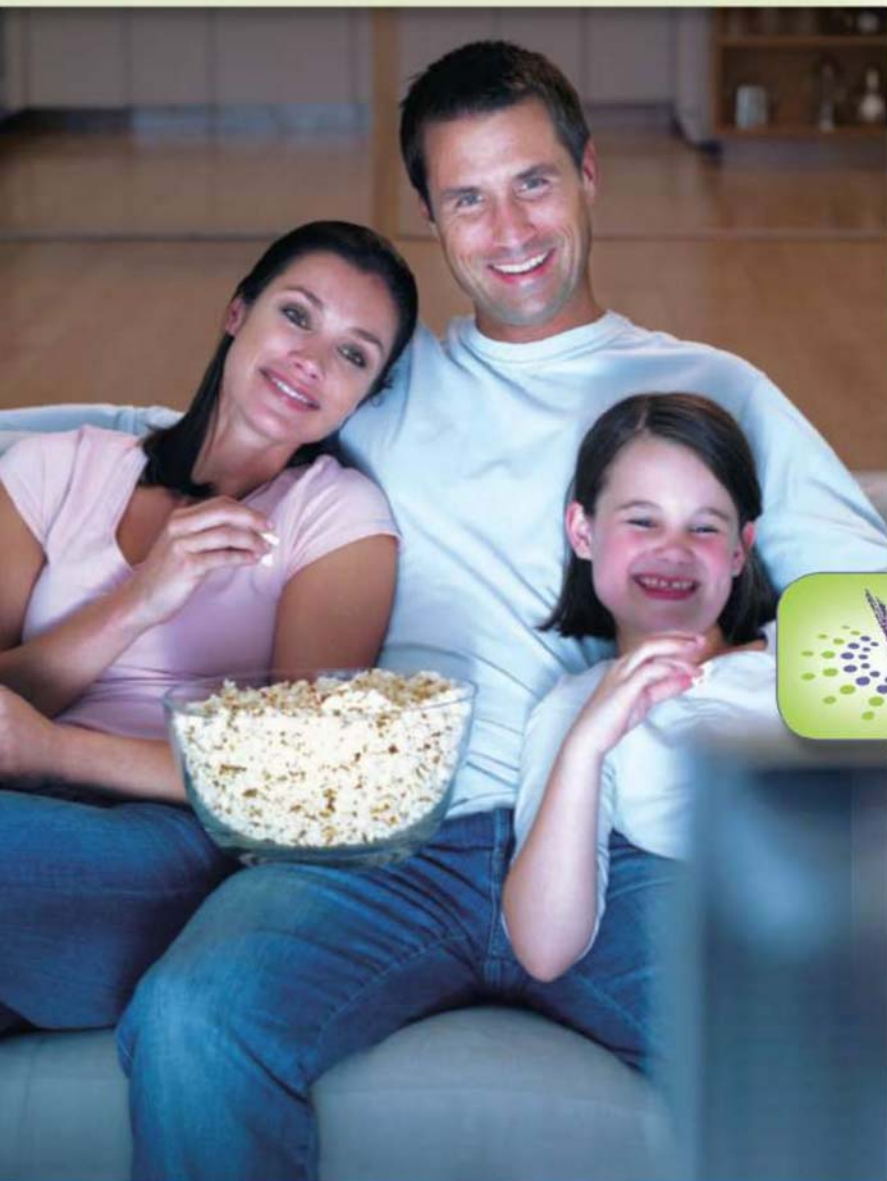
Restrictions may apply.

Please see Important Safety Information and Brief Summary of Full Prescribing Information on adjacent pages.

CONSISTENTLY
Vyvanse™
(lisdexamfetamine
dimesylate) capsules

VYV-00668 10/09

Vyvanse for adults with **ADHD**. Shown to be effective even at **14 hours** after taking.



7:00 AM

Ate breakfast and took Vyvanse.



11:00 AM

Focused on finishing a presentation.



5:00 PM

Organized my monthly bills.



9:00 PM

Was able to sit through my child's favorite movie.

CONSISTENTLY
Vyvanse™
(lisdexamfetamine
dimesylate) capsules

In a clinical study with adults with ADHD, Vyvanse significantly improved symptoms of inattention (eg, lack of focus), hyperactivity, and impulsivity. In another clinical study, Vyvanse was shown to be effective 2 hours after taking and was effective consistently throughout the day.

If you have ADHD and have trouble focusing, ask your doctor about Vyvanse.
1-866-633-5112, www.vyvanse.com

IMPORTANT SAFETY INFORMATION

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor **immediately** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor **before** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor **immediately** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Talk to your healthcare provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the following page.

Shire ©2009 Shire US Inc. VYV-00663 09/09

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- sudden death in patients who have heart problems or heart defects
- stroke and heart attack in adults
- increased blood pressure and heart rate

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- new or worse behavior and thought problems
- new or worse bipolar illness
- new or worse aggressive behavior or hostility

Children and Teenagers

- new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD). Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- is sensitive to, allergic to, or had a reaction to other stimulant medicines
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See "What is the most important information I should know about Vyvanse?" for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities. Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Last Modified: 05/2009

VYV-01080

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Outdoors

TRAIN LIKE LANCE

The seven-time
Tour champ's trainer,
Chris Carmichael,
reveals Armstrong's
workout secrets

BY DEAN STATTMANN

● You might want to train for a 100-mile ride. Or perhaps explore a few local trails. Maybe you're just looking to save money on your commute, burn a few extra calories, or strengthen your heart. Whatever the motivation, now's the time to start pedaling. We've got the expert training tips to get you started. Few know more about cycling than Lance Armstrong's coach Chris Carmichael. We asked the man behind Lance's seven Tour de France wins for his tips to help you pedal better. →

13
POUNDS

AVERAGE AMOUNT
A MAN WILL LOSE
IN HIS FIRST YEAR
OF COMMUTING
BY BIKE



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the strength of Warren Buffett's Berkshire Hathaway Inc.
(Note: the above portrait is not Mr. Buffett.)**

Nearly 15 years ago, GEICO became a proud part of Warren Buffett's famed holding company. Back then, the Gecko was one of the hardworking people — sorry, reptiles — in our GEICO offices. Now he's helped GEICO become not only the third-largest car insurance company in the country, but also the fastest growing. Which is no surprise. For over 70 years, GEICO has worked hard to save people hundreds on car insurance. So why not give the Gecko a call to see how much you could save? You'll find he's easier to reach than Mr. Buffett.

GEICO
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OUTDOORS

LANCE'S SECRETS

HARDER

GOAL > **Incinerate fat**

"Forget those slow, low-intensity 'fat-burning' workouts," Carmichael says. "Unless you're single and unemployed, you don't have enough time for that." Instead, train like the athlete you aspire to be, and your body will adjust. "Increase your workout intensity—go faster or do sprints or intervals. You'll burn more calories, getting faster and stronger while you get leaner."

BETTER

GOAL > **Ride more**

"A light 30-minute spin around the neighborhood the day after a killer workout or epic ride will get you back to full-throttle training sessions more quickly than sitting on the couch," Carmichael says. By boosting circulation to fatigued muscles and raising your core temperature, this kind of active recovery can significantly reduce your downtime, which also increases the number of high-quality training days you can get in each month."

Incorporating movement with his weight training boosts his cycling power.

FASTER

GOAL > **Gain speed**

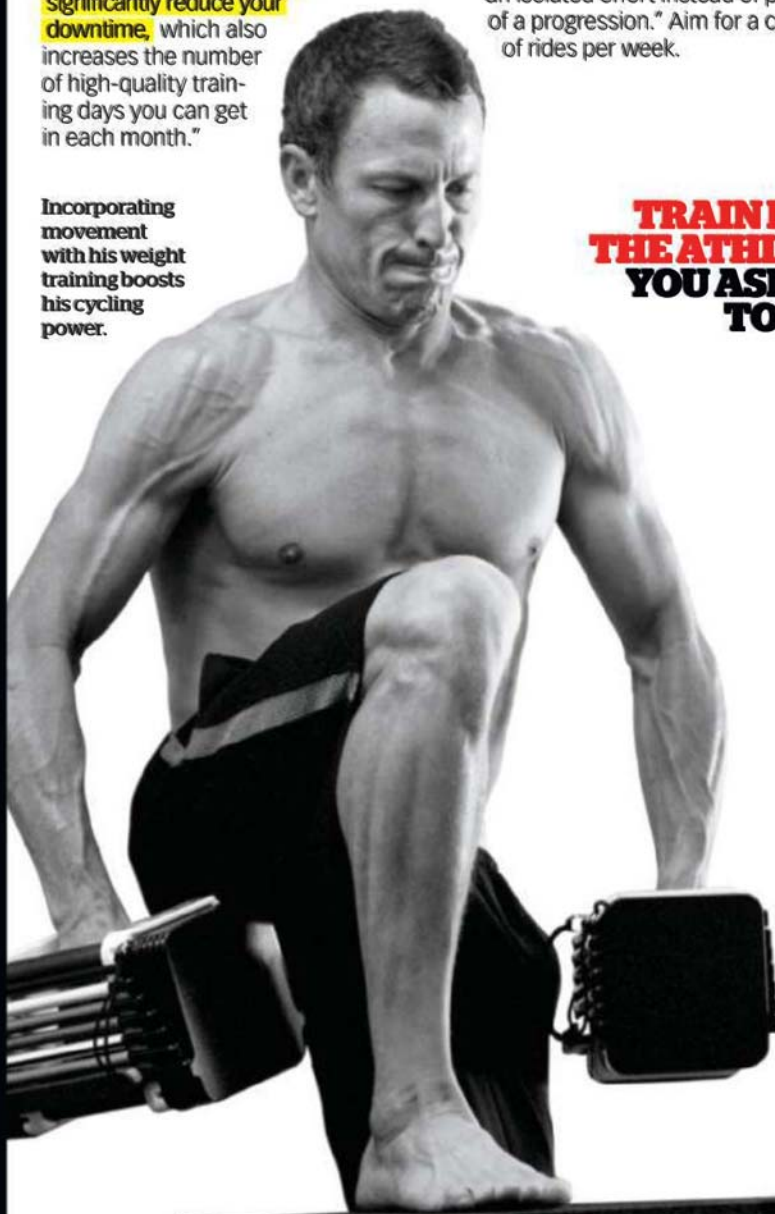
"Don't be intimidated by intervals. At their simplest, all it means is that you're alternating between 'harder than you can sustain long term' and 'easy.'" Intervals are also the key to riding faster. Try riding as hard as you can for two minutes, then spin easy for two minutes, and repeat a few times. "The key is that you're performing work at a pace and intensity above what you can sustain. It is the time spent at these intensities that will force your body to adapt and make you faster."

STRONGER

GOAL > **Build endurance**

"Training is a cumulative venture. You make progress by stressing your body, allowing it to recover and adapt, and then stressing it again." But you have to be consistent. "If you leave more than a week between training sessions, your body views each session as an isolated effort instead of part of a progression." Aim for a couple of rides per week.

**“
TRAIN LIKE
THE ATHLETE
YOU ASPIRE
TO BE.”**



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DESIGN IN TITANIUM



ROAD

Trek Madone 4.5

Based on Armstrong's race bike, the Madone 4.5 is strong and lightweight thanks to a carbon fiber frame.

You want this bike if: you're ready to take road biking seriously and want a bike that can keep up. **\$2,100** @ trekbikes.com

Gear

HOT WHEELS

Winding country roads, backwoods trails, or city streets—here are the best new bikes for any ride BY NOAH JOHNSON

MOUNTAIN

Specialized Stumpjumper FSR Comp

A versatile ride with a suspension system that makes it rigid enough for steep uphill climbs yet plush enough to smooth out the most rugged trails.

You want this bike if: you ride off-road and want a rig that can rip any terrain. **\$2,200** @ specialized.com



COMMUTE

Kona Honky Tonk

This classic steel-frame may seem retro, but it's built with über-reliable Shimano components and a sloping-top tube design to ensure super-comfortable riding.

You want this bike if: you commute daily and need a tough bike to handle it. **\$900** @ konaworld.com



STREET

Giant Seek 0

The minimal Seek 0 has an eight-speed internal drive train in the rear hub and powerful disk breaks—making it a practical and slick city cruiser.

You want this bike if: you're looking for a fun ride guaranteed to turn heads. **\$1,200** @ giant-bicycles.com



AS SEEN ON
PEOPLE

-WALK *the* WALK-
WITH

INGENIOUS
DESIGN

THE
"GRAVITY KILLERS"

THE
"TREE TRUNKS"

THE
"JACKHAMMERS"

THE
"MONEY MAKERS"

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TRUST

YOUR
★ QUADS ★

USE YOURS TODAY!

THE
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THE
"QUAD SQUAD"

"THUNDER"
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LIGHTNING

THE
"AFTERBURNERS"

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ON THE FLOOR

IF YOU USE MUSCLES, USE MYOPLEX. →

FUEL THAT HELPS REPAIR AND RECHARGE MUSCLES.



EAS

POWER TO THE PEOPLE™

Abbott
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New Pursuits

STAND-UP PADDLING

This fast-growing sport is a terrific full-body workout—and you can learn to do it in a weekend **BY BRIAN O'CONNOR**

GETTING STARTED

► Instead of lying on your chest and jumping to your feet when you catch a wave, you stand, propelling yourself through the water with a long paddle or oar. A stand-up paddleboard is thicker, wider, and longer than a surfboard, so it's easier to stand on and provides more stability on choppy water.

WHERE TO TRY IT

► Any lake, bay, or river is fine for mastering the basics. Once you know what you're doing, test your skills in these top-notch locales, which offer a variety of conditions, plus rentals and lessons.

Glenwood Canyon, Colorado

The 18-mile section of the Colorado River running through this town offers variety and predictably. "You've got rapids below the dam, and everything above it is flat," says Ken Hoeve, a Surftex-sponsored rider.

Blackwater National Wildlife Refuge, Maryland

Square in the heart of Chesapeake Bay crab country, this region is a paddler's utopia. "The remarkable marshland ecosystem has countless paths crisscrossing tidal marshes and covers more than 25,000 acres. It's really remote," says Luke Hopkins, founder of Ridestride.com, maker of Stride stand-up paddleboards. "And you have all these slow-moving channels that go all over the place."

Oahu, Hawaii

"This is a must-paddle destination," says pro stand-up paddler Liam Wilmott. "It's the birthplace of the sport." Every side of Oahu is accessible in less than an hour, and the conditions cater to every level of paddler.

You can try stand-up paddling almost anywhere, including rivers—like this guy in Colorado's Glenwood Canyon.

It works at night,
so I can play all day.

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Live Well

KNOCK OUT ANXIETY

Frayed nerves can lead to these monster side effects. But we've got **8 tension-relieving tips** from David Posen, M.D., author of *The Little Book of Stress Relief*.

By NATE MILLADO

Muscles tense

Blood pressure rises

Pupils dilate

Breathing becomes more shallow to bring in more oxygen

Heart rate beats harder and faster

Mouth goes dry

Tension can transform you into a hulking ball of stress.

GETTING HELP MANAGING MY SYMPTOMS WAS A WAY TO MOVE FORWARD.

Maybe ABILIFY can help you.

ABILIFY (aripiprazole) is clinically proven to help control the symptoms of manic and mixed episodes of Bipolar I Disorder in adults and in pediatric patients 10 to 17 years of age. It is one of many treatment options.

Hundreds of thousands of adult patients have been prescribed ABILIFY. Ask your healthcare professional if once-a-day ABILIFY is right for you.




ABILIFY
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

FOR THE ROAD AHEAD

www.abilifyinfo.com

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (for example, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of **tardive dyskinesia (TD)**, which could become permanent
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

Most common side effects ($\geq 10\%$) from all clinical trials involving adults or pediatric patients include:

- **ADULTS:** Nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness
- **PEDIATRIC PATIENTS (6 to 17 years):** Sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight

Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org



Partnership for
Prescription Assistance



IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-i-PIP-ra-zoll)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used alone or with lithium or divalproex to treat manic or mixed episodes of Bipolar I Disorder in adults or pediatric patients (10 to 17 years).

What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Be sure to tell your healthcare provider:

- About any medical conditions you may have
- Whether you're taking any other prescription or over-the-counter medicines, vitamins, or herbal products
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. Common side effects in pediatric patients (6 to 17 years) include: sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY (aripiprazole) due to side effects?

The percentage of adults who discontinued taking ABILIFY due to side effects compared to those treated with sugar pill was 11% and 10% in clinical trials of ABILIFY used alone and 12% and 6% in a clinical trial of ABILIFY used with lithium or divalproex.

In clinical trials, the percentage of pediatric patients (10 to 17 years) who discontinued taking ABILIFY due to side effects was 7% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), ABILIFY DISCMLT® contains phenylalanine
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com/bipolardisorder

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

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570US08CBS01904 0309L-2755 D6-B0001D-11-09-BD November 2009



It ain't easy being green. Just ask Hulk.

1 Take a deep breath

Try slowing your breathing rate to seven to eight breaths per minute. Inhale to a count of four, then exhale at the same speed. "You'll trigger something called the relaxation response," Posen says. "Your heart rate slows down, your blood pressure goes down, and your muscles relax."

2 Stretch out

Hunched over a computer all day? Get up and walk around every 30 minutes. Do some neck and shoulder rolls. Stretch your arms parallel to the floor, and do circles. A minute or two will loosen tight muscles.

3 Catch more z's

When you get the sleep you need, you're not only more energized but also more relaxed. A good rule: one hour of sleep for every two hours you're awake.

4 Watch funny videos

Laughter relieves tension and releases those feel-good beta-endorphins.

5 Lose the java

"I call coffee 'stress in a cup,'" Posen says. It's not just coffee—tea, cola, energy drinks, even chocolate can leave you jittery.

6 Sleep on the job

Have a stressful meeting? Calm your nerves by napping for 20 minutes—but not any longer or you're likely to slip into a deep sleep and wake up feeling crummier. (And don't forget to wipe the drool off your desk.)

7 Vent

Talk it out with somebody: a therapist, girlfriend—even a lifting buddy. "People hold a lot of stuff in," Posen says. "I always say, 'Those who suffer alone suffer a lot.'"

8 Be realistic

Keep things in perspective. "Sometimes, parts of your life are like going to see a movie you were told was the best ever," Posen says. "It may be good, but it wasn't the best ever, and you kind of feel let down."

THE "AAAHH" DIET

Holistic nutritionist Andrea Donsky offers 4 essential nutrients to help end your worries



B vitamins

Essential for keeping your brain running smoothly and your energy high. Look for B vitamins in dark leafy greens, cheese, pork, beef, eggs, liver, chicken, and whole-grains.

Omega-3's

Good for keeping your heart and brain healthy. They fight anxiety and minimize depression. Mackerel, sardines, herring, anchovies, and salmon are all packed with them. Walnuts and chia seeds are also good sources.



Magnesium

This "antistress" mineral helps relax tight muscles. Load up on it with spinach, black beans, halibut, pumpkin seeds, oat bran, almonds, cashews, and tomato paste.



L-tryptophan

This amino acid is synonymous with relaxation. Once eaten, tryptophan converts to serotonin, a "feel-good" chemical. You'll find it in turkey, eggs, bananas, yogurt, fish, chicken, cheese, and lentils.



WHACKED OUT? WORK OUT!

If there's anything close to a magic bullet for stress relief, it's exercise. A good workout stimulates your body's "feel-good" beta-endorphins, hormones that are 30 times more powerful than painkilling morphine. Any of these activities will surely ease the strain.

AEROBIC EXERCISE

"Running, cycling, swimming, the elliptical machine. Anything that's repetitive against moderate resistance," Posen says.

BOXING

"Punching away on a heavy bag can be a great outlet."



SPORTS

"Playing squash, tennis, basketball, soccer, or other sports is an excellent stress reliever."

YOGA

"Meditation and stretching can help with slower breathing and clearing your mind."

Speed

TOPELESS HOTTIES

Convertibles you dream
about—for every budget

BY NOAH JOHNSON



\$170K



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Audi's top-of-the-line supercar is packed with muscle and drives as smoothly as any of the brand's renowned luxury cars. Housed in its rear, the Spyder's 5.2-liter, V-10 engine oozes performance: It's quick off the line (0-60 in less than four seconds), fast at the top end (194.5 mph top speed), and fiercely powerful (525 hp). audiusa.com

COURTESY OF AUDI (2)



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LIVE WELL



2011 FORD MUSTANG GT

The 5.0-liter, V-8 has long been a Mustang fan favorite, and the latest version is Ford's best GT yet. Though it has 412 hp, it maintains a surprising 25 mpg on the highway thanks to the newly designed lightweight V-8 power plant.
ford.com

\$34K



2011 MERCEDES-BENZ E550 CABRIOLET

The new E-Cab has a 382-hp, 7-speed automatic V-8 engine, plus an AirCap soft top that reduces turbulence and noise from wind, making this convertible comfortable all year round. The top disappears in less than 20 seconds—even while driving up to 25 mph!
mbusa.com

\$65K



2011 MAZDA MX-5 MIATA

This roadster, contrary to what some believe, is not a "chick's car." It's built to race. The MX-5 also sports a 167-hp engine and a perfectly balanced frame that makes for super-responsive handling.
mazda.com

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THE DIRT STOPS HERE™

The Look

Style Vibe

KELLY SLATER

The guy who's won more than 40 top surf titles reveals how to show off your bod on the beach.

• ESSENTIALS

You'd think this gold medal X-gamer would have board shorts for every day of the year. "Even though I have a line with Quiksilver, I own maybe three pairs," he says. You should be safe with two. **Stick to basic colors—they're slimming**—with a cut that stops just above the knee.

• PROTECTION

"Some sunscreens have **carcinogenic ingredients**," says Slater. "Look for natural ones such as Mercola instead. If you're putting it on, you might as well put one on that's good for you."

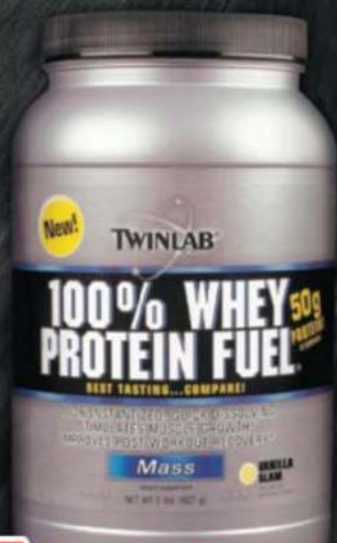
• A SAND-FREE SCALP

Sprinkle a bit of baby powder on the tips of your fingers and rub it into your scalp. The powder absorbs the moisture, so the sand brushes away easily. Slater takes another route: "I just shave my head once a week," he says.



REAL STRENGTH

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Battle glare this summer with these cool aviators



CONFESSIONS OF A
FORMER ROGAINE® CYNIC



**“I HAD MY DOUBTS.
BUT THEN MY GIRLFRIEND
STARTED WANTING TO RUN HER
FINGERS THROUGH MY HAIR.”**

~ David Weiss ~

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(n=352) of twice daily use of Men's
ROGAINE® Foam vs. Placebo. Reference 1:
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THE LOOK

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6 SCENTS

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In a clinical trial, 5-Hour Energy significantly outperformed placebo on continuity of attention and self-related alertness. Neither 5-Hour Energy nor placebo affected blood sugar or mood. Provides a feeling of alertness and energy. Does not provide caloric energy. Not proven to improve physical performance, dexterity or endurance.

www.5hourenergy.com

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Sex

NO-FAIL COUGAR RULES

To catch an older woman these days, let the hunter be hunted

BY SIL LAI ABRAMS

● Today's cougars aren't passive. They're always on the hunt for new prey. But not every cougar (a hot woman several years older than you) is Mrs. Robinson seeking a young sexual playmate. Most are on the prowl for a real relationship. If that's what you're looking for, be careful. Mature women have limited patience for the shenanigans of youth, so stick to these five simple rules.

1. BE ASSERTIVE

This is not the time to be shy. Be direct and ask her out with confidence. Nothing is sexier than a man who knows what he wants.

2. AVOID LABELS

Don't make references to her as a "cougar." Many women still find the term offensive.

3. IGNORE THE AGE GAP

You're just stating the obvious, and she's well aware that she's older.

4. TAKE IT SLOW

Sure, the sex is hotter than any you've had before. But get to know her outside the bedroom, too. Ask her what she likes. Then follow through. She'll want you as much as you want her.

5. WORK FOR IT

A mature woman has seen (and heard) it all, so she won't be moved by childish words.

Do what you say you're going to do, and always mean what you say. Otherwise, she'll hit "delete."



Hollywood cougars, clockwise from top: Ellen Barkin, Courteney Cox, Michelle Pfeiffer, Nia Long, Eva Mendes, Demi Moore, Sharon Stone, Halle Berry, Teri Hatcher, Kim Cattrall, and Nicollette Sheridan.

CLOCKWISE FROM TOP: BARKIN: SARA DE BOER/RETNA LTD/CORBIS; COX: WWD/CONDE NAST/CORBIS; PFEIFFER: © NEW LINE CINEMA/COURTESY OF EVERETT COLLECTION; LONG: WIRE IMAGE; MENDES: SGRANTZ/WIREIMAGE.COM; MOORE: © COLUMBIA/COURTESY OF EVERETT COLLECTION; STONE: ANDREW ROSS/CORBIS; BERRY: GETTY IMAGES; HATCHER: WIRE IMAGE; CATTRALL: © NEW LINE CINEMA/COURTESY OF EVERETT COLLECTION; SHERIDAN: WIRE IMAGE

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IFBB PRO BODYBUILDER GEORGE FARAH grew up in Lebanon during that Middle East country's prolonged civil war. After immigrating to the United States, his survival instinct shifted from dealing with the constant threat of danger to making it through a single traumatic event. While trying to stop a robbery, George was shot 3 times at close range. Doctors wondered if he'd ever be active again, let alone train with the intensity of a bodybuilder. George never doubted his destiny. Log onto TrueStrength.com and learn about whey protein's role in George's recovery, rebuilding and resilience.

TRUESTRENGTH.COM/GEORGE

TRUE STRENGTH

George Farah
GEORGE FARAH

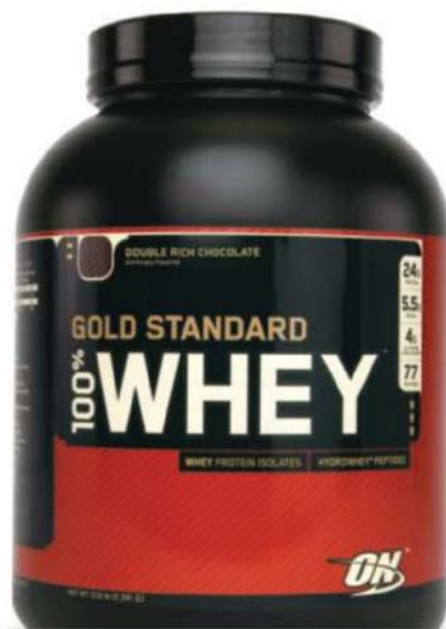
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SEX

RUB HER THE RIGHT WAY

An incredible massage can be your ticket to nirvana. We'll show you the way.

BY DESIRÉE GALLAS



Admit it, you've probably given your woman more than one half-assed rubdown thinking it was all you had to do to warm her up for sex. But you can do better. "Think of massage as sex without the penetration," says Juan Urosa, a licensed massage therapist from New York City's acclaimed Great Jones Spa. Do it right, and she'll be putty in your hands.

91

PERCENTAGE OF WOMEN WHO SAY THEIR WHOLE DAY WOULD BE BETTER IF THEY COULD FIND JUST 10 MINUTES A DAY TO RELIEVE THEIR STRESS. SO GET TO IT...

Soak her muscles

Get her relaxed before you amaze her. "Prepare a bath and pour in some essential oils," Urosa says. (You'll find them in any "chick" store.) "The bath will get her muscles ready for the massage." And it gives you an excuse to towel her off.

Make her comfy

Have her lie on your bed, facedown. Soften your hands with massage oil, then start rubbing her feet, not her back. "We have thousands of nerve endings in our soles that stimulate the entire nervous system," Urosa says. "Massage each foot, then slowly move up to her calves, then legs, and so on." Keep the progression slow.



Win her over—through her feet.

LUKE KREICI/GETTY

Change up your strokes

"Start with compressions—lean on the heels of your palms and apply pressure onto her muscles," Urosa says. Then knead—don't poke—her muscles with your fingers. Feather strokes are great on tender areas. Just roll your fingers back and forth while you move your hands up and down the muscle. "Pay attention to the top part of each muscle where it meets the bone."

Focus on her pleasure zones

"Her inner thighs up to her pelvic bone, her glutes, and pectoral muscles are all highly sensual areas," Urosa says. They're also neglected by the pros. "Use compressions followed by kneading on the inner thighs, butt, and tailbone, and feather strokes on the breasts."

MATING GAME // BY SIL LAI ABRAMS

(Not) Daddy's Little Girl

The woman I'm dating barely talks to her father. Should I be concerned?

It depends. How a person interacts with their opposite-sex parent is a big indicator of how they'll act with you. But you can't change how she gets along with her dad, so focus on how she treats you. If you notice behavior that can be linked to her relationship with her father, gently suggest she try to resolve it, perhaps by talking to a professional. If she treats you like a king, let it go and leave the psychoanalysis to Dr. Freud.

Abrams is *MF*'s relationship expert and the author of *No More Drama*. Got a question for her? Go to mensfitness.com/abrams.





ARE YOU READY?

When you push your body past the previous limits of human performance, it's no longer simply a workout – it becomes training. Training provides the stimulus for the foundation that lean, muscular growth and performance is built on, taxing mental and physical energy and forcing your body to adapt to the ever-increasing demands placed on it.

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BOX CONTAINS: 30 INDIVIDUAL SERVING STICK PACKS AND SUPPLEMENT SAVER

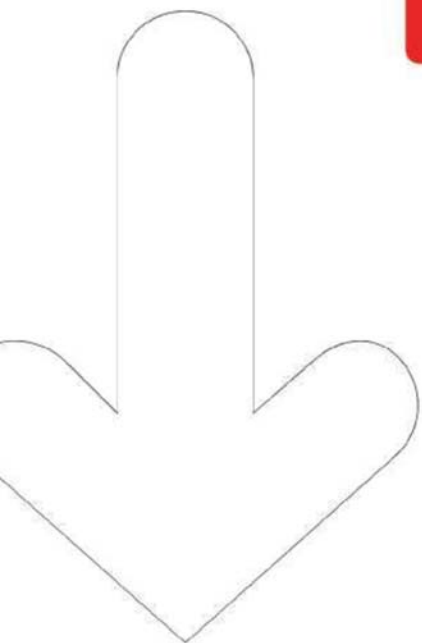


By SEAN HYSON, C.S.C.S., and THE MF TRAINING TEAM
Photographs by IAN SPANIER

WORKOUT OF THE MONTH

NEW MOVES NEW MUSCLE

15 EXERCISES YOU'VE (LIKELY)
NEVER TRIED THAT WILL
GUARANTEE BETTER-LOOKING
ARMS, ABS, AND PECS



WITH CONVERTIBLES, summer Fridays, and pool parties around the corner, you want to work on muscles that get noticed: arms, abs, and chest. Chances are you've already been hitting these areas hard, so we dug up some lesser-known classics—moves that will yield better and faster results, if for no other reason than your body hasn't tried them before. Incorporate a few or all of them into your workouts, doing a few sets wherever they feel most appropriate.





KEEP A
SLIGHT
BEND IN
YOUR ELBOWS
TO AVOID
JOINT STRAIN.

SUSPENDED FLY
➤ SEE PAGE 91

● Shot for *Men's Fitness*
at Crunch Gym
on Lafayette Street,
in New York City

FOR

STRONGER ARMS...

BRACE
YOUR ABS
THROUGHOUT
THIS MOVE.

Modified Handstand Triceps Pushup

➤ Place your hands on the floor so your index fingers and thumbs make a triangle. Then, plant your feet on a bench or chair behind you, push your hips up high, and bend your knees slightly. Lower your body straight down until the top of your head touches the floor. Keeping your body aligned, push back up.

GROOMING BY SARA STEWART; LOCATION PROVIDED BY CRUNCH GYM, CRUNCH.COM



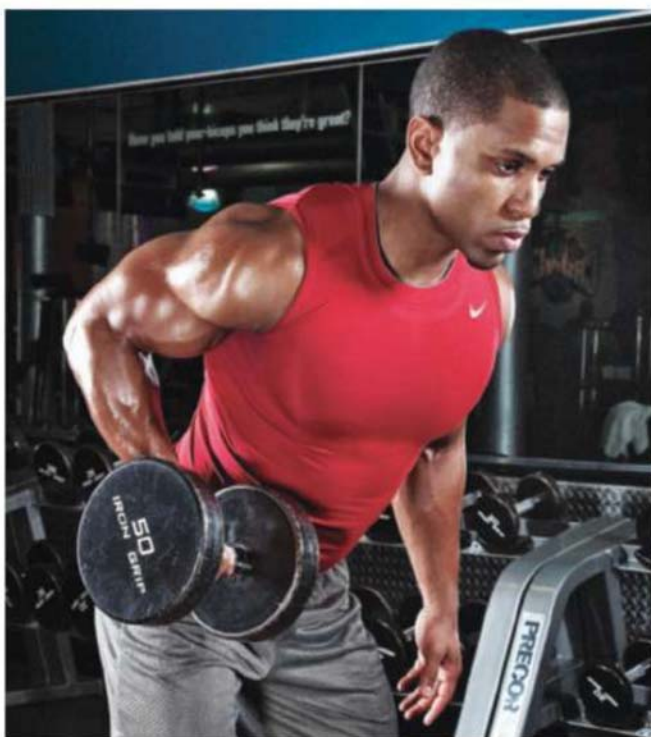
Plank Triceps Extension

> **Get into a plank position** with your forearms on the floor. Your elbows should be directly below your shoulders. Push through your palms to straighten your arms, keeping your abs tight throughout.



Bench Triceps Extension

> **Get into pushup position** with your hands on a bench. Bend your elbows and drop your head down until it's slightly under the bench. "The triceps respond well to exercises that overload the stretch portion of the movement," Waterbury says.



Biceps Row

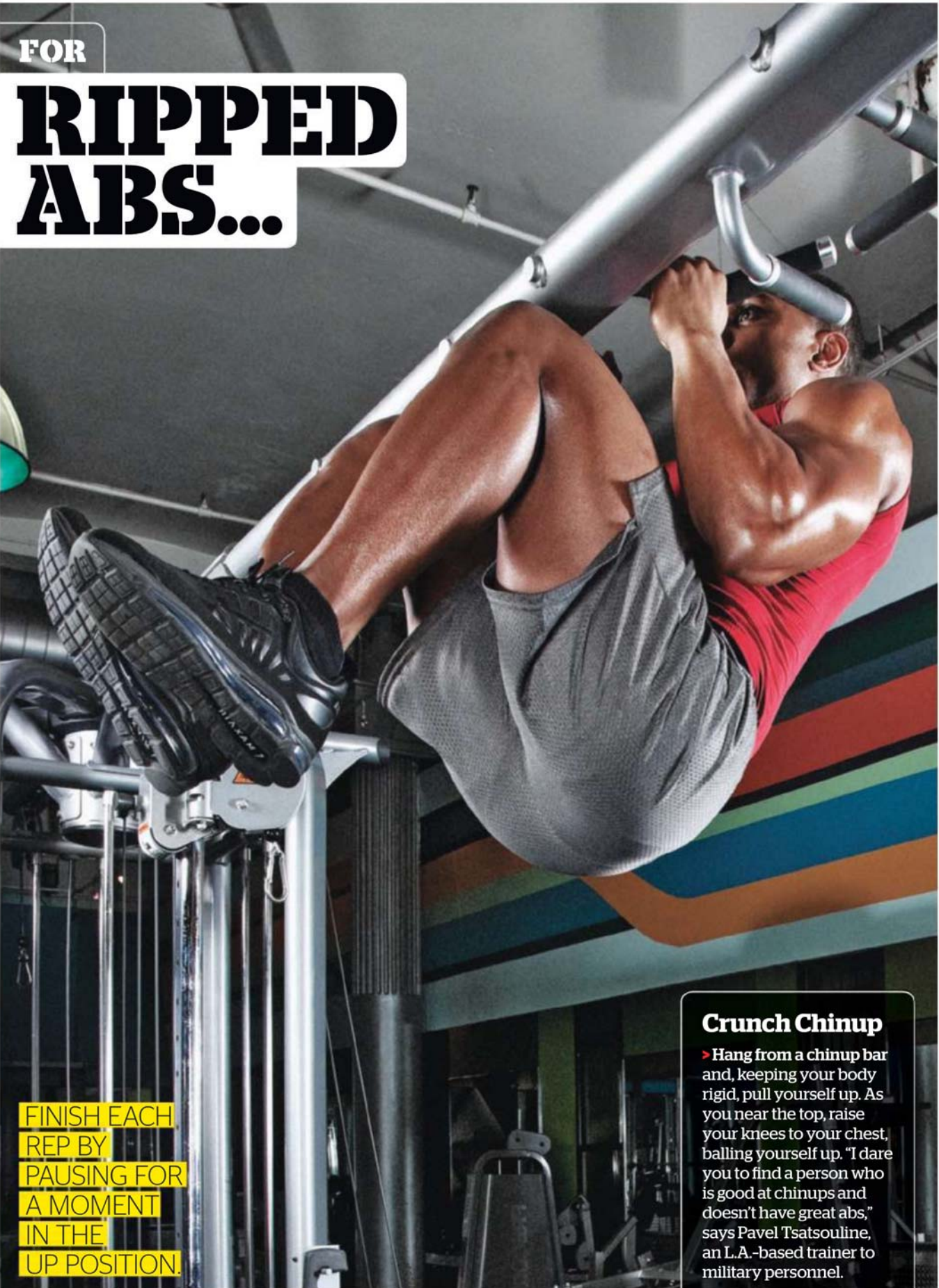
> **Hold a dumbbell** at your side with a palms-up grip and bend forward at the hips. Keep your lower back flat. Row the weight as high as possible while driving your elbow back. "The position keeps the emphasis on your biceps, not your back like a regular row," says Chad Waterbury, a strength coach in L.A.



Reverse Lunge with Curl

> **Hold a dumbbell** in your right hand with your palm facing your side. Step backward with your right leg while you curl the weight. "When you perform a one-arm curl, you can only lift as much weight as your core can stabilize," Waterbury says. "This move builds your biceps while strengthening your core."



A man with a very muscular physique is performing a crunch chinup in a gym. He is hanging from a horizontal bar with both hands, his body is pulled up towards the bar, and his knees are raised towards his chest. He is wearing a red tank top, grey shorts, and black sneakers. The background shows gym equipment and a colorful striped wall.

FOR

RIPPED ABS...

FINISH EACH
REP BY
PAUSING FOR
A MOMENT
IN THE
UP POSITION.

Crunch Chinup

► Hang from a chinup bar and, keeping your body rigid, pull yourself up. As you near the top, raise your knees to your chest, balling yourself up. "I dare you to find a person who is good at chinups and doesn't have great abs," says Pavel Tsatsouline, an L.A.-based trainer to military personnel.

Punch Plank

> **Get into pushup position**, balancing on your first two knuckles and with feet no wider than shoulder width. Lift one hand near to your chin, resisting the urge to rotate your shoulders. Squeeze your pec on the side that's balancing and shift your weight on the opposite foot. Hold it for as long as you can. "This drill will get your obliques' undivided attention," Tsatsouline says. "It teaches you to bring your body's full strength together for things like punching and bench-pressing."



Full-Contact Plank

> **Get into plank position.** Have a partner shove your midsection or kick your thighs and the soles of your feet (try it barefoot) to increase the challenge. Resist any kind of motion. "The kicks make all your muscles contract harder," Tsatsouline says. "The kicks to the feet target deep core muscles."



PLANK PERFORMANCE

Always keep your shoulders parallel to the floor and look straight down.



Drop Plank

> **Get into pushup position and lock your elbows.** Push your palms into the floor so your shoulder blades flare out and your chest caves in closer to the floor. Tighten your body. Have a partner pick up both your feet and then release one of them without warning. Now, prevent your leg from falling to the floor. Tsatsouline says to think about bringing your tailbone and belly button close together underneath your body. "Elite gymnasts use the drop plank to develop greater tightness," he says.



Situps with Power Breathing

> **When doing situps,** inhale through your nose and take the breath into your lower abdomen as you lower your body. As you go up, press your tongue behind your teeth and hiss, trying to contract your abs as hard as possible. "Think of your mouth as the nozzle of an air hose," says Tsatsouline. "When you press your tongue against your teeth, it is as if you have plugged the end of the hose with your thumb. The pressure inside the hose goes way up," and that increases the activity in your abs.

FOR A

MASSIVE CHEST...

Standing Cable Press

► Set the pulleys of a cable crossover station to chest height and attach a D-handle to each. Grab the handles and step forward until there is tension on the cables and your arms are in the bottom position of a normal chest press. Your stance should be staggered. Press the handles until they almost touch, and hold the position for a second while you squeeze your pecs. "You're using your core muscles while you press, which is what you do in real life," says *MF* fitness adviser Jason Ferruggia. The cables also keep your pecs working from all angles all the time.



Power Wheel Alligator Pushup

> **Attach your feet** to a Power Wheel (available at monkeybar gym.com) and get into pushup position. Squeeze your glutes and abs hard so your body forms a straight line. Perform a pushup, then "step" forward with one hand. Perform another pushup and repeat with the opposite hand. You can also perform the move on a waxed floor with your feet on a weight plate instead of the wheel.



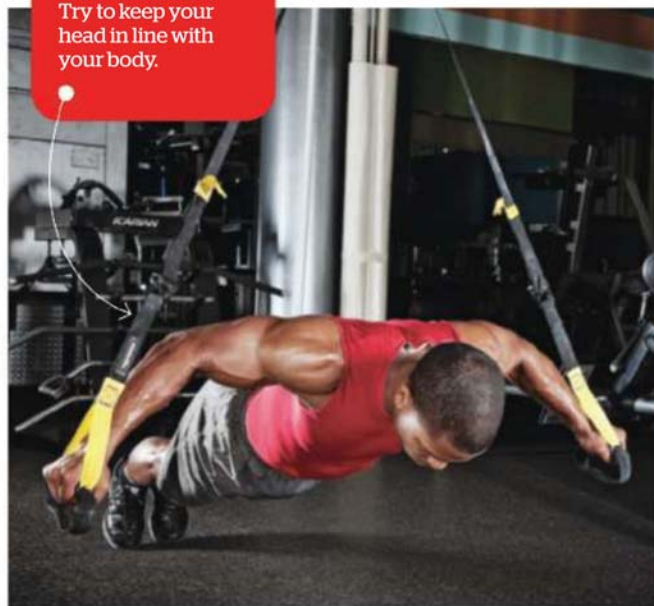
Scorpion Pushup

> **Get into pushup position** and squeeze your glutes. As you descend, rotate your upper body to your left while swinging your left leg across to your right side. It should touch the floor somewhere between your right foot and right hand (looking like a scorpion's tail). Push yourself back up and return the leg.



GOOD FORM IS ESSENTIAL

Try to keep your head in line with your body.



Suspended Fly

> **Attach a suspension training apparatus** (such as the TRX, shown above) to an overhead object and set the handles about six inches off the floor. Grab the handles tightly and get into pushup position. Squeeze your glutes and core, and slowly open your arms outward. When you feel a stretch in your pecs, reverse the motion. By moving your whole body in a fly motion, you increase the overall muscle activation tremendously.



Fly Pushup

> **Grab a towel** in each hand and kneel on a waxed, wooden floor with your hands under your shoulders. Spread your hands apart and lower your chest to the floor, bending your elbows (it should look like the bottom of a wide-grip pushup). Push yourself back up while also pulling your hands together in a fly motion. The instability caused by the slippery floor adds to the challenge.



COVER STORY

TRAINED 'THRILLER

HUNG STAR **THOMAS JANE**
HAS RESHAPED HIS BODY
MANY TIMES TO PORTRAY
MEN WHO POSSESS
STREAKS OF ADVENTURE,
DARING, AND, WELL, OTHER
SIGNIFICANT ATTRIBUTES.
IN SO DOING, THE
FORMERLY STRUGGLING
ACTOR HAS ALSO
RESHAPED HIS LIFE.

BY **MARK MORRISON**
PHOTOGRAPHS BY **ART STREIBER**



Thomas Jane
was shot
exclusively for
Men's Fitness at
the Rosslyn Hotel,
in Los Angeles.

A

AFTER MORE THAN two decades in Hollywood, Thomas Jane has seen (and performed) plenty of stunts on the sets of blockbusters

such as *The Punisher* and *Deep Blue Sea*. But while riding to the gym earlier this year on his Urban Mover, an eco-friendly electric skateboard with monster wheels, the star of HBO's hit comedy *Hung* found himself cast in an unlikely action sequence. "It was pouring down rain in L.A.," he recalls. "I was cruising down the sidewalk and started fishtailing from side to side. I raced by this guy and went, 'Woo-o-o-o-o!' He turned and I started showing off—and the skateboard started to hydroplane and spin out. I flew off the board, tucked my shoulder, hit the ground, did a 360-degree flip, and landed on my feet."

JANE, 41, limped the rest of the way to the gym, where they cleaned him up and called a doctor. The damage? A cracked rib and bloody knees. The actor credits years of working out and knowing how to protect his body with saving him from more drastic injury. "If it weren't for my training, it could have been a hell of a lot worse," he says. Of course, he went on to work out that same day.

He trained four times a week to prepare for the second season of *Hung* (which returns June 27); last season he earned a Golden Globe nomination for his role. Jane plays Ray Drecker, a life-whipped, cash-strapped high-school coach in suburban Detroit who decides to market his most substantial asset (an extraordinarily large penis) and become a stud for hire. Once he sees how lucrative his side-hustle might become, Drecker "dusts off the old weight set" and starts "taking his body a little more seriously."

Jane embraced that same fitness philosophy years ago. Though he had played football at Thomas Wootton High School in Rockville, Md. (a Washington, D.C., suburb), he dropped out to pursue acting and lost the zeal for training. "I was always a physical guy," he says. "If I wasn't outside, I wasn't having fun. But I didn't really like the gym." Not that he could afford one. Nor much of anything else. At 19, he sold his 1969 Camaro to pay for acting classes and found himself virtually homeless. During a pause in the *MF* photo shoot, which took place on the rooftop of a downtown L.A. hotel, Jane looked out over a scruffy cityscape of warehouses, flophouses, and parking garages and the memories flowed like a film trailer. "It's nice that we're shooting here because I used to sleep in these welfare hotels," he says. "I know them well."

By his mid-20s, Jane was a "skinny, hairy kid with a beer belly." When he finally landed his first major role, in the 1999 aquatic action-adventure movie *Deep Blue Sea*, he was concerned with how he'd look on-screen in a sleeveless wet suit. That ultimately led him to the gym, but he didn't have much of a plan. "I would screw around with weights, try to come up with a regimen—a do-it-yourself workout—but I didn't understand that I needed to eat more protein, too. I was really roughing it!" He gained a little mass, increasing his weight from 155 pounds to just over 160. His primary physical achievement, however, was learning to scuba dive for the role. Now, he explores the deep blue sea wherever he travels, including dives off the shores of Egypt, South Africa, Puerto Rico, and (his favorite) the exotic Palau archipelago southwest

of Micronesia. "It's not only a great exercise," he says, "but it's the closest you can get to traveling to another planet."

This new workout regimen, as rudimentary as it was, combined with his athletic skills made Jane a natural for his next big role, as New York Yankee legend Mickey Mantle in the 2001 HBO film *61**. Former Dodgers outfielder Reggie Smith began training the actor to be a switch-hitter and helped him understand the payoffs of a nutritious diet. "Reggie had me eating tuna fish in the morning, lunch, evening, snack," Jane says of his effort to increase his muscle mass. "Mickey was built like a bull." Jane bulked up to 190 pounds, an old-school 190: "It wasn't about definition," he says. "Mickey and those guys didn't have six-packs. They were farm boys, corn-fed, and they were big. That's the kind of look I was going for."

As much as he has enjoyed the challenge of shape-shifting for his profession, Jane typically avoided the gym once the final



Jane performs his warmups barefoot to activate more muscles.



STYLING BY MICHAEL CIOFFOLETTI FOR CELESTINEAGENCY.COM;
GROOMING BY KIM VERBECK FOR EXCLUSIVE ARTISTS.

scene was shot, allowing his diet to “get a little wonky” and his hard body to grow soft. “On the day I would wrap a movie, my old ritual was to have a six-pack of Guinness and half a dozen Krispy Kreme doughnuts waiting in my trailer. That was my reward.”

Those awful habits died hard when Jane met trainer Christine Hazelton, owner of KOR Health and Fitness in Los Angeles, who helped him prepare for the 2004 film adaptation of DC Comics’ *The Punisher*. “She is the one who made going to the gym fun,” Jane says. “She turned it into a science—the mystery of how your body actually grows a muscle, the meditative aspect of lifting weights and working through the pain.” After a few weeks, the studio brought in trainer John MacLaren who put Jane on a one-hour, twice-a-day Navy SEAL weight-training program that got him to the ripped 180 pounds that fans of the film recall. But the actor reunited with Hazelton for the proposed *Punisher* sequel and has worked with her ever since. In 2005,

“MY OLD RITUAL WAS TO HAVE A SIX-PACK OF GUINNESS AND HALF A DOZEN KRISPY KREME DOUGHNUTS WAITING IN MY TRAILER.”

the pair spent six months doing traditional bodybuilding, with Jane getting his bench press max to 325 pounds and his body weight to a muscular 200. It was all for naught, though; Jane bailed on the project over objections to the script.

With the pressure off, the actor resumed the kind of metabolic acceleration that training Hazelton favors; it allows him to stay at a lean, superfit 178 pounds, which suits his life and works perfectly

for the Everyman appeal of his role on *Hung*. “I’m a textbook average guy,” insists Jane, who admires craggy Hollywood actors such as Lee Marvin, Charles Bronson, and *Deadwood*’s



Ian McShane, and relates more to the real-guy physicality of Clint Eastwood than the *Terminator*-esque Arnold Schwarzenegger. “I’m 5’10”, I wear a model suit size—40 regular, 32-inch-waist pant—and a size 10 shoe. Everything about me is prototypical.”

Everything, he volunteers with a grin. “I even have a right-down-the-middle-exactly-average cock.”

To maintain his physique, Jane scrupulously adheres to a six-meal-a-day diet. He starts with oatmeal or egg whites an hour before his workouts and has a protein shake after. Three times a week (or once a week during production), Hazelton puts him through a one-hour, full-body circuit program. She starts with mobilization work, using foam rollers and fascia balls to promote mobility, followed by “prehab” to help prevent injuries, and then a dynamic warm-up moving in all planes of motion.

For the next 40 minutes, the trainer alternates two pushes, two pulls, two lower-body, and two core exercises—which she always switches up to keep workouts fun and Jane’s metabolism high. Jane completes two demanding sets with very little

downtime, to keep his body burning calories. “Thomas likes to look like a normal guy,” Hazelton says. “So I keep him as functionally fit as possible.”

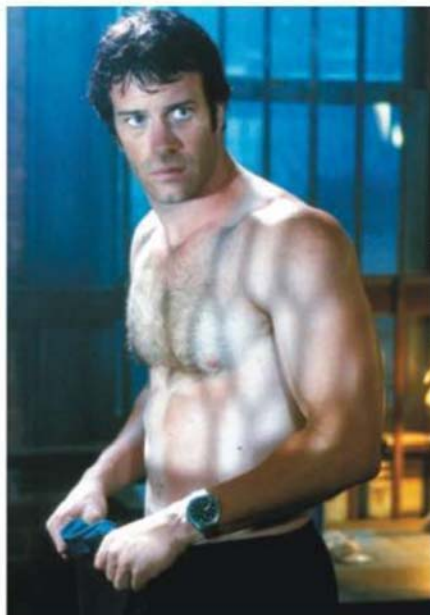
As Green Day blares from speakers in an L.A. gym, Jane grunts his way through a Turkish get-up, going from on the floor to standing upright while lifting a 35-pound kettlebell perfectly straight in the air. “Thomas is a very disciplined guy,” Hazelton says. “He’s got a quirky, crazy side that makes him fun to be around. But he works really hard. I can push him to his max and he’ll try to push out two more.”

DAYS LATER, the actor is smoking a Cuban cigar (“my last vice”) on the L.A. rooftop. Now married to *Medium* actress Patricia Arquette, the father of a 7-year-old daughter, star of a hit show, and the model of fitness, Jane is quite far from his past without being too removed from it. “Sometimes, I drive my Maserati by park benches that I’ve slept on,” he says. “I feel a small sense of achievement.” Yet no matter what he may say, there’s nothing “small” about it. **MF**

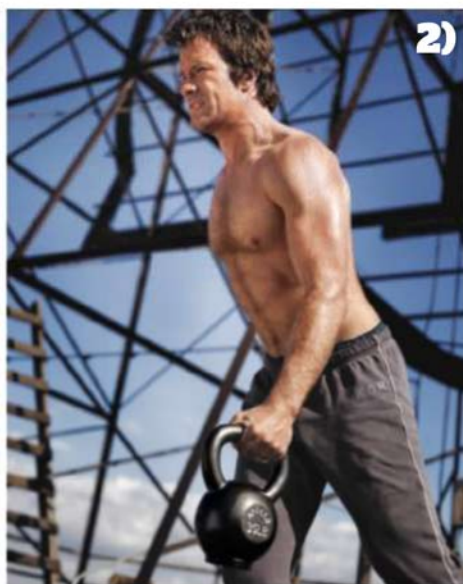
THE PUNISHER: LIONS GATE/COURTESY OF EVERETT COLLECTION; DEEP BLUE SEA: WARNER BROS. VILLAGE ROADSHOW/THE KOBAL COLLECTION; HUNG: CHUCK HODES © HBO COURTESY OF EVERETT COLLECTION



Jane's routine includes **(1)** L-sit pullups, **(2)** kettlebell single-leg deadlifts, and **(3)** TRX inverted rows.



Film buff: Jane bulked up for *The Punisher* (left) and *Deep Blue Sea* (below) before trimming down for *Hung* (right).



TRAIN LIKE JANE

CANADIAN-BORN trainer Christine Hazelton keeps not only Jane ripped. She also got Matt Damon into killer condition for *The Bourne Identity* and transformed Dane Cook for *Good Luck Chuck*. Here are three of her most essential fitness tips.

EAT LESS MORE OFTEN. "If you can change one thing, meal frequency is the most important. Eat five to six small meals every three hours without grazing in between. I like for Thomas to have a fist-size portion of cottage cheese [regular or low-fat, not fat free] at night; it has a slow-digesting protein that helps muscle preservation."

THINK 80/20. "Get out of that all-or-nothing mentality. Twenty percent of the time allow yourself to color outside of the lines. Thomas has one ice-cream snack a day [Häagen-Dazs coffee and almond crunch snack-size bar, 190 calories]. You can live your life and maintain the kind of leanness that Thomas has."

KEEP THE BODY GUESSING. Hazelton likes to keep workouts challenging and entertaining, so she created Body Fate, an iPhone app. "It's a play on life," she says. "You never know what will come your way." Body Fate mixes things up, makes working out more of a game. Yet it also puts you through an ass-kicking metabolic acceleration circuit.

THOMAS JANE'S CIRCUIT

Warm-up

Turkish get-up—two reps each side with a 35-lb kettlebell

Circuit

- ▶ TRX single-leg suspended pushup: six to eight reps each side
- ▶ Speed Skaters with super band: 20 each side
- ▶ TRX inverted row: eight to 12 reps
- ▶ Bosu bicycle abs with medicine ball: 40 seconds
- ▶ KB squat to high pull to press: eight to 12 reps
- ▶ Feet elevated side plank with dip: 15 reps
- ▶ KB single-leg deadlift: eight to 10 reps
- ▶ Eccentric pullup with palms in (Jane pulls up and then lowers himself slowly): eight to 10 reps
- ▶ Do two circuits.
- ▶ Allow very little rest between sets. Complete all reps on one side, and then repeat on the opposite side.

Head Game

The secret to shedding flab is all in your brain BY BRANDON GUARNERI



You obviously need to work hard and stick to a good diet if you're trying to change your body. But there's a lot more to dropping pounds than eating healthy and working out hard. How you mentally approach training and mealtime can have a profound effect on your overall success. The next time any of these thoughts cross your mind, here's how to reprogram your brain for leanness.

1 YOU THINK I DESERVE A REWARD EVERY DAY.

REALITY CHECK: You don't. "Cheat days should be the carrot at the end of your week," says Jim White, R.D., owner of Jim White Fitness Studios in Virginia Beach, Va. "When you're having one every night or after every workout, it's a problem." White believes rewarding yourself for workouts can become habitual, locking you in a cycle of poor nutrition and self-loathing. "You feel guilty, then you get depressed, then you do it again."

YOUR MOVE: Focus on how good working out makes you feel instead, and make that your reward.

2 YOU THINK I CAN EAT MORE WHEN IT'S "DIET" FOOD.

REALITY CHECK: You can't. "If we think of something as being healthy, even if it isn't, we usually give ourselves permission to load up," says Ed Abramson, Ph.D., a clinical psychologist and author of *Emotional Eating*. Call it turkey bacon syndrome.



YOUR MOVE: Stick to reasonable portions, even when the food is "less bad" for you, such as sugar-free cookies or reduced-fat potato chips or crackers.

3 YOU THINK I'M STRESSED. FOOD WILL MAKE IT BETTER.

REALITY CHECK: It won't. Eating to battle stress only makes you eat again the next time you're upset. Food won't solve your problems, no matter how good it momentarily tastes.

YOUR MOVE: Come up with another method for coping, such as taking a quick walk, even if it's just around your desk. "I always encourage people to look at the thought patterns behind their stress," Abramson says. "Usually, you can figure out more adaptive strategies for coping rather than eating. It may take your mind off the problem, but it doesn't change anything."

4 YOU THINK I'M GOING TO HAVE GREAT ABS.

REALITY CHECK: Your focus is wrong. Great abs only come as a result of a whole-body approach to fitness.

YOUR MOVE: Don't daydream about the results. Instead, focus on making incremental, positive changes in your body and spirit. "The final stage should be your 'macro goal,'" says John Romaniello, owner of Roman Fitness Systems, in New York, and author of *Final Phase Fat Loss*. "It's more important to create smaller, more immediate goals, which I call 'micro goals.'" Think about getting to the gym three times this week, not how you might look in six months.

5 YOU THINK SHE'S ALL THE MOTIVATION I NEED.

REALITY CHECK: Get real. External motivation, like getting the cute girl who lives in your apartment building, is fine to help you get started. But a commitment to long-term fitness comes from within.



YOUR MOVE: Continuously challenge yourself. "For weight loss to be permanent, the motivation has to be your own," Abramson says. Otherwise, you'll continue making excuses and rationalizing your lack of effort.

6 YOU THINK IT'S HARD TO BE DIFFERENT.

REALITY CHECK: Finally, you're right! To lose weight, you definitely have to eat and live differently from the way you once did. Friends and family will be your biggest challenge. They might "accidentally" sabotage your success by suggesting seconds at the Sunday family dinner or trying to get you in on the 25 cent wing special at the bar down the street.

YOUR MOVE: "Don't be swayed, even by those you love," White says. "And if someone is really getting on you and making things harder, you may need to reevaluate their place in your life."



STAY
FOCUSED
SHORT TERM,
IMMEDIATE GOALS
ARE THE KEY TO
WEIGHT LOSS





MF
IN THE GYM

CROSS OVER

OUR FEATURES EDITOR
CHRIS STRAUSS STEPPED INTO
THE HARDCORE WORLD OF
CROSSFIT, ONE OF THE COUNTRY'S
FASTEST-GROWING, MOST INTENSE
(AND CONTROVERSIAL)
WORKOUT TRENDS. WE'RE NOT
SURE HE'S COMING BACK.

PHOTOGRAPHS BY **IAN SPANIER**



11

I KNEW I WAS IN TROUBLE WHEN I HEARD that laugh. I was on the phone with my high school track buddy Brandon last fall, finalizing details of an upcoming trip to visit him in Boston, when he ended the call with a taunting cackle. “Bring some workout gear,” he goaded. “I’ve got a little something for you.”

The next Sunday, we were heading to Crossfit New England—a 5,000-square-foot warehouse in suburban Natick, Mass. “Dude,” Brandon said, “I haven’t been this excited about a workout program since I used to run in college.” I understood. Being an editor at *Men’s Fitness*, I’m constantly bombarded with “new” workout ideas and strategies. Still, I hadn’t really found anything that gave me the rush I enjoyed playing a sport. In the gym I was never a “lifting guy” and had become bored with cardio workouts, often finding myself in the same fitness rut we caution our readers against.

I had heard of Crossfit. Its goal is not to promote specialized fitness—like spinning, for example—but to enhance your overall athleticism: cardiovascular endurance, strength, flexibility, power, speed, agility, and balance. It was created by Southern California trainer Greg Glassman in the ’80s and went national in 2001. Initially the program gained popularity among police, fire, and military personnel because of its mix of functional strength and metabolic conditioning. “The biggest benefit is it’s a very broad, inclusive type of fitness,” says Court Wing,

one of the founders of Crossfit New York. “If you never ask your body to work hard, it’s not going to happen.”

Our class began with a vigorous warm-up that included a rope climb, situps, and a series of stretches. Then, the 15 of us headed outdoors for an 800-meter run at full speed. After losing my lungs (and nearly my breakfast) in the final 200, I was ready to call it a day—before being told that the real workout was about to start. Back inside, each person was told to do five pullups, plus as many clean and jerks as they could do in one minute. The goal was to do this each minute until you amassed 50 total clean and jerks. Since it was my first time, I was urged to sub pushups for the lifts. Like that really helped. By the time I finished, I felt awful. Then I looked at Brandon, who had not long before carried the extra pounds that come with new fatherhood and frequent business travel. Now he resembled the athlete I knew 15 years ago. The gauntlet had been laid down. I was in.

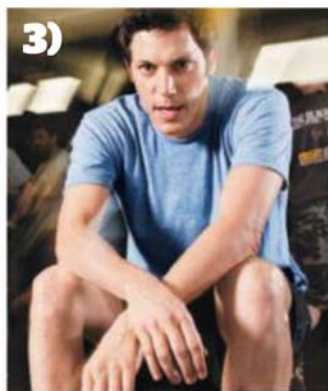
BEFORE I COULD JUMP INTO CROSSFIT IN NEW YORK, I had to go through six beginner classes where instructors teach the proper form on basic lifts and movements, including squats, pushups, pullups, deadlifts, cleans, Turkish get-ups, and more. Because I had no heavy lifting experience, this was crucial for me to master. “The most frustrating thing I hear from people who criticize Crossfit is that they judge it prior to checking it out,” Wing says. “They look at the workouts and never get beyond the basics. But to succeed, you’ve got to learn those basic mechanics.”

Crossfit is available in roughly 1,700 gyms (known as affiliates)

GROOMING BY LAURA DEE SHELLEY/TARGETMODELS.COM
SHOT ON LOCATION AT CROSSFIT NEW YORK



● Under Wing's supervision, Strauss and his fellow Crossfitters grind through the first five-minute round of Fight Gone Bad, which consists of three rounds of five 60-second intervals of Concept 2 rowing machine rows (1), sumo deadlift high-pulls (with 75 pounds) (2), push presses (with 75 pounds), wall balls (with a 20-pound medicine ball), and 20-inch box jumps (4), with only one minute of rest between rounds (3).



in 48 states and 36 countries. Each day, a new workout (the WOD; most go by names like Angie or Helen) is entered into the main Crossfit Web site [crossfit.com]. Affiliates can choose to follow the WOD exactly or adapt it to suit their own gym setup or clientele. It's rare to see the same WOD more than once every few months, although some universal workouts allow members to compare their times with others training in different locations. "Angie," for example, is simply 100 pullups, pushups, situps, and squats performed as fast as one can.

AFTER A FEW CLASSES WITH TRAINING WHEELS, I DID MY first workout—the dreaded "Fight Gone Bad" (get the full WOD at mensfitness.com/crossfit). I scored 153 (over 200 is a decent mark). Not great, but I felt good. I also knew I had a hell of a long way to go, especially after tackling the Ensign a few days later. This gruesome WOD includes six three-minute rounds of power cleans, pushups, and alternating air squats/ring dips. Even after I scaled down the weight on the clean and switched to box dips, I still struggled to finish. That's the

point. "Even if you go through a WOD at a reduced volume," Wing says, "if you're pushing yourself, you should still get an ass-kicking."

People around me were finishing WODs with no problem. The long-dormant competitor in me was kicking in, but I quickly learned to stop comparing myself to others and focus on improving my own benchmarks. As I moved into four workouts every week, progress came quicker. I gradually upped

**“
IF YOU
NEVER ASK
YOUR BODY
TO WORK
HARD, IT'S
NOT GOING
TO HAPPEN.”**

the weight on some of the lifts and started seeing big improvements in pullups, double-unders (jump rope), and box jumps. Six weeks after my first full class, I scored a 190 on Fight Gone Bad. A step up—although watching the guy next to me hit 300 was a Georges St-Pierre kick in the teeth.

Any discouragement didn't last long. The challenge of continued improvement was exciting and the motivation I got from others in the group was unlike anything I'd experienced. Rather than the "how much can you bench" bravado that permeates much of the traditional gym culture, the Crossfit dynamic feels much more teamlike. Several times, the fire-breathers in the group came over to root me on as I struggled to finish a workout they'd just completed. "Crossfitters are willing to push you in a way that's going to make you work harder than you ever have before," Wing says.

Some hardcore lifters aren't convinced. Critics say the classes often seem random or haphazard and that you don't know what you'll be doing in the gym until the workouts show up online the night before, making it difficult to form a long-term strategy for your gains. Wing's retort: "If you look at the workout template, you will see there are cycles," he says. "Our biggest interest is in your body's work capacity. We're trying to improve all aspects of your overall fitness."

It has worked for me. In the 12 weeks, I put on significant (at least for me) muscle in my chest and arms and carved out some definition in my midsection. My diet also improved, mostly out of necessity. If I knew I had a brutal workout in the morning, pizza was not an option. Most importantly, I'm excited to have found something that reawakened my inner competitor. Speaking of which, I'm heading back to Boston next week. This time, I've got something for Brandon. **MF**



 **FEEDING
FRESH LOGS
TO YOUR FIRE
REGULARLY WILL
HELP TO KEEP
MEAT FLAVORFUL
AND SMOKY.**



OWN THE GRILL

LOAD UP ON MUSCLE-BUILDING PROTEIN—AND FLAVOR—AT YOUR NEXT BACKYARD BASH. MASTER CHEF **STEVEN RAICHLEN** OFFERS FIVE OF THE MOST DAZZLING MEALS FROM HIS NEW COOKBOOK, *PLANET BARBECUE!*, WHICH FEATURES 275 RECIPES FROM 53 COUNTRIES.

AUSTRALIAN LAMB ON A SHOVEL

Ingredients

- 1½** lbs thick-cut rib or loin lamb chops
- 1-2** tbsp extra-virgin olive oil
Coarse sea salt and cracked black pepper
- 3** cloves garlic, finely chopped
- 1-2** tbsp finely chopped rosemary
Lemon wedges

You'll Also Need

Logs, wood chips, or wood chunks, plus a grill or campfire and a clean metal shovel, if you want the full (but optional) old-school presentation.

Make It

- > 1** Lightly brush the lamb chops on both sides with olive oil. Season both sides with salt, pepper, garlic, and rosemary.
- 2** If you are using just a campfire and

shovel, heat the shovel blade in the fire and then arrange the chops an inch apart on the blade. It's OK to work in batches. Cook the chops until done to taste. Skip step 3.

3 If you're using a charcoal grill and want to use logs or wood chips, place them on the coals. If using a gas grill, add the wood chips or chunks to the smoker box or place them in a smoker pouch under the grate. Brush and oil the grill grate. Arrange lamb chops on the hot grate and grill them until done to taste, 4 to 6 minutes per side for medium-rare. **4** Transfer to plates and, if desired, drizzle extra olive oil over chops and serve with lemon wedges. **Serves 4**

Nutritional Breakdown

Per serving: 293 calories, **25g** protein, **1g** carbs, **21g** fat, **0g** fiber



SOUTH AFRICAN SHISH KEBABS

Ingredients

- 1 lb pork tenderloin, cut into cubes
- ½ lb lamb shoulder or leg, cut into cubes
- 3 tbsp dark brown sugar
- 1 tbsp plus ½ tsp curry powder
- 2 tsp coriander seeds
- 2 cups dried apricots
- 1 onion, sliced, plus 1 onion, peeled
- 1½ cups dry red wine
- ½ cup red wine vinegar
- ¼ cup extra-virgin olive oil
- 3 slices turkey bacon, cut into chunks
- 1 tbsp butter
- 2 tbsp apricot jam

Make It

► **1** In a bowl, sprinkle meat with 2 tbsp of the brown sugar, 1 tbsp of the curry, and the coriander seeds. Salt and pepper to taste. Add apricots, sliced onion, wine, vinegar, and oil, then let marinate in fridge, covered, for 2 to 4 hours. **2** Meanwhile, cut peeled onion in half crosswise, then cut into quarters and break into layers. **3** Drain meat in a strainer over large saucepan. Remove meat and apricots from strainer and discard remaining solids. Set marinade aside. Thread meat, apricots, onion layers, and bacon onto skewers. **4** Place saucepan with marinade over high heat, bring to a boil, and cook until thick, about 10 minutes. Whisk in butter, apricot jam, remaining 1 tbsp brown sugar, and ½ tsp curry. Let sauce continue to boil, whisking until thick. Pour a quarter of the sauce into small bowl for basting. **5** When grill is hot, cook kebabs until browned on the

Nutritional Breakdown

Per serving
665 calories
34g protein
61g carbs
26g fat
6g fiber

outside and meat is cooked through, about 2 minutes per side—8 minutes total. After 4 minutes, start basting with reserved sauce. **6** Serve kebabs at once with remaining sauce for dipping. **Serves 4**

PLANKED SALMON WITH JUNIPER RUB

Ingredients

- 2** cups mixed fresh berries (blueberries, marionberries, or raspberries)
- ¼** cup maple syrup
- 1** tsp juniper berries (if you can't find fresh, look for dried berries in the spice aisle)
- 1** tsp black peppercorns
- 2** tsp coarse salt (kosher or salt)
- 1** piece salmon fillet (1 ½ lbs)

You'll Also Need

A cedar grilling plank that's been soaked in water for at least an hour, plus a spray bottle. (To easily soak the plank, try putting it on a baking sheet that has raised sides and adding water; place a weight on the plank to keep it submerged. Look for planks in any large kitchen store.)

Make It

1 Mix glaze: Put berries and maple syrup in a saucepan and add 2 tbsp of water. Cover pan and cook over medium heat until they begin to soften, about 2 minutes. Uncover pan, reduce heat to medium-low or low, and cook berries until they form a thick puree, about 10 minutes, stirring often so it doesn't burn. **2** Make juniper rub: Grind juniper berries and peppercorns to a fine powder in a coffee grinder. Add salt, running the motor in short bursts. **3** Run your fingers over the salmon fillets, feeling for bones. Remove any you find with needle-nose pliers or tweezers. **4** Fire up your grill. You should cook the fish over indirect heat. If you have a grill with two gas burners, light one—you'll be cooking over the other. If you're using charcoal, keep it to one side, so your fish can cook on the other. **5** Just before

cooking, very generously season the salmon on both sides with the rub. Arrange salmon skin-side down on plank. Spoon half of berry glaze over fish. Place plank in center of grate, away from heat, and cover grill. Grill salmon until top is sizzling and

Nutritional Breakdown

Per serving
262 calories
20g protein
20g carbs
11g fat
2g fiber

golden brown and fish is cooked through, 20 to 30 minutes. When done, the salmon will break into firm flakes when pressed with a finger. The plank may become singed at the edges, but it shouldn't catch fire. If it does,

extinguish the flames with a spray bottle.

6 Transfer fish on plank to a platter and serve it right off the plank, spooning the remaining berry glaze on top. **Serves 4**

FOR THE BEST TASTE, TRY KING, COHO, OR OTHER WILD SALMON FROM THE PACIFIC NORTHWEST.

CAVEMAN T-BONES

Ingredients

- 4** T-bone steaks (each about 1 $\frac{3}{4}$ inches thick and 12 to 14 oz)
- $\frac{3}{4}$ cup extra-virgin olive oil
- 10** jalapeño peppers, thinly sliced
- 10** cloves garlic, thinly sliced
- $\frac{3}{4}$ cup loosely packed fresh cilantro leaves, coarsely chopped

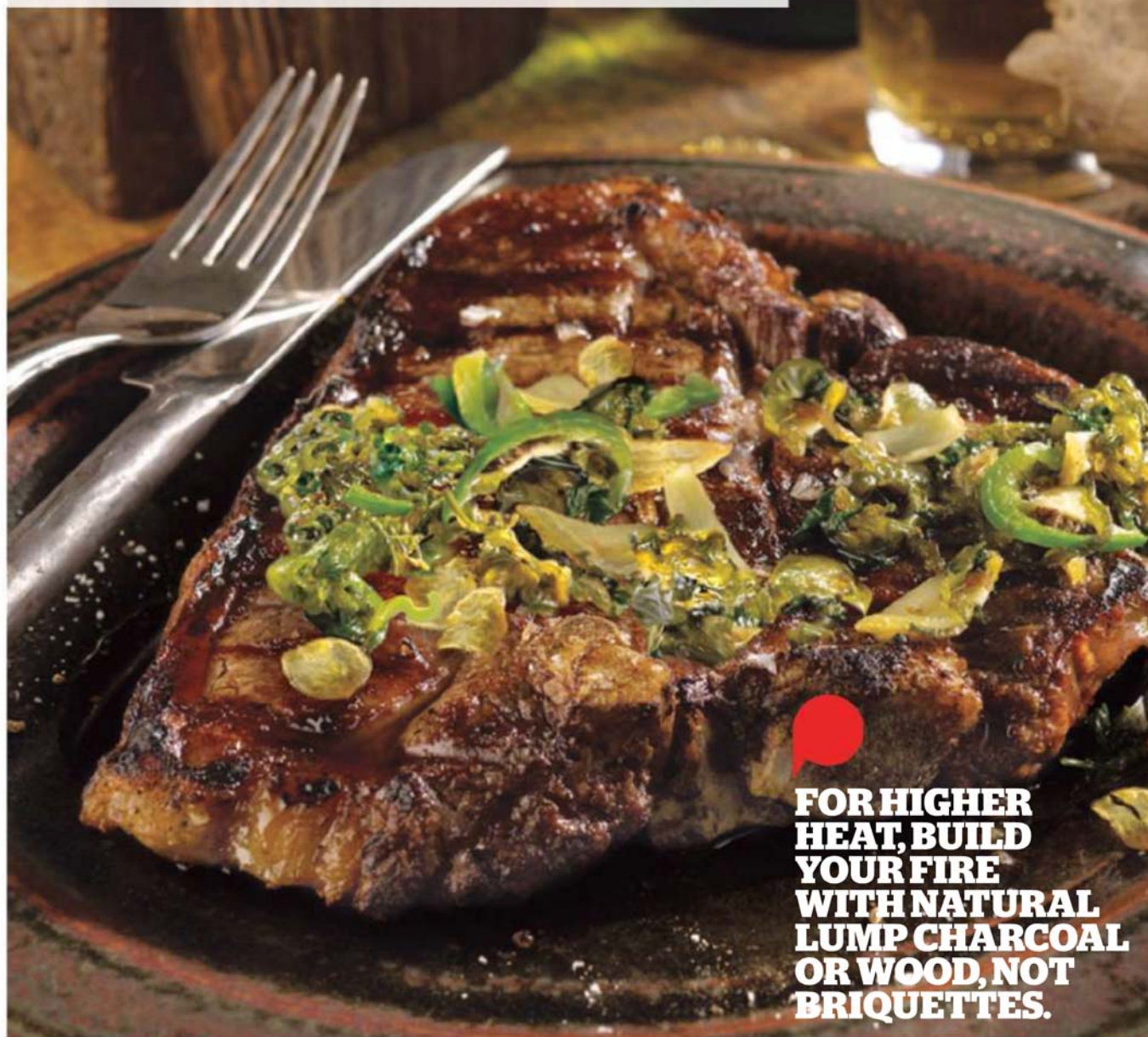
Make It

> 1 Build a charcoal fire and rake the coals into an even layer (leave the front third of the grill coal-free). When coals glow orange, fan them with a newspaper to blow off any loose ash. **2** Generously season the steaks on both sides with salt and pepper. Place the steaks directly

on the embers about 2 inches apart. Grill until cooked to taste, 4 to 6 minutes per side for medium-rare. **3** Using tongs, lift the steaks out of the fire, shaking to dislodge any embers. Remove loose ash with a basting brush and arrange the steaks on a platter. Cover loosely with aluminum foil and let them rest while you prepare the sauce. **4** Make the hellfire hot sauce: Heat the olive oil in a cast-iron skillet. When the oil is hot, add the jalapeños, garlic, and cilantro. Cook the sauce over high heat until the jalapeños and garlic begin to brown, about 2 minutes. Immediately pour the sauce over the steaks and serve. **Serves 4**

Nutritional Breakdown

Per serving
568 calories
21g protein
0g carbs
54g fat
0g fiber



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INSIDE

113

The Perfect Workout

Gain size, strength, and endurance with this fool-proof lifting regimen.

129

Soviet Training Secrets

Build massive muscle with our iron curtain-era workout.

136

Yearlong Workout 2010

Our fifth installment chisels out beach-ready abs.

1 ➤

The number of muscles that actually make up the "six pack" (the rectus abdominis).

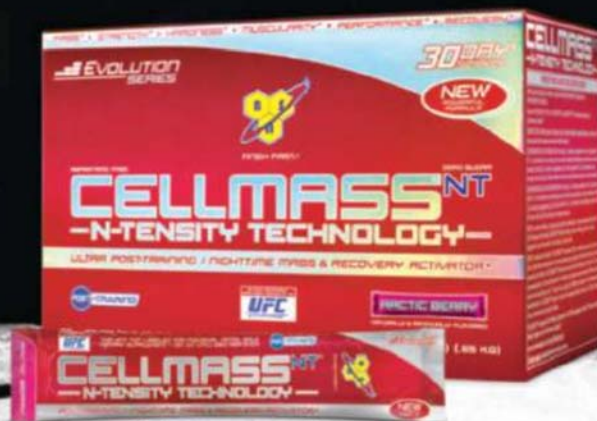


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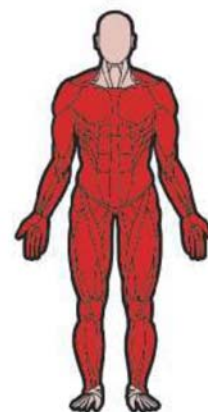
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TARGET MUSCLES



BUILD YOUR "PERFECT" BODY

Get it all—**strength, size, and killer abs**—with our all-in-one muscle-building, fat-burning routine

BY CHAD WATERBURY
PHOTOGRAPHS BY
JENNIFER POTTHEISER

➡ If you want to get strong, you need to spend a few months training heavy. If you want to look like a bodybuilder, you need to do more sets and reps. Lose your gut? That means 12 weeks of circuit training. Well, life is too damn short. **That's why we've come up with a system that lets you develop strength, size, and definition—the "perfect" body—in a single all-encompassing workout.** →

THE "PERFECT" PROGRAM

How It Works

Using the most time-efficient exercises (the squat, deadlift, and dip), our workout minimizes the overall number of moves. This will stimulate the muscles enough to grow without hurting their ability to recover. Each session emphasizes specific parts aimed at strength, muscle gain, and conditioning. Workouts begin with a heavy lift, then move on to fast-paced circuits for a big pump, and finish with a calorie-burning superset designed to leave you gassed.

Directions

FREQUENCY >

Perform each workout (1, 2, and 3) once per week, resting at least a day between each session.

TIME NEEDED >

30-40 min.

DO IT >

Complete all the sets for the first exercise in each workout before moving on. Perform the exercises marked "a," "b," and, sometimes, "c" in sequence, resting as directed between sets, until all prescribed sets are done.

Use the heaviest weight possible for the first exercise. You can probably increase this load as your sets go on.

The weight you choose for the 2a, 2b, and 2c exercises should be your 10-rep max (1ORM), the heaviest load you can handle for 10 reps on the first set. Stick with that weight for all prescribed sets, doing as many reps as possible with that same weight.

Perform all the exercises with explosive—but controlled—speed.



1 FRONT SQUAT

SETS: 6
REPS: 3

Start with the barbell on the supports of a power rack at about shoulder height. Grab the bar overhand and raise your elbows until your upper arms are parallel to the floor. Now lift the bar off the rack, letting it roll toward your fingers—this is where it should rest throughout the exercise (as long as you keep your elbows raised, you won't have trouble balancing the bar). Squat as low as you can and then drive with your legs to return to the starting position.



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Tenny Fou lost an amazing 46 lbs. and 8.3 inches off his waist in 16 weeks with Xenadrine ULTRA! Individual shown used Xenadrine ULTRA for 16 weeks with diet and exercise and was remunerated. Study subjects taking the key ingredient combination lost an average of 11.24 lbs. in 45 days.*

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†In one study on the key ingredient combination (Yerba maté, Guarana, Damiana), subjects lost on average, 11.24 lbs. in 45 days versus an average of 0.66 lbs. for the placebo group. *Another ingredient (Caffeine anhydrous [1,3,7 - trimethylxanthine]) boosts metabolism to burn more calories and increases energy. *Based on IRI F/D/MX dollar sales data 52-weeks ending January 24, 2010. Sensible diet and exercise are essential for healthy weight loss. Read entire label before use. © 2010.

TRAINER

THE "PERFECT" PROGRAM / WORKOUT 1

2a

WIDE-GRIP PULLUP

SETS: 4
REPS: AS MANY AS POSSIBLE WITH YOUR 10RM

Grab a chinup bar with hands outside shoulder width. If 10 reps are easy, add weight. If they're too hard, rest your feet on an elastic band. Complete your reps, rest for 30 seconds, and then go on to the dip.



2b

DIP

(NOT SHOWN)

SETS: 4
REPS: AS MANY AS POSSIBLE WITH YOUR 10RM

Go to a parallel bar dip station and suspend yourself over the bars. Add weight or use a band as needed (see above). Complete your reps, rest 30 seconds, and then go on to the dumbbell RDL.

2c

DUMBBELL RDL

SETS: 4
REPS: AS MANY AS POSSIBLE WITH YOUR 10RM

Keeping your lower back in its natural arch, push your hips back as far as you can, and then bend your knees. Keep the weights in contact with your legs. Complete your reps, rest 30 seconds, and then go back to the wide-grip pullup.



TEST SUBJECTS GAINED

340%[†]

MORE MUSCLE[†]

KENYATTA WILSON
TOP-TIER WROF PRO
3-TIME BODYBUILDING CHAMPION

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And, if *all* that wasn't enough, Six Star Muscle Whey Protein is available at a great price you can afford! Get yours today!

UNIVERSITY STUDY TEST RESULTS



In a 6-week study conducted at a leading university, subjects taking the key ingredients in Six Star Muscle Whey Protein gained, on average, 340% more lean mass than those taking a placebo (8.8 vs. 2.0 lbs.).



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[†] In one 6-week study, subjects taking the key ingredients in Six Star Muscle Whey Protein gained, on average, 340% more lean mass than those using a placebo (8.8 vs. 2.0 lbs.). [‡] In one 10-week study, subjects taking a key ingredient in Six Star Muscle Whey Protein increased their one-rep max bench by 160% more than those using casein protein (105 vs. 40.7 lbs.). © 2010.

TRAINER

THE "PERFECT" PROGRAM / WORKOUT 1

3a

MEDICINE-BALL SQUAT THRUST/PRESS

SETS: 5
REPS: **CONTINUE FOR 30 SECONDS**

Hold a medicine ball with both hands and squat down. Then shoot your legs behind you fast so that you go into a pushup position on the floor with your hands on the ball. Reverse the motion quickly to come back up and then press the ball overhead. Do as many reps as you can in 30 seconds, rest 15 seconds, and then go on to the dumbbell swing.



3b

DUMBBELL SWING

SETS: 5
REPS: **CONTINUE FOR 30 SECONDS**

Hold a dumbbell (a kettlebell is OK too) with both hands and get into an athletic stance. Let the weight drift between and behind your legs and then explosively swing it up to eye level. Do as many reps as you can in 30 seconds, rest 15 seconds, and then go back to the medicine-ball squat thrust/press.



KENYATTA WILSON
COMPETITIVE BODYBUILDER
& FITNESS MODEL

TEST SUBJECTS GAINED **MUSCLE** & **STRENGTH** IN JUST **21 DAYS!**[†]

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BEFORE

**EXPLOSIVE
RESULTS**
in no time!

AFTER



Aaron Schultz, a Printing Operator from Pennsylvania, made a dramatic transformation in just 10 weeks using Six Star Muscle supplements. "Six Star Muscle supplements are incredible! They have given me a definite advantage in the gym and my physique has greatly improved since using them," says Aaron.



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Aaron Schultz also used other Six Star Muscle supplements and has been remunerated. His transformation lasted 10 weeks. [†]In one 3-week study, subjects taking a key ingredient in Six Star Muscle Creatine powder gained, on average, 4 times the lean mass than subjects taking a placebo as precisely calculated using calibrated skinfold calipers (4.84 vs. 1.1 lbs.). In the same study, subjects taking a key ingredient in Six Star Muscle Creatine powder increased strength capacity by 68%. © 2010.

TRAINER

THE "PERFECT" PROGRAM / WORKOUT 2

1

HANG SNATCH

SETS: 6
REPS: 3

Hold the bar with an overhand grip, hands double-shoulder-width apart. Bend at the hips. Explosively extend your hips and shrug your shoulders, pulling the bar straight up in front of your body and then overhead.

2a

ONE-ARM ROW

(NOT SHOWN)

SETS: 4
REPS: AS MANY AS POSSIBLE WITH YOUR 10RM (EACH SIDE)

Grab a dumbbell in one hand and rest the other hand and knee on a bench. Keeping your lower back in its natural arch, row the weight until it touches your side. Complete your reps, rest 30 seconds, and then go on to the cable chest press.

2b

CABLE CHEST PRESS

(NOT SHOWN)

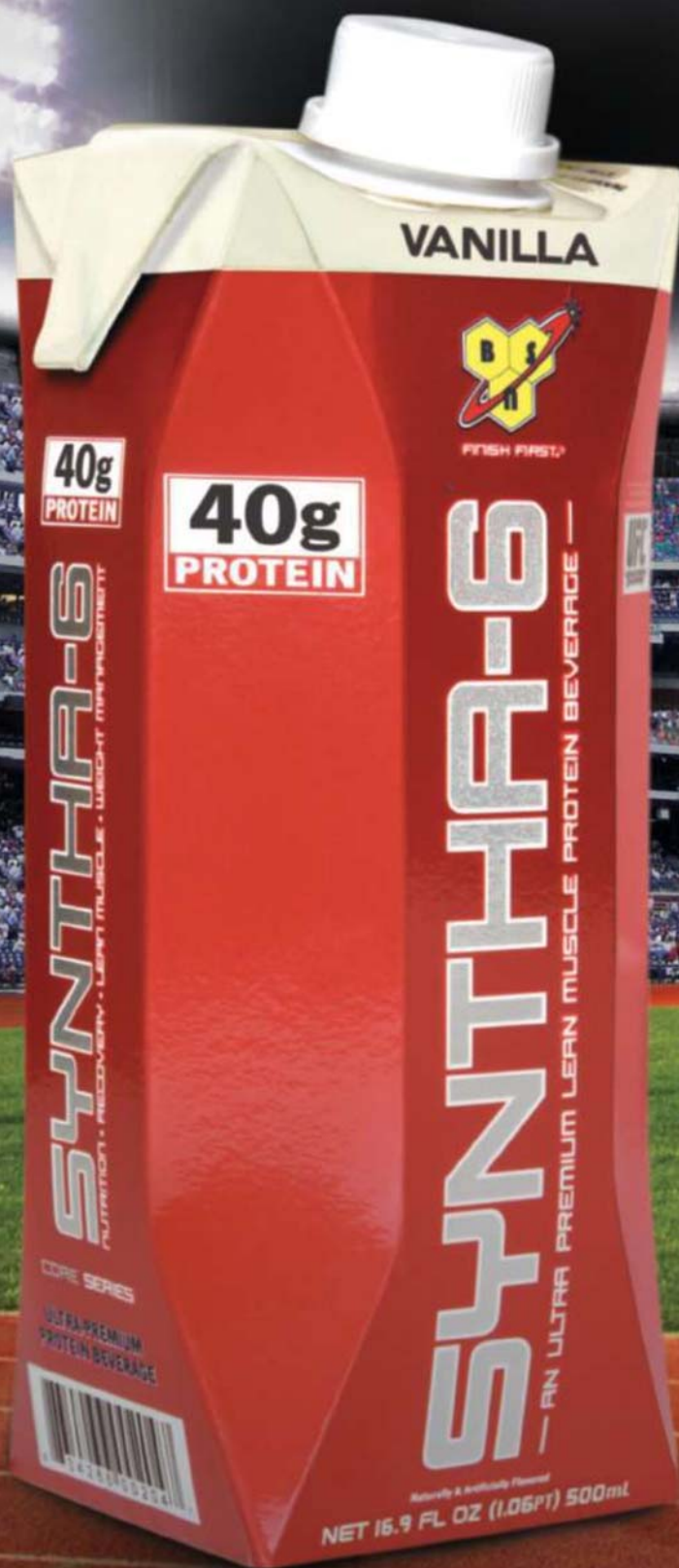
SETS: 4
REPS: AS MANY AS POSSIBLE WITH YOUR 10RM

See a photo and description on page 90. Complete your reps, rest 30 seconds, and then go on to the single-leg dumbbell deadlift.





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TRAINER THE "PERFECT" PROGRAM / WORKOUT 2

2c

SINGLE-LEG DUMBBELL DEADLIFT

SETS: 4

REPS: **AS MANY AS
POSSIBLE WITH
YOUR 10RM
(EACH LEG)**

Place a dumbbell on the floor and stand on the opposite leg. Balance on the one leg and bend at the hips to grab the weight. Extend your hips and knee to pick it up. Complete your reps, rest 30 seconds, and then go back to the one-arm row.



3a

JUMP SQUAT (NOT SHOWN)

SETS: 5

REPS: **CONTINUE FOR
30 SECONDS**

Squat down and then explosively jump as high as you can. Immediately begin the next rep. Do as many reps as you can in 30 seconds, rest 15 seconds, and then go on to the medicine-ball slam.

3b

MEDICINE- BALL SLAM

SETS: 5

REPS: **CONTINUE FOR
30 SECONDS**

Hold a medicine ball overhead with both hands and then slam it into the floor as hard as you can. Catch it on the rebound and repeat. Do as many reps as you can in 30 seconds, rest 15 seconds, and then go back to the jump squat.



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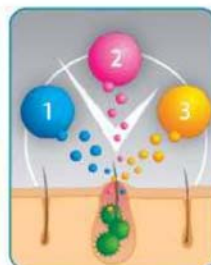
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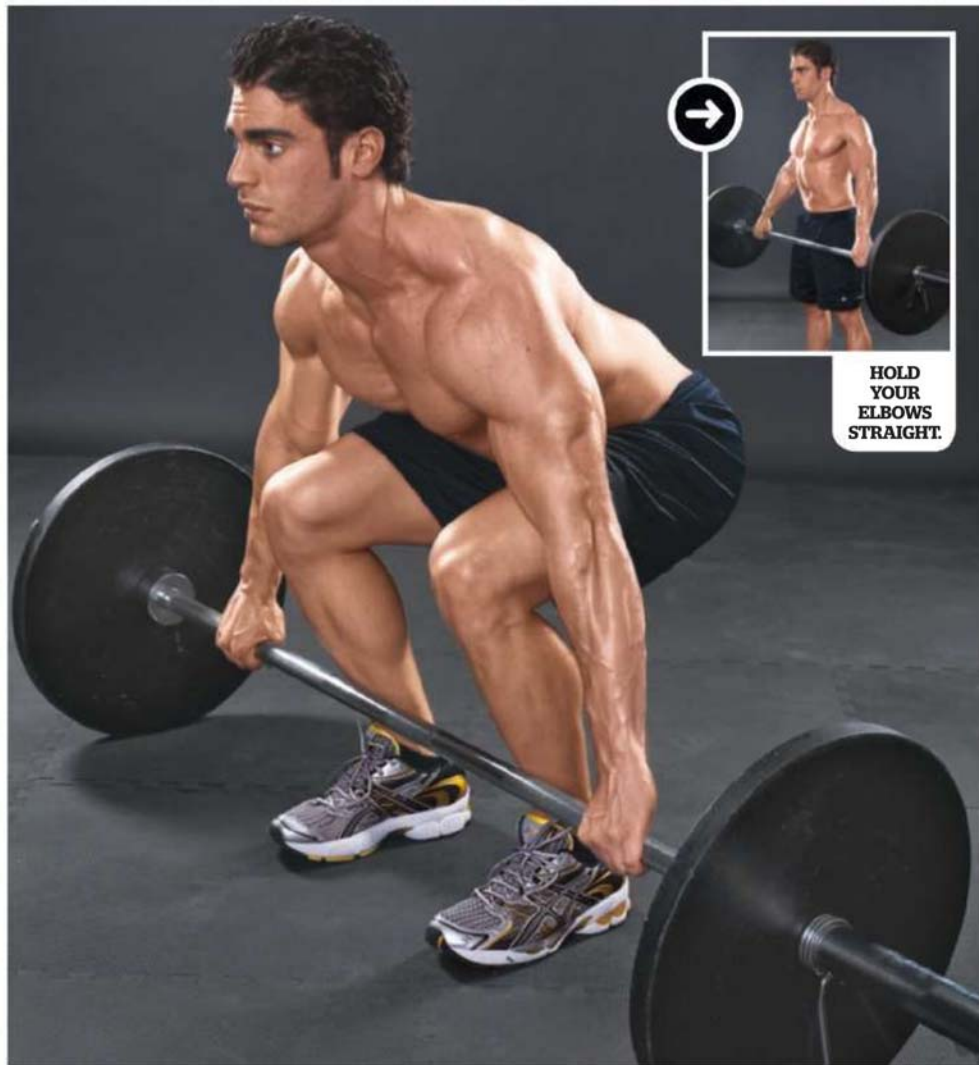
THE "PERFECT" PROGRAM / WORKOUT 3

1

SNATCH-GRIP DEADLIFT

SETS: 6
REPS: 3

Bend down and grab the bar with a double-shoulder-width, overhand grip. Keeping your lower back in its natural arch, drive with your legs and push your hips forward until the bar is in front of your thighs.



2a

DUMBBELL SHOULDER PRESS

(NOT SHOWN)

SETS: 4
REPS: AS MANY AS POSSIBLE WITH YOUR 10RM

Hold a pair of dumbbells at shoulder height. Squeeze your abs and press the weights straight overhead. Complete your reps, rest 30 seconds, and then go on to the Bulgarian split squat.

2b

CHINUP

SETS: 4
REPS: AS MANY AS POSSIBLE WITH YOUR 10RM

Grab on to a chinup bar with hands shoulder-width apart and facing you. Add weight or use a band if needed. Complete your reps, rest 30 seconds, and then go on to the dumbbell shoulder press.



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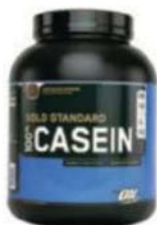


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TRAINER THE "PERFECT" PROGRAM / WORKOUT 3

2c BULGARIAN SPLIT SQUAT

SETS: 4
REPS: AS MANY AS
POSSIBLE WITH
YOUR 10RM
(EACH LEG)

Keeping your torso upright, bend your front knee and lower your body until your rear knee nearly touches the floor. Complete your reps, rest 30 seconds, and then go back to the chinup.



3a DUMBBELL CHOP

SETS: 5
REPS: CONTINUE FOR
30 SECONDS
(EACH SIDE)

Hold a dumbbell with both hands and rotate your torso diagonally as if you were chopping into a tree (keep your feet parallel). Do as many reps as you can in 30 seconds, rest 15 seconds, and then go on to the split jumping jack.

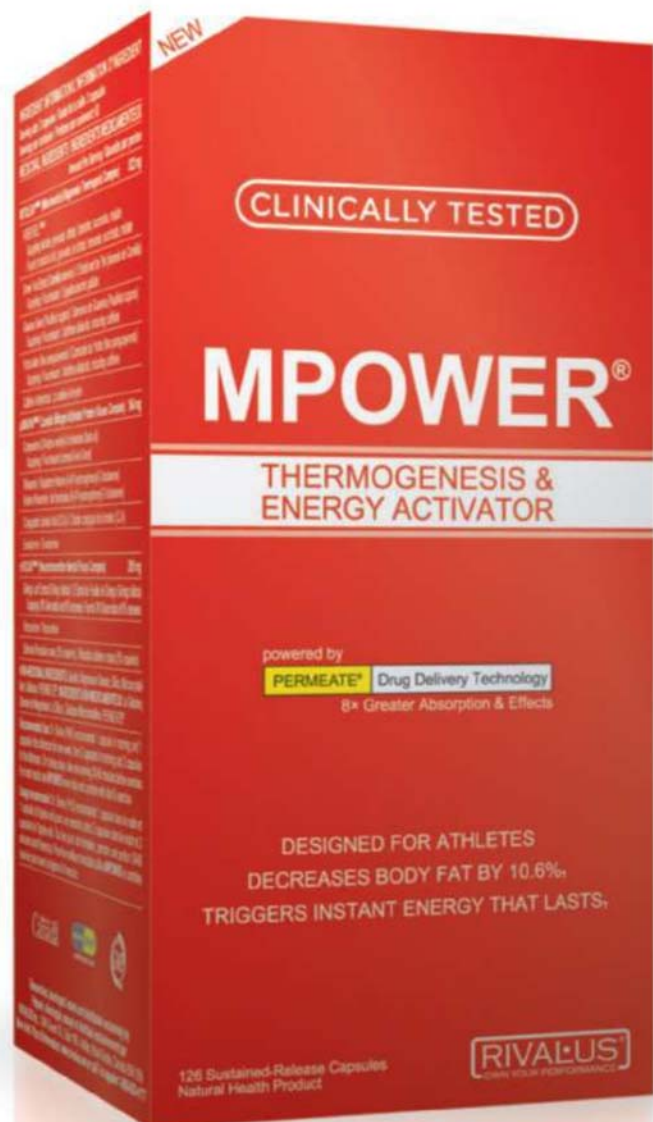


3b SPLIT JUMPING JACK

(NOT SHOWN)
SETS: 5
REPS: CONTINUE FOR
30 SECONDS

Perform jumping jacks but move your feet forward and back rather than laterally. Do as many reps as you can in 30 seconds, rest 15 seconds, and then go back to the dumbbell chop.

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TARGET MUSCLES



SECRETS OF THE SOVIETS

Train like an athlete from the Eastern Bloc to **build muscle and strength fast**

BY PAVEL TSATSOULINE

➔ Most of today's top strength coaches were greatly influenced by the training methods that came out of the former U.S.S.R. After all, during its controversial reign (from 1917 to 1991), the Soviet Union **owned the individual sports stage, pulling in countless world titles and claiming the most gold medals in seven out of nine Olympics.** Once the Iron Curtain came down, Soviet training science migrated west. Your goal may not be to clean and press a mobile home, but if you're looking to build muscle fast, you'll benefit from the workout we created with those secrets. ➔

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THE RUSSIAN WORKOUT

How It Works

Russian methods were amazingly simple yet brutally effective. In our variation, you're performing only three exercises. Between reps on each exercise, pause for a three count, then lift. This pause will train you to keep tight form—no bouncing the bar off your chest on the bench press. Because your body isn't used to holding those isometric contractions for prolonged periods, you should also see fast growth.

The sets and reps use the Russian "ladder" method—a great way to recruit muscle fibers without the risk of burnout.

Directions

FREQUENCY >

Perform twice per week, resting two days between sessions.

TIME NEEDED >

60 minutes

DO IT >

Estimate your 10-rep max (the heaviest weight you can lift for 10 reps) for the bench press, front squat, and tug-of-war row. On your first set, perform one rep, then rest three to five minutes. Perform two reps, rest, then do three reps. Repeat twice more (that's three ladders). Use the same load on every set. Perform all the ladders for one exercise before moving on to the next.

In the "down" position of the bench press and squat, pause for three seconds, holding your breath, and then lift. Do the same in the second position on the tug-of-war row, when your back is contracting hard.

Each workout, add five pounds to each exercise. Continue every week until you can no longer add weight. At that point, reduce pauses to one second—this should extend the effectiveness.



YOUR UPPER BACK SHOULD REMAIN TIGHT.

1 BENCH PRESS

SETS: 3 LADDERS

Lie on the bench and plant your feet firmly. Grab the bar with a shoulder-width grip and squeeze your shoulder blades together. Arch your lower back, but keep your butt on the bench. Tense your whole body and then unrack the bar. Lower the bar to your sternum, pushing your chest out to meet it and tucking your elbows toward your sides. Pause for three seconds and then press it up.



KEEP YOUR ELBOWS RAISED.

2 FRONT SQUAT

SETS: 3 LADDERS

With the barbell on the supports of a power rack at about shoulder height, grab the bar overhand and then wedge yourself under it so that the bar rests on your shoulders. Step out of the rack and squat as low as you can while keeping the lower back flat. Pause for three seconds, then drive with your legs to return to the starting position.



JENNIFER POTTHEISER

TRAINER THE RUSSIAN WORKOUT

1,014 lbs

HOW MUCH
TUG-OF-WAR
INVENTOR
DEADLIFTED
—AFTER
TURNING
60!



3
TUG-OF-WAR ROW
SETS: 3 LADDERS

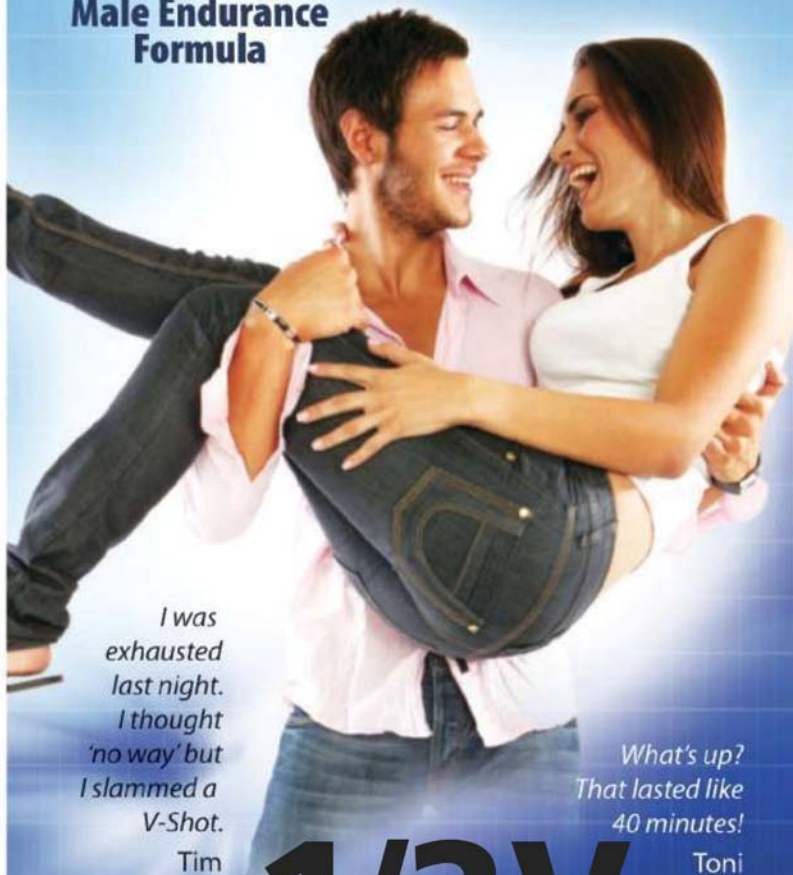
Attach a V-handle to the low pulley of a cable station and stand back until the cable is about 45 degrees to the floor under tension. Sit back on your heels and row the handle to your sternum. Pause for three seconds, fighting the weight by pushing your chest out and holding the pull.

JENNIFER POTTHEISER



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Formula



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exhausted
last night.
I thought
'no way' but
I slammed a
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Tim

*What's up?
That lasted like
40 minutes!*
Toni

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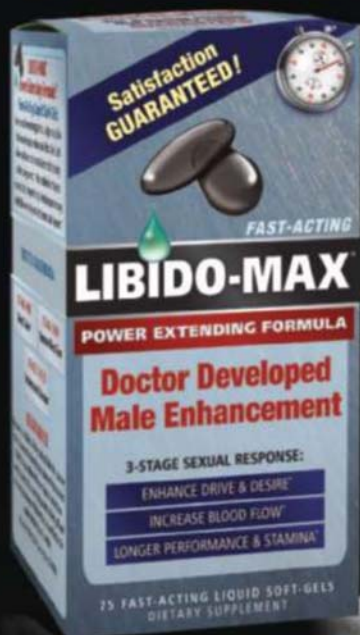
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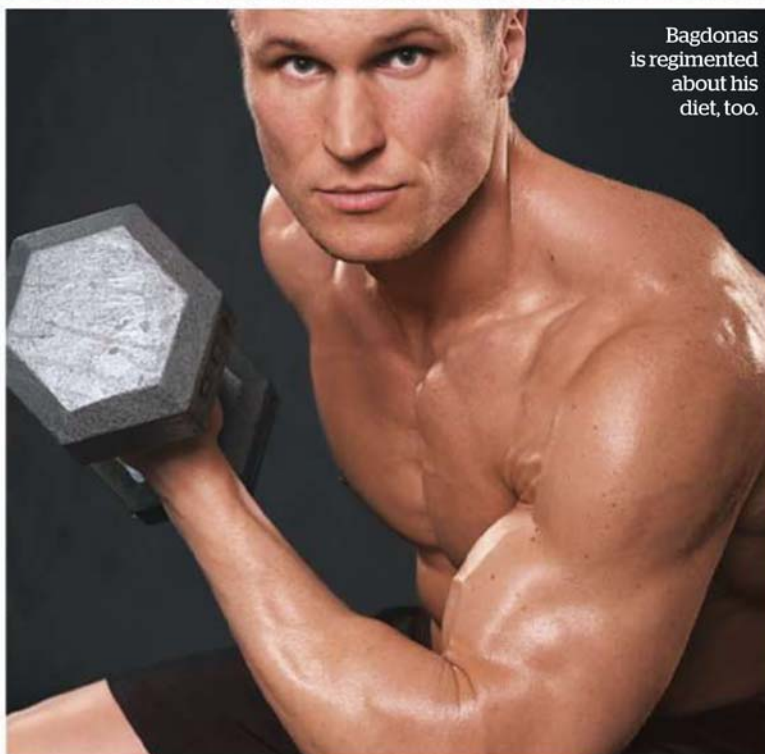
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TRAINER THE 2010 MF HOT BODY



Bagdonas is regimented about his diet, too.

A CHAMPION'S DIET

How Nerijus Bagdonas, our inaugural model-search winner, fuels his physique

➔ *MF* partnered with Wilhelmina Models to find a guy with the kind of body worthy of being featured in our pages. Aspirants had to be muscular, lean, and athletic—and possess a passion for fitness. The winner among 3,000 entrants was New York trainer Nerijus Bagdonas. His prize? A lucrative modeling contract with Wilhelmina and an appearance in *MF*. See more of him in our "Perfect" and "Russian" workouts in this issue.

WHAT I EAT...

5:30 a.m. ➤ A smoothie made with whey protein, coconut milk, water, a banana, and 2 tbsp peanut butter

10:00 a.m. ➤ 4 whole eggs, 1 piece whole-wheat bread, plus some diced tomato, avocado, and piece of fruit
"The egg is much more nutritious with the yolk," Bagdonas says.
"It doesn't affect your cholesterol."

1:00 p.m. ➤ Pre-workout: a shake made with whey protein, coconut milk, and a banana

3:00 p.m. ➤ Postworkout: another shake, this time with 5 grams of creatine mixed in

5:00 p.m. ➤ Usually a salad (either homemade or takeout) topped with grilled chicken or steak plus tomatoes, a mixture of fresh vegetables
"I usually buy organic, free-range chicken," Bagdonas says.

8:30 p.m. ➤ 2 grilled chicken breasts or 8 oz salmon or tilapia with fruit and vegetables

10:00 p.m. ➤ 2 scoops casein and whey protein mixed with water

If dieting for a photo shoot, Bagdonas will eliminate starches but eat fruit for energy. When trying to gain weight, he amps up his carb intake.

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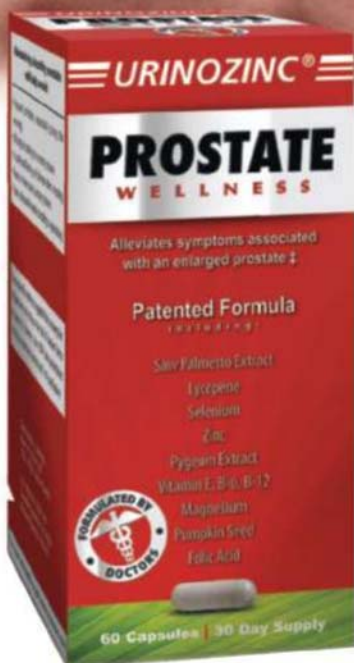
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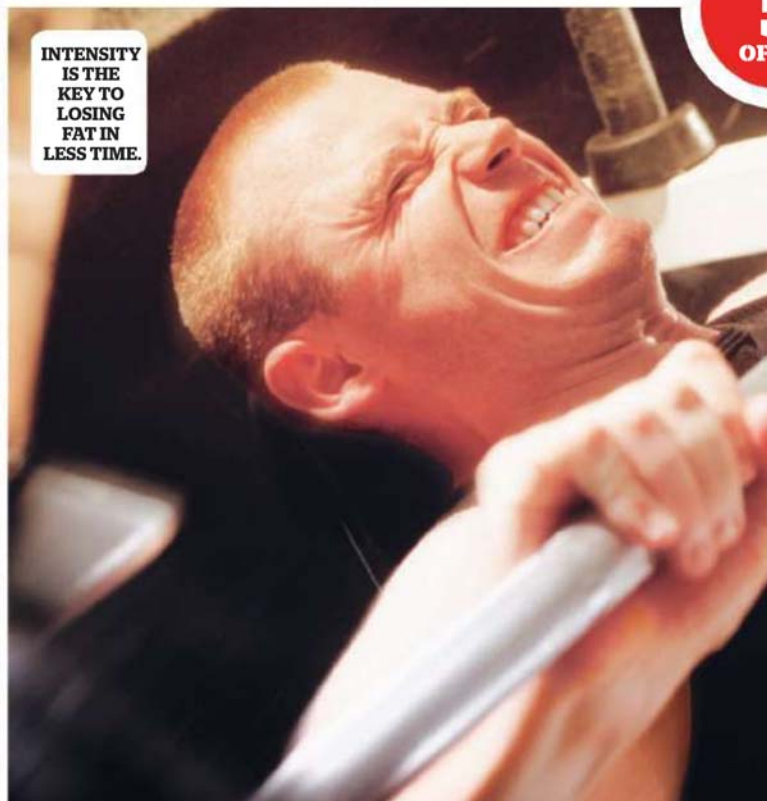
TRAINER THE YEARLONG WORKOUT 2010

GET LEAN, THEN GET OUT!

Burn off your remaining fat fast, then get outside and enjoy the summer **BY C.J. MURPHY**

PART
5
OF TEN

INTENSITY
IS THE
KEY TO
LOSING
FAT IN
LESS TIME.



The Strategy

You started getting in beach-ready shape last month. Now the fat-burning blitz can take full effect. This eight-week installment of our yearlong plan has more circuits and supersets than before. They serve two purposes—to keep you working hard so you burn maximum calories and to make your training sessions efficient. The harder and quicker you train, the more time you have to enjoy the results.

Tips of the Month

- Consume at least one gram of protein per pound of your goal body weight every day. For instance, if you want to slim down to 180, consume 180 grams of protein daily. Spread your protein intake evenly.
- Cut out starchy carbs on days you don't lift. Get your carbs those days from fruits and vegetables only.

Quick Meal

When you don't have time for a regular breakfast, try this quick substitute:
1/4 cup steel-cut oats, cooked in water
1 oz almonds
1 scoop protein powder (you can mix with water or stir into oatmeal)

Get the complete **MF Yearlong Workout 2010** for free at mensfitness.com/yearlong2010. Check the site regularly for updates to the program and read the magazine for more tips on getting the most out of each workout.

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SUCCESS STORY WILLING TO HEAL

Cancer meds made **Matt Browne** fat. Teasing classmates left him discouraged. Yet, as his body kicked the disease, his spirit found solace in the gym. **BY KAREN ASP**

Guys often end up overweight because of bad eating habits or a lack of exercise. But not always. As a 5-year-old, Matt Browne of Winona, Minn., was diagnosed with leukemia. Doctors put him on a rigorous course of chemotherapy and loaded his body with drugs, including steroids. The

medications fought the illness—but also made him fat. “The weight came on fast and stuck with me,” he says.

Browne’s cancer was in remission by age 10, but the fourth grader was still heavy, weighing 155 pounds with a 34-inch waist. His classmates teased him mercilessly. The effects hit him hard. “I got discouraged and felt pretty bad about myself,” he says.

That didn’t change (nor did his body)

until Browne started working out in high school. Initially, he hoped to become more athletic so he could play baseball and basketball, but instead, he ended up falling in love with training itself. “Lifting weights gave me a feeling of control,” he says. “It was something I’d never experienced before. When I’m lifting weights, there’s nothing else that’s holding me back.”

Now 21, after a childhood spent at the mercy of doctors and disease, Browne is studying exercise science at Winona State University, in Minnesota, and hitting the gym almost every day. His workouts include two or three days of cardio—usually 20 minutes of intervals.

Six days a week, he also lifts hard, focusing primarily on one body part and keeping rest periods brief. “I change the routine a lot with the weights I’m using and exercises I’m doing to confuse the muscles,” he says.

Browne’s diet is full of nutritious whole foods such as eggs, brown rice, broccoli, oatmeal, lean meats, and fish, although he does let himself have the occasional cheat meal.

And cancer?

He’s been in remission so long doctors have given him the all clear. Still, Browne hasn’t forgotten his dark past. “When you’re faced with a challenge like that as a child, you get this fight mentality. Now, I apply it to my fitness,” he says. “You get out what you put into your training, which is why I work as hard as I do.”

TALE OF THE SCALE



Matt Browne

Hometown
Winona, Minn.

Age 21

Height 5'11"

Weight before
155 lbs (as a child)

Weight after 180 lbs

MATT'S TIP DON'T GO IT ALONE

“If you feel overwhelmed in the gym, ask for help. For my first two years of college, I went to San Diego State University. Working with the coaches and trainers there taught me a lot and provided me with great tips that I’m still using to really push myself and get good results.”



Got Success? E-mail your tale, your contact info, and any pics that document your progress to successtories@mensfitness.com, or write to us at *Men's Fitness* Success Stories, One Park Ave., 3rd Floor, New York, NY 10016.



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