

STAYING
FIT IN
AFGHANISTAN

THE WORLD'S MOST DANGEROUS GYM! p96

Men's Fitness

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GET UPPER-BODY POWER

BOOST YOUR CHEST,
BACK, AND ARMS IN
2 WEEKS p86

GET JACKED YOUR WAY!

BUILD A
CUSTOMIZED
WORKOUT p121

10 LBS
GAIN OF MUSCLE
IN **30 DAYS**

EAT CARBS,
BURN FAT. REALLY!
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MFICON MARK WAHLBERG

STILL A PLAYER: IN HOLLYWOOD,
AT HOME, IN THE GYM

RIPPED ABS!

LOSE THOSE
LAST FEW
POUNDS
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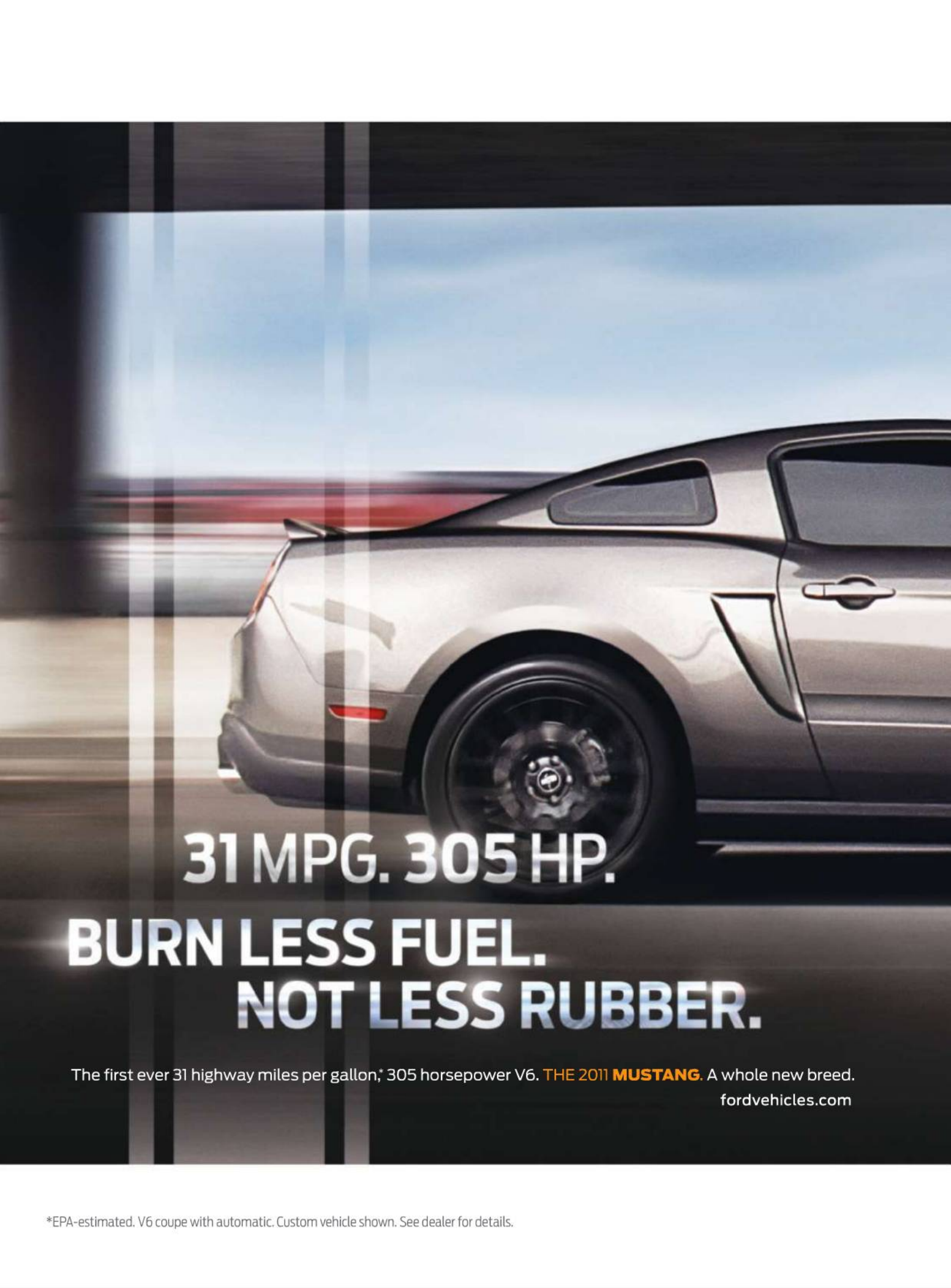
› FITNESS
TIPS FROM
A GIRL
WHO CAN
KICK
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› MAKE
YOUR
OWN
HEALTHY
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FOODS
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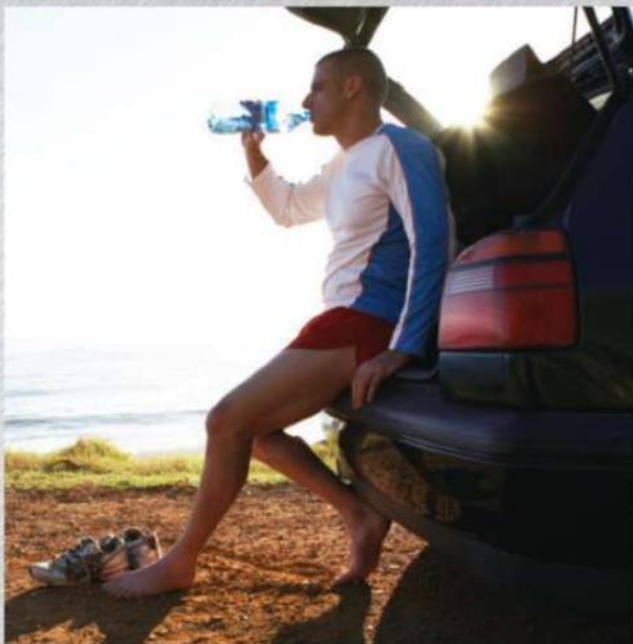


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Top tips for efficiency and endurance

With the summer season upon us, here are a few ways to ensure both you and your vehicle maintain peak performance and look great while having some fun in the sun. These quick tips will help save money, avoid heat-related breakdowns, and build endurance.

Monitor Liquids



Mobil 1 Tip:

Mobil 1 5W-30 is a superb all-season motor oil. It's designed to provide outstanding wear protection, maintain excellent engine cleanliness, and help maintain a high level of overall engine performance. This is especially important during hot summer months, when the engine requires extra lubrication.



Fitness Tip:

Our bodies are made up of 65% water. Being well hydrated is especially challenging in the summer, but critical to good blood volume, cardiac output, and delivery of oxygen to the working muscles. Staying well hydrated also decreases the risk of muscle cramping, regulates core body temperature, and will allow you to recover faster.

Cool Down



Mobil 1 Tip:

The cooling system works overtime in the summer to make sure your vehicle's engine doesn't overheat. Flush and refill the coolant systems every other year. An engine that runs too hot or too cold can reduce fuel efficiency.



Fitness Tip:

Cooling down after exercising reduces the risk of injury just as much as a warming up process. Gradually slowing down the level of activity helps the heart rate and breathing return back to normal.

Don't Overload



Mobil 1 Tip:

An overloaded roof rack creates drag, hurts your fuel efficiency, and can also be dangerous for vehicle control and handling. Consult your owner's manual for proper weight limits, and make sure you have a clear view from all mirrors.



Fitness Tip:

When participating in summer outdoor activities pack efficiently to avoid unnecessary weight to carry. Also, if you're looking to tone up and build muscle, start with a low-weight, high-rep workout. You'll have better form, control, and strength in no time.

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FITNESS & NUTRITION

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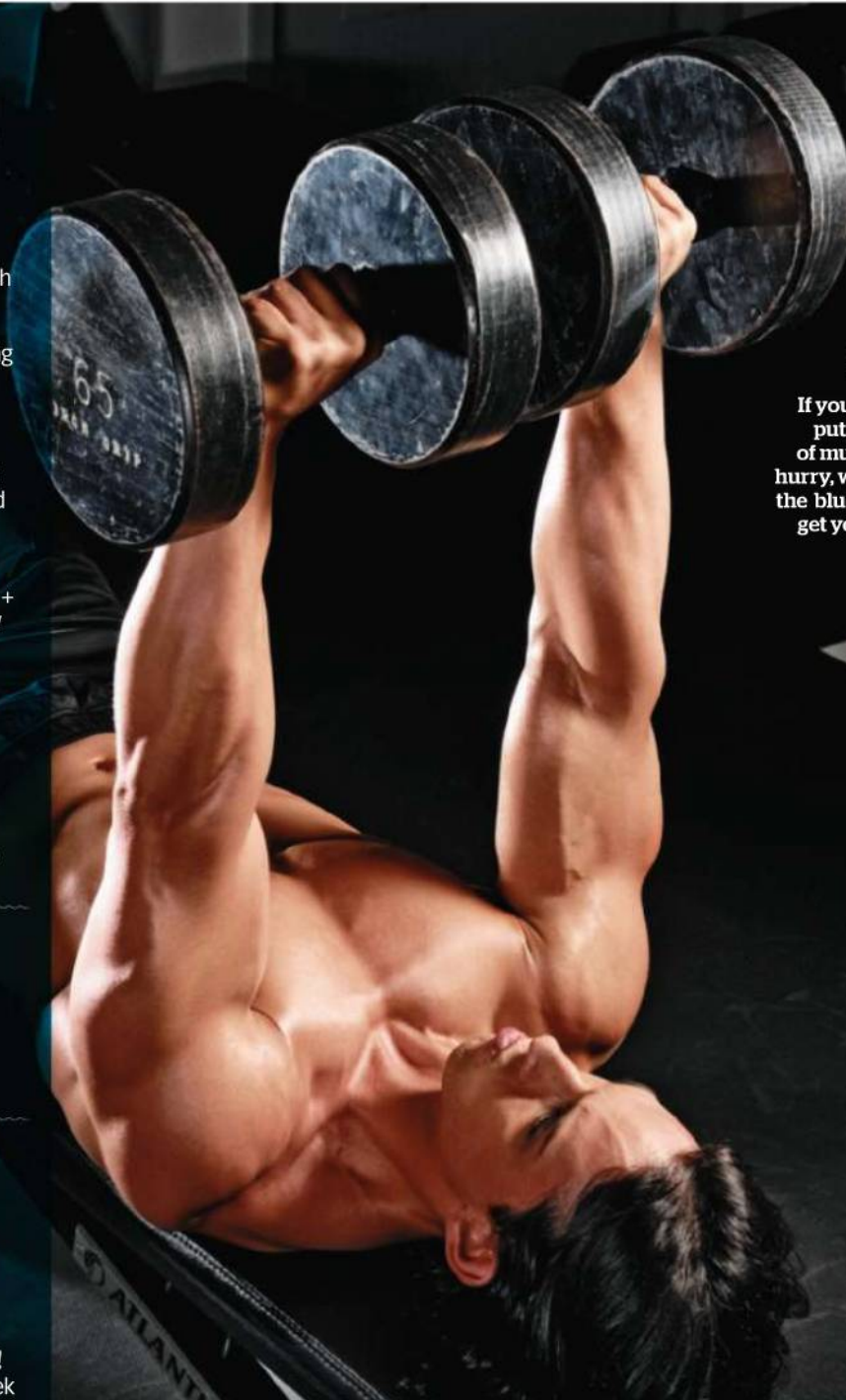
Just a couple of sessions a week will keep you making progress with our Yearlong Workout.

135 SUCCESS STORY

John Hillesland put on the freshman 15, times two. Here's how he took off the weight.

86

If you want to put on slabs of muscle in a hurry, we've got the blueprint to get you there.



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80 POWER PLAYER

Actor Mark Wahlberg, the guy behind HBO's *Entourage*, used to party like Vincent Chase. Now a family man, he's still pushing his limits in the gym and on the golf course.



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SPORTS, ADVENTURE & LIFE

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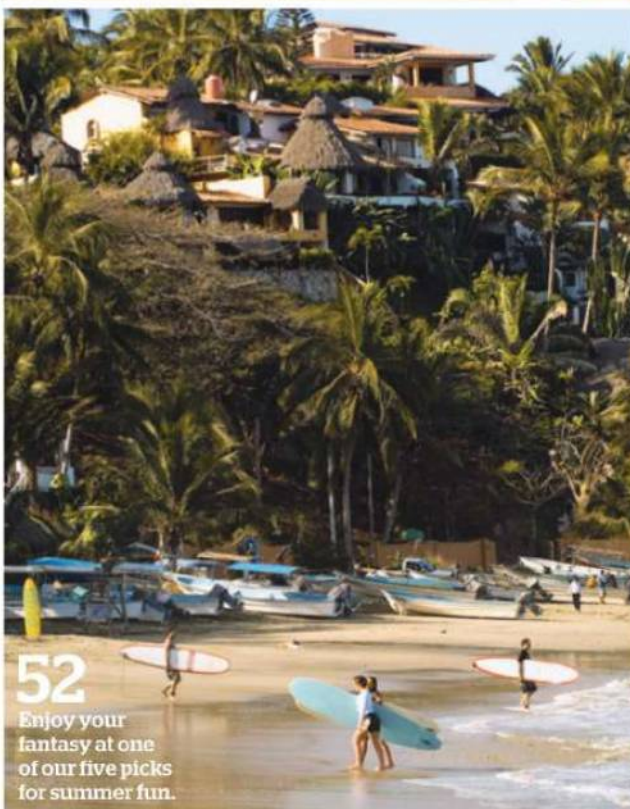
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Your dog can keep you fit!



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Your turn to weigh in.



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JEANS BY ROGAN



The 2010 MAZDA3 raises a victory flag for every driver who refuses to compromise joy in the name of practicality. The spoils include expressive styling, available Bluetooth®* phone and audio capability, 10-Speaker Bose® Surround Sound and more. Meanwhile, things like the pump-friendly 33 MPG HWY,** more interior room than Civic and Corolla, plus the choice of 4 and 5 door body styles, deliver big time on practicality. Add to that its ALG award for highest projected resale value in its class, its 2010 Edmunds' *Inside Line* Editors' Most Wanted Award – and its starting price around \$16k† – and compromise has no choice but to raise a flag of its own.

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10

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and much more.

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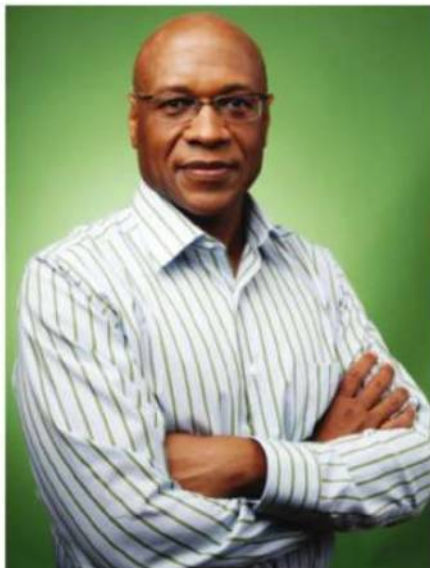
SPECIAL FORCES

As we go to press each month, we're mindful of the great sacrifices being made by many of our readers—those serving to protect us in faraway lands. These soldiers of the Dagger platoon gather at Army combat outpost Michigan in the heart of Taliban country in Afghanistan's Pech Valley. To stay fit, they built a makeshift weight room and now dodge bullets while working out. When your very survival depends at least in part on how fit you are, you do whatever it takes to be your best. Check out the world's most dangerous gym, on page 96.

90
POUNDS

AVERAGE WEIGHT OF
GEAR AND SUPPLIES
THESE SOLDIERS
CARRY DAILY

Pass The Word



Live In Between, Too

ONE OF MY FAVORITE rituals occurs early in the day. After I've been awakened by my alarm at 5 a.m.; after I've gone to the gym; after

I've seen my kids out the door, driven to the train station, and taken the 33-minute ride from New Rochelle to New York City, I step out of Grand Central Station at 42nd Street and walk nine and a half blocks along Park Avenue to my office. Every weekday. Every season. Didn't miss a day during winter and am loving it during this beautiful weather.

I could take the subway. It's quicker, warmer, drier. But it's not the same. It's too quick. Those few blocks are my time. Yeah, I might be checking and writing e-mail, shuffling through my iTunes collection, or reading an eBook. Still, it's my time. My time in between my arrival in the city and the rest of my sure-to-be-hectic day.

I relish my in-between time and always maximize it by doing something uplifting and/or relaxing. One day, music might do it. On another, it may be an inspirational podcast. Or it may simply be walking and thinking and observing the living canvas that accompanies each step.

You're probably doing a lot of the right things in your life. You're going to the gym and trying to eat well. You're bringing your "A" game to work. Check. Check. Check.

But what are you doing in between? How are you maximizing those gaps

in your day? They're easy to take for granted, and very easy to dismiss as idle and insignificant.

Don't. Lots of guys are doing the right thing. Winners are doing more. They're using their in-between to gain an edge. They're getting smarter. They're getting inspired. Or they're simply clearing their minds of the clutter that might hinder their success.

Either way, they're using their in-between to make themselves better—physically, intellectually, mentally, spiritually, you name it.

They're using it to win.

A lot of guys actually diminish all the good they do in the gym by blowing off their in-between. You can go to the gym every day, but you're not going to make the gains you want if you spit on your in-between. You grab a doughnut on the way home, sneak a candy bar in the afternoon (after a burger and fries at lunch), then have a couple of slices of pizza and a beer for dinner.

Doing the right thing is just the start. Doing the right thing in between will take you to the finish line. Ahead of the rest of the field.

Onward,

Roy S. Johnson
VP/Editor in Chief

“

You can go to the gym every day, but you're not going to make the gains you want if you spit on your in-between.”

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TRAINER SPOTLIGHT JOE DOWDELL

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CREDENTIALS



The gym Dowdell founded and co-owns, Peak Performance, in New York City, caters to celebrities, pro athletes, CEOs, and models. With more than 15 years of experience, he is a sought-after trainer who has contributed to numerous fitness publications.
peakperformancenyc.com

JOE'S TOP THREE TIPS

QUALITY OVER QUANTITY

"Now that people are doing more intervals for fat loss, I see them making more mistakes with form. You need to train intensely, but you also have to keep good form. Slow down and focus."

PRIORITIZE RECOVERY

"No matter what your goal, everyone should be stretching, using foam rollers when possible, and getting plenty of sleep. If you're not taking steps to recover properly, you're going to plateau or get injured."

STAY CURRENT

"Exercise science is always evolving, and you should be too. What may have been the correct approach to something in the past may not be the best way to do it now, so always try to keep up to date on exercise and diet trends."

IN THIS ISSUE

The trainers behind this month's fitness coverage

► JAMIE CAPOROSSO

Based in Howell, Mich., Caporosso has powerlifted competitively for 20 years.
xxpowerlifting.com

► ELLIOT HULSE

A pro strongman and former Division I All-American football MVP, Hulse trains combat athletes in St. Petersburg, Fla.
strengthcamp.com

► KEITH SCOTT

Scott is a strength coach in New Jersey with almost 20 years' experience.
backtoformfitness.com



► ALFONSO MORETTI

Nicknamed "The Angry Trainer" due to his intense methods, Moretti is based in Norwalk, Conn.
angrytrainerfitness.com

► JIMMY SMITH

A trainer in Stamford, Conn., Smith now trains everyone from average joes to athletes.
jimmysmithtraining.com

► BERT SORIN

Sorin is a strength coach, and designer of exercise equipment. He lives in Irmo, S.C.
sorinex.com

► NICK TUMMINELLO

A Baltimore-area coach, Tumminello owns Performance University.
performanceu.net

Meet more MF-approved experts and trainers at mensfitness.com/trainers.

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devinalexander.com

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Do I really have to cuddle after sex?

"Hug and slowly count to 20. Studies show that **all it takes is a 20-second hug to get the 'cuddle hormone' oxytocin flowing in women** and facilitate that sense of connection they're craving."

Ian Kerner, Ph.D.

SEXOLOGIST,
AMERICAN BOARD OF
SEXOLOGY



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Sports Performance

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Head athletic trainer, Dallas Mavericks

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Owner, Stephen Holt Fitness, Lutherville, MD

CJ MURPHY, M.F.S.

Owner, Total Performance Sports, Everett, Mass.

JIM WENDLER

Editor, Elite Fitness Systems, London, Ohio



Any advice for starting a new lifting regimen?

"It's not about going to the weight room and immediately seeing how much you can squat and bench. I start eating right and doing those types of things before I ever start lifting hard. If you can get the small things first, the bigger things will come."

DeMarcus Ware DALLAS COWBOYS LINEBACKER



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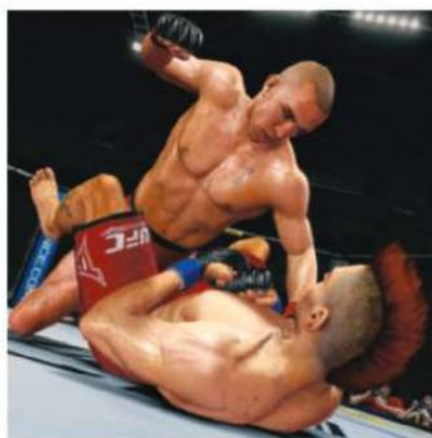
What Matters To Men



1

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> Finally, a food site where guys can find thousands of man-meal ideas—or submit their own favorites for others to try out and review. Narrow recipes by ingredient, difficulty, cook time, or occasion (like camping or tailgating).



5

UNDISPUTED 2010

> The sequel to last year's hit features online training camps and more than 100 selectable fighters. Available now for Xbox 360 and PS3.

6

GET (CHERRY) JUICED

> Running a marathon? Drink cherry juice on the days leading up to (and after) the race. UK researchers found that marathoners who downed the tart stuff recovered faster and suffered far less joint inflammation.



2

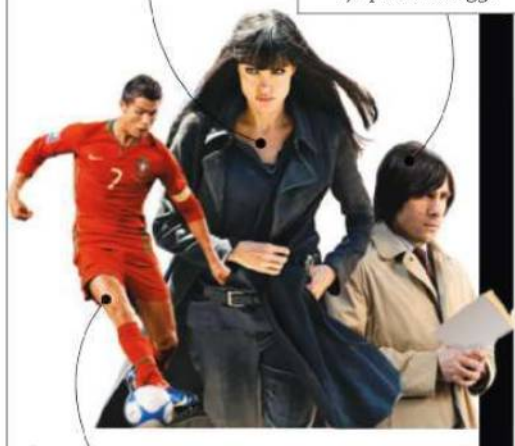
SALT

> No one makes ass-kicking look sexier than Angelina Jolie. In this new flick, out July 23, she plays a rogue CIA agent.

3

BORED TO DEATH?

> Get active! Guys who are bored are more likely to die early, says a new study in the *International Journal of Epidemiology*.



4

FITNESS GOOOOOALS

> The World Cup is over, but you should still play pickup matches with your pals. A University of Copenhagen study found that three months of soccer practice twice a week can trigger significant drops in a guy's blood pressure and overall body fat.



7

GO LONGER

> Guys who stay fit have better sex lives, gaining up to seven years of "sexually active life" over their flabby peers, according to new research from the University of Chicago.

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▲ Clinically Researched

120 TABLETS

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John Cantlie

• "I'm not very good at 'normal life,'" says John, the UK-based thrill seeker who threw himself onto the front lines to write and shoot "Blood, Sweat & Fear," page 96, on American soldiers who built their own gym in the middle of an Afghan war zone. "It was awesome to spend time in the mountains there and show readers another side to the war," says John, who along with the soldiers he covered, dedicates the story to the memory of Sgt. Kenneth Nichols, who was killed by enemy fire in the Pech Valley in December 2009.



Art Streiber

• For this month's cover shoot with *The Other Guys* star Mark Wahlberg, we called in a true *MF* veteran. Art has shot numerous covers for us, and his work has appeared in top mags like *Esquire*, *Entertainment Weekly*, and *Vanity Fair*, among others. "Wahlberg's a great subject," Art says. "He takes everything he does very seriously, but at the same time, he's a lot of fun and very good to work with."



Kagan McLeod

• The artist behind the images in this month's functional workout (page 107), Kagan hails from Ontario and has had his work published in everything from *Maxim*, *MAD*, and *GQ* to *Glamour* and *Sports Illustrated*. Lucky for us, action shots are his forte, as are secret cameos. "I snuck in a mini-portrait of my one-year-old for the lifting-a-toddler illustration," he admits. In his free time, Kagan kicks back by illustrating comic books, playing squash, and spitting rhymes at Hip Hop Karaoke in Toronto.

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What's your favorite healthy lunch at work?

"I like a hummus and avocado sandwich with bean sprouts and vinaigrette dressing."

"I usually have organic tomato sauce with ground sirloin—without any pasta. Or I'll pick up sushi."

"A grilled chicken sandwich and water always does the trick for me."

"I prefer hot and spicy, like a large portion of broccoli and string beans sautéed in garlic and olive oil, with a small piece of garlic bread. It's very satisfying."

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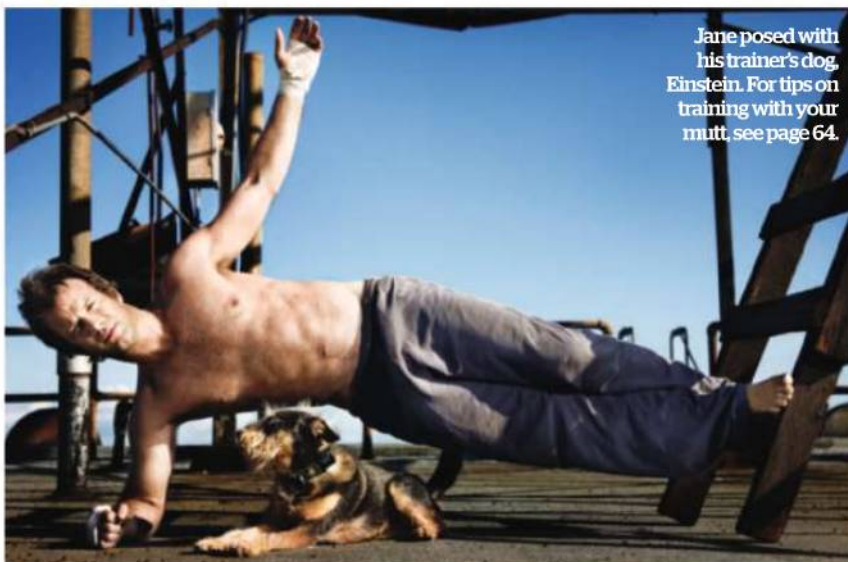
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Jane posed with his trainer's dog, Einstein. For tips on training with your mutt, see page 64.

Well Hung

AWESOME PHOTOS OF THOMAS JANE working out ("Trained Thriller," June/July 2010). They really inspired me to get out of the gym and enjoy my own 'hood. Thanks for the motivation.
—Darren H., Chicago, IL

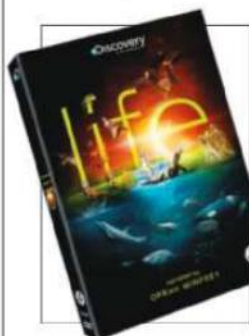
THOMAS JANE'S PROFILE MENTIONS L-sit pullups. I've never heard of that move. Can you explain it?
—Sean D., San Diego, CA

MF: This more advanced pullup variation hits your core extra hard. Simply raise your legs out in front so your body forms an L.

Dropping Fast

I'M DOWN 10 POUNDS IN THE LAST MONTH and I owe it all to MF. Between the recipes and workouts, you've really given me the kick I needed!
—Caesar T., Las Vegas, NV

Regrets: The Punisher film is based on a comic created by Marvel, not DC Comics, as was incorrectly published.



WRITE US! »

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 the Discovery Channel's series *Life*, available in stores or at discoverystore.com now. Letters become the property of MF and may be edited.

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MF
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THE MF GUY DANIEL DAE KIM

BY BRANDON GUARNERI

Although he's best known for hanging out on a mysterious island on ABC's recently concluded *Lost*, actor Daniel Dae Kim also hits the gym hard. The South Korea-born star typically works out four or five days a week. "I like to do it all," he says. Kim usually performs three sets of up to 15 different exercises, either adding weight or reps as he goes, resting for only 30 seconds between sets. "I go from pullups to three chest exercises; then I'll do back, then shoulders, biceps, abs, lower back, then squats, then calves. I'll work down the body until I feel that every part is exhausted." Then comes a three-mile run, which he does on off days as well. Kim enjoys outdoor sports such as tennis, swimming, and hiking near his home in Hawaii. "There's a place called Koko Head," he says, "with a crater where you're literally walking up the side of a volcano." Here are four more things you didn't know about the star:

AGE
41
HEIGHT
5'9"
WEIGHT
166 pounds
BODY OF WORK
Lost
The Adjustment Bureau
Hawaii Five-O

His dog is fitter than he is.

> Kim runs with his 8-month-old Shiba puppy, Kona. "Sometimes my son takes the dog out, too. Kona could run five miles a day. He's pretty fit, this dude."

He doesn't have a personal trainer. Or a nutritionist.

> "When I started working out in high school, nobody had trainers. We just worked out with one another. I know enough about nutrition to be able to take care of myself. When getting in shape, I stop eating carbs at 3 p.m."

He used to be a meathead.

> "[In high school] it was all about mass and bulk. We knew nothing about cardio. We were just trying to lift as much as we possibly could."

He's obsessed with pullups.

> Kim once took a presidential physical fitness test in elementary school, getting enough reps in every event except pullups. He needed 15 but only did 12. "Ever since then, I said to myself, 'I'll never be weak on the pullup bar again.'" Now he does three sets every workout, each with a different grip.

UPPER-BODY POWER!

Four ways to build strength and master the pullup

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

It's simple: the better you are at pullups, the bigger and stronger your upper body will be—even your bench press will go up. If you can't pull up your own weight or you're looking to improve your reps fast, these strategies will get you there.

IF YOU CAN DO...

0-5 REPS

> **You need strength.** Try a negative pullup. Jump into the top position of a pullup, so your chin is over the bar. Gradually lower yourself to the starting position (take about five seconds). Do five sets. In a few weeks, you should be ready for regular pullups.

Or try the Pullup Revolution (available at lifelineusa.com)—an apparatus that uses elastic cables to unload some of your body weight and make the pullup easier. Attach the device to the bar, stick your foot in the stirrup, and practice the pullup until you feel you can do a few reps unassisted.

5-10 REPS

> **You need strength endurance.** Do five sets of five pullups per workout, adding one rep each time you repeat the workout. When you can do a few sets of 10, wear a weighted belt or hold a dumbbell between your feet. Choose a weight that cuts you off at five reps again, then start the process over.

10-PLUS REPS

> **It's time to move to advanced pullup variations.** Grip the bar with only three or four fingers or raise your legs up in front of you and hold them up for the entire set. Getting creative and adding new challenges will keep you growing almost indefinitely.

A full-page photograph of a man, Rudy Reyes, performing a pull-up. He is shirtless, showing a very muscular physique with prominent abdominal muscles and broad shoulders. His arms are extended upwards, gripping a pull-up bar. He has a tattoo on his left upper arm. The background is a dark gym setting with various pieces of equipment visible.

Former Marine
Rudy Reyes
(a member of
our *MF 25* in '09)
was part of
the battalion
that inspired
Generation Kill,
a book and
HBO series.

PULLUP POINTERS

➤ **Grab the bar overhand with an outside-shoulder-width grip.** You can wrap your thumbs around the bar or have them on the same side as your fingers.

➤ **Pull yourself up to the bar until your chin is over it.** If you can, keep pulling until your collarbone touches the bar (you'll activate your midback muscles better). Cross your ankles so your legs don't swing and make it too hard. If you have a strong core, let them hang straight down but keep them tense.

70%

The maximum of your one-rep max that you should use on dynamic-effort sets.

FITNESS STRATEGIES

BUILD "FAST" MUSCLES

The secrets behind **dynamic-effort training**

BY JAMIE CAPOROSSO

What it is

> A method of quickly building explosive speed. You lift relatively light weights, usually small percentages of your one-rep max, as fast as you can.

How to do it

> Find or estimate your max weight on a major compound lift like the bench press or deadlift. Then use light percentages of it over a five-week cycle. For instance, in Week 1, bench-press with 40% of your max. In Week 2, use 42.5%. In Week 3, 45%, etc. After a warm-up, do eight sets of two reps, moving the bar as fast as you can. Combine

dynamic-effort lifting with heavy training, so if Monday is your dynamic bench day, you can bench again on Thursday with heavier weights and fewer sets.

Benefits

> Dynamic training teaches all the muscle fibers in a muscle group to fire at the same time, which leads to rapid strength gains and improves your overall athleticism.

Downside

> As with any kind of explosive training, there's a significant risk of injury, so maintaining good form is essential.

>FIT NEWS

59%



• Amount of young people found to have too little vitamin D in their blood, according to a recent study in the *Journal of Clinical Endocrinology and Metabolism*. Low levels of vitamin D have been linked with decreased strength. To boost your D, get some direct sunshine every day and include **salmon** and tuna in your diet.

CHOOSE
IT!
LOSE
IT!

TIMING YOUR SETS



CHOOSE IT

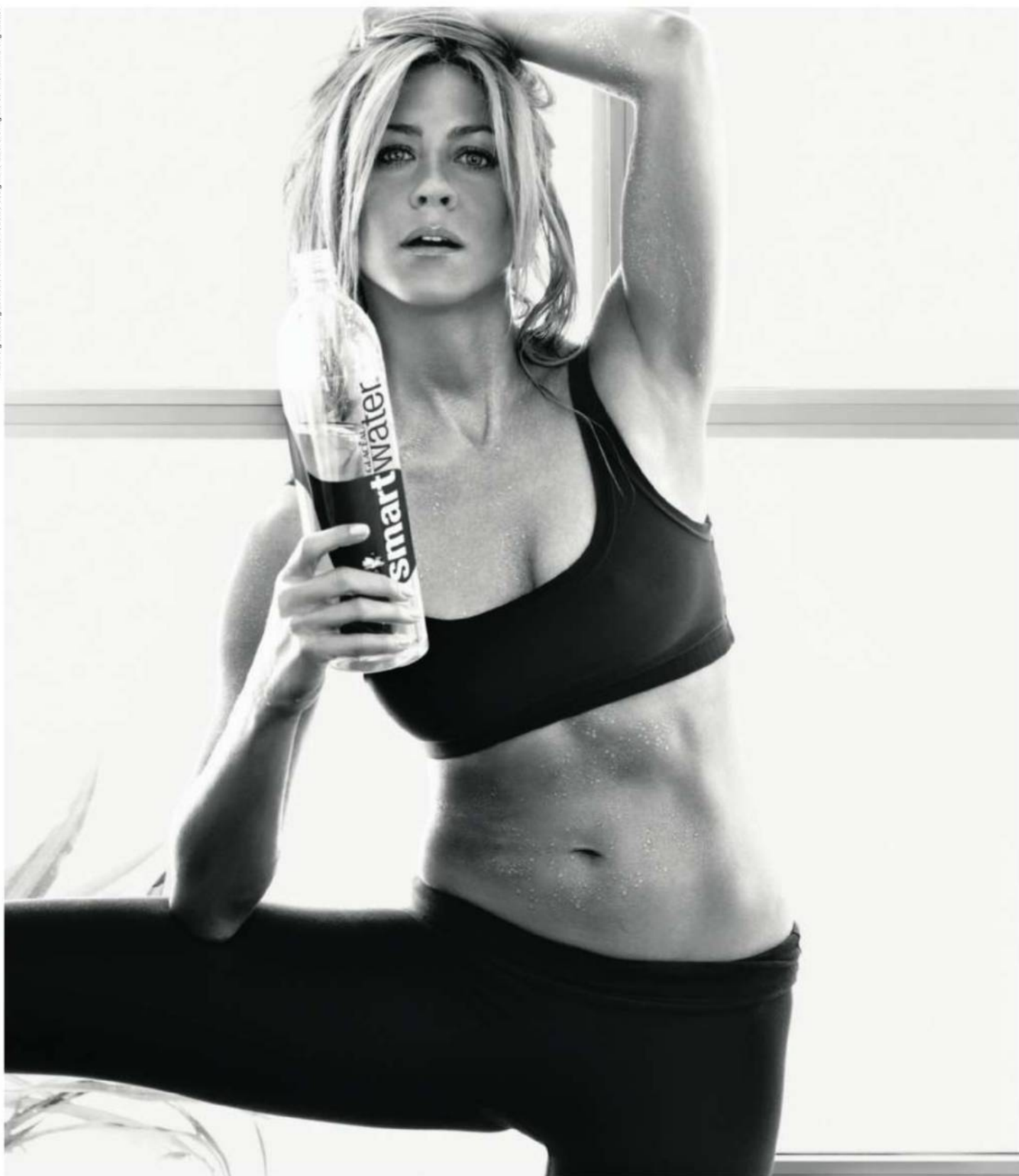
DIGITAL TIMER OR STOPWATCH



LOSE IT

THE WALL CLOCK

> Tracking rest periods during your workouts is essential for losing fat. And gym wall clocks can be inaccurate or hard to read from a distance. Instead, set the stopwatch on your watch or cell phone to beep when your prescribed rest period is over. That way you'll know exactly when to hit your next set.



MY WORKOUT PARTNER

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Strongmen pull trucks. You should start with a car—a small one.

GET “CAR” JACKED

Push and pull your ride for more muscle

BY ELLIOT HULSE, C.S.C.S.

Most guys think having to push their car would be bad, but it's actually a great workout (if you aren't running late). When your arms are extended and your legs are pumping, your heart has to meet the blood demands of the upper and lower extremities simultaneously. That sends your metabolism into hyperdrive, so you burn fat while working your major muscle groups.

Push

Get a buddy and drive to a flat, open area (not on a hill). Have your friend sit in the driver's seat. Shut the engine off and put the car in neutral. **Get behind the car and extend your arms, resting them on the bumper. Extend your legs behind you.** (Your friend's job is to keep the wheel straight.) Drive your legs into the ground to get the car moving, then pump them so you're running with high knees. Try to push for a set distance or time.

Pull

Put a V-grip handle—the kind you use for seated cable rows—on a tow strap (they sell them in auto-parts stores). **Attach the strap to the front frame of the car, not its body. Face the front of the car and grab the handle.** Bend your knees and lean back, fully extending your arms. Push your feet into the ground to get the car moving, and begin backpedaling quickly while keeping your hips low. You'll feel it in your quads. **Don't try to row the car toward you.**

> MF PICK

ROLL WITH IT

You've probably used a foam roller at your gym to massage your muscles before or after workouts or to rehab an injury. Now try The Grid. This hollow-body roller holds its shape better, and the alternating tubular, flat, and gridlike texture allows you to customize the massage effect just like a beautiful masseuse would use her hands (well, almost). \$40 @ tptherapy.com



GYM LIES



THE LIE

YOU MUST ISOLATE MUSCLES TO MAKE THEM GROW

THE TRUTH

> No muscle works alone. Train your body the way it's meant to work, with exercises that work multiple muscles at once. You'll get bigger and stronger—and spend less time in the gym. So stop curling and start doing chinups!

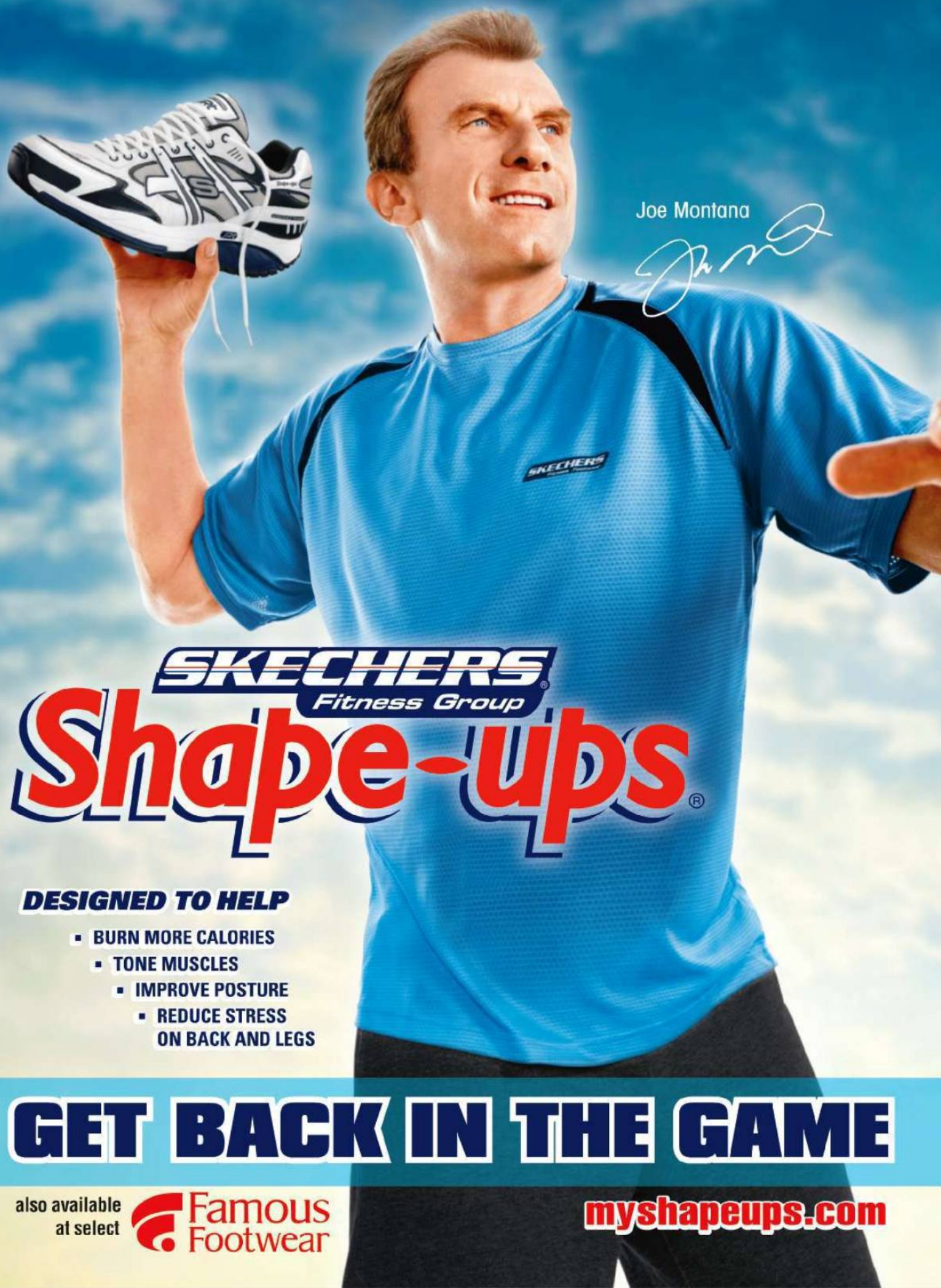
THE HARD GAINER

BIGGER OR LEANER?

Tips for guys who have trouble putting on muscle

BY JASON FERRUCCIA

● Gaining muscle and losing fat simultaneously only happens when you're a beginner, use steroids, or have freakishly good genetics. A better strategy: Choose one goal at a time and work toward it for 12 to 16 weeks. If your body-fat percentage is above 15%, your goal should be getting lean first. (When your body fat percentage is higher, your insulin sensitivity is less and you're more prone to fat gain.) Whatever your goal, your training shouldn't change. Heavy weights and low reps build muscle, so stick with that plan and adjust your diet and the number of cardio sessions you perform accordingly.



Joe Montana

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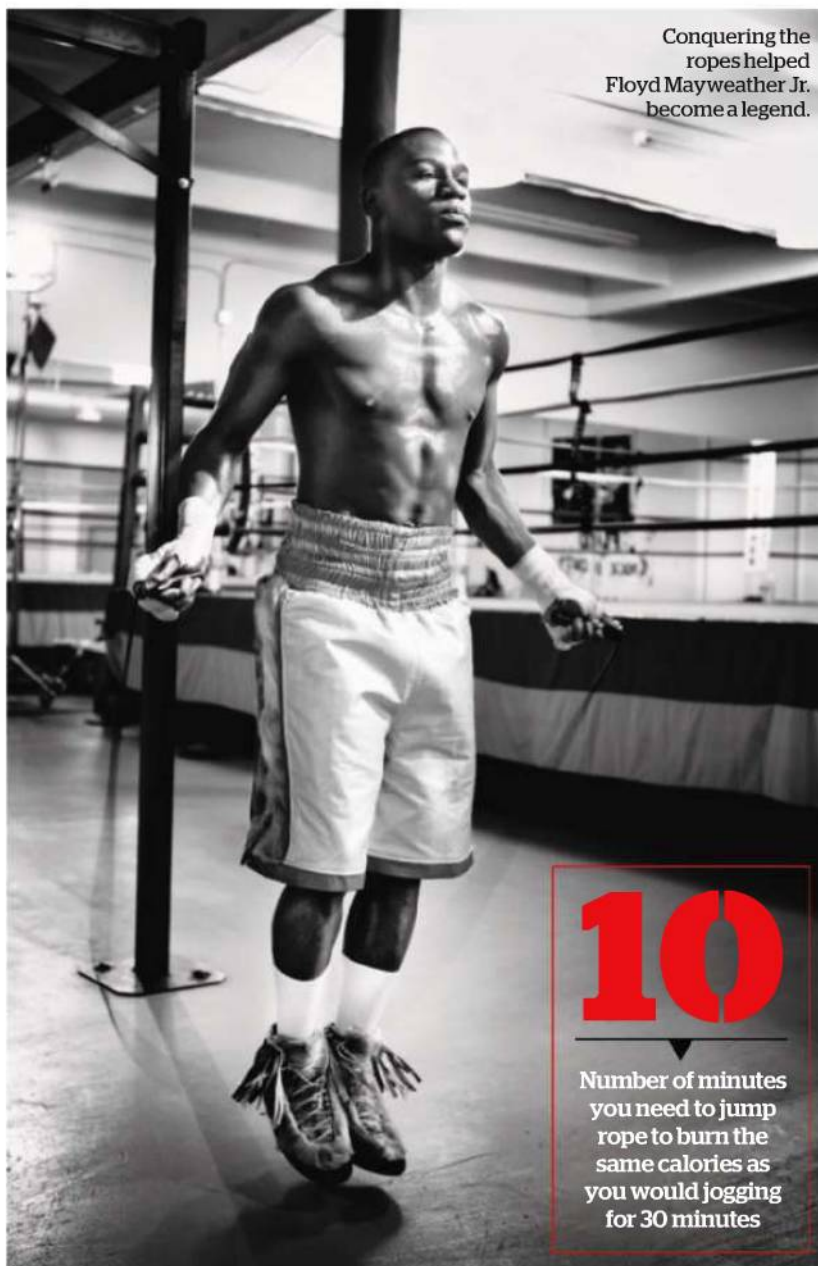
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GET BIG



Conquering the ropes helped Floyd Mayweather Jr. become a legend.

10

Number of minutes you need to jump rope to burn the same calories as you would jogging for 30 minutes

JUMP LIKE A BOXER

No-trip training for mastering the jump rope

BY CJ MURPHY

Boxers jump rope for a reason. It's one of the most effective stamina-building activities around. But it can also be frustrating. That's why we put together a program to help you sharpen your skills, no matter how uncoordinated you may be.

HOW TO DO IT

Do one jump. That's it. Next, do two sets of two jumps. Then three sets of three. Continue this progression until you can skip for 10 sets of 10, or you've gone for 15 to 20 minutes. Whenever you miss a jump, go back and repeat the previous level. Do this workout four times a week. If you do it right, you will be skipping rope like a boxer for three-minute rounds in a week or two.

The Rules

- Only jump high enough to clear the rope.
- Keep your knees soft as you jump. Land on the balls of your feet.
- Use your wrists, not your whole arm, to control the rope.
- Begin your jump when the rope is just above eye level.
- Let the rope brush the floor lightly.

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FREE YOUR SKIN®

ADD ONE INCH TO YOUR ARMS!

Start getting bigger guns in just 60 seconds **BY NICK TUMMINELLO**

➔ It may sound too good to be true, but you can really add nearly an inch to your arms after a few short training sessions. Do this routine once a week. You'll walk out of the gym with a huge pump, and in a few weeks, you'll have permanent growth.

How to Do it

➤ **Alternate band pushdowns and band curls.** Do the first for 30 seconds, then immediately do the latter for another 30. Rest no more than two minutes. For the first two weeks, perform two sets of each move. In Weeks 3 and 4, three sets. In Weeks 5 and 6, four sets. You should build a solid inch of new muscle in around six weeks.

Band Pushdown

➤ Grab an exercise band and tie it to the top of a squat rack or cable machine column. **Grab the middle of the band with both hands and tuck your elbows to your sides. Extend your elbows just like in a cable triceps pushdown.** Try for 60 reps in 30 seconds (if you can't do it, use a lighter band). It's OK if you break form and rock back and forth a bit.

Band Curl

➤ Anchor the band under your feet, holding the other end with both hands. **Curl for 30 seconds, aiming again for 60 reps.**

> YOUR WORKOUT SUCKS

BALANCED BODY-BUILDING

This reader's routine needs to be more functional

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

Paul Diolosa

of Lake Ronkonkoma, N.Y., (right) is happy with the results of his current regimen. But he's also looking for more gains. Alfonso Moretti, a trainer in Norwalk, Conn., offers a few quick pointers.



PAUL'S PROGRAM

Monday and Thursday
CHEST, TRICEPS, ABS

Tuesday and Friday
BACK, BICEPS, FOREARMS, ABS

Wednesday and Saturday
LEGS, SHOULDERS, TRAPS, ABS

Paul generally does three different exercises for each body part and five sets for each lift. Three mornings a week, he also runs five to six miles on the treadmill.

ALFONSO SAYS

• "You look great, but your workout could be a lot more functional. I would include more multidirectional exercises in your routine and get off the treadmill. Also, rest is paramount to long-term success, so training every day isn't ideal."

THE FIX

• You can do your body-part training two days a week—one session for upper body and one for lower—but two other days do full-body circuits. Alternate multidirectional exercises such as reverse lunges with biceps curls and side lunges with dumbbell presses with heart-pounding exercises like jumping rope and kettlebell swings. This will allow you to hit your whole body more frequently and get plenty of cardio without spending as much time running.

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BUILD A BODY

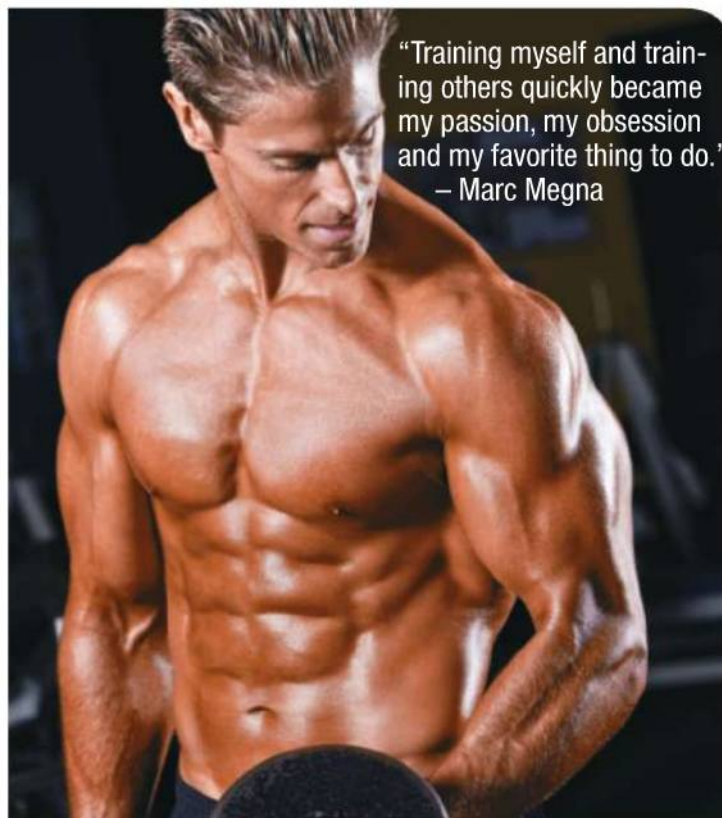
THAT GETS
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Celebrity Trainer
Marc Megna shows
you how in this
special 4-page
exclusive!

SPECIAL 4-PAGE AD REPORT

As a former professional football Defensive Line-man, 2-Time All Star and highly respected athletic coach, you can understand why Marc Megna wields a fair share of athletic prowess. It's this dream-like résumé that has attracted the attention of some of the world's highest paid athletes and big name personalities looking for top training advice. You may not be either of those, but your aspirations to improve are the same. Today, you'll experience life as a client of Celebrity Trainer, Marc L. Megna, CSCS. This is your chance to soak up the uncanny knowledge of a true master and experience the same all-out arm assault typically only experienced by Marc's high-paying clients.

EXCLUSIVE ONE-ON-ONE ARM TRAINING TUTORIAL



"Training myself and training others quickly became my passion, my obsession and my favorite thing to do."
— Marc Megna

Prime Your Body for an Intense Arm Workout

It's Friday, and under the direct orders of fitness guru Marc Megna it's arm day. After a physically draining work week, you find it near impossible to muster up the energy needed for the fifth workout of the week. Luckily, Marc has you taking **naNO Vapor® Hardcore Pro Series** – an extreme energy nitric oxide muscle performance amplifier – 30 minutes before your workout. So you down a serving and start feeling the effects almost instantly. You're fired up and ready for an absolute war... This is going to be the craziest workout of your life!

With Marc steering you in the right direction, you hit the weights and begin your onslaught of arm exercises. The workout starts with barbell curls for 4 sets of 10 reps. All warmed up, you follow that up with 4 sets of 10 reps of EZ-bar curls, dumbbell curls and cable concentration curls. Swollen with blood, you can barely bend your arms, but naNO Vapor Hardcore Pro Series has increased your energy to help you keep going strong.

Powered Up with a Pre-Workout Muscle Performance Enhancer

Just a few hours ago, you could barely get through the work day, now you're smack dab in the middle of an incredibly intense training session. For triceps, it's the same rep range you did for biceps. You hammer out close-grip bench press, dumbbell tricep



Fuel Your Workouts and Your Muscles

A proper diet plays a huge role in achieving your fitness goals, no matter what they may be. Incorporating supplements into your everyday diet will only add to your overall success. Try your hand at Marc Megna's musclebuilding diet.

MEAL 1

1 cup steel cut oats

2 scoops of Nitro-Tech® *Hardcore Pro Series*



MEAL 2

12 egg whites

1 cup of quinoa

MEAL 3

8 oz. of grilled salmon

1 cup of broccoli

1 cup of wild rice



PRE-WORKOUT

1 serving of naNO Vapor® *Hardcore Pro Series*

POST-WORKOUT

1 serving of Cell-Tech™ *Hardcore Pro Series*

2 scoops of Nitro-Tech *Hardcore Pro Series*

MEAL 4

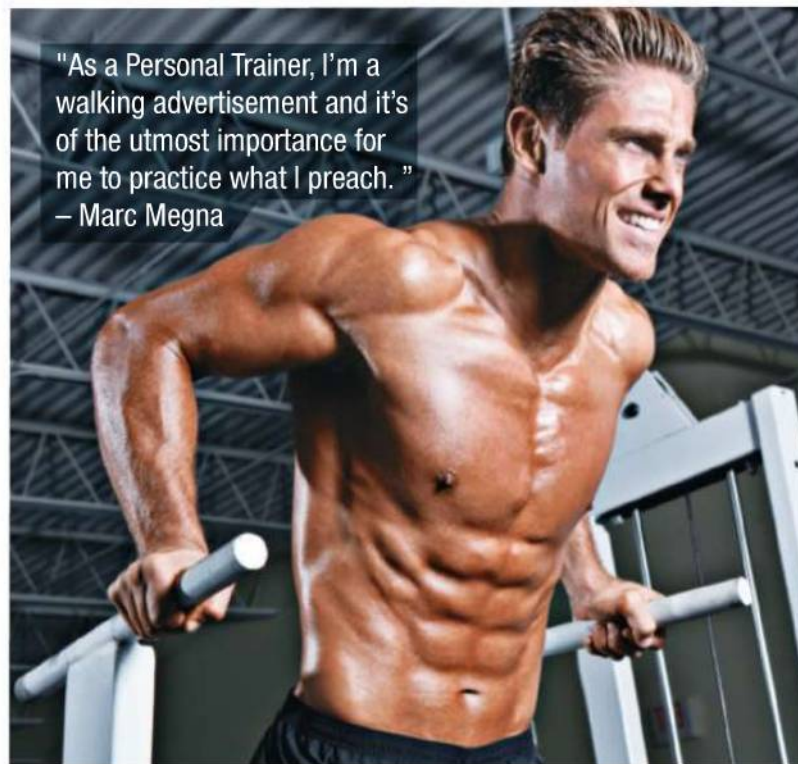
10 oz. of chicken breast

2 cups of spinach



BEFORE BED

2 scoops of Nitro-Tech *Hardcore Pro Series*



"As a Personal Trainer, I'm a walking advertisement and it's of the utmost importance for me to practice what I preach."
— Marc Megna

extensions, weighted dips and tricep pressdowns at a lightning-fast pace all thanks to just one 3-scoop serving of naNO Vapor® *Hardcore Pro Series*. "Supplementation is a must for increasing performance and enhancing gains during your training," says Marc. And there's documented research to back it... In one study with 31 weight-trained men, subjects using a key ingredient in naNO Vapor *Hardcore Pro Series* **increased their bench press strength by 18.6% in just 10 days!** Marc goes on to say, "I recommend naNO Vapor *Hardcore Pro Series* because it has always fueled my most intense training sessions." Who better to listen to than a trained professional?

Creatine and Carbs Will Help Support Recovery

Battered after one of the most intense workouts of your life, it's time to grab an advanced post-workout creatine formula to help support recovery. "Creatine and carbs should be ingested immediately after your workout to help replenish your muscles," says Marc. He continues by saying, "I believe Cell-Tech™ *Hardcore Pro Series* is the best creatine supplement on the market today! I've made great gains in muscle size and strength while using it." So, without question, you slam back a serving of **Cell-Tech *Hardcore Pro Series* – a scientifically advanced strength-enhancing creatine formula** – while still out of breath from your intense, blood-pumping workout.

"I recommend the *Hardcore Pro Series* line to all of my clients." – Marc Megna

Marc explains that Cell-Tech *Hardcore Pro Series* contains 100% more creatine per serving than other leading creatine formulas. You also discover the fact that in a 28-day study on 32 individuals divided into 4 groups, subjects taking the core ingredients in Cell-Tech *Hardcore Pro Series* with an intense training program **built significantly more mass than those taking creatine alone** (4.34 vs. 0.16 lbs.). No wonder it's the only creatine formula Marc trusts.

Watch Now!

Go online for a FREE online tutorial on the importance of nutrition and supplementation from Celebrity Personal Trainer, Marc Megna!



<http://www.youtube.com/user/TeamMuscleTechVideos>

For more info, visit MuscleTech.com and follow Team MuscleTech on:





KURT MALCORE CRUNCHING THE NUMBERS

Age: 25

Location: Minneapolis, MN

Transformation: 8 weeks

Occupation: Financial Analyst

"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* and 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 the core ingredients in Nitro-Tech *Hardcore Pro Series* gained an average of 8.8 pounds of muscle.

Protein Will Help You Get the Most out of Your Training

Showered, changed and gym bag in hand, you mix up your second serving of protein for the day before stepping into your car. "Protein supplementation promotes muscle growth and recovery," explains Marc. "It's a must if you're trying to take your training to the next

**"I've made more gains with the
Hardcore Pro Series line faster
than ever before." – Marc Megna**

level. Nitro-Tech® *Hardcore Pro Series* is perfect any time of day to help with your protein intake. It tastes great and it's extremely easy to mix. Plus, with 25% more protein per serving than the last formula, it's going to help you meet the daily protein requirements

needed to pack on muscle," says Marc. In a 6-week study on 36 subjects divided into 3 groups, subjects taking the core ingredients in Nitro-Tech *Hardcore Pro Series* **packed on 73% more lean muscle** than those using regular whey protein (8.8 vs. 5.1 lbs.). Just imagine the attention you would get with 73% more muscle!

MuscleTech® Supplements: Helping You Build a Better Body

The day is done and your war-torn arms are thankful. But that was just one day in the life of a Marc Megna client... To see noticeable improvements, that same intensity is needed at least 5 out of 7 days a week, 52 weeks a year. It's all about dedication, diet and advanced supplementation. In the words of Megna himself, "To achieve your fitness goals, train hard, eat right and use MuscleTech® supplements." You can find the entire *Hardcore Pro Series* line at GNC, GNC Rite-Aid, The Vitamin Shoppe, Bodybuilding.com and other fine retailers. Get yours today!



FITNESS
ADVICE FROM
**A BABE WHO
COULD
KICK YOUR
ASS**

DIANNA DAHLGREN

➤ A model and competitor in the International Federation of Bodybuilders, Dianna has the credentials to help anyone stay fit. Her advice for you:



↓

Train Hard and Fast

"Doing intervals makes cardio more enjoyable, and it helps the time go by fast. Every few minutes, change the intensity between harder and lighter paces so you always have something to look forward to."

Reach Out

"Don't be scared to ask for advice if you're not sure about form. And don't hesitate to get yourself a trainer. But do your research. If someone is working at a big-chain gym, that doesn't necessarily mean they're good. A lot of those trainers are newbies, trying to build up their clientele."

Approach With Caution

"When a girl's doing cardio, and she's got her headphones on, don't bother. Instead, look for the girl in the sports bra and short shorts. And don't just talk to her about the gym."

1ST
PLACE

▼
Where Dianna finished at the 2009 NPC Los Angeles Bodybuilding, Figure and Fitness Championships

**SPORT IS A PROVING GROUND.
WHAT YOU DRINK SHOULD BE
PROVEN TOO.**



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02

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CONTAINS NO HIGH-FRUCTOSE CORN SYRUP.

**+ LOSE WEIGHT
+ BURN FAT**

MF
08.2010

Gut Check

FOOD RULES

EAT CARBS, BURN FAT? YES!

You can shed pounds—
and still eat all your favorite
carb-filled foods

BY DEAN STATTMANN

↘ The theory used to be that if you wanted to lose weight, you had to eliminate nearly all carbs from your diet. But now we know better. Carb cycling—varying your carb intake based on your activity level—is a better strategy. It lets you (occasionally) snack on starches without blowing your progress. “Your number-one goal while dieting should be to lose fat quickly and efficiently while maintaining as much muscle as possible,” says Shelby Starnes, a nutritionist and owner of Troponin Nutrition in Detroit, Mich. “Carb cycling is the ideal way to do both.” →

220

NUMBER OF
CALORIES IN
ONE CUP OF
COOKED PASTA

**"I was reluctant to talk to my doctor
about my unresolved depression symptoms.
I'm glad I finally did."**

Actor portrayal.

Many people being treated for depression still have depression symptoms.

If you've been taking an antidepressant for at least 6 weeks and still have some depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.



Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.[†]

Important Risk Information about ABILIFY

- Antidepressants 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 depression 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. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients

* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

[†] Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**
- Call your doctor if you develop abnormal or uncontrollable facial movements, as these could be signs of **tardive dyskinesia**, which may become permanent
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. 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 dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. 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.**

**Learn about a free trial offer* for ABILIFY.
Visit www.ABILIFYmeplus.com**

**Take the next step—ask
your doctor about ABILIFY.**

[†]Restrictions apply.



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



Bristol-Myers Squibb

Otsuka Otsuka America Pharmaceutical, Inc.

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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-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

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.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

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 (aripiprazole) 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 depression 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.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- 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 (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

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 due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% 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 DISCMELT® 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

* 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.

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4
CALORIES
AMOUNT IN
EACH GRAM
OF CARBS



Before You Start

> **Identify your two most intense lifting days in the week. These are your high-carb days.** "Spread them out so you don't have two hard-ass days back-to-back," Starnes says. You'll want to limit your fat intake as much as possible on these days. Your remaining less-intense days should be moderate-carb days, and off days will be low-carb days. (To figure out what that means, see right.)

Why It Works

> **High-carb days raise the body's insulin levels, refuel your body's glycogen, and stoke your metabolism.**

This helps to prevent muscle breakdown while you're training. On low-carb days, your body doesn't need as many calories.

Eat Wisely

> **On high-carb days, stick with sweet potatoes, brown rice, or whole-wheat pasta, plus the occasional cheat food.** On low and moderate days, cut carb portions in half, increase protein, and add healthy fatty foods like avocados, raw nuts, or olive oil. "These are days when you can really make progress," Starnes says. "Low-carb days keep insulin levels low enough to allow for max fat-burning."

CHEAT SHEET

Here's a one-week sample of how to schedule your carb cycling and workouts:

MON./FRI.
Intense workout
High-carb day

TUES./SAT.
Moderate workout
Moderate-carb day

WED./THURS./SUN.
No workout
Low-carb day

BY THE NUMBERS

Use this formula to determine your daily nutritional requirements:

Multiply the grams below by your body weight.

HIGH DAYS
CARBS: 2-3g
PROTEIN: 1-1.25g
FAT: Minimal

MODERATE DAYS
CARBS: 1.5g
PROTEIN: 1.5g
FAT: 0.35g

LOW DAYS
CARBS: 0.5g
PROTEIN: 1.25g
FAT: 0.15g

LOSE THE FINAL 10!

Rotate your training methods to help your body finally break through a plateau

BY JOHN ROMANIELLO

➔ No matter how much weight you lose, most of us get stuck just as our target weight is within sight. The only way to reach that number is to switch up your workouts. It forces your body to keep adapting—and burning calories. Here are three popular strategies.



COMBO LIFTS

> Combine two exercises for two different body parts, such as a lunge and an overhead press, into one move.

DENSITY TRAINING

> Instead of aiming for a number of reps, do as many reps as you can during a 30- to 45-second-long set. Try to do more reps the next workout. Pushups or chinups work well here.

MAXING OUT

> Toss in a couple of "heavy days" and use a weight that you can lift four to six times. If you can perform more than seven reps on a set, go heavier.

Putting it all to work

> For each strategy, set up two to three circuits of four to five exercises. **Include a pushing exercise, a pulling exercise, a leg movement, and some thing for your abs.** Rest as little as possible between each exercise, plus 30 to 60 seconds after each circuit. You can train three or four days per week, but use a different strategy each day.

> WAIST MANAGEMENT

KISS FAT GOOD NIGHT

Is eating late at night really bad for you?

● No. The problem isn't what time you eat, it's *what* you typically eat for a late-night snack. Try this: Peel an avocado, mash it with a fork, and add a sprinkle of salt and a squeeze of lime juice. Throw a sprouted-grain tortilla in the toaster oven and then break it apart to use as "chips." The healthy monounsaturated fat in the avocado and the fiber in the tortilla will satisfy your craving without adding unnecessary calories.



DON'T EAT THAT EAT THIS!

Want to really eat healthy at some popular chains? Here's how to correct some faulty advice you may have gotten elsewhere.

Some folks try to tell you what to eat to cut calories and improve your diet. Problem is, their advice will often make you fat. You're still not getting the best item on the menu at your favorite restaurant. We asked the ADA's **Jim White, R.D.**, a nutritionist in Virginia Beach, Va., to check out some of those recommendations—and then offer the healthier option.



STARBUCKS

**THEY SAY
EAT THAT**

Blueberry Oat Bar
(370 calories, 14g fat)



**WE SAY
EAT THIS**

Egg White, Spinach,
and Feta Wrap
(280 calories, 10g fat)

"They're about even in terms of fat and calories per serving, but the egg wrap packs a protein punch to jump-start your muscles for the day ahead."

CHIPOTLE

**THEY SAY
EAT THAT**

Chicken Bowl with black beans, cheese, lettuce, salsa
(565 calories, 19g fat)



**WE SAY
EAT THIS**

Carnitas Bowl with fajita veggies, lettuce, tomato, salsa
(360 calories, 12g fat)



"The cheese is the killer here. Nix it and load up on low-cal toppings over a protein-packed carnita."

PAPA JOHN'S

**THEY SAY
EAT THAT**

2 slices Original Crust Spinach Alfredo Pizza*
(420 calories, 16g fat)



**WE SAY
EAT THIS**

2 slices Garden Fresh Pizza*
(400 calories, 14g fat)



"You can trust a pizza with the name garden in front."

CARLS JR.

**THEY SAY
EAT THAT**

Charbroiled BBQ Chicken Sandwich
(380 calories, 7g fat)



**WE SAY
EAT THIS**

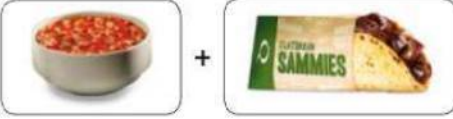
Charbroiled BBQ Chicken Sandwich wrapped in lettuce
(180 calories, 4.5g fat)

"If you scrap the bun, you can eat two sandwiches for double the protein and about the same calories and fat per serving."

QUIZNOS

**THEY SAY
EAT THAT**

1 cup of Chili plus
1 Roadhouse Steak Sammie
(380 calories, 8g fat)



**WE SAY
EAT THIS**

Turkey Ranch and Swiss sub,
hold the ranch
(300 calories, 8g fat)

"If you don't get creamy ranch, the cheese won't set you back significantly. You can generally get away with better tasting ingredients on a sandwich as long as they're not smothered in high-calorie sauces."

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so I can play all day.

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MAN MEALS

SWORDFISH WITH PEPPERS

When you've had your fill of burgers, fire up this tasty alternative, courtesy of Chicago chef Rick Tramonto, author of *Steak with Friends*



Ingredients

- 3 tbsp olive oil
- 1 large yellow onion, sliced
- 2 red bell peppers, seeded and sliced
- 2 yellow peppers, seeded and sliced
- 3 cloves garlic, minced
- 1 cup kalamata olives, pitted and halved
- ½ cup white wine
- Kosher salt and freshly ground black pepper
- 4 swordfish steaks, 7 to 8 oz each
- 2 tbsp fresh basil leaves, for garnish
- 1 lime, quartered, for garnish

Make It

- **1** Prepare a clean, well-oiled grill to medium heat
- **2** In a sauté pan, heat 2 tablespoons of oil over medium heat. Add onion and peppers and cook for about 3 minutes, or until softened. Add the garlic and sauté for about 1 minute.
- **3** Add the olives and wine and cook for 4 minutes, or until the wine is reduced by half. Season to taste with salt and pepper.
- **4** Season the fish generously with salt and pepper and drizzle with the remaining tablespoon of olive oil. Grill the steaks, turning only once, for 10 minutes, or until fish is opaque.
- **5** Top each fish with the pepper and onion mixture. Garnish with the basil and lime wedges.

Nutritional Breakdown ➤ 570 calories, 56g protein, 18g carbs, 20g fat, 3g fiber. Serves 4

Save \$\$\$

If you think swordfish steaks are too pricey, check your freezer section for steaks labeled as clipper. This cut is processed at sea and immediately frozen—so it's much fresher-tasting than swordfish frozen on land.

★ YOUR BICEPS ★

USES:

CHOPPING WOOD
SLAPPING SHOTS
THROWING THE HEAT
SLAMMING A DUNK
RAINING 3'S
PUMPING THE IRON
PICKING UP THE LADIES
CUTTING THE GRAP
TAKING CARE OF BUSINESS
STRIKING THE POSE
MAKING SOME CA\$H MONEY
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CRUSHING ENEMIES
MOVING MOUNTAINS
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SAUCONY RUNNING TIP OF THE MONTH



Break It Down

When tackling a workout or race it's best to break the run down into manageable pieces. Doing an "out and back" run is a great way to achieve this. If you've planned a ten mile run, set it up to go five miles out then turn around and run back the last half. Run the first half easy, then push hard on the return trip.

When racing, break down each mile into mini goals. This will help keep your desired pace, intensity and focus until you reach the last mile marker. Then you can start your charge for the finish.

— Anthony Famiglietti
Saucony Athlete
& Two-Time U.S. Olympian



FIT FOOD

WET YOUR APPETITE

What you eat is as important to staying hydrated as what you chug with your meal

➤ Even if you don't feel thirsty, you may be chronically dehydrated. Studies show that there are millions of men not getting at least eight glasses of water daily—a problem that can increase risk for disease, zap your energy, and make it harder to burn fat. Bonnie Taub-Dix, R.D., author of *Read It Before You Eat It*, offers some tips for rehydrating.

EAT MORE WATER

➤ Meals can supply at least 20% of your daily fluid needs. "Most fruits and vegetables are excellent choices," she says. Lettuce, cucumbers, and tomatoes are almost 90% water. Yogurt and milk are also good options, as are soups or anything cooked in water, such as pasta or oatmeal. Even a juicy steak can supply two to three ounces of water per serving.

LIMIT SALT

➤ Sodium makes you retain fluids, but not in a way that keeps you cool or flushes toxins from your system. "The more high-sodium food you eat, the more water you need to be taking to dilute it properly," Taub-Dix says.

GO FOR SECONDS

➤ On whatever you're drinking with your meal—not the food. Liquids ingested with food enter the body more effectively than drinks not paired with food, so they're the best option to help you stay fully hydrated.

TOP FIVE WATER-PACKED FOODS

- 1 head iceberg lettuce
18 oz water
- 1 cucumber
10 oz water
- 1 papaya
9.5 oz water
- 2 cups watermelon
9 oz water
- 1 cup canned pumpkin
8 oz water

MF HYDRATION STATION

Water and Training



● Having enough fluids in your system is essential for getting in a good workout. Always drink at least 12 ounces of water before hitting the gym. Grab an additional sip or two as needed after every 10 minutes of training, and then top it all off with an electrolyte-rich beverage such as Smartwater to help ensure proper recovery and reduce the risk of muscle cramping.

For more great healthy eating tips, go to mensfitness.com/nutrition

WE KNOW

"LESS IS MORE" ISN'T JUST A SAYING, IT'S A SHOE

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NO TIME TO COOK?

Keep a frozen pizza on hand so you never have to order a deep-dish pie with everything. Buy a thin-crust, whole-grain variety, with a minimum of toppings. Then, before baking, top it off with whatever cooked veggies or low-fat, protein-packed toppings you may have around.

MAKE A HEALTHY PIZZA

Got a craving for pepperoni, sausage, or buffalo-chicken pizza? Make it yourself and save tons of calories.

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

➤ Pizza is a simple, satisfying, and convenient guy food. It's also a nutritional nightmare: A single slice can set you back 750 calories—or more. But if you think outside the box and make your own pizza, you can easily prepare a lighter, more nutritious slice in your own kitchen.

CRUST

➤ The thinner, the better. **Opting for something whole-grain will keep carbs under control, while pumping up your fiber.** The healthiest choices:

- Prepared pizza dough
- Frozen bread dough, thawed
- Precooked thin pizza crust
- English muffin
- Bagel
- Tortilla or pita bread

SAUCE

➤ Traditional tomato is fine—but boring. Consider these alternatives as well:

- Equal amounts of prepared pesto sauce and Greek yogurt
- Reduced-fat cream cheese
- Hummus

CHEESE

➤ It may be rich in calcium and protein, but **cheese is also the biggest contributor to calories and fat.** Limit to 8 ounces per large pie. Your best options:

- 50% reduced-fat cheddar cheese
- Reduced-fat feta cheese
- Blue cheese
- Fontina cheese

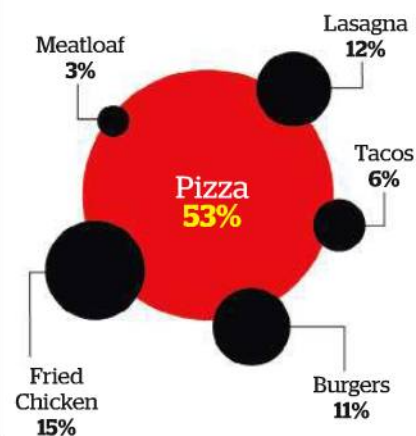
TOPPINGS

➤ Save calories and sodium by swapping the sausage, pepperoni, and meatballs for more ab-friendly add-ons like:

- Smoked salmon
- Shredded, cooked chicken
- Crumbled apple chicken sausage
- Ham, Canadian bacon, or prosciutto
- Veggies or fruits, such as pineapple chunks

THE GUILTIEST PLEASURE

We asked 5,000 mensfitness.com visitors what classic comfort food they most wish was better for them. Pizza was the overwhelming winner.





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**+ ADVENTURE
+ GEAR**

MF
08.2010

Outdoors

PLACES

FIVE HOT FANTASIES

Ordinary vacations become memorable adventures at these locales

Canyonlands National Park / UTAH

Located near the world mountain-biking mecca of Moab, Canyonlands Park is a more thrilling (and less well-known) option, covering 500 square miles of spectacular stone pillars and arches, steep river-carved canyons, and jagged mesas.

MF FANTASY > Sign up for a guided bike tour. With so much possible scenery to cover, you'll never get it all in on your own. Companies like Austin-Lehman Adventures offer trips that take you through up to 40 miles of vibrant red, yellow, and orange landscape daily on both bike and the occasional hike—perfect for working up a sweat and scoping out the numerous ancient Native American rock carvings.

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on anyone's schedule
but your own?



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more flight options, and more time where you want to be.

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Yosemite / CALIFORNIA

Four million people visit Yosemite each year, but your experience doesn't have to leave you drowning in crowds. The park, located within the Sierra Nevada mountain range covers a remarkable 1,170 square miles of rugged, breathtaking scenery. So there are plenty of lesser-traveled trails ripe for exploration.

MF FANTASY > Hike the Half Dome.

The rigorous 16-mile round-trip hike up this incredible granite cliff takes you to the peak. There, you'll stand nearly 4,800 feet above the floor of Yosemite Valley and marvel at the wonder.



Sayulita / MEXICO

This small fishing village lies 35 minutes by car from Puerto Vallarta, on the Pacific Coast. Its warm, sandy beaches, lush foliage, and vibrant, restaurant-lined cobblestone streets offer an incredibly authentic taste of rural Mexico. Soar over the jungle on a zip line tour, cliff dive at Playa Los Muertos, or explore some of Sayulita's secret beaches and winding wooded trails. Then, recharge at the nearby St. Regis Punta Mita Resort.

MF FANTASY > Catch a wave. Thanks to its consistent year-round right and left breaks, Sayulita is a surfer's dream.



207
NUMBER
OF RIVERS IN
MAINE

The Forks / MAINE

Hundreds of miles of extensive hiking trails, 6,000 miles of rugged ATV routes, three untamed white-water rivers, incredible fishing, geocaching, kayaking, canoeing, camping—even a bit of volleyball, golf, and swimming. Clearly, this outpost in Somerset County, Maine, has something for everyone.

MF FANTASY > Tackle the white water. Head to Northern Outdoors campground, a sort of holy ground for the sport thanks to its backyard access to the Kennebec, Dead, and Penobscot Rivers. Rafting/camping packages start at \$99 a night.



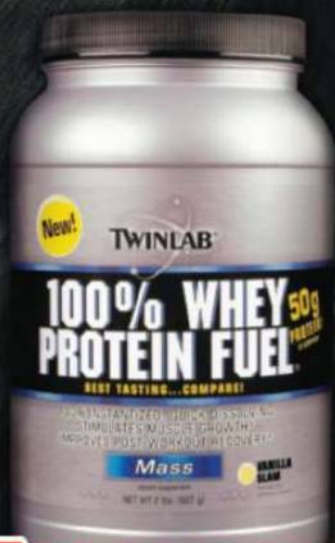
Shawangunk Ridge / NEW YORK

Just 90 minutes from New York City, The Gunks (as they're often called) are home to some of the best rock climbing in North America. The Sky Top, a prominent stone face with more than 300 different routes to the top, has cliffs up to 350 feet. Check out one or two of The Gunks' ice caves, where the deep rock fissures stay icy cool throughout the summer months.

MF FANTASY > Sleep in a castle. Yes, a castle. Mohonk Mountain House is a 267-room Victorian resort that is centrally located to offer easy access to all the fun.

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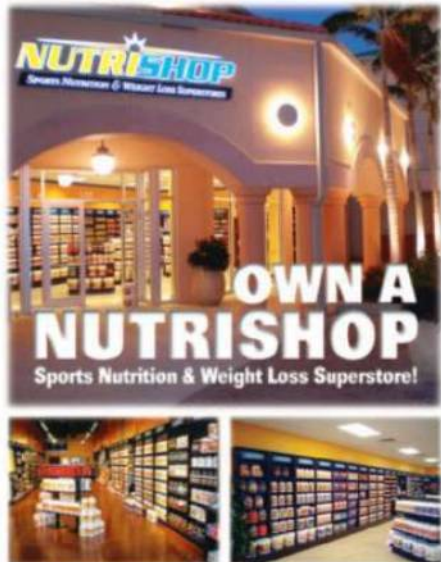
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The decline of today's economic business climate is not news to anyone. What is news is that in 2009, NUTRISHOP celebrated a record-breaking year. In fact, it was our best year in history!

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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 Athletes

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GEAR

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BY NOAH JOHNSON



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MF
08.2010

NO SMALL FEAT

St. Louis Rams QB **Sam Bradford** earned being chosen No. 1 in the '10 NFL draft with an "unyielding" gym ethic and a training plan that emphasized quality over quantity

BY NATE MILLADO

➤ The 2011 NFL Draft is still eight months away (although we're sure ESPN's Mel Kiper Jr. has already completed at least three mock drafts), but anyone looking to elevate their status in the eyes of scouts and team execs should follow the blueprint created by quarterback Sam Bradford, the No. 1 overall pick by the St. Louis Rams. He was coming off a shoulder injury that left some skeptical of his worthiness as the top pick. But Bradford wowed scouts—and silenced the naysayers—with a phenomenal Pro Day performance. He was noticeably bigger, too. "I added 12 or 13 pounds of muscle," Bradford said later. "A lot of people thought I was too small and questioned my durability, so I definitely wanted to address that." →

The dozen pounds of muscle Bradford added prior to Pro Day continued to pay off in early sessions with the Rams.



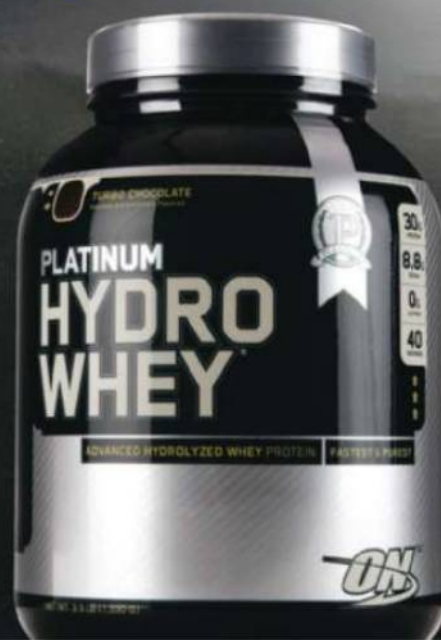
I Accept No Limits.

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

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To do it, Bradford spent 12 weeks at Athletes' Performance in Gulf Breeze, Fla., working out twice a day. "Everything he did, he did with an unyielding purpose and attention to detail," says Brett Bech, an AP performance specialist.

Bech's team worked in conjunction with James Andrews, M.D., the renowned orthopedic surgeon who fixed Bradford's shoulder. Rehab was integrated into the initial weeks of his training. "Our No. 1 goal was his arm stability, mobility, and strength," Bech says. "We had to make sure he was well enough before we could add substantial weight for him."

This meant high reps and limited range of motion. Bradford performed dumbbell bench presses lying on his back so that his elbows wouldn't go below his shoulders. His 90 minutes of daily lifting focused more on the *quality* of movement rather than how heavy he could go. He paired an upper-body push (such as the bench press) with a lower-body pull (like a single-leg Romanian deadlift). Bradford also did single-leg squats, lat pulldowns (one arm at a time), triceps extensions, and core work, then finished off each workout with regeneration (foam rolling and massages). By the end of his training, Bradford's "sleeves started filling out more," Bech says.

Now, so is his bank account.

> WE DID IT!

LAB TESTING

Days before the 2010 draft, the Gatorade Sports Science Institute conducted performance tests on Ndamukong Suh—and MF tested alongside him! For exclusive pics and video, plus Suh's pre-draft plan at Michael Johnson Performance, visit mensfitness.com/suh.



Experts measured Suh's caloric output—and his tolerance for funny masks.

THE MF Q

Ndamukong Suh

We chat with the Detroit Lions' newest defensive tackle—the 6'4", 307-pounder who just might have the muscle to lift his woeful franchise

MF: What's your favorite lift?

NS: I love squats. It just makes you feel strong, especially when you go heavy. During [my senior] season, I squatted 460 pounds, and around 315 using bands for more resistance. Sometimes I use chains to make the top of the lift more difficult.

MF: You posted impressive results at the NFL Combine: 32 reps in the 225-pound bench press test, and a vertical jump of 35½ inches. How did you train for that?

NS: I wanted to get back into what I call my "sexy"—that means more "cut up." I was at Michael Johnson Performance down in Texas for about six weeks, then back in Lincoln, Nebraska, for our pro day. There's really nothing secretive about my training—I did a lot of squats, bench presses, 60-yard shuttle runs, and sprints.

MF: What was the toughest part about transitioning from college to pros?

NS: Just making sure you were getting in the weight room, especially since you're on your own and you don't have a coach bearing down on you. Not that I ever needed that [extra push]. For me, it's very simple. I like being in the weight room. I like being strong and knowing that I put in the time to be strong.

MF: If we looked inside your fridge, we'd find...

NS: Absolutely nothing. I've been traveling so much, all you'd find is juice. But the

"I like being strong," Suh says.



last meal I cooked, let's see, was salmon, asparagus, and rice. Good carbs, good protein—I naturally eat well.

MF: What motivates you?

NS: To be the best. I also think about my family. I just want to put them in a position to live comfortably for a long time.

His name is "en-DOM-ah-ken soo."

Start practicing now. You'll be saying it a lot for the next several years.

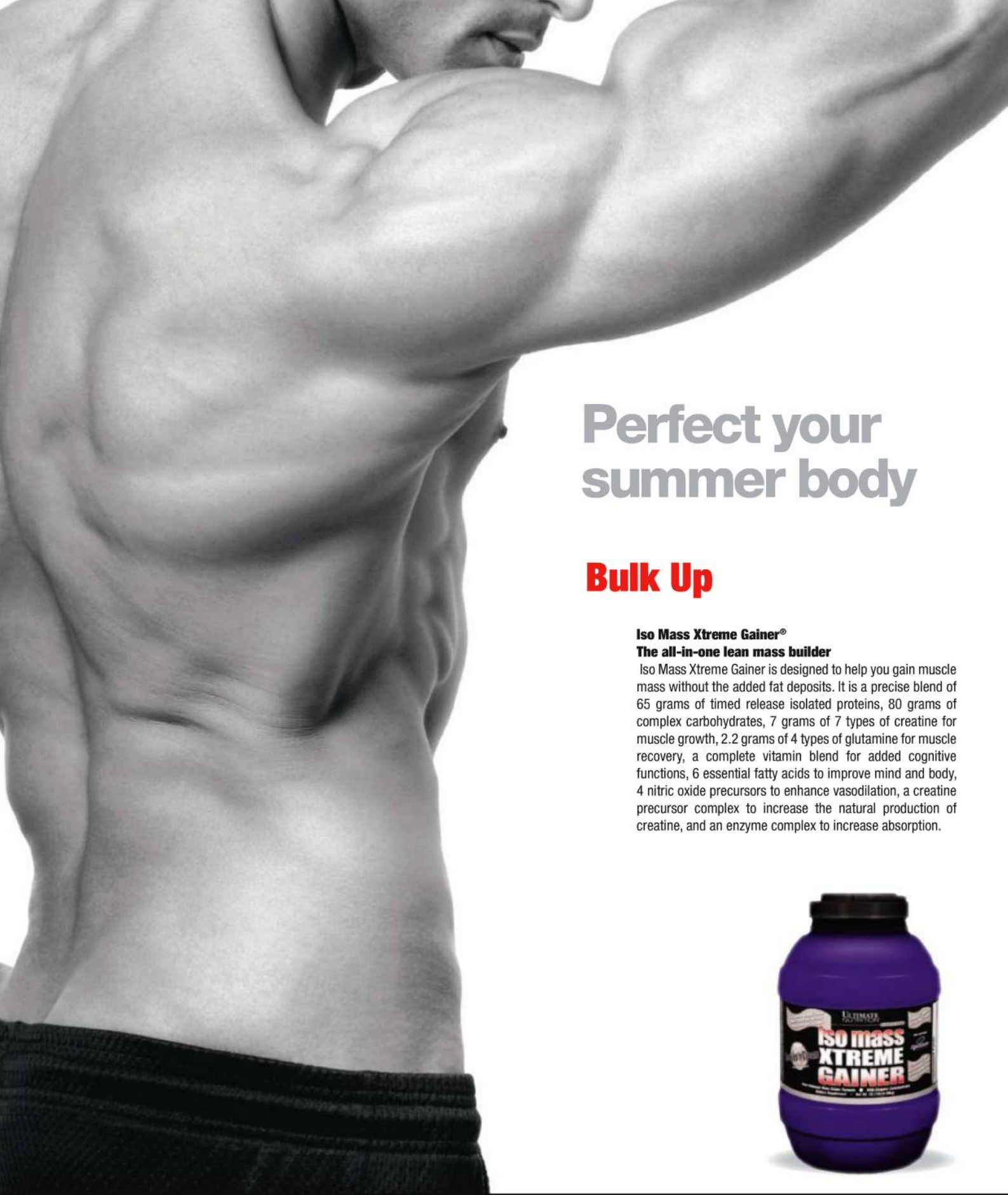
> MF PICK

GATORADE G SERIES PRO

Hey, we all want what the pros use to keep their bodies at their peak. For years we couldn't buy many of the energy drinks, shakes, bars, and powders found inside college and pro locker rooms. But now we can. Gatorade's G Series Pro is aptly named. Prime 01 fuels you up before a workout, Perform 02 helps replenish fluids and electrolytes lost during intense activity, and the Recover 03

shake is packed with protein to help rebuild muscle. All are now available exclusively at GNC.





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Iso Mass Xtreme Gainer is designed to help you gain muscle mass without the added fat deposits. It is a precise blend of 65 grams of timed release isolated proteins, 80 grams of complex carbohydrates, 7 grams of 7 types of creatine for muscle growth, 2.2 grams of 4 types of glutamine for muscle recovery, a complete vitamin blend for added cognitive functions, 6 essential fatty acids to improve mind and body, 4 nitric oxide precursors to enhance vasodilation, a creatine precursor complex to increase the natural production of creatine, and an enzyme complex to increase absorption.



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"Now I'm hitting my serves just as hard late in the third set as I was in the first," Isner says.

HOW I TRAIN

TOWER OF POWER

Rising American tennis player **John Isner** is 6'9", talented, and a hardcore gym rat **BY NATE MILLADO**

When John Isner turned pro in 2007, he was ranked No. 839. Three years later, he's in the Top 20. The 25-year-old credits his upward trajectory to experience—and lots of time in the weight room.

A short off-season allows Isner only a month to build a base layer of strength that he can then maintain throughout the unyielding tennis season. **His upper-body exercises consist of hammer curls and lat pulldowns, but his overall workouts focus more on lower-body and core strength.** "That's where most of your power comes from," he says.

Isner's workout begins with traditional squats—200 pounds for eight reps and then gradually building higher. He then moves straight into Bulgarian split squats (60 pounds with dumbbells, 135 with a barbell), Romanian deadlifts, speed curls, and single-leg raises using a physio ball.

On the field, he'll often throw on a pair of football cleats for a combination of sprints, ladder work, and weighted sled pushes and pulls. "I'm probably one of the few players on the tour who spends more time off the practice court, whether it be in the gym or on the field, than I do on the practice court," he says.

At this month's U.S. Open, Isner will need both strength and skill. Last year, he reached the fourth round. "It's the one tournament of the year Americans want to play their best at," he says. "If you end up playing a night match at Flushing Meadows, the atmosphere is amazing—like nothing you could ever imagine."

> GIVEAWAY

PRINCE EXO³ BLACK 100

For four decades, Prince has been the go-to racquet for some of the biggest names in tennis: Andre Agassi, Maria Sharapova, and now John Isner. We're giving away Prince's EXO³ Black 100 racquet (\$220) along with a Tour Team Triple EXO³ Bag (\$59) and a can of balls (\$4) to one lucky *MFer*. For a chance to win, go to mensfitness.com/prince.



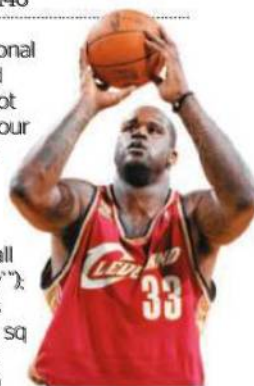
TOP JOCK TWEETERS



3 All-Stars You Should Be Following

SHAQUILLE O'NEAL
Cleveland Cavaliers center
THE REAL SHAQ
FOLLOWERS > 2,922,146

Mostly motivational bons mots ("Be led by your dreams, not pushed away by your problems"); mama jokes ("ur moms so fat, when she goes swimming with whales, they all sing 'We are family'"); and fan giveaways ("I'm at the fashion sq mall, any1 touches me gets 2 tickets.")



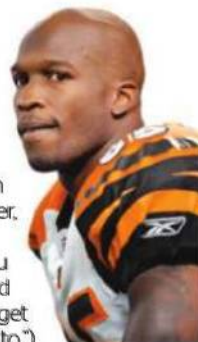
LANCE ARMSTRONG
Cyclist
lancearmstrong
FOLLOWERS > 2,504,104

Not surprisingly, the "seven-time Tour de France winner, full-time cancer fighter" promotes his Livestrong campaign. He offered updates during his comeback tour last year ("On the plane to Limoges. It's about 120 degrees in here. Hotter than donut grease"). And even tweeted the birth of his baby ("Wassup, world? My name is Max Armstrong, and I just arrived. My Mommy is healthy, and so am I!").



CHAD OCHOCINCO
Cincinnati Bengals receiver
OGOchoCinco
FOLLOWERS > 908,679

His brazen tweets are exactly why he's so fun to follow. When he's not posting twitpics of his workouts ("Triceps—I'm gonna be 220 when I'm done"), he's—what else?—tweetin' trash ("@Shawne Merriman damit i didnt stutter, i never held my tongue before, you heard me loud and clear, and we can get in the boxing ring to.")



ISNER: MAST RHAM/GETTY IMAGES; SHAQ: JESSE GARRABANT/GETTY IMAGES; ARMSTRONG: MARK GUNTER/AFP/GETTY IMAGES; OCHOCINCO: TOM DAHLIN/GETTY IMAGES; PRINCE: COURTESY OF PRINCE (2)



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+ SPEED
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MF
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Keeps You Motivated

► "When it comes to workout buddies, you can't go wrong with a dog," Becker says. "Once they get set into a routine, they'll get your feet off the floor and out the door."

A Northwestern study found **dog owners were more likely to stick to their fitness regimen.**

And a University of Missouri-Columbia study found that walking your four-legged friend just 20 minutes a day can help the average guy lose up to 14 pounds over a year.

You'll Recover Faster

► Dog owners are six times more likely to be alive a year after a heart attack, according to a Brooklyn College study. "Dogs somehow give their masters a compelling reason to get better quicker, so patients are more apt to follow their rehab plan and make the necessary lifestyle changes," Becker says.

Improves Your Spirits

► Rough day at work got you feeling like a human piñata? **If you have a dog, you'll be a rock star as soon as you walk through the door.** "You could lose your job, your 401(k), your house, your hair—but you'll never lose the unconditional love of your dog," Becker says.

Boosts Your Immunity

► "The earlier in life you own one, the fewer allergies you'll have the rest of your life," Becker says. Researchers from the University of California also found that **regular exposure to allergens from pets could boost the immune system**—and may reduce the risk of developing cancers like non-Hodgkins lymphoma by almost a third.

TO STAY FIT: DOG IT!

Owning a dog can unleash a litter of fitness benefits. We asked vet Marty Becker, author of *The Healing Power of Pets*, to walk us through the ups to having a pup.



Lowers Your Blood Pressure

► Simply petting your pup drops your BP. "You'll start feeling the effects within minutes, as levels of mood-boosting serotonin go up and stress hormones like cortisol go down," Becker says.



Get Down

Bulgarian Tribulus Terrestis

Bulgarian Tribulus Terrestis is an all natural herbal extract that increases your testosterone levels. It also can help you increase your muscle size, muscle strength, and stamina for more powerful training sessions in the gym. For her greater pleasure, Ultimate Nutrition Bulgarian Tribulus Terrestis has also been shown to increase your size, strength, and stamina in the bedroom!

Perfect your summer body



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77.5
MILLION
NUMBER OF DOGS
IN THE U.S.



KEEP FIDO FIT, TOO

Nearly half of U.S. pets are considered overweight. Vet **Marty Becker** prescribes four exercises that'll whip your buddy—and you—into shape.

WALKING AND RUNNING

Try to walk your dog two blocks (or 200 yards) for every 10 pounds of its body weight. Then increase that by 5% every week until your four-legged friend works up to its aerobic capacity. If you're a runner, consider a breed that's made for endurance and long distances, like a Border collie or retriever. Always bring water to hydrate you and your pet, and look for signs of heat exhaustion. If Rover is lagging behind or panting excessively, it's time for a break.

SWIMMING

Think of pools, lakes, and the beach as a total-body workout for you and your pet—especially for arthritic dogs, since it's easy on their joints. Most canines can dog-paddle, but some breeds—like pugs—sink like a rock, so take things slow and see how your dog does.

BIKING

Have your mutt run alongside you as you peddle. Just make sure the leash you attach to your bike frame is spring-loaded so your hound can't sprint away when he spots a hottie.

FRISBEE OR FETCH

Chucking a ball for Spot to fetch won't burn too many calories for you, but there are ways to make it more of a workout. While your canine is retrieving the ball or Frisbee, perform a circuit of jumping jacks, pushups, and crunches. Or after throwing a tennis ball, run in the opposite direction to a different spot—you'll get in some sprints, and your dog will get a hell of a workout.

7 HERBS WORTH CONSIDERING

These **natural supplements** may be the key for a healthier life

➔ Health food stores are filled with thousands of pills. Most will never do much more for you than put a dent in your wallet. Yet there are a handful of natural (and potent) options that can do you serious good. Naturopathic medicine expert Edward Group, a contributor to NaturallySavvy.com, reveals seven of the most beneficial:

GREEN-TEA EXTRACT

If You Want: **Weight loss**

➤ When paired with regular exercise and a healthy diet, this compound has been shown to help guys shed pounds by boosting metabolism, reducing appetite, and increasing energy levels. Simply put, it enhances your body's ability to burn fat as fuel.

Ideal dosage: 200 milligrams, once in the morning, another in the afternoon

LEMON BALM

If You Want: **Better sleep**

➤ Catching more zzz's is as important to a fit, healthy life as working out and eating properly. After the age of 25, most men experience a decline in deep sleep that's accompanied by a drop in growth-hormone production. "This can reduce your muscle mass and strength," Group says. Lemon balm may help by relaxing your system to help you get high-quality sleep.

Ideal dosage: 500 to 1,000 milligrams, taken twice daily

SIBERIAN GINSENG

If You Want: **More energy**

➤ Also known as eleuthero, this herb increases your ability to handle stress and fight off fatigue. Start popping them when you begin to feel

stressed (or if you've been dealing with anxiety for a while).

Ideal dosage: 500 milligrams, twice daily, in eight-week intervals (with two weeks in between)

PERUVIAN MACA

If You Want: **More sex**

➤ A third of all men suffer from some sort of problem in the sack. The most common are low sex drive and erectile dysfunction. Maca can help with both. It's high in L-arginine—an amino acid that stimulates sexual desire and erectile tissue response—and has been shown to improve libido and increase sperm production.

Ideal dosage: 450 milligrams, taken twice a day

SCHISANDRA

If You Want: **Improved memory**

➤ Can't remember where you left your keys? This nervous system stimulant has been shown to help improve alertness, increase mental capacity, and reduce memory loss.

Ideal dosage: 100 to 200 milligrams daily

STINGING NETTLE

If You Want: **To prevent hair loss**

➤ Look for this regenerative herb in shampoos. The roots and leaves of stinging nettle contain a hormone that can help prevent testosterone from converting into DHT, a contributor to balding in men.

Ideal dosage: 300 to 700 milligrams, three times daily, in extract form

RHODIOLA ROSEA

If You Want: **An all-over boost**

➤ This all-in-one supp reportedly improves memory, reduces anxiety, increases energy and vitality, relieves depression, and helps protect the nervous system from oxidative damage by free radicals.

Ideal dosage: 200 to 600 milligrams taken daily

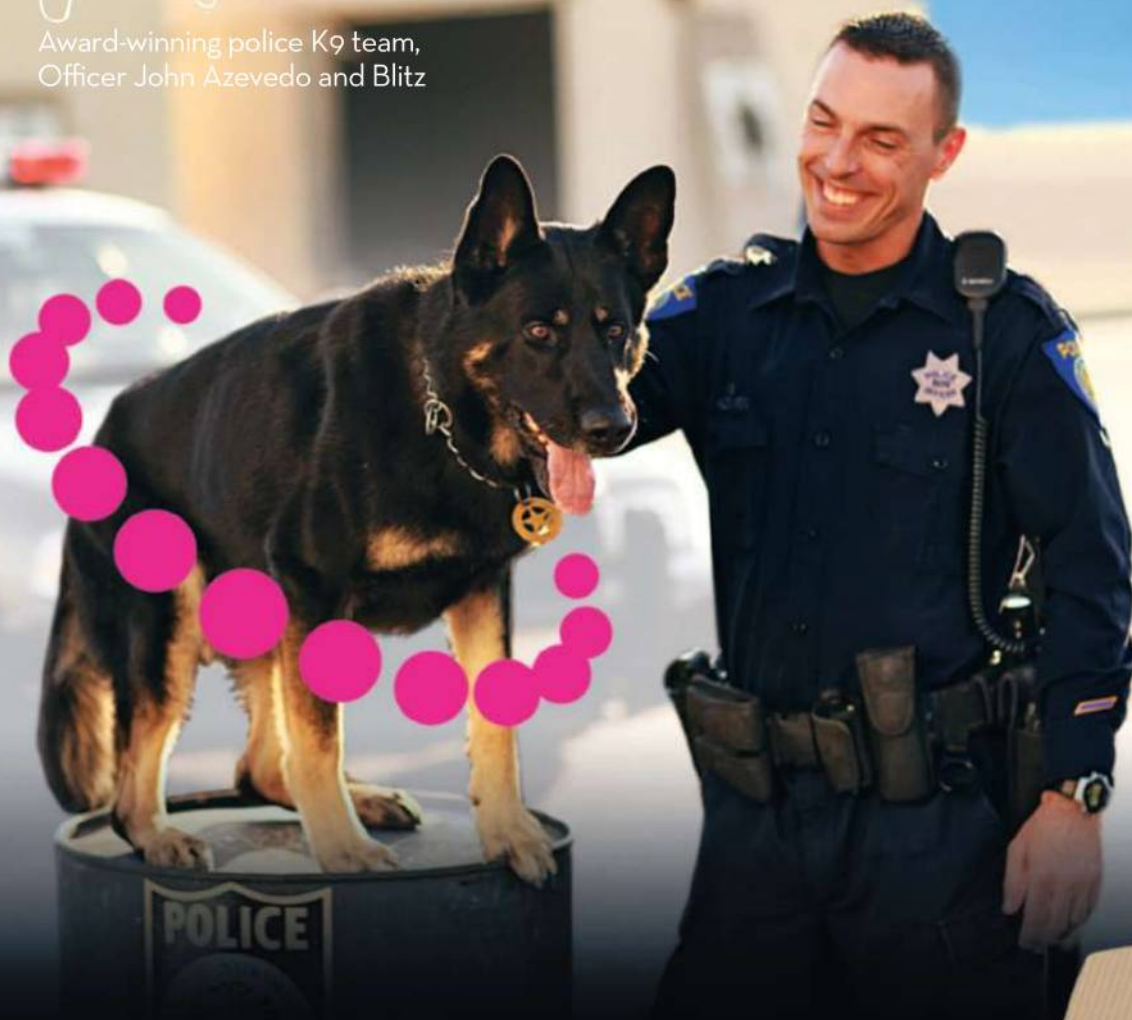


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J. Azevedo

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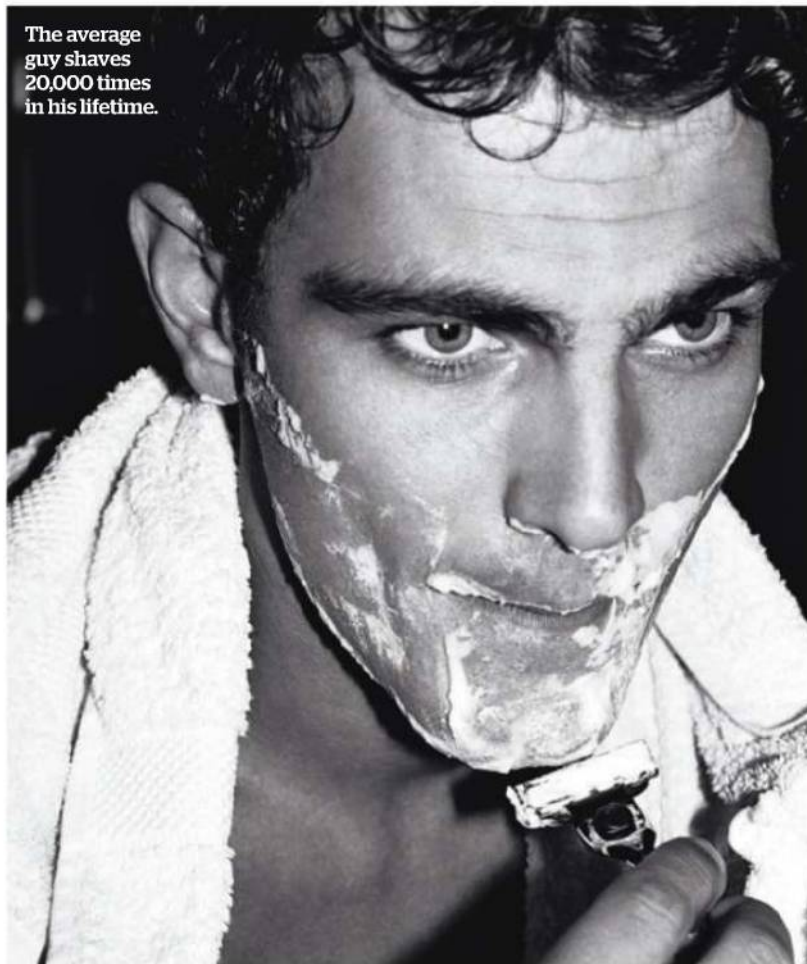
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LIVE WELL

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guy shaves
20,000 times
in his lifetime.



GROOMING

THE ELUSIVE PERFECT SHAVE

Diane Wood, master barber for King of Shaves, offers a five-point strategy for pleasing your face

1> Grab a Sharp Razor

Disposable or multiblade, either works. Once you start to feel a slight drag, it's time for a replacement. A blunt blade causes redness and skin blotches.

2> Use a Brush

Again, cream or gel is your call. Whatever you choose, always apply it with a shaving brush, not your hands. A brush produces a richer lather while lifting and softening your beard hairs so they're easier to trim away.

3> Shave the Right Way

We've all heard it: Never shave against the grain; hair shaved too closely may get stuck in the follicle and grow inward. But instead of **shaving with the grain, try going across it (ear to nose), using light, downward strokes.** You'll get the close shave you're looking for, without extra irritation.

4> Rinse and Pat

Run cool water on your mug after shaving and always pat the skin dry instead of rubbing it, which can worsen inflammation.

5> Soothe Your Skin

Finally, **rub on an after-shave lotion. It'll keep your skin from getting tight and dry.** Wait at least 24 hours before shaving again so your skin has time to heal.

EXPERT TIP

● Always dry your razor when you finish shaving. Dullness is more the result of oxidation and rusting than frequent use. When water sits on the blades, it causes corrosion. And that leads to the pulling and tearing of hairs instead of cleanly slicing through them.



CONFESSIONS OF A
FORMER ROGAINE® CYNIC

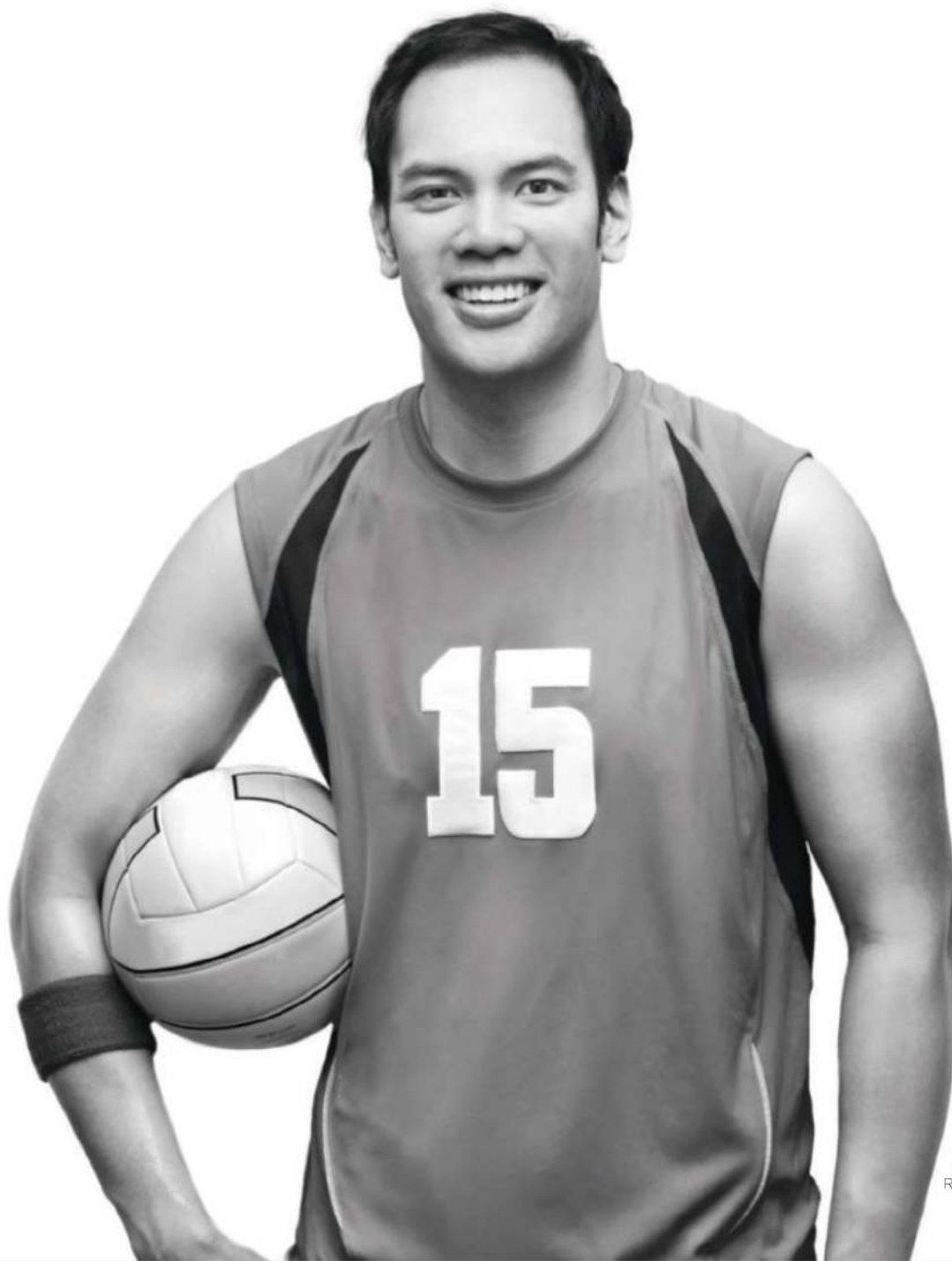


“WHEN DID I BECOME A BELIEVER?
WHEN MY TEAMMATES
STOPPED JOKING ABOUT MISTAKING
MY HEAD FOR THE BALL.”

~ Gary Manalus ~

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*In a clinical study (n=352)
of twice daily use of Men's
ROGAINE® Foam vs. Placebo.
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SPEED

DIRTY DAWGS

The best new off-road vehicles are more powerful, more efficient, and capable of slinging tons of mud

BY NOAH JOHNSON



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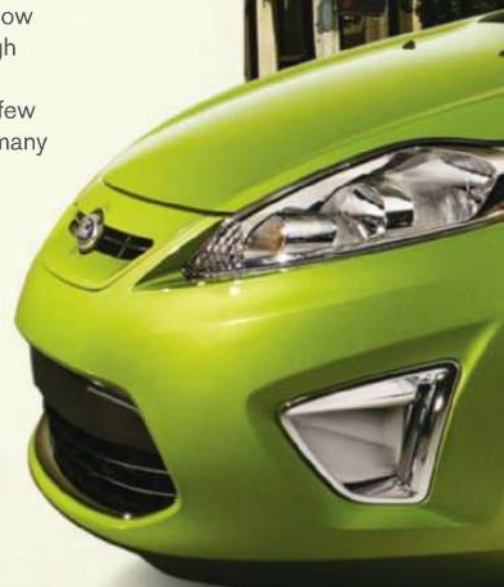


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Sex

+ **DATING**
+ **RELATIONSHIPS**

MF
08.2010

DREAM WOMAN

PADMA LAKSHMI

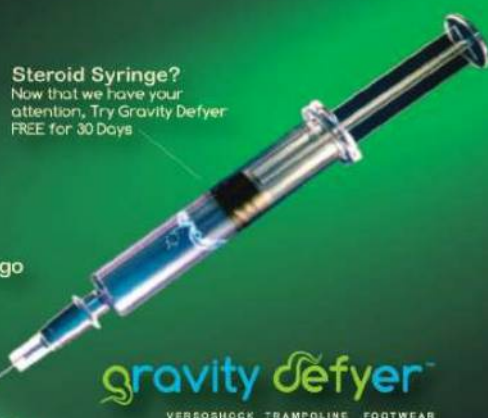
Her six sexy secrets
for tempting more than
a woman's taste buds

BY DESIRÉE GALLAS

➤ *Top Chef's* sultry host knows the intimate connection between food and sex. "In a way, food is love," Padma Lakshmi says. "When you have sex, you consume another person. You're consumed. Food is like that." We agree! Here's Lakshmi's recipe for making sustenance sexy when eating with your lady.

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I used to be more active. I used to run, play basketball, tennis, football... I was more than a weekend warrior. I woke up every day filled with life! But now, in my 30's, I spend most of my day in the office (with a cup of coffee to keep me alert) or sacked out in front of the TV. I rarely get to the gym --not that I don't like working out, it's the nagging pain in my knees and ankles hurt. Low energy and laziness that's got me down. My energy has fizzled and I'm embarrassed to admit that I've grown a spare tire (I'm sure it's hurting my love life). Nowadays I rarely walk. For some reason it's just harder now. Gravity has done a job on me.

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more sense it made. He was even wearing a pair himself!

So I did my research

I read all the articles from Doctors like Dr. Mark Vinick (Board Certified, American Academy for Pain Management, Anti-Aging Health and Ayurvedic medicine), and Dr. Selim El-Attrache (American academy for orthopedic and disability evaluation and rehabilitation). I carefully reviewed the extensive 54 page study and analysis by Packer Engineering. I learned how the Gravity Defyer's VersoShock™ Trampoline Technology absorbs impact, eliminates pain and propels you forward, to reduce fatigue and make you more active. With Gravity Defyer I could burn more calories and sculpt my body painlessly! I could be filled with energy! It all made sense. No more coffee or energy drinks for me!

Excitement swept through my body like a drug

I received my package from GravityDefyer.com and rushed to tear it open like a kid at Christmas. Inside I

found the most amazing shoes I had ever seen --different than most running shoes. Sturdy construction. Cool colors. Nice lines... I was holding a miracle of technology. This was the real thing. I put them on and all I could say was, "WOW!" In minutes I was out the door. I was invincible; tireless in my new Gravity Defyer shoes. It was as if my legs had been replaced with super powered bionics. No more knee pain. I was back in the game. Gravity had no power over me!

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PICK A COZY SPOT

➤ Going out? Dim lighting is key. "A lot of restaurants have bright lights—it's too stark and doesn't create a warm atmosphere," Lakshmi says. Ask for a table off in a corner for a small sense of privacy in a public setting. "I like restaurants that have little rooms in them rather than one big, sprawling dining room."

KEEP FOOD SIMPLE

> "Anything that is too fussy is not really romantic. Stick with foods you love, that make you feel good. You want to feel comfortable." **Don't stuff yourself either—there's nothing sexy about a food coma.**



PUMP THE BREAKS

➤ **Go slow, and focus.** "Most of us eat way too fast. Concentrate on the food. Feel it in your mouth. Feel what you're chewing. And leave room for conversation."

GO FOR HAND JOBS

► "Anything you eat with your hands is sexy. It's something about skin on food." Lick your fingers, too. And hers. "A ripe peach in August can be very sensual as the juices flow down your fingers. Or grapes. Even artichoke leaves. I think French fries are sexy too."

GET HOT

➤ "Chilies make the tongue and lips swell.

"They make you more virile." They also raise your body temperature and spike your libido. "Spices like cinnamon, cloves, coriander seeds, all those Indian spices you have in curry, ginger, and black pepper—they all bring out heat in the body and in the blood."

DO DESSERT

➤ Something sweet and decadent will send her sex drive into overload, Lakshmi says.

"Chocolate is supposed to be an aphrodisiac because it releases the exact same endorphins in the body that sexual arousal does." And you *want* to release those chemicals. Trust us.

▶ MATING GAME // BY SIL LAI ABRAMS

Can Loving Parents Still Lust?

My wife and I have a 3- and a 5-year-old. How can we keep things hot while being Mom and Dad?



 Children connect a couple like nothing else, but even the strongest sex drives can be sacked by potty training, early-morning feedings, and temper tantrums. So start date nights, and schedule them regularly, like every two weeks. Leave the kids with a babysitter. Better yet, arranging a sleepover for them with a nearby relative will give you an evening to restoke the pre-kids fire without worrying about scaring them because “Mommy’s screaming!” But stoke that passion in between as well. Set aside 20 minutes every night to talk



Abrams is *MF*'s relationship expert and the author of *No More Drama*.

Got a question for her?

Go to mensfitness.com/abrams.

about things other than the kids or work. During the day, send her a sexy text. And don't forget the power of a lingering kiss.

EAT, SEDUCE...

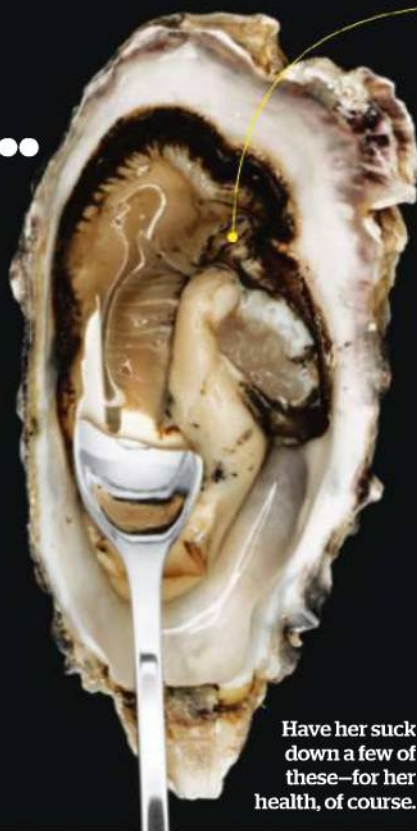
These 6 foods will get her in the mood for what you want and boost your engine, too

BY DESIRÉE GALLAS

➔ We asked Spencer Walker, author of *Cook to Bang: The Lay Cook's Guide to Getting Laid*, which foods he considers the best sex boosters.

WATERMELON

➔ "It's like a natural Cialis," Walker says. Watermelon contains the chemical citrulline, which naturally triggers the production of the same potent enzymes in the blood that these meds pump into your body to get blood flowing to your privates.



Have her suck down a few of these—for her health, of course.

SEAFOOD

➔ Fish and shellfish have protein and omega-3 fatty acids to boost circulation, plus a bounty of natural testosterone enhancers and zinc.

AVOCADOS

➔ The Aztecs ate them to increase sexual prowess. Avocados' ample fiber, folate, glutathione, and vitamins B6, C, and E also help to keep your heart healthy.

GINGER

➔ This Asian staple is hailed in the Kama Sutra as one of the best ways to boost arousal. It increases your heart rate and gets blood flowing to all your extremities—especially that one.

ROSEMARY

➔ Toss some on chicken or a pork chop. The same compounds that give the herb its rich scent will also make your skin—and hers—more sensitive to the touch.

CHILIES

➔ Whether jalapeños or habaneros, chilies are packed with compounds that help increase your heart rate and enhance your body's pleasure receptors, making every sensation you experience more intense.

➔ For Spencer Walker's ultimate seduction meal, created exclusively for *MF*, go to mensfitness.com/aphrodisiacs.

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POWER PLAYER

~~~~~  
**MARK WAHLBERG**

**DOESN'T JUST BANG IT  
LONG ON THE GOLF COURSE.  
THE FORMER RAPPER  
(AND UNDERWEAR MODEL)  
ALSO HAS HIS "A" GAME  
GOING IN HOLLYWOOD,  
AT HOME, AND IN THE  
GYM. AND HE'S  
SWINGING FOR MORE.**

~~~~~  
BY **CHRIS STRAUSS**

PHOTOGRAPHY BY **ART STREIBER**

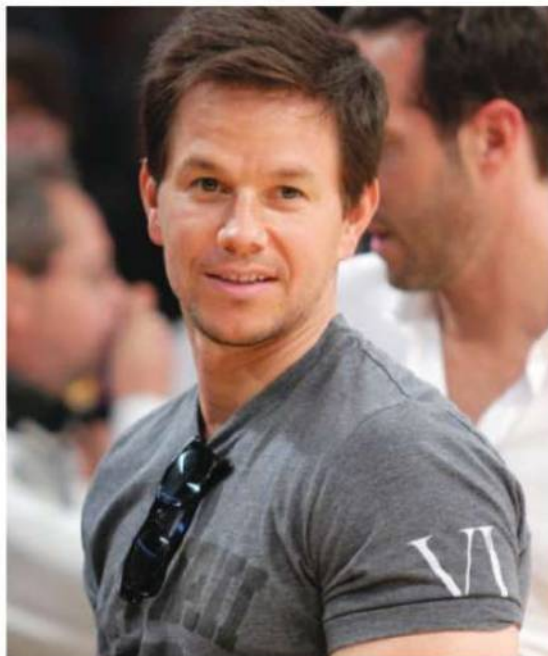


Mark Wahlberg was shot exclusively for *Men's Fitness* at Moorpark Country Club, in Moorpark, Calif.

A

RT DOESN'T IMITATE LIFE ANYMORE FOR

Mark Wahlberg. Vincent Chase and his boys on *Entourage* (loosely based on executive producer Wahlberg's swingin' single days) still stumble to the links with last night's whiskey shots wafting from their pores, oblivious to any scheduled tee time. Not Wahlberg. On this spring afternoon, the veteran actor and his real-life crew—trainer Brian Nguyen, Eiran Zell, and Rob Baldwin—are right on time at the first tee at the Moorpark Country Club, 45 miles northwest of his Beverly Hills home. Wahlberg, now 39 and a long-ball (he regularly plays from the back tees) nine-handicap, mixes the requisite trash talk and bullshitting with stories about his kids, a reminder that his favorite diversion rarely allows for an impromptu 36 holes or a couple of beers at the 19th hole. “Most days I’m up at five-thirty, on the course by six, and off the course by eight helping my wife with the kids,” he says. “I’m only out there now once or twice a week.”



Two Decades of Marky Muscle

Whether topping the charts, as Marky Mark (above left) or scoring box office gold in *Rock Star* (above right) and *Date Night* (below), Wahlberg has always been seriously ripped.



What a contrast from the Wahlberg we first got to know. Nearly two decades ago, he strutted onto the public stage as a 20-year-old pants-dropping, underwear-modeling rap artist. Few (if anyone!) envisioned that today he'd not only be a respected Academy Award-nominated actor, but also a dedicated family man (he married his longtime girlfriend, Rhea Durham, last August), father of four—and as much of a “player” in Hollywood as he is on the golf course. Wahlberg executive-produces three HBO series, including the hit *Entourage*, which is in its seventh season. Yet films remain his primary focus. He'll be seen next in a rare comedic role in *The Other Guys*, in which he and Will Ferrell play a pair of bumbling NYPD detectives. Previous notable roles (*The Departed*, *Boogie Nights*, *I Heart Huckabees*) have showcased his comic timing, but *Guys* gives him the opportunity to get a little goofy, a challenge Wahlberg approached with the same intensity as he did portraying his more intense characters. “They’re all the same,” he says. “I try to become the character and play it as real as possible. No matter how absurd it is, I need to believe in it 110%.”

Wahlberg applies the same rigid dedication to his body, though his initial efforts—like those of a young, inexperienced actor—were fairly short-sighted. “When I first started training, I was trying to lift the gym,” Wahlberg recalls. “As much weight as possible, all day, every day.” Working with Nguyen, a former trainer for the Jacksonville Jaguars, on the set of the 2006 football flick *Invincible*, Wahlberg changed his strategy dramatically. He played Vince Papale, a true-life regular guy who earned a spot on the Philadelphia Eagles, and played with them for three seasons (1976–1978). Not surprisingly, Wahlberg trained and practiced like a real NFL player. “With all the hits I was taking on that movie, Nguyen was still able to get me ready for the next day and back on the field after 12 hours of shooting and hitting.”

When the film wrapped, Wahlberg hired Nguyen to work with him full time to prep for a series of physically demanding films he had in the pipeline, including *Max Payne* and *Shooter*. “[Mark’s] philosophy is ‘If you’re not gonna show me, blow me,’” Nguyen says. “We started incorporating more of the functional training we do today.”

The duo’s training kicked up a notch in early 2007 when Wahlberg signed on to play boxer “Irish” Micky Ward in *The Fighter* (tentatively slated for release in November). The biopic is a passion project for Wahlberg, who shares Ward’s Massachusetts upbringing and Irish-American heritage. It took over three years to complete because of casting and directorial changes, but Wahlberg stayed in shape for the duration. He and Nguyen often began workouts at 4 a.m. in the warehouse-size home gym on his Beverly Hills estate in order to get in two hours of training before a 12-hour shoot. “I trained while I was making other films,” Wahlberg says. “The great thing [about the long delays on *Fighter*] is it gave me more time to look like a real fighter, which was always my goal anyway.”

That’s why much of Wahlberg’s training now takes place in the ring. “Boxing was always an element of our workouts,” Nguyen adds. “Whether it’s jumping rope or sprints up and



**WHEN I FIRST
STARTED
TRAINING,
I WAS TRYING
TO LIFT
THE GYM...
ALL DAY,
EVERY DAY.”**

down the court, we do it in three-minute rounds followed by sparring at the end of every workout.” By the time Wahlberg started shooting *The Other Guys* in New York City last fall, he had wrapped up the boxing scenes for *The Fighter* (or so he thought) and wanted to put on weight for one last scene that would feature a past-his-prime Ward. For the first time in three years, Wahlberg stopped training and started eating. “He put on so much weight—like 30 pounds of fat,” laughs Nguyen. “I mean, he was having a whole bottle of wine at night and doughnuts at the craft table.” Shortly after wrapping *The Other Guys* and the “fat scene,” Nguyen got a call from *The Fighter* production team. “They had to do reshoots for some fight scenes and were like, ‘How long do you need, three weeks?’” Nguyen recalls. “I was like, ‘Three weeks! We’ve been doing nothing!’” He persuaded them to give him five.

Wahlberg’s “dream” foursome would include Tiger, Phil, and plenty of trash talkin’.



STYLING BY SAMANTHA MCWILLIAMS AT THE WALL GROUP. HAIR BY JOHNNY VILLANUEVA FOR KERASTASE AT TRACEY MATTINGLY.COM. MAKEUP BY AILAN APONE AT L'ESSE ALVISON INC. SPECIAL THANK YOU TO RICK SIMONS AND THE MOORPARK COUNTRY CLUB. MOORPARKGOLF.COM. GRAY T-SHIRT: VINTAGE FROM FILTHMART. LOS ANGELES. JEANS: ROGAN. BLUE T-SHIRT: VINTAGE FROM FILTHMART. LOS ANGELES. SHOES: ADIDAS. SUNGLASSES: GIORGIO ARMANI. BLACK POLO: MICHAEL KORS. GRAY SLACKS: GIORGIO ARMANI.



BY THE NUMBERS

26
Films

4
Kids

\$1,262,586,745
Total Box-Office Gross

8.7
Handicap

4
Tattoos

The next morning, Wahlberg was in the gym at 5 a.m., putting in the first of his five-days-a-week, four-hour training sessions. The pair kicked off each morning with 45 minutes of deep-tissue work—deep-muscle stimulation, foam rolling, and massage work. They followed that with an hour of mobility and flexibility warm-up drills, which led into the main workout—45 minutes of strength training mixed with cardio. “It was all short bursts of really hard work with minimal rest in between,” Nguyen says. After a few minutes’ rest, the pair would jump into the ring for four to six rounds of sparring and finish the morning with some jump rope or cardio-pumping football and basketball drills.

Wahlberg allows himself two weekly off-days—usually Thursday and Sunday—each devoted to his other most important priorities, golf and family (though not in that order). Sundays are family days while his Thursday

golf games usually get him home by the time his two eldest kids—Ella, 6, and Michael, 4—arrive home from school. Having grown up the youngest of nine in the Dorchester section of Boston, Wahlberg claims that his decision to have a big family really “came down to finding the right woman.” He’s been with Durham since 2001, and she gave birth to their fourth child, Grace, in January. “Having children and being married definitely plays a part in the choices I make and the roles I take,” Wahlberg says. “I’ve always wanted to be more behind the scenes anyway. I want to build a business. Having a [acting] career is great, but careers don’t last forever. A business can.”

His current responsibilities keep him from golfing as often as he’d like. But Wahlberg plans to retire one day and “play all the time.” It’s a passion he picked up about 10 years ago that quickly became an obsession. “It’s hard to play with him,” Nguyen says. “He’s a big hitter. His driver is long and straight, so automatically you’re like, ‘I’ve gotta chase it.’ You’re losing a ball right off the get-go.”

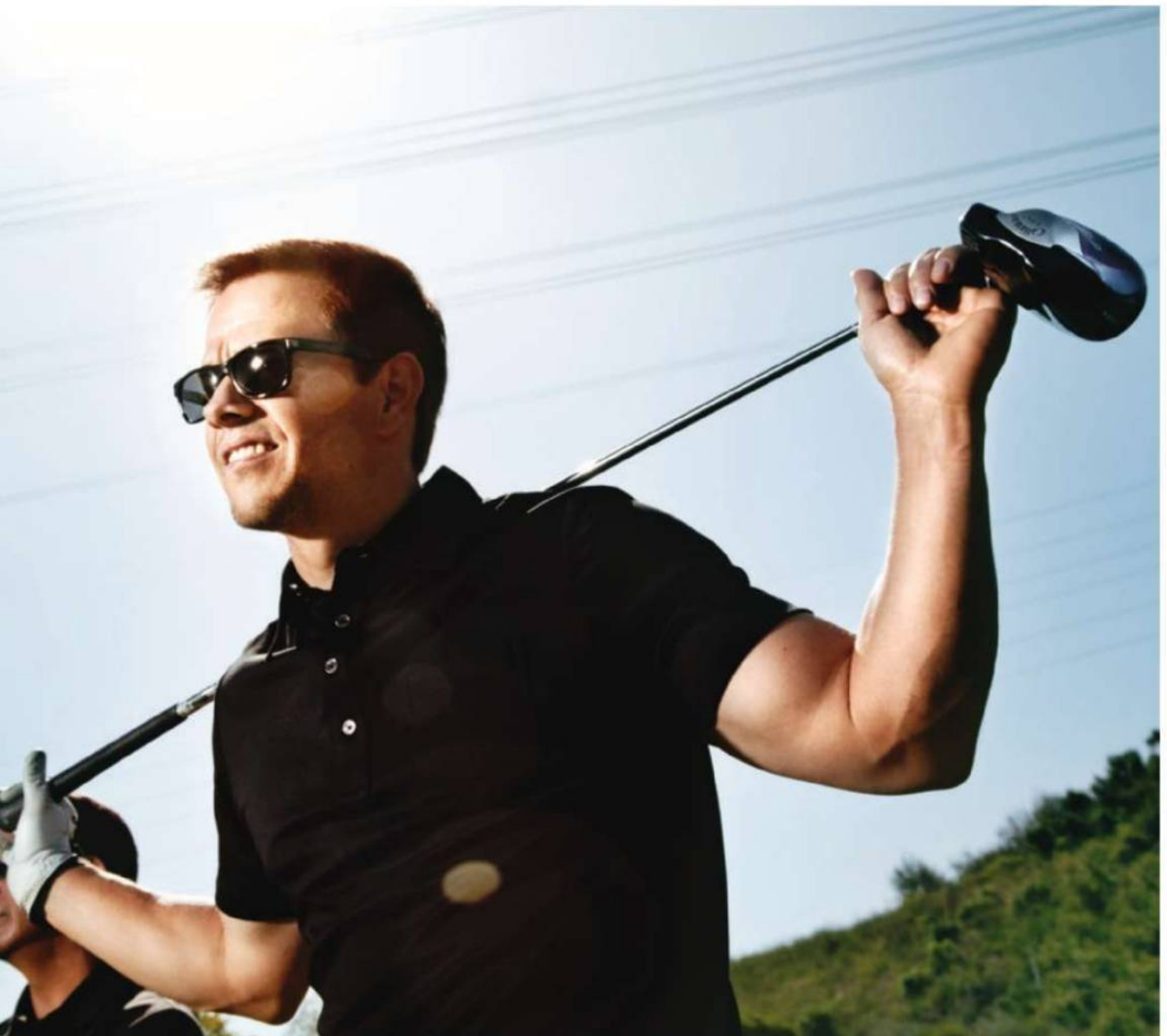
Wahlberg realized a golfer’s dream in April when he got to play on the famed Augusta National on the day after the Masters. “It was incredible,” he says. His dream foursome? “Tiger, Phil, and the real Johnny Drama there for comedy.” (The role of *Entourage* character Drama is loosely based on his cousin, John Alves.) No doubt, Wahlberg would step to the first tee with trash for Tiger and Phil, too. Nguyen says: “His competitive nature comes out no matter what. If you do well on one hole, don’t think he’s gonna let up.”

Wahlberg isn’t letting up in the gym anytime soon either. “I worked so hard to get in shape, I might as well maintain it,” he says. Nguyen’s goal during the downtime is to get Wahlberg to continue to embrace functional exercises he derisively calls “my Jane Fonda bullshit,” such as kettlebell swings, burpees, and side planking. “We’re doing full-body stuff all the time,” Nguyen says. “He’s bought into it now, so I’m hoping we can do even more. That way, whatever any of his upcoming characters do, he’ll be ready.” **MF**



A CAREER IS GREAT, BUT CAREERS DON’T LAST FOREVER. A BUSINESS CAN.”

Wahlberg and his buddies cruise around Moorpark Country Club like a real life version of his *Entourage* crew. Someday he wants to retire and “play all the time,” he says.

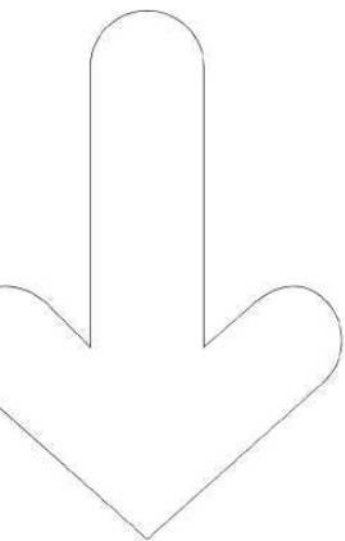


By JIMMY SMITH, C.S.C.S.
Photography by IAN SPANIER

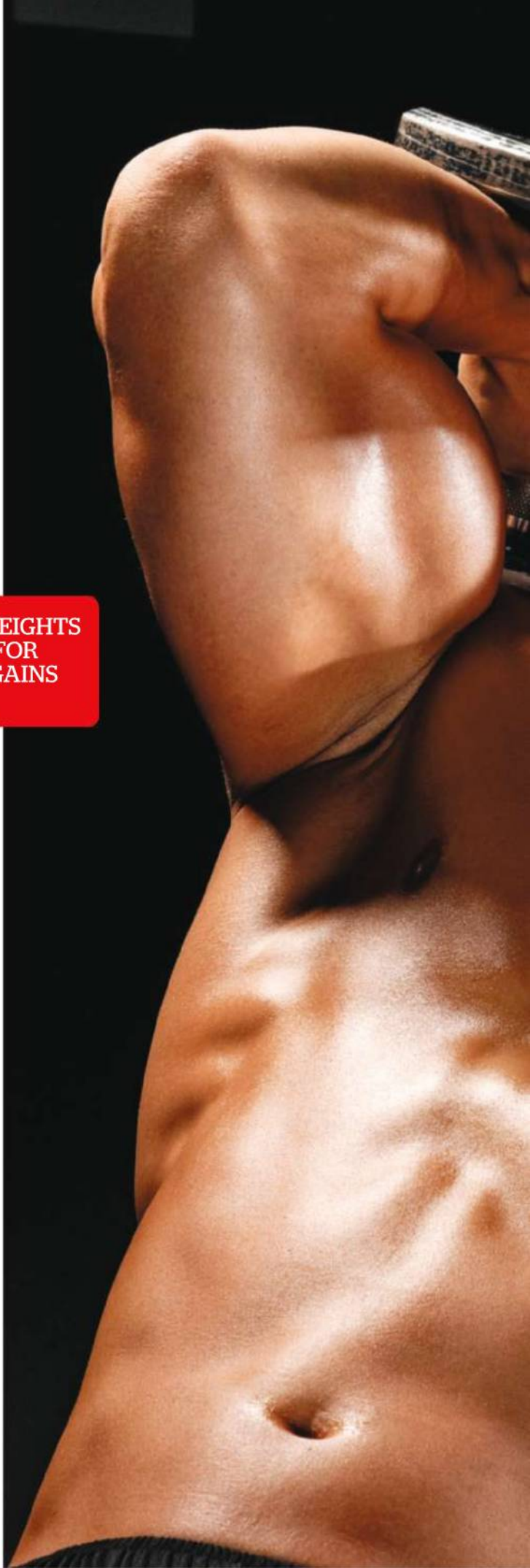
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WHETHER YOU'RE a skinny guy looking to get bigger or you're just looking to put on more size in a hurry, we have your ideal program. It calls for you to lift super heavy one day and go for max reps the next. The strategy maximizes your body's capacity to produce muscle fast—as much as 10 pounds in 30 days! Also, if you have a hard time recovering from grueling sessions, you'll find your ability to come back and train hard again is dramatically increased. Bottom line: You *will* get big before summer's over!



A close-up, low-angle shot of a man lying on an incline bench, performing a triceps extension with a dumbbell. He is looking upwards, and his right arm is extended upwards, holding the dumbbell. The lighting is dramatic, highlighting the contours of his muscles.

INCLINE DUMBBELL TRICEPS EXTENSION

> SEE PAGE 93

TAKE EVERY
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THROUGH A
FULL RANGE
OF MOTION.

DIRECTIONS

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

TIME NEEDED >

45 min.

DO IT >

Perform each exercise as straight sets, finishing all the sets for one move before going on to the next one. Follow the specific rest periods prescribed for each exercise.



Shot for *Men's Fitness*
at Peak Performance,
in New York City.

DAY 1

WORKOUT

DON'T
GO BELOW
PARALLEL
ON DIPS.

Weighted Dip

SETS: 1* / REPS: 6 / REST: 60sec.

> Attach a weighted belt around your waist or hold a dumbbell between your feet. Straighten your arms. Now bend your elbows and lower your body until your upper arms are parallel to the floor. *Perform two warm-up sets and then do one max set of six reps.

Incline Dumbbell Press

SETS: 3 / REPS: 6-8 / REST: 45 sec.

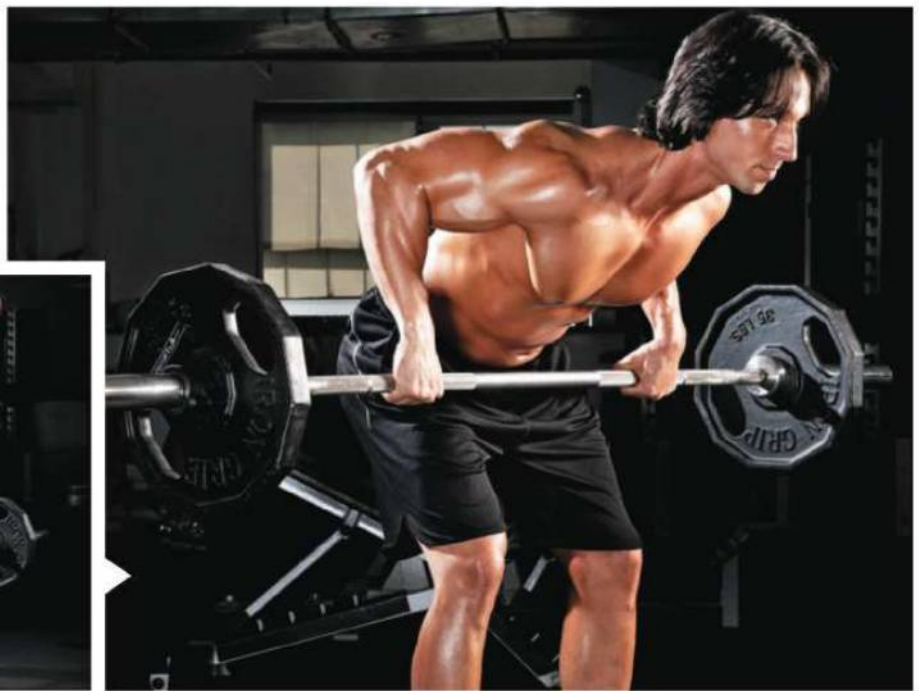
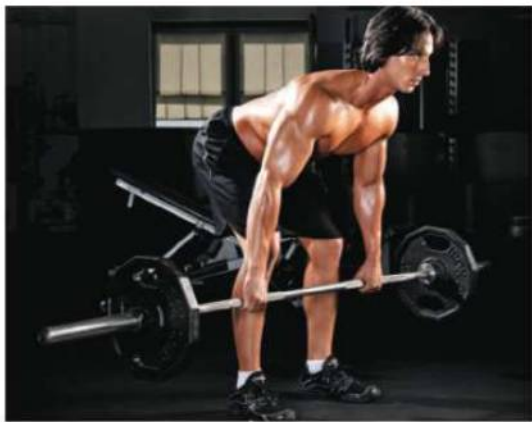
> Set an adjustable bench to a 30- to 45-degree incline. Grab two dumbbells and hold them at the sides of your chest while sitting on the bench. Press straight overhead.



Bentover Row

SETS: 3 / REPS: 8-10 / REST: 45 sec.

> Hold the bar in front of your thighs and lower your torso until it's about 45 degrees to the floor. Keep your lower back in its natural arch throughout. Squeeze your shoulder blades together and row the weight up to your belly.



Bentover Lateral Raise

(NOT SHOWN)

SETS: 3 / REPS: 12-15 / REST: 30 sec.

> Hold a dumbbell in each hand and, keeping your lower back in its natural arch, bend over at the hips so that your torso is nearly parallel to the floor. Contract your upper back and raise the weights out to your sides.

Weighted Swiss Ball Crunch

(NOT SHOWN)

SETS: 3 / REPS: 10-15 / REST: 30 sec.

> Grab a weight plate and lie back on a Swiss ball. Hold the weight behind your head. Tuck your chin to your chest and crunch your rib cage toward your pelvis.

DAY II

WORKOUT

THE FRONT
SQUAT WORKS
YOUR ABS
AS WELL.

Front Squat

SETS: 1 / REPS: 6 / REST: 60 sec.

> **Lift the bar off the rack,** letting it roll toward your fingers. Keeping your lower back arched and abs braced, squat as low as you can. *Perform two warm-up sets of 12 and then do one max set of six reps.



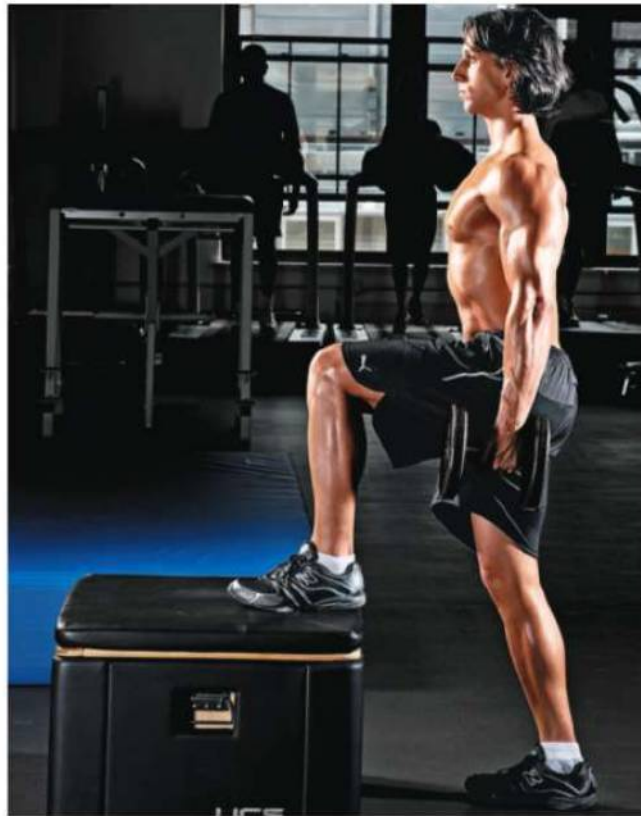
Dumbbell Stepup

SETS: 3 / REPS: 6-8 / REST: 45 sec.

> Hold a dumbbell in each hand and stand in front of a bench or step. Place one foot on the surface, and then pull with your hamstrings and drive with your glutes to step up onto it. Let the opposite leg hang behind you. Lower yourself back down without losing your balance. Complete all your reps on one leg and then repeat on the other one.

POSTURE MATTERS

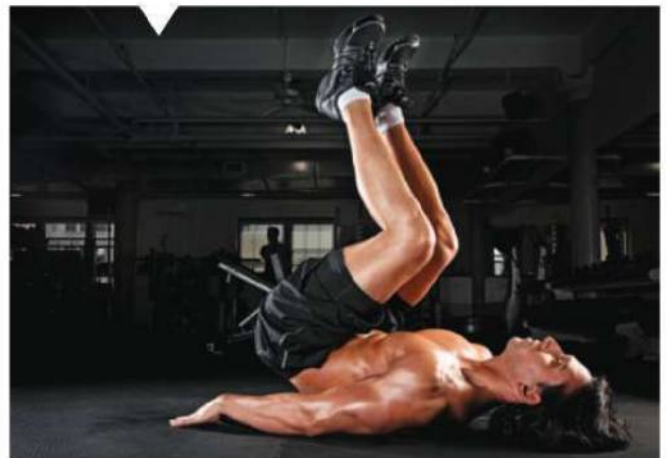
Always keep your head aligned with your torso and your shoulders back with your chest out. You'll prevent injury.



Good Morning

SETS: 3 / REPS: 8-10 / REST: 45 sec.

> Squeeze your shoulder blades together and support the bar on your rear delts. Lift the bar off the rack, tighten your abs, and bend your hips as far back as possible so you lower your torso until you feel your lower back is about to round.



Reverse Crunch

SETS: 3 / REPS: 15-20 / REST: 30 sec.

> Lie flat on the floor with your arms out to your sides, palms down, and hips and knees bent 90 degrees. Contract your abs and curl your hips up off the floor.

DAY III

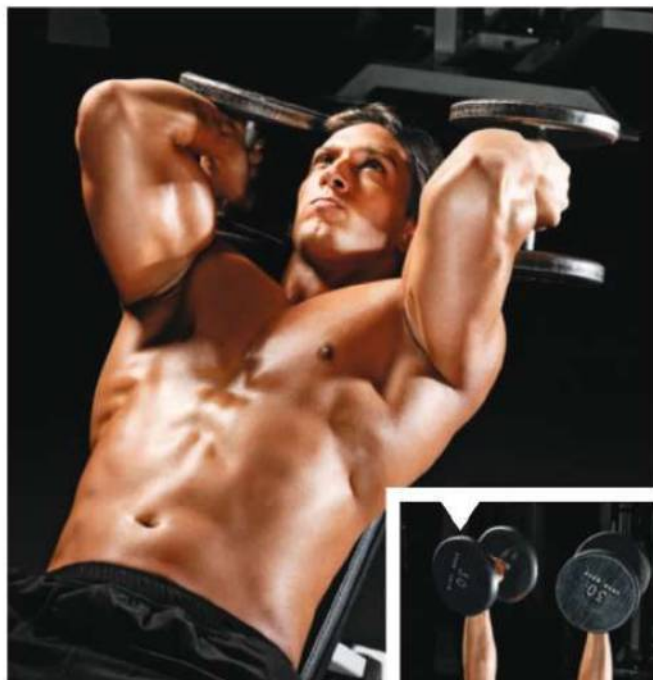
WORKOUT



Dumbbell Bench Press

SETS: 1* / REPS: as many as possible / REST: 60 sec.

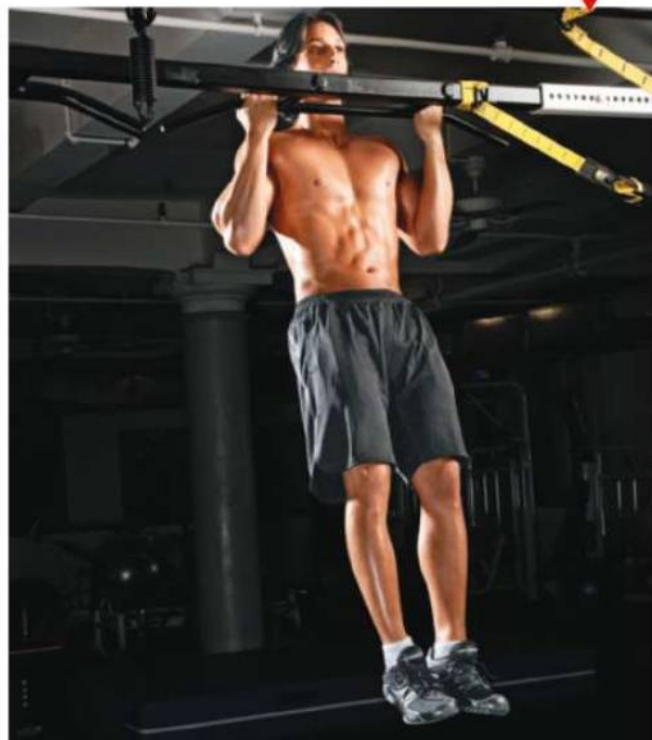
> Lie back on a flat bench, holding dumbbells at the sides of your chest. Press the dumbbells straight up. *Perform two warm-up sets of 12 and then increase the weight by 10% and perform one max set of as many reps as you can.



Incline Dumbbell Triceps Extension

SETS: 3 / REPS: 6-10 / REST: 45 sec.

> Lie on an inclined bench, holding dumbbells with palms facing each other. Lower the weights to just above your forehead.



Chinup

SETS: 3 / REPS: 6-8 / REST: 45 sec.

> Hang from a chinup bar with hands shoulder-width apart and palms facing you. Pull yourself up until your chin is over the bar. If this is too difficult, see our pullup guide on page 24.

PLANT YOUR FEET

On any seated exercise, keep your feet firmly on the floor. It helps you lift heavier without injury.

Dumbbell Seated Shoulder Press

(NOT SHOWN)

SETS: 3 / REPS: 10-12 / REST: 45 sec.

> Grab a pair of dumbbells and sit on a bench with the back raised 90 degrees. Hold dumbbells at shoulder height and then press them straight overhead.

Seated Dumbbell Curl

(NOT SHOWN)

SETS: 3 / REPS: 8-10 / REST: 30 sec.

> Set an adjustable bench to an upright angle, grab a dumbbell in each hand, and sit on the bench. Keeping your elbows braced against your sides, curl the weights.

CABLES
KEEP
TENSION
ON YOUR
MUSCLES.



Cable Woodchop

SETS: 3 REPS: 12-15 REST: 30 sec.

> Attach a rope handle to the high pulley of a cable station (or adjust one to about shoulder height if available) and stand far enough away from the machine so that there is tension on the cable. Set your feet shoulder-width apart. Rotate your torso away from the machine as shown. Complete all your reps on one side and then repeat on the other side.

SHAPE SHIFTER

WHAT
I EAT

It took more than a full moon to get actor **Joe Manganiello** in howling good shape for his new role as a werewolf on *True Blood*. Besides a rigorous workout regimen, he had to be studious and disciplined about his diet. For *MF*, he kept a revealing one-day food diary.

BY **DEAN STATTMANN** PHOTOGRAPHY BY **RODOLFO MARTINEZ**

As a kid, Joe Manganiello spent hours praying that he'd one day turn into a werewolf. Twenty-five years later, his dream came true when he landed a key role in the third season of HBO's supernatural breakaway hit *True Blood*. But with just two months to get ripped for his first shirtless scene as heroine Anna Paquin's hirsute lover, the 240-pound actor needed to do more than wish his way into incredible shape. He needed to take the way he was eating much more seriously.

Luckily, good habits weren't an entirely new concept to him. Raised on organic foods from an early age, Manganiello never developed a taste for candy and other unhealthy temptations. And since his new role required him to do more cutting down than bulking up, tapping into his old ways was an easy first step. "Some actors have to gain muscle that they've never had before," he says. "For me it was about becoming more defined and cutting up the mass I already had."

Of course he needed to continue working out, too, and enlisted the services of acclaimed trainer Ron Mathews (the guy responsible for carving Hugh Jackman into Wolverine). The pair met three times a week, and Manganiello worked out an additional three times each week on his own. In the kitchen, the actor relied on his own healthy upbringing and some simple nutritional techniques. "It's all about converting your body into a protein-burning engine and feeding it constantly," he says.

Instead of having breakfast, lunch, and dinner at a set time, Manganiello relied on his body to tell him when to eat, which turned out to be every two to three hours. This called for smaller portions that he could graze on throughout the day. "I'd have these dried sulfur-free mangoes that I get from the farmers' market to snack on. I also kept a bunch of almonds on hand, and I always have whey protein around if I get hungry while I'm training."

At mealtime, Manganiello kept everything on his plate simple and nutritious. "I'll usually have a piece of fish or chicken, some salad, and some broccoli," he says. "It sounds so bland, but I really love chicken and vegetables."

Although he tries to stay regimented, Manganiello also knows you don't have to be perfect to stay lean. Each week he allows himself one cheat meal, usually alternating between iconic L.A. pit stops Umami Burger and Roscoe's House of Chicken 'n Waffles. "I'll go and get a couple waffles, load them up with butter and syrup, crush those, and then eat half a fried chicken plus maybe some macaroni and cheese," he says with a laugh. Then, with the crazy beast out of his system for a while, he's back to responsible eating. **MF**

JOE'S 24-HOUR FOOD DIARY

10 a.m.

- 2 packets of oatmeal with hot water
- Protein shake

12:30 p.m.

- 2 roasted chicken breasts
- ½ cup of corn
- 1 sweet potato

2 p.m.

- Protein shake mixed with a banana and creatine

4:30 p.m.

- 4-6 oz steak
- ½ cup of carrots or asparagus
- Large salad with vinaigrette dressing

9 p.m.

- 1 chicken breast
- ½ cup green beans

For a full day-by-day breakdown of Manganiello's diet, go to mensfitness.com/manganiello

"THERE'S
SOMETHING
COMFORTING
IN KNOWING
THAT WHAT
I'M EATING IS
GOING TO
MAXIMIZE MY
PERFORMANCE."



The *True Blood* star with the food he ate in a week.

Joe Manganiello was shot exclusively for *Men's Fitness* in Los Angeles.

Blood, Sweat & Fear

THE **WORLD'S MOST DANGEROUS GYM** IS HOUSED IN A MAKESHIFT BUILDING IN THE TALIBAN-INFESTED MOUNTAINS OF AFGHANISTAN. THERE, ONE U.S. ARMY UNIT MUST OFTEN DODGE BULLETS DURING WORKOUTS. THEY ARE INDEED FIT UNDER FIRE.

TEXT AND PHOTOGRAPHY BY
JOHN CANTLIE



+++
After a morning patrol (left), soldiers of COP Michigan stay armed during an afternoon lift (opposite).



O

UTGOING?" A SOLDIER CALMLY ASKS AFTER AN EXPLOSION IS

heard just outside the chow hall at the Army combat outpost known as Michigan, located deep in the deadly mountains of Afghanistan's Pech Valley. A second blast crashes through the air. "No, that's incoming!" another soldier shouts. Everyone dives for cover as machine guns open up. The camp is under assault from three different sides in a carefully planned attack by insurgents from the surrounding hillsides of Korengal, Tantil, and Shuriac. Not far away, Lt. Mark Zambarda and Spc. John Rushing, decked out in workout gear, come busting out of the adjacent gym as a line of gunfire rips across the ground in front of them. Soldiers are pouring from their positions, hastily pulling on Kevlar helmets and body armor and sprinting for their guns.

TWENTY MINUTES AGO, SOME OF THESE soldiers were finishing a four-mile run on a Fitness First treadmill. Now they're sprinting for their lives through a withering hail of fire. "You bastards! You've attacked our home!" yells one soldier from the engineering bay. He unloads 200 rounds before

feeding another belt into his machine gun. Members of the unit, many in sneakers and shorts, dash from cover to cover as an insurgent rocket misses a parked Humvee by two feet, spitting bits of shrapnel across three nearby vehicles. Then, as suddenly as it began, the assault stops. There are a few hollers and "get-somes" from around the camp, followed by the metallic sound of guns being cleared and fresh magazines being loaded. "I'd give that a seven out of 10," 1st Sgt. Ed Vaars says afterward. "They've tried to overrun us several times before, but we throw them back every time."

Such is a day in the life of the Mountain Warriors—the 76 soldiers of the Second Battalion, Twelfth Regiment, situated deep in Taliban country in northeastern Afghanistan's Kunar Province. The surrounding peaks push 9,000 feet into the air, and their tops are covered in snow. Unlike the flat and desolate landscape of Helmand, in southern Afghanistan, this corner of the country is

green, rocky, and very vertical. It's a small base at the bottom of a fertile valley that is surrounded by mountains, providing perfect cover and firing positions for insurgents. A typical safety patrol for the soldiers inside means walking no more than a few feet—then climbing straight up. Between the terrain and the weight of a typical pack-out (50 pounds of gear, plus a 20-pound weapon and 20 pounds of ammo and water), staying fit can truly be the

difference between life and death. "We have a higher-than-average number of hostile actions in this area of operations," Vaars says with quiet understatement. "Our soldiers have to stay fit. That's why we put such importance on gym work when they're not on patrol."

Most people complain that their gym is overcrowded, that the music is bad, or that there aren't enough cardio machines. At Michigan, they don't complain about their gym at all. Because they built it. When the company arrived here last November, the camp was a dump. A line of four combat outposts follows the 30-mile length of the Pech Valley—Blessing, Michigan, Able Main, and Honaker-Miracle. Despite being here for five years, Michigan was perhaps the most

sparse. With few recreation outlets and the imminent danger when moving freely around the compound, unit leaders recognized a need for a proper place to exercise. "The aid station used to be where the cardio room now stands," says Sgt. James Goodin.





+++
Pfc. Edgar Rios jumps for cover after being ambushed during his daily patrol, near Tantil village.



"And Friday, Saturday, and Sunday, the gym was the barber-shop, so it was fairly pitiful if you wanted to work out properly."

Sgts. Kenneth Nichols and Norman Pugh got a load of timber and oversaw the construction of a brand-new building. The gym they created is made entirely from wood, pine uprights, joists, and plywood walls. Most of the machines and weights inside turned up on convoys shortly after the unit's first sergeant reached out to some military higher-ups. Now, there are kettlebells scattered between massive 1970s-style dumbbells, and the results of a bench-press competition are posted on the wall. Many soldiers stick to strict workout regimens and track their weights and reps in notebooks with typical military precision.

The gym is the biggest building in a compound scattered with rough granite chippings, and it's protected from incoming attack by sandbags and 10-foot-high Hesco metal barriers. "We didn't have the Hescos [barrier walls] around the gym when it was first completed," Goodin says, "and the gym's double doors face directly south to Ranger Rock, the enemy's preferred point of attack." Within a month of being built, the front of the building took multiple rocket-propelled grenades. It has been raked with machine-gun fire several times. The dip bar and shoulder-press machine are pocked with shrapnel

from a mortar round that once hit just after two soldiers moved away from them. "There used to be a big mirror on the back wall," the sergeant adds, "but that got a Purple Heart."

The soldiers erected barriers around the gym and added shipping-crate doors on top of the original plywood. It wasn't enough. A grenade fired from the hilltops blew a jagged hole straight through the double-skinned steel doors. "The gym has taken the most rounds of any building here on the base," says Sgt. "Iron" Mike Starnes. "It's the only gym in the world where you have to worry about rocket-propelled grenades and machine-gun fire, but this is our home, and we wouldn't change it. Apart, perhaps, from fewer incoming rounds."

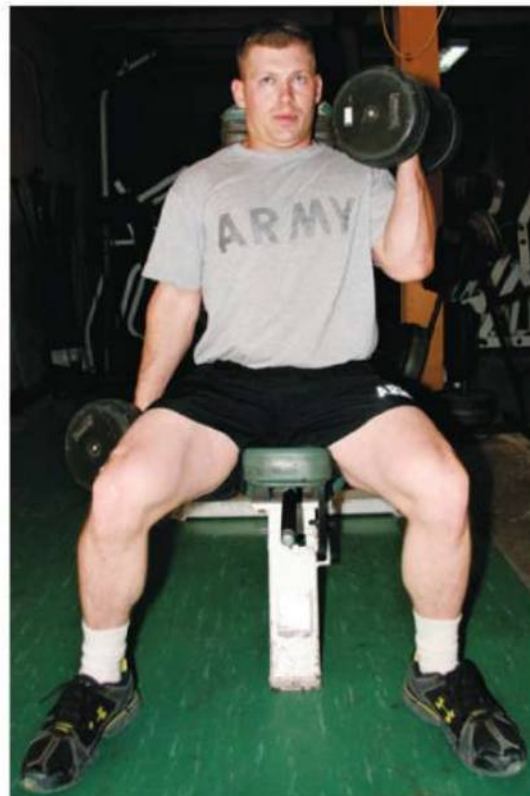
Men from Michigan's two infantry platoons, Dagger and Gator, launch daily missions into the hills to root out the enemy and gather intelligence on their movements in the valley. The pace of patrols is relentless—two per day, with soldiers driving out in mine-resistant vehicles and then scouting ahead on foot. If they make contact with opposing forces, their rides provide fire support

from the road while the soldiers retreat toward safety. At night, more patrols secure the perimeter. The Taliban likes to move under the cover of darkness, so every minute counts—another reason that staying fit and well-nourished is so essential.

+++
**"THERE USED
 TO BE A
 BIG MIRROR
 ON THE
 BACK WALL,
 BUT THAT
 GOT A PURPLE
 HEART."**

SGT. JAMES GOODIN

+++
The gym rarely goes idle as Starnes (opposite, and in pushup position, below) and Carl Taylor (standing, below) grit through the "Afghanistan Sucks" workout.



"AFGHANISTAN SUCKS" WORKOUT

Train like a Mountain Warrior with this appropriately named regimen

- ▶ **Strip-set preacher curls**, 3 sets x 12 reps
- ▶ **Cable triceps extensions**, 4 sets x 10 reps
- ▶ **Seated dumbbell curls**, 3 sets x 6 reps, superset with **dumbbell kickbacks**, 3 sets x 8 reps
- ▶ **Weighted pushups**, 3 sets x 12 reps, (weight plates placed on the back)
- ▶ **Triceps dips**, 3 sets x 8 reps, then seated dips with barbell across lap
- ▶ **Cable curls**, 3 sets x 10 reps
- ▶ **Calf raises**, 3 sets x 12 reps
- ▶ **Hyperextensions**, 3 sets x 12 reps
2 sets holding kettlebells
- ▶ **Situps**, 100 reps
- ▶ **Situps with medicine ball**, 50 reps
- ▶ **Butterfly kicks**, 100 reps
- ▶ **30 mins on the treadmill**, 1 min sprint, 30 secs of walking, continue for 30 mins total
- ▶ **5 mins of bag work**, a mix of punching and kicks to maintain flexibility. Most soldiers consider it a good stress reliever as well.
- ▶ **Sumo squats**, 25 reps, followed by a **wall sit** for 2 mins, increase by 30 secs each week

NUTRITION FALLS TO SPC. MARVIN Roberts, who serves three square meals every day from the back of a cramped kitchen. "The cookhouse now is way bigger than it was," he says. "All the food here is brought in by helicopter, and I keep enough to feed the guys for two weeks without resupply." Their larder is outside under camouflage netting. Industrial-size fridge-freezer combos hold all the meat and perishable foods, imported from Dubai. "The ingredients are pretty limited but heavy on carbs and protein, which is what the guys here need to maintain strength, so we like to improvise when we can with our own recipes."

The following night's dinner goes thankfully uninterrupted. Mortar-man and ex-restaurateur John Ferrugia cooks up spaghetti Bolognese, chopping in 20 cloves of garlic to give it an authentic Italian taste. All that's missing is a crate or two of red wine, but there's no chance of booze here, with the closest substitute being a case of alcohol-free Beck's beer. The meal is declared an outstanding success.

A week later, members of Dagger Platoon head into the mountains at dawn for a routine patrol along goat trails that are often no more than one foot wide. The altitude is not severe, ranging from 3,500 feet in the valley to 6,500 feet in the hills, but it still takes time to get acclimated. Lt. John Cumbie, a soft-spoken 25-year-old from Tampa, quietly leads his squad up the trails. Only barking dogs give the troops' presence away. Stamina and core balance are a necessity here as the soldiers move up the steeper climbs while carrying weapons and navigating the slips and loose faces of the rocky passes, surrounded by automobile-size granite boulders. "This is typical of the terrain we operate in," Cumbie says. "We're based out of Fort Carson in Colorado, so we're used to the mountain environment—it's where we belong. Better than the deserts of south Afghanistan, that's for sure."

The patrol stops in the village of Tantil and convenes a meeting with the village elder, Mohammed Amin. The Americans have been trying to improve their security in Tantil, Cumbie says, "because we're sick of getting shot at in this town." As the officers sit down to drink chai with Amin, a running firefight erupts between gunmen in the mountains behind and the soldiers providing security. Thankfully, there are no casualties.

Even after the exhausting events of the morning, by 4 p.m. the Michigan gym is packed once again with soldiers putting up heavy weights. It's a mix of old-school powerlifting and the latest cardio and training techniques. Spc. Chris Collins is squatting 520 pounds in one corner, while Starnes bench-presses 400 in another. Supplements are swallowed by the handful. Besides spurring muscle growth, they help keep soldiers on 3 a.m. sentry duty awake. Massive tubs of creatine line the shelves of the bunks the soldiers sleep in. "Sometimes we overdo it," Goodin admits.

You can be forgiven such a "transgression" when your workout can be interrupted by the realities of war. "It's been known for some of us to be in the gym, and we'll get a call to get outside the wire. Sometimes you can barely walk," Goodin says of their grueling workouts. "But if there's enemy fire, it sure puts the spring back in your step." **MF**

SCENES FROM A WAR ZONE

Top: Cricket provides an opportunity for soldiers to interact with friendly locals. Bottom, from left: Pfc. Stephen Denton opens fire on insurgents during an attack on Michigan base; Lt. Mark Zambarda points out a bullet hole in the back wall of the gym; the Hitman mortar team has fired more than 5,500 rounds during their deployment, the most of any mortar team in Afghanistan.





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INSIDE

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121

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132

Yearlong Workout 2010

Get tips on maximizing our 12-month program.



Trainer was shot on location at Peak Performance NYC.

2

The number of weeks it takes to see gains on our workouts

KENYATTA WILSON
NETWORK ADMINISTRATOR,
U.S. AIRFORCE

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¹In one 6-week study, individuals taking the key ingredients in Six Star Muscle Whey Protein gained, on average, more lean mass than subjects using regular whey protein (8.8 vs. 5.1 lbs.). ²In the same study, subjects gained, on average, 340% more lean mass than those taking a placebo (8.8 vs. 2.0 lbs.). ³In the same study, one extraordinary subject gained 11.2 lbs. ⁴In one 10-week study, subjects using a key ingredient in Six Star Muscle Whey Protein increased their one-rep max bench press by 160% more than those using casein (105 vs. 40.7 lbs.). © 2010.

THE FUNCTIONAL WORKOUT

TRAIN FOR LIFE

This challenging program makes you stronger for what you do every day

BY KEITH SCOTT, P.T., C.S.C.S.
PHOTOGRAPHY BY IAN SPANIER
ILLUSTRATIONS BY KAGAN MCLEOD

 The "functional" training craze is still going strong. You can't walk into a gym without seeing people standing on Bosu balls or balance boards—often lifting dumbbells at the same time. These moves have some benefits (as long as you don't fall on your ass), but unless you want to be prepared to squat during an earthquake, squatting on a balance board isn't very functional. **Our program prepares you for life—keeping up with your kids, landscaping your yard, playing sports with your buddies, or fixing up that old hot rod in the garage. This is truly functional fitness.**

15

The approximate number of reps you should be able to perform per exercise on your first set in this workout

THE FUNCTIONAL WORKOUT

HOW IT WORKS

► The circuit of exercises resembles activities you make every day. You'll be moving in every direction, combining moves like lunges and presses to involve the whole body and lifting loads that produce growth. You can do this program as long as you want—no matter your level.

DIRECTIONS

Frequency

► Perform each workout (Days I, II, and III) once per week, resting at least a day between each session.

Time Needed

► 30–40 min.

Do It

► Perform as a circuit, completing one set of each exercise and resting as little as possible in between.
► Perform the moves for 40 seconds each.
► Complete all five exercises, then rest three minutes. Repeat until you've done three to five circuits.

DAY I

1

SQUAT TO DUMBBELL PRESS

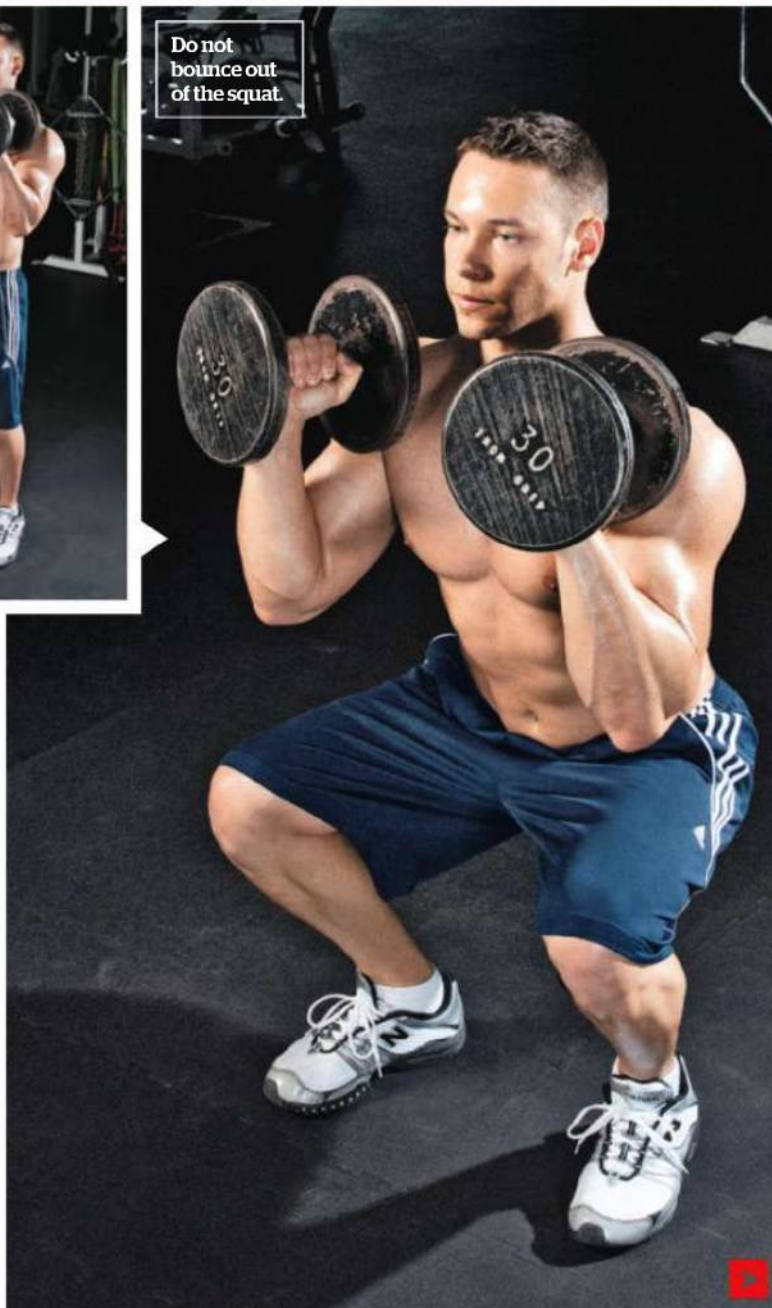
► Stand with a dumbbell in each hand, holding the weights at chest level. Squat as low as you can. Come up and press the weights overhead.



Do not bounce out of the squat.



Keep your core tight as you press.





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2

PLANK WITH DUMBBELL ROW

► Hold a dumbbell in each hand and get into pushup position. Keeping your body straight, shift your weight to one side and row the opposite arm's dumbbell to your side. Repeat on the other arm.



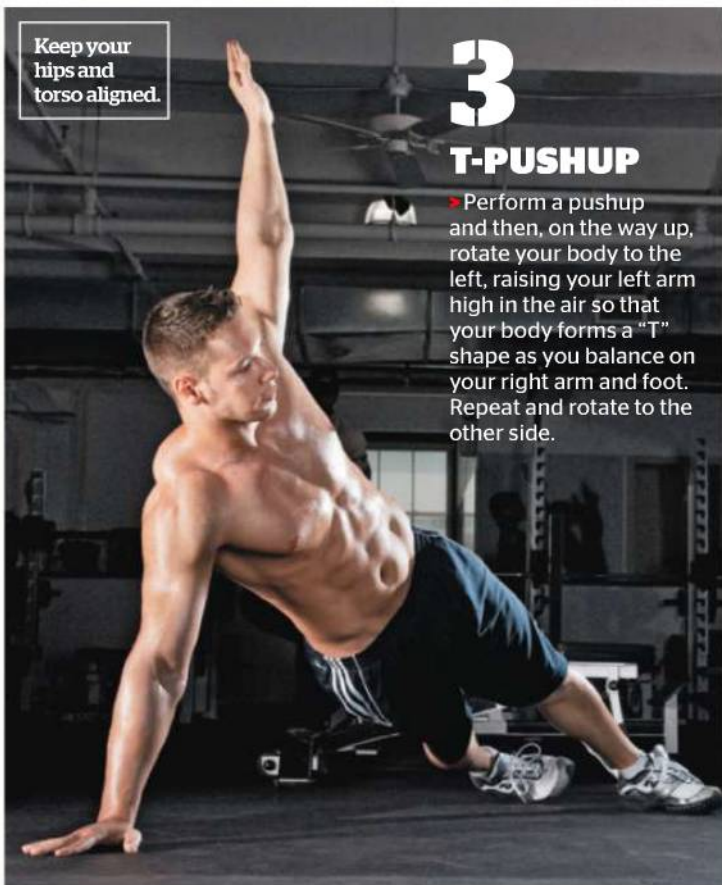
Widen your stance to make it easier.

Keep your hips and torso aligned.

3

T-PUSHUP

► Perform a pushup and then, on the way up, rotate your body to the left, raising your left arm high in the air so that your body forms a "T" shape as you balance on your right arm and foot. Repeat and rotate to the other side.



4

DUMBBELL REVERSE CHOP

► Stand with feet a bit wider than shoulder width and hold a dumbbell in both hands by your left hip. Keeping your torso square with your hips, raise the dumbbell diagonally upward to near your head (a reverse woodchopping motion). Perform five reps on each side and repeat.



SIX STAR MUSCLE RESEARCHERS HAVE CREATED THEIR **ULTIMATE** CREATINE FORMULA

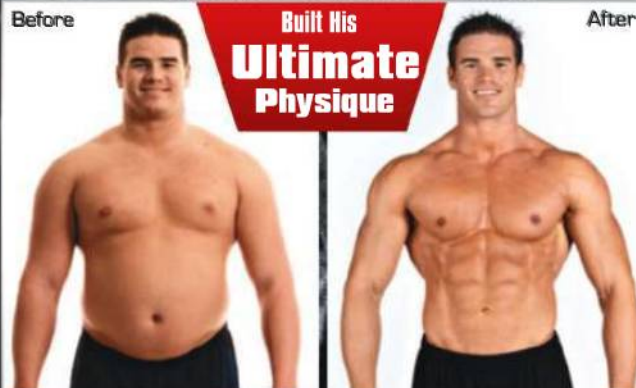
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- ★ **Key driver shown to build 4 times the muscle in just 21 days!†**
- ★ **Based on research from St. Francis Xavier University.**

KENYATTA WILSON
NETWORK ADMINISTRATOR,
U.S. AIRFORCE



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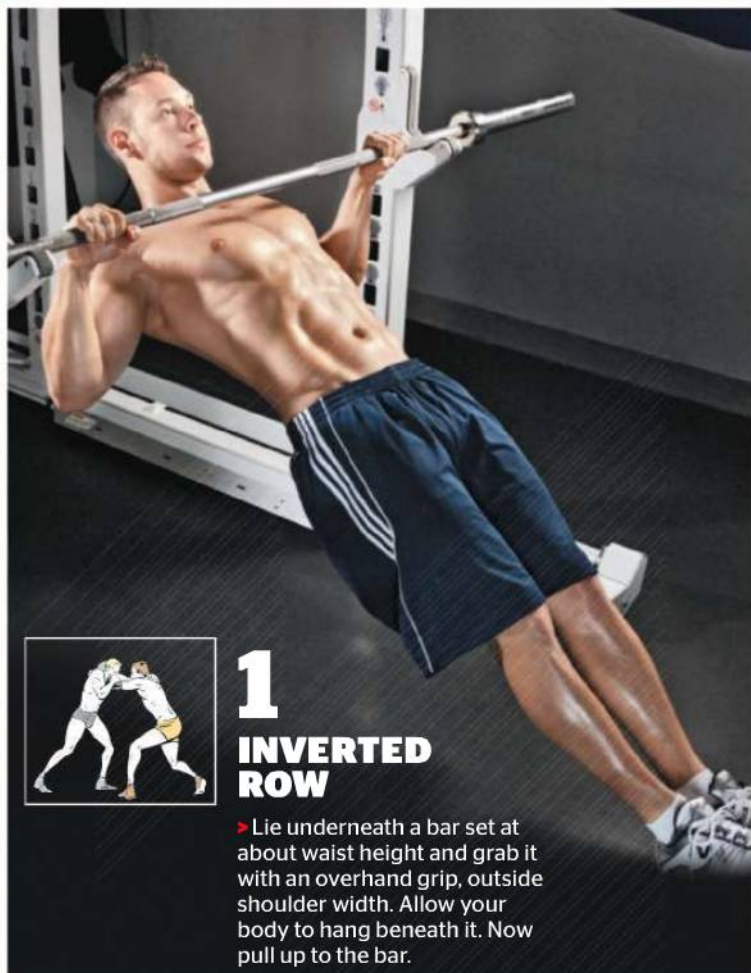
T.J. Lynch also used other Six Star Muscle supplements and has been remunerated. †In one 3-week study, subjects taking one of the key ingredients in Six Star Muscle Creatine powder gained, on average, 4 times the lean mass than subjects taking a placebo as precisely calculated using calibrated skinfold calipers (4.84 vs. 1.1 lbs.). ‡In the same study, subjects demonstrated a 21% increase in peak power and increased their total work (strength) by 68% from baseline. © 2010.

5 PULLUP WITH KNEES RAISED

► Grab a chinup bar with an overhand grip, hands outside shoulder width, and hang. Raise your knees to your chest. Pull yourself up until your chin is over the bar.

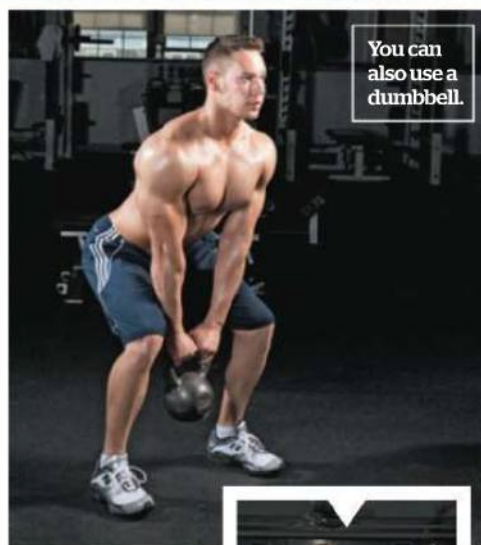


DAY II



1 INVERTED ROW

► Lie underneath a bar set at about waist height and grab it with an overhand grip, outside shoulder width. Allow your body to hang beneath it. Now pull up to the bar.



2 KETTLEBELL SWING

► Grab the end of a kettlebell and let it hang vertically between your legs. Lower your body into an athletic stance. Now explosively straighten your hips and knees as if you were jumping, and swing the weight to eye level.

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3

UP/DOWN PLANK PUSHUP

► Get into pushup position, then lower your right forearm to the floor. Now lower your left (keep the rest of your body off the floor). Go back up into pushup position and perform a pushup.



Keep your
body in a
straight line.



4

CROSS BODY CLEAN AND PRESS

► Hold a dumbbell in your right hand so it's across your body by your left hip. Bend forward at the hips and get into an athletic stance. Explosively extend your hips and knees and lift the dumbbell up to your right shoulder. Press it overhead. Perform five reps on each side.



5

STEPUP TO OVERHEAD PRESS

► Hold a dumbbell in each hand at shoulder level. Place your right foot onto a bench or box that raises your thigh parallel to the floor. Step up onto the surface. Press the dumbbells overhead. Repeat on the opposite leg.

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DAY III

1

ALTERNATING LUNGE TO DUMBBELL PRESS

► Hold a dumbbell in each hand at shoulder level. Step forward into a lunge with one leg and then return to the starting position. Press the weights overhead. Repeat on the opposite leg.

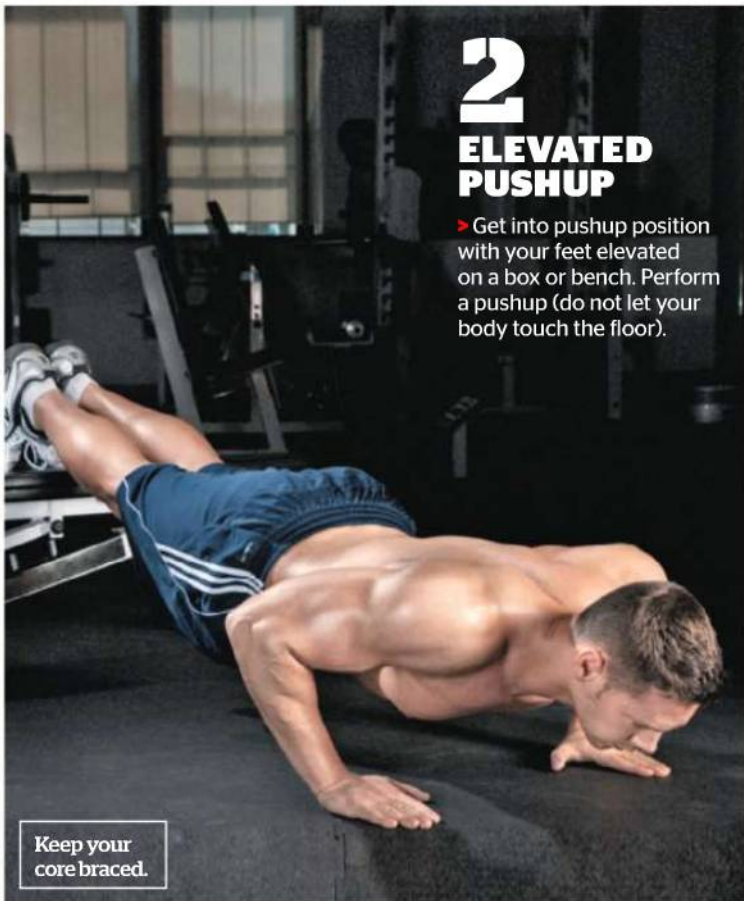


Push off your front foot to finish the lunge.

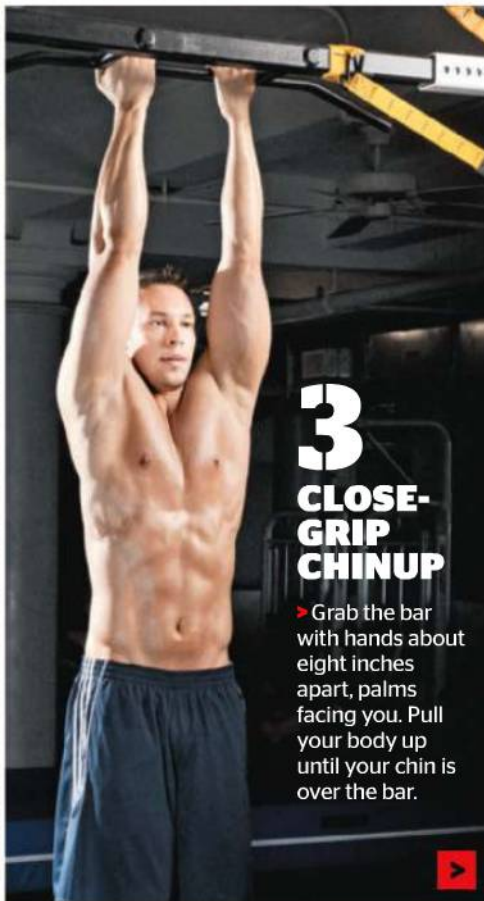
2

ELEVATED PUSHUP

► Get into pushup position with your feet elevated on a box or bench. Perform a pushup (do not let your body touch the floor).



Keep your core braced.



3

CLOSE-GRIP CHINUP

► Grab the bar with hands about eight inches apart, palms facing you. Pull your body up until your chin is over the bar.

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- ▶ Increased Pumps ▶ Faster Recovery

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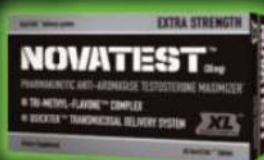
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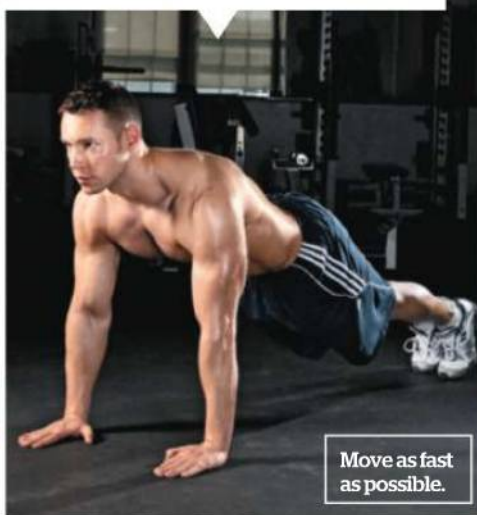
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TRAINER THE FUNCTIONAL WORKOUT (CONT'D)



4 BURPEE TO SQUAT JUMP

➤ Squat down and place your hands on the floor in front of you. Thrust your feet back and land in the top of a pushup and then bring your feet back to the squat position. Jump up as high as you can.



Move as fast
as possible.



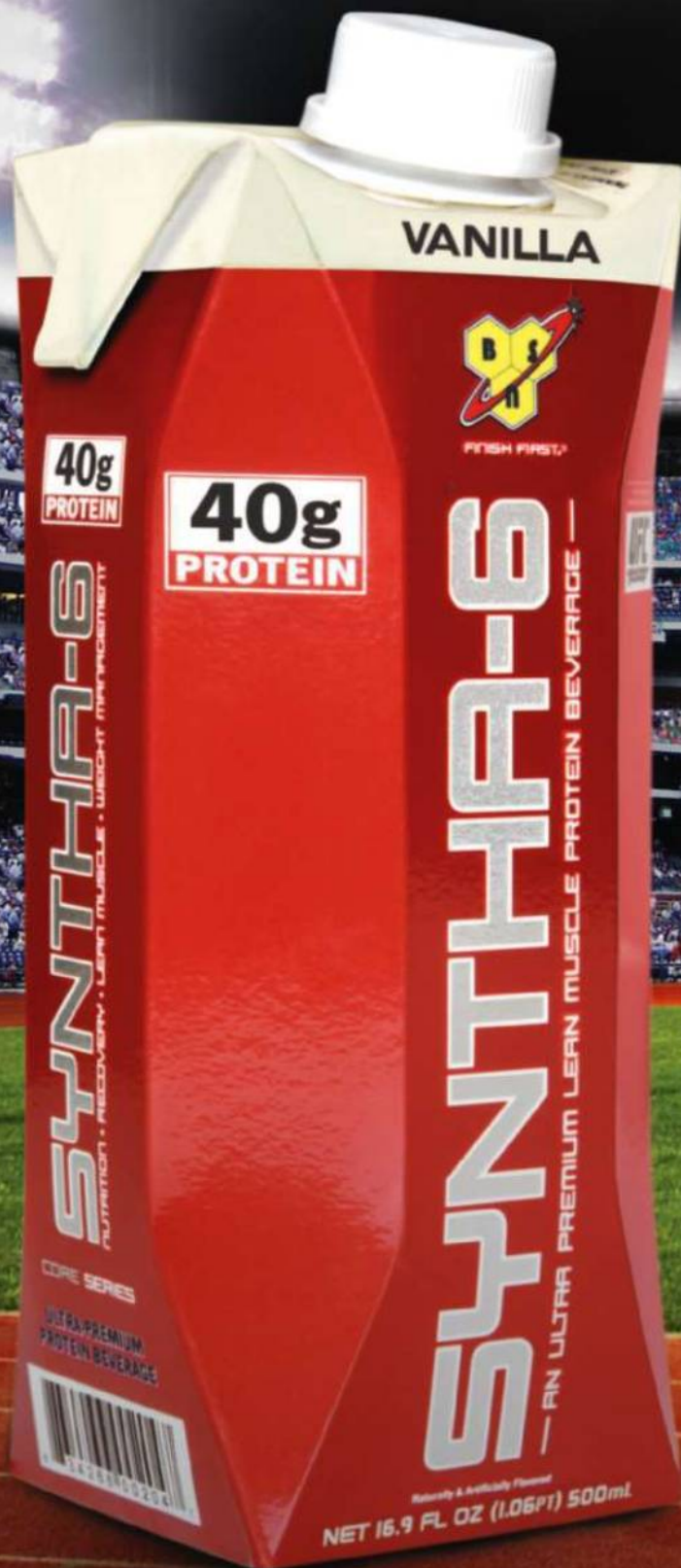
5 BARBELL ROLLOUT

➤ Get on your knees and place the bar in front of you. Grab it with an overhand, shoulder-width grip, and slowly roll the bar forward, keeping your arms straight. Roll out all the way and then pull the bar back to the starting position.





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FAT YOU
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CUSTOM FAT LOSS

UNEARTH YOUR ABS

Design your own
gut-melting routine

BY BERT SORIN

PHOTOGRAPHY BY JUSTIN STEELE

Some guys like to do everything by the book. They follow recipes with exacting detail. Then there are those who throw gourmet meals together with whatever is in the kitchen. For the latter, we've created a fat-loss program that allows you to customize your workout to your own taste. We've provided an outline, including the sets and reps for each exercise, so you have the freedom to choose the exercises yourself and create your own unique program.

Shot for *Men's Fitness* at The Sports Center at Chelsea Piers, in New York City.

THE BASICS

HOW IT WORKS

Each day you'll be doing a total-body workout, consisting of either upper-body pushing exercises and lower-body pulls or upper-body pulls and lower-body pushes. You'll do one of those pairings in one workout, and then the other in your next workout. (See the lists of exercise options for each movement pattern starting on page 126. You can find directions on how to perform the suggested exercises on mensfitness.com.)

Each session should end with two "finisher" exercises. The first will use high reps to flush blood into the muscle groups that work in opposition to the ones that were your main focus that day. For example, if the workout began with upper-body pushing and you did bench presses, you might do face pulls in this first finisher. This will improve flexibility and recovery, help to prevent injury, and bring up weak areas. The second finisher is jumping rope—perhaps the single most effective training tool for burning fat.

DIRECTIONS

Frequency

➤ Perform three workouts per week, resting at least a day between sessions.

Time needed

➤ 30 min.

Do it

➤ Perform the paired exercises (marked "a" and "b") back to back, resting as little as possible in between. Use a weight that's about 25% of your max. Do as many sets as you can in 12 minutes, then rest three

to five minutes. The workout on the following pages is an example of how you could structure your program.

1a ➤ Upper-body push, 10 reps

1b ➤ Lower-body pull, 10 reps

Choose two new exercises.

2a ➤ Upper-body push, 12 reps

2b ➤ Lower-body pull, 12 reps

FINISHER 1

Upper-body pull, two sets of 15

FINISHER 2

Jump rope. Jump for one to five minutes, depending on your ability.

Alternating
dumbbell
bench press

BRACE
YOUR ABS
ON EVERY
EXERCISE



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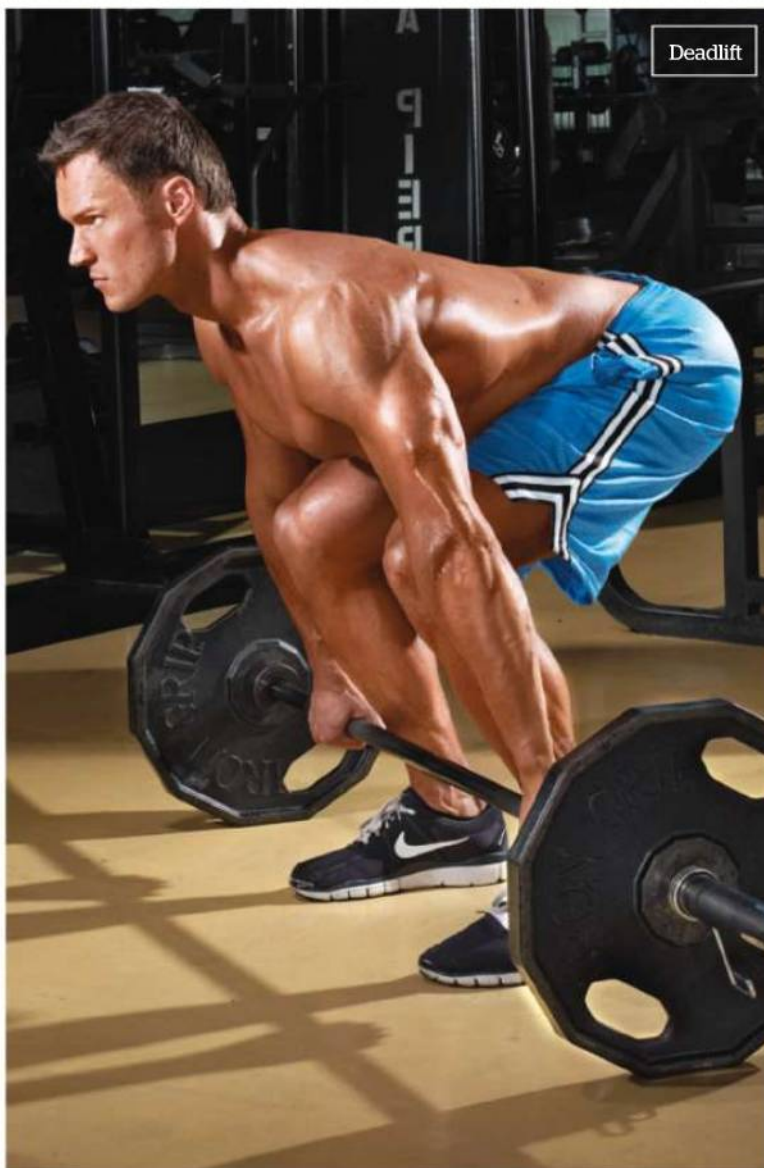
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TRAINER CUSTOM FAT-LOSS WORKOUT (CONT'D)



Deadlift

TWO-WEEK SAMPLE SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1	WORKOUT I	REST	WORKOUT II	REST	WORKOUT I	REST	REST
WEEK 2	WORKOUT II	REST	WORKOUT I	REST	WORKOUT II	REST	REST

WORKOUT I (DAYS >1 • 5 • 10)
Upper-body push / Lower-body pull
WORKOUT II (DAYS >3 • 8 • 12)
Upper-body pull / Lower-body push

NUTRITION TIP
● For fast weight loss, keep your carb intake low on days you don't train. Aim for 50-100 grams, max.





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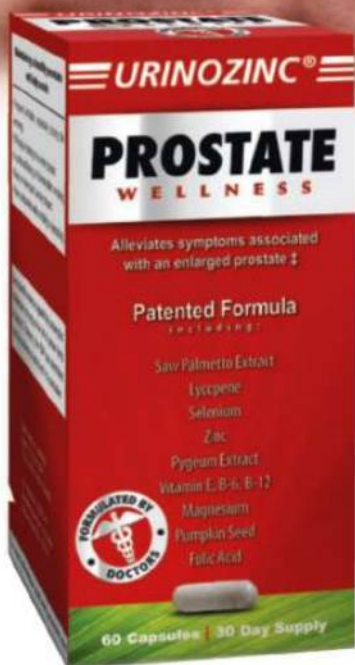
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TRAINER **CUSTOM FAT-LOSS WORKOUT** (CONT'D)

THE MOVES

Select from this "menu" to build your custom routine



UPPER-BODY PUSH

>THE EXERCISES

Alternating dumbbell bench press / Bench press / Shoulder press
Floor press / Incline dumbbell press / Pushup / Push press



UPPER-BODY PULL

>THE EXERCISES

Face pull / Chinup / Lat pulldown / Inverted row / Cheat curl
One-arm dumbbell row / Reverse curl

For more custom workouts,
go to mensfitness.com/customtraining



LOWER-BODY PUSH

>THE EXERCISES

Bulgarian split squat
Lunge squat
Front squat
Box squat
Stepup

Bulgarian split squat



LOWER-BODY PULL

>THE EXERCISES

Power clean
Single-leg
Romanian deadlift
Deadlift
Good morning
Kettlebell or
dumbbell swing
Romanian deadlift

Power clean

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NICK VARGAS

This *MFer* used tips from Ah-nold to build his body

➤ Formerly in construction management and a finalist in two bodybuilding competitions, Nick Vargas of Brooklyn, N.Y., appears in "Gain 10 Pounds of Muscle" [page 86], which was appropriate. "My older cousin got me into lifting," Vargas says. "We were always scrawny growing up—the skinniest guys around. But we started doing it, and I loved it."

OLD-SCHOOL ARM TRAINING

➤ "I use the Arm Blaster, like Arnold did," he says. "[It] guarantees strict curling and more isolation of the biceps." Vargas rotates his wrists outward on dumbbell curls, which also works the forearms harder. "It's called supinating and really helps to give you a full contraction while you lift," he says.

GETTING CUT

➤ When preparing for our photo shoot, Vargas was careful not to become dehydrated. "When your body isn't taking in water, it holds on to whatever it has," he says. "Cut down on salt. And stop taking creatine." It causes you to retain fluids, so you won't look as cut as you might otherwise. "Eat your carbs in the morning, limit them the rest of the day, and watch your fat."

2

Number of bodybuilding shows in which Vargas has been runner-up, his best finishes.



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TRAINER THE YEARLONG WORKOUT 2010

TRAIN HARD, THEN ENJOY YOUR DAYS OFF!

All you need to make great gains during the dog days of summer are a couple of intense workout sessions each week **BY CJ MURPHY**



PART
6
OF TEN

THE STRATEGY

- > You've spent the past eight weeks getting lean with short, intense workouts designed so you could maximize your time outside the gym and enjoy your summer. **This four-week workout will help you bulk back up** to become as muscular and strong as possible—with only a minimum amount of time beneath the weights.
- > Plan on training twice a week. There are two mandatory workouts, plus one that's optional. If you're busy or just don't feel like training, skip the third one and pick up the next week with Workout 1.

TIPS OF THE MONTH

- > Try to take in at least 25 grams of protein and 50 grams of carbs within 15 minutes of completing each workout. You can use a pre-made mix or blend your own. We like whey protein plus an easily digestible carb like waxy maize powder (true-protein.com has good deals on both).
- > During the side bend that's prescribed in Workout 3, remember that good posture is essential, especially as you bend. Move an equal distance on both sides. When you reverse the direction to come upright, pull your ribs toward your hips.

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.

BEERS, BIKES & BIG WHEELS

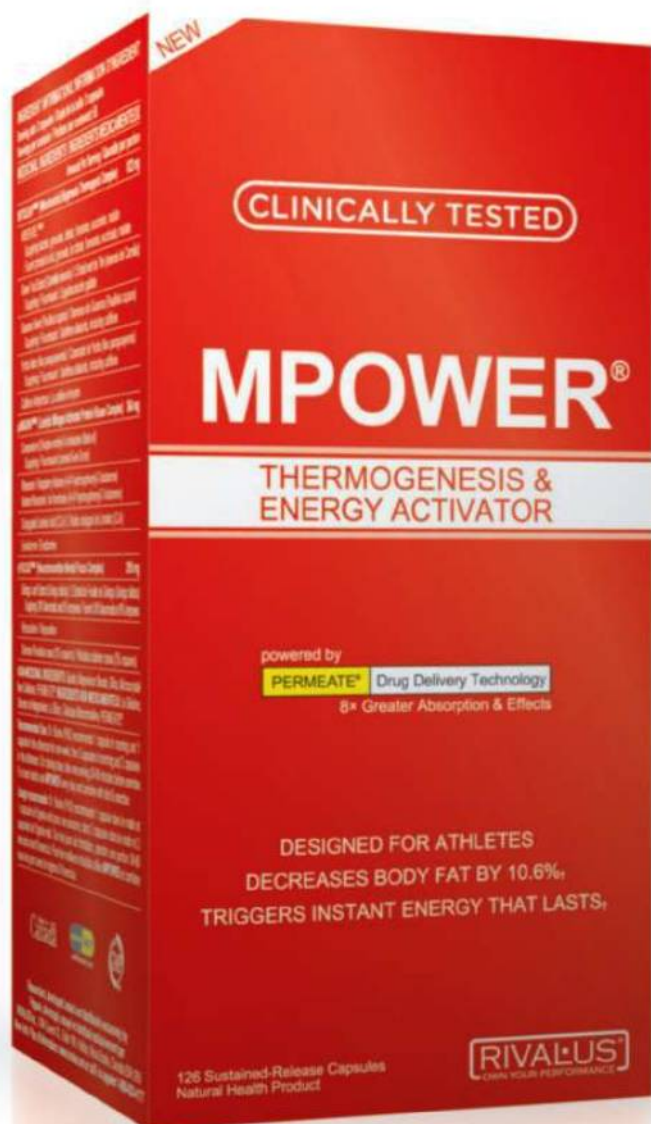


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SUCCESS STORY RUN FOR IT

After putting on the freshman... uh, 30, **John Hillesland** embraced the activity he hated most (running) and torched it all off.

BY DEAN STATTMANN

Some guys are lucky: They're blessed with good genetics that allows them to eat whatever they want without gaining weight. John Hillesland used to be one of those guys. Sure, in high school he played football and basketball and lifted regularly, but he was also a typical teen, indulging in all kinds of junk food. Still,

no matter how badly he ate, flab never stuck to his 6'1", 160-pound frame.

That changed in 2004, when he left Lisle, Ill., to study finance at the University of Iowa. Like most college kids, Hillesland soon replaced his workouts and favorite sports with late-night drinking. Since he wasn't a big fan of dining-hall meals, he started making fast-food runs up to five times a week. By summer, he'd packed on 30 pounds

of fat. He dropped 10 that summer but gained it all back the next semester—the beginning of a vicious cycle.

It wasn't until a game of pickup basketball his senior year that Hillesland knew he had to lose the weight. Struggling to move his 205-pound body up and down the court, he was winded after five minutes. Later, he compared high school photos with what he saw in the mirror and was shocked. "I couldn't believe how far I'd let myself go," he says.

The next day, Hillesland turned to one of his friends, a personal trainer, and began a four-day-a-week lifting program, based on key moves like the bench, squat,

and deadlift. But he knew lifting alone wouldn't make him lean, so he retooled his diet as well. "I kicked fast food and immediately felt much better."

Finally, the guy who used to dread even short sprints began running regularly on a treadmill a few days a week.

In the beginning, he covered just a single mile. Yet he kept on, dutifully logging his progress on a spreadsheet.

Little by little, Hillesland gained endurance, working up to running 20-plus miles a week. "I discovered I enjoyed running and set a goal to complete a half marathon," he says. Last August, he did just that. And now at 165 pounds, with less than 6% body fat, Hillesland sees even bigger accomplishments on the horizon. Forget finish lines, he says. "I don't see an end point. I just want to keep going and going."

TALE OF THE SCALE



John Hillesland

Hometown Lisle, Ill.

Age 24

Height 6'1"

Weight before 205 lbs

Weight now 165 lbs

LOST
40
LBS.

JOHN'S TIP NEVER GIVE UP

"Getting in shape and becoming healthier—successfully meeting my goals to get fit—has carried over into other aspects of my life. At work I'm unfazed by tasks that used to seem daunting. Socially, I'm more confident. It all comes from making an effort to change, then doing it."

Got Success? E-mail your tale, your contact info, and any pics that document your progress to successstories@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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