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ASHTON KUTCHER'S A-LIST FITNESS PLAN p27

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by eating steak

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£47

BEGINNER'S PLAN

ABS LIKE THESE
without crunches

GET MORE FREE TIME
Reclaim 24 hours each week p38

CROCODILE BURGER, SIR?
Exotic foods that make muscle



A person is running on a wooden deck, with their legs and feet visible in the lower right corner. The background is a dense, diagonal word cloud of terms like 'stress', 'impatience', and 'confusion' in various shades of grey and white, creating a sense of motion and mental clutter.

running releases m

ASICS comes from the Latin phrase
Anima Sana In Corpore Sano, meaning
"a sound mind in a sound body"

more than just sweat

asics
sound mind, sound body

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Contents May 2011



Editor's letter

I'd better make this quick because I'm in a rush. I'm always in a rush. Always got too much to do and not enough time to do it in. That's why I'm usually slightly stressed, running a bit late and why occasionally, very occasionally, I have to skip a gym session. But that's about to change because, starting from tomorrow, I'm going to put into practice the advice in our feature 'Eight Days A Week' (p38). This tells you how you can make easy adjustments to your life to get an extra 24 hours to yourself every week. I'll have time to train, time to relax and time to do all those little things I never get round to doing. I can't wait.

New MF podcast

One thing you'll be able to do with all that extra free time you'll have after reading that feature is listen to the new *Men's Fitness* podcast. It's packed with fitness news, advice from experts and a competition to win a stack of sports supplements. You'll find it at mensfitness.co.uk/links/podcast.

Jon Lipsey Editor

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See p86 or go to mensfitness.co.uk

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Make-up **Emma White Turle**

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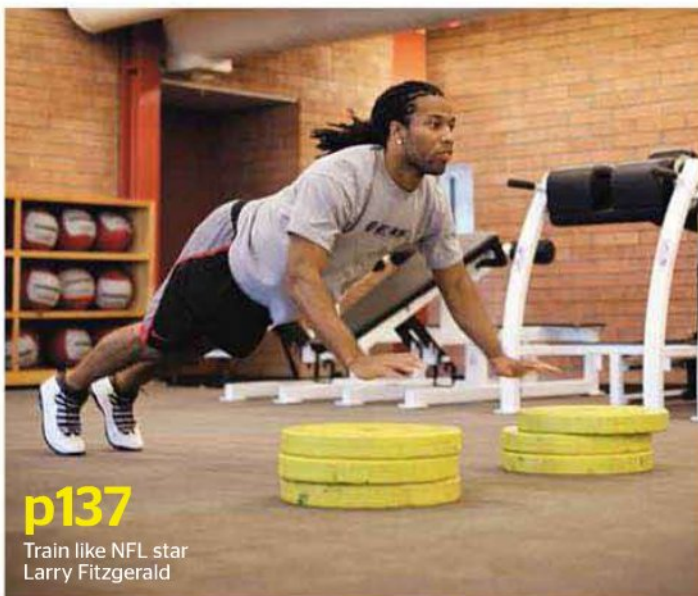
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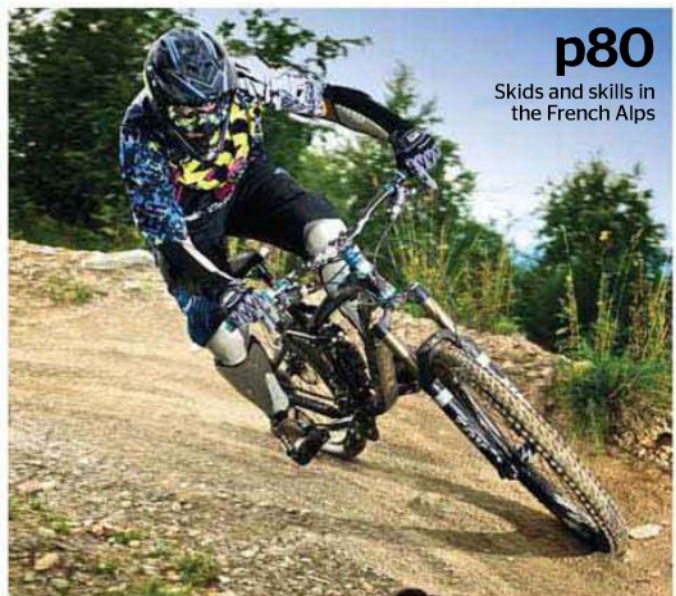


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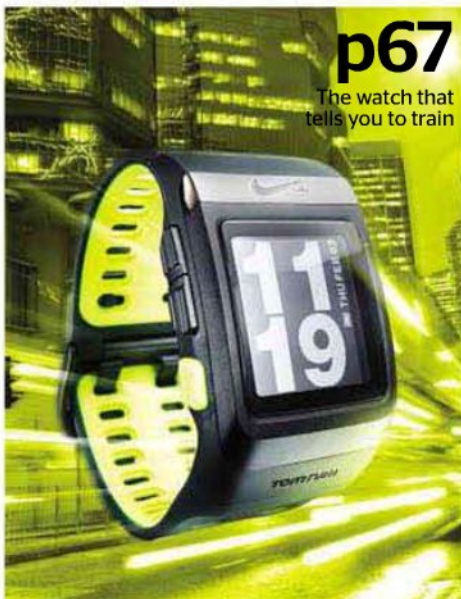
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Larry Fitzgerald



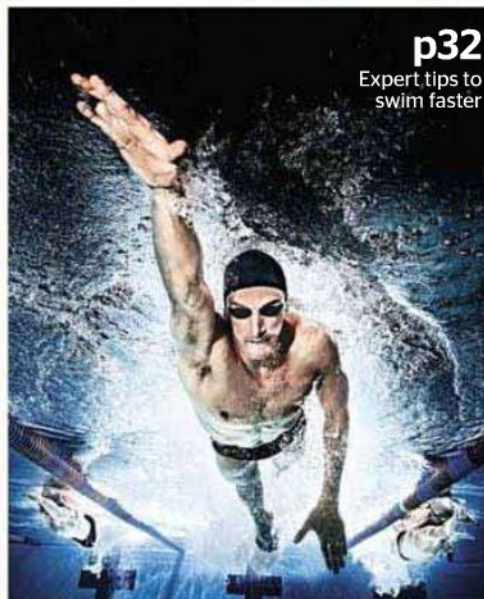
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the French Alps



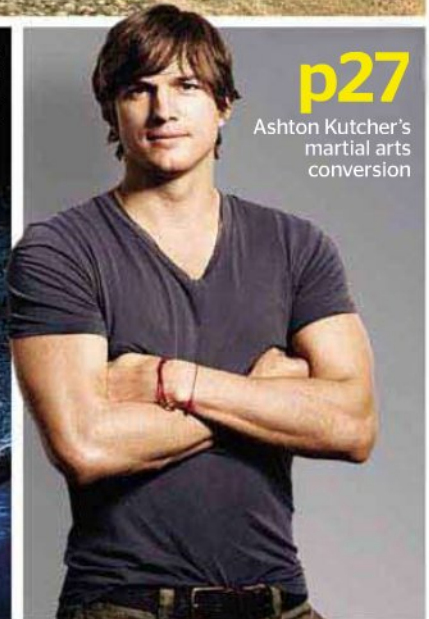
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SALOMON 

The **MF**ers

The staff of *Men's Fitness* aren't happy unless they're working up a sweat. Here's what we've been doing this month



Claire, designer

What I've been up to Getting stuck in to British Military Fitness training – a soldier-style outdoor workout class. It's hard but surprisingly fun and rewarding, with classmates encouraging you throughout, and you finish the session feeling both euphoric and relieved. After a month I definitely feel fitter, stronger and slimmer. To find out about BMF classes in your area visit britmilfit.com.



Pete, editorial director

What I've been up to Stomping up Mount Snowdon, the highest mountain in Wales, on a chilly weekend in this never-ending winter we're having. Even when it's cold, damp and windy, it still beats the smog and crowds of London and gives you a mental and physical lift. It's basically a workout with good views.



Richard, publishing director

What I've been up to The Brighton Half Marathon, which I finished in a personal best of 1hr 46min 55sec (that's me wearing 3338). It's a great course – 80 per cent of it is along the seafront – and the conditions were as close to ideal as you can get in February. I'm aiming to knock another minute off my PB in Liverpool in a few weeks.



Jon Lipsey, editor

What I've been up to Sprinting with a weighted sled during a training shoot with European and Commonwealth 110m hurdle champion Andy Turner at the Lee Valley athletics stadium. He made it look easy, I made it look difficult, but it's worth doing if you want to build explosive power.

mensfitness.co.uk

Just some of what's on the site...

- The workout secrets of Hollywood stars
- Win gym memberships and gear
- Performance-enhancing sports workouts
- Videos of every major exercise

Download the podcast

In every pod we attempt a new fitness challenge. In the last one it was as many press-ups as possible in a minute (pictured) – 47, it turns out. Listen to the new podcast at mensfitness.co.uk/links/podcast to find out what the latest challenge is, then try to beat it.



Men's Fitness

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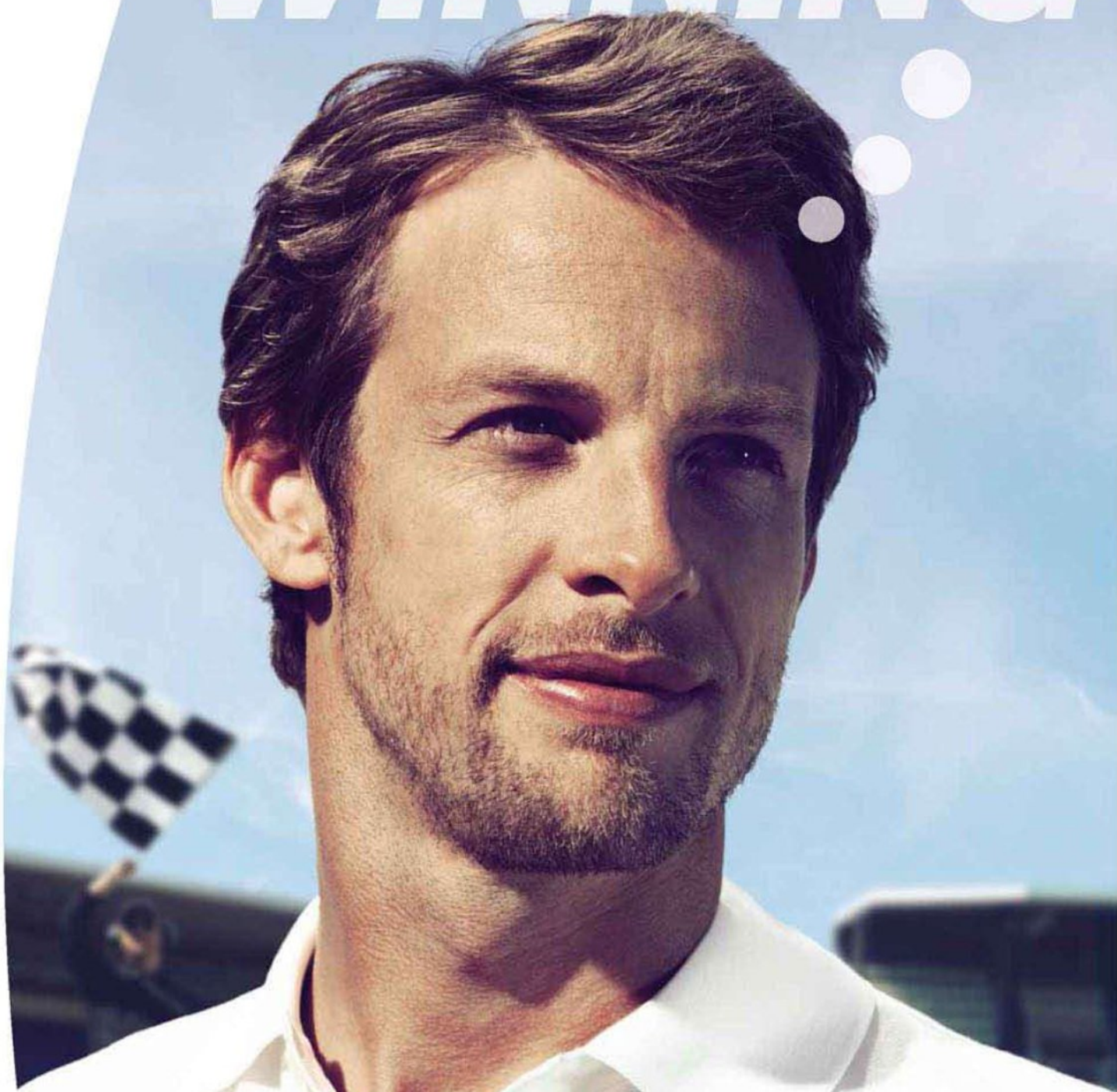
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■ Your countdown to a fitter life

Snack smart and torch fat

Eat the right foods when you're peckish and see your spare tyre shrink

1 Think green

Rabbits aren't the happiest of creatures - what with getting shot at by farmers and facing those terrifying headlights, they're in a perpetual state of fear - but following their diet will put a smile on your face and take flab from your waist. Eating a 300g portion of low-calorie salad will stop your belly rumbling, according to a study in the *Journal Of The American Dietetic Association*, reducing energy intake at your next course by a whopping 12 per cent.

2 Swap pop for milk

Don't be seduced by that ice-cold can of cola, glinting appealingly from behind the glass - it may look like the perfect pick-me-up but you'll get more hunger-busting satisfaction from a chocolate milk drink. A *British Journal Of Nutrition* study proved that subjects who drank 500ml of a protein-packed chocolate milk felt more full after 30 minutes than those who drank the same amount of cola.

'Make soup a mainstay of your diet and you'll soon see off the chub'

3 Liquid pleasure

Soup may be the first port of call when you've got a cold, but make it a mainstay of your diet all the time and you'll see off the chub. Eating a bowl of soup fills you up and can reduce the calorie intake of your next meal by 20 per cent, according to a study by Pennsylvania State University.





4 Keep junk far away

Women choose what they snack on based on pleasure, but for men, one of the biggest influencing factors is proximity, according to a report by the Queen's University Belfast, in which 14.4 per cent of men claimed convenience was the principal motivation behind their snacking. Keep healthy snacks in your desk drawer - nuts, dried fruit and protein bars - and avoid the vending machine temptation.

5 Go Greek

Snacking on Greek yoghurt, which is low in fat and doesn't have the sugar and cream of many fruit yoghurts, can actually promote weight loss while maintaining muscle mass, according to a study in the *International Journal Of Obesity*.

'Women choose their snacks based on pleasure. Men go for convenience'

6 An apple a day

Eating a medium-sized apple before lunch will result in you consuming 187 fewer calories during that meal, compared with drinking apple juice, according to Pennsylvania State University. Apples are high in fibre, which helps promote feelings of fullness, but the fibre's not present in juice.

7 Drink more water

Sometimes we mistake thirst for hunger, so at the first onset of those pangs, you should down a glass of H₂O. This should stop your stomach rumbling so you don't reach for the chocolate - and besides, drinking two litres of water a day helps keep your metabolism firing so you burn fat efficiently.

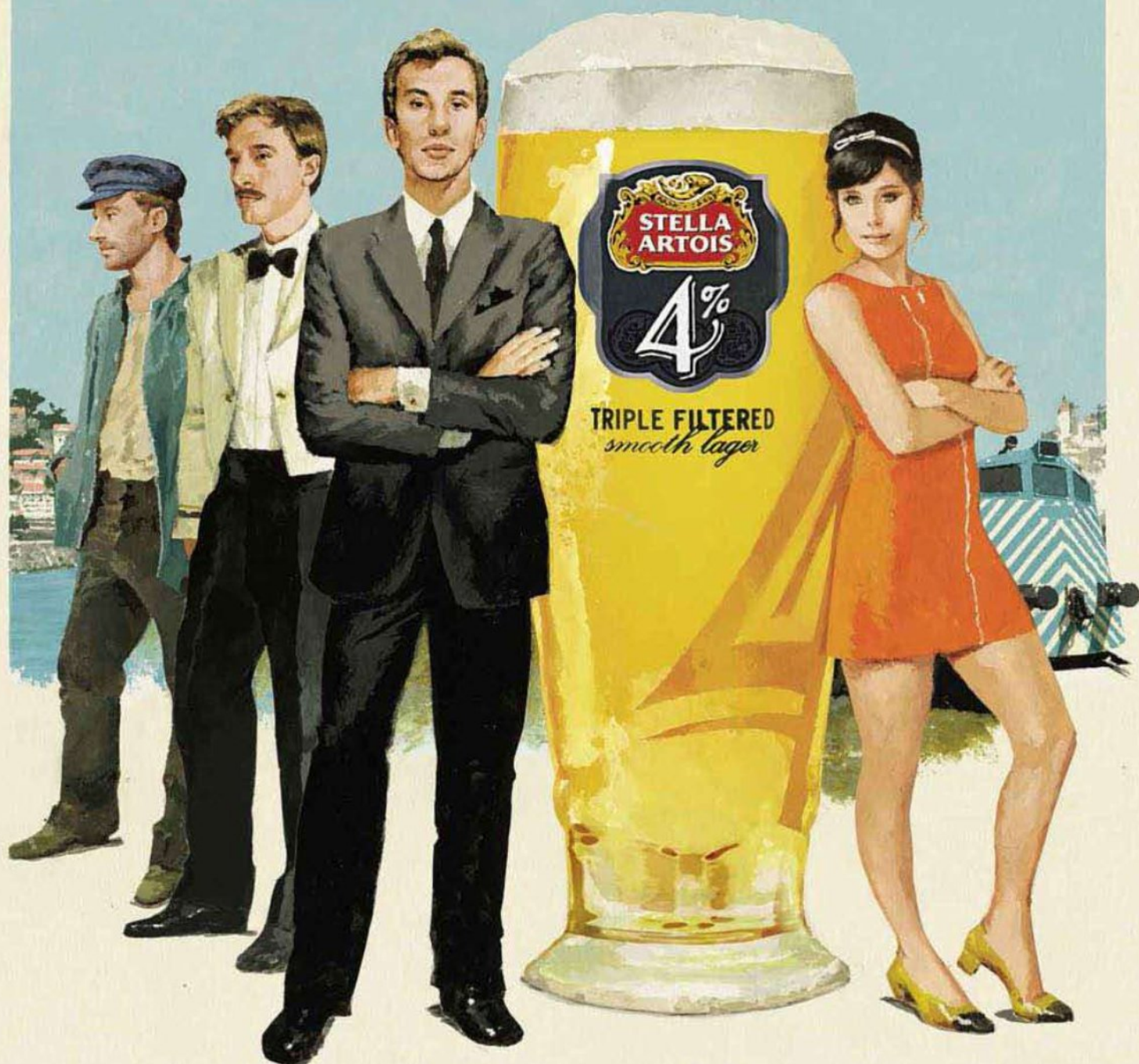
HARD DRIVE

Who's getting sorted in the stationery cupboard

IT workers are the most likely professionals in the UK to have a workplace fling, with 55 per cent admitting to having it away with a colleague, based on a survey of more than 3,000 people. Hot on their heels are the marketing, research and PR departments. Bottom of the office sex stakes are graduate trainees with only 19 per cent getting their end away

with a nine-to-five special friend. Overall, 37 per cent of workers admit to having had a personal relationship with a professional colleague, with the other 63 per cent presumably wishing they had. Here are the five professions where at least half of workers admit to an office affair, plus the one group of employees that keep it in their trousers.





TRIPLE FILTRÉE

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Don't blow your top!

Stay cool under pressure and never get stressed again

Curb your inner caveman

A racing heart and heightened senses are evolutionary reactions to external stress, but what helped your ancestors fight off a sabre-toothed tiger isn't the best way to tackle your angry boss. Instead of lashing out, compose yourself with the International Stress Management Association's 60-second tranquilliser. Breathe deeply six to eight times, inhaling through your nose and out through pursed lips while focusing on positive thoughts, such as 'take control'. This will force your parasympathetic nervous system to relax you by overriding the sympathetic nervous system, which is what induces your fight or flight response.

Control what you can

If you find yourself panicking under pressure at work, draw up a list of the problems you

can actually do something about, says Dr Steve Bull, author of *The Game Plan: Your Guide To Mental Toughness At Work*. 'When people are stressed, they waste time and energy worrying about things outside of their control. Clear your mind and make a list of what you can change and focus purely on those variables.'

Strong body, calm mind

Regular exercise increases the production of neurotransmitters such as endorphins and serotonin, which boost your mood, balance your emotions and help keep stress levels under control. A study at Stanford University in the US demonstrated that four 30-minute exercise sessions a week significantly reduced subjects' blood pressure levels in response to one of the most

stressful situations known to man: public speaking.

Keep ahead of stress

Knowing what situations make you angry or anxious is essential to beating stress, says Bull. 'Analyse your triggers so you know what action to take,' he says. If distractions hinder your work, switch your phone off. If you delay completing difficult tasks, tackle them first to reduce anxiety about them.

Food for thoughts

'Eating biscuits, sweets and cakes will hinder your ability to stay calm,' says nutritionist Lynn Clay (fitness-iq.co.uk). 'Sweet foods spike your blood sugar levels, leaving you tired, irritable and vulnerable to mood swings and anxiety.' Instead, eat pork. It's packed with vitamin B1 - the anti-stress vitamin, according to research at the University of Maryland.

Gym Jargon

You hear these terms all the time when you're working out, but what do they really mean?

Absolute strength

A term for the maximum amount of weight you can lift in one repetition and nothing to do with the alcohol content of Swedish vodka.



Anabolic window

Not an escape route from a sadistic personal trainer but a period of time - about one hour before and two hours after your workout - when your body is primed for growth. During it, eat high-quality protein and carbs to fuel your muscles.

E-Z bar

A short barbell that has a curved middle section to reduce the strain on your wrists. Should strictly be pronounced 'ee-zed' but that would just be confusing.

Relative strength

How strong you are in relation to your own bodyweight. If you drop 2kg in fat while your bench press numbers stay steady, your relative strength has improved. If your gran can deadlift double her bodyweight, however, you're simply getting confused.

Rest

The recovery period between sets and exercises. If you want to add muscle and burn fat, rest for 30 to 60 seconds between sets. If you want to lose muscle and add fat, rest for two months between workouts.

Tempo

The speed at which you lift and lower a weight, not the Italian PT the gym employed on a non-permanent basis. Yes, that is the worst joke in history.



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Hit the punchbag like a pro

Olympic gold medallist James DeGale explains how to look like a contender in the gym

Warm up properly

'Throwing a proper punch is all about your hips, so I warm up by holding a pole across my shoulders and twisting to really loosen my hips up. That'll let you throw punches faster and get more power into them.'

Keep your hands up

'Dropping your hands after every combination is the easiest way to look like a total beginner. Keep your hands up and your chin tucked in to one shoulder, and get your guard back in place quickly after a shot. Your arms will burn at first, but you have to protect yourself.'

Twist your wrist

'Just before you land any punch you should turn your wrist so your four knuckles hit the bag. This keeps your arm straight, which gives you a harder punch and makes it less likely that you'll injure your wrist with bad technique.'

Start simple

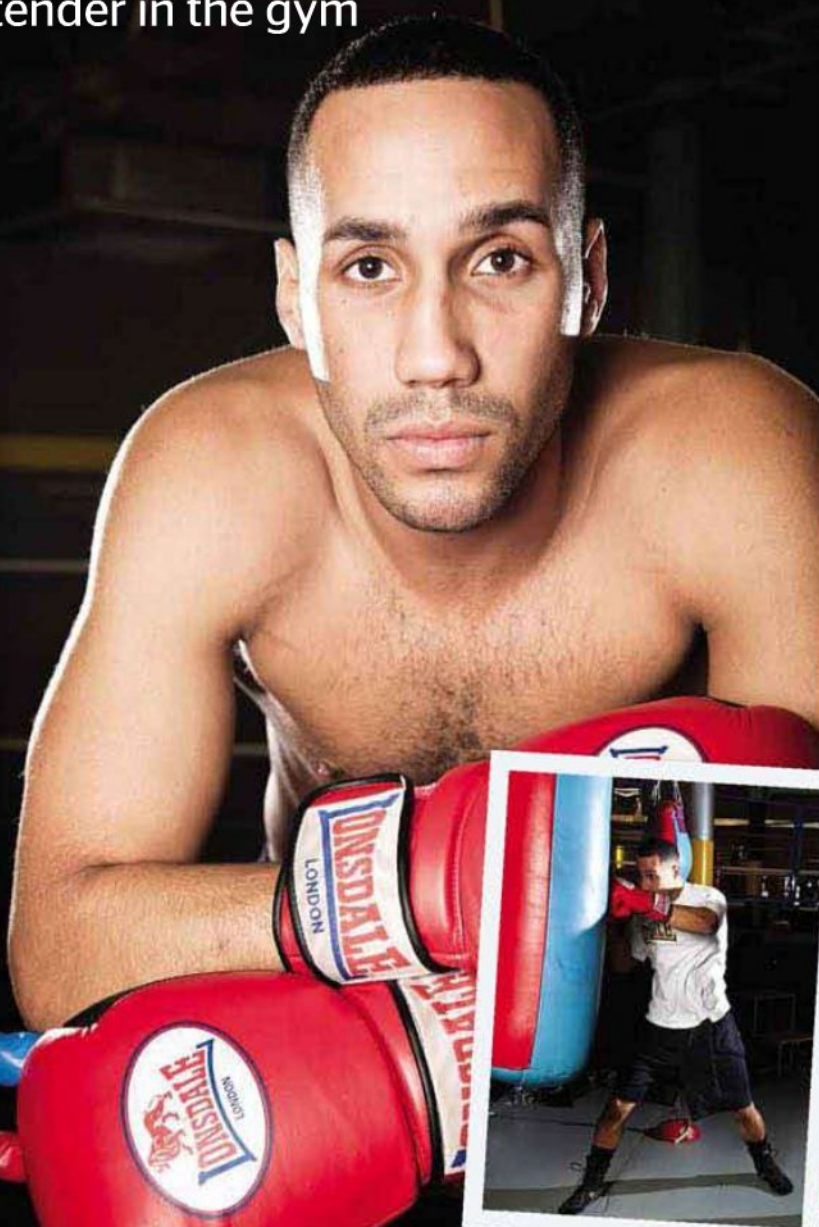
'Work on single punches at first. Try to throw a good jab, a good single right hand, a good hook. Once you've got those down, then you can start working on simple combinations - a one-two, or maybe a jab and a left hook. There's no point flailing away with bad technique.'

Technique, then power

'A proper heavy bag shouldn't move that much, so it's great for working on your power. Try a solid body shot - drop your shoulder into it and twist on your front foot, really digging it in. Keep your back hand up.'

Don't just punch

'One of the reasons I like the heavy bag is that you can lean on it, give it a dig with your shoulder and throw shots at it from close range, just like you might end up doing in a real fight. Don't just restrict yourself to punching.'



3 signs you're overtraining

If you suffer from any of these, it's time to start training smarter

1 You're not sleeping well

It's during sleep that your body has the time to rest and repair itself, but if you're working out too much it can be hard to sleep soundly even if you feel exhausted. That's because your levels of the stress hormone cortisol will be sky-high, making it hard for you to relax and unwind.

2 You're always tired

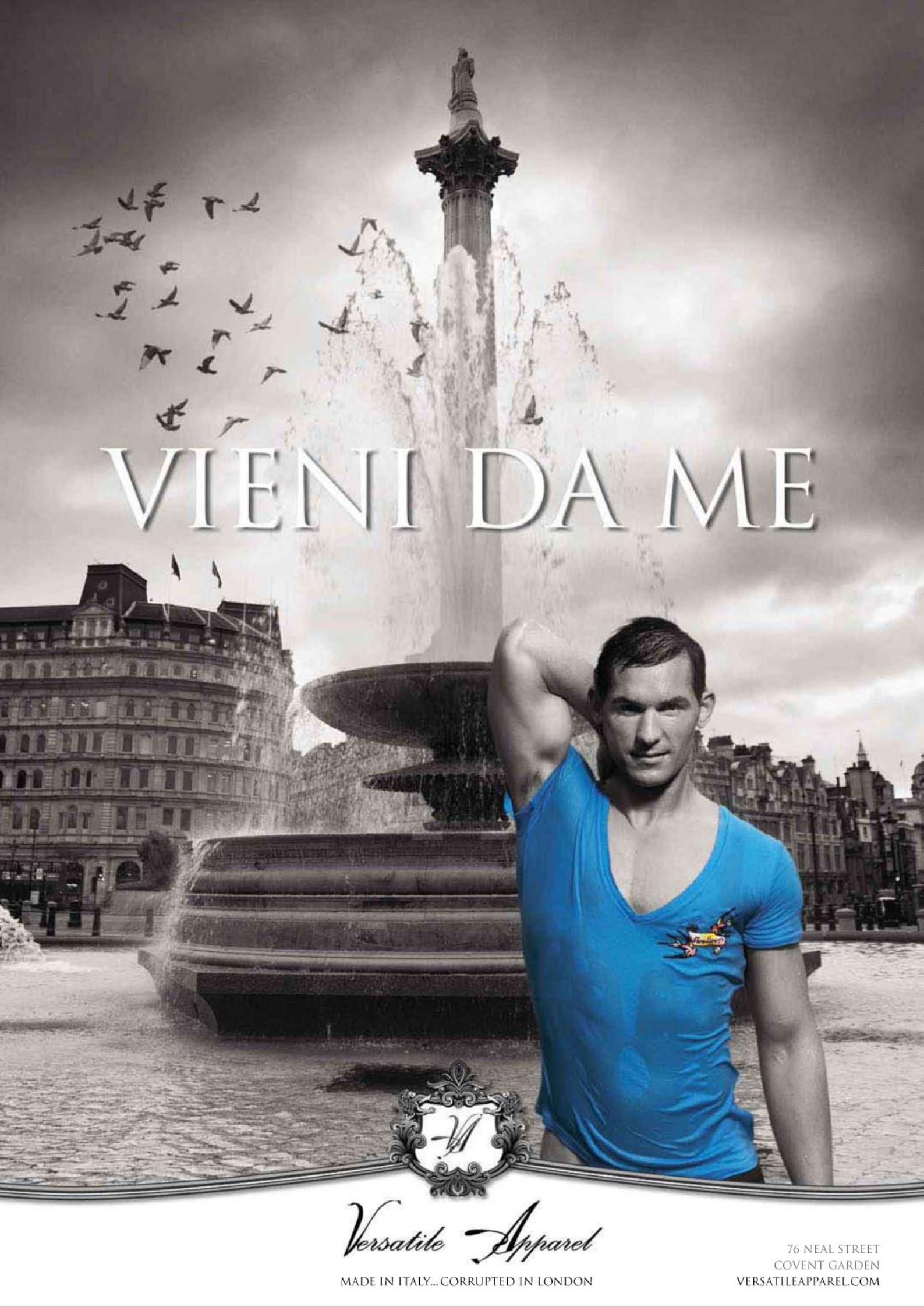
Limit training to an hour a day and no more than four times a week, especially if you are new to exercising. If you work out more often than this your muscles don't have time to recover between sessions, so you'll feel fatigued both in and out of the gym. When you lift weights, less often equals more muscle.

3 You're never hungry

Overtraining can trigger the release of hormones such as adrenaline, the flight-or-fight hormone, which increases your heart rate and inhibits appetite. All your hard work in the gym counts for nothing if you're not eating good food, particularly good-quality protein, at regular intervals.



For DeGale's video guide to throwing a knockout punch go to mensfitness.co.uk/links/perfectpunch



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8 ways to spring clean your body

Follow our advice and take a feather duster to your digestive system – so you look and feel better

4 Grow some good bacteria

Prebiotics stimulate good bacteria in the colon and prevent bad bacteria from taking a hold. A study in the *Journal Of Clinical Gastroenterology* found that foods rich in prebiotics such as chicory and artichokes lead to the increased growth of gut good guys lactobacilli and bifidobacteria.

5 Drink more water

We'll keep saying it until you get it: drinking more water is one of the quickest ways to improve health. 'Maintaining adequate hydration is crucial for digestive health and helps regulate bowel movements,' says nutritionist Laura Street.

6 Cut back on booze

Drinking more than two units of alcohol a day will expand your waistline and wreak havoc on your digestive system. Research has found that excessive alcohol impairs muscle movement in the small and large intestines. Bloating, stomach aches and diarrhoea are your body's way of telling you to lay off the liquor.

'More than two units of alcohol a day will expand your waistline and wreak digestive havoc'

7 Hit the gym

As if you needed another reason. 'Increased blood flow results in increased oxygen circulation in the whole body – and this improves cell efficiency in the digestive system,' says Street.

8 Eat more fibre

'Fibre helps to maintain regular bowel movements by adding bulk to stools and drawing water into the digestive tract,' says nutritionist Kate Butler (hollandandbarrett.com). It also stimulates the nerves in the intestine, causing contractions of the colon that help to move waste through quickly.



1 Enliven your liver

Your liver keeps your body healthy by breaking down toxic substances such as caffeine, alcohol, pesticides and additives. 'If your liver isn't functioning properly, your ability to process and excrete these toxins is reduced,' says nutritionist Lucy-Ann Prideaux (simply-nutrition.co.uk). Keep it working smoothly with a diet full of whole foods, fruit and cruciferous vegetables.

2 Keep things moving

Once your liver has tackled the toxins, you need to eject them from your body,

so try some flaxseeds and linseeds. A study in the *American Journal Of Clinical Nutrition* found regular consumption of these seeds led to a 30 per cent increase in the weekly bowel movements of healthy adults. 'These seeds bind to the undigested matter in your gut and help force it on,' says nutritionist Marisa Peer.

3 Boost your gallbladder

'Bitter foods stimulate your gallbladder to increase bile, which is critical to breaking down fats and toxins,' says Prideaux. She recommends adding bitter greens such as endive, kale, mustard greens and watercress to your salads.



Health
Assessments

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Bupa. Helping You Find Healthy



OK Commuter

Your journey to work could be making you ill. Stay healthy with these tricks



Wash your hands

Most handrails on buses, trains and the Tube are filthy - you can actually *see* the dirt. An American study found that students who washed their hands reduced the chance of suffering upper respiratory tract infections by 40 per cent. Still not convinced? A UK study of 400 commuters revealed 28 per cent had faecal bacteria on their hands.



Top up on fresh fruit

It's a myth that vitamin C can cure a cold, but there is evidence for taking it beforehand. A study in *Military Medicine* found that soldiers - vulnerable to respiratory infections due to the time they spend in crowded places - were 45 per cent less likely to contract a cold if they took vitamin C supplements. So load up on red peppers and citrus fruits.



Run away from trouble

Can you run, cycle or - if your office is on an island - swim to work? If so, you'll not only be avoiding dozens of dirty commuters, you'll also be strengthening your immune system. A study in the *British Journal Of Sports Medicine* showed subjects who got aerobic exercise five days a week had 43 per cent fewer sick days than those who exercised just once a week.



Sit near a window

On school trips there was always a fight to secure a seat at the back of the bus, but the best place to sing rude songs is also the best place to catch germs. Sit or stand near the door or a window because this will supply more of fresh air. A Japanese study found that better ventilation minimises the risk of picking up airborne infections.



Snacks that make you sexy

Look and feel attractive with these girl-getting foods

Bananas

This humble fruit contains bromelain, an enzyme linked to male libido. More importantly, they are rich in B vitamins and potassium, vital for the efficient product of testosterone.

Carrots

Eating carrots makes you sexier than having a suntan,

according to research in the journal *Evolution And Human Behaviour*. The study found that faces given a golden hue by the consumption of carotenoids, the antioxidant found in carrots and leafy veg, were more attractive than faces darkened with melanin, the pigment released from exposure to the sun.

And the bigger your increase in consumption, the more noticeable the results will be.

Brazil nuts

These nuts - which tend to be from Bolivia - are a great source of selenium, vital for the production of testosterone. They are also high in vitamin E, to keep skin cells healthy.



TEAM GB

OFFICIAL SPORTS DRINK



ParalympicsGB

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– Richard Whitehead, GB Paralympian,
200m World Champion and
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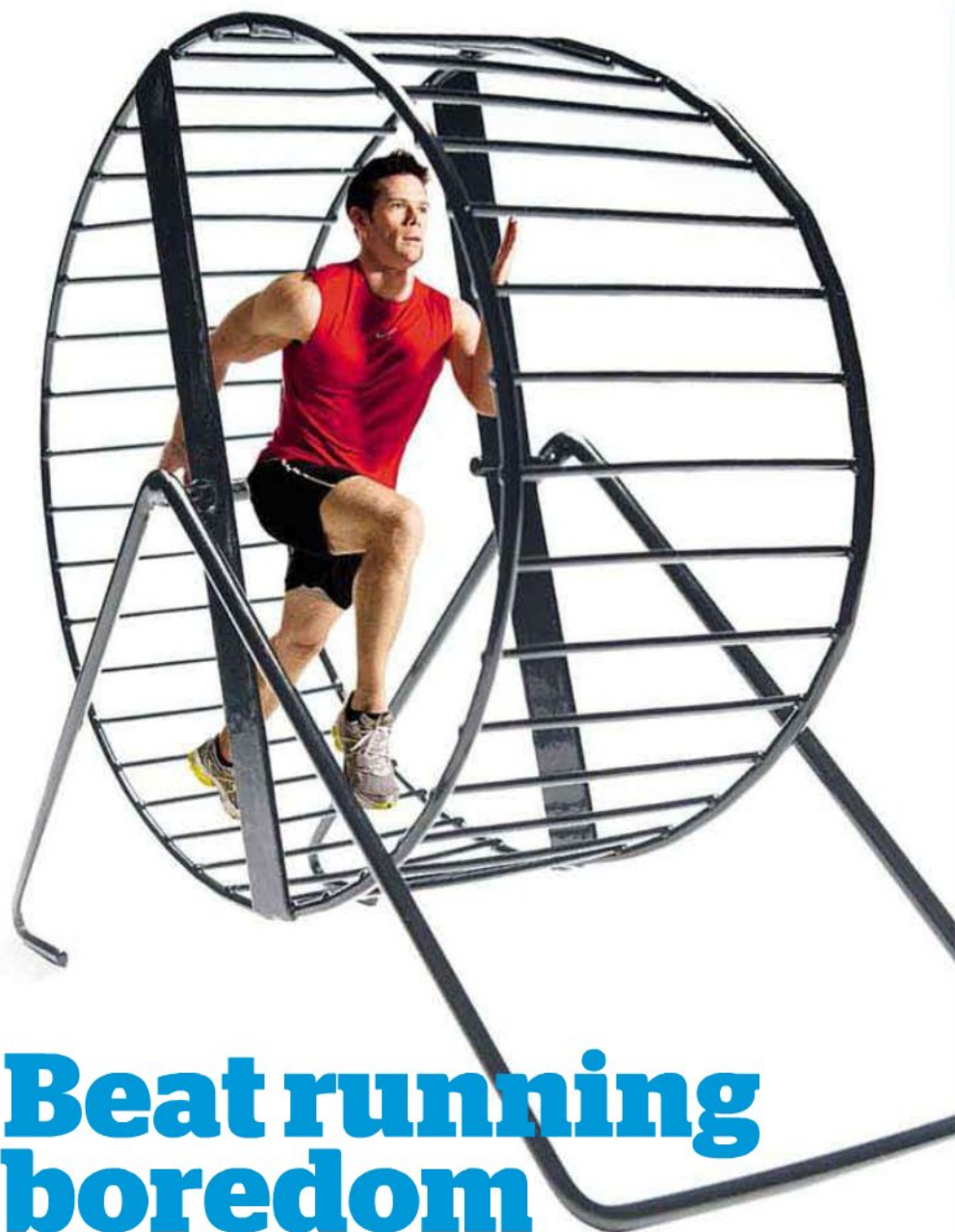


REPLENISHES **4** MINERALS
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KEEP SWEATING



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Beat running boredom

Stay motivated on your runs with these proven tips

Listen to music

Music is running's 'legal drug', according to a Brunel University study, which found that by listening to their favourite tunes while out for a jog, runners could reduce their perception of effort by ten per cent.

Get a running buddy

You don't need someone to chat to during a real lung-busting session, but simply sharing a workout with a pal improves your tolerance

of pain and boosts feel-good endorphins that can keep you going for longer, according to a report in the journal *Biology Letters*.

Use Fartlek training

Liven up your runs by doing Fartlek sessions, a form of interval training that involves regularly varying your pace between hard and easy. A study published in *Medicine & Science in Sports & Exercise* found that Fartlek sessions

encourage weight loss much faster than training at a steady pace.

Head outdoors

The great outdoors will always be a more appealing venue for a run than your hot, sweaty and stinky gym. A review in the journal *Environmental Science & Technology* found that runners who exercised outside gained greater satisfaction and were more likely to repeat the activity than those who trained indoors.

Gym Crimes

What have you seen that's made you scream?



TV dinners
Witnessed by Adrian, submitted

via facebook.com/mensfitnessmagazine

Crime 'This quite portly guy does the same thing every evening. He comes into the gym with some food, sits down in front of the only TV, changes the channel to BBC News and starts snacking. I've even seen him nod off at times. Unbelievable.'

Verdict Guilty of snacking and snoozing when he should be sweating.



Nose excuses
Witnessed by James, submitted via email

Crime 'I was waiting for a treadmill while a guy finished his warm-down. Before he stepped off, he blew his nose into his hands. Then he wiped it on the handrails.'

Verdict Was there some confusion? Treadmills are for running, not runny noses. Guilty of spreading germs and disgust.



Phone, no friends
Witnessed by Finn, submitted via facebook.com/mensfitnessmagazine

Crime 'Some dude was doing one-arm military presses while texting with his free hand. Points for multitasking, I suppose, but I still almost hoped he'd drop a weight on his foot!'

Verdict Guilty of either not focusing on his form or just showing off.

Have you witnessed a gym crime at any time? Email your witness statement to joe_warner@dennis.co.uk



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LET'S MAKE
EXCELLENT
HAPPEN.



Put your best face forward

Get a second look by solving these common male grooming no-nos

Puffy eyes

Got under-eye puffy patches that are more like family-size suitcases than bags? 'This common problem is exacerbated by stress and squinting at your phone or computer screen,' says Noella Gabriel from skincare company Elemis (timetospa.co.uk). 'If your eye muscles get tired, fluid gets trapped underneath and causes puffiness. To stay fresh, gently apply a light-textured gel or serum with your fingertip two or three times a day.' You'll switch from go-to-bed eyes to come-to-bed ones in no time.

Dandruff

If you are more likely to end the day with white flakes on your collar than lipstick, you need a new shampoo. Dandruff is caused by a yeast that increases the production of skin cells on your scalp. Get rid of the yeast and you get rid of dandruff. If the common brands don't work, try something stronger - a *Pharmacy And Therapeutics Journal* review claimed moderate-to-severe dandruff is best treated with ketoconazole, the fungus-fighting ingredient used in Nizoral shampoo (nizoral.com).

Bad breath

Still relying on chewing gum to banish bad breath? Time to start using a tongue scraper. A study by the State University of New York found that using a tongue scraper and brushing twice a day with antibacterial toothpaste reduced the number of stink-causing compounds by 75 per cent.

Blackheads

Men's pores are up to 25 per cent bigger than women's and our skin is far oilier, which means we get more and bigger blackheads. 'If you need to sort your skin out quickly, a clay-based mask will suck out blackheads and other impurities,' says Gabriel. 'For better skin in the long term, use a quality shaving gel that doesn't dry out your skin - which causes your face to release more oil to compensate - and then use a quality moisturiser.'

Shaving rash

Prevent irritating and unsightly shaving wounds with pre-emptive action. 'Neck stubble grows in different directions so first analyse your growth and map out how to shave with the grain,' says grooming expert Richard Marshall (pallmallbarbers.com). 'Then take a hot shower and exfoliate. That will open your pores and push out the hairs so they won't become ingrowing and will be easier to cut next time.'

MAD MARATHON RECORDS

Running the London Marathon? Here's how some runners made their mark

Fastest marathon dressed as a vegetable
Michael Neville - Carrot
3hr 9min 21sec

Fastest marathon in superhero costume
Martin Inidge - Batman
3hr 1min 39sec

Fastest marathon in television character costume
Paul Franks - Dalek
4hr 1min 46sec

Tallest costume worn running in a marathon
Jean Paul De Lacy - Giraffe (7.04m)
5hr 55min 11sec

Fastest marathon in mascot costume
Paul Wycherley - Zampa the Lion (Millwall FC)
5hr 17min 21sec

Fastest marathon dressed as a baby
Tony Audenshaw
3hr 13min 30sec

Fastest marathon dressed as a jester
David Smith
3hr 33min 55sec

Fastest marathon carrying a 40lb (18.1kg) pack
Gary Homer
4hr 54min 11sec

Fastest marathon as a cartoon character
David Ross - Fred Flintstone
3hr 7min 34sec



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The best advice from the biggest names in fitness

Edited by Joe Warner

the Experts

A-list Trainer

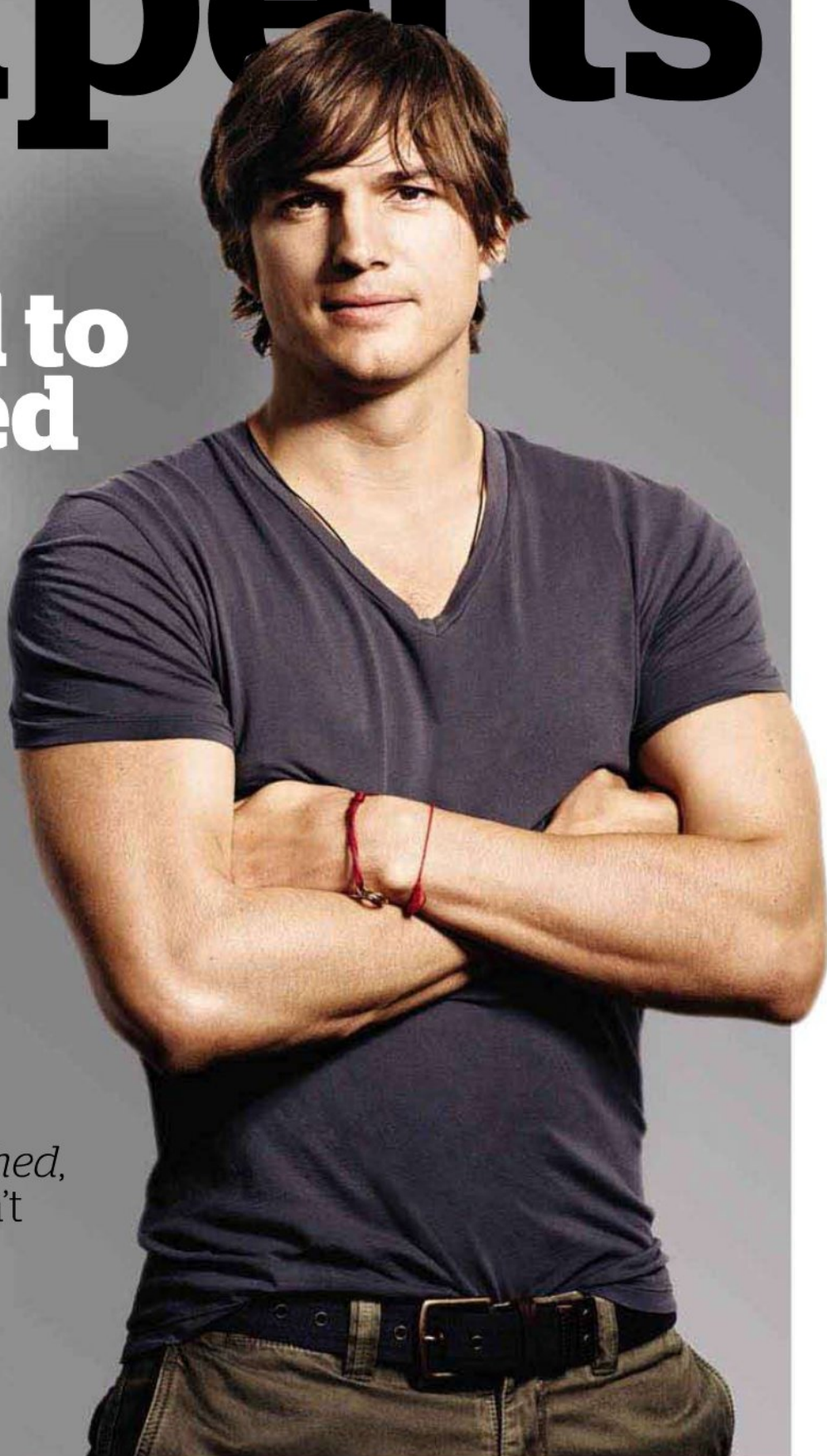
From Punk'd to pumped

Ashton Kutcher tells *MF* how he honed an action-hero body

Ashton Kutcher shot to fame this side of the Atlantic as the presenter of MTV wind-up show *Punk'd*. Each week he would put a different celebrity chum into an increasingly stressful situation and just as they were about to crack, he'd leap up out of a hiding place, laugh hysterically and then try to restore calm. Much like a 21st-century, slightly better-looking Jeremy Beadle.

Since his *Punk'd* success - which followed a role in the popular US sitcom *That '70s Show* - Kutcher has starred in Hollywood movies, married the ultimate older woman, Demi Moore, and beat news network CNN in the race to become the first Twitter account to have more than one million followers (@aplusk if you want to join the legion). He's also taken up >

'In *No Strings Attached*, my character wasn't supposed to be in tip-top shape, so I was off the hook'



'Krav is always changing. When someone comes up with a new move, krav finds a way to counter-attack it'

fitness in the form of self-defence combat system krav maga.

Created by the Israeli army (see box, below), krav maga is a no-nonsense approach to warding off enemy blows with effective countering. This means it provides a high-intense aerobic and anaerobic workout of kicks, punches and constant ducking and diving.

'The great thing about krav is that every year it changes,' says Kutcher, who says he was fascinated by self-defence when growing up, but only got into the martial art while buffing up for his 2010 movie *Killers*. 'Every time someone comes up with a new move, krav finds a way to counter-attack it.'

Hollywood fitness regime

In a typical week, the former Calvin Klein underwear model performs three to four bouts of krav maga for conditioning, three sessions of Bikram yoga in 40°C heat for improved flexibility, and a 'furious hike' to shred fat.

On top of this, he'll then adapt his training to suit his latest role. 'For *Killers*, I worked out six days a week for two hours a day,' he says. 'In *No Strings Attached* [his new movie co-starring Natalie Portman], the character wasn't supposed to be in tip-top shape, so I was off the hook'

To stay in A-list shape, Kutcher and his wife detox once a year with a diet of water, maple syrup, cayenne pepper and lemon juice. It doesn't sound too tasty but Kutcher likes the discipline. 'It's great to clean out the pipes,' he says. 'And if the shit hits the fan, I like knowing I could live off water and syrup for a couple of weeks.'



Ashton trains with krav expert Jarret Waldman to learn the self-defence technique



The Maga Formula

Toughen up like Ashton Kutcher with the help of Israeli army discipline krav maga

Originally developed for members of the Israeli Defence Forces, krav maga - which means 'close combat' in Hebrew - is a simple but ferocious form of hand-to-hand combat which doubles as an intensive full-body workout. It's probably most familiar as the self-defence system Matt Damon uses in the *Bourne* movies.

Krav maga teaches close-quarters fighting skills, with students learning how to neutralise threats using punches, kicks, wrestling and grappling. Sessions include basic fighting stances, focused bag and pad work, and drills

targeting vulnerable body zones such as the eyes, groin, throat and knees.

'The idea is to end the fight quickly and get away,' says Kutcher's krav maga trainer Jarret Waldman. 'The technique is popular with police officers and military personnel who don't have a long time to learn other martial arts.'

Even if you're not serving on the front line, krav maga has benefits. 'An average person can burn some fat, build muscle and learn self-defence,' says Waldman. 'Kutcher is athletic by nature anyway, but krav got the best out of him.'



For more celebrity workouts, head to mensfitness.co.uk/links/starworkouts



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Muscle expert
Charles Poliquin

Why you should listen to him

He has trained Olympians in 18 different sports and is the world's leading authority on strength and conditioning.

Charles Poliquin says...

Build über-strength

You might want to try German Volume Training, but only if you want a quick way to get stronger and pack on muscle

Drop sets, supersets, pyramid sets - whatever. The bottom line is that almost any training method will work provided you do it with intensity.

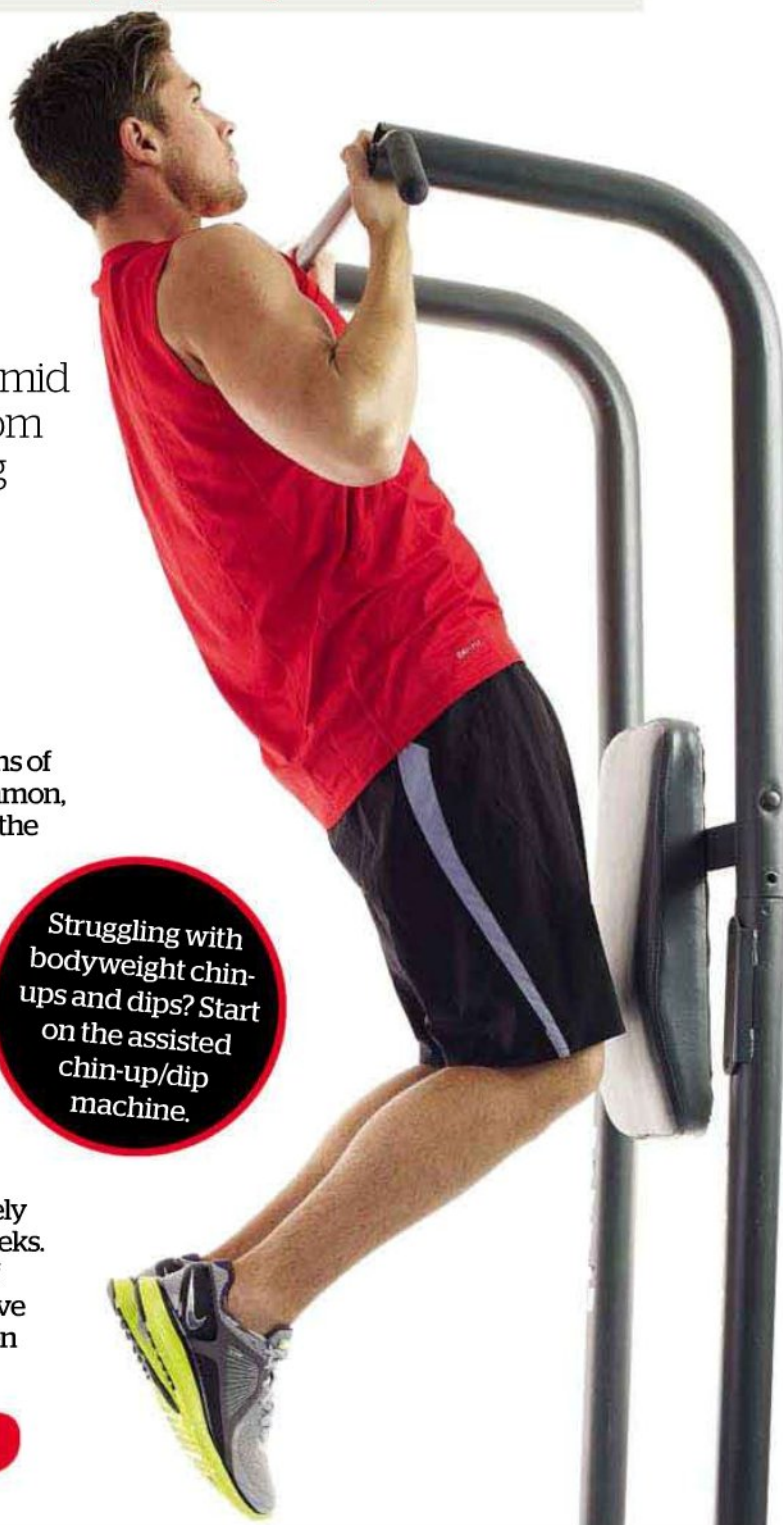
At least, it will for the few weeks it takes for your body to adapt to the new stimulus. There is, however, one training system that stands above all the rest.

It's brutally hard but I've found it a very effective way to pack on muscle fast - gains of 4.5kg or more in six weeks are not uncommon, even in experienced lifters. In fact, I call it the prison protocol because it's the best way to put on some size quickly, which is what you need to do if you're suddenly looking at some time behind bars!

In strength-coaching circles it's called the 'ten sets method', but because it has its roots in the Teutonic world, I like to call it German Volume Training or GVT. This protocol was originally used in Germany during the off-season to help weightlifters gain lean body mass. It was so efficient that lifters routinely moved up a full weight class within 12 weeks.

GVT works because it targets a group of motor units, exposing them to an extensive volume of repeated efforts, specifically ten sets of a single exercise. The body adapts to the extraordinary stress by causing hypertrophy in the targeted fibres. Here's everything you need to know.

Struggling with bodyweight chin-ups and dips? Start on the assisted chin-up/dip machine.



The principles of GVT

The workout

The goal of GVT is to complete ten sets of ten reps with the same weight. You want to begin with a weight you could lift for 20 reps to failure. For most people, on most exercises, that would represent 60 per cent of their one-rep max. I recommend using the following body-part splits of three sessions over five days.

Day One

Chest and back

A1 Bench press
A2 Chin-up



Day Two

Legs

A1 Squat
A2 Hamstring curl
If your gym has a hamstring curl machine, use it. If not, you can do the move using a gym ball.



Day Three

Rest

Day Four

Arms

A1 Triceps dip
A2 Incline hammer-grip biceps curl



Day Five

Rest

GVT basics

Rest intervals

For the first few sets, the weight won't feel very heavy, but minimal rest between sets - just 90 seconds - will incur cumulative fatigue. Use a stopwatch because it'll be tempting to lengthen your rest time as you get fatigued. Don't.

Training frequency

Because German Volume Training is such an intense programme, it'll take you longer to recover. One training session per muscle group every five days is plenty.

Moves

Perform one - and only one - exercise per muscle group. I've given you the moves that recruit the most muscle mass. Stick to them. Don't substitute triceps dips with kick-backs: you'll be wasting your time.

Tempo

All of the exercises here should be performed using a 40X0 tempo, which means four seconds lowering, zero pause at the bottom, lift back up explosively before zero pause at the top. Keep the rest intervals constant.

Progression

Once you're able to do ten sets with constant rest intervals, increase the weight by four to five per cent, and repeat. Expect to have some deep muscle soreness. After a legs session with this method, the average bodybuilder will take about five days to stop limping.

Q+A

Ask Poliquin

Got a question for our muscle expert?
Email mfexperts@dennis.co.uk

Q How can I get forearms that even Popeye would admire?

A Work them frequently - the forearms can handle a lot of work. Also work on your grip, which can be trained daily. Don't let pencil-neck geeks tell you that it will lead you to overtraining. If that were true, garage mechanics would be extinct.



Q Are there any ways to boost my bench press instantly?

A Increasing the weight you can bench press is an obsession among most men. Here are two neurological tricks that can help you drive more weight up when you bench press. First, pretend you are trying to pull the bar apart - rip it in the middle - as you press. This has been shown to increase the electrical activity in the triceps and you can actually lift more weight. Second, when the weight feels heavy, drive the back of your head into the bench. This activates a reflex that will allow you to lift as much as five per cent more weight.

Q I am struggling with motivation. What do you suggest?

A A great idea to boost motivation is to go see a competition that matches your goal. Want to get stronger? Go watch a powerlifting competition. Need more explosiveness? Watch a weightlifting competition. Your calves have the hypertrophy levels of a parrot? Go watch a bodybuilding show. YouTube can provide inspiration, but nothing beats live competition and the energy surrounding it to get you fired up.

Q Are whole eggs OK or should I stick to egg whites only?

A Only dorks ditch the yolks. You see the diets in the muscle magazines - they always list egg whites and oatmeal with raisins in their bullshit breakfasts. A guy training needs whole eggs. The studies that showed that eating eggs raised cholesterol were done by the cereal industry and didn't differentiate between types of cholesterol, so those studies are invalid. Eggs can raise high-density lipoprotein (HDL) cholesterol, the good one. The only caveat is that you can become allergic if you eat two or three every day. Stop eating eggs for six weeks, and the allergy will disappear.





Tim Don says...

Get crawling

Train smarter and boost your speed with this front crawl masterclass

Cardio expert
Tim Don

Why you should listen to him He's an Olympic triathlete and was the 2006 ITU triathlon world champion.

Everyone should swim more: the world would be a better and fitter place.

If you do triathlons then being a good swimmer is really important to getting a great start in races, but even if you'd never consider entering a swimming race, hitting the water on a regular basis is simply a great way to work your upper body and your heart and lungs in a very low-impact way.

Swimming is also a great way to spend a recovery session after a heavy run, ride or weights session. You can perfect your front crawl – the fastest swimming stroke – using these simple steps.

Upper-body rotation
Rotating your trunk allows your powerful back muscles to initiate the stroke and rotating properly allows you to achieve greater efficiency. Imagine a spit running through the middle of your body and rotate around that line.

Breathing

Use bilateral breathing, which is taking a breath every third, fifth or, if you have phenomenal lung power, seventh stroke. Breathing on alternate sides will develop a more symmetrical swimming stroke.



Q+A

Ask Don

Got a question for our cardio expert?

Email mfexperts@dennis.co.uk

Q How often would you advise changing running shoes?

A There's no fixed rule for when you should replace your old shoes - it depends on how often you run, how far you run and your running style - but simply looking at the soles should give you a good indication of how worn out they are. If in doubt it's best to take your shoes to a specialist running shop so they can look at both the trainers and your running style to determine whether you need new shoes. Running in old, worn trainers can lead to injury so it's important to check them regularly.



Q I'm new to triathlons. What is a good beginner-friendly race to attempt first?

A I would start with a race that has its swim leg in a pool. I love the bank holiday Monday races at Hampton open-air pool (thamesturbo.com). It's a 400m swim, 20km bike and 5km run. It's very well organised and there's always a great atmosphere - I grew up on those races! Enter early, because it sells out fast.

Q How can I avoid getting a sore arse from all this cycling?

A Well-fitting cycling shorts are a must, but make sure you have a well-fitting saddle as well. Try a Specialized Body Geometry saddle, but make sure you get measured up first.



Q How much stretching do you do before and after a session?

A I do about ten minutes before and ten minutes after every session, focusing on the muscle groups I'm working. It's important to do dynamic stretches before, to work the muscles through their full range of motion without risking injury, and static stretches afterwards. I also do an extra ten minutes before I go to bed if some muscles feel particularly tight. This helps me relax too.

Q Would you ever consider doing an Ironman triathlon?

A For sure! Once the 2012 Olympics are done I'll definitely do one. I quite fancy 2014 in Hawaii.

Arm cycle

- 1 Your hand should enter the water in line with your shoulder, midway between your head and the full extension of your opposite arm.
- 2 Your hand enters the water fingertip first, then your palms travel forward under and parallel to the water's surface.
- 3 Now pivot at the elbow, rather than the shoulder, keeping your hand and wrist firm.
- 4 Your hand now passes down your central bodyline, accelerating as it goes. Keep your hand close to your body and finish with your arm fully extended.
- 5 The final stage begins with your other elbow exiting the water to begin the next stroke.

Body position

A flat, high body position creates the least amount of resistance. Your head should stay still throughout the stroke, unless you're breathing in. When you breathe, pivot your head to one side so that you look no higher than the side of the pool.

Kick

Your legs are responsible for ten per cent of your forward propulsion. Leg kick comes from the hip flexors and glutes, not your knees, and should go no deeper than the depth of your body. Keep your legs close together and as straight as possible.

Why should I swim?

- ✓ Doesn't require much kit
- ✓ Low impact and low injury
- ✓ Works your upper body
- ✓ It's a great recovery session
- ✓ It's a great cross-training workout



Fight expert
Ross Pearson

Why you should listen to him

He was the *Ultimate Fighter* season nine winner, and has a professional record of 12 wins and 4 losses.

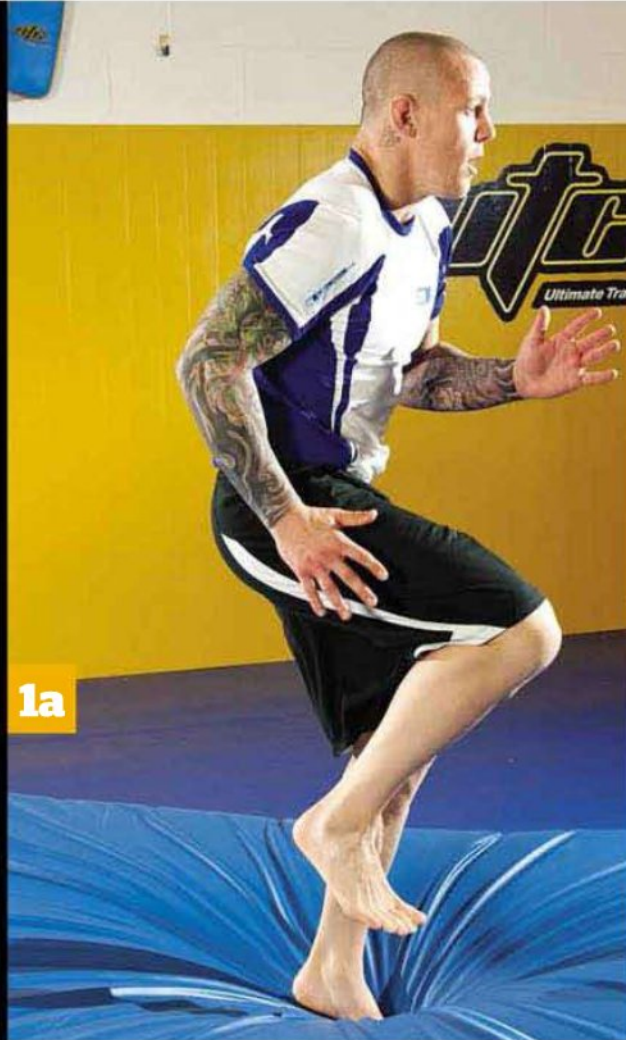
Ross Pearson says...

Get in fighting shape

In our ongoing series on how to train for fight fitness, it's time to focus on conditioning

Sets 3
Time 60sec
for all moves

I'm a big believer in varying my training. From an early age, I've always moved between gyms so that I don't get too comfortable or too familiar with one group of training partners. It's one thing being able to do a move on one guy, but you need to be able to do it on everyone. Recently my Rough House team did a session with Brazilian jiu jitsu legend Roger Gracie and Georges St-Pierre, the UFC welterweight champ. It's great for us to be able to fight at that level, but you really need the conditioning to keep up. Here's how I do it.



1a



1b

1 Fast feet and sprawl

- ▶ Run on the spot, focusing on moving your feet as fast as possible.
- ▶ Every few seconds, 'sprawl' by throwing your feet back and dropping your hips to the mat, keeping your chest up. If you've got a partner, get them to signal when you do it by shouting 'sprawl' to keep your timing sharp.
- ▶ Pop back up to your feet and carry on running. The crash mat makes this harder. If you haven't got one, work on the floor.

Q+A

Ask Pearson

Got a question for our fight expert?
Email mfexperts@dennis.co.uk

Q You never seem to have much trouble hitting your fighting weight. Have you got any tips?

A The first and easiest thing you can do is make sure you're drinking plenty of water. I get through at least three litres a day when I'm training, and I step it up as I get closer to my weight cut. It flushes the crap out of your system and keeps you fully hydrated, which makes it easier to train harder. I might drink as much as four or five litres a day in the week before the fight, then drop off just before I start my weight cut. I drink filtered, but tap is fine if you don't have the option.

Q MMA gloves don't do much to soften the impact of a punch in the face. Do you wear them when you're sparring?

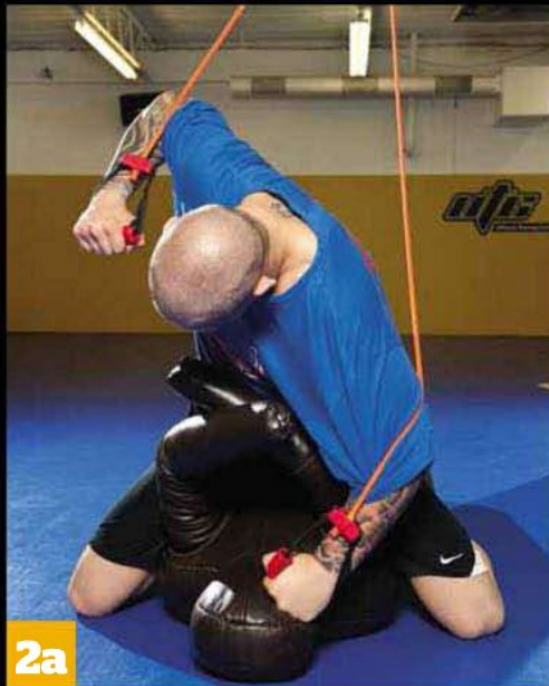
A We'll have a couple of sessions a week when we use the lighter 'little' gloves, which you use in the Octagon, and we'll often use them for sprawl-and-brawl sessions - kickboxing with takedowns - or to practise grappling, when there's no striking involved. For striking we use the bigger padded gloves, because you can't afford to get cut when you're sparring.



performing these moves

Go to mensfitness.co.uk/links/pearson to see a video of Pearson

2 Ground and pound



2a



2b

- Straddle a grappling dummy or punch bag with a resistance band secured above you.
- Throw straight punches, elbows and hammerfists – known as 'ground and pound' – working against the resistance of the bands.

3 Resisted sprint

- With a partner behind you and a resistance band around your waist, sprint to a marked spot on the floor, then jog backwards to the start position and repeat. Keep your feet moving fast and lean into the sprint.
- If you haven't got a resistance band, wear a weights belt or martial arts belt, and get your partner to follow you, providing extra resistance as you sprint.



3a

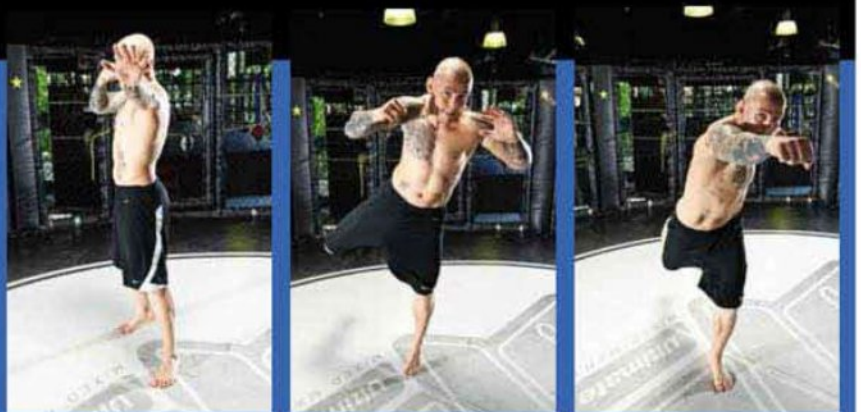


3b

Fight move Superman Punch

This classic move uses misdirection to land a big shot

- Throw out a jab or a lead hand, without worrying too much about connecting – it's mainly supposed to confuse your opponent and block their view.
- Pick your rear leg up off the ground as if you're about to throw a roundhouse. Instead of kicking, though, drive off your front leg to spring forward.
- Throw a punch with your rear hand as you jump forward.





Nutrition expert
Dr Kevin Currell

Why you should listen to him He's a senior performance nutritionist who works with Olympic athletes at the English Institute of Sport. For more see eis2win.co.uk.

Dr Kevin Currell says...

Cheat at fat loss

Use these cunning schemes to trick your body into losing fat

Let's be honest - trying to lose weight isn't much fun.

Whether you have a spare tyre to shift or just want to get rid of that little bit that's keeping your abs under wraps, counting calories or avoiding your favourite foods can be a real pain.

So why not make it easy? Instead of letting your appetite control you, start controlling your appetite. Eating the right things at the right time can trick your body into burning its fat reserves, either by stoking up your metabolism or by making you feel fuller for longer, so you're not tempted by that mid-afternoon cola, crisps and chocolates.

It's really that simple: start eating smart and see your fat disappear.



Lose fat without trying

> Go big at breakfast

If you increase the size of your breakfast by a few hundred calories (with slow-release carbs such as oats, rather than white bread) you'll eat less over the rest of the day. It's also important to have protein first thing, so add a handful of nuts or a couple of eggs.

> Use a small plate

Men will keep eating until the plate is clean, so simply eating off a smaller one can reduce the amount of calories you have. Dish up in the kitchen and put the rest of the food back in the fridge before you start eating to avoid the temptation of seconds.

> Eat, train, eat

If you consume carbs before and immediately after training you will reduce the number of calories you eat during the rest of the day. But if you only have water when exercising then don't eat for ages, you will eat more overall. Eating after training also helps recovery and encourages growth.

Q+A

Ask Dr Currell

Got a question for our nutrition expert?
Email mfexperts@dennis.co.uk

Q Why is it so important to eat carbs after a workout?

A The main reason carbs are important after training is to replace the fuel you have just used. After a workout your muscles act like a sponge and soak up the carbohydrates you eat, so you refuel your muscle cells and reduce your recovery time. Carbs also cause an insulin spike, and insulin helps push protein and carbs into your muscles to help them grow.



Q Is it dangerous to train so hard that I throw up?

A Working until you are sick is never recommended. As well as making you feel negatively about exercise, it can cause you to lose vital fluids and electrolytes and play havoc with your system. Even though it is not uncommon for professional athletes to push themselves so hard they vomit, I'd avoid it.

Q When my treadmill says I've burned 500 calories during a run, does this include the calories I would have burned anyway, simply by being alive?

A Yes, this figure will also include the calories you would be burning anyway even if you were sitting on the sofa watching *Bargain Hunt*. But more importantly, don't take these calorie counters on gym machines too seriously. They can often be inaccurate and misleading, which results in people over-eating after a session and taking on more calories than they've burned.



Q What causes a stitch? I get them a lot and it's ruining my running.

A Stitches can be caused by overeating and drinking, especially close to or during exercise. If you suffer from them quite often, try leaving more time between eating and the start of your training session or race. During training or racing, try to eat and drink little and often, and avoid exercising on a full stomach.

► Have a starter

Even if you're not eating out, having a small, low-calorie starter – soup or salad – will mean you consume less during the main meal, according to numerous studies.

► Fix the mix

To stay full and avoid high-calorie snacks, your main meals each day should be an even mix of carbs such as rice, lean protein such as eggs, chicken or fish, and fresh vegetables. Include some fats, such as olive oil, on the veg to help your body absorb their vitamins.

► Sink the brown

When it comes to carbs stick to the brown kinds, which are lower on the glycaemic index and therefore release their energy slowly to keep blood sugar levels stable. They also have all their fibre intact so they help fill you up.

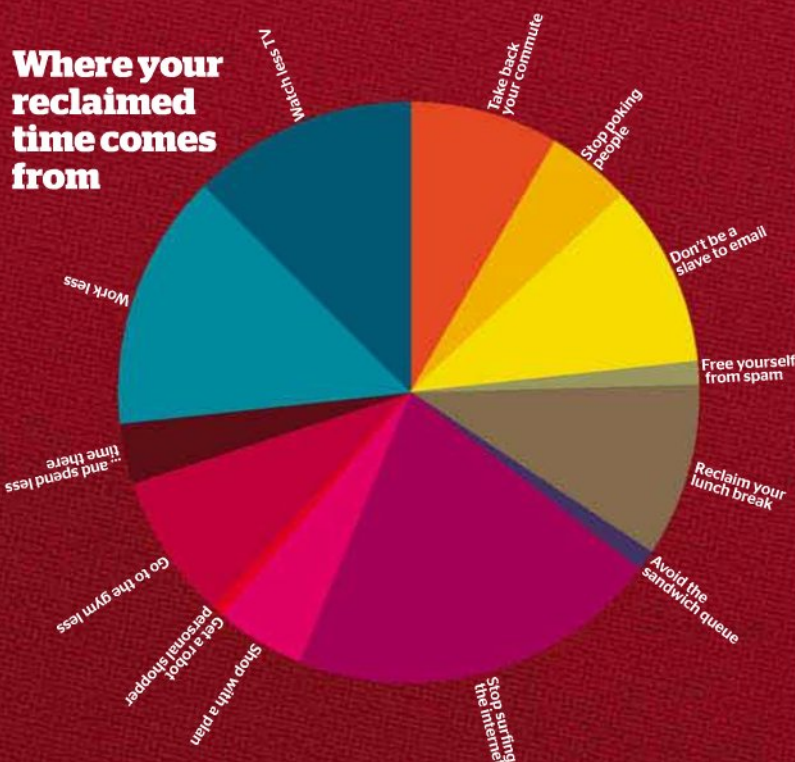




EIGHT DAYS A WEEK

Whether you're dallying by the gym's juice bar, tweeting your thoughts to the world or vegging in front of the TV, chances are you could be using your time better. But can you reclaim a full 24 hours in a single week? *MF* says yes

Words **Joel Snape** Illustration **Barry Downard**



Take back your commute

Time saved 2 hours

Where the time goes The average UK man commutes for 24 minutes a day. That's a full sixtieth of your day frittered away fuming at other people's driving skills/personal space issues/body odour.

Get it back If you don't want to spend that time engulfed in quiet rage, go to librivox.org for a huge archive of public-domain books, read by volunteers and free on MP3. Want to make your listening time more efficient? Try fasteraudio.com, which speeds up the reading time with a minimum of chipmunk-voice effects.



Stop poking people

Time saved 1 hour 10 minutes

Where the time goes According to a Nielsen poll conducted in 2009, the average UK Facebook user spends four hours 39 minutes per month 'Liking' photographs of adorable dogs and stalking their exes. Face it, that isn't productive time.

Get it back 'Don't let pokes, tweets or LinkedIn updates feed into your work email,' says Ian Price, author of *The Activity Illusion*. 'Either turn them off or set up a dedicated Hotmail or Gmail account and change your social network settings so the new account receives them. Then catch up on them when you have time.'



Don't be a slave to email

Time saved 2 hours 25 minutes

Where the time goes According to government figures, a typical UK office worker spends 49 minutes a day 'managing' their inbox. Aim for 20.

Get it back 'Turn off email alerts on your iPhone or Blackberry,' says Price. 'Set an auto-reply asking people to call you if they need you urgently. Then tackle email in focused bouts two or three times a day - when it suits you.' And keep emails concise. 'Restrict yourself to three or four sentences per email,' suggests Leo Babuta, author of time management bible *The Power Of Less*. 'You'll spend less time on it, and get shorter answers back.'



Free yourself from spam

Time saved 14 minutes

Where the time goes According to the University of Maryland, you spend 2.8 minutes every working day deleting messages from deposited Nigerian princes and flirtatious Russian ladies.

Get it back Your email account should let you create a filter to get rid of spam - do it, and be ruthless about what gets through. And sign up to Google's Gmail, which gives you two addresses: an @gmail.com and an @googlemail.com. Use one for friends and family and the other for filling in forms and registering with sites. That will make it easier to make sure the messages you want to read get straight through to you while others are filtered out.



Reclaim your lunch break

Time saved
2 hours 30 minutes

Where the time goes According to a 2011 survey from *Business Environment*, 56 per cent of office workers limit their lunch 'hour' to a mere 30 minutes, and 18 per cent don't get out of the office at all - presumably scoffing a sandwich at their desk while pretending to look at spreadsheets.

Get it back 'Get out of the office,' says Price. 'A break will make you more productive in the afternoon.'



Avoid the lunch queue

Time saved **15 minutes**

Where the time goes According to a survey conducted by madbid.com, the average Brit spends a quarter of an hour a week waiting for Pret A Manger sandwiches and tiny pots of yoghurt. Come on, people.

Get it back 'Cook up some vegetables and meat at the weekend,' advises personal trainer Nate Green, founder of life coaching website thenategreenexperience.com. 'Pack it into Tupperware and sort out your lunch for days.' If you need more prompting, slot your average lunch cost into The Demotivator (tinyurl.com/yovy6f) and work out how much of your income you're wasting on those pre-packed wraps.



Stop surfing the internet

Time saved **5 hours**

Where the time goes According to a recent poll, office workers admit to spending roughly two hours of each working day messing around on the internet.

Get it back 'Surfing' is so 2001. You should be using Really Simple Syndication (RSS) feeds which will alert you whenever your chosen sites update (see google.com/reader). To keep abreast of things you aren't subscribed to, join stumbleupon.com, which presents new stories for your consideration, then lets you thumbs up/thumbs down them like a Roman emperor. With that in place, limit your net browsing to an hour a day with LeechBlock for Firefox, which lets you block certain sites at certain times of day, or limit them to a particular number of minutes per hour.



COOK BIG

Weekend batch-cooking is less stressful than cooking on weeknights, and ensures you've got fresh food for the rest of the week. Try Nate Green's healthy, filling chilli con carne

What you will need



2 tbsp olive oil

Ground cumin, smoked paprika and salt, to taste

1 heaped teaspoon of chilli powder

1 medium onion, finely chopped

1 bell pepper, deseeded and roughly chopped

2-3 celery stalks, chopped

2 carrots, finely diced

400g can chickpeas

400g can kidney beans

400g can chopped tomatoes

500g minced beef

1-2 tbsp balsamic vinegar

To make

▶ Put a pan on medium high heat, add the olive oil and spices, and cook the onion, pepper, celery and carrot for 7-10 minutes until the vegetables are soft.

▶ Add the drained chickpeas, kidney beans and tomatoes. Fill one of the empty cans with water and pour into the pan.

▶ Add the beef and balsamic vinegar.

▶ Bring to the boil, then turn the heat down and simmer for about an hour with the lid slightly askew. Stir every ten minutes or so.



Shop with a plan

Time saved
1 hour 9 minutes

Where the time goes According to a 2005 government time use survey, the average man spends 27 minutes a day shopping. That's just over three hours a week. You're going to cut that down to two.

Get it back You need to get to the supermarket twice a week to make sure your food's fresh, but get in and out fast. 'List every ingredient you need and don't buy anything else,' says Green. 'And shop the perimeter which is where the vegetables, fruit, meat and dairy are. Doritos, Pepsi and ready-made sauces are in the central aisles.'

Work out in 71 minutes a week

Save even more time by packing all the exercise you need into an hour and a bit

Session 1 Max strength

'This is where you'll focus on one move, aiming to build your maximum strength,' says trainer Darryl Edwards. 'Pick a big compound move like the deadlift or power clean - not the bench press, as it doesn't recruit enough muscles - and work up to lifting the heaviest weight you can for 1-5 reps.' This will be your longest session as you'll need to warm up properly.

Time 35 minutes

Session 2 Metcon

'This is a workout designed to tax your metabolic pathways and burn fat,' says Edwards. 'Doing bodyweight moves, box jumps, pull-ups and kettlebell swings is a great way to get a metabolic conditioning circuit done in anywhere from ten to 20 minutes.' Put them together to tax your cardio without going to muscle failure - try as many rounds as possible in ten minutes of five pull-ups, ten press-ups and 15 kettlebell swings.

Time 20 minutes

Session 3 Intervals

'For these, I'll usually stick with the Tabata protocol,' says Edwards. 'That's 20 seconds' work, ten seconds' rest, repeated eight times. I might do that with four exercises for 16 minutes in total. The key is to pick exercises that are tiring but that you can do at maximum intensity for the whole duration: sprints, bear crawls, burpees and kettlebell swings are all great examples.'

Time 16 minutes



Go to the gym less

Time saved 2 hours

Where the time goes Spending an hour in the gym five times a week? It might seem as if you're fully committed to exercise, but this isn't an efficient use of your training time.

Get it back 'I advise most of my clients to limit workouts to three a week and increase their activity outside of the gym,' says trainer Darryl Edwards, founder of thefitnessexplorer.com. 'Things like walking instead of catching public transport, taking the stairs instead of the lift and standing when you're on the phone all fill in the gaps and get your body used to activity.'



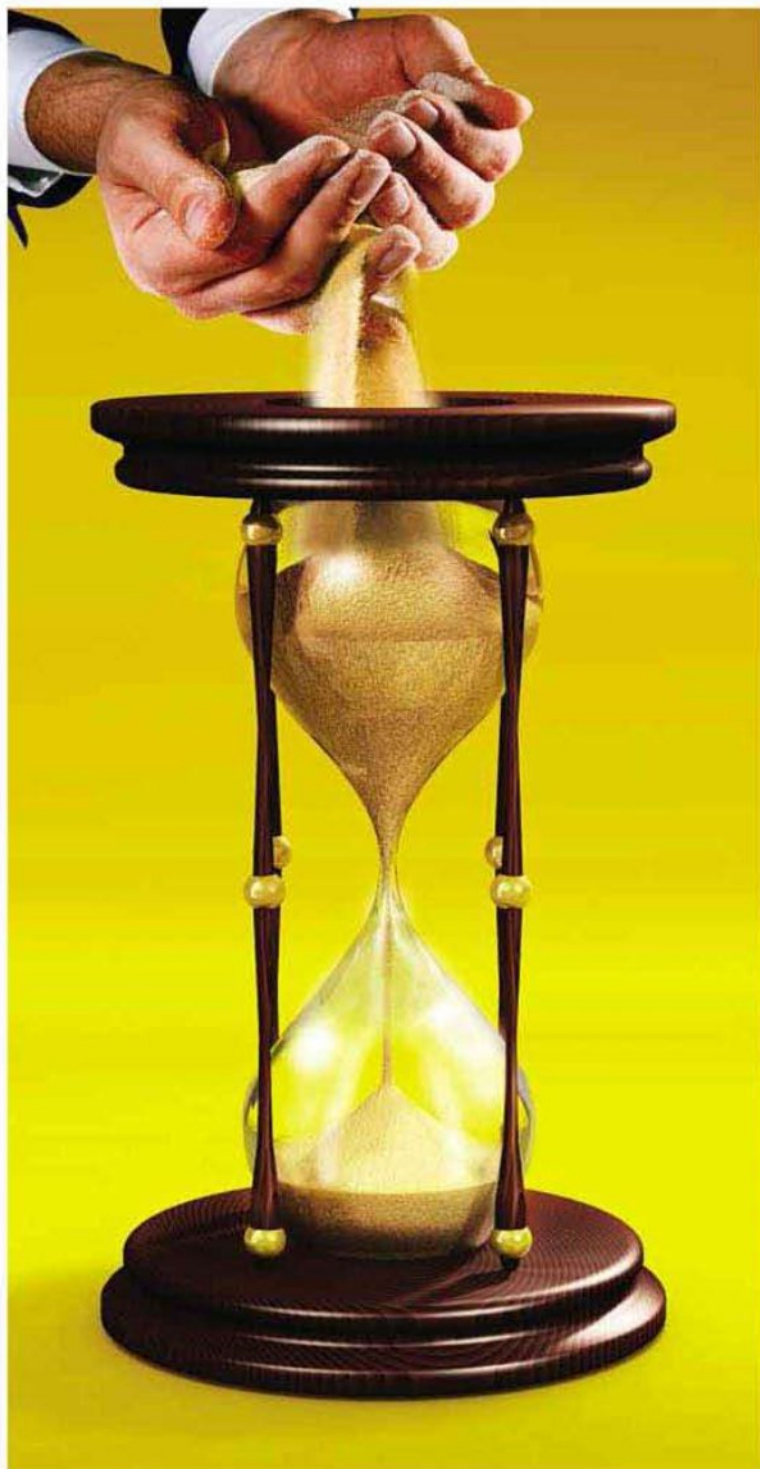
... and spend less time there

Time saved 45 minutes

Where the time goes You doggedly keep going until you reach the magical hour mark so you feel as if you've had a proper session. Those last 15 minutes are the hardest, aren't they? They're also the least useful. 'After about 45 minutes of exercise, your body starts flooding with the stress hormone cortisol, which can make it harder to lose body fat,' says Edwards. 'You'll also start to catabolise, or eat away at your muscle.'

Get it back Simply shorten the sessions and you'll be training smarter. 'Some of my sessions might only last 35 minutes, including a warm-up,' says Edwards.





Get a robot personal shopper

Time saved **8 minutes**

Where the time goes According to madbid.com, you spend 33 minutes a month searching for the items you want to buy and then queuing to buy them.

Get it back Obviously online shopping reduces your queuing time, and you can save even more by using a shopbot to compare retailers' prices for you, rather than clicking from site to site looking for a bargain. Megashopbot.com is the biggest and best; just watch out for hidden delivery charges. If you'd rather stick with Amazon, tell zeezaw.co.uk how much you're willing to pay for an item and it'll notify you when it hits that price.

Work less

Time saved **3 hours, 30 minutes**

Where the time goes According to the TUC, Britons on average work 43½ hours a week - a full five hours longer than the French, and 3½ hours longer than you're probably contracted for. Unfortunately, as our Gallic neighbours know, you're not actually getting more done.

Get it back 'People work long hours thinking they're getting more done and being more productive,' says Babuta. 'But they're throwing hours at the problem. If you know you're leaving at 5pm, you'll be sure to get the important tasks done first and waste less time. Limits will force you to be effective.'

Watch less TV

Time saved **3 hours**

Where the time goes This is the big one.

Telecommunications watchdog Ofcom reports that the average adult spends a brain-deadening three hours 45 minutes watching TV in a typical day.

Get it back Remind yourself that, according to various studies, TV leads to lower life satisfaction, higher anxiety (*Journal Of Economic Psychology*), weight gain (*International Journal Of Obesity*) and increased risk of death even if you aren't gaining weight (BUPA). You only need to watch three fewer hours a week to reclaim your full 24 hours - anything more is a bonus. And don't forget to skip the ads using a DVR - current regulations allow up to 12 minutes an hour of peak-time ads. Multiply that by your viewing allowance and that's a hefty chunk of time. □

Spend it wisely Now you've got a free day, here's what to do with it

Sleep more

You need to aim for at least seven quality hours a night. 'Don't have TVs or mobiles in your bedroom, and go to bed at the same time every night, even at weekends,' says sleep expert Glenn Harrold, author of *Sleep Well Every Night*. 'Remember that humans, like most animals, are hard-wired to sleep at the onset of darkness, so the earlier you go to sleep, the better.'

Rest harder

'If you're feeling guilty about having days off, chances are you aren't working hard enough when you're in the gym,' says Darryl Edwards. But if you really feel bad about only training three days a week, add in a 'recovery' workout made up of bodyweight moves. This is designed to get the blood flowing without being strenuous. Try three sets of ten press-ups, squats and crunches.

Improve yourself

We're not suggesting you sign up for clarinet lessons or learn Mandarin, unless you want to, but if you're keen to improve in the gym, add in a technique session. 'Don't focus on sets or reps,' says Edwards. 'Just pick a move you feel like improving, such as the clean or snatch, and practise the technique. Next time you do it in a real session, you'll feel the benefits.'



We've uncovered the best time-saving tools on the web at mensfitness.co.uk/links/timesaver

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TESTOSTERONE
THE NEW FRAGRANCE FOR MEN

BE IRRESISTIBLE

THE ESSENCE OF MAN

Testosterone does everything from boosting your libido and increasing your energy to sharpening your mind - but men have less today than they did just ten years ago. Can we do anything about this? *MF* finds out

Words **Simeon de la Torre** Photography **Glen Burrows**

Ill freely admit I'm not the manliest of men. I don't own a kimono or collect porcelain cats, but I do struggle to grow proper sideburns and when I hear my own voice recorded, it sounds too close to my seven-year-old self for comfort. And while this has never affected me particularly badly - I've done all right with women and I can get my point across in business meetings despite my pre-pubescent warbling - it bothers me. It bothers me that some of my friends are chest-thumping alpha males who can take the lead in any situation via a deep baritone and vague, undefined manliness. And I blame testosterone.

I've always thought that manliness is inextricably linked with your wavering levels of this fabled hormone. The higher the level, the more manly the man. And if it is, then I'm right to be concerned: the hormone that bodybuilders call 'T' still courses vigorously through the veins of young bucks, but men in general have lower levels today than they did a decade ago. Scientists at the New England Research Institutes believe it's down to factors such as rising obesity, lack of exercise and alcohol intake, a tick box that looks uncomfortably familiar.

So when I'm asked to 'experiment' with raising my levels, I jump at the chance. It's not every day someone offers to pay you for getting manlier.

First, I need to find out where I'm already at. Right now, on my own internal manliness

rating, I feel like a seven out of ten - higher than Graham Norton, lower than Mickey Rourke. Admittedly, this entirely arbitrary rating system is flawed, which is why I find myself spitting into a sample tube marked '5ml of clean saliva (not foam), with no blood contamination' at 8am on day one of the experiment, and posting the gooey result off to a lab in Germany, where a lab technician will analyse it by 'optimised radioimmunoassay (RIA)'. You can sign up for a kit over the internet, as I did, or troop off to your GP for a referral and get it done at a private clinic (for twice the price).

Manly mission

While I wait for the results, I scour medical textbooks for an insight into the hormone that runs through every man in the land. And every woman, as it turns out. Although testosterone is known as the male hormone, women also naturally produce significant quantities. In fact, there is roughly four times more testosterone than oestrogen in a young woman's blood. Its use? As well as playing a key role in puberty (deepening of the voice, growth of body hair, that sort of thing), it is linked to sexual function, circulation, muscle mass, mood, memory and concentration.

So how can you boost it? A cursory internet search reveals that losing weight, doing compound exercises, having more sex, having less sex, eating nuts, resting more, drinking less, sleeping loads, chugging vitamin C and getting more zinc are some

'I'm not the manliest of men. I struggle to grow proper sideburns and when I hear my voice recorded it sounds too close to my seven-year-old self for comfort'

ways of sending your T levels soaring. It's going to be a busy few weeks.

When the results come in, I learn that my level is 92 picograms per mol (pg/mol). This puts me on the lower side of the normal bracket for a man my age, which is between 64 and 200pg/mol. Which is more or less what I expected. Sigh.

WEEK ONE

I've done several experiments for *MF* over my career and not one has required me to increase my booze intake. And this is no different. In men, alcohol has been proven to reduce testosterone (by 20 per cent if you drink more than the 'safe' limit of 20 units per week). One study showed that testosterone levels fell after just five days among healthy men who were given alcohol, and continued to fall throughout a four-week study period. Ergo: I'm off the pop. Again. And by day eight - after

the Queen's Medical Research Institute in Edinburgh. 'This change tends to further reduce T levels and a sort of vicious circle is set up. Avoidance of getting fat is therefore one of the truly positive things you can do as you get older to ensure you get the most out of your testosterone.'

WEEK TWO

With the basics covered, it's time to take things up a notch, which, in my case, means tweaking my diet. It's now all about the zinc. Not only does zinc stimulate the production of testosterone, it inhibits the aromatase enzyme that converts excess testosterone into oestrogen (which, by the way, can promote the growth of man-boobs).

Happily, the mineral is found in the foods that I mostly like - steak, lamb, cheddar cheese, eggs, peanuts, mangoes and, um, oysters. I draw the line at pounding cold shots of shellfish, but other than that, the

'I haven't told my wife, but I'm getting a bit of female attention. Nothing dramatic - the odd look here and there - but it's intoxicating all the same'

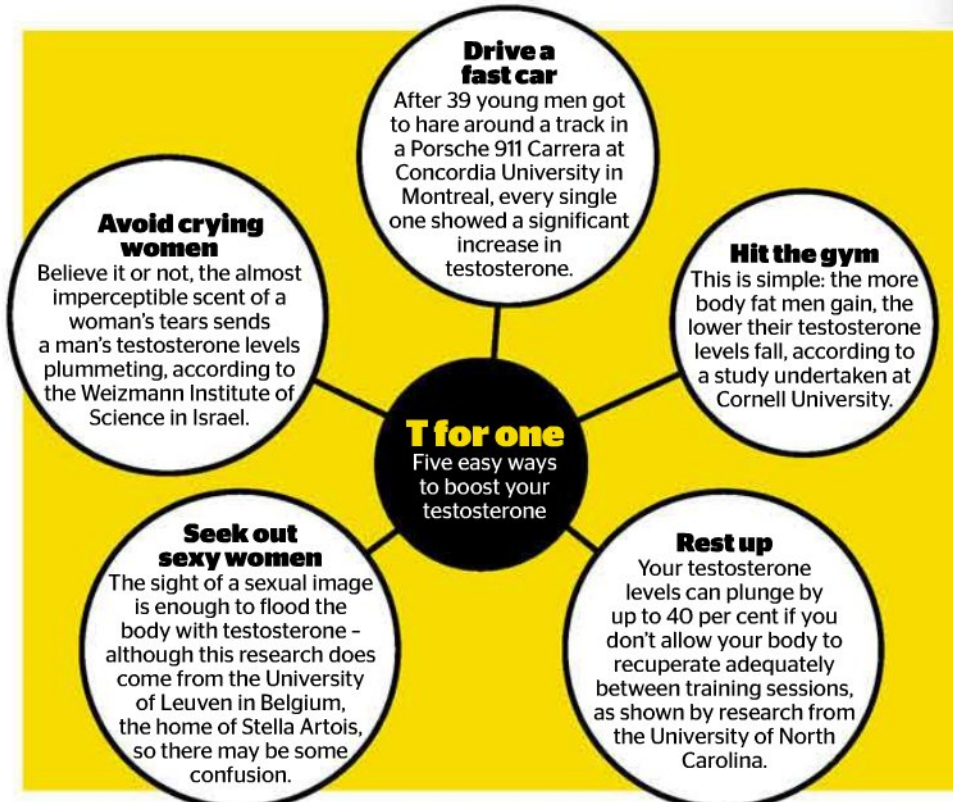
having cried off two Sunday afternoon sessions - I'm in a monstrous grump.

I'm also in the gym. A study from Cornell University in the US revealed that the more weight men carry, the lower their testosterone levels fall. Plus, fat cells - particularly those around your gut - convert testosterone into estradiol, a form of the female sex hormone oestrogen.

'As testosterone declines, abdominal fat increases,' says Professor Richard Sharpe of

diet's working for me. It's high in protein, which is aiding my strength-focused workouts, and I'm also loading up on greens such as broccoli, cabbage and Brussels sprouts, which are rich in indole-3-carbinol - a chemical that turns 'bad' hormones which shut down testosterone production, into good ones that restore natural order.

By day 13 I'm feeling healthy and I've dropped a kilo or so. But am I feeling manlier? Not really.



SIX MOVES

TOUGHER



WEEK THREE

Testosterone levels decline with age and drop off a cliff when we reach 50. I still have a good decade and a bit before this happens - but I am a dad, and fatherhood significantly reduces men's testosterone levels, according to a recent Royal Society study. As Dr Nick Neave, a psychologist at Northumbria University, explains, 'Nature doesn't want testosterone levels to be high at a time when there is a baby. It's nature's way of making males civilised.'

Chronic stress caused by financial worries, redundancy or working longer hours - the three horsemen of the recession - may also cause levels of the hormone to drop. That's as maybe, but by day 22, I'm flying high. I'm energised, eating well, not drinking (apart from a sneaky couple of glasses of red on day 20) and exercising more than I've done for a long while. I can feel a new kind of 'edge' about myself.

The wife's also getting a bonus in the bedroom. Anecdotal evidence suggests that if you want to boost your T levels, you should abstain from sex or masturbation because this will trick your brain into producing more of the hormone.

But for me, this has been impossible since day 16 of the experiment. I'm randier than a rabbit and my better half has been very obliging. Perhaps this is my natural charm, or perhaps it's something else. One 2002 study concluded that 'testosterone is linked to mating success', though probably because of increased, um, 'drive' rather than changes in perceived attractiveness.

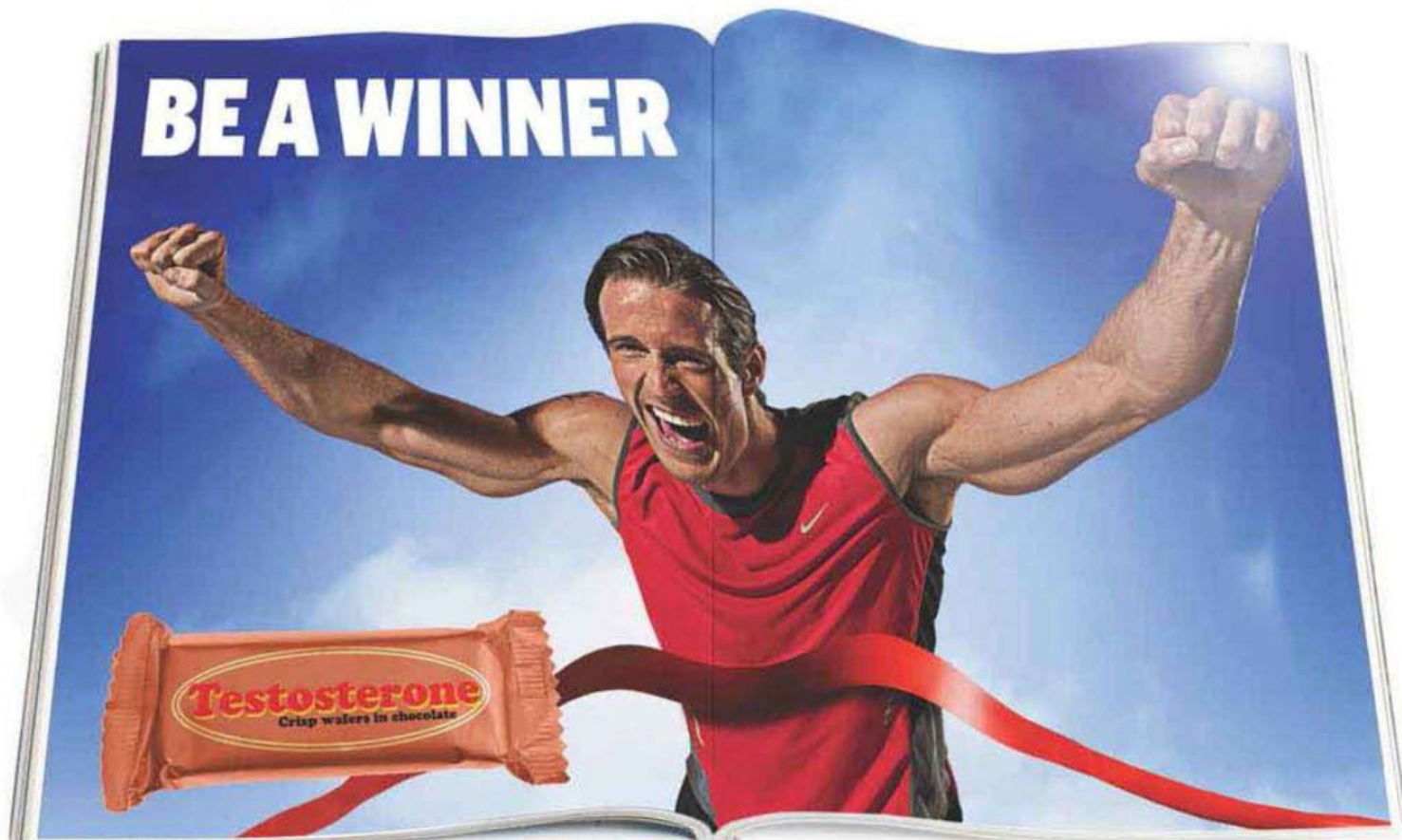
Whatever's happening, it's time to step things up a level. Research at the Medical University of Graz in Austria has found that men with at least 30 nanograms of vitamin D per millilitre of blood have higher levels of testosterone than those with less. And while vitamin D is found in the sort of foods that I've been avoiding these past few weeks (oily fish, for one), I have, um, been hitting the sunbed in the gym. I wouldn't usually, but hell, I've been feeling good and I've lost a bit of weight - give a guy a break.

There is a mild downside, though. By day 20, my 'edge' has developed into a certain bullsh*ness that's not welcome at home or at work. It's probably a good thing that I'm not accepting any invitations to the pub, for I can sense that I'd start making drunken statements that begin with, 'I'm not being funny, but...' Hmm.

WEEK FOUR

With seven days to go, I go for broke. Steak is on the menu every day, and I'm snacking on almonds, peanuts and walnuts. Studies have shown that men who have diets high in monounsaturated fat - the kind found in nuts - have higher testosterone levels than those who don't.

Plus, I haven't told my wife, but I'm beginning to get a bit of female attention. Nothing dramatic - the odd look here and there - but it's intoxicating all the same. I'm reminded of the 'pheromone sprays' that used to be for sale in the back of magazines, and the possibly apocryphal experiment in which scientists swabbed



'An analysis of City traders found the more testosterone they have, the more money they make - and an overload triggers irrational risk-taking'

a chair in a doctor's waiting room and noted how women would be curiously drawn to it. Whether this was happening to me, I couldn't be sure - perhaps they were merely bewildered by my winter tan.

Nevertheless, science suggests that testosterone makes the world go round. In 2003, a leading British hormone replacement therapy specialist claimed that he had prescribed male sex hormones to female MPs. Writing in the *New Statesman*, Dr Malcolm Whitehead said, 'I have prescribed testosterone implants for female politicians who want to compete better with their male colleagues in committee meetings and parliamentary debates. They claim the hormone boosts their assertiveness and makes them feel more powerful.'

Meanwhile, an analysis of City traders found that the more testosterone they have, the more money they'll make - and the more money they make, the more testosterone they create. However, an overload of testosterone is thought to trigger irrational risk-taking, and that's when traders crash and burn.

Talking of crashing and burning, on day 25, I do a bad thing.

There's a girl at the gym - much younger than me - and I've been getting a bit carried away. There's been eye contact, followed

by chatting, followed by sustained flirting, and I've become ever so slightly infatuated. I'm not proud of it, but the upshot is that I ask her out. Thankfully, she declines. I end my testosterone experiment that night with six cans of Stella.

SO IS MORE TESTOSTERONE A GOOD THING?

After the unpleasant end to my experiment, I'm left with a slightly sickening feeling of shame. While waiting for my second set of results from the labs, I can't be sure whether my testosterone levels skyrocketed during the experiment or if there was some kind of placebo effect, but I do know that something disagreeable kicked in during that last week of testosterone-boosting activity.

Ultimately, increased testosterone turned me into me but turned up to 11 on the dial. Not quite Mickey Rourke, more Charlie Sheen. And although it was fun while it lasted, I think I'm happier down at the Graham Norton end of the scale.

When I get my final results through, it turns out my official closing testosterone reading was 158pg/mol - an increase of around 60 per cent. Thank goodness I didn't get any closer to the top of the bracket. I might be divorced by now. ☐

All man

Find just the right testosterone level or you'll be in trouble

HIGH LEVELS

Risk taking

It's no surprise teenage boys ride motorbikes like lunatics, have unsafe sex and take drugs - they're whacked off their minds on testosterone. See: City traders.

Man-boobs

Excess testosterone can metabolise into oestrogen, which promotes breast growth.

Hair loss

Male pattern baldness is caused when hair follicles become exposed to too much dihydrotestosterone (DHT) - a byproduct of testosterone.

Energy boost

Vim, vigour, va-va-voom - testosterone is a key factor in human get-up-and-go.

Muscle growth

Slightly raised testosterone levels will promote a better muscle response to exercise, which means beefier biceps.

Hot flushes

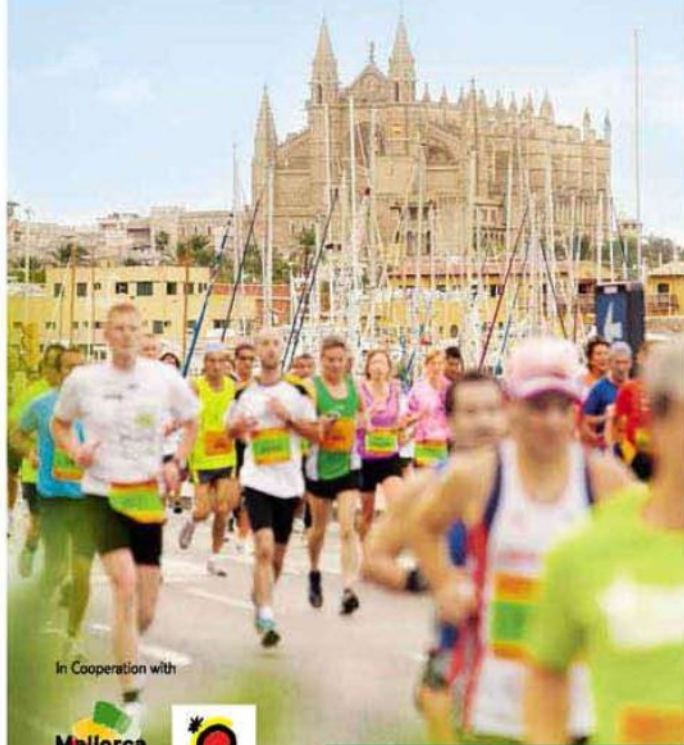
Irritable? Fluctuating temperature? It might sound like the menopause but it's more likely to be a low testosterone level.

Impaired brain function

One treatment for prostate cancer is a drug that virtually eradicates testosterone in the system. One patient describes the effects: 'I couldn't remember words or perform calculating tasks, such as counting change.'

LOW LEVELS

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JUNKYARD GYM

Create your own kit from odds and sods to get a muscle-building gym for bargain bucket money

Words Joel Snape Photography Pete Webb





Gyms are full of shiny metal equipment designed to sculpt you into shape, but there are some bits of kit they simply can't - or won't - offer you. There are sound reasons why your high street health facility doesn't offer things that are designed to be thrown around, smashed into the floor or whirled around your head at speed but, annoyingly, they're also some of the best accessories for chiselling you into shape.

Fortunately, there's a way to train with these pieces without breaking the bank: make them yourself. *MF* asked three experts for their favourite bits of fitness kit, then brought out the Leatherman tool and got to work. A couple of hours later, we had a new home gym. ➤

Thanks to Beaverfit, which makes top-class strength and conditioning equipment, for use of the junkyard gym. Check out Beaverfit gear at beaverfit.com

BULGARIAN BAG

'The Bulgarian bag is a fantastic training tool,' says trainer BJ Rule, whose gym, the Optimal Life Fitness centre, is the first in the UK to offer a certification from the International Bulgarian Bag Confederation. It'll work your entire body and improve your grip. If you get really into Bulgarian bag training, you'll want to buy one because they're very hard-wearing and come with a variety of handles, but a DIY version is a good way to get a feel for the real thing.'



BULGARIAN BAG MOVES

Test your torso with this wrestlers' favourite



SPIN

'This is one of the core Bulgarian bag exercises,' says Rule. 'The bag is held by the handles and spun around the head and body. This exercise develops shoulder strength and mobility as the shoulders work through all the planes of movement, vital for flexibility and injury prevention. For most beginners, grip will be a limiting factor and that's what you'll see increase most early on.'

Sets **3** Time **30sec**



SNATCH THROW

'A fantastic whole-body exercise that mimics a wrestler doing a body slam,' says Rule. 'It's called a snatch throw because it resembles the barbell snatch but puts more emphasis on the downward phase, which is an aggressive throwing motion towards the ground. The snatch throw works the muscles of the hip and the trunk, as well as the grip.'

Sets **3** Time **30sec**



ARM THROW

'This is another great torso conditioner,' says Rule. 'Start with the bag over one shoulder, holding both handles, then "throw" it across the front of your body, then control and swing it onto the other shoulder.'

Sets **3** Time **30sec**

Total
cost
£15

How to make it

Step 1 Cut the section containing the valve out of your inner tube. Tie off roughly 10cm from one end with a cable tie, then duct-tape it into the shape of a handle. It's best to roll the 'handle' outwards, otherwise it'll point inwards and be difficult to grip comfortably.

Step 2 Fill the tube with sand (inside plastic bags if you're using your Bulgarian bag indoors). Rubber mulch - as used in children's play areas - is slightly heavier and trickier to get hold of, while gravel is heavier but harder.

Step 3 Cable-tie and duct-tape off the other end of the inner tube. If you want a smaller 'handle' on top - as seen with professional-quality bags - cable-tie and duct-tape on a short length of flexible pipe or garden hose.



10kg sand £3

Duct tape £1

Cable ties £1

Car tyre inner tube £10

TORNADO BALL

'The tornado ball's inventor, training expert Paul Chek, called it that because it's designed to give you the power to throw a cow over a barn,' says personal trainer Ben McDonald (benmcdonaldpt.co.uk). Test your DIY version somewhere spacious and safe first.

JUMPING SLAM

'This is a twist on the traditional tornado ball slam,' says McDonald. Swing the ball like an axe, chopping it downwards as you bend your knees. Now explode into a jump, turn 180° in the air, and slam it in the opposite direction. That's one rep. Sets **3** Reps **8**



HELICOPTER

Whirl the ball around your head, trying to keep the rope parallel to the ground and your body upright. 'If you get up some speed, this is a great core test,' says McDonald. Sets **5** Time **12sec**



TORNADO CRUNCH

Sit on the floor and slam the ball from side to side, then keep it going as you perform crunches. Lift your feet off the floor as a counterbalance if necessary. 'Paul Chek says you're a badass if you can do eight,' says McDonald. Sets **3** Reps **5**



How to make it

Step 1 Find an old medicine ball or make your own by cutting a slit in a basketball, filling it with sand - use a funnel - and duct-taping it closed. You might want to use a few layers of duct tape because you'll be smashing the ball around.

Step 2 Thread the shoelace through the upper loops of the basketball net, so that pulling on it will 'close' the top of the net. Now gather the bottom loops into two bundles, wrapping tape around them to keep them together.

Step 3 Put your medicine ball in the net and tie off the shoelaces across the top to secure it inside. Finally, get some rope from any scrapyards or shipyard and feed it through the taped-off loops at the bottom of the net.

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*Research completed at London South Bank University 2009



SLOSH PIPE

'The slosh pipe - a sealed pipe two-thirds full of water - is ideal for anyone who needs to control someone else's movement. I use them with grapplers, MMA fighters and rugby players,' says personal trainer Andy McKenzie (ironmacfitness.com). 'It's not heavy enough to use for a strict strength workout, so I use it as a warm-up for moves, or I'll hold it for as long as I can as a finisher after my workout.'

OVERHEAD SQUAT

Stand with your feet hip-width apart and hold the pipe overhead with your hands roughly double shoulder-width or 'snatch grip' distance apart. Squat down by pushing your hips back, keeping your heels on the floor and your head and chest up. Drive back up through your heels. **Sets 3 Reps 8**



ZERCHER SQUAT

A classic barbell move that's much tougher with an unstable pipe. 'You can also do Zercher lunges or walks to really test your core,' says McKenzie. **Sets 3 Reps 8**



LOG SQUAT

'A lot of people use the slosh pipe just like a barbell,' says McKenzie. 'But it's actually better if you rethink some traditional moves.' This twist on a classic is a great example. **Sets 3 Reps 8**



How to make it

Step 1 You'll need a length of pipe and a pair of 'pipe caps', which should be available at any DIY shop. A 2m pipe will weigh around 15kg, and a 3m one around 17kg, either of which is fine for this purpose.

Step 2 Seal a cap to one end of the pipe using glue. Fill the pipe with water until it's roughly two-thirds full. Don't be tempted to fill it more - that

will make it more stable and easier to handle, despite the added weight.

Step 3 Once the water is in, put the other end on. You can seal it with glue, but that'll make the slosh pipe tricky to transport, so you might want to simply screw one end closed. Just store it somewhere you don't mind getting wet. ■



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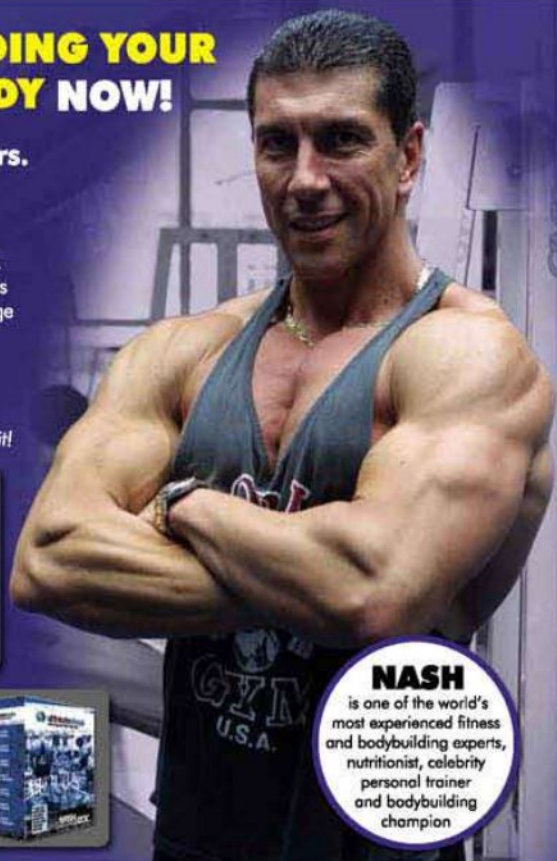
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A Step Ahead





What's in your fridge?

Think you're eating right? We asked the men who depend on their diets

Words **Joel Snape** Photography **Danny Bird**

Eating, let's be honest, is getting confusing. Labels can be misleading, government recommendations are constantly challenged, and newspapers have been known to upgrade single foodstuffs from 'definitely fatal' to 'must-have überfood' in less than a week. The *MF* solution: go straight to the people who know. We've consulted half a dozen experts whose livelihoods rest on their knowledge of food. Whether they're writing books, training athletes or cutting weight for an MMA fight, these men know what eating right is all about. So we asked them to reveal the contents of their fridges.

The Experts



The doctor **John Briffa**

Briffa has over 20 years of clinical experience and is the author of a variety of weight-management books including *Waist Disposal: The Ultimate Fat Loss Manual For Men*.



The endurance athlete **Will Clarke**

A double British champion and Olympic triathlete, Clarke needs to fuel himself for 1.5km swims, 40km bike rides and 10km runs. And he needs to stay light to remain competitive - every kilo matters.



The fighter **Dan Hardy**

As a top contender for the UFC's welterweight crown, Hardy has to eat to maintain his power and fuel twice-daily training sessions, while staying within the 77kg welterweight limit.



The rugby player **Courtney Lawes**

The only one of our athletes who actually eats to try and pack on the weight, the 115kg rugby flanker uses his extra heft to good effect with England and the Northampton Saints.



The chef **Adam Gray**

Founder and head chef of the Michelin-starred London restaurant Rhodes Twenty Four, Gray eats to stay in shape - his personal best on the 960-step Vertical Rush event is a sterling 5min 59sec.



The coach **Zach Even-Esh**

One of America's most respected strength and conditioning coaches, Even-Esh calls himself the authority on hardcore strength training, and practises what he preaches in the gym and the kitchen.





Fruit and vegetables

Do you stick to the government-mandated five-a-day?

John Briffa I almost always eat some berries as part of my breakfast and I will almost always eat a decent amount of salad or cooked vegetables with both lunch and dinner. I tend to emphasise non-starchy ones, but I eat parsnips. I don't ever drink fruit juice - it's way too sugary.

Will Clarke Triathletes are lucky in that we do so many hours of training, we can eat what we like. If we don't get in the fruit and veg, we'll soon know it because we end up ill. Consistency is the key so I make sure I have a few portions in each meal. Fruit is easier - I take a fruit salad for breakfast or a smoothie from the supermarket.

Dan Hardy I definitely eat more than my five a day. I start the day with a shot of wheatgrass and a green powder drink mixed with grapefruit juice. I usually have blueberries or sliced banana in my porridge too. I'm eating a lot of fresh vegetable soup at the moment, and later in the day, I'll make broccoli a large part of my meal. I eat a variety of fruits and vegetables, snacking on pineapple or mango, or raw carrots. I only drink fruit juice right before or after training.

Courtney Lawes I probably don't get five a day. I drink a lot of orange and apple juice, and get through a lot of coleslaw.

Adam Gray I'll probably have around four or five pieces of fruit a day, then some vegetables towards the late afternoon and evening. My favourites are broccoli, curly kale or carrots.

Zach Even-Esh I eat more than five a day - more during the spring and summer when fruits are more plentiful in my neck of the woods [New Jersey, USA]. If I drink juice, it is only orange juice for breakfast. I do have more fruits than vegetables because they are easier for me - as a busy man with a wife

'I don't drink. I didn't get into the habit when I was young so why start now?'

- Courtney Lawes

and kids, always eating what I want when I want is simply not realistic. The veggies I tend to eat most are asparagus, broccoli and cauliflower. The fruits I consume most are bananas, blueberries, pineapple, oranges and watermelon.



Alcohol

How much booze can you get away with when you're training?

John Briffa Other than the odd special event, I'm a very moderate imbibor. Two glasses of wine and a bottle of beer would be a typical weekly average for me.

Will Clarke I won't touch it until the season's over. You really notice even two units' worth when you train as hard as I do.

Dan Hardy This is the 11th year I haven't had a drink of alcohol. I drank a little in my teens and quickly learned it didn't suit me or my lifestyle, so I quit.

Courtney Lawes I don't drink. I didn't get into the habit when I was younger, and by the time I was 20 and a professional rugby player, I just thought, 'Well, why start now?'

Adam Gray I'll have two bottles of beer and a glass of red wine a week.

Zach Even-Esh I rarely drink alcohol, maybe once a month when I go out I'll drink two beers, preferably Guinness. I might test-drive a glass of red wine on the weekends.



Protein

Where do you get your protein and how much do you worry about it?

John Briffa I never worry because I eat a fair amount of animal protein with each meal in the form of meat, fish and eggs. I don't use soya as an alternative protein - I don't believe I need it and I am not sure about its overall effects.

Will Clarke Most days I take Multipower X-Plode and a recovery bar to recover, and a protein shake. Other than that I always have either fish or meat for my evening meal.

Dan Hardy I make sure I have at least 15g of quality protein at meal times. I don't eat much red meat or dairy proteins. I mainly stick with poultry, eggs and seafood and I add nuts and seeds for convenience.

Courtney Lawes I don't worry about a specific amount of protein, but I try to get a lot in. I'll take shakes to make sure I get it without too much in the way of carbs.

Adam Gray I don't worry about my protein intake because I eat a well-balanced diet.

Zach Even-Esh I used to worry that I had to consume 2g of protein per kilo of bodyweight every day but I'm learning that I build muscle with half that. My sources are simple: grass-fed meat and whole eggs. I removed bread and dairy 12 years ago and my body responded tremendously: leaner, increased energy and more muscle.







Will Clarke My favourite source of healthy fats is avocado, which I put on pizza and in salads. I avoid unhealthy fats because they make me feel rubbish in my sessions.

Dan Hardy A lot of my diet is about what feels right. Everything is cooked in coconut oil or olive oil. I get some saturated fats in my diet from things like eggs but I don't mind a little - apparently it's good for testosterone production.

Courtney Lawes I don't worry too much about fats. I try to get them in through the foods I eat - I always cook with olive oil.

Adam Gray I do try to avoid trans fats and try to eat more polyunsaturated fats, usually in the form of rapeseed oil and fish.

Zach Even-Esh My healthy fats come from mixed seeds and nuts, the skin of chicken and from meat. I use some olive oil on my salads as well. I let my body get healthy fats as often as possible so eating some bacon twice a week doesn't freak me out. If I feel good after eating food and it gives me good energy then I am likely to stick with it.



Carbohydrates

Are white bread and rice really that bad? And if so, what would you recommend?

John Briffa I eat potatoes occasionally, rice hardly ever and bread almost never.

Will Clarke I do eat a lot of bread. I have a sandwich almost every day.

Dan Hardy I eat wholegrain rice and bread mainly. I occasionally eat white potatoes but it's very rare, although I have started eating sweet potatoes more. Closer to the fight, I cut wheat right down so most of my complex carbs come from rice and oats.

Courtney Lawes I definitely get through a lot of ravioli.

Adam Gray I do eat some potatoes and rice, but I try to avoid bread because I find it makes me sluggish.

Zach Even-Esh I avoid bread unless I'm eating out. For rice I prefer brown or wild, and red or brown potatoes.



Food quality

Is there any nutritional advantage in eating organic or free-range?

John Briffa I eat both, but I prioritise whole, unprocessed foods first.

Will Clarke I eat whatever I see first on the shelf and looks the best!

Dan Hardy My diet is about 80 per cent organic - I'm making an effort but it's difficult sometimes. I always buy free-range eggs, mostly organic meat, and ethically caught seafood wherever possible. This is partly for my health and partly for moral reasons - but that's a different interview. It annoys me that organic food/free range is the more expensive, almost luxury option, when it's actually real food, grown or farmed the way it was supposed to be, as opposed to caged, sprayed with chemicals, pumped full of hormones or taken apart and put back together.

Courtney Lawes I don't worry about it, but I do a lot of my own cooking, so I don't eat much processed food.

'I eat healthy fats, so a bit of bacon twice a week doesn't freak me out'

- Zach Even-Esh

Adam Gray I recommend both. It is very important to know where your food comes from and it tastes considerably better.

Zach Even-Esh I eat both as often as possible.



Fat

What's good fat, what's bad fat, and what do you cook with?

John Briffa I tend to eat all fats liberally, other than vegetable oils and processed fats - by which I mean partially hydrogenated and interesterified fats (oil in which the fatty acids have been moved from one triglyceride molecule to another to alter the melting point or slow rancidification).



Hydration

How do you get your two litres a day - bottle or tap?

John Briffa I don't drink tap water. I have a mineral water dispenser in my home.

Will Clarke Tap for sure - we have nice water in England! My preference is to find a spring halfway through a bike ride, though.



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Dan Hardy Either. I drink a lot of bottled water but when the bottle's empty, I don't mind filling it up from the tap.

Courtney Lawes Bottled. I keep loads in the fridge.

Adam Gray Both.

Zach Even-Esh Bottled or filtered.



Supplements

Which vitamins and supplements are really necessary?

John Briffa I take a good-quality multivitamin and mineral, I have some krill oil every day for its omega 3 and antioxidant content, and I take vitamin D each day because I tend to be low. I also take magnesium, because if I don't I tend to get symptoms such as cramp in my feet and legs, and lockjaw when I yawn.

'I can estimate how many grams of each macronutrient are in each meal on sight'
– Dan Hardy

Will Clarke I take Multipower's Multi Vita+ capsules to help aid my recovery, and magnesium.

Dan Hardy I used to be crazy about supplementing my diet but not so much any more. A balanced diet and a good training schedule is all most people need. During training camp, I supplement but it is still very basic. A good multivitamin and fish oil are important, glucosamine sulphate for my joints, and amino acids and CherryActive after training. Closer to the fight, I use green tea extract and vitamin C to help with the weight cut and I sometimes use a probiotic and a digestive enzyme.

Courtney Lawes When I'm doing a weights workout I'll take Maximuscle Cyclone, which has creatine. When I'm just doing conditioning I'll take Maximuscle Promax, which is shorter on the carbs.

Adam Gray The only supplement I take is wheatgrass. It keeps my energy levels up.

Zach Even-Esh I used to take regular creatine supplements and meal replacements but now I'm focused on doing all I can without help. This is more of a mental game than anything else. I prefer all my nutrition to come from real food but if I am having a hectic day I'll consume a meal replacement drink.



Calorie counting

Last but by no means least: do you actually count calories?

John Briffa Never. For me, it's all about quality, not quantity.

Will Clarke No. I have to start the season at 69kg. So if I get to April and the scales are showing 71kg, I just cut out a few snacks.

Dan Hardy No, everything I do is about feel. I weigh myself every morning during camp and that determines what I can eat that day. I adjust my intake of carbs on sight – I've been doing it so long now that I can estimate how many grams of each macronutrient are in each meal. Calorie figures aren't useful.

Courtney Lawes No, I play it by ear. I've been trying to put on a bit of weight recently and I've got a fast metabolism, so I'm eating up to the size I want to be.

Adam Gray I don't count calories, but I am conscious of what I am eating and how it will affect my body, because at 41 you can't just eat as much as you want to.

Zach Even-Esh Hell no! Women do that shit, not real men! ☐

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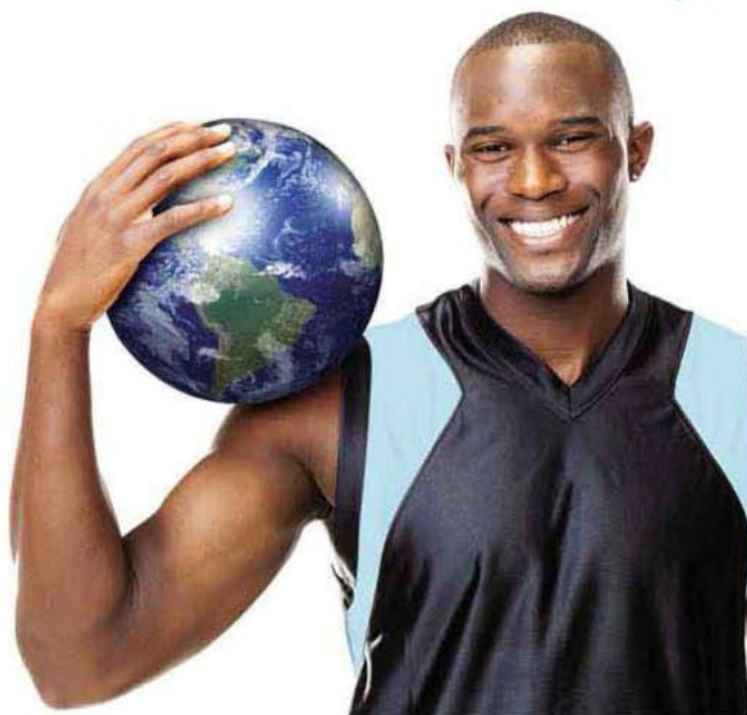
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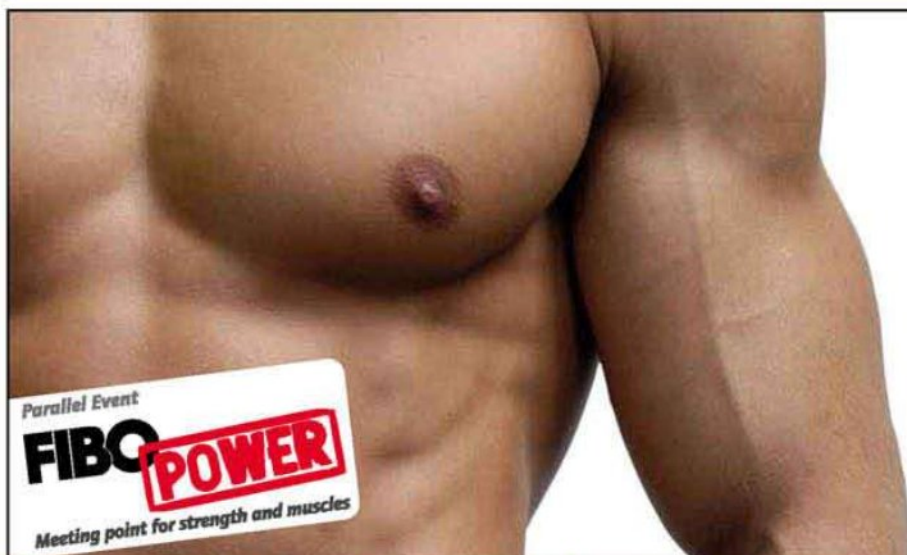
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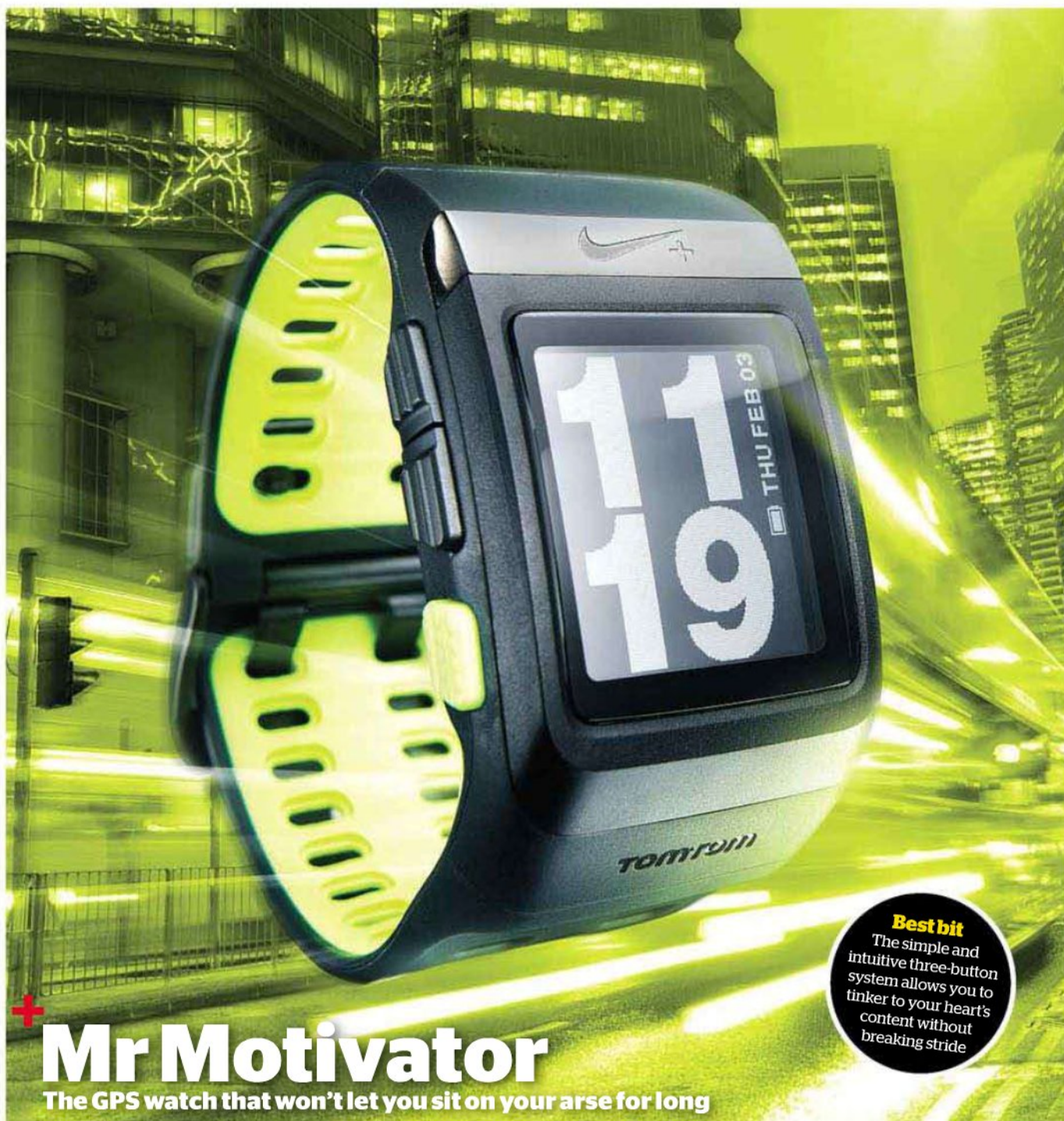
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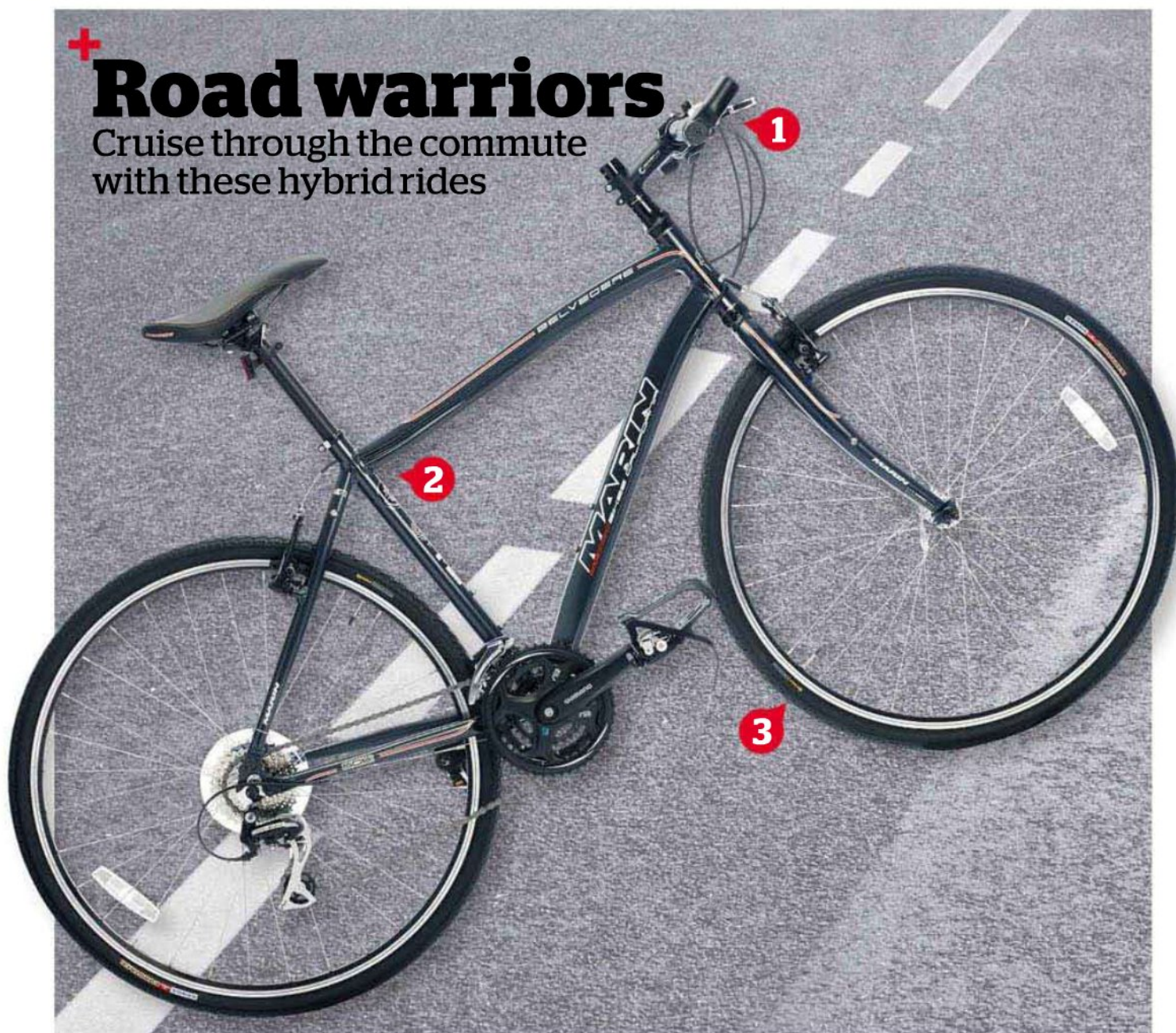
more than five days. It also rewards you for your hard work by acknowledging personal bests and providing post-run encouragement to boost your confidence and help keep you motivated.

The Sportwatch makes it easy to analyse your performance when you get home thanks to a slick USB drive in the clasp,

which lets you upload data to Nike's online training community. There you'll find a catalogue of suggested run routes in your area to help keep boredom at bay, while regularly checking the Run History section will boost your sense of achievement as your times come crashing down. nike.com/uk

+ Road warriors

Cruise through the commute with these hybrid rides



Buying guide

These bikes are built for both speed and robustness, so you need to be clear about what type of cycling you'll be doing before you make your decision. 'It's important to think about what type of terrain you need to cover,' says David Copley of Cycle Surgery. 'Hybrid bikes tend to feature a variety of on- and off-road components, which makes them ideal if you require the best of both worlds. Most bikes can be made commuter-friendly by adding the right parts.'

1 What kind of handlebars do I need?

'Road handlebars drop down to allow you to sit in a more efficient riding position, but they aren't the best option for commuting. A lot of hybrid bikes come with the kind of flat bars you'd usually find on a mountain bike. These offer a comfortable, upright riding position which gives you a clearer view of the road and the traffic around you.'

2 What kind of frame do I need?

'It depends on what kind of ground you'll be cycling on. Road bike frames are lightweight and very efficient, which is great for travelling fast on Tarmac. Mountain bike frames are more rigid and robust. They're better equipped to handle punishment from poor road surfaces and occasional off-road riding, but their added weight will definitely slow you down.'

3 What kind of tyres do I need?

'Again, it depends on what your commute entails. Road tyres are skinnier and provide a faster and more responsive ride, while mountain bike tyres are heavier and knobblier, but allow you to ride more varied terrain. Many commuter bikes come with specific hybrid tyres that are chunky enough to give a comfortable ride without being unnecessarily heavy.'

1 Ridgeback Element £569

The Element's silky aluminium frame is lightweight at 10.9kg and has double-butt joints for a responsive yet durable ride that also looks the business. Don't let appearances fool you though - with mounts for mudguards, this bike isn't afraid of the dirt. It also has Continental Contact tyres with a uniform centre tread for speedy riding on the road.

+++++



2 Giant Rapid 3 £625

At just under 10kg, the Rapid 3 is the lightest and speediest bike on test. It also sits nearest to the road-bike end of the spectrum, with Tektro road brakes and road-style forks fitted as standard. It looks mighty impressive - especially with such a snappy paint job - and is incredibly fast, but it lacks the extra comfort provided by a more upright sitting position.

+++++



3 Marin Belvedere

£499

With speedy road-bike wheels and a comfortable, upright riding position, the Belvedere combines road bike efficiency with hybrid practicality. A triple-butt aluminium frame adds strength and durability that's perfect for off-road shortcuts across the park, while fitted bar ends offer a good climbing grip for any uphill stretches.

+++++



4 Cube Bikes Hyde Comp

£499

As far as hybrids go, the Hyde Comp has distinctly off-road leanings. With a chunky frame and wider than average Schürmann Yak hybrid tyres, it wouldn't look out of place on a trail. Shimano M445 disc brakes provide first-rate stopping power to keep you safe on the road, while Easton EA30 aluminium riser bars are specifically angled to give you the most comfortable riding position possible.

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5 Specialized Sirrus Sport

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With its slick, curvaceous frame, the Sirrus Sport is guaranteed to get you noticed on your way to work. Aside from its cheap, non-branded V-brakes, there's very little to suggest that it's the least expensive bike on test. The carbon forks have Zertz inserts to dampen vibrations on bumpy roads, while gear changes are smoothly handled by a Shimano Alivio rear derailleur. For value for money, look no further.

+++++



6 Trek 7.3FX

£500

The fast-rolling 700C wheels will allow you to beat the traffic with ease on this well-specced hybrid. Gear changes are smooth and precise thanks to a Shimano M191/Deore drivetrain system, while Bontrager All Weather Hardcase tyres come with triple puncture protection to make blowouts less of a worry. IsoZone dampening technology ensures a seriously smooth ride too.

+++++

All bikes are available from cyclesurgery.com



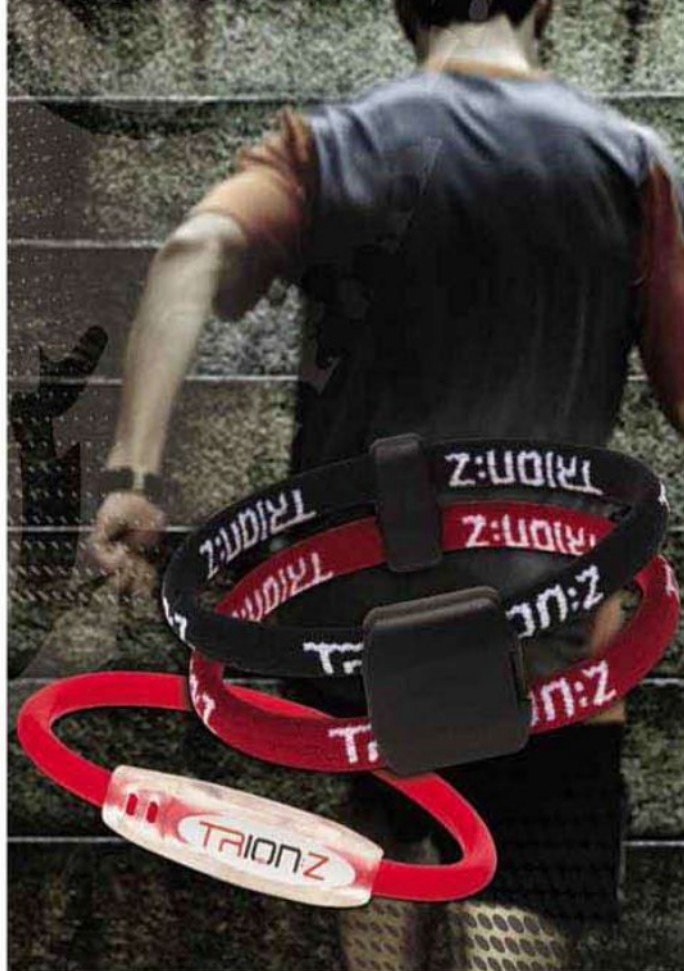
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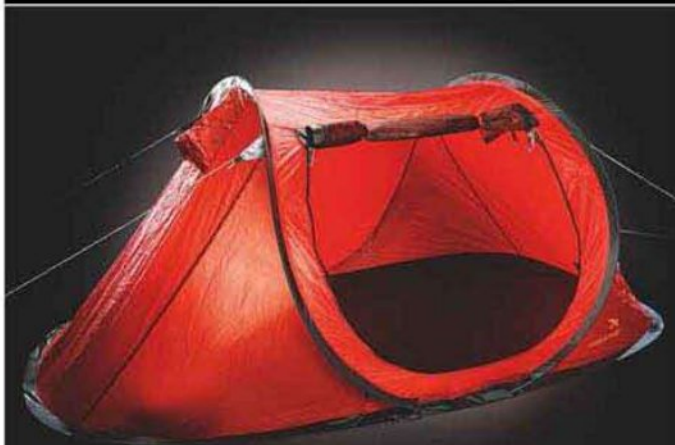
facebook.com/hairloss

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Perfect pitch

The great outdoors will be even greater with one of these tents

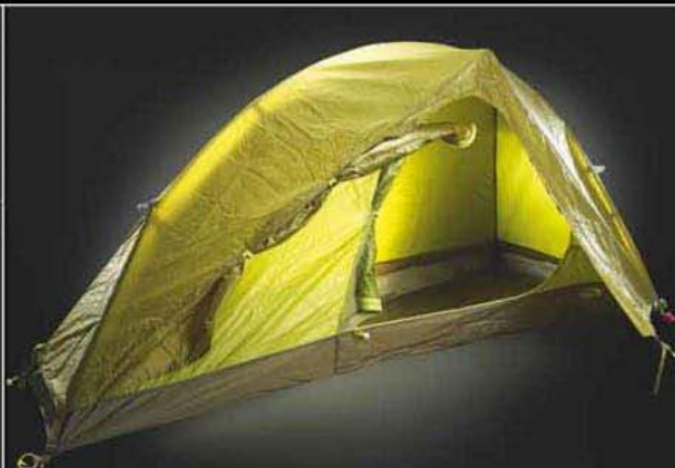


Best for ease of assembly

1 Easy Camp Jester £49.99

If laziness is all that's coming between you and a wilderness adventure, a pop-up tent is just what you need. This relatively recent innovation provides the ultimate in camping simplicity - all you have to do is unzip the circular carry bag and they spring into shape of their own accord, fully assembled. The Jester sleeps two people and unlike many pop-ups it's waterproof, making it an ideal choice for festival-goers or casual campers.

easy-camp.com



Best for adventure racing

2 The North Face Mica 1 £210

When it comes to adventure racing, keeping excess weight and bulk to a minimum is crucial, especially since you normally have to carry your own tent. With this in mind, The North Face has made the one-person Mica as light and compact as possible. Its bagged size of 50cm by 14cm and total weight of just 1.44kg certainly won't slow you down on the trails. A simple clip pitch makes it mercifully quick to assemble after a hard day's racing.

thenorthface.com/uk



Best for weather resistance

3 Marmot Asgard 3P £550

Heading off into the wild with an under-equipped tent is asking for trouble. Thankfully, the Asgard 3P is fully equipped to deal with the most extreme mountain conditions. Its strong, domed design can handle powerful crosswinds and heavy snowfall, making it ideal for an expedition base camp. Pole sleeves on the outside of the tent allow you to erect it in the rain without exposing the inside to moisture, ensuring your stuff doesn't get soaked in the process.

marmot.eu



Best for value

4 Wild Country Aspect 2 £165

Budget tents can be a risky proposition, but the Aspect 2 provides a quality camping experience without cutting corners or costing the earth. Steep sides give its interior - which can sleep two people comfortably or three at a push - a spacious feel. It's easy to pitch thanks to a simple two-pole system as well as highly portable at just 2.2kg. A half-mesh door and roof vents provide ventilation without letting out too much heat, adding to its seasonal versatility.

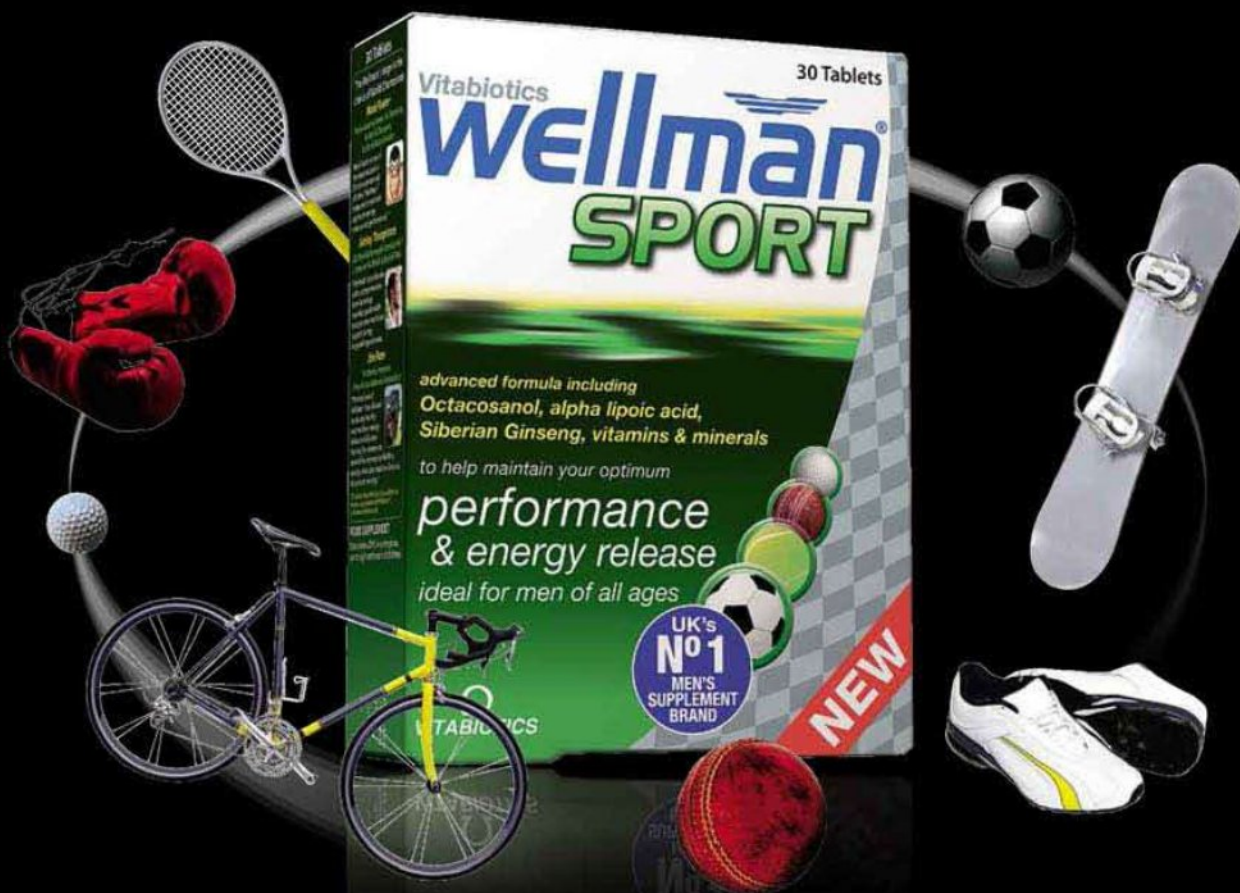
terra-nova.co.uk



You'll find additional tent reviews at mensfitness.co.uk/links/moretents

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The Wellman® range is the choice of World Champions

Mark Foster Professional swimmer, 6x Olympian, 6x World Champion, 6x World Record Holder "Wellman® helps me to maintain optimum energy release and performance."	Ashley Theophane CIBC World Waterweight Champion No.1, Contender For British & English Titles "Wellman® provides me with a comprehensive formula and gives me nutritional support during my gruelling workouts."	Jim Rees Triathlete, Ironman, Six Across America elite athlete "Wellman® has allowed me to stay healthy and maintain energy release when training for extreme endurance events like Ironman or RAAM."
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Prof. A. H. Beckett
OBE, PhD, DSc
Professor Emeritus,
University of London

A. H. Beckett

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The Wellman® range is available from selected Boots, Superdrug, supermarkets, Holland & Barrett, GNC, Lloydspharmacy, pharmacies & health stores.

Vitamin supplements may benefit those with nutritionally inadequate diets.

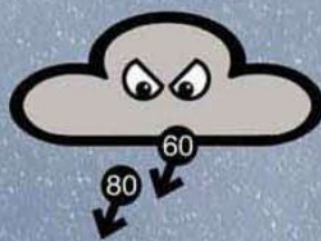


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Gillette
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Smells like summer

Freshen your scent with the smells that are set to be big this season

Carolina Herrera 212 MEN POP

If winter were a piece of art, it might be a bleak scene by depressive Norwegian symbolist painter Edvard Munch. Summer, on the other hand, would be a more colourful and vivacious work. That's why the new limited-edition summer version of 212 MEN is inspired by the vibrant pop art movement. The citrusy smell is pretty lively too. **£36 for 100ml**
Available nationwide



Jean Paul Gaultier Le Male Stimulating Summer

If you've always wanted a tattoo but are nervous about going through with it, buying Jean Paul Gaultier's new Le Male fragrance is a safer alternative to ink. The trademark male torso bottle has been decorated with an array of Maori-inspired motifs, while the scent is mellow, with lavender and vanilla for a restrained effect. **£37.50 for 125ml**
Available nationwide



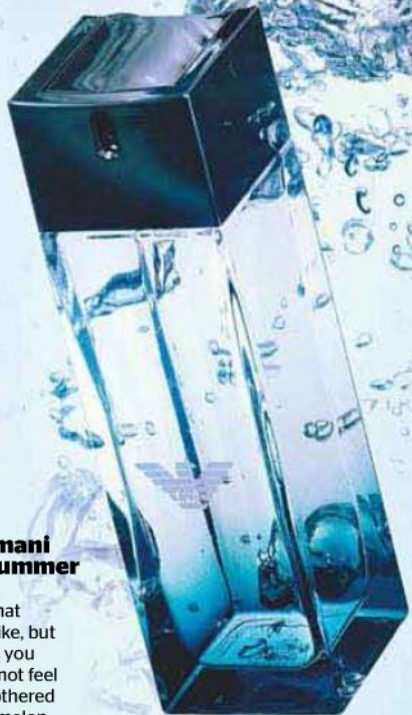
L'Eau D'Issey Pour Homme Summer

Issey Miyake promises its new fragrance will take you on a 'voyage to the heart of a lagoon. But don't worry about facing off against unpleasant deep-water dwellers - this is a metaphorical trip through sparkling coral and blue water. And when you splash it on, you'll get a complex and confident blend of citrus and spice. **£37.50 for 125ml**
Available nationwide



Emporio Armani Diamonds Summer For Men

We're not sure what diamonds smell like, but Diamonds makes you smell - although not feel - as if you've smothered yourself in watermelon juice. There are also hints of mint and lemon in there, making this a reliable yet energetic option. **£34 for 75ml**
Available nationwide



Paul Smith Optimistic For Him

This was launched as a direct response to the doom and gloom caused by the global economic crisis and, as you'd expect from such an upbeat starting point, the scent is light and clean. It certainly has the power to make you smell nice - whether it can address the fiscal deficit remains to be seen. **£49 for 100ml**
boots.com



WHAT'S NEW

Rapha cycling skincare

High-end cycling kit maker Rapha has created a range of skincare products to soothe and cleanse cyclists' raw bits, and each product gives a nod to Rapha's heritage by using fragrances of plants that grow on Mont Ventoux, scene of many epic Tour de France feats. The cream is to prevent saddle

chafing (so no prizes for guessing where you rub it), the winter embrocation will keep skin warm and protected on cold days on the road, and the soap is perfect for washing leather gloves and your body.

Rapha skincare range From £7 rapha.cc/shop/skincare



WHAT'S NEW

Clinique Even Better Clinical Dark Spot Corrector

Unless you have been using illegal stem cell technology in your grooming routine, there's a fair chance you have either age-related blemishes or sun damage somewhere on your face. Clinique's new Dark Spot Corrector will aid imperfections and improve skin clarity and tone. Key ingredients include the botanical extract dianella ensifolia and absolutely no embryos.

£52 for 50ml



WHAT'S NEW



head&shoulders For Men Limited Edition

If anything is flaky about Jensen Button in the upcoming formula one season, it won't be his scalp - not with this limited-edition dandruff-fighting shampoo.

£2.39 for 100ml Available nationwide

ON TEST

Face scrubs

Do your pre-shave prep with these exfoliating scrubs



Dermalogica Daily Clean Scrub

£24 for 120ml

Everything about this scrub is gentle, from the subtle lemon smell to the way the aloe vera gel caresses away dead cells and leaves your skin looking clean and calm.

dermalogica.co.uk



Clinique Face Scrub

£16 for 100ml

If your face gets oily, try this non-greasy light brown liquorice-scented gel, which uses modestly sized grains to slough away dead skin cells and lift ingrown hairs.

cliniqueformen.co.uk



Kéraskin Olea Scrub Gel

£31 for 100ml

This bottle dispenses rich, earthy gel without having to remove the cap and the grains cleanse your skin and prepare your stubble for a shave.

kerastase.co.uk



Bulldog Original Face Scrub

£4.99 for 100ml

The beads in this modestly priced scrub, which smells like a herby lemon cheesecake, are aggressive but effective. The essential oils make up for the pumice battering.

meetthebulldog.com

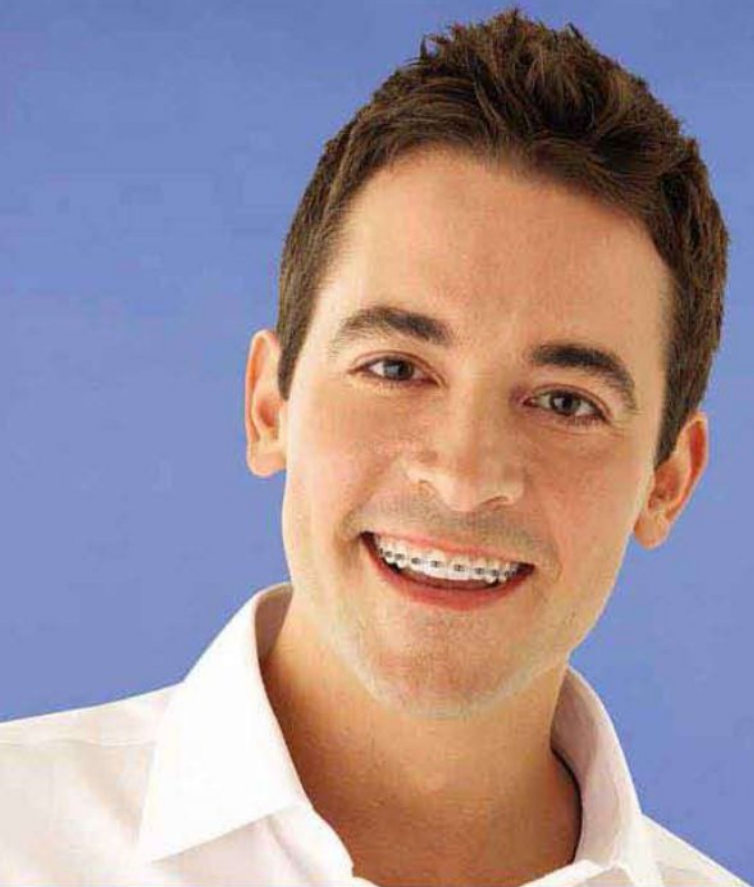


Gillette Series Thermal Scrub

£6.99 for 100ml

This scrub heats up when it comes into contact with your face, softening your stubble. The small, almost apologetic, grains do a good exfoliating job.

Available nationwide



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Out There

Edited by Chris Miller

Live life in the fit lane

Downhill mountain biking

Fast track

Who would go to a ski resort in summer? Someone who wants to try the most exhilarating thing you can do on two wheels. *MF*'s Matthew Ray takes on some of Europe's steepest descents

Why would you go to a ski resort for mountain biking?

Downhill mountain bikers can hit 95km/h on trails that are just wider than their handlebars - and ski resorts are ideally set up for thrilling rides from the top of the mountain down to the valley floor. I tried it at the resorts of Les Arcs and La Plagne, and at the latter I rode from the glacier at the top of Roche de Mio at 2,700m down to the Montchavin-Les Coches bike park at 1,250m - downhill all the way. That's why.

Does riding on Alpine ski slopes have any special requirements?

You're going to need a bigger bike. The super-fast descents, big drops and mountain rock gardens require more suspension and bulkier frames than the bikes you use at British trail centres. Fortunately you can hire them at the resort and although they're heavier, you don't have to pedal or push your bike back to the top after you get to the bottom of a white-knuckle run. Simply rack the bike on a chairlift and rise back up the mountain in comfort.

So it's all downhill? That doesn't sound like hard work...

Think again. I got a nasty shock halfway down La Cacheette downhill run in Les

Arcs, which plummets 550m in the space of just 3.3km of trail. In a steep, narrow, muddy section I realised the terrain was so challenging that my muscles were failing to hold the bike on course. My thighs were burning and my arms were completely rigid, which meant I couldn't lift the front wheel over boulders, so I just kept smashing into them and pinballing off.

'The terrain was so challenging that my muscles were failing to hold the bike on course'

That sounds bad. Did you manage to solve the problem?

In the instruction classes before I hit the trails, I'd been told to bend my knees more - if my arms got tired it would be because I wasn't working my legs enough. Pedalling harder works like extra suspension. I also needed to widen my stance on the bike to let it move around under me. With a narrow



Paradiski MTB by the numbers

350km

Total distance of
dedicated trails
in Paradiski

1,400m

Vertical descent from
Les Arcs Cachette
downhill/singletrack
run to the valley floor

22km

The longest
singletrack run in
La Plagne

2,700m

Total descent in the
highest run

95km/h

MF's top speed

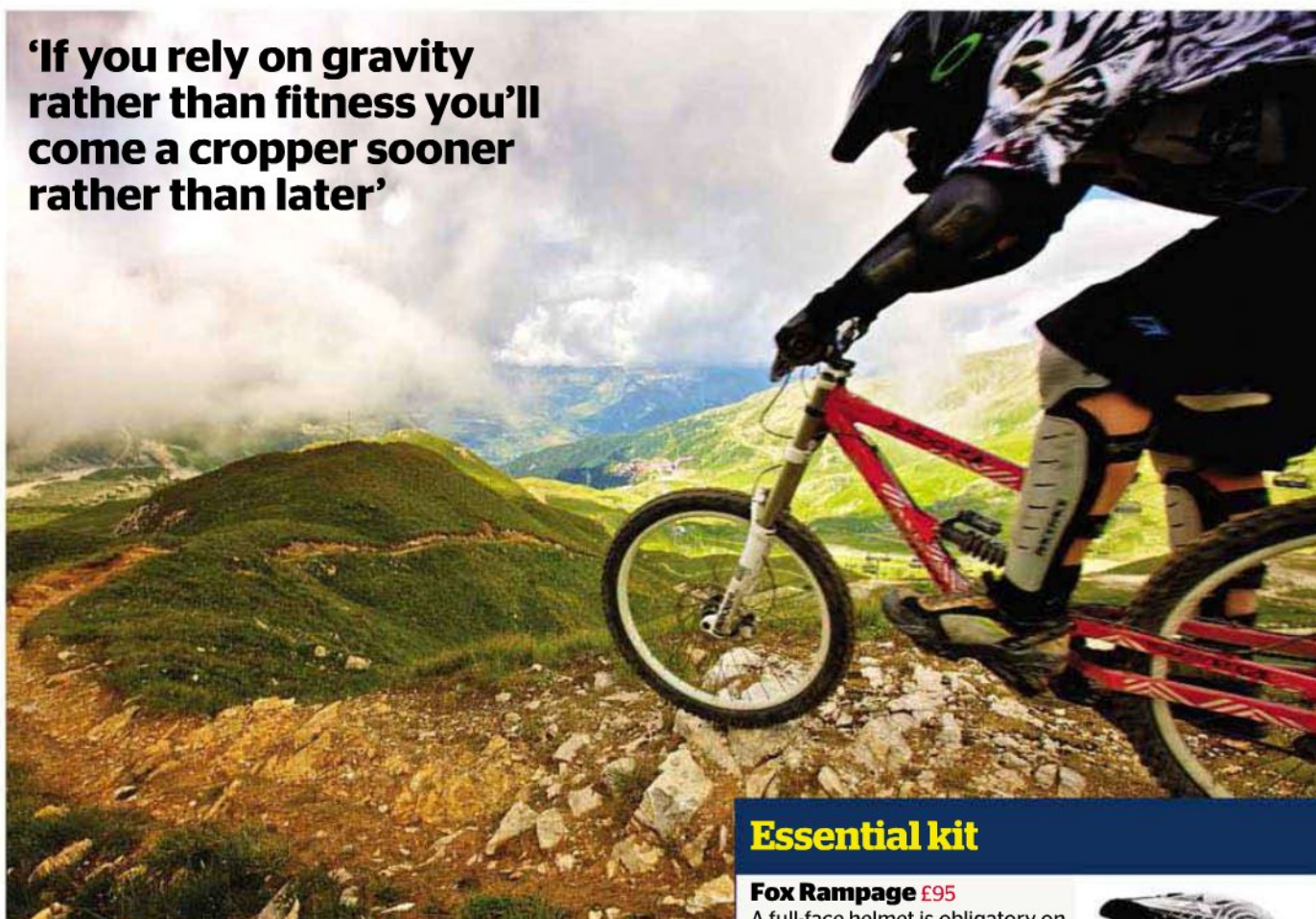
8

MF's crashes

0

MF's injuries

'If you rely on gravity rather than fitness you'll come a cropper sooner rather than later'



Essential kit

Fox Rampage £95

A full-face helmet is obligatory on fast, rocky runs. This comfortable, lightweight one is well ventilated to stop you overheating.

foxeurope.com



Trek Scratch 8 £3,000

This freeride monster has been engineered to be manoeuvrable and still handle big drops. It's not cheap but you can hire one.

trekbikes.com



Oakley Mayhem MX £60

These goggles are vented to stop you steaming up, while the nose protector comes in useful if you go down face first (and you almost certainly will).

oakley.co.uk



Alpinestars Moab £74.99

Downhill world champ Greg Minnaar uses these knee guards, which are sturdy enough to protect you but light enough to stop you building up an uncomfortable sweat.

alpinestars.com



Osprey Raptor 14 £85

This cycling-specific pack is big enough to carry a waterproof top, food and three litres of water in its hydration pack - and it's still light enough to ride with all day.

ospreypacks.com



stance, the bike hits the inside of your knees and your weight isn't centred above it so you can't keep it steady.

Is there a difference between a downhill run and a singletrack?

A singletrack is a long trail the width of a single bike wheel, while downhill runs are carved out of the mountain with heavy machinery. Downhills have wide, banked corners, a liberal scattering of hefty boulders, shaped jumps such as tabletops (see over), and wooden plank or 'North Shore' sections.

Do you fly off the big man-made jumps as you would if you were on skis?

The jumps are designed to give you maximum airtime and, as with skiing, you need to have enough speed to clear the zone immediately after the jump so that you land on the steep downslope, letting you run off your momentum. I built my confidence up with smaller jumps before moving on to the big ones. The buzz you get when you realise that your wheels have really left the ground is intense.

What's the trick to taking banked corners?

The way to tackle these - they're known as berms - is not to go wide



The adrenaline rush is amazing as MF's Matt gets airborne



The great thing about riding ski slopes - you don't have to push your bike back up

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WHY WE THINK EVERYONE SHOULD HAVE A MAMMOTH MATTRESS >>

If you are looking for a great nights sleep, help with back pain and/or improved performance, read on.....

Hailed as the 'ultimate health mattress', Mammoth's new sport mattress range has been tried and tested by many of the UK's top athletes, including Premiership & England footballers, rugby players and Olympians. Passing rigorous testing, this mattress is having a huge impact on sports performers as well as health and fitness enthusiasts generally, thanks to Mammoth's V-Max technology structure. V-Max is a trio of technologies that combine to make the ultimate health mattress.

(1) First in the V-Max technology trio is Mammoth's use of 'high-specification foam'.

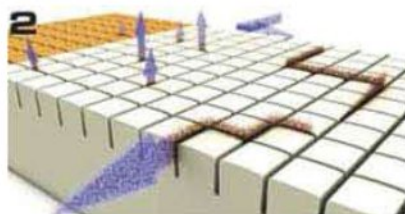


High-Specification Foam
for Postural Support & Comfort

Unlike memory foam which is known to overheat causing discomfort and dehydration, this new superseding medical material is even recommended by the Department of Health, thanks to its cooling properties. Mammoth's research and development team

has taken the technology one step further by creating 'castellated zones' that mimic the shape of the body for the ultimate in postural support, spinal alignment and back care.

(2) Secondly, cooling air-flow channels between the castellations allow the mattress to shed excess heat and moisture, so you do not get hot and sweaty in the Summer months.



Cooling Air-Flow Channels
for Deep Sleep

Ensuring a tranquil deep sleep, the castellations also work independently so you are not disturbed by your partner during the night.



The Mammoth: Making the
Independent's top 50 Fitness Essentials

**SPORTS PERFORMANCE
AND RECOVERY SPECIALISTS**



"I've just made one of the best sleeping investments of my running career and got a fantastic Mammoth mattress. It's really helped with recovery and quality sleep."

British Olympian
Liz Yelling

Finally completing the V-Max trio, is the luxurious **HydraFlex stretch sports fabric** which provides breathability and adaptability on the skin to give you and your partner the ultimate in comfort.

For Mens Fitness readers at only £349 for a double until the end of May, can you afford not to invest?

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This isn't much like cycling to work, unless you're a goatherd

but to push the bike into the corner, because this makes your tyres bite and maintains your grip. Rather than braking during the turn you should reduce your speed beforehand so you can accelerate out of it (see the box 'All Downhill' below). Some corners are short and fast - I found I had to whip my head around sharply to see the exit in time to turn.

Any other techniques that would come in useful?

Bunnyhopping is an essential skill for lifting your front wheel over rocks that you can't avoid and over the lip of tabletop jumps so that you don't nosedive once you're airborne. You push down on the

'You need to look at what's ahead of you. At speed if you spot an obstacle closer than 10m, it's too late'

bars then scoop them forwards and up, but it has to be slow and smooth to work (see the box 'All Downhill' below). Like most people I tried to do it too fast at first and had a couple of ungainly crashes.

Is there a technique to riding singletrack?

Yes. With so little room to manoeuvre in the steep corners you face in

singletracks such as La Plagne's Plangnant run, you lean your feet inwards and outwards on the pedals just as you would when skiing or snowboarding. I found this helped to turn and gave a feel for what the bike was doing. You also need to look at what's ahead of you rather than under your wheels because at speed if you spot an obstacle when it's closer than 10m, that's too late.

Is aerobic fitness important or does gravity just do all the work?

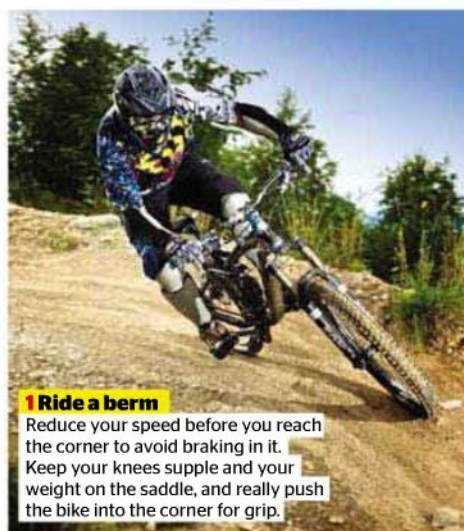
If you rely on gravity you'll come a cropper sooner rather than later. A downhill or steep singletrack run is a bit like doing high-intensity interval training. If you can't recover quickly between efforts in the thinner mountain air then you're going to suffer and you'll dig too deep into your emergency anaerobic system for your muscles to fire explosively when they need to.

What personal kit should I pack?

It got surprisingly hot even high up on the mountain so wicking, lightweight kit is essential - but make sure your top is long-sleeved, because that's useful in a tumble. But even in the summer, you should always carry a good-quality windproof or waterproof outer layer in case you get on the chairlift in warm sunshine and step off it at the top into a blizzard. I learned this the hard way. ☐

Thanks to Paradiski (paradiski.com). The resorts of Les Arcs and La Plagne are open from June to October for downhill mountain biking, although the ski lifts are available only in July and August. Day passes start at €15 (around £12.65). For more information see lesarcsnet.com and laplagnet.com.

All downhill Learn these tricks to ensure your experience is exhilarating rather than painful



1 Ride a berm

Reduce your speed before you reach the corner to avoid braking in it. Keep your knees supple and your weight on the saddle, and really push the bike into the corner for grip.



2 Jump a tabletop

Push down on the handlebars as you're about to clear the lip, then scoop the bars up. Bend your knees to let the bike come up, then aim to land on the downslope of the tabletop.



3 Ride a North Shore wall

Visualise your line, then get onto the wall early with enough speed to grip. Don't point the bike too high and push the bike into the wall for grip.

Name: TrekAmerica Travel**Occupation:** USA Adventure Specialists

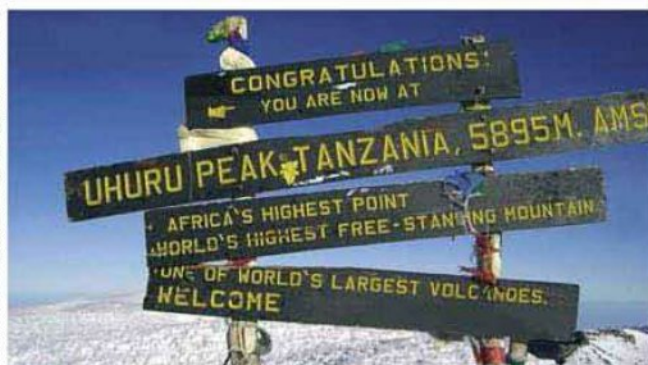
TrekAmerica has been the leader in small group adventure travel to North America since 1972. Specifically created for young, international travellers aged between 18 and 38, TrekAmerica offers over 50 unique itineraries, from three-day mini-adventures to epic 64-day road trips.

TrekAmerica is proud to have been voted Best Tour Operator

to the USA in the 2010 British Travel Awards, as well as winning the silver award for Best Special Interest Adventure Tour Operator.



■ **More info:** To request TrekAmerica's 2011 brochure or to book call 0844 576 1429 or visit www.trekamerica.co.uk/mf.

**Name:** Intrepid Travel**Occupation:** Global exploratory adventures

Just imagine - you and your mates standing on the summit of Mount Kilimanjaro, Africa's highest point, at sunrise. Intrepid Travel is offering small groups of friends up to 25 per cent off its whole range of Active trips departing before 30th November 2011.

Intrepid Travel's top 5 Active challenges

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- 2 Trek to Everest Base Camp from £585 - saving £195
- 3 Hike the Inca Trail from £575 - saving £190
- 4 Cycle Vietnam from £829 - saving £276
- 5 Hike & bike Morocco from £544 - saving £181

Win a trip to Peru! Visit our Facebook page in April for your chance to win a trip for you and ten mates to hike the Inca Trail. Visit www.facebook.com/intrepidtravel.

■ **More info:** For the full offer and competition details visit www.intrepidtravel.com/mensfitness from 1st April or call 020 3147 7777.

**Name:** Prostate Cancer Research Centre**Occupation:** Raising money for male cancer research**Snowdon500 Challenge 2011****When is the Snowdon500 Challenge taking place?**

The Challenge will take place on 21st and 22nd May.

How much money will I have to raise?

As much as you can, but we're asking all participants to raise at least £250.

What routes will be used?

After signing in and receiving a pre-climb briefing, walkers will be taken to Pen-y-Pass to start the challenge using either the spectacular Miners' Track or the Pyg Track.

How long will it take?

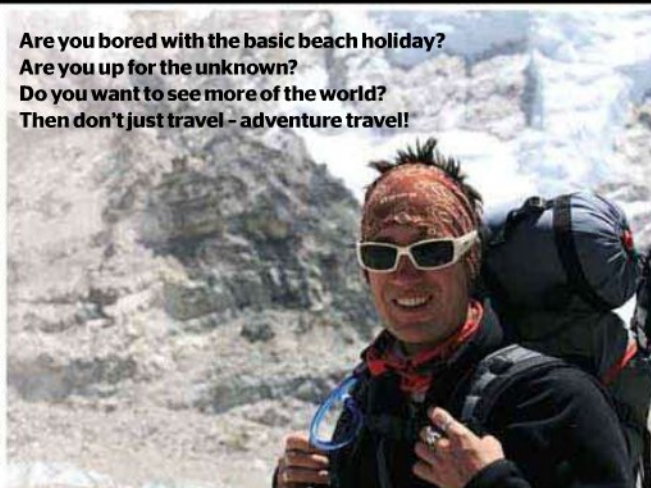
Experienced walkers with good fitness levels should take about five hours. Less experienced walkers can expect to take a little longer. Remember the Snowdon500 is not a race but a personal or team challenge to raise vital funds for prostate cancer research.

£1 of each registration fee will be donated to the Llanberis Mountain Rescue Team.

■ **More info:** visit www.snowdon500.co.uk or call Matt on 07503 782616

**Name:** Imaginative Traveller**Occupation:** Organising affordable adventures

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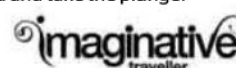


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OFFER CODE: P1105



1 **Gloves Amateur Boxing Club, Bolton**

Fight style **Boxing**

What it offers Set up in 2008 as a safe place for local youths to learn to box, Gloves ABC has quickly become one of the premier boxing establishments in the country and has a team of qualified ABAE coaches at the helm.

Why you should fight there The gym has already produced nine regional champions and an ABA national champion in its short existence. And if that's not enough of an endorsement, the club was also recently named as an official pre-games camp for the London 2012 Olympics.

Anything else? Gloves is the brainchild of Olympic silver medallist and current WBA light welterweight champion Amir Khan and if you're lucky, you might even catch a glimpse of the champ himself - he uses Gloves as a final pre-fight base for all his UK bouts.

glovesabc.co.uk

2 **Urban Kings, London**

Fight style **Mixed martial arts**

What it offers All-in-one fight training and a gym that's better equipped for functional training than any high street chain around. The mixed martial arts class is taught by Peter Irving, a veteran fighter in his own right.

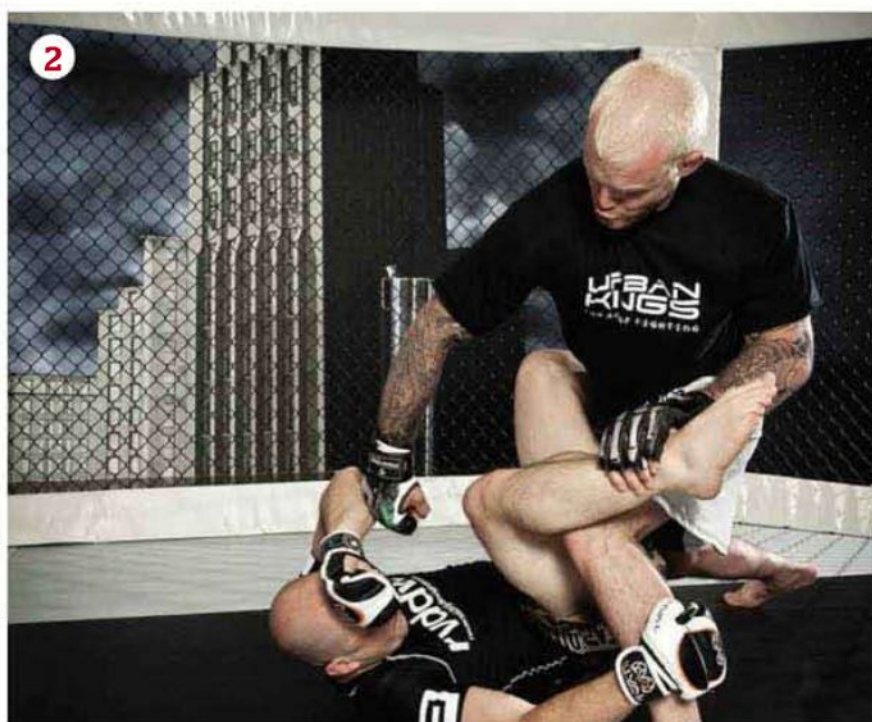
Why you should fight there Although it's relatively new, Urban Kings already has a flourishing fight team with some top UK up-and-comers, and regularly sees well-known fighters such as Paul 'Semtex' Daley drop by. For those interested in more than simple celeb-spotting, though, their Brazilian jiu jitsu, wrestling and striking coaches are all top-notch.

Anything else? Urban Kings occasionally hosts seminars with the likes of former UFC champ Chuck Liddell and strength and conditioning legend JC Santana, which are discounted - and sometimes free - for members.

urbankingsgym.com

5 **Best places to learn to fight**

It's not outside the pub at closing time. For real fighting skills and fitness, try these gyms



3 Roger Gracie Academy Notting Hill, London

Fight style **Brazilian jiu jitsu**

What it offers The chance to get in on one of the world's fastest-growing martial arts. Based on joint locks and choke holds, and mostly contested as a floor-based scramble, Brazilian jiu jitsu is nevertheless a highly effective martial art, making it perfect for people with an aversion to being punched in the face.

Why you should fight there It's the home of perhaps the planet's best grappler.

Training with Roger Gracie, who holds ten gold medals at the sport's highest level, is roughly the equivalent of popping to the municipal tennis court to knock up with Rafael Nadal. And there's always the chance of seeing other big names - UFC welterweight champ Georges St-Pierre occasionally drops in to swap fighting tips.

Anything else? Roger also has an academy in Kilburn, north London, and affiliates from Hampshire to north Wales. If you train at one, you're welcome at the rest.

rogergracie.com



4 Master Sken Academy, Stockport

Fight style **Muay Thai**

What it offers With its deadly combination of kicks, knees, punches and elbows, Muay Thai is arguably the most effective striking art in the world. Fully equipped with hanging bags, speedballs, weights and a full-size boxing ring, Master Sken Academy is an ideal place to develop your skills, whether you're a humble beginner or an experienced fighter.

Why you should fight there It's one of the few schools outside Thailand where you can learn from a genuine Thai Grandmaster.

Master Sken was one of the first Thais to bring his art to the West more than three decades ago. His teaching is now world-renowned, and he has numerous British, European and world champions to his name.

Anything else? You can learn Muay Thai alongside the rest of the family - Master Sken offers women's and junior classes, starting at white-belt level.

mastersken.com



5 The Budokwai, London

Fight style **Judo**

What it offers Training in the Olympic art of throwing people over your shoulder very quickly, alongside supplementary classes in karate, aikido and BJJ.

Why you should train there Founded in 1918, the Budokwai is a mecca for serious judo practitioners, having seen the likes of Brian Jacks, world champion Neil Adams and Olympic silver medallist Ray Stevens training on its well-sprung floors.

Anything else? Judo is one of the few sports in which an ordinary person can be taught by - or thrown by - an Olympian, and gold medallist Kosei Inoue makes regular appearances on the Budokwai's mats.

thebudokwai.com



Try some of the MMA conditioning workouts you'll find at mensfitness.co.uk/links/mmamfit

DO SWIM BIKERUN

DO HUMAN RACE EVENTS



KIDS **DUATHLON** **OPEN WATER SWIMMING** **TRIATHLON** **SCOOTATHLON** **RUNNING RACE** **TRAINING** **OFF-ROAD**

UPCOMING

DATE	EVENT	DESCRIPTION	VENUE
Sat 14th May	Eton Super Sprints	Triathlon: 400m Swim, 20km Bike, 5km Run	Dorney Lake, Eton
Sat 14th May	Swim Seminar	Training: Open Water Swimming	Dorney Lake, Eton
Sun 15th May	Eton Super Sprints	Triathlon: 400m Swim, 20km Bike, 5km Run, Scootathlon (4-8 Yrs): 400m Scoot, 400m Bike, 250m Run	Dorney Lake, Eton
Sun 15th May	Triathlon Training Day	Training: Seminar designed for those new to Triathlon.	Dorney Lake, Eton
Sat 21st May	Open Water Swim Seminar	Training: Open Water Swimming	Dorney Lake, Eton
Sat 21st May	Dorney Super Sprints	Triathlon: 400m Swim, 20km Bike, 5km Run	Dorney Lake, Eton
Sun 22nd May	Eton Half (Beijing Qualifier and Public) & 3Quarter Olympic Triathlon	Half Olympic Triathlon: 750m Swim, 20km Bike, 5km Run (Individual & Relay) 3Quarter Olympic Triathlon: 1000m Swim, 30km Bike, 7.5km Run (Individual & Relay)	Dorney Lake, Eton
Sun 22nd May	Shock Absorber WomenOnly Triathlon Training Day	Training: Seminar designed for women new to Triathlon	Dorney Lake, Eton
Sat 28th May	Speedo Open Water Swim Series - Eton	Swimming: 750m / 1500m / 3km / 10km	Dorney Lake, Eton
Sun 12th June	Toshiba Windsor Triathlon SOLD OUT	Triathlons: 750-1500m Swim, 30-42km Bike, 5-10km Run CHARITY PLACES AVAILABLE	Windsor
Wed 22nd June	220 Triathlon Evening Series (Race 1)	Triathlon: 750m Swim, 20km Bike, 5km Run	Dorney Lake, Eton
Sun 26th June	Children, Youth & Junior Open Water Triathlon	Triathlon: (9-19 yrs): 100-400m Swim, 2-10km Bike, 1-2.5km Run Scootathlon: (4-8 yrs): 400m Scoot, 400m Bike, 400m Run	Dorney Lake, Eton
Sat 2nd July	Shock Absorber WomenOnly Triathlon	Triathlons: 200-800m Swim, 5-30km Bike, 2.5-7.5km Run	Dorney Lake, Eton
Sun 3rd July	Speedo Open Water Swim Series - Windsor	Swimming: 750m / 1500m / 3km	Windsor
Sun 3rd July	SteelMan Triathlon	Triathlon: 300-1500m Swim, 30-40km Bike, 3-15km Run	Dorney Lake, Eton
Wed 6th July	220 Triathlon Evening Series (Race 2)	Triathlon: 750m Swim, 20km Bike, 5km Run	Dorney Lake, Eton
Sat 9th July	BananaMan Triathlon	Triathlon: 800m Swim, 30km Bike, 7.5km Run (Individual, Relay & Team Time Trial)	Dorney Lake, Eton
Sun 17th July	Speedo Open Water Swim Series - Hampton Court	Swimming: 2.25 miles in the Thames River	Hampton Court
Wed 27th July	220 Triathlon Evening Series (Race 3)	Triathlon: 750m Swim, 20km Bike, 5km Run	Dorney Lake, Eton
Wed 10th Aug	Evening Series (Race 4)	Triathlon: 750m Swim, 20km Bike, 5km Run	Dorney Lake, Eton
Sun 21st Aug	Speedo Open Water Swim Series - Marlow	Swimming: 750m / 1500m / 3km	Marlow



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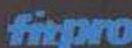
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Midsummer Madness

Push your legs and lungs to the limit in this challenging trail run

The details

What Midsummer Madness

When 19th June 2011

Where Wellingborough, Northamptonshire

Fitness level Intermediate to advanced

Disciplines Trail running

Details gobeyondultra.co.uk

What to expect

Despite its picturesque backdrop - the woodlands of Irchester Country Park near Wellingborough - this is a tough trail run that's not for the faint of heart or weak of ankle. Its series of punishing hills will soon take your mind off the leafy surroundings. With 10km, 20km and 30km options available, it provides an ideal challenge for new off-roaders and experienced trail runners looking to test themselves on a punishingly undulating course.

'It's a tough trail, not for the faint of heart or weak of ankle'

Expert tips

'The initial downhill section of the course is fairly easy,' says event organiser Steve Adams, 'but don't let this lull you into a false sense of security. After 400m, you hit an incredibly steep 80m climb with a 30 per cent incline followed by a series of hills, although there's a gentle downhill section to lead you to the finish line. It's important to try to catch your breath here because you'll need it for the laps that follow, when the hill sections are guaranteed to be a lot tougher on your aching limbs.'

Essential kit

Asics Gel-Trabuco 13 G-TX £95

To tackle this race you'll need a versatile shoe. The Gel-Trabuco 13 provides excellent traction to give you a firm footing when you're scrambling up and down hills, but it's still light enough that it won't slow you down on the flat sections. A rock protection plate will keep your forefoot safe from stones and debris.

asics.co.uk



Total course ascent
711m

The woodland run will challenge new off-roaders or experienced trail runners



Be prepared for some punishing uphill climbs

Turn over for our eight-week Midsummer Madness training plan

Midsummer Madness eight-week training plan

Get ready for 30km of testing hills and tricky terrain by training for a variety of distances and tempos



Guy Travers
is race director for Go
Beyond Ultra events
(gobeyondultra.co.uk)

'This plan is designed to help runners with distance experience to adapt to the challenge of off-road running with its constantly changing gradients. It includes interval work to work on speed and longer runs to build up your stamina. If you plan on entering the 10km or 20km races, scale down distances accordingly. The first few weeks focus on aerobic conditioning, getting you into a routine and preparing you for some of the tougher sessions ahead. The midweek bike sessions can be done in the gym, but you should get out on the road whenever possible. Skipping rest days will almost always result in injury.'

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 8km at level 3.	Rest	Run 8km at level 3.	Rest	Run 7km at race pace.	Run 13km at level 2.
2	Rest	Run 3x1km at level 8 with 1-3min rest in between.	Run 5km at level 3.	Run 8km at level 4 on rolling hills.	Run 5km at level 3.	Rest	Run 10km at race pace.
3	Rest	Run 8km at level 6.	Run 8km at level 3.	Run 5x200m hill sprints.	Rest	Run 8km at race pace.	Run 18km at level 2.
4	Rest	Run 4x1km at level 8 with 1-3min rest in between.	Run 10km at level 3.	Run 7km at level 4 on rolling hills.	Run 10km at level 3.	Rest	Run 15km at level 2.
5	Rest	Run 10km at level 6.	Run 11km at level 3.	Run 5x200m hill sprints.	Run 8km at level 3.	Rest	Run 24km at level 3.
6	Rest	Run 5x1km at level 8 with 1-3min rest in between.	Run 8km at level 3.	Run 13km at level 4 on rolling hills.	Rest	Run 10km at race pace.	Run 26km at level 3.
7	Rest	Run 10km at level 6.	Run 10km at level 3.	Run 5x200m hill sprints.	Rest	Run 6km at race pace.	Run 20km at level 3.
8	Rest	Run 8km at level 3.	Rest or run 5km at level 3.	Run 8km at level 3.	Rest	Rest	RACE DAY

Effort levels

- 1-3** Easy up to a gentle pace
- 4-5** Able to have a conversation
- 6-7** Getting out of breath
- 8-9** Can't talk, uncomfortable
- 10** Flat-out sprint

Hill sprints

Doing these killer training sessions should power you to a great race. Find yourself an uncomfortably steep hill and run up as fast as you can. Jog back to the bottom and start again.

Rolling hills

Find the hilliest route you can and get used to running both up and down hills as part of a medium-length run.



There are more great events to enter at mensfitness.co.uk/links/signup

The workout window

Fuel your muscles before, during and after training for rapid gains

We all know there's a brief period of time after your workout when you need quality nutrition for your muscles to grow back bigger and stronger. But many men fail to realise that the best way to pack on muscular size and strength is to consume the right nutrition and supplements before, during *and* after training. Successfully fuelling your body during this 'window of opportunity' will open the door to building muscle fast. That's why PhD has designed a specific range of workout products to maximise your growth and recovery potential.



Pre-workout V-Max Pump

V-Max Pump contains beta-alanine, citrulline malate and a dual-action arginine stack to maximise nitric oxide production and muscle pump. It also has a creatine and glutamine cell volumising stack and branched-chain amino acids (BCAAs) to help protect muscles during intense workouts.

How to use it Take two scoops 15 to 20 minutes before training.



During weights workouts BCAAs

BCAAs consist of three essential amino acids: leucine, iso-leucine and valine. Your body can't make these protein building blocks, so you have to get them from your diet. Studies have

shown that BCAAs help to stimulate protein synthesis (growth) and inhibit its breakdown.

How to use it Take five capsules during exercise.



During longer workouts Battery+/-3

As well as BCAAs, Battery+/-3 contains fast- and slow-release carbs to help preserve glycogen stores, making it ideal for longer sessions that include cardio work.

How to use it Take one scoop during exercise with 250ml water, in addition to BCAAs.

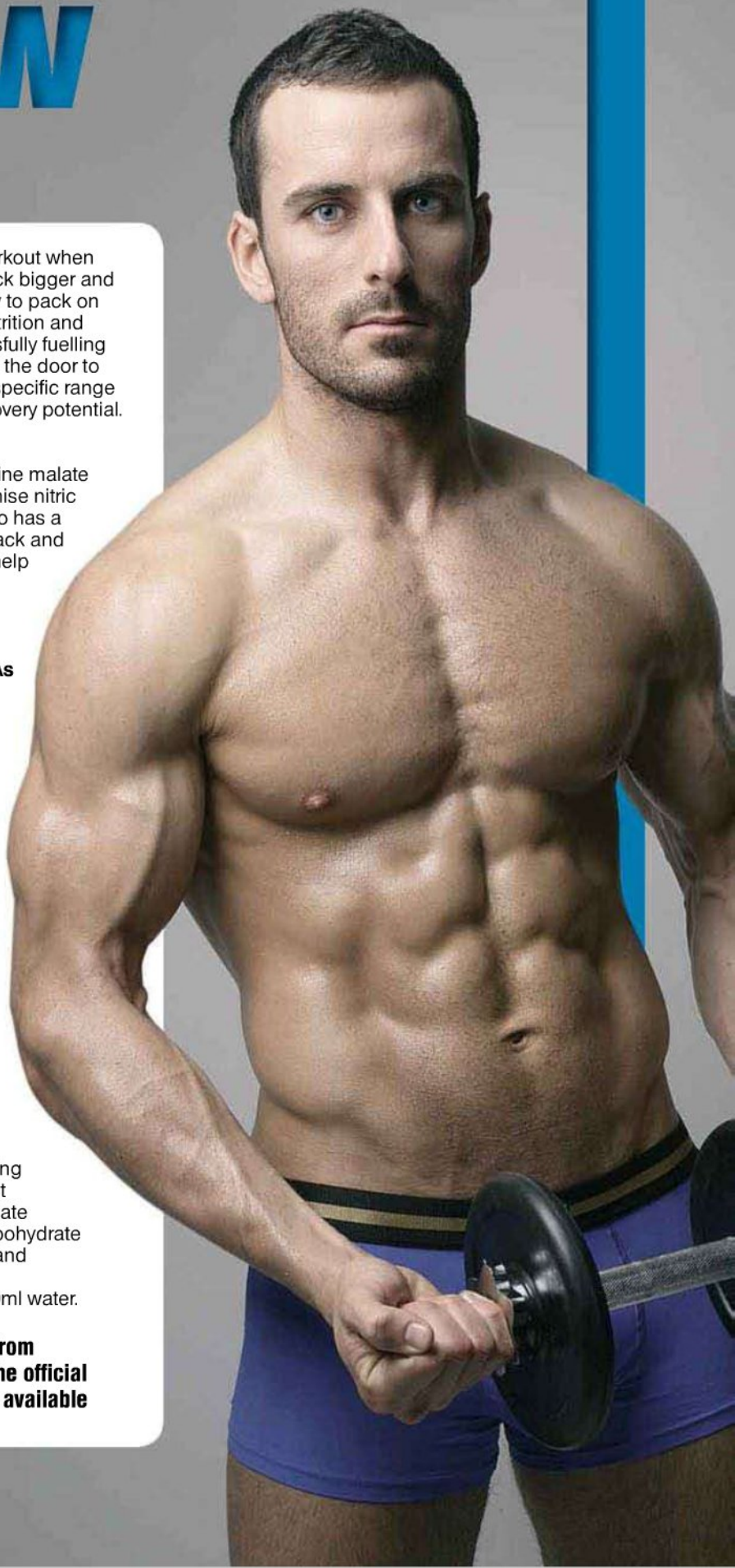


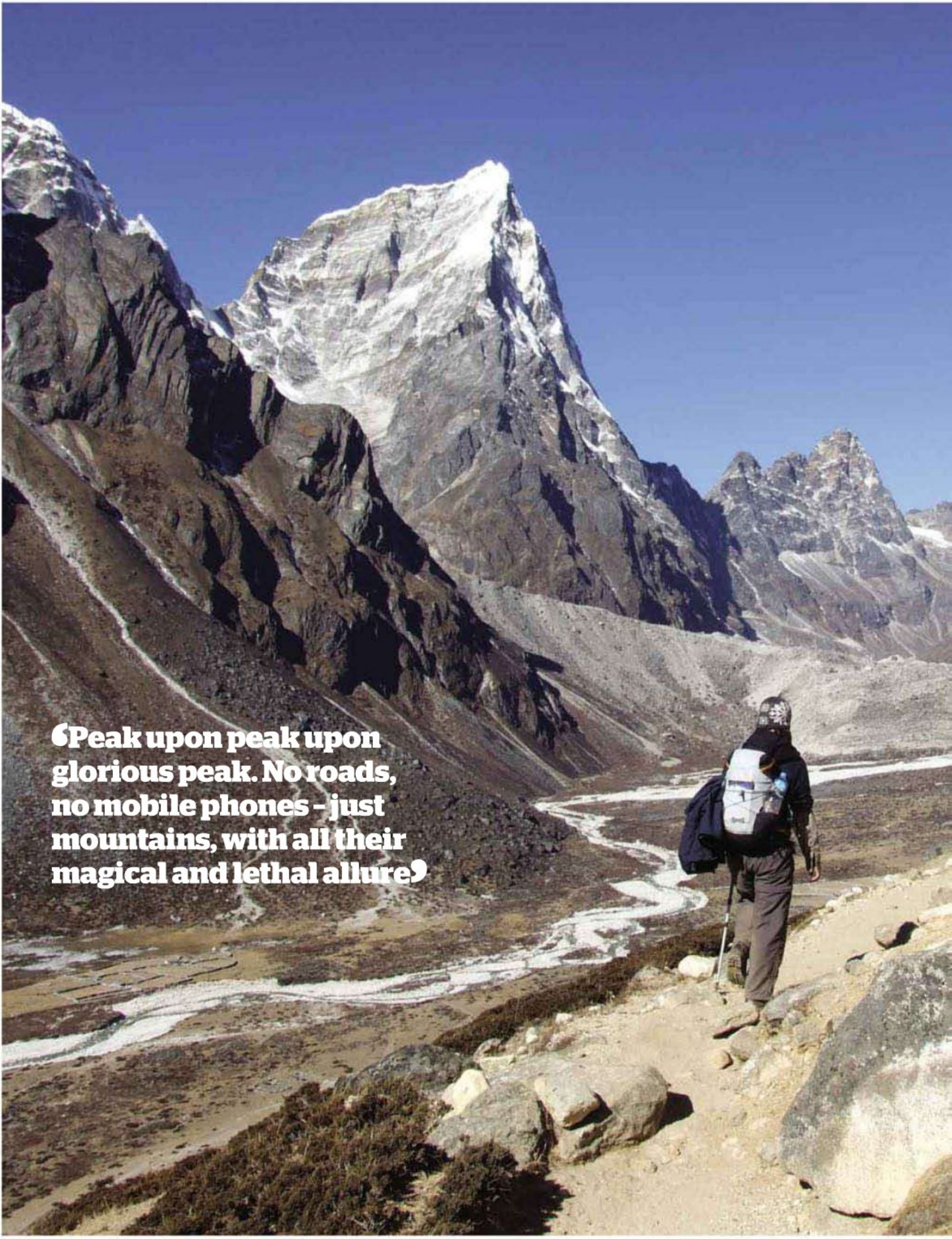
Post-workout Recovery 2:1

Recovery 2:1 provides all the necessary ingredients you need to maximise muscle recovery after training with the perfect carb-to-protein ratio. It contains fast-acting whey protein isolate and a dual-action (fast and slow) carbohydrate stack as well as glutamine peptides, creatine, BCAAs and antioxidants, making this the ultimate recovery drink.

How to use it Take two scoops after exercise with 400ml water.

You can buy the complete workout window stack from phd-supplements.com and all PhD products from the official PhD Nutrition web partners. PhD products are also available from all good health chains and stores.

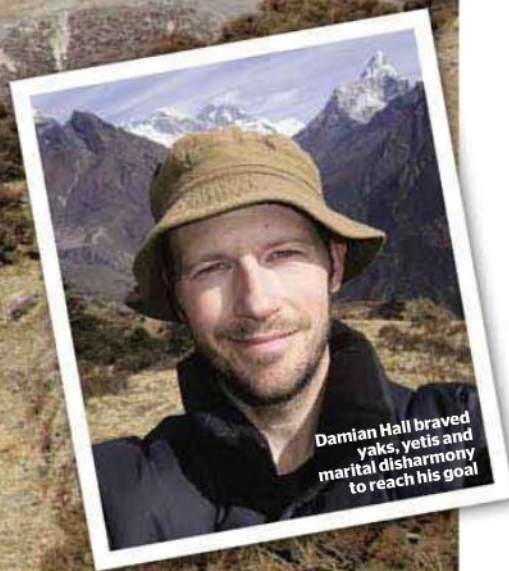




**‘Peak upon peak upon
glorious peak. No roads,
no mobile phones – just
mountains, with all their
magical and lethal allure’**

Walking into DANGER

Trekking to Everest Base Camp in Nepal was a dream for Damian Hall. But in the face of grumpy yaks, deadly airports and debilitating altitude sickness, the journey threatened to turn into a perilous nightmare



Damian Hall braved yaks, yetis and marital disharmony to reach his goal

Yetis. Plenty have filed them alongside the tooth fairy but some experienced and respected mountaineers, such as Don Whillans and Reinhold Messner, say they believe in a yeti (of sorts). So are the many reported sightings genuine? Are these creatures really men so hirsute they fled civilisation in shame? Or just misunderstood apes looking for love?

I may find out soon. I've just bought a map in Kathmandu for the trek to Everest Base Camp, which my wife and I are starting tomorrow, and have discovered that it marks the spot where a yeti 'killed three yaks and attacked a Sherpa woman in 1974'. And now I can't get to sleep.

As it turns out, yetis ought to be the least of my worries. I should be more concerned about yaks, wonky runways, getting lost on glaciers, stomach bugs, the cold, and altitude sickness.

Altitude problem

Ever since I read *Into Thin Air*, Jon Krakauer's fascinating account of a difficult and ultimately tragic Everest expedition, I knew I had to see Everest one day. And since I don't have a spare £25,000 to climb the world's tallest mountain, known as Chomolungma by the Sherpa people, trekking to see it up close seemed like the next best thing.

Nepal's Everest Base Camp trek is one of the most famous treks in the world - and one of the most dangerous. Foreign trekkers often find trouble in the Khumbu region, with around three dying each year and many more helicoptered out. It's the altitude sickness - the umbrella term for high altitude pulmonary oedema and high altitude cerebral oedema, both of which can be lethal - that gets to them, long before any yetis might.

The trek starts at 2,800m above sea level at the village of Lukla, and rises to 5,200m at Base Camp. However, most see the climax of the trek as the ascent of Kala Pattar (5,545m), a peak that offers dramatic, awe-inspiring views of Everest, whereas from Base Camp you can't actually see it.

Most non-Himalayans need 12 to 15 days to complete the trek, because you need to let your body acclimatise fully by ascending

slowly. You have to curb your enthusiasm and not go too high too soon. Here, the tortoise, not the hare, definitely gets the prize.

Promised landing

Our day starts with a flight from Kathmandu to Lukla in a tattered 12-seater plane. We're buffeted by fearsome winds that cause turbulence, stomach somersaults and persistent nausea in my wife. Though I make suitably sympathetic noises, I'm paying more attention to the enchanting mountain views.

The Lukla airstrip was the scene of a fatal crash in 1991. And another one in 2004. And in 2008 another 18 people died there. When you consider its location - 2,800m up in the Himalayas - the capricious mountain weather and just how many of these small planes land and take off safely every day, that's not such a bad record. Says my guidebook. Unconvincingly. The guidebook doesn't mention that the runway is on a steep uphill slant or that it turns at a right angle. I should say here that there's no evidence that I actually cried. I'm just thankful we're still alive. And the trek hasn't even started yet.

We've chosen to walk without a guide or porter, because we've decided - perhaps recklessly - that trekking while someone else carries your gear isn't really trekking. After all, I have my partially trustworthy guidebook and the map with the clearly marked yeti attack spot. What could go wrong?

Yak it up

The first couple of days follow a roaring river along the bottom of steep valleys and across Indiana Jones-style rope bridges that swing precariously. The trail is lined with Buddhist mantras painted on rocks, *stupas* (squat monuments containing Buddhist relics) and colourful prayer flags, while the clang of yak bells is a constant soundtrack.

The giant Himalayan cows are the most popular means of transport around these parts. The first few times we encounter yak trains, I caper naïvely in front of them, clicking away on my camera, until a guide tells me

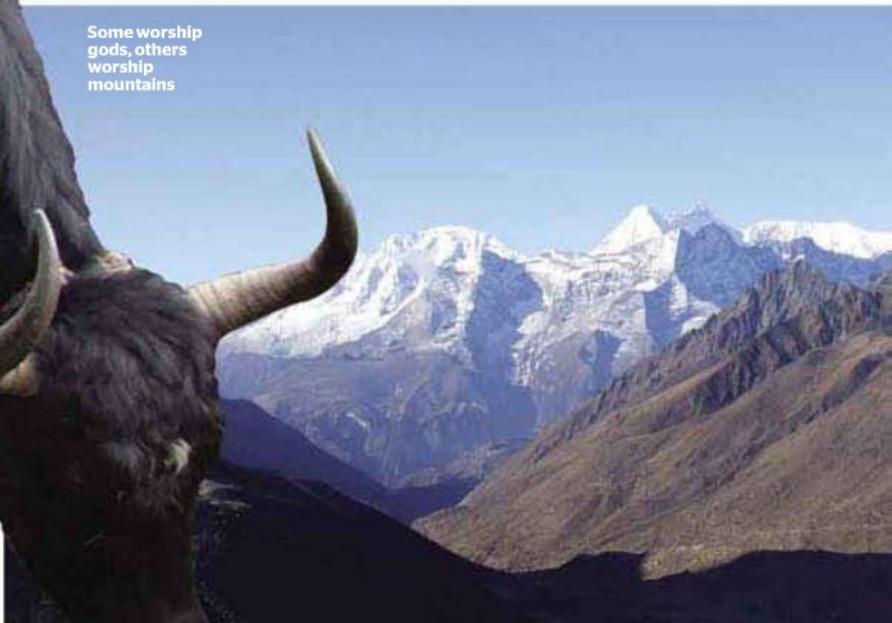
Crossing one of many precarious swing bridges, lined with prayer flags



Some worship gods, others worship mountains



Himalayan yaks may seem docile, but watch out for those horns



Essential Himalayan kit

Think light, sturdy and warm



Scarpa Manta walking boots £220

Your boots must fit well. It's pointless getting fancy footwear if they'll give you blisters. And they don't get much better than these. scarpa.co.uk

Kathmandu down jacket

Some of the fakes Bazaar are so cheap arguably value for they won't keep you as the real deal.

kathmandu.co.uk



Merino wool base layer £45

You're not going to be showering while so remember that, as well as being light and warm, merino wool renowned for not getting smelly. I wore a Macpac but as long as it's genuine merino be fine.

macpac.co.nz

Rab Andes 800 sleeping bag £360

You'll certainly want a down bag round these parts - and round your parts. Light and warm, this is a good choice.

rab.uk.com



Hat about £5

A hat will keep your ears from turning blue at the tips and you'll find them for sale for a few quid in Kathmandu. Shop around though - you don't want a scratchy one.



A prayer stone painted with Buddhist mantras, overlooking the Himalayas



about the time he was speared by a moody bovine's horn. Luckily the potentially lethal thrust caught his backpack, but it still nearly hurled him into a ravine. From then on, I decide to stand back a bit.

We have an acclimatisation day in the village of Namche Bazaar, which means going higher for short walks and returning to a lower altitude to sleep. I'm desperate to lay eyes on Everest and it's frustrating holding myself back. But later I'll be glad I did.

Day four is the second of two long ascents and we begin to understand the challenges presented by altitude when we find ourselves occasionally breathless. It's well worth the difficulty when we reach Tengboche though. The village has a large Buddhist monastery and gives us our first clear views of Everest, the silver back poking menacingly over the top of its neighbours, with a permanent plume of white cloud snaking from its summit. Above the tree line, the high-altitude tundra is surprisingly pretty and soon the terrain changes again, to rocky rubble, the debris from epic glaciers.

Despite the breathing problems, after eight days of trekking I feel fantastic. In fact I've never been in

‘Above the tree line the terrain soon changes again, to rocky rubble, the debris from epic glaciers’

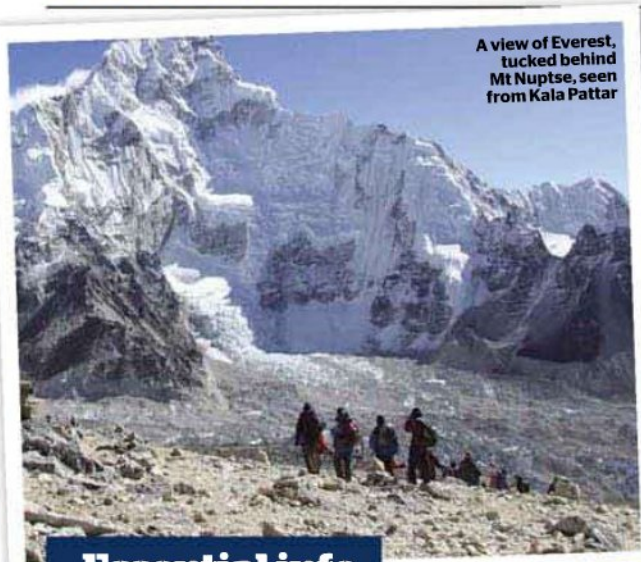
better shape. At altitude you burn off fat first so as well as the muscle you'd naturally get from walking day after day - my thighs have developed all sorts of satisfying new shapes - every horrible little fat deposit has been stripped from my body. For the first time in a while, I quite like what I see in the mirror. If only the altitude could do something for my hairline.

Height sick

In the village of Dingboche, we take another acclimatisation day and explore the surroundings. Peak upon peak upon glorious peak all around us, no roads, no bleating mobile phones - just mountains, with all their magical and lethal allure. I couldn't be happier.

But by the time we reach Lobuche, 4,930m and only a day from Base Camp, my wife is not happy. She's getting headaches, feeling nauseated and not sleeping much. We decide to see how she is in the morning. But the morning starts at 4am, when she wakes me with an intense pain in her head and fear in her eyes. I've read enough mountaineering disaster books to know we need to head back down again urgently.





A view of Everest, tucked behind Mt Nuptse, seen from Kala Pattar

Essential info

► When to go

Autumn (October to November) and spring (March to April) are best for trekking, between the less pleasant winter and monsoon seasons. If you really want to avoid the crowds, you can go in December or January as we did, but you'd better be ready for some seriously cold weather.

► Getting there

Fly direct to Kathmandu from London Heathrow from around £514. India's Jet Airways usually has the best deals.

► Getting around

Nepal has very cheap and regular bus services, but bad roads and frequent strikes. Leave plenty of time for travel connections, especially when you're returning to the airport for your flight home.

► Guide book

Lonely Planet's *Trekking In The Nepal Himalaya* is recommended.

► Trekking guide

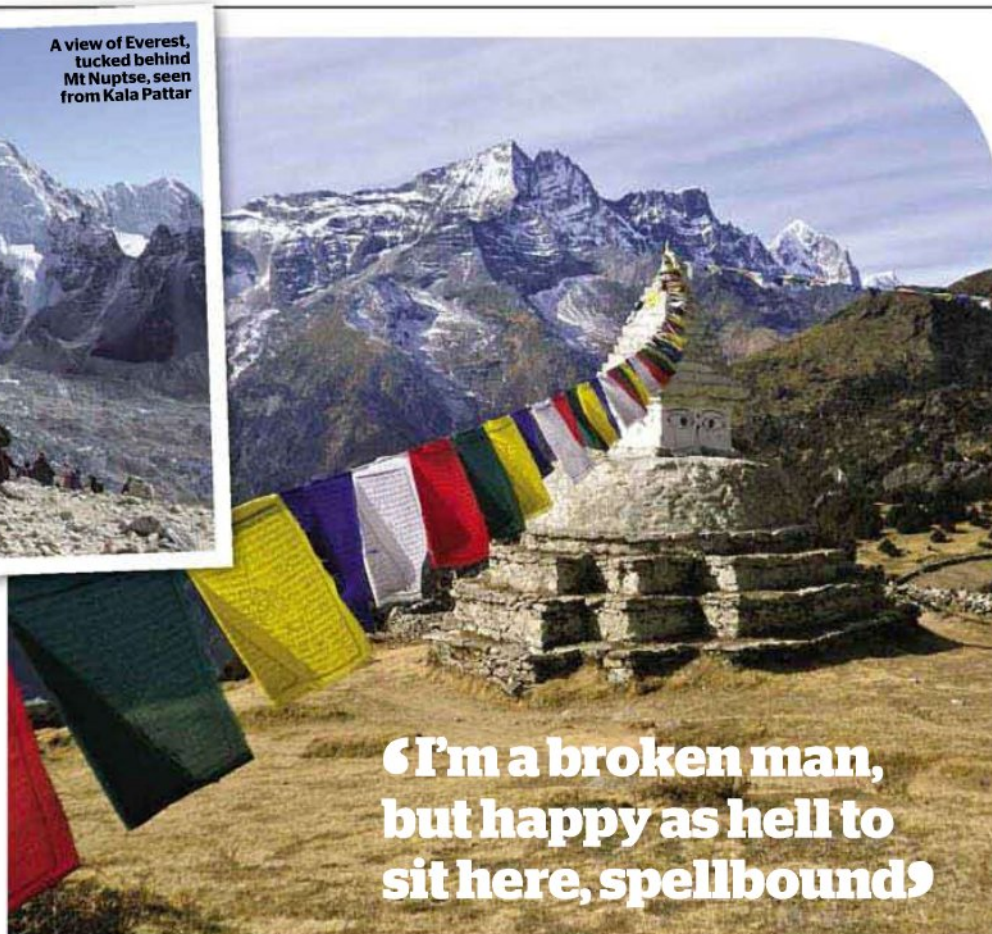
There are plenty of guiding agencies in Kathmandu, some better than others - try to find out which ones are best through word of mouth. If you hire staff, make sure they're government-registered. A guide should cost £2.50-£4 a day, while a porter will be around £2. Agree the prices before you start your trek. Most people in the tourist industry speak English.

► Visa

All visitors need a visa, which is available on arrival in Nepal. Bring two photos and 30 US dollars for a 30-day visa. Extensions are available.

► Accommodation

A basic room with shared bathroom will be between 300 and 600 rupees (£2.50-£5), or less if you're happy with a room in a teahouse.



'I'm a broken man, but happy as hell to sit here, spellbound'

As soon as it's light and warm enough (it drops below -20°C each night up here), we leave our sleeping bags and retrace our path at pace. Passing monuments to climbers who never came home from Everest is a poignant reminder that we're doing the right thing. Her headache subsides as we rest by the yak dung stove back in Dingboche, drinking endless hot chocolates. If I had any feelings that we'd been overcautious, they vanish a few days later when we pass a trekker being escorted by a guide, his face whiter than the snow and slurring his words.

I don't say it, but I'm gutted I won't see Everest up close. However, my wife sweetly suggests she'll wait in Dingboche for a day while I make a dash for Base Camp. I'll have about 14 hours and the ascent is over 1,100m.

'It's possible,' says the teahouse owner, after a long thoughtful pause.

Black ice

I leave at 5am. It's pitch black and ridiculously cold. Headtorch on, I make my way through a long valley. But then I outsmart myself trying to follow a shortcut I spotted on the map, and daylight finds me halfway across the Khumbu Glacier. Glacier travel is dangerous enough when you're full equipped with climbing gear and roped to a partner. I regularly send large rocks skidding down into pools of glacial melt. I curse myself for letting days of holding back explode into reckless over-enthusiasm, but I get across unscathed, if a little less cocksure.

On the way to the dust bowl of Gorak Shep, the final settlement, I feel like I've passed into a twilight world. My head is

pounding and breathing is seriously hard work. I no longer exchange greetings with the numerous white-faced hikers I pass. Most have stopped for oxygen breaks and probably won't get much further. Instead of Base Camp itself (there's nothing there but rocks at this time of year), I opt for Kala Pattar. I want The View - it's become an obsession.

The last 100m of ascent to the prayer flag-swathed summit takes over an hour. I stop to rest again and again. I feel like I'm back in the playground and some bug-eyed bully keeps winding me with his punches. But, finally, gasping, I'm there.

Mountain high

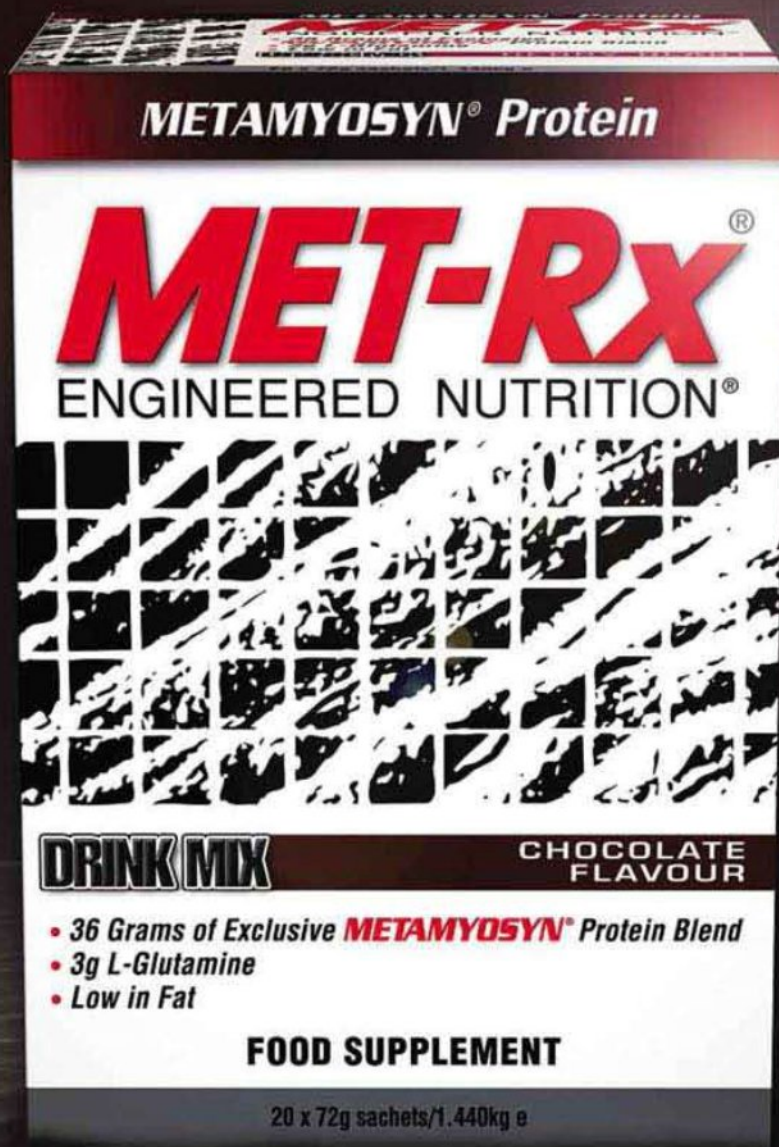
I'm a broken man, but happy as hell to sit here spellbound, gawping at the world's biggest rock star. Everest, in all its 8,848 metres of terrifying magnificence, is not really an attractive mountain. Many of its slightly shorter neighbours have the charisma and beauty, most notably Ama Dablam (the name means 'mother's necklace'). But I sit and stare and click away with my camera until my headache becomes too much to bear.

After one of the most exhausting days of my life, I stagger back to Dingboche in the fading light, with legs wobbling like a drunken Elvis. In my fatigued state I become convinced my wife has, quite sensibly, left me for someone who considers the Caribbean a better holiday option. But she bounds up to me like a Labrador. The drama is over, but thankfully our marriage isn't. Yet. Yetis. Dammit. With so much else to get excited about I forgot to look out for yetis...□



Think you've got what it takes to get up Everest? Take our explorer aptitude test at mensfitness.co.uk/links/climb

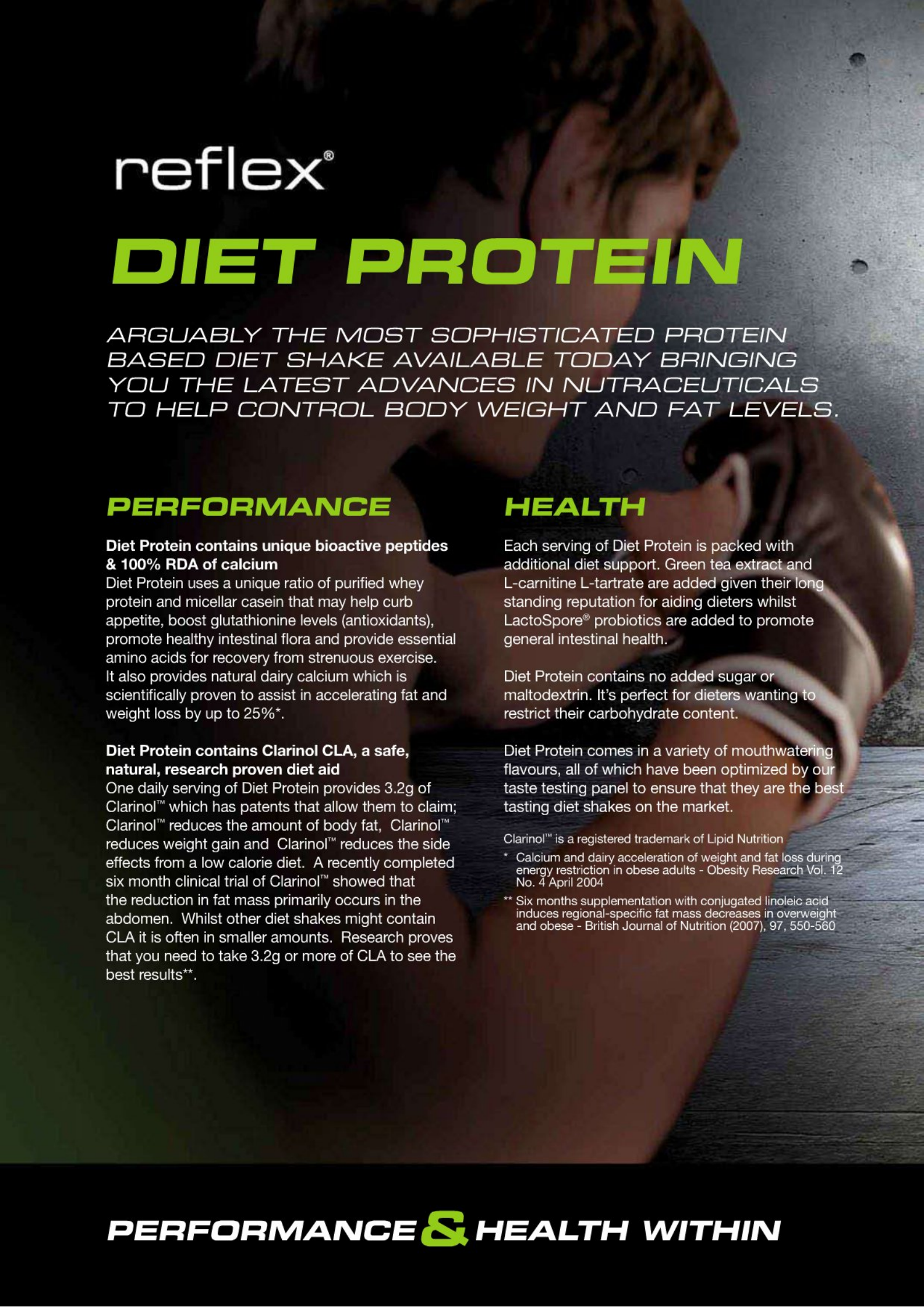
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Each serving of Diet Protein is packed with additional diet support. Green tea extract and L-carnitine L-tartrate are added given their long standing reputation for aiding dieters whilst LactoSpore® probiotics are added to promote general intestinal health.

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* Calcium and dairy acceleration of weight and fat loss during energy restriction in obese adults - Obesity Research Vol. 12 No. 4 April 2004

** Six months supplementation with conjugated linoleic acid induces regional-specific fat mass decreases in overweight and obese - British Journal of Nutrition (2007), 97, 550-560

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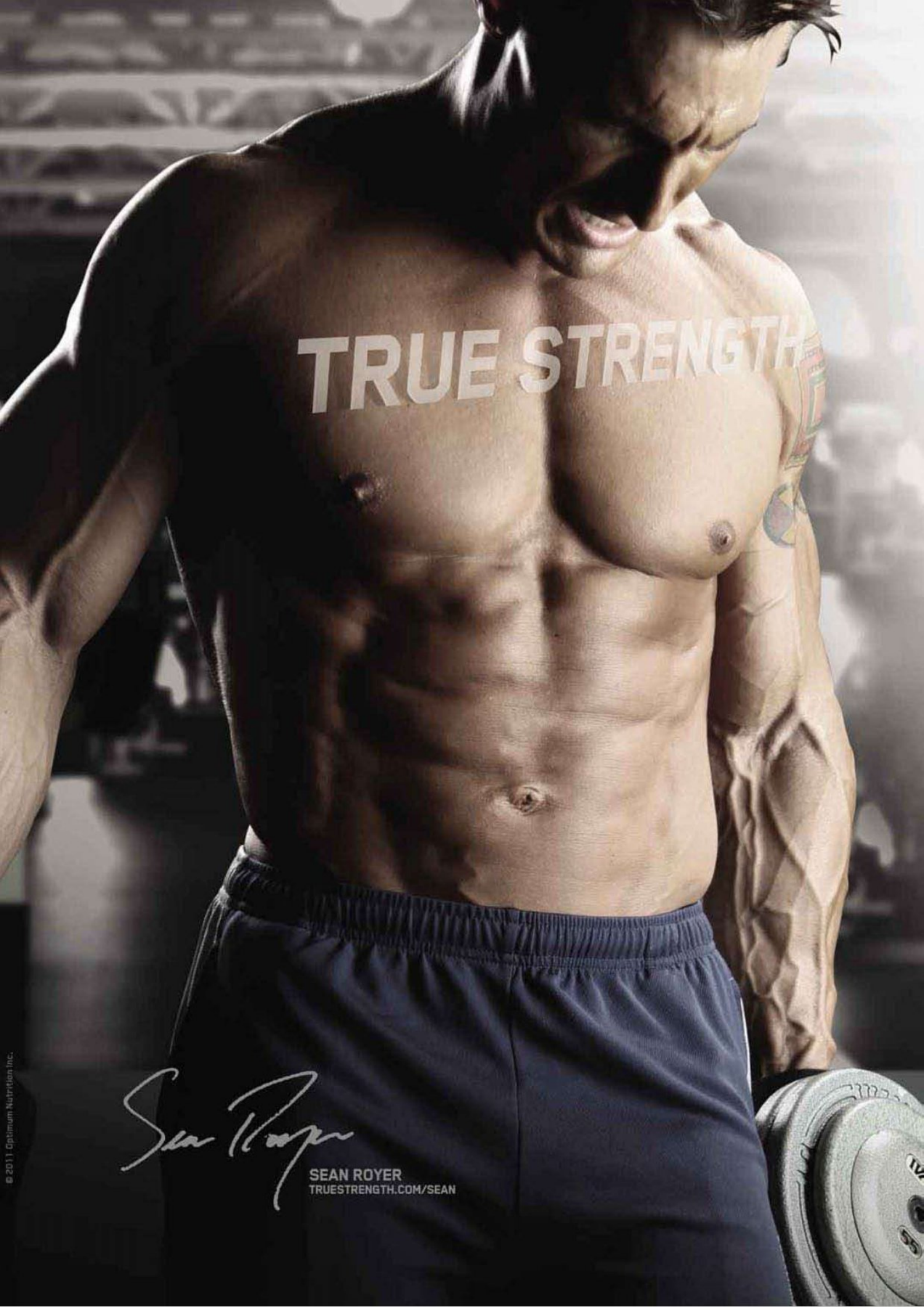


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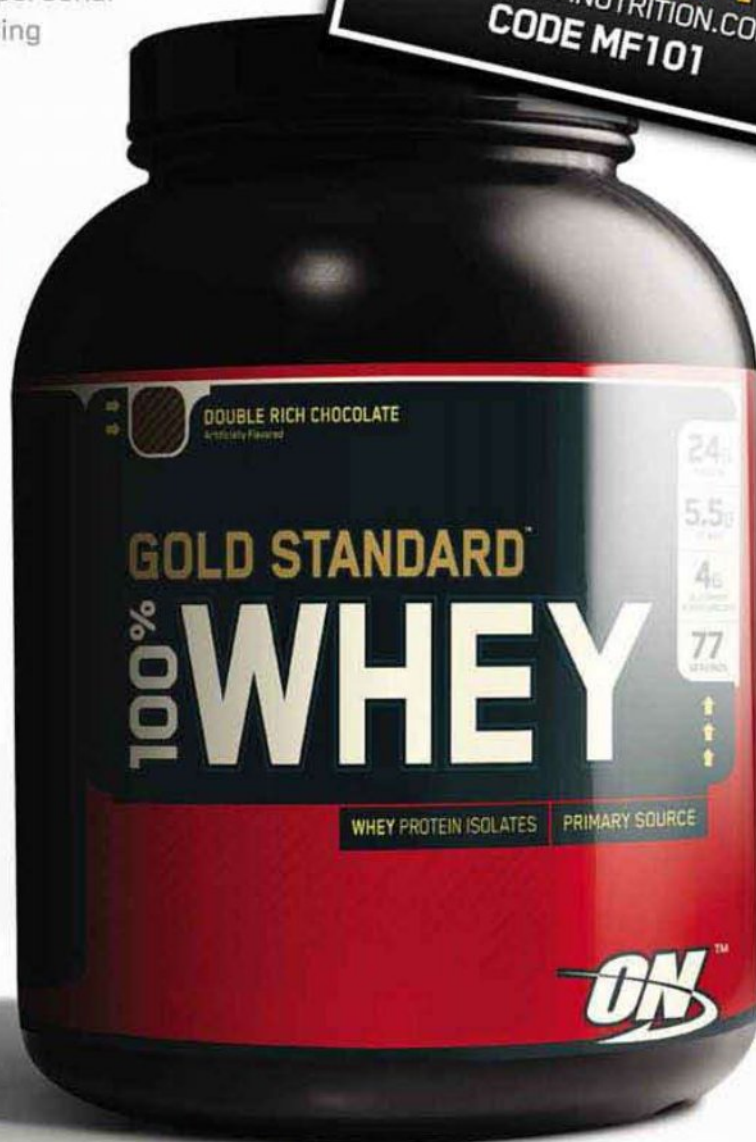
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Stir-fried strength

Eating chicken stir-fry from your local Chinese probably won't help you build muscle - takeaway food being notoriously high in salt and saturated fat - but this healthy home-cooked version will do the job just fine. **Chicken is low-fat and calorie-dense,**

making it a great energy food, as well as an excellent source of muscle-building lean protein. It also provides a healthy dose of vitamin B3, which helps to prevent the body from storing fat. Here are a few ways you can make your chicken stir-fry even healthier.

Broccoli

How much? A handful

Broccoli is high in chromium, which the body needs to build muscle, reduce body fat and produce energy. It's also a great source of vitamin K, which helps to build strong bones.

Soy sauce

How much? 1tbsp

Soy sauce helps to lower cholesterol and it's full of antioxidants. Use the low-sodium variety because some brands have a high salt content.

Brown basmati rice

How much? 50g

Brown rice has a lower GI than white rice so it's digested more slowly and leaves you feeling full for longer. It also contains selenium, which kills off harmful free radicals that interfere with muscle growth.

Ginger

How much? 1 small piece

Ginger contains an acidic substance that stimulates gastric enzymes, which can boost metabolism by up to 20 per cent, helping you to burn fat more quickly.

Red pepper

How many? 1

Red peppers are full of vitamins A and C, essential for a healthy immune system and for fighting off cell-damaging free radicals.

Takeaway stir-fry
1,100 calories
MF stir-fry
370 calories

Inside

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Double your flab burn with a high-fibre low-GI grapefruit for breakfast

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This cheese and roast beef wrap is big on protein and big on flavour

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Liven up dinner by trading chicken and beef for camel and bison

Top tip

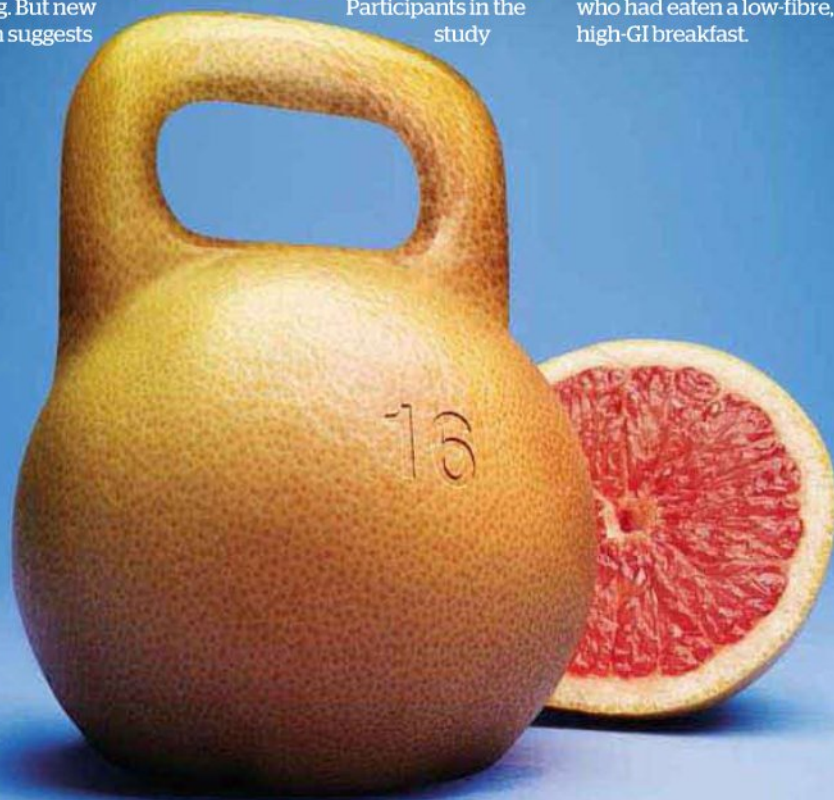
Eat grapefruit and burn more fat

We've long known that eating high-fibre, low-glycaemic index (GI) foods such as grapefruit for breakfast can aid weight loss by helping you feel fuller for longer and reducing the risk of mid-morning snacking. But new research suggests

that the fat-fighting benefits don't end there. A study in the *Journal Of Nutrition* found that **a high-fibre, low-GI breakfast may actually enhance fat burning during subsequent bouts of exercise.**

Participants in the study

undertook a 60-minute workout three hours after breakfast, and the subjects who had eaten a high-fibre, low-GI breakfast burned double the amount of fat compared with those who had eaten a low-fibre, high-GI breakfast.



Nutrition Q&A

Dr Sarah Schenker is a nutritionist at the British Nutrition Foundation and an accredited sports dietitian.



Q I'm eating more fruit and veg to lose fat but I can't always get fresh. Which preserving method is healthiest?

A There are three main methods - drying, freezing and canning. Drying fruit such as grapes and apricots removes most of the water-soluble B and C vitamins, but minerals such as zinc, iron, potassium and calcium become more concentrated - you get 4mg of iron from three dried apricots as opposed to 20 fresh ones. Freezing vegetables locks their nutrients in. The freezing process itself destroys some vitamins, but these are lost naturally with exposure to light and air, so frozen peas will have comparable levels to fresh peas that were picked three weeks earlier. While canning retains some nutrients such as iron, it removes fibre - important for fat loss - so it's best to stick to the other types.



Belly-busting blueberry smoothie

Satisfy your sweet tooth while you lose weight with this super-healthy smoothie

What you will need



100g blueberries
1tsp flaxseeds
½ banana
3tbsp Greek yoghurt
2.3tbsp oats

Why you should drink it



Blueberries

In 100g of blueberries, there are just 56 calories and lots of cancer-bashing antioxidants such as vitamins C and E.

Flaxseeds

The alpha-linolenic acids in flaxseeds help the body to process carbs rather than store them as fat.

Banana

Banana is packed with vitamin B6, which boosts your metabolism so you burn more calories, and it'll give the smoothie a delicious creamy texture.

Greek yoghurt

High in protein and low in carbs, Greek yoghurt is also very low in fat and unlike fruit yoghurts, it doesn't contain any artificial sweeteners or sugars.

Oats

Oats are very low GI, high in complex carbs and protein, which boost your fullness levels.



You'll find more fat loss smoothies at mensfitness.co.uk/links/thindrinks

Tommy Bowe, Rugby Player.



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Beef up

Fuel your training with this meaty snack

Healthy food means salads and lentils, right? Wrong. Snacks don't come much more fitness-boosting than this manly sandwich, which you should eat an hour or so before your workout. Its quality carbs will give you the energy to get through a tough session, while it also contains protein and creatine to help you build muscle.

What you will need

2 slices of **sourdough bread**
2 thick slices of **beef**
2 thin slices of **cheddar**
Handful of **spinach**
1tsp of **horseradish**

What you will get

 **Sourdough bread**
Sourdough is low on the glycaemic index (GI), which means **it releases its energy slowly to power you through training**. Like all carbs, it provokes insulin release, but it's even lower than that caused by wholemeal bread - which means you won't get the negative effects, such as a blood sugar crash.

 **Beef**
Beef contains high levels of slow-digesting protein - essential for muscle growth - and creatine, which increases muscle size by drawing water into your muscle cells.

 **Cheese**
An excellent source of **casein, which is a high-quality muscle-building protein**. The vitamin D in the beef also helps your body to absorb bone-strengthening calcium from the cheese.

 **Spinach**
These green leaves are full of **iron, which supplies working muscles with oxygen** by boosting the production of red blood cells. Spinach also contains betacarotene, an antioxidant that will soothe post-training stiffness and pains.

 **Horseradish**
Horseradish contains high levels of **potassium, which helps your muscles and nerves to function properly** and lowers your risk of high blood pressure.



FACT!

Each beef cow produces a whopping 200kg of meat.

What supp? Your sports supplement questions answered

Q What is glucosamine and why should I take it?



A Glucosamine is a derivative of an amino acid and is required for the creation of cartilage tissue (the cushioning material between joints) and plays a role in collagen formation (or the structural component of tendons, ligaments, cartilage and even skin). This means it is an important supplement for runners and other endurance athletes who are likely to suffer wear-and-tear injuries. 'Any sportsman who experiences

a high degree of joint stress will benefit from glucosamine supplementation - runners, weightlifters, rugby, football and tennis players,' says Myprotein.com nutritionist Laurent Bannock. 'It can help prevent joint damage and improve recovery.' Research suggests that 400-800mg of glucosamine a day can lessen the risk of injury, while higher doses - up to 1,600mg - can speed up the recovery process.



We've got a lot more muscle-boosting meals at mensfitness.co.uk/links/musclemeals



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Green vote

Turn a new leaf for a host of health benefits

Most Brits can't get through the day without cups of milky tea - but if you're looking to lose weight, the green version is a far better option. Research from the University of Birmingham found that drinking green tea 24 hours before exercise can increase fat-burning rates by up to 17 per cent, by producing a thermogenic effect that helps control body composition. Green tea also contains high levels of polyphenols - chemicals with potent antioxidant properties that can help your muscles recover faster after exercise.

Which green tea tastes best?



Twinings Classic Pure

This tea's strong odour and dark colour masks a bland taste.

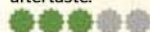


£1.35 for 20 teabags
twinings.co.uk



PG Tips Pure

Particularly strong and bitter, this leaves a distinctive aftertaste.



£1.85 for 40 teabags
pgtips.co.uk



Pukka Organic

While it's refreshing, the taste doesn't justify the price.

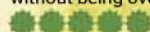


£2.19 for 340g
pukkaherbs.com



Clipper Pure

Pleasant and distinctive, this low-priced tea is flavoursome without being overpowering.

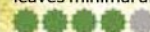


£1.79 for 50 teabags
clipper-teas.com



Tetley Pure

This isn't much different from black tea and its crisp flavour leaves minimal aftertaste.



£1.76 for 50 teabags
tetley.co.uk

Fit kitchen

Stonebake Pizza Oven

Once you've got one of these in your kitchen, you can throw out all those pizza delivery menus stuck to the fridge. With a grill in its lid and a spinning stone element in its base, this gadget cuts the grease and gives an authentic, stone-baked flavour to fresh or frozen pizzas in only ten minutes.

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Cupboard essential

Brown rice

This wholesome grain is a great source of fibre

You might think that the colour of rice doesn't matter, but if you're eating white rice, you're missing out on a host of extra health benefits. Packed with fibre, brown rice will help keep you feeling full for longer while also greatly improving your digestive health. It's also a great source of magnesium, which will keep your energy

levels up, and vitamin B6, which boosts your metabolism so you burn more calories.

Quick tip Wash the rice in cold water before

cooking to make it even healthier by removing any excess starch.



Check out our tomato soup taste test at mensfitness.co.uk/links/souptaste



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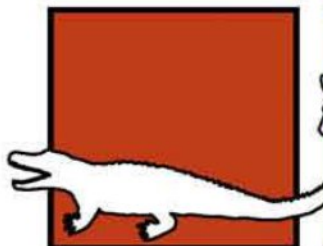


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Crocodile

What it's like Tender isn't a word normally associated with crocodiles, but that is the best way to describe crocodile meat. It tastes a little like chicken, with a hint of crab.

Cooking tip Crocodile meat can be prepared in the same manner as chicken or turkey so it's ideal for roasting, grilling or barbecues.

Why you should eat it Low in both fat and cholesterol, crocodile is also believed to have anti-carcinogenic properties.

21g protein per 100g
1.7g fat per 100g
436 calories per 100g



Kangaroo

What it's like This Aussie favourite has a fine-grained texture that's not unlike liver.

Cooking tip Kangaroo meat can be a lean substitute for beef or lamb, while the minced version is delicious in a chilli or bolognese.

Why you should eat it Incredibly low in fat, kangaroo has very high levels of zinc and iron, which work together to aid cell growth and muscle repair. A healthy dose of omega 3 will help to reduce muscle inflammation too.

22g protein per 100g
1g fat per 100g
410 calories per 100g



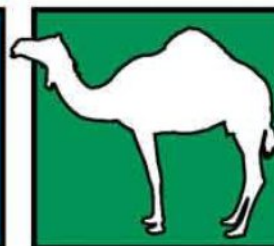
Ostrich

What it's like The biggest bird in the world is known for its rich, sweet-tasting meat, which has a beef-like consistency.

Cooking tip Ostrich meat is perfect for grilling and tastes great served with a light sauce or in a kebab with simple seasoning.

Why you should eat it Extremely rich in protein, ostrich meat also contains high levels of iron, which helps to provide oxygen to your muscles by producing red blood cells.

27g protein per 100g
3g fat per 100g
155 calories per 100g



Camel

What it's like You might think that this desert-dweller would be tough and stringy, but camel meat has a sweet, mutton-like taste and a light, tender texture.

Cooking tip Camel can be used in a wide variety of recipes, but it works especially well in curries and casseroles.

Why you should eat it Camel is a great source of lean protein and an ideal alternative for anyone who prefers red meat to chicken or fish. It's also extremely low in fat.

21.8g protein per 100g
1.1g fat per 100g
193 calories per 100g



Bison

What it's like Bison are basically shaggy cows with big horns, so it's no surprise that the texture and taste of bison meat is similar to beef.

Cooking tip Bison cuts are best served rare or medium rare so take care not to overcook them, especially as they require significantly less cooking time than beef.

Why you should eat it With 40 per cent more protein than beef, bison is a great muscle-builder and contains antioxidants that boost the immune system.

28.4g protein per 100g
2.4g fat per 100g
179 calories per 100g



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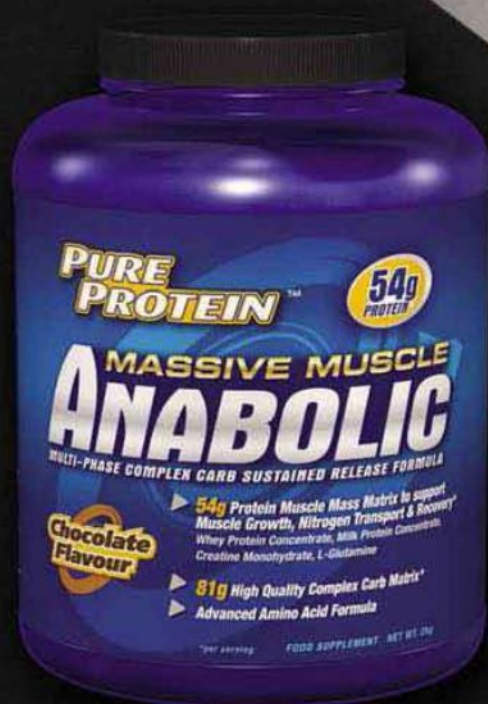
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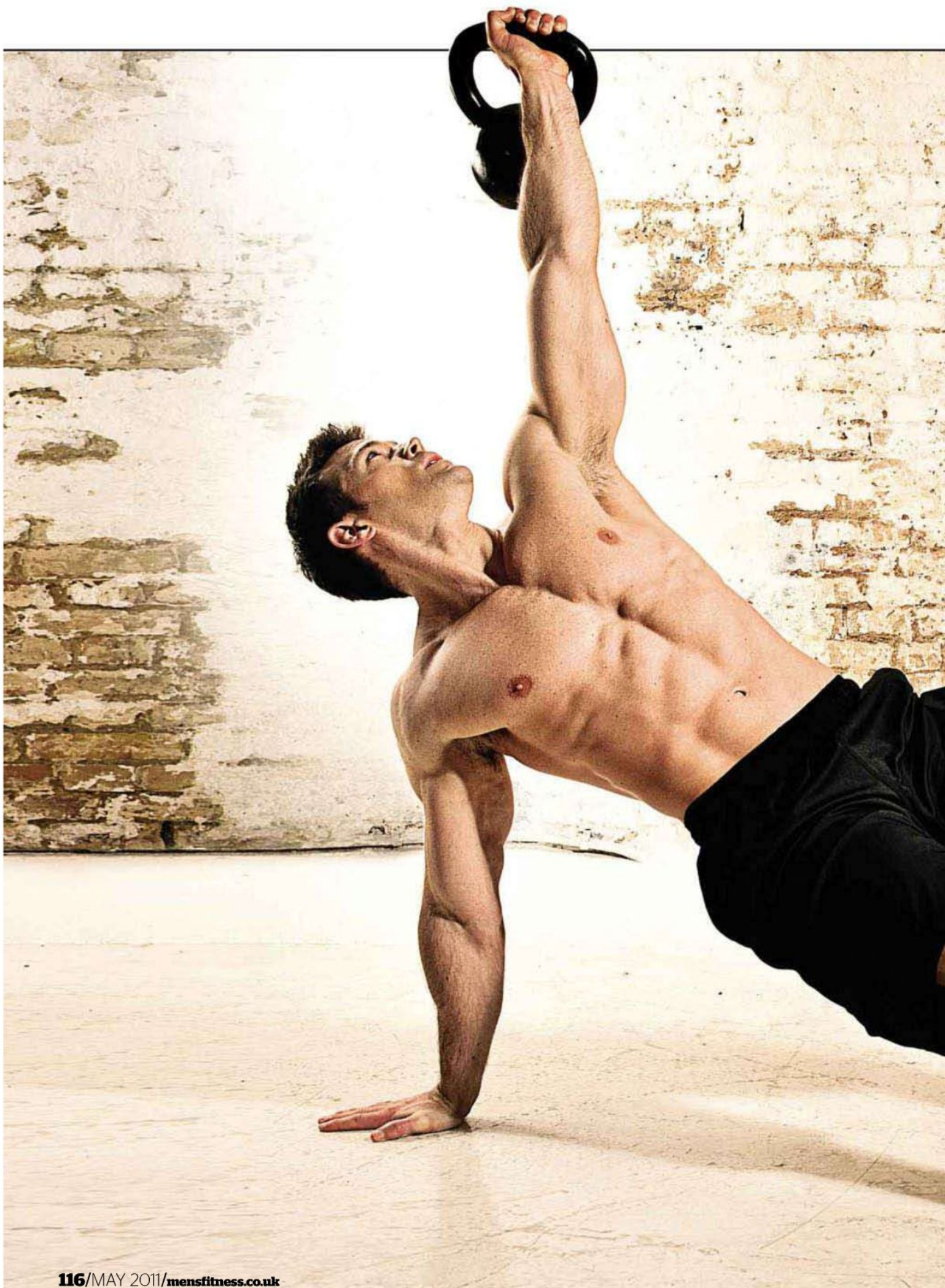
143 Main Workout

Overhaul your upper body

Tip of the month

80% proof for power

You can maximise your power output during big lifts such as the snatch and power clean by lifting 80 per cent of your one-rep maximum. In a study published in the *Journal Of Exercise Physiology*, subjects started performing the lifts with 30 per cent of their one-rep max, rising in ten per cent increments with each lift until they were lifting 90 per cent. The 80 per cent lift produced the most power in both exercises, which is useful information for those training for explosive power sports such as boxing and rugby.



Swing the bells

Get ripped fast with our high-intensity kettlebell workouts



This month's trainer
Jamie Lloyd

Jamie Lloyd is one of the UK's top kettlebell coaches and the founder of Russian Kettlebells UK, which runs regular kettlebell classes in south London. For more information, visit russiankettlebellsuk.com.

If you want to burn the maximum amount of calories in the minimum amount of time while building strong and stable muscles from head to toe, look no further than a kettlebell. Evidence shows that training with kettlebells is far more effective at torching fat and improving the efficiency of your cardiovascular system than standard weight training.

The American Council on Exercise, the leading US authority on fitness, conducted a study with the University of Wisconsin and found that the average study participant burned approximately 20 calories per minute during a kettlebell snatch workout. This equates to an astounding 400 calories during a 20-minute workout, which is equivalent to running at six-minute-mile pace.

Better than free weights

Study participants achieved heart rates that ranged from approximately 86 to 99 per cent of their maximum, as well as 67 to 91 per cent of maximum oxygen uptake, suggesting that 'kettlebells provide

a much higher-intensity workout than standard weight-training routines and offer superior results in a short amount of time.'

Jamie Lloyd, founder of Russian Kettlebells UK, says the data simply backs up what he's been sure of for years. 'Using kettlebells teaches you to work your whole body as a single system, improving your cardiovascular health while also improving

the strength and stability of all your major muscles and those small but crucial stabilising muscles,' he says. 'And because using kettlebells safely requires excellent co-ordination, a strong core and back, and works every muscle you have, you can get

a complete total-body workout with the bare minimum amount of kit, time and space.

'You can get a total-body workout with the minimum of kit, time and space'

Workout warrior

To help you burn fat and build muscle, Lloyd has put together two kettlebell workouts for *Men's Fitness*. The first works your cardiovascular system for improved fitness, while the second will build muscular size and strength. Both workouts will torch your spare tyre. What are you waiting for?



Kettlebell cardio workout

Get fit fast and burn fat with this high-intensity cardio session

1 Kettlebell two-arm swing

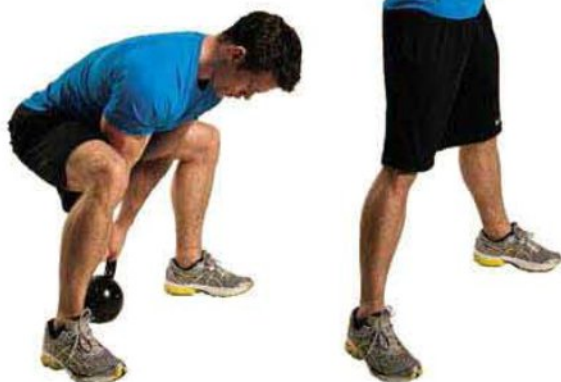
Time 1 minute

This is the basis for many more complex kettlebell moves, so it's well worth getting it right.

- Squat down, holding a kettlebell with both hands.
- Bend at your hips, with your knees in line with your feet and

back straight, before snapping your hips forward to stand up straight and swing the weight up.

- Control the weight using your core, back and shoulders, allowing the kettlebell to reach shoulder height before reversing back to the start.



2 Snatch

Time 30 seconds each arm

A complex move but worth the effort because it's great for your core, back and shoulders.

- Holding the kettlebell

in one hand, bend down and snap your hips to swing the weight forward. ➤ As the weight passes waist height, pull your shoulder

back, then punch your arm upward when it reaches shoulder height. ➤ Catch the kettlebell on your forearm once your arm is fully extended.

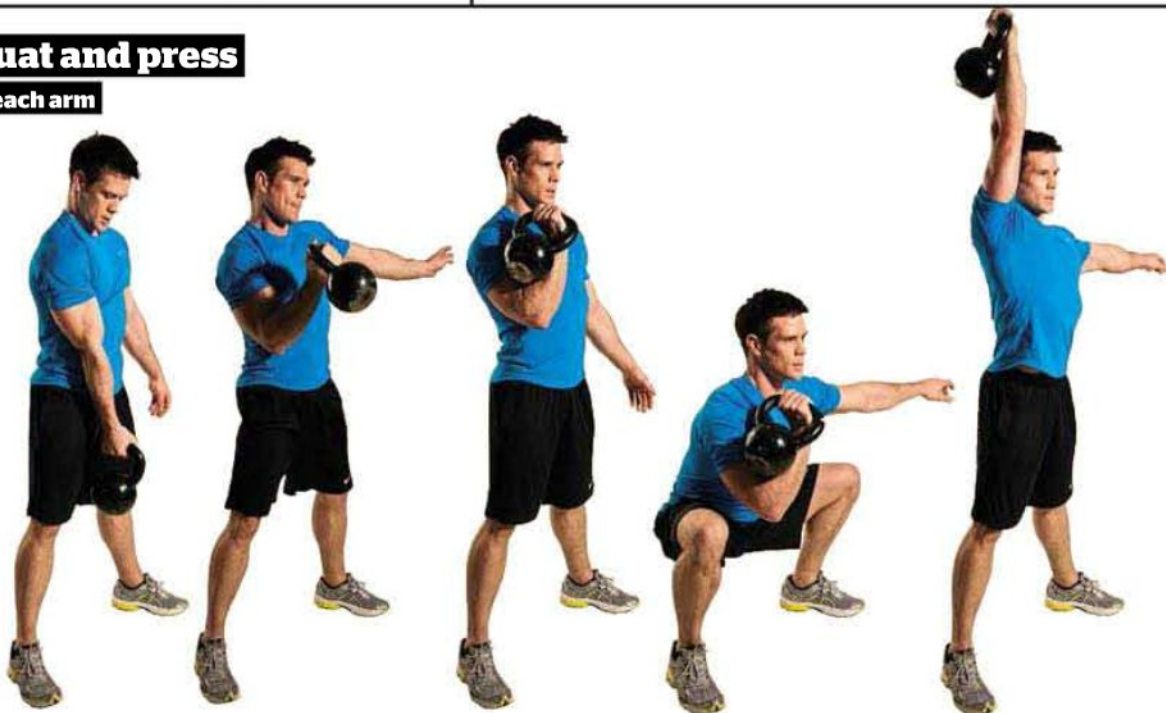


4 Clean, squat and press

Time 30 seconds each arm

A classic kettlebell move that works every muscle in your body.

- Bring the kettlebell to shoulder height and wrap it around your hand so it rests on your biceps and forearm, with your elbow resting on your ribcage – known as the 'rack position'.
- Drop down into a deep squat, remembering to keep your knees over your toes and your back neutral.
- Drive up through your heels, breathing out on the way up and pressing the weight above your head until your arm is straight.



How to do it

Complete the following moves in order for the designated period of time. After the last move, rest for between 90 seconds and two minutes before starting again. Do five to six rounds.

3 Kettlebell one-arm swing

Time **30 seconds each arm**

A tougher version of the first move in this workout, the single-arm swing is the starting point for cleans, snatches and a host of other one-arm moves.

- › Bend your knees, keep your back straight and snap your hips.
- › Bring the weight to no higher than chest height.



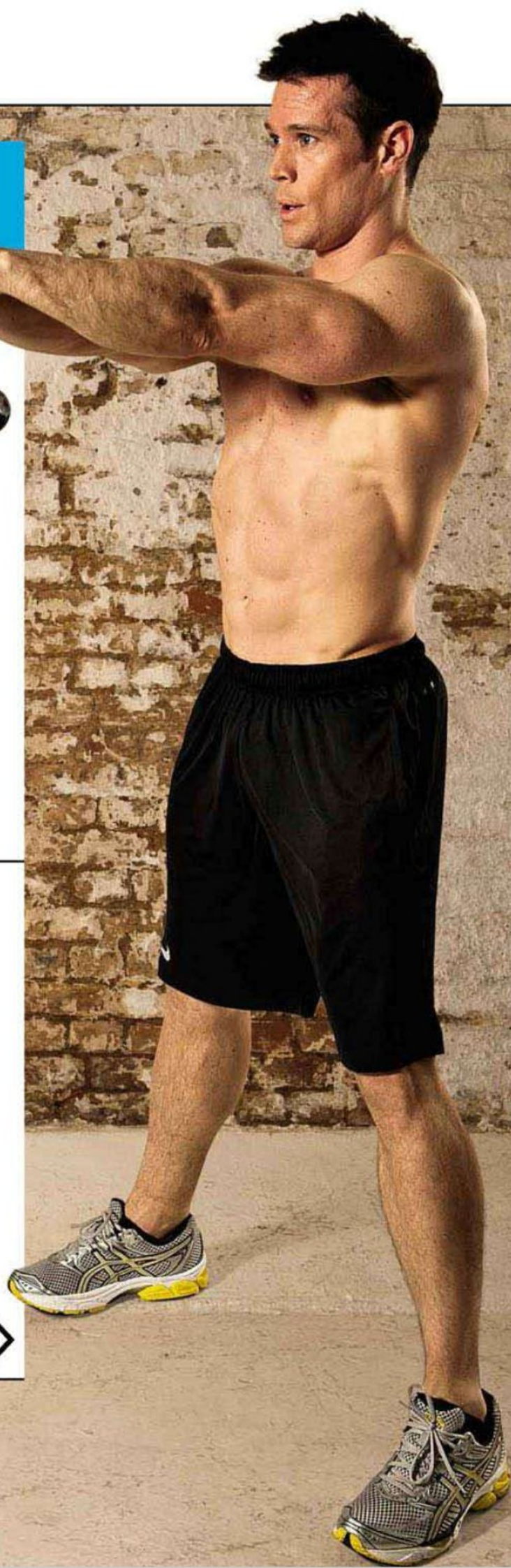
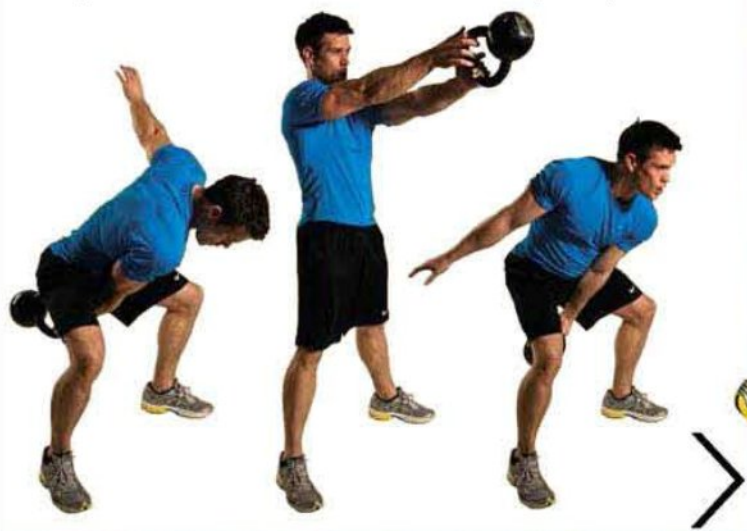
5 Kettlebell alternating arm swing

Time **1 minute**

This is the same as a one-arm swing, except that you swap hands at the top of the full

swing. It requires good co-ordination to change hands smoothly.

- › Bend your knees, keep your back straight and snap your hips strongly to generate power.



Kettlebell strength workout

Build strength and stamina all over with this total-body kettlebell session

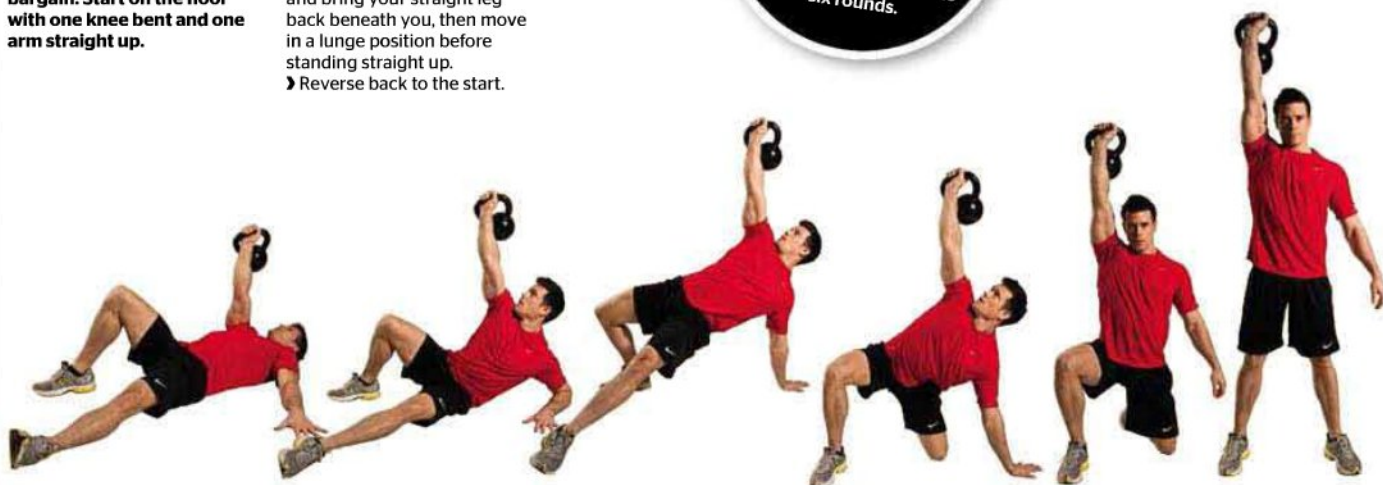
1 Turkish get-up

Reps 5 each side

This works your entire body, builds functional strength and looks cool into the bargain. Start on the floor with one knee bent and one arm straight up.

- › Sit up, always keeping the kettlebell arm fully extended.
- › Lift your hips off the floor and bring your straight leg back beneath you, then move in a lunge position before standing straight up.
- › Reverse back to the start.

How to do it
Complete the following moves in order for the designated number of reps. After the last move, rest for between 90 seconds and two minutes before starting again. Do five to six rounds.

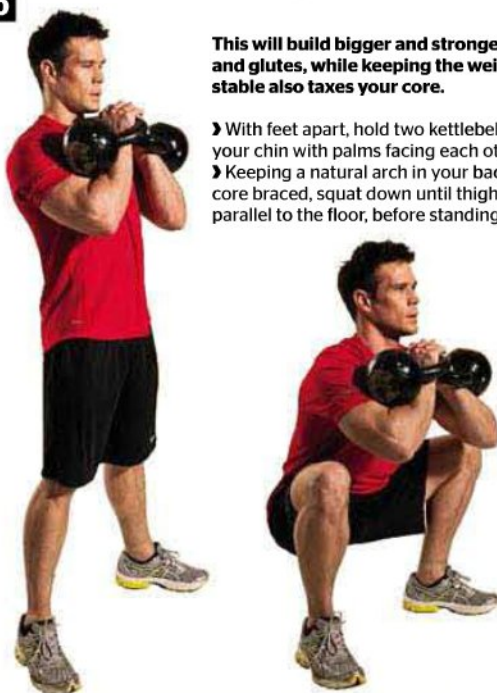


3 Double front squat

Reps 10

This will build bigger and stronger legs and glutes, while keeping the weight stable also taxes your core.

- › With feet apart, hold two kettlebells under your chin with palms facing each other.
- › Keeping a natural arch in your back and core braced, squat down until thighs are parallel to the floor, before standing back up.

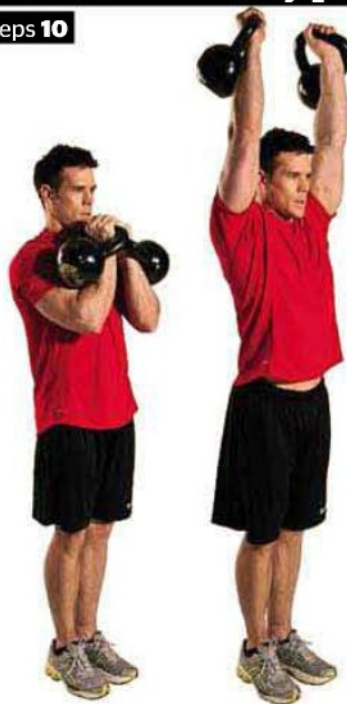


4 Double military press

Reps 10

Using two kettlebells makes this move tough, but doing it correctly builds strong, stable shoulders and core.

- › Stand with feet together (to force your core to work hard) and hold the weights under your chin with palms facing each other.
- › Press them straight up, then lower slowly back to the start.
- › Remember to brace your abs and squeeze your glutes to help support your back.

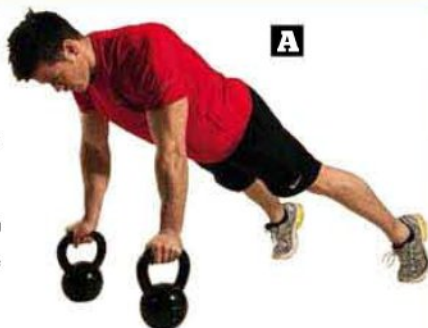


2 Renegade row

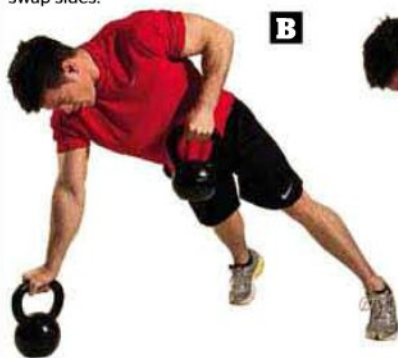
Reps 10 each side

This is a great move to build your biceps and back muscles, but it also requires superb core strength to keep your body stable.

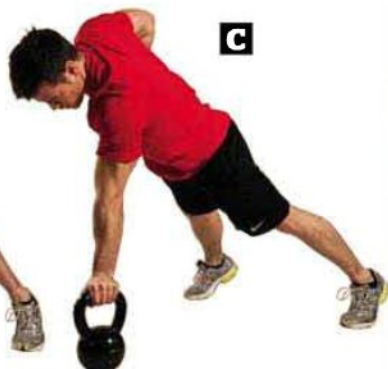
- Assume a press-up position but with your hands holding the kettlebells.
- Leading with your elbow, pull one of the weights up until it reaches your ribcage.
- Reverse back to the start and swap sides.



A



B



C

5 Tactical lunge

Reps 5 each side

A tactical lunge requires good upper-body stability and co-ordination.

- Stand with a kettlebell in one hand.
- Take a big lunge backwards and lower until both knees are bent at right angles.
- Pass the weight from one hand to the other under the thigh, then lunge back to the start position.



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Clean and press

No, don't get the ironing board out – instead master this often-ignored classic lift to reap total-body benefits

'This is an exercise that every guy should do, but many don't because of its complexity,' says personal trainer Andreas Michael (metrohealthandfitness.co.uk). 'It requires every major muscle group to work together efficiently in order to lift the bar from the floor to over your head. **Get this exercise right and you'll build strength and stability from top to toe and improve explosive power,** which has a great crossover to many sports.'

'Because it involves so many muscles, this is a high-risk move so it is best to start with a light barbell and master the correct form before adding additional weight. It also puts pressure on your lower back, so build strength there with the squat, deadlift and overhead press and you'll improve your progress.'

TARGETS



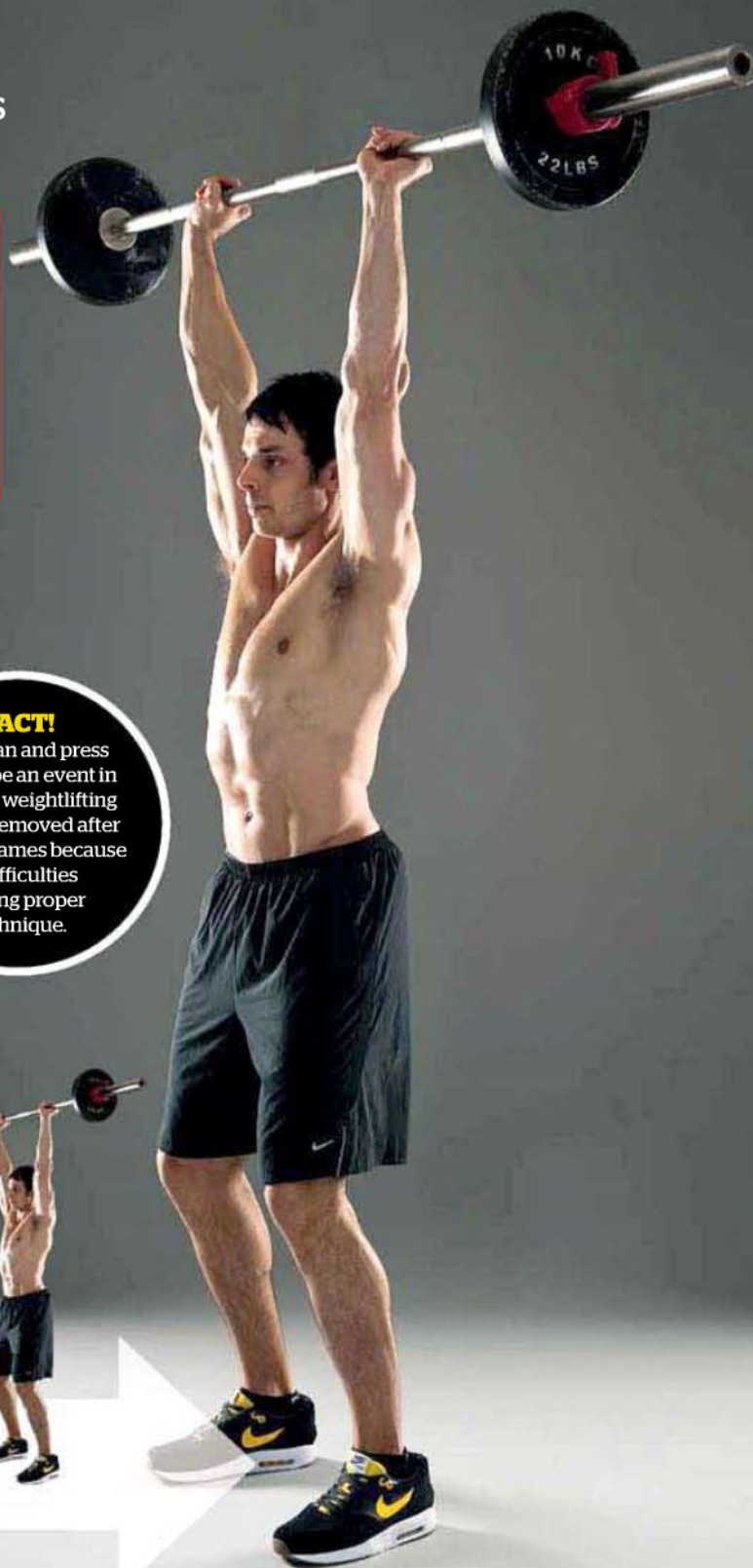
Whole body

How to do it

- Stand with your shins almost touching the bar and feet shoulder-width apart, then squat down and grasp the bar with an overhand grip.
- Keeping your core braced, your chest up and a natural arch in your back, lift the bar off the ground by driving up through your heels and pushing your hips forward.
- Once the bar reaches your hips, rise up on tiptoes, shrug your shoulders powerfully and pull the bar up higher, leading with your elbows.
- As the bar travels towards shoulder height, squat back down under the bar and rotate your elbows forward so you catch it on your fingers and the front of your shoulders.
- From there, bend your knees slightly and then straighten them while pressing the bar directly above your head by straightening your arms. Reverse the move back to the start.

FACT!

The clean and press used to be an event in Olympic weightlifting but was removed after the 1972 games because of difficulties judging proper technique.



For more moves that build muscle all over your body go to mensfitness.co.uk/links/bulkbuilders

Four moves to improve your clean and press

Single-leg deadlift to shoulder press

Form and stability are key to the clean and press so performing this exercise on only one leg will both strengthen your core and force you to concentrate on technique. When it's time for the actual lift, you'll feel far more confident.

How to do it

- Hold a dumb-bell in one hand and stand on one foot.
- Bend at the hips so you lower the weight almost to the floor, keeping your back straight.
- Slowly straighten up and pull the dumb-bell up in front of you before 'flipping' the weight onto your upturned palm and pressing it overhead.
- Switch legs and arms and repeat.



Squat to press

This is more basic move that mimics a significant section of the clean and press. This will help you practise your form without the risk of injury.

How to do it

- Grasp a barbell with an overhand grip and position it at chin level with both hands directly above your elbows.
- Squat down, then push up gently and raise the barbell above your head.
- Bring the weight back to shoulder level and repeat.



Multi-planar lunge to press

The pressing movement of this exercise will again prepare your body for the upper part of the lift, while the lunges put the spotlight on your legs and core.

How to do it

- Hold a dumb-bell in each hand and raise them to shoulder level.
- Lunge forward with your left leg, pressing the weights as you return to a standing position.
- Repeat this technique with the right leg, then lunge to both sides as well as doing a standing turn lunge, stepping back at a 45° angle alternately with your left and right foot.
- Remember to press the dumb-bells overhead between each lunge.

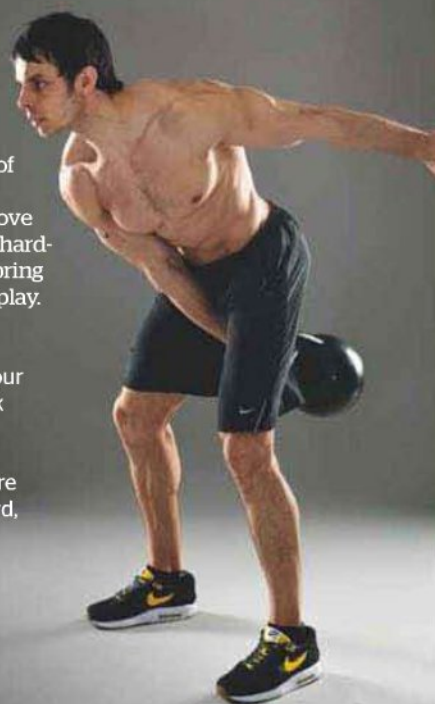


Kettlebell clean

This will improve your form on the 'clean' part of the main move. Using a kettlebell will also improve your ability to control a hard-to-manage weight and bring your core muscles into play.

How to do it

- Hold a kettlebell by your side and keep your back straight and chest up.
- Push the kettlebell between your legs before driving your arm forward, using your core, hips and legs to get it into the clean position.
- Slowly return to the start before using the downward momentum to repeat the move.



Words Joe Warner Photography Tom Miles Model Richard Scrivener@WAtHletic
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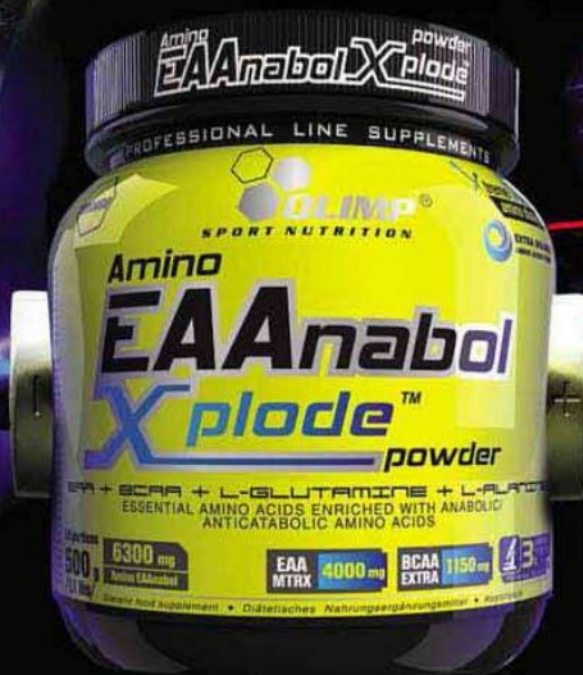
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DO THIS

Level Intermediate

Kit Barbell, 10kg-25kg plates

- Warm up with three minutes of running on the spot and dynamic stretches.
- Use the same weight on the barbell for each exercise and perform them all in order with no rest.
- Complete one circuit and rest for a minute before starting over again. Do three circuits.

START

1 Romanian deadlift Reps 10



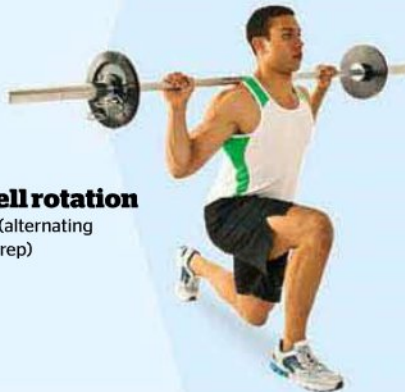
2 Bent-over row Reps 10



3 Barbell squat Reps 10



5 Lunge Reps 10 (alternating sides each rep)



4 Shoulder press Reps 10



6 Barbell rotation Reps 10 (alternating sides each rep)



Fit Note
Pick a weight that is challenging but allows you to complete all your reps without stopping. Don't put the bar down during the circuit.

FINISH

PERFECT FORM

1 Romanian deadlift

Stand with your feet shoulder-width apart, shoulders back and core braced. Grip the bar by your hips and lean forward, keeping your back flat. Push your hips back and let the bar travel down your shins.

2 Bent-over row

Stand with your feet shoulder-width apart, bend your knees and lean forward at the hips. Grip the bar with hands just wider than shoulder-width apart and let it hang. Pull the bar to your sternum, squeezing your shoulder blades.

3 Barbell squat

Stand with feet wider than shoulder-width, the bar on your upper back and your chest up. Keeping your knees in line with your toes, squat until your thighs are parallel to the floor. Push down through your heels to drive back up.

4 Shoulder press

With feet shoulder-width apart, grasp the bar with a slightly wider than shoulder-width grip and lift it to your chest. Brace your core and press the bar up. Bring it back so the bar is level with your shoulders and repeat.

5 Lunge

Rest the bar on your shoulders. Stand with feet apart, elbows back, core braced and back upright. Take a big step forward until your back knee almost touches the floor. Push off your front foot to go back to the start.

6 Barbell rotation

Hold a barbell on your upper back and maintain a neutral stance with both feet facing forward. Rotate to one side, using your core muscles to control the movement. Repeat to the other side.



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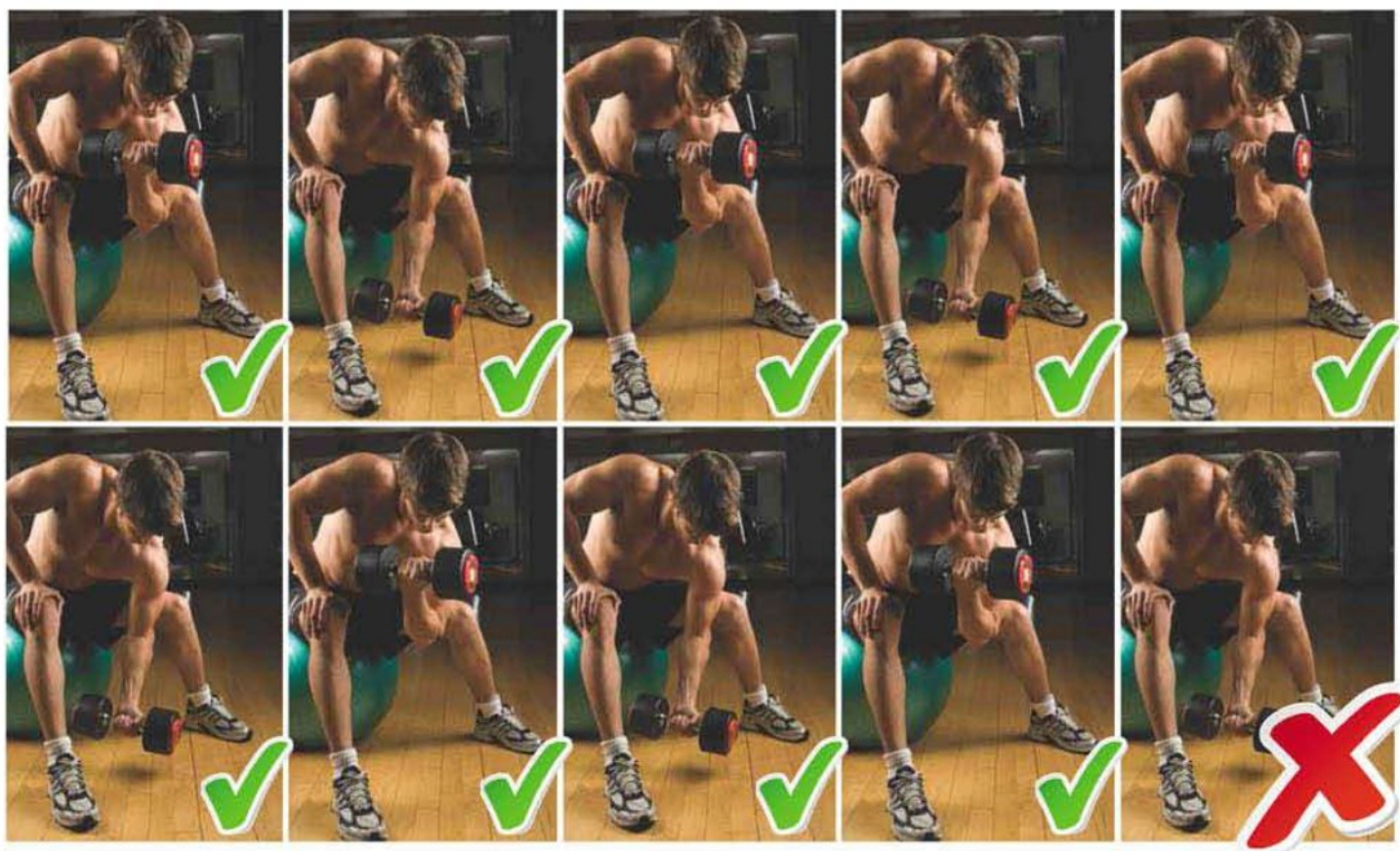
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Succeed at failure

When it comes to building big and strong muscles, failure is the key to success

Job interview, driving test, getting a girl's number. Failure in any of these scenarios is upsetting, frustrating and embarrassing.

But there is one place where failure should be your ultimate objective: the weights room. Working your muscles so hard they fail to complete that final, excruciating rep is one of the most effective training methods to get stronger, leaner and bigger. If that's your ambition, then failure is the only way to succeed.

Operation overload

In simple terms, training to failure is defined as performing an exercise until you can't do another rep with

correct form. So why is this so good at building muscle size and strength?

'When you lift a weight to failure, you are overloading your muscles with a level of stress they haven't experienced before,' says personal trainer Guy Stockwell (pulsepersonaltraining.co.uk). 'This shocks your body into thinking it is incapable of doing what is required of it, so it grows your muscles back stronger. If you just do three sets of eight comfortable reps, your muscles think they are already strong enough. The need to grow back stronger isn't so urgent.'

When you push your muscles to the absolute limit, your brain panics and gets your central nervous

At a glance Failure

- Training to failure is a strategy in which you're unable to lift the weight with correct form on the final rep of your set.

- This form of overload training shocks your muscles into growing back bigger or stronger.

- Because it is so taxing on your muscles and central nervous system, you need adequate rest between sessions to allow a full recovery.

- Failure to do so will quickly result in overtraining, muscle soreness and even size and strength losses.

system to call on as many muscle fibres as it can to start helping out. 'Training to failure results in more muscle fibre damage, called microtrauma, because you'll recruit every type of muscle fibre available,' says Jean-Claude Vacassin, W10 Performance founder (w10performance.com).

This has two benefits. First, the more fibres you can damage during training, the more fibres grow back bigger and stronger. Second, you are creating a more efficient line of communication between your brain and your muscles, which means they can react faster and contract with more strength the next time they are called upon - what's known as muscle memory.

Michael Porter, director of training at Ultimate Performance (upfitness.co.uk), adds, 'Training to failure places the highest demands on the muscles and the central nervous system, which will have the bigger impact on muscular growth. Three sets of eight with

'When you lift a weight to failure, you are overloading your muscles with a level of stress they haven't experienced before'

a sub-maximal load [lifting less than your eight-rep maximum] does not have the same impact on muscular development or on your neuromuscular [brain-to-muscle] co-ordination.'

Shorter, harder workouts

The other advantage of training to failure is that you'll spend less time lifting. 'Frequency will depend on the overall goal of the lifter,' says Porter. 'For strength, you will probably only reach failure on your final set, because you'll be aiming for a one- to three-rep max and will therefore require a good number of lighter warm-up sets.'

But if lifting for size, you need to reach failure between the eighth and 12th rep of each set and only aim for around two sets of a move, resting between 90 seconds and four minutes between them. Any more than this is too taxing.

'Whether you're lifting for strength or size, the number of sets need to be

on your central nervous system isn't something you can do regularly.

'Doing this type of training too often will lead to a serious case of overtraining,' says Stafford. 'It takes so much out of you that you just can't get away with lifting to failure every set of every session without adequate rest between them. Doing so leads to fatigue, a weakened immune system and all the other nasty side effects of overtraining.'

Best of the rest

Failing to allow adequate rest time will also make you weaker. 'Excessive microtrauma of muscle fibres is thought to be counterproductive and might inhibit growth by blunting the anabolic [muscle-building] response you normally get after a hard and successful weights session,' says Vacassin.

A final consideration is that if you try to train to failure too often, you start to lose technique. 'As soon as correct form

'Whether you're lifting for strength or size, the number of sets need to be limited per workout or else there is a danger of burn-out'

limited per workout or else there is a real danger of burn-out,' says Porter. 'I'd even recommend a "de-load" week - in which you lift less volume than normal - every month to allow your muscles the time they need to recover and reduce your risk of overtraining.'

Because of the effort involved in lifting to failure, personal trainer Shaun Stafford (shaunstaffordtraining.com) advocates no more than three sessions per week. 'The amount of work your muscles and central nervous system are required to do means you should rest for between 48 and 72 hours between workouts. This is how long it'll take you to recover sufficiently to push a little harder next time.'

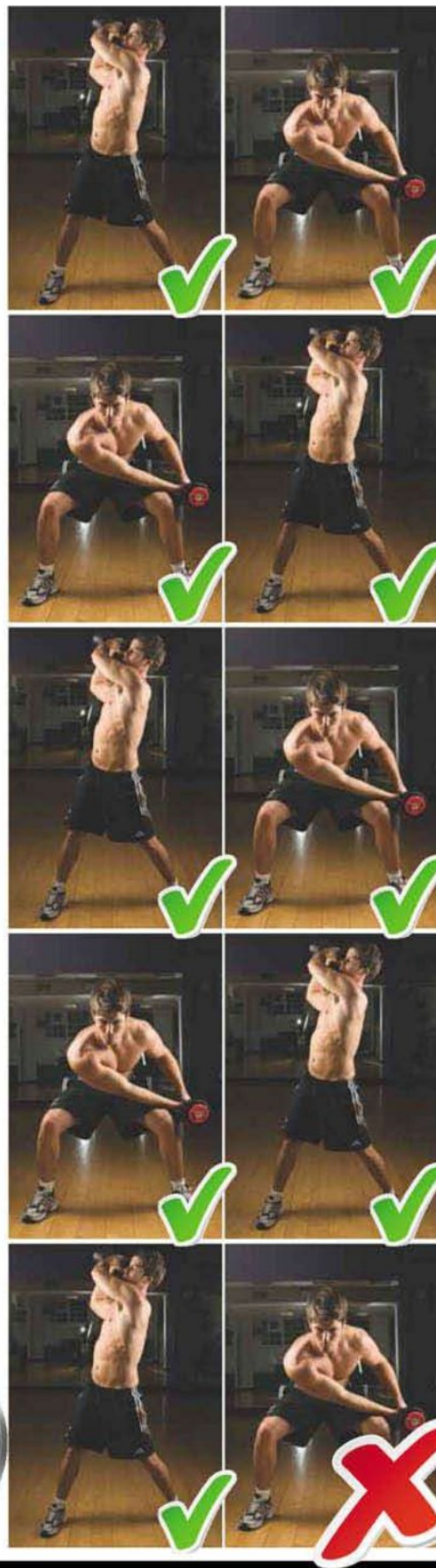
If you don't leave adequate time between sessions then you are asking for trouble because putting such strain

goes out the window, you are opening the door to an increased chance of injury, especially when you are lifting heavy,' says Stafford.

Starting point

So how do you know what weight you should be lifting? 'If you are training for strength then you want to perform fewer than six reps per set, which means starting with around 80 to 90 per cent of your one-rep max for that move,' says Porter. 'If you want bigger muscles, work with a load that is between 60 and 80 per cent of your one-rep max and aim for between eight and 12 reps per set.'

If you are unsure how much weight you should use, Stafford recommends starting light and taking a few sessions to establish your failure point in your target rep range. □



Time under tension

Taking your time over each rep will result in better gains

Once you've established your starting weight and target rep range there's one final thing to consider: time under tension. For best results you need to keep tension in your muscles for as long as possible, especially on the eccentric (lowering) part of each exercise.

'Take between two and four seconds on the eccentric move, pausing for one second at the bottom, then lifting back up explosively,' says Stafford. This will increase the duration your muscles are under tension, and work your muscles harder.



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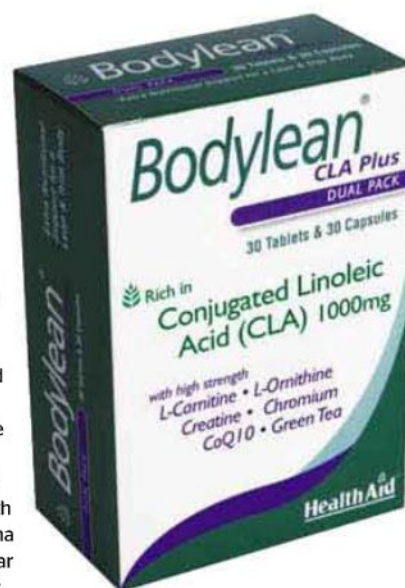


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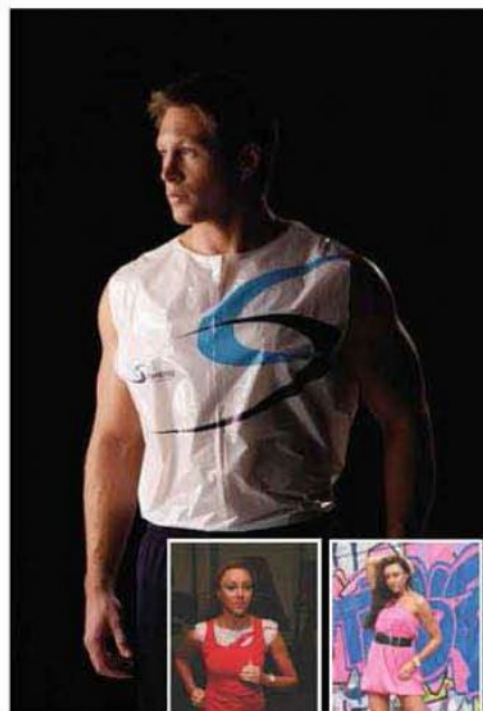
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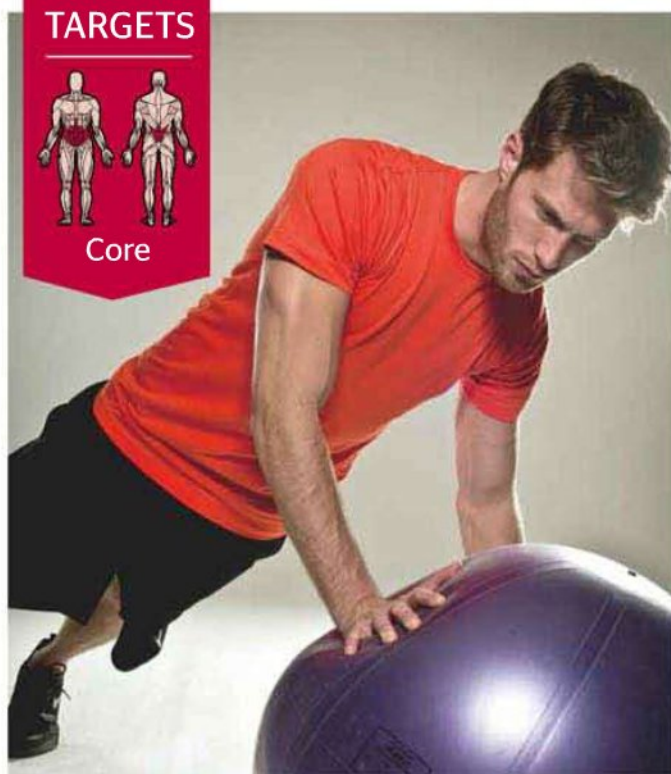
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TARGETS



Core



Willing and stable

Craft a strong core for faster gains

The bad news first: this workout won't build huge muscles. But there is good news, and it's that it will build a strong core and stable joints - both of which are absolutely essential if you want to lift the heavy weights that will lead to big muscles without risking injury.

Using a gym ball will make your core work even harder by forcing your body to fight

to stay stable. And because this workout is performed as a non-stop circuit it will fire up your heart rate, leading to greater fitness and fat loss. Not bad for a session that only requires one dumb-bell and can be done in half an hour, is it?

Follow the guide below to find the workout level best suited for you. When you find that one too easy, move up to the next level.

How to do this workout

	Beginner	Intermediate	Advanced
How many workouts should I do per week?	3	3-4	4
How long does each workout take?	10min	20min	35min
How many circuits should I do in each workout?	2	4	6
How many times should I do each move?	8 reps	10 reps	12 reps
How much rest should I take between circuits?	1 min	2min	2min

START

1 One-leg clean and press

Hold a dumb-bell in one hand and stand on one leg. Lean forwards until the weight is hanging straight down, then straighten up, lift the weight to your shoulder and press it above your head.

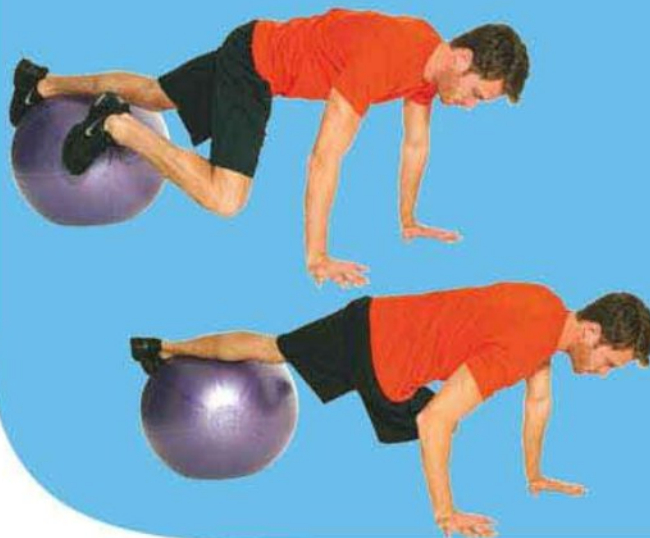
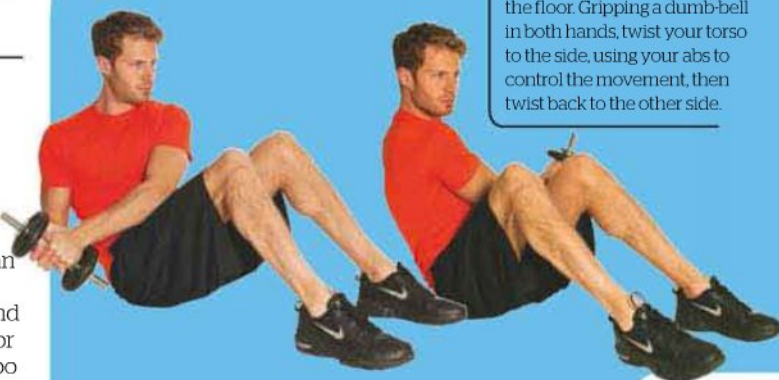


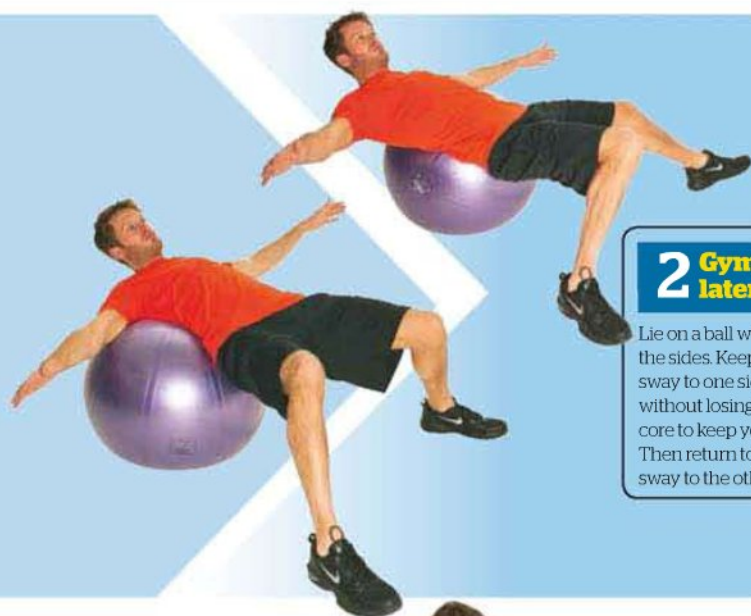
One side at a time

For the one-sided moves, work only one side of your body in a circuit. Switch sides for the next one.

5 Seated Russian twist

Sit with your feet on the floor and your knees bent at 90°, holding your torso at 45° to the floor. Gripping a dumb-bell in both hands, twist your torso to the side, using your abs to control the movement, then twist back to the other side.



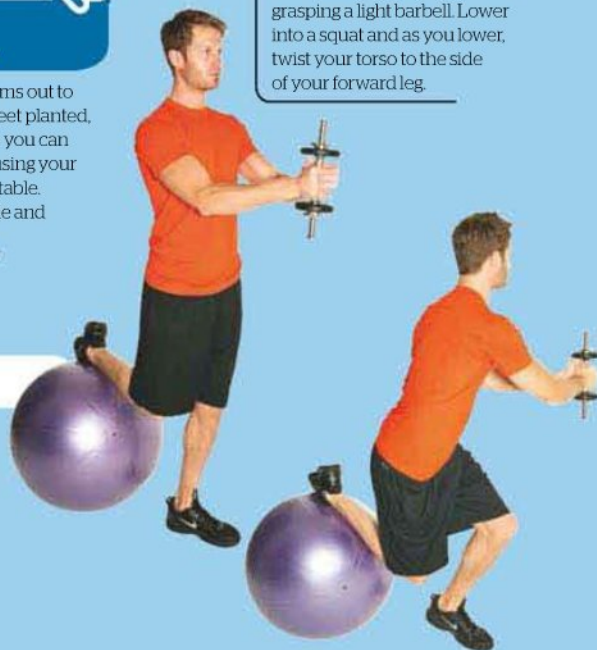


2 Gym ball lateral roll

Lie on a ball with your arms out to the sides. Keeping your feet planted, sway to one side as far as you can without losing balance, using your core to keep your torso stable. Then return to the middle and sway to the other side.

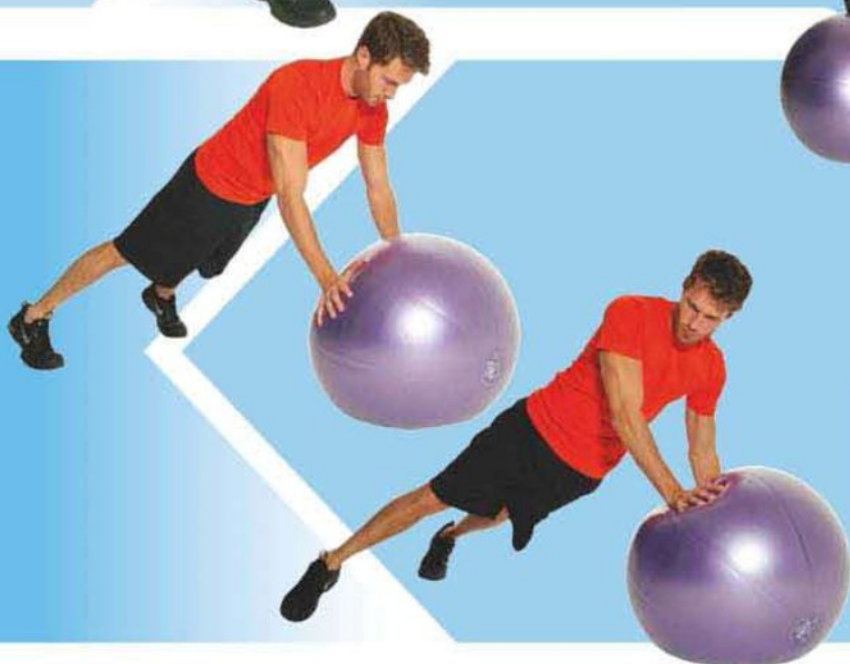
3 Gym ball Bulgarian split squat with twist

Stand with a gym ball behind you and rest one foot on the ball. Hold your hands out in front of you, grasping a light barbell. Lower into a squat and as you lower, twist your torso to the side of your forward leg.



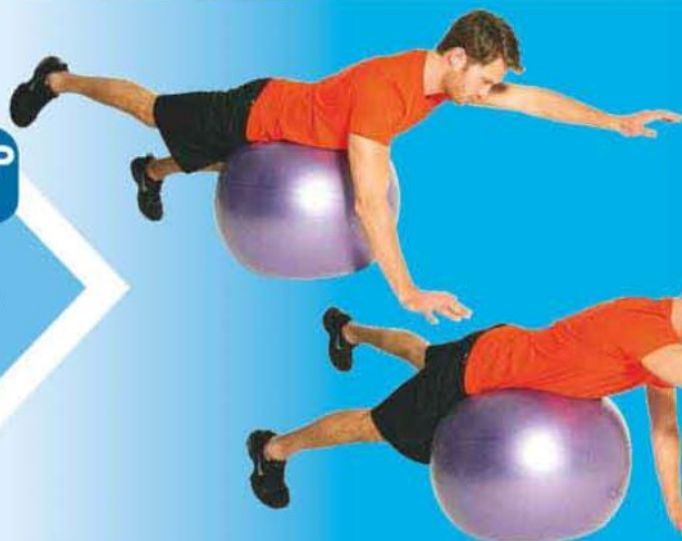
4 Gym ball rolling plank

Assume a press-up position on a gym ball, gripping its sides, and gently roll your torso from side to side.



6 Gym ball scorpion

Start in a press-up position with one leg on the ball and your hands on the floor. Bring your free leg in towards your chest, then slowly rotate it under your body.

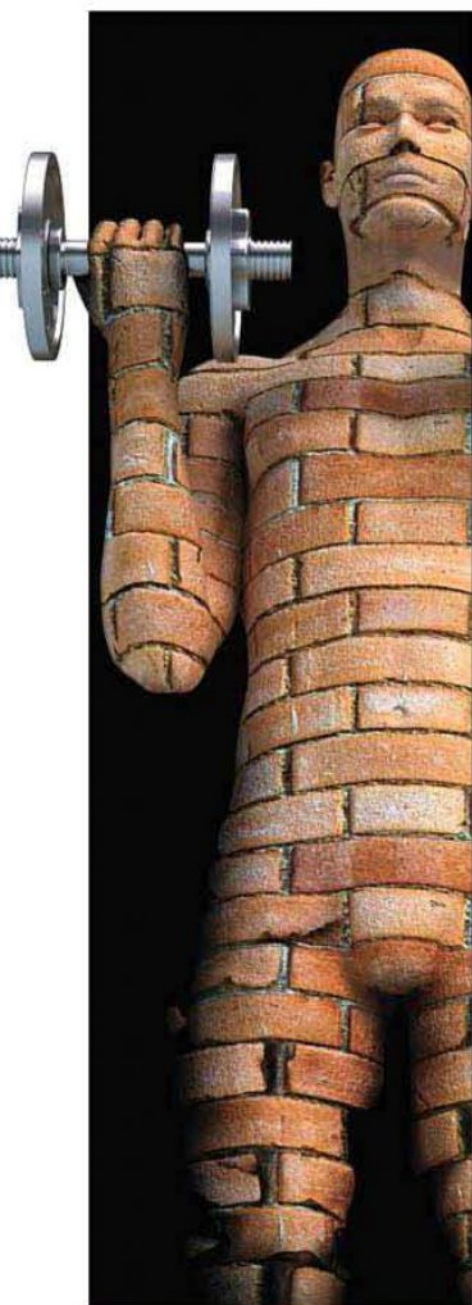


7 Gym ball two-point box

Lie on a ball face down with your hands and feet on the floor. Lift one arm and your opposite leg and hold for second. Then repeat.



FINISH



The truth about building muscle

What's the most effective way to put on muscle fast?
Our experts have all the answers

The Panel



Mark Gordan
Fitness2Health



Jack Lovett
Spartan
Performance



Sean Keefe
Strength &
Performance Gym



Christian Villa
CVPT

Question 1
What's the most common muscle-building myth you've heard?

'You should lift big every week.' Doing so will place your muscles, ligaments, tendons and immune system under a lot of stress and increase the risk of injury.

'Supplements are all you need to develop a muscular physique.' As the name suggests, they should merely supplement a healthy eating plan and a training programme.

'You need to hit a muscle group from 20 different angles.' Sometimes, sticking to the basics and performing the simplest movements is the best way to make gains.

'Three sets of eight to 12 reps is the key to building muscle.' This ignores the benefits of lifting heavy loads and varying your reps, which will shock your body and result in better gains.

Question 2
What's your top muscle-building tip?

Work out your five-rep max, then implement a four-week training cycle: high reps with light weights in week one, fewer reps with medium weights in week two and your five-rep max in week three. Rest in week four.

Follow a quality nutrition plan based on lean protein, nutrient-dense vegetables, fibre-rich fruit, quality fats and suitable starches. An optimally trained body requires optimum nutrition.

Don't switch around between training plans. Putting on serious muscle takes time and perseverance, so find a proven programme and stick to it for six to eight weeks.

Draw up a long-term training plan, keeping track of the weights and reps, and try to improve each week. If you don't increase the loads and reps each workout, your body won't keep building muscle.

Question 3
What's your favourite muscle-building gym snack?

Cottage cheese and pineapple. Cottage cheese for the slow-release casein protein and pineapple for its simple sugars and the ability to reduce muscle inflammation.

An apple with 5g of branched-chain amino acids (BCAA) before and after training. BCAAs boost energy and enable you to recover faster, while apples both fuel your muscles and replenish energy.

Good hearty whole foods. Protein shakes and supplements are great for aiding muscle growth, but there's no substitute for chicken breasts, eggs and semi-skimmed milk.

Chocolate milk. It's high in muscle building protein and it'll fit easily in your gym bag. Choose the organic varieties for additional health benefits.

New fitness gear

Pegboard

What is it?

A hardwood board with a series of evenly-spaced holes in it and two easily-gripped 'pegs' that slot into them.

What's it good for?

Building upper-body strength. Climbing the board means holding your bodyweight on one arm while you move the other one, and even a small board will test everything from your biceps to your core. The only problem? Finding a place to hang it.

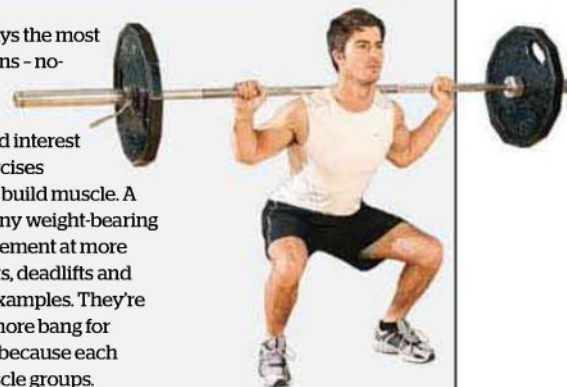


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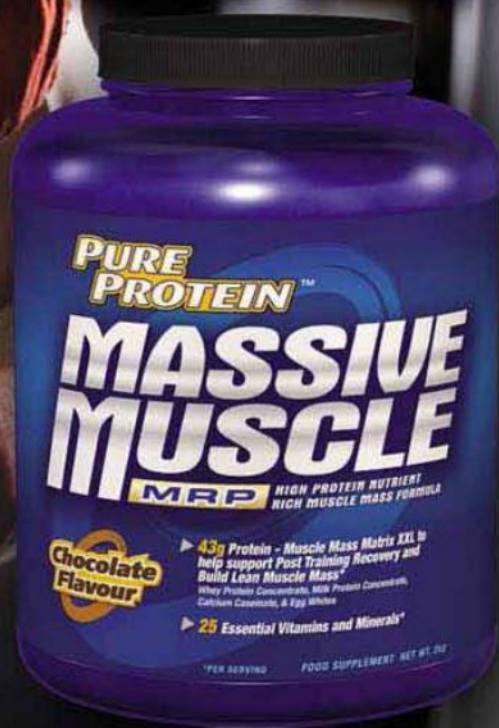
Lifting lingo Key gym terms explained

Compound exercise

Compound isn't always the most positive of descriptions - no-one wants to do with a compound fracture or compound interest - but compound exercises are a fantastic way to build muscle. A compound move is any weight-bearing lift that involves movement at more than one joint - squats, deadlifts and pull-ups are classic examples. They're often referred to as 'more bang for your buck' exercises because each rep hits multiple muscle groups.



**PUTTING
BACK
WHAT
TRAINING
TAKES
OUT...**



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MATRIX**

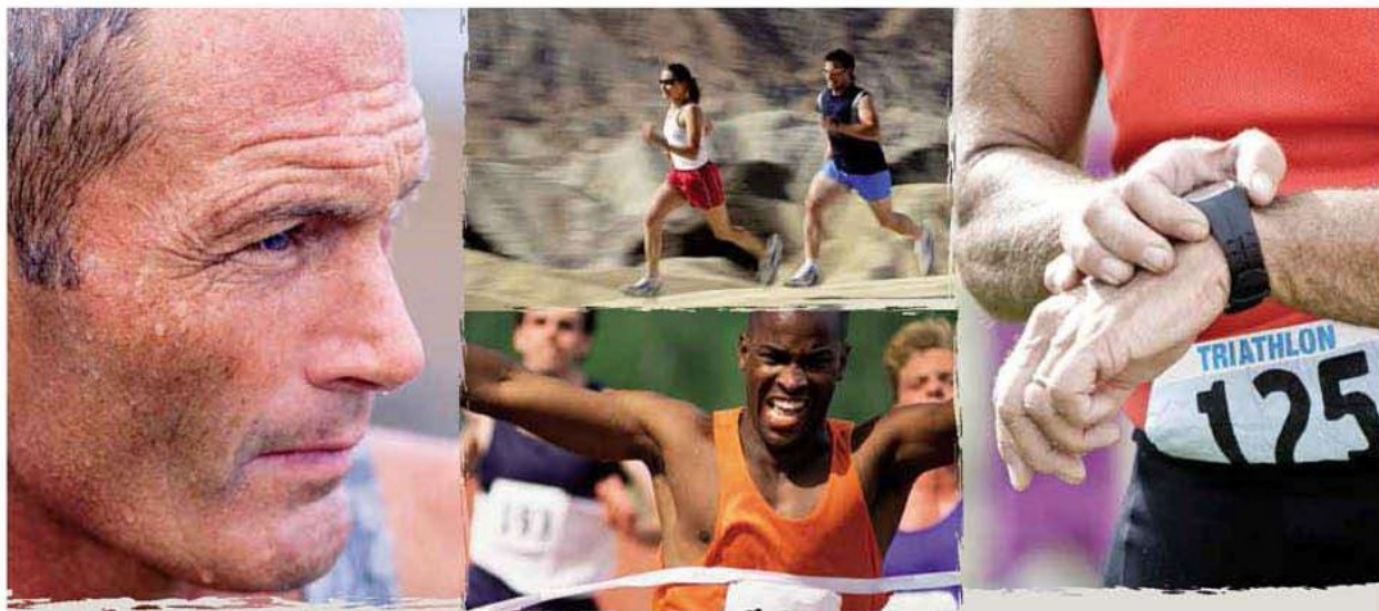
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American flyer

Larry Fitzgerald of the NFL's Arizona Cardinals shows the moves that build his explosive power

For the British, American football is a divisive sport. Some think it's little more than rugby with shoulder pads and a pause in the action every 30 seconds for an ad break. Others believe it is the most thrilling and tactical sport ever played. Whichever camp you sit in, few can deny that American footballers are among the biggest, strongest and fastest athletes on the planet. Just look at Larry Fitzgerald, the wide receiver who has set the league on fire with his searing pace, gravity-defying leaps and assured handling since he was selected third overall by the Arizona Cardinals in the 2004 National Football League (NFL) Draft.

At the end of April, some of the best young players in the United States will gather in New York City for the 76th NFL Draft, where the 32 NFL teams will take it in turns to make many of these student-athletes overnight millionaires.

But it's not all smiles and handshakes. This crowning moment is the culmination of years of strain, tears and an awful lot of sweat, of which a huge proportion was spilled at the NFL Scouting Combine showcase for college players in Indianapolis in February.

Peak performance

The Combine is the biggest test these young men will ever face. It's a week-long invitation-only series of physical evaluations performed in front of NFL coaches, managers and scouts. The showcase events are the 40-yard dash, bench presses - as many reps of 102kg as possible - and vertical and broad jumps (see box on p138 for all-time records).

Larry Fitzgerald

Age 27

Height 1.91m

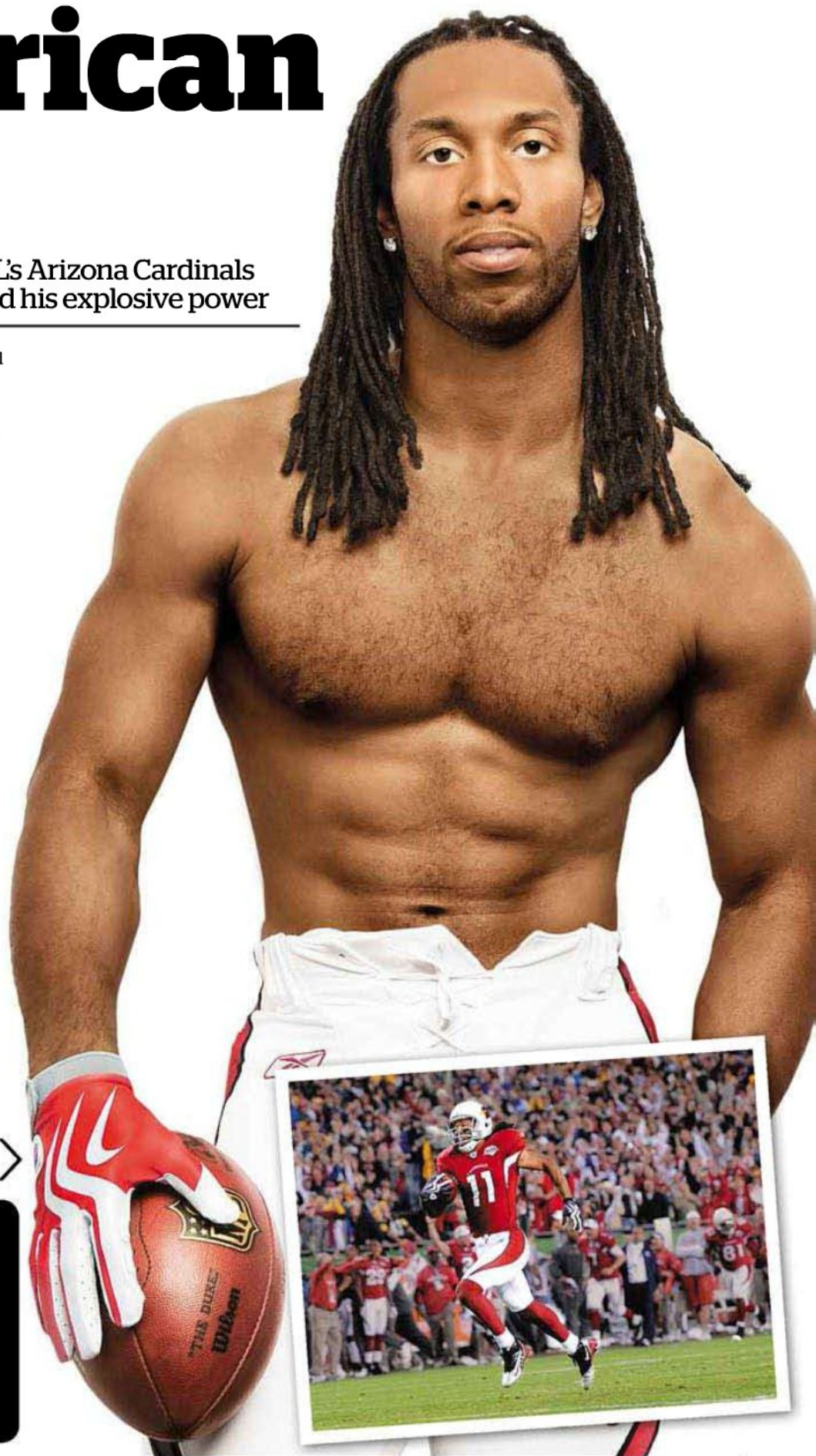
Weight 99kg

Achievements

● 2010, 2009, 2008, 2007, 2005 Selected for Pro Bowl

● 2009 Pro Bowl Most Valuable Player award

● 2008 NFC Championship title



The stakes couldn't be higher. A matter of milliseconds and millimetres separate the very best from the also-rans. An outstanding performance at the Combine can see a relatively unknown college player's draft stock soar, virtually cementing a first-round selection and the highly lucrative contract and sponsorship endorsements - not to mention celebrity - that come with it. On the other hand, a disappointing performance can end a career in the professional league before it has even started.

Pressure to perform

With such pressure to perform, both at the Combine and once in the NFL, it's little wonder that American footballers use some of the most innovative and cutting-edge training techniques around. Fitzgerald's programme is overseen by John Lott, the Cardinals' strength and conditioning coach. Lott is also the rather vocal bench press spotter at the Combine whose motivating words always seems to coax a few more reps out of exhausted attendees.

Lott's regimen for Fitzgerald includes many of the track drills he used to train US Olympic sprinting legends and former world record holders Carl Lewis and Leroy Burrell. It's designed to improve his stamina and speed without adding much muscle bulk, which could affect his ability to sprint, leap and catch - core skills that separate the good wide receivers from the great.

'The NFL uses the most innovative training techniques'

Lott also moved Fitzgerald away from powerlifting moves and focused on strength-building exercises that would more directly help him on the field. 'There are a few things I stand for: squats, cleans, medicine ball, stretching and running,' says Lott. 'These are movements I really, really like.'

All-star player

Lott's approach to training is clearly working. In his six years since signing for Arizona, Fitzgerald has been selected to the Pro Bowl - the end-of-season showcase for the league's best players - no fewer than five times, while a stunning 64-yard catch-and-run in Super Bowl XLIII that left the Pittsburgh Steelers' defence covered in his dust was just another example of how the hard graft keeps paying off.

'If you want to be great, you need to come to the understanding that you've got to put in the work,' says Fitzgerald. 'I'm not satisfied with anything. I'm not one of those guys who sits back and says, "Look what I've accomplished". I won't be satisfied until my career is over and I've accomplished the goals I want to.'

1 Explosive box jump Sets 6 Reps 3 Rest 60sec between sets

- Set up a box or aerobics step in front of you, high enough to be challenging, but low enough to be safe.
- Bend your knees to gather momentum and explosively jump onto the box and hold for a second.
- Then step off the box. That's one rep.



NFL Combine records*

40-yard (36.5m) dash 4.24sec

Chris Johnson (2008)

Bench press reps 225lb (102kg) 49

Stephen Paea (2011)

Vertical jump 46in (1.17m)

Gerald Sensabaugh (2005)

Broad jump 11ft 5in (3.48m)

Justin Fargas (2003), Scott Starks (2005)

* Records since 2000 when the current Combine format was introduced

Fitzgerald builds explosive leg power with high box jumps

2 Hurdle drill

Sets 6 Rest 30sec between sets

- Line up a set of hurdles of varying heights, then alternate going over and under them.
- Maximise the emphasis on your hips by stepping over the first one (while standing sideways) and bending your entire body under the second.
- Repeat through the whole line of hurdles.

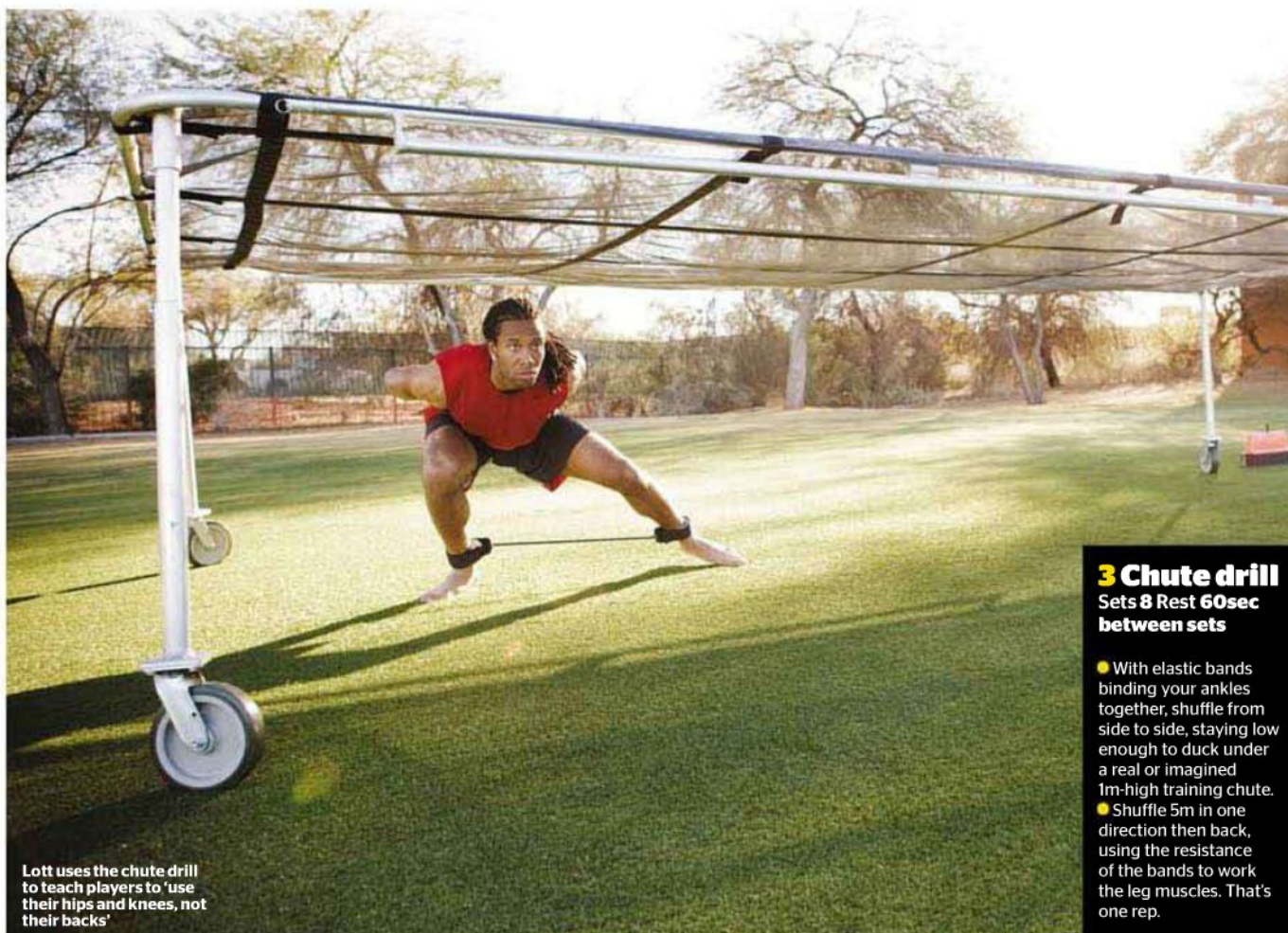


'The hips are so important in coming out of your [pre-determined running] route,' says Lott

Power grid

New to American football? Here's *MF*'s guide to the sport's basics and players

- American football is essentially a game of possession and position: possession of the ball and position on the field of play.
- The team with possession of the ball is on 'offense' and has four attempts, or downs, to advance the ball ten yards.
- To advance the ball, the quarterback either hands the ball to a strong and agile running back or throws it to a wide receiver, who is usually tall, fast and lean.
- The offensive linemen, who are among the biggest and heaviest athletes on the field, must protect the quarterback and create space for the running back by blocking and tackling the similarly large defensive linemen and the linebackers, who are strong, fast and fearsome tacklers.
- Possession switches to the other team when the offense scores a touchdown (carrying or catching the ball in the end zone and worth six points) or field goal (kicking the ball through posts at the end of the field, worth three points), when they fail to move the ball ten yards after three downs and punt the ball down field, or when the defense recovers a dropped ball or intercepts a throw from the quarterback.



Lott uses the chute drill to teach players to 'use their hips and knees, not their backs'

3 Chute drill

Sets 8 Rest 60sec between sets

- With elastic bands binding your ankles together, shuffle from side to side, staying low enough to duck under a real or imagined 1m-high training chute.
- Shuffle 5m in one direction then back, using the resistance of the bands to work the leg muscles. That's one rep.

4 Medicine ball sit-up

Sets 3 Reps 10-15 Rest 2min between sets

- Lie on an incline bench with a partner standing at your feet and hold a medicine ball above your head with your arms straight.
- Quickly sit up by contracting your abs and forcefully thrust the medicine ball to a partner. Keep your arms straight for the entire move.
- Lower yourself back to the bench as fast as you can and repeat, catching the ball when you come up. That's one rep.



Lott says this move strengthens the core, the foundation of all football movements.

6 Abs wheel roll-out

Sets 3 Reps 20 Rest 60sec between sets

- Hold an abs wheel with both hands and kneel on the floor with the wheel in front of your shoulders.
- Keeping your abs and glutes braced, roll forward as far as you can until you feel your lower back is about to sag. Roll back up to complete one rep.



Your core muscles must stabilise your body throughout this move, working the whole region hard

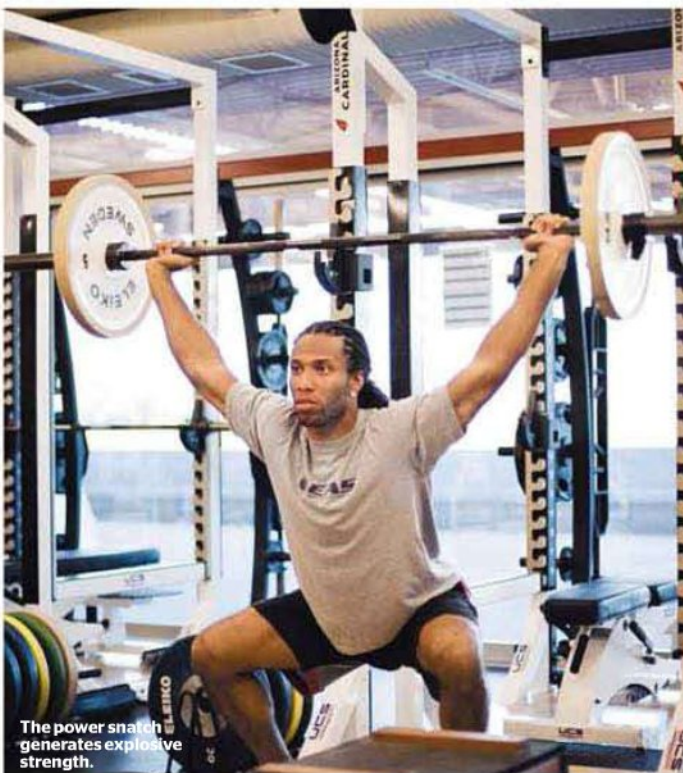
Fitzgerald builds upper-body power - vital for pushing off defenders - with plyometric press-ups



5 Plyometric press-up on plates

Sets 3 Reps 10 (after the tenth rep of each set perform regular press-ups to failure) Rest 2min between sets

- With three plates stacked under each hand, push yourself up so fast your hands come off them and you can clap in mid-air.



The power snatch generates explosive strength.

7 Power snatch

Sets 3 Reps 5 Rest 2min between sets

- Hold a barbell on the floor overhand, hands twice shoulder-width apart. Keeping a natural arch in your lower back, crouch down as if you were going to perform a deadlift. Explosively stand up and raise the bar straight up.
- When the bar reaches chest level, flip your wrists so your palms face up and allow the momentum to help you press the bar straight overhead.
- Reverse the motion to return the bar to the floor. That's one rep.

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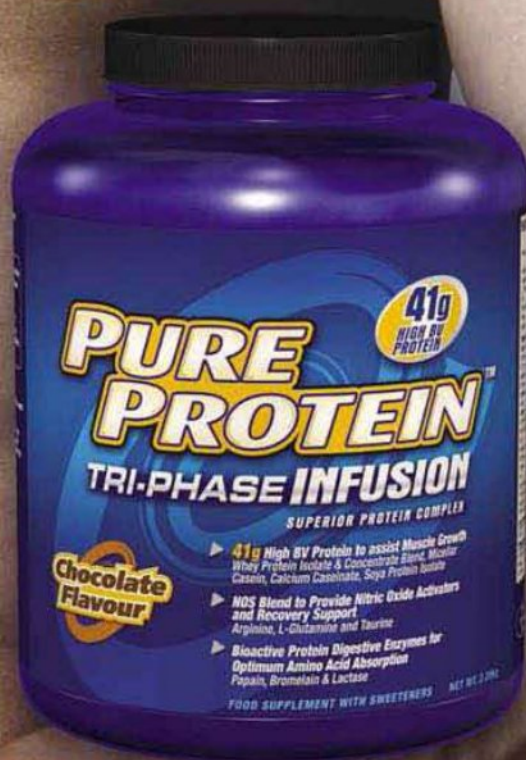
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Bigger arms

More powerful chest

No matter how hard you think you're working out, unless you're hitting your muscles from multiple angles, you'll soon reach a plateau you struggle to break through. This workout fixes your frustrating plateau problems by giving each of your upper body's biggest muscle groups - chest and back, arms, and shoulders - their own session once a week, during which you hammer them hard from various angles. Your body will be shocked into taking rapid action to make the muscles bigger and stronger. Just don't blame us if, after a month, you need new T-shirts.

Turn over for the first of your three workouts

What you do



Monday Chest
p144



Wednesday Arms
p146



Friday Shoulders
p148

How to do it



Timing Workouts should take about 30 minutes, including the warm-up.



Warm-up Spend five minutes doing bodyweight moves such as press-ups, squats and lunges.



Weight Choose a weight that allows you to complete all your reps but no more.

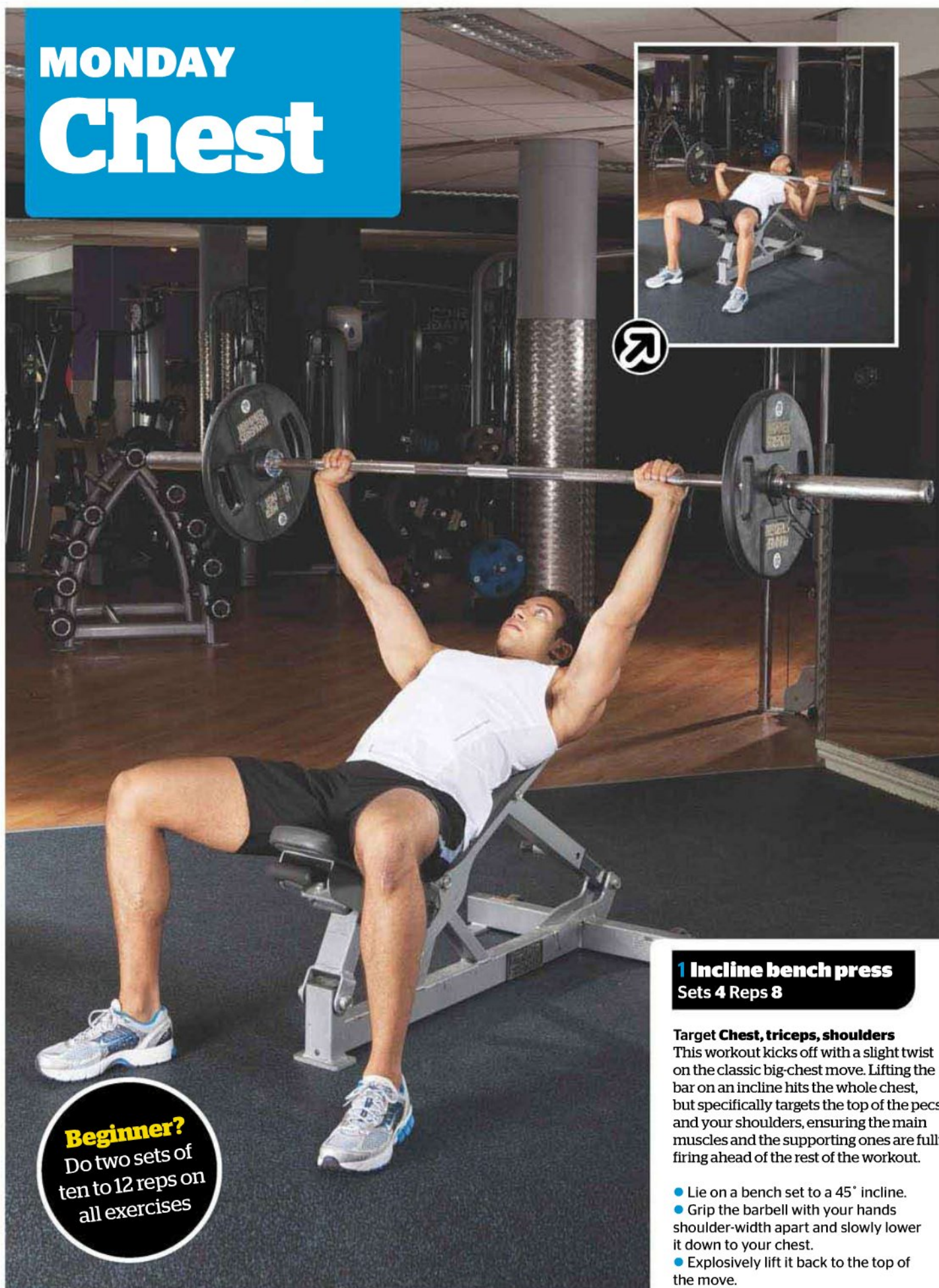


Tempo Take one second to lift the weight, pause, then take three seconds to lower.



Rest Rest for 30-45 seconds between sets and for one minute between exercises.

MONDAY Chest



Beginner?

Do two sets of
ten to 12 reps on
all exercises

1 Incline bench press Sets 4 Reps 8

Target Chest, triceps, shoulders

This workout kicks off with a slight twist on the classic big-chest move. Lifting the bar on an incline hits the whole chest, but specifically targets the top of the pecs and your shoulders, ensuring the main muscles and the supporting ones are fully firing ahead of the rest of the workout.

- Lie on a bench set to a 45° incline.
- Grip the barbell with your hands shoulder-width apart and slowly lower it down to your chest.
- Explosively lift it back to the top of the move.

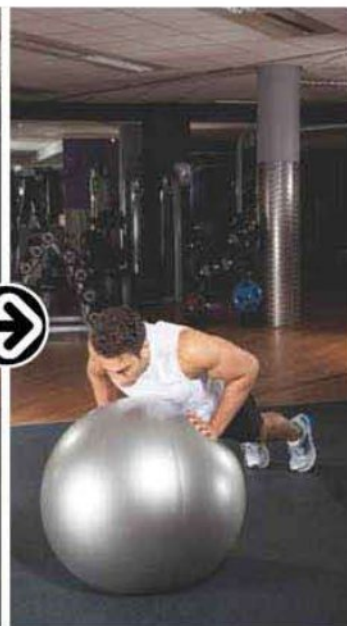
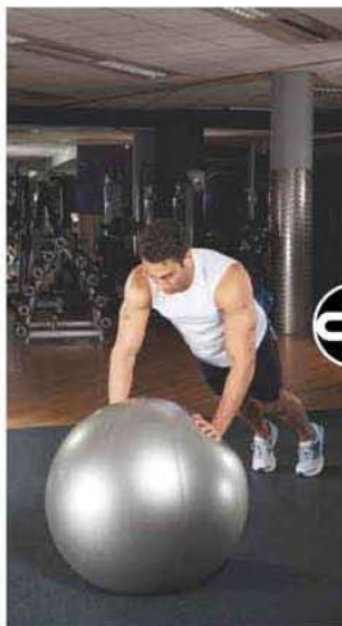
2 Alternating dumb-bell press

Sets 3 Reps 10

Target Chest, triceps

Lifting one arm at a time has many benefits. It keeps your muscles under tension for longer during each set, forcing them to work harder. It also helps you spot any potential weaknesses on one side, which can lead to injury.

- Lie on a flat bench with a dumb-bell in each hand just outside your shoulders.
- Keep your feet planted on the floor, and your glutes, upper back and head planted on the bench.
- Keeping one hand where it is, strongly press the weight in the other hand up until your arm is almost fully extended.
- Slowly lower the weight back to the start position then press up with the other arm.



3 Gym ball press-up

Sets 3 Reps 12 or to failure

Target Chest, triceps, core

Far harder than it looks, this move not only taxes your rapidly fatiguing pecs, but also requires your shoulder muscles and core to work really hard to keep your torso stable throughout the move.

- Place your hands shoulder-width apart on the top of a gym ball with your body in a straight line from head to heels.
- Lower your upper body until your chest touches the ball then press back up while controlling the wobble of the ball.

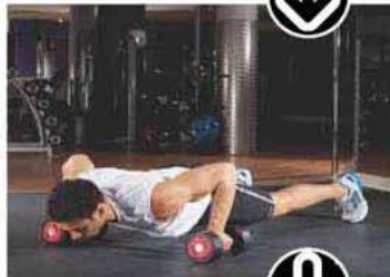
4 Renegade row

Sets 3 Reps 12

Target Chest, triceps, biceps, back, core

After three hard chest moves this exercise, though still working the pecs, also heavily involves the upper back, affording your chest a little respite ahead of the final move's all-out muscle-building effort.

- Start in the press-up position but gripping two dumb-bells with straight wrists. The weights should be directly in line with your shoulders.
- Lower your torso down as far as is comfortable before pushing back up strongly.
- Once back at the top, lift one weight off the ground. Lead with your elbow and try not to twist so as to keep your body in a straight line.
- After the next press-up, lift the other weight.



Turn over
for your
Wednesday
workout

5 Cable flye

Sets 4 Reps 8

Target Chest, shoulders

The advantage of performing flyes on a cable instead of with free weights is that the resistance is maintained throughout the entire move, rather than just on the lifting part. Returning to the start slowly will really push your muscle fibres the extra distance needed to ensure they grow back bigger and stronger.

- Stand in the middle of a cable machine, holding D-handles that are attached to the high pulley.
- Lean forward from the hips, keeping your core braced and maintaining a slight bend in your elbows throughout.
- In a smooth arc, bring your hands together to cross in front of your body.
- Return slowly to the start.

WEDNESDAY

Arms

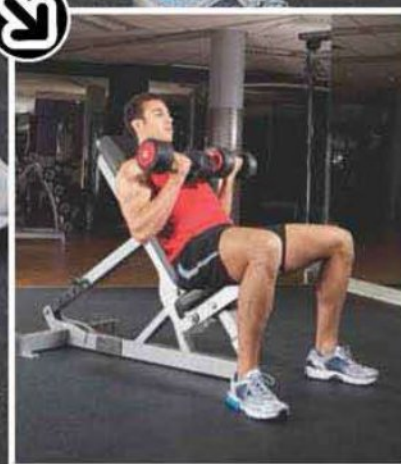
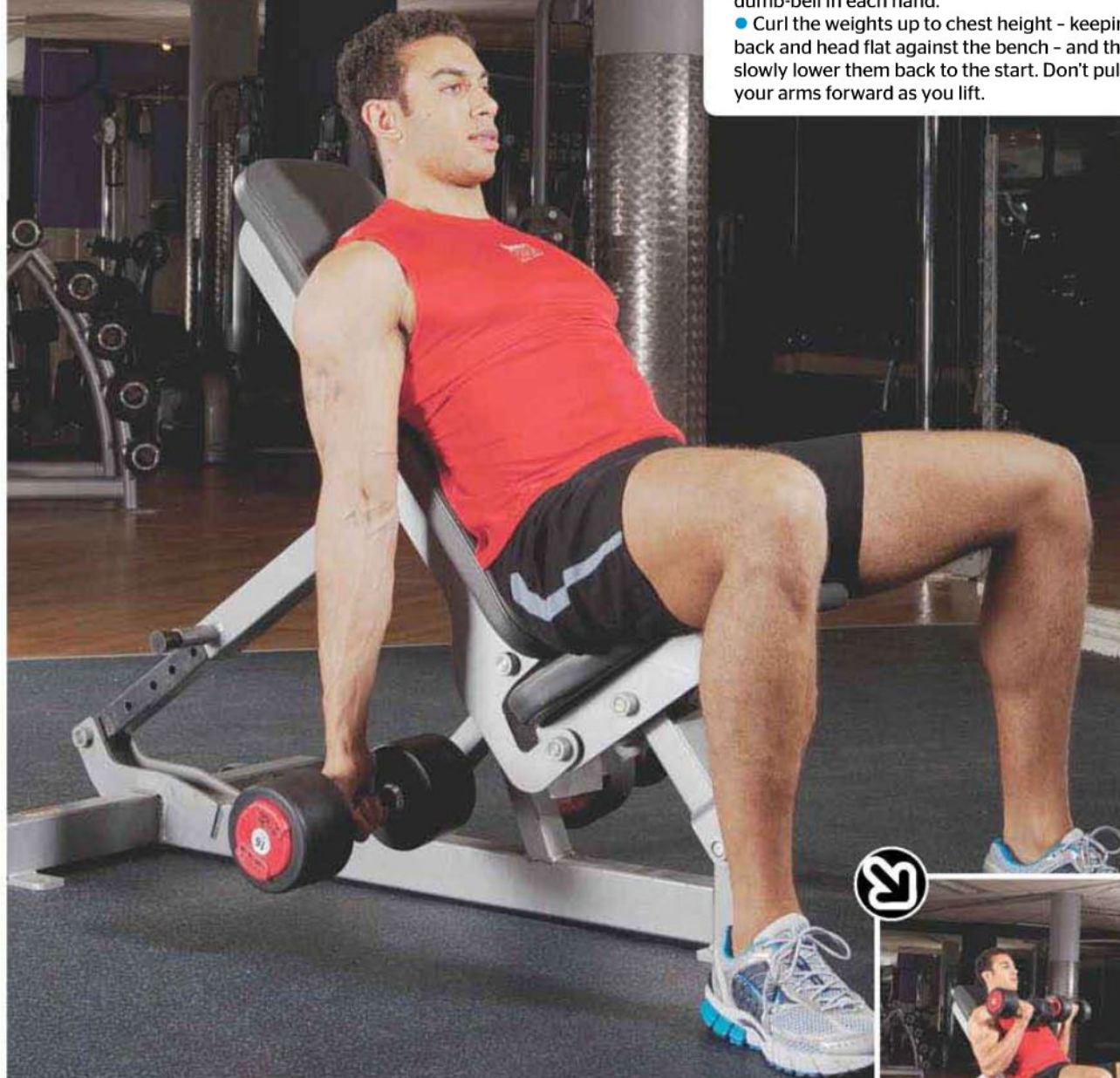
1 Incline dumb-bell curl

Sets 4 Reps 10

Target Biceps

This workout starts by blitzing your biceps. Doing curls seated on an incline has two main benefits: you are prevented from using momentum to swing the weight up, and your muscles move through a greater range of motion than when you do this standing up.

- Set a bench at 35-40° and lie back on it holding a dumb-bell in each hand.
- Curl the weights up to chest height - keeping your back and head flat against the bench - and then slowly lower them back to the start. Don't pull your arms forward as you lift.



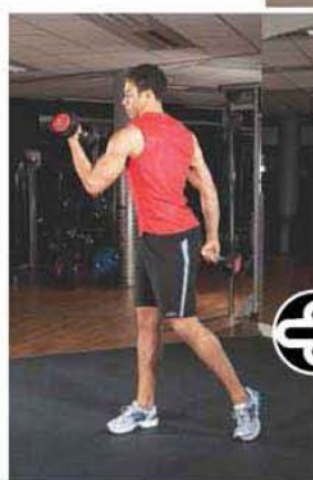
2 Close-grip bench press

Sets 4 Reps 10

Target Triceps, chest

This bench variation places greater emphasis on your triceps than your chest, which means it works the major muscles of your upper arms while you give your biceps a little time to recover.

- Lie with your upper back and head flat on the bench and feet flat on the floor.
- Hold a barbell with a narrow grip - aim for about a fist-sized gap between your hands.
- Keeping your elbows tucked in, lower the bar to your chest, then press up powerfully.



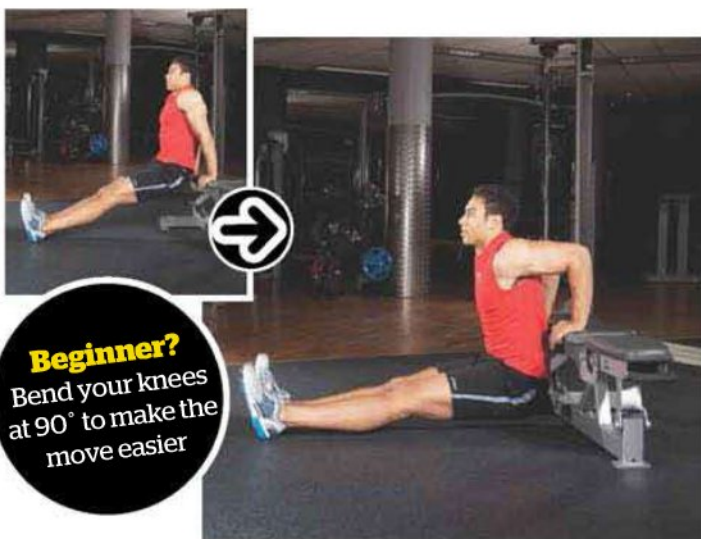
3 Dumb-bell uppercut

Sets 3 Reps 6 each side

Target Biceps, core

Uppercuts will fire up the fast-twitch fibres in your biceps, as well as working your shoulders and upper back and increasing your core strength to keep your torso stable.

- Stand with feet shoulder-width apart, holding a dumbbell in each hand.
- Twist one way and bring the opposite hand up, as if delivering an uppercut punch.
- Reverse the movement to the start before twisting and punching the other way.



Beginner?

Bend your knees at 90° to make the move easier

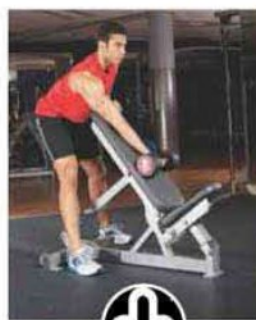
4 Bench dip

Sets 4 Reps 12

Target Triceps, shoulders

You're back on the triceps with dips, which will also work your shoulders and core. Your arms will be starting to feel fatigued by now, but dig deep because this is the last triceps move of the session.

- Grip the edge of the bench, keeping your feet together and legs straight.
- Lower your body slowly, ensuring your elbows point back and your back is straight.
- Press back up powerfully, but don't lock out your elbows.



5 Concentration curl

Sets 4 Reps 8 each side

Target Biceps

Finish the workout with one last all-out assault on your biceps in the form of this classic isolation move. Try to control the weight on the way down, lowering as slowly as you can to really work the muscles.

- Stand behind a bench set at 35-40° and grab a dumbbell in one hand.
- Rest your upper arm on the bench and curl the weight up to your chin.
- Lower the weight back down, but stop just before your hand touches the bench.



Turn over
for your
Friday
workout
»»»

FRIDAY

Shoulders

Watch it!
Don't lean back
as you press the
bar up

1 Barbell shoulder press

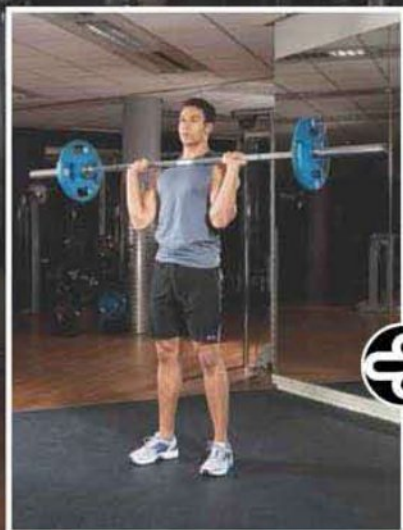
Sets 4 Reps 8

Target Shoulders, triceps

The final workout kicks off with the ultimate shoulder-builder. This compound move allows you to start heavy and elicits a big growth hormone response. Just make sure your shoulders are well warmed up first.

- Hold a barbell across the front of your shoulders with your feet shoulder-width apart and knees slightly bent.
- Press the bar up over your head until your arms are almost straight before lowering back slowly to the start.

Turn over
for three more
shoulder
moves





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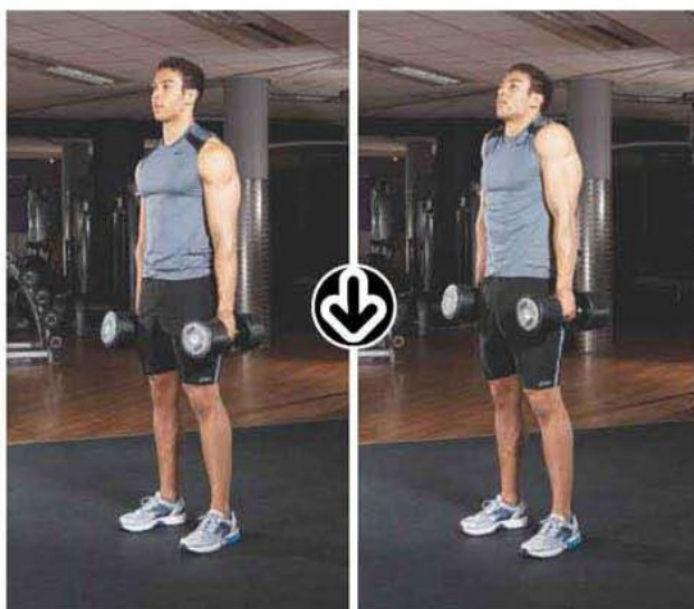
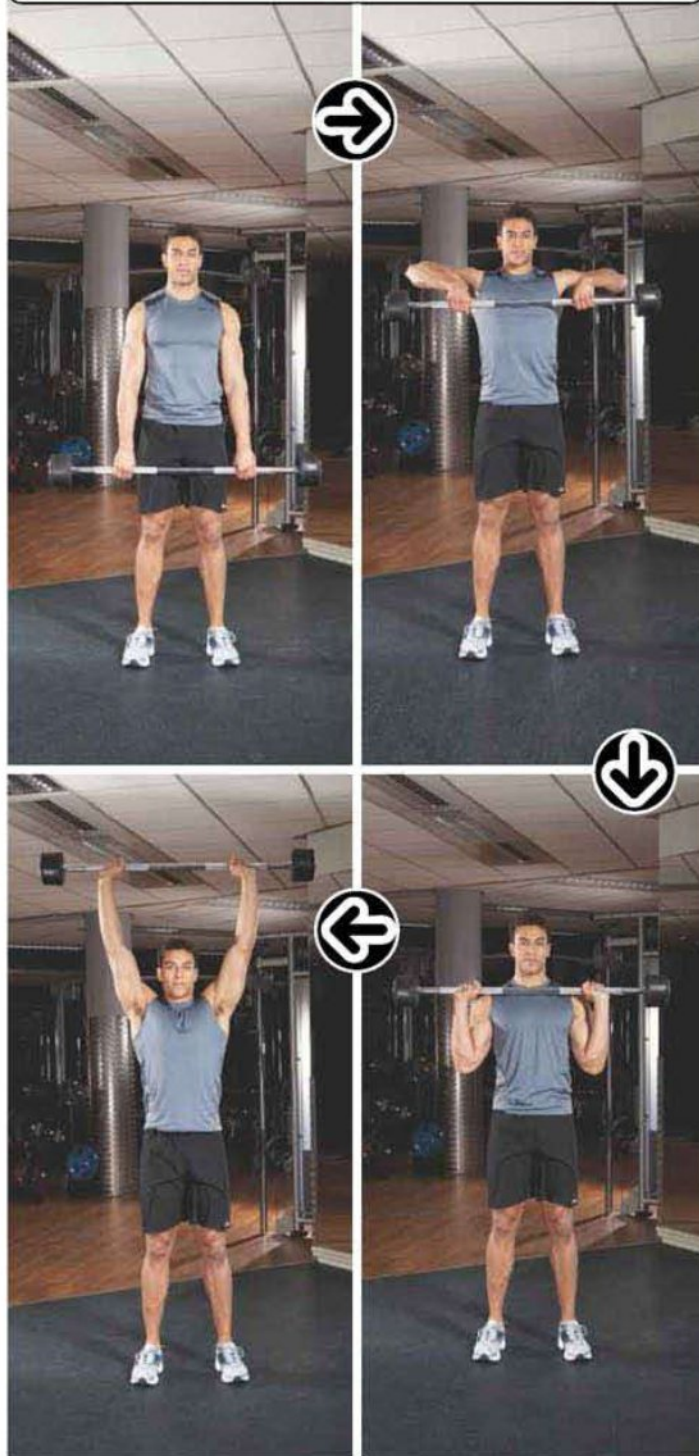
2 Cuban press

Sets 3 Reps 12

Target Shoulders

This move works the small stabilising muscles in the shoulder joint, which are of vital importance to building your shoulders but are often neglected. Having strong muscles here will allow you to lift heavier in other moves without the risk of injury.

- Holding a light barbell, place feet shoulder-width apart.
- Lift the weights up, leading with your elbows, until your upper arms are horizontal.
- Rotate your forearms until your hands are pointing up.
- Press the weight directly overhead, then reverse slowly back to the start.



3 Dumb-bell shrug

Sets 3 Reps 8

Target Shoulders, traps

It's time to go heavy on the weights again because shrugs target the powerful muscles of the upper back that need to be worked hard to grow big. It's worth it, because big traps will help create the classic strong, V-shaped upper body.

- Stand with your feet shoulder-width apart, holding a dumb-bell in each hand.
- Keeping your core braced, retract your shoulders blades and, keeping your arms straight throughout, shrug the weight by raising your shoulders up towards your ears.



4 Alternating wide shoulder press

Sets 4 Reps 12

Target Shoulders, triceps

A slight twist on the classic shoulder press, this move works your delts from a different angle. It's a great way to tax your rapidly fatiguing muscles before calling it a day.

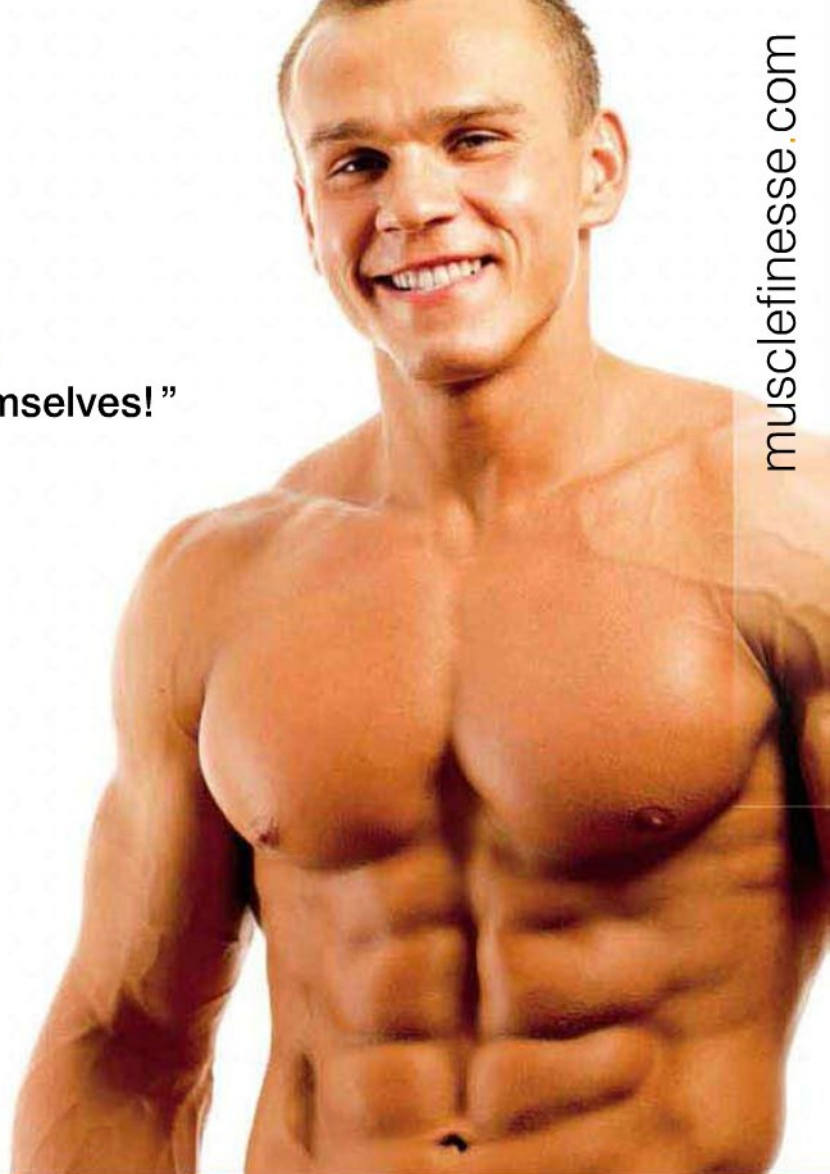
- Hold a dumb-bell in each hand at shoulder height.
- Instead of pressing up, press out to the side at an angle of about 45° until your arm is almost fully extended.

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For more upper body workouts, go to mensfitness.co.uk/links/biguptop

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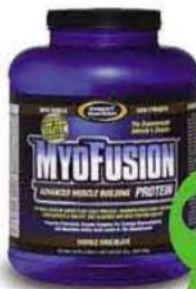
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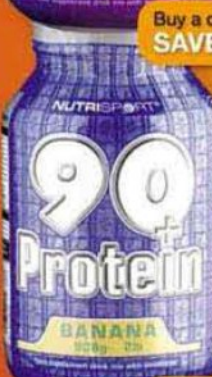
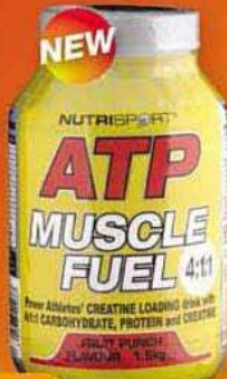
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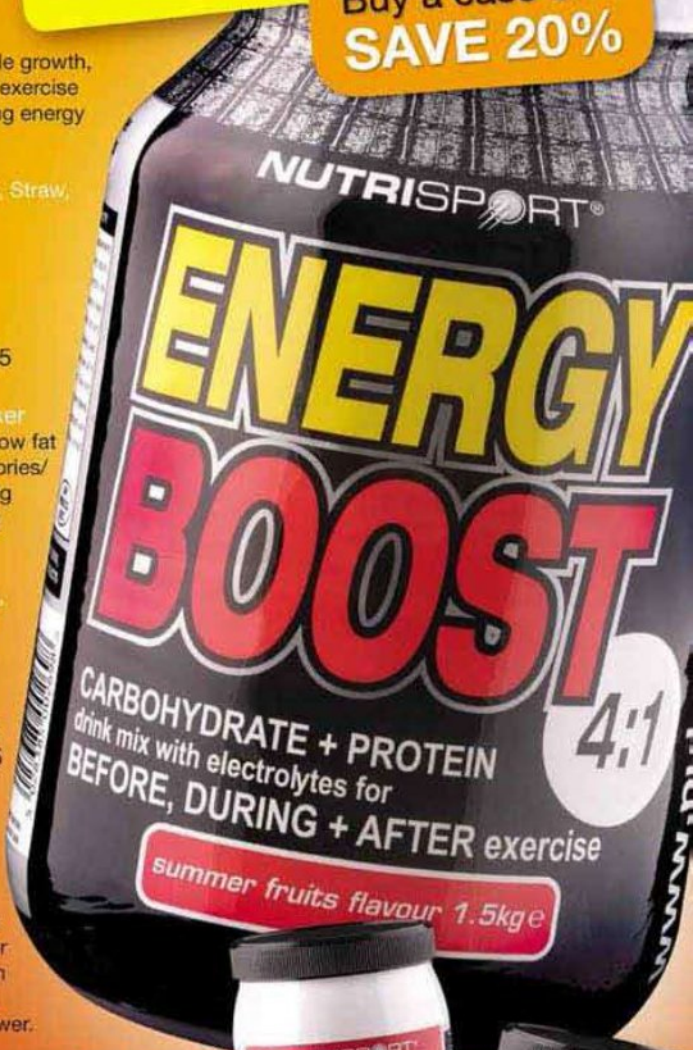
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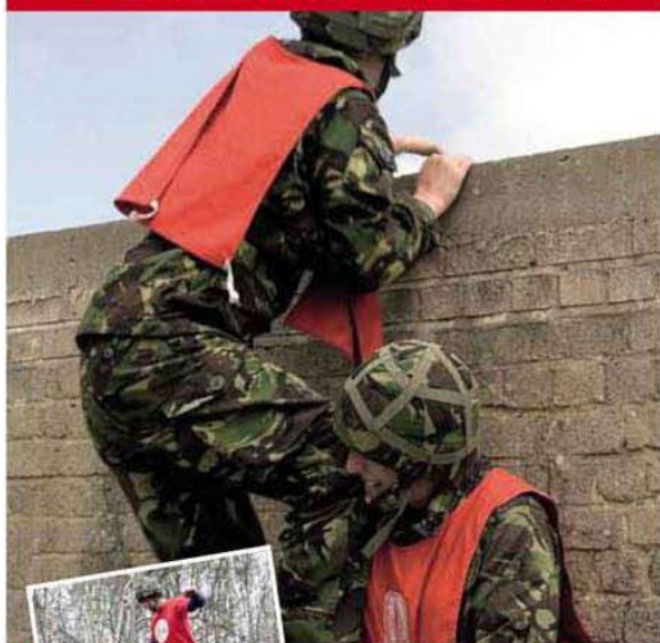


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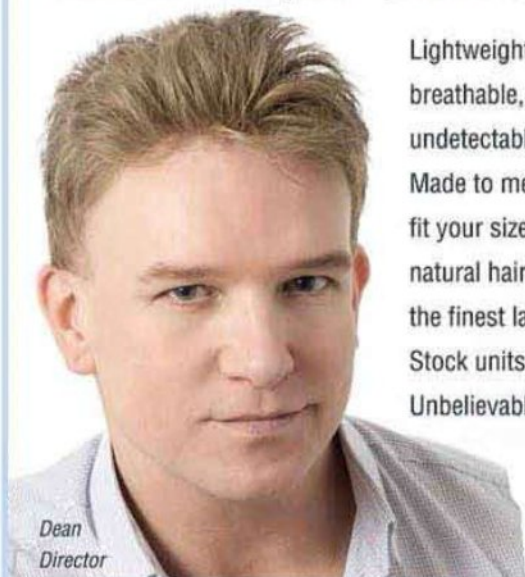
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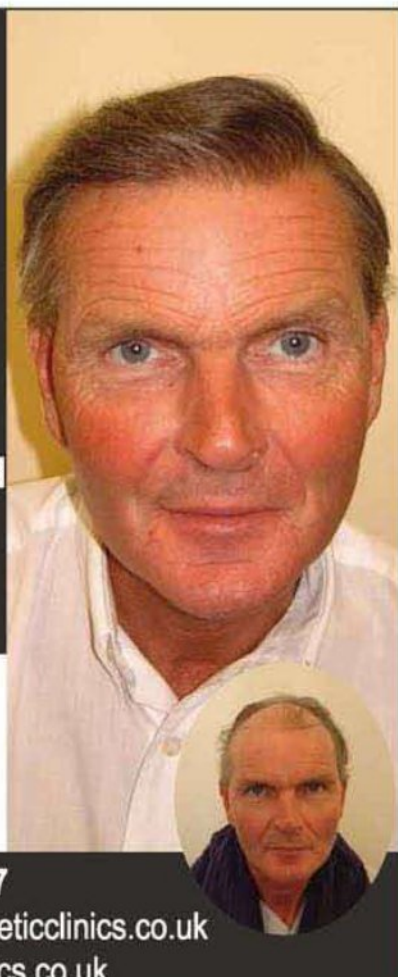
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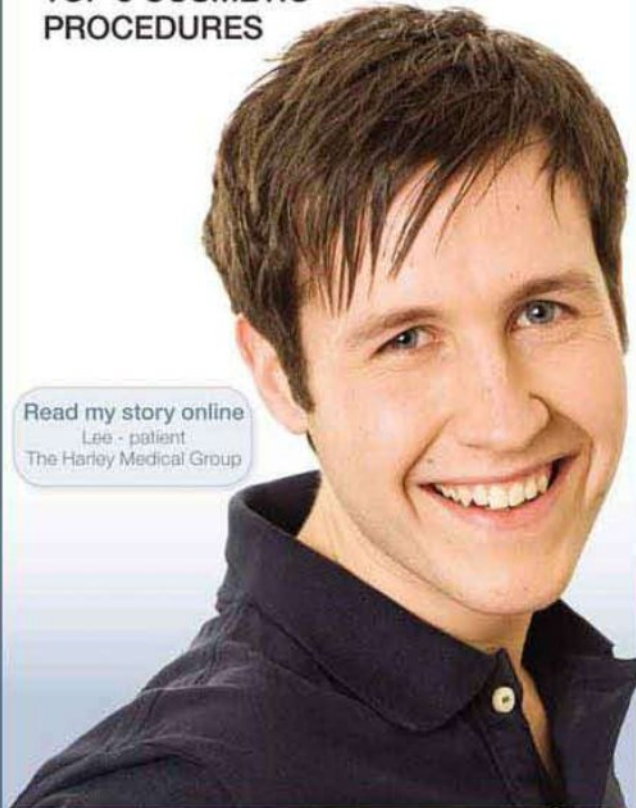
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DAVID WEIR

Britain's Paralympic and world champion wheelchair racer on tactical racing, dealing with punctures and why he can't wait for London 2012

You had a successful world championships with gold in the 800m, 1,500m and 5,000m - how are you feeling after that?

They took a lot out of me physically and mentally because I felt quite a bit of pressure, but to leave New Zealand with three gold medals was amazing. I'm now gearing up for the London Marathon. I took some time off before resuming training and now I feel good.

A flat tyre cost you a fifth London Marathon win in 2010. How disappointed were you?

I was really disappointed and frustrated at the finish but I've since come to appreciate that finishing third despite two punctures was a great achievement. The front tyre went at 16 miles [26km] but because not much weight is on it I was fine coasting. But when the back tyre went there was nothing I could do except hope I had

You compete in the 800m, 1,500m, 5,000m and marathon, and you used to do 400m too. How hard is it to train for such different events?

It's actually quite easy. In wheelchair racing speed is the key to success whatever the distance, because the final lap will almost always be a sprint finish. I started out as a sprinter so I've always been fast, but I've always liked the tactical element that's needed to succeed at longer distances - how you have to constantly evaluate and analyse what's going on around you.

What are your aims for the London Paralympics next summer?

All I want is one gold medal. I don't think about winning more than that. Anything extra is a bonus. I've got a good chance of winning four but it's the Paralympics so everyone will be on top form. I just can't wait for them to start. There's a buzz in the

shoulders - the shoulder and elbow joints suffer a lot of wear and tear in this sport, and I had a lot of repetitive strain-type injuries when I was younger.

How tough would the average man find competing in a wheelchair race?

He wouldn't do very well at all! It takes a huge amount of power to get started and then it's all about technique. It's like swimming or cycling - if you haven't mastered the movement you'll get tired very quickly. Years ago a lot of people just assumed we woke up and just went out and did a marathon. They didn't realise that we train really hard, just like any other athlete. There is a far better understanding now. □

'You need nerves to get you going. As soon as you don't get nervous I think you don't have the love of the sport any more'

a big enough lead - I didn't. There's nothing I could have done. I haven't used those tyres since, though!

You won the New York City marathon in 2010. How did that victory compare to your successes in London?

It was a big tick on my to-do list. I came fifth in 2005 and I always wanted to go back and win it. It's a harder course than London: there are more hills and bridges to climb and it can be windier and colder, so it was great to win. Especially because I won by just one second, which showed how competitive the field was.

You've won so much but do you still get nervous?

Yes, before every race. But I think you need those nerves to get you going. As soon as you don't get nervous I think you don't have the love of the sport any more.

air already and to win in front of a home crowd would be amazing.

What's a typical week's training?

Most mornings I'll do 15 to 20 miles [24-32km] and a couple of nights per week I'll be on the track doing Fartlek sessions, so 100m on then 100m off, or 350m on then 50m off, for up to 12 laps. It's intense so it's a hard session. When I'm in the gym it's mainly conditioning work with the medicine ball.

You're training former Olympian Iwan Thomas for a wheelchair race. How's he getting on?

Really good. He's found it hard, especially tackling the hills, but he's really determined and motivated. He's got sore hands and



Words: Joe Warner Photography: Getty. David Weir is an ambassador for Lucozade Sport (lucozade.com/sport)

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