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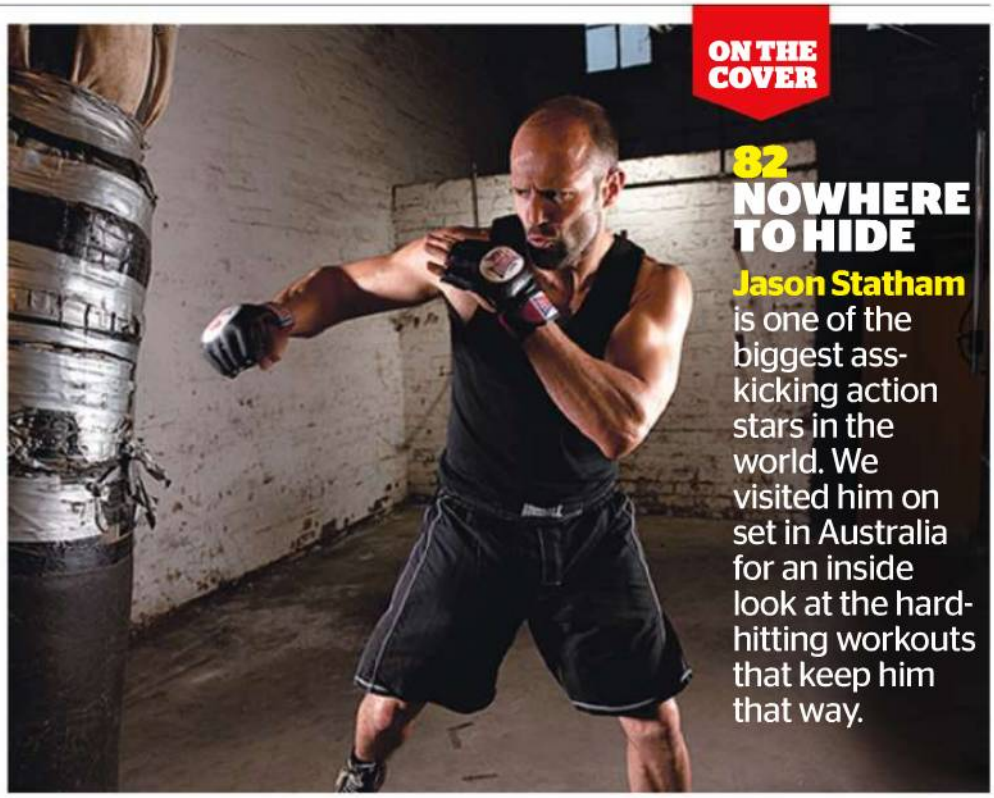
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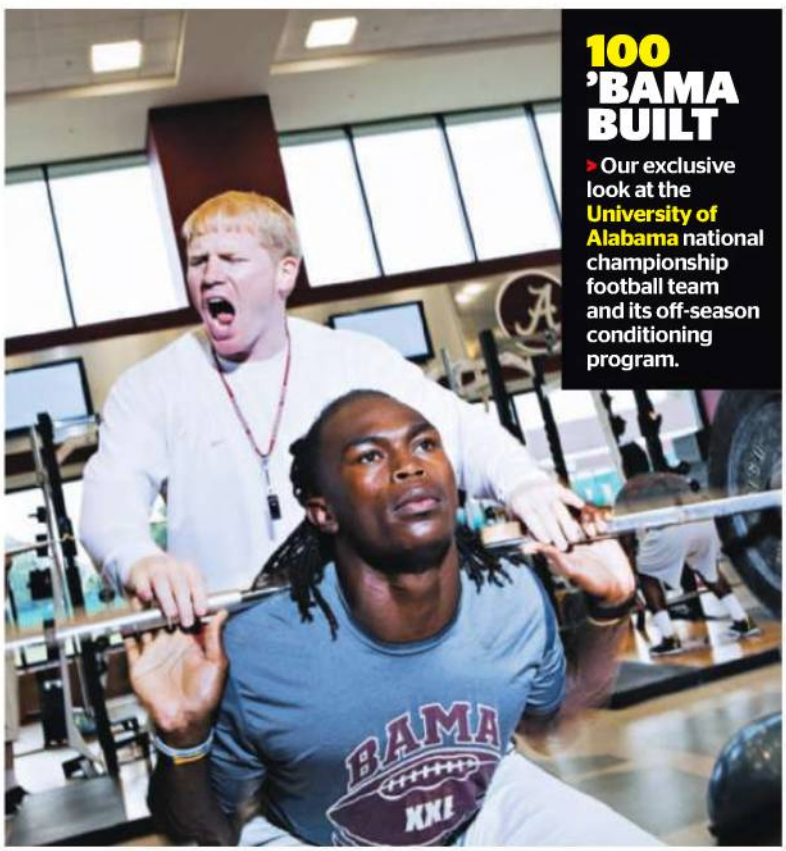
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STATHAM: DANIEL SMITH; ALABAMA: BOB CROSLIN; SCALPEL: 3D4MEDICAL.COM/GETTY IMAGES

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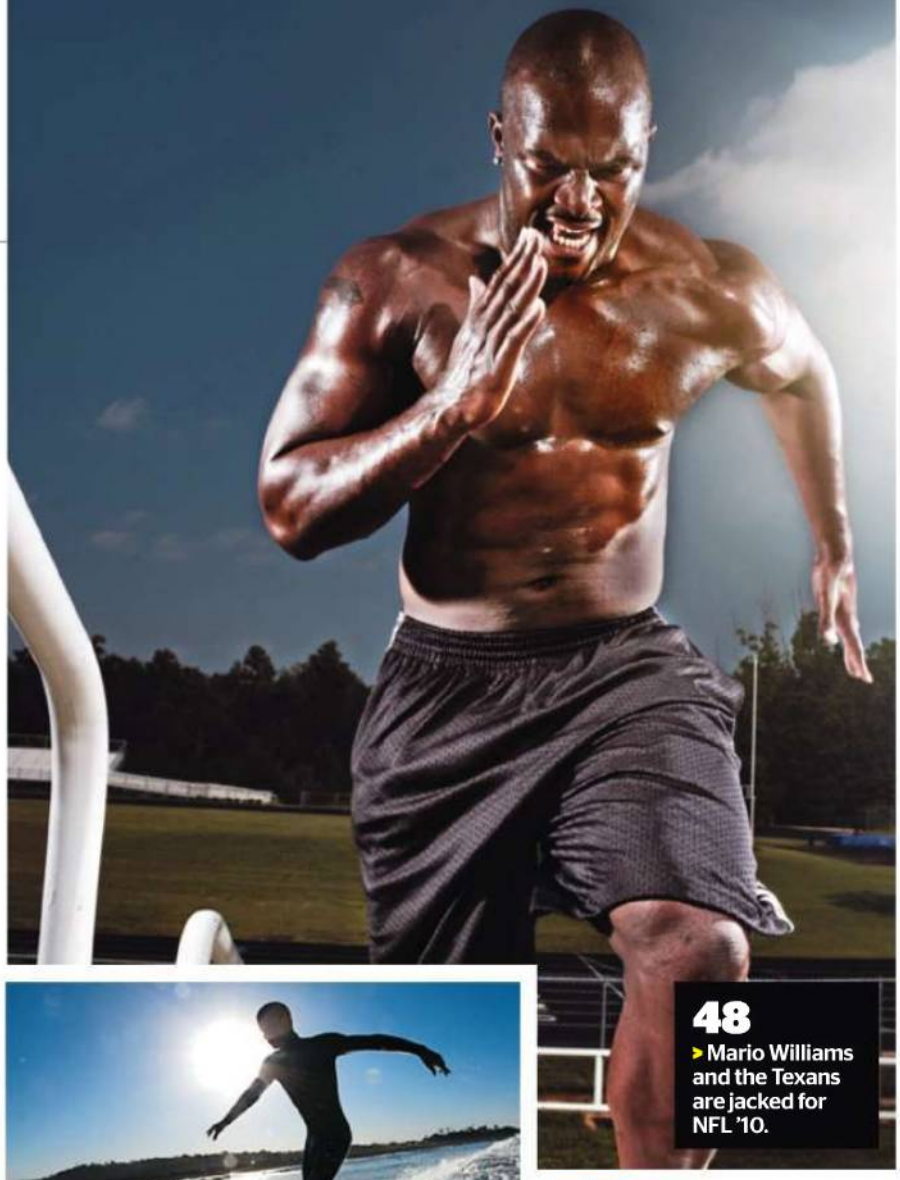
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COVER
JASON STATHAM

PHOTOGRAPHED BY
DANIEL SMITH

STYLING BY EMMA WOOD
CLOTHING: T-SHIRT BY VELVET MAN; TRACK PANTS BY DIESEL

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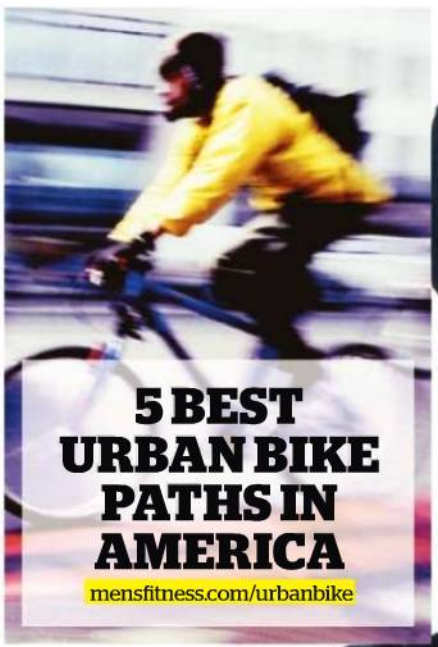


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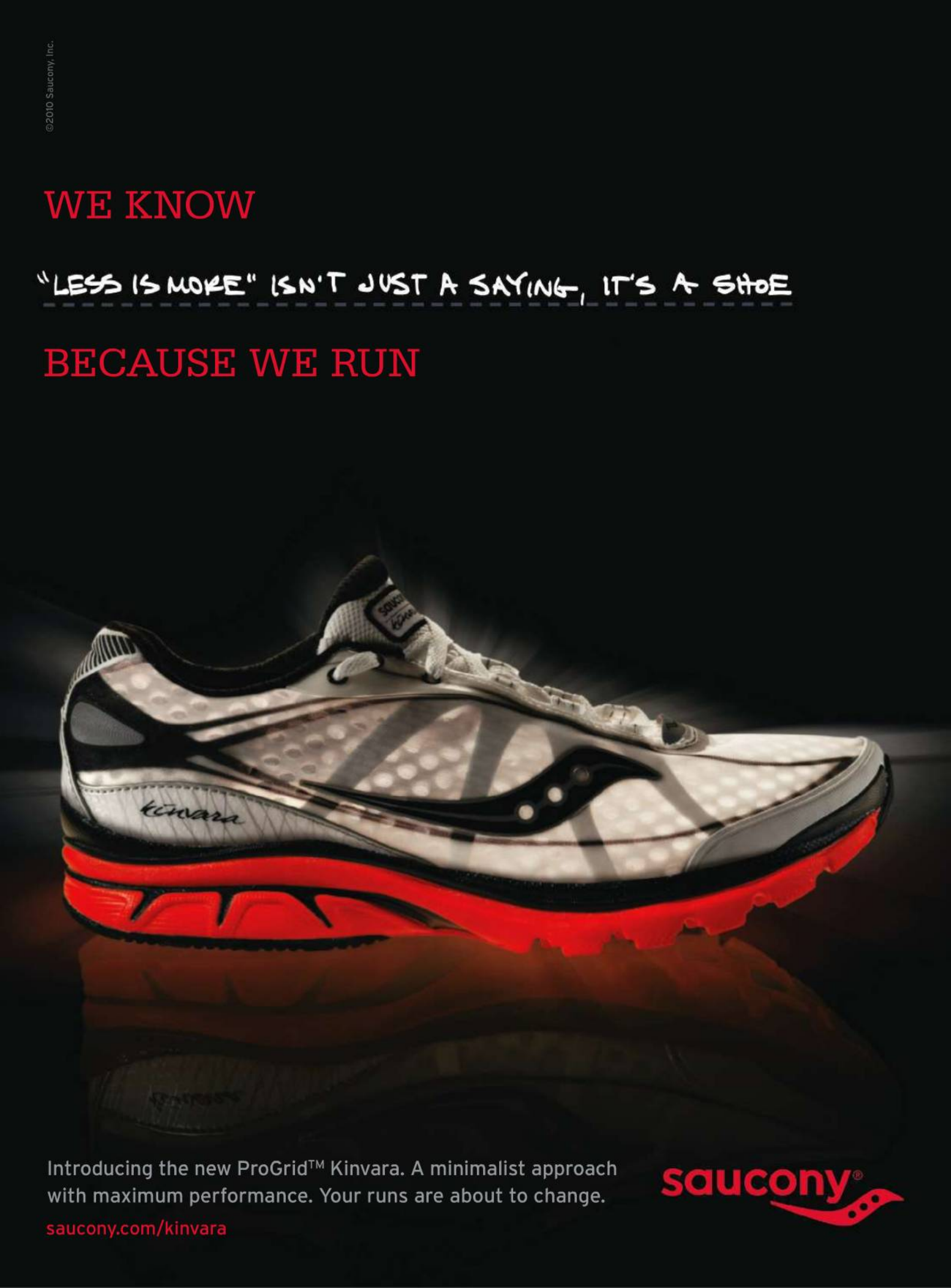
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PHOTOGRAPHY BY DANIEL ROOT

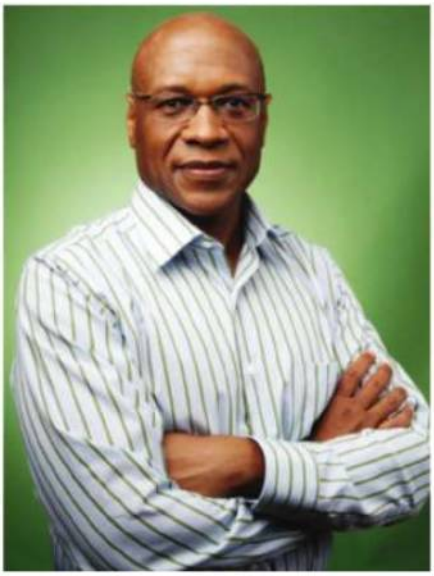
BURST THROUGH

These elite high school football players are competing in Nike's "7 On" event, which pits teams comprising a quarterback and six wideouts against seven defenders. They are among the best. But to ensure that you hear their names on Saturday afternoons, they must work on their skills year-round. Are you outworking your competition? To break away from the pack, you can't rest on your laurels.




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"OWN YOUR SPIRIT, AND NEVER LET GO. NO MATTER THE TEST."

Own Your Spirit

Damn, that dude pisses me off!
If he says one more thing to me, I'm gonna...

EVERY DAY—NUMEROUS times each day, in fact—we're faced with moments that test us. When someone cuts you off on the road or leaves sweat on the machines at the gym. These moments hit us in an instant, without warning, and often expose our uglier side.

We're also tested by people we know. People at work. Neighbors. Even family. (Lord knows, family will test you.)

A friend of mine has a boss he can't stand. He knows the feeling is mutual. On most days, he's professional and does what needs to be done, even when he knows it'll come back to him, often in an e-mail that begins: "This is not acceptable." But it always is. At times, the situation has made him feel his boss was building a case for his dismissal or trying to provoke him into verbal return fire, something that would certainly be grounds for firing.

On a recent Sunday afternoon, as we neared the end of a round of golf, he told me that he and his boss were having a meeting the next day, along with an HR rep. He didn't think he was going to be fired. (And if he were, he had every e-mail the boss had sent to him, along with his work, to make his own case.) But just knowing that it had come to this incensed him. "I ought to say straight out what an asshole he is," he told me.

He clearly dreaded the next day and was on the verge of doing just that. I mostly listened, then offered only this: "Don't let him steal your spirit," I said.

We walked a few steps in silence before he smiled and said, "Thanks."

If you're a devout *MF*er, you work hard to achieve your physical peak. A strong body fights off attacks to weaken it, illnesses and viruses and pressures that drop most guys like a "Rampage" Jackson right hand.

But none of us is immune to those moments that threaten to transform us, or from people who provoke us to say and do things we would not typically do or say, things that compromise our spirit. Things that steal it.

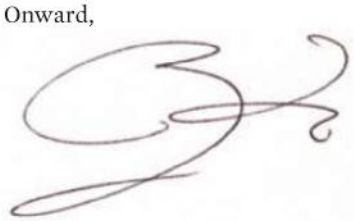
There are ways to strengthen your spirit, very personal ways. But when it's under attack the best way to protect it—to protect yourself—is to do so as you would your family, your home: own it.

And let no one—not even an asshole boss!—pry it from you. All things in life fall into two categories: things you can control and things you can't.

You can't control the things that try you, but you can control whether you'll be tried—whether you'll be pushed to be someone you don't want to be. To avoid that fate, and no doubt end up regretting it, own your spirit, and never let go. No matter the test.

My friend survived the next day's meeting. He didn't allow himself to "go there" at all. In fact, the boss chickened out, saying nothing unusually harsh, and both men vowed to do better at trying to work together. His spirit won. The best ones (the right ones) always do.

Onward,



Roy S. Johnson
VP/Editor in Chief

TALK TO ME!
E-mail your thoughts to: roy@mensfitness.com Follow me on Twitter: twitter.com/roysj

So What Do You Think?

Over the last few months, we've made some changes to the magazine to make it even more valuable to you. We'd love to know how we're doing. Take our survey at **mensfitness.com/readersurvey**
Thanks,
R

JOSHUA KESSLER; GROOMING: MONIQUE BENOIT

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CREDENTIALS

Patrick Striet owns Force Fitness & Performance LLC, a private training facility in Cincinnati. His clients range from weekend warriors to NFL and Major League baseball players. He's also a fitness correspondent for 700 WLW Radio. Check him out at personaltrainerscincinnati.com.

PATRICK'S TOP THREE TIPS

EMPHASIZE PROGRESS

"Always try to improve from your last workout. Try to do more reps with the same weight, more weight for the same number of reps, or a harder exercise progression. Don't just wing it."

DON'T NEGLECT YOUR DIET

"Expecting an exercise program—by itself—to trigger rapid fat loss makes as much sense as expecting a diet to put 50 pounds on your deadlift. Focus mainly on eating right to lose fat and training right to improve your conditioning."

WARM UP TO BULK UP LONGER

"If you want to continue getting stronger after 30, you have to do longer warm-ups and focus on recovery, like using a foam roller to work the knots out of your muscles. I'm 32 and if I don't warm up thoroughly, I just don't perform well."

IN THIS ISSUE

The trainers behind this month's fitness coverage

JOHN ALVINO
A former bodybuilding champ, Alvino is a strength coach and owner of Iron Athletes, in Morristown, N.J. **howtogetrippedabs.com**

BRYAN HAYCOCK
Haycock lectures on supplements at the University of Utah and has written about nutrition for more than a decade. **thinkmuscle.com**

JEDD JOHNSON
A strength coach in Wyalusing, Penn., Johnson is the author of *Ultimate Forearm Training for Baseball*. **advancedbaseballtraining.com**

JOE KENN
A master level strength and conditioning coach, Kenn has been training high school and elite college athletes for over 20 years. **www.bighousepower.com**

JOHN ROMANIELLO
Based in New York, Romaniello is the author of the e-book *Final Phase Fat Loss*. **romanfitnesssystems.com**



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totalperformancesports.com

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elitefts.com



What's your diet typically like on a work site?

"I try to have fruit in the morning, along with a protein shake. In the afternoon, it's usually a sandwich. During the week, it's fish and chicken as much as possible—and I always try to eat plenty of vegetables."

CARTER OOSTERHOUSE
HGTV CARPENTER AND DESIGNER



How do you stay fit on set?

"There was a time I couldn't afford a gym membership, so I bought a $20 exercise ball and some wrist weights. And while I'd watch my favorite TV shows, I'd sit on the ball, strap on the weights, and do 1,000 situps without even thinking about it. Now if I'm on set for 16 hours, I bring the ball with me and knock some out between takes."

MEHCAD BROOKS
ACTOR, *MY GENERATION*

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What Matters To Men



1 MERCY, GRACE!

● Still bummed about losing *Lost* and *24?* Tune in to these promising new series: conspiracy thriller *The Event* (NBC); *Detroit 1-8-7* (ABC), a cop show shot documentary style; *Undercovers* (NBC), about married CIA spies; *Mr. Sunshine* (ABC), a sitcom set in a sports arena; *No Ordinary Family* (ABC), about a super-powered clan; and *Hawaii Five-O* CBS), co-starring *Battlestar Galactica*'s butt-kickin', bikini-wearing **Grace Park** as a sexy surfer cop.

2) GREEN SWEAT

● Want to get physically *and* mentally fit? Take your workout outside. **Just five minutes of exercise with Mother Nature can elevate your mood and self-esteem,** says a new British study published in the journal *Environmental Science & Technology.*





3) HOPE THEY CAN SHOOT

● Today's **military recruits are fatter than ever**, a study warns. That's one reason the Navy is considering adding fitness video games—such as Nintendo's *Wii Fit* and Konami's *Dance, Dance Revolution*—to boot camp. Where's Sergeant Hartman (see *Full Metal Jacket*, above) when we need him?

4) IMMIGRATION WARS RAGE ON

● Arizona's controversial immigration law has caused musicians like **Rage Against the Machine** and **Kanye West** to vow not to play in the Copper State until the bill is repealed. Surprisingly, 55% of American men may actually support the legislation, according to a Quinnipiac University poll.



5) GINGER AID

● A daily dose of ginger—raw or cooked—may **help alleviate exercise-induced muscle pain**, says a new University of Georgia study.

6) GO NUTS!

● Just a handful or two of pistachios a day may thwart heart disease, says a new study published in *Archives of Internal Medicine*. Besides being delicious, the nutrient-rich snack can help to **lower your cholesterol level** and may even fight off premature aging as well.



7) MACHETE, THE MOVIE?

● What began as a fake trailer in 2007's *Grindhouse* is now a (surprisingly timely) film, out Sept. 3. Joining knife-wielding vigilante **Danny Trejo** in his border war: badass beauties Michelle Rodriguez and Jessica Alba.



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MFERS



Karl Greenfeld

› **INTERVIEWING TOUGH GUY** and *Expendables* star Jason Statham ("Nowhere to Hide," page 82) was easy for Karl, a veteran writer whose work has appeared in publications as varied as *GQ, S.I.,* and *The New York Times*. A founding editor of *Sports Illustrated China,* Karl has profiled infamous athletes (Terrell Owens) and notable celebs (Ashton Kutcher). Aside from magazine work, he's also penned four books, including his most recent work, *Boy Alone,* about his autistic brother, Noah. This was his first piece for *MF*.



Daniel Smith

› **DANIEL WAS A** sports photographer for 12 years before one of his best friends from school suggested he pop along to a small independent film set in London and take some stills. "The film was *Lock, Stock and Two Smoking Barrels,* directed by Guy Ritchie," Daniel says. "That's how I ended up working with actors and on film sets." After shooting people like Brad Pitt and Madonna, he was eager to photograph Jason Statham for this month's cover story. Outside of work, Daniel's passion is kite surfing, a sport he's been enjoying for the past seven years.



Jo Miller

› **FOR OUR NEW** photo director, the goal is the same every issue: to make the images on the pages aspirational and accessible. (That means our subjects look great, and readers feel they can look that way, too.) This month, that mission took her all the way to Australia for our cover shoot with Jason Statham, Hollywood's hottest action star. This England native (and former photo editor at *Maxim*) has done plenty of traveling, but this was definitely the farthest she'd trekked for a story. "The 24-hour flight was well worth it," she says. "Just take a look at Jason's arms. They're amazing!"

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FOUNDERS
Joe Weider
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What's your favorite place to catch a football game?

"At the game only—wouldn't have it any other way, especially since I dropped my savings on PSLs [Personal Seat Licenses]."

"I love watching with my college girlfriends. We always order pizza, laugh at the commercials, and talk about how cute the players are."

"I'm such a die-hard Ohio State fan that I have to have sound for the game. If I'm not there live, I either watch in my apartment, at a friend's place, or at the local bar where they refer to me as Ohio State Dave—it's great to have the power of volume."

"My buddies and I have been going to the same bar for 10 years. It's all about tradition!"

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TAKE 'EM DOWN

Get the strength—and the know-how—to dominate **arm wrestling**

BY ELYSE DUPRE

You can do curls every week and still get your ass kicked in an arm-wrestling throwdown. We can change that. Adopt these gun-building lifts plus our pro tips, and you'll be able to pull any opponent over the table.

Kettlebell Pullup

Hang a kettlebell from a pullup bar (run the bar through the handle or attach the bell with the link from a cable handle). Grasp the round surface of the bell and do pullups. Says Jedd Johnson, C.S.C.S., a strength coach and grip expert in Wyalusing, Penn.: **"It hits every muscle from your elbows to your fingertips,** while working the upper back, arms, and chest."

Table Top Kettlebell Curl

Sit at a table (or use a bench in the gym) as if you were arm wrestling, grasp a kettlebell by its round bottom, and curl it. "The wide bottom of the kettlebell keeps your hand open, putting **more stress on the fingers and the wrist,**" Johnson says.

Dumbbell External Rotation

Standing with light dumbbells in each hand, bend your elbows 90 degrees and raise your arms out to your sides (like a *T* shape). Slowly rotate your forearms backward so they finish pointing at the ceiling. Because **arm wrestling strains the internal rotators,** Johnson says you must train the reverse movement to maintain balance.

STRONG ARM TACTICS

Master the sport of arm wrestling

Slam the competition with these tips from Mike Selearis, a rep with the New York Arm Wrestling Association and 22-time national champion.

Grip 'em good.

"Most of the match is in the grip," Selearis says. **"Set yourself so you can attack his fingers."** Grip as high up on his hand as you can, preferably at the base of his fingers. This will help you to loosen his grip and extend his arm away from his body, weakening his arm position.





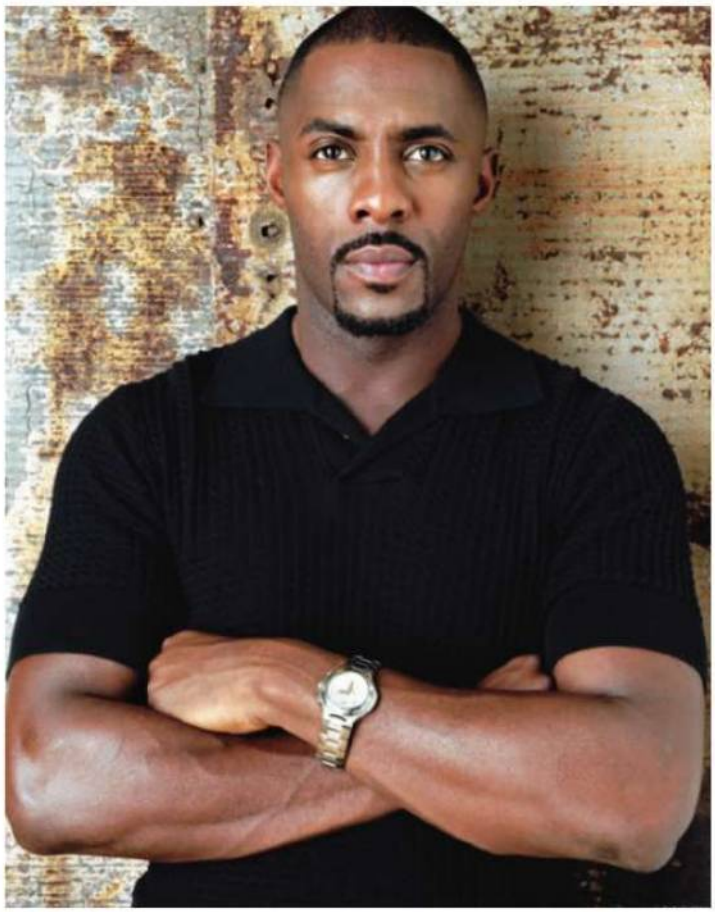
Use leverage.

● "If you're wrestling right-handed, step your right leg forward—almost under the table," and plant it there. **"Keep your hips close to the table, and all the muscles in your upper back tight."** This position preps you to pull your opponent toward you and take him down.

If you're goin' down...

● Should you find yourself nearly pinned, drive your shoulder toward your fist. "Try to push your shoulder behind it so **your whole body is driving** your shoulder forward." Your arm will follow.

STALLONE: WARNER BROS./COURTESY OF EVERETT COLLECTION; ELBA: GAVIN BOND/CORBIS OUTLINE



THE MF GUY
IDRIS ELBA

BY BRANDON GUARNERI

Actor Idris Elba has played every role from a tough guy (Russell "Stringer" Bell on *The Wire*), to a corporate suit (on *The Office*), to a bank robber (in *Takers*, out this August). Tying them all together is Elba's build. "I try to fit in workouts whenever I can," the British-born star tells *MF*. That might mean 45 minutes of jogging in the a.m., or pushups and situps—100 each at a time—or swimming: "It works every muscle in your body," he says.

Elba also kickboxes, and has for six years. "I'm not really allowed to do it while I'm working because it's considered too dangerous," he says. "Film producers get very nervous." When he can, he hits the dojo two or three times a week. "I'm not really fussy," he says. "I just need a couple of speed bags." Elba focuses on drills broken down into three-minute rounds where he works through high and low kicks, combos, and light sparring. After that come leg raises for the core. "That's ab work like you've never had it," he says. "It's rough."

AGE
38

HEIGHT
6'2"

WEIGHT
215

UP NEXT...
A ROLE AS THE ALL-SEEING, ALL-HEARING NORSE GOD HEIMDALL IN NEXT YEAR'S *THOR*

HIS WORKOUT

> Elba stays fit without an ironclad gym routine. Here are three ways you can too.

Eat a good breakfast.

> No matter what, Elba gets in some carbs and protein when he wakes up—usually a healthy cereal and eggs.

Maintain your weight.

> Elba never gains more than a few pounds at a time. "I have one of these bodies," he says. "When I was younger, I could never put weight on, and now that I'm a little older, there's a natural sort of chubbiness coming. But honestly, if I work out for a week, it drops off in no time."

Don't give up on sports.

> He tackled basketball, soccer, and rugby in school, and played in a Sunday soccer league after he graduated. "I was always a real athletic kid," says Elba. "Then when I got older, I just figured it was part of life to keep training."



Some college gyms offer free training sessions.

GAIN THE "FIT" 15

You spent all summer getting jacked. These tips will help you stay fit after you **return to school**. BY JOE KENN, C.S.C.S.

To handle the freedoms of college without getting fat, you need a plan that lets you enjoy campus life and still keep the body you built over the summer. Follow our advice and you'll survive just fine.

MANAGE YOUR TIME

› You're your own boss now, so take charge. **Create a weekly chart** that includes your class schedule, study times, and workouts. Any time left over is yours. Make the most of it by making "appointments" for all the things you need to do—and keeping them.

EAT BREAKFAST

› Without your mom around to make "brain food," you might resort to coffee and doughnuts. Or nothing. Instead, **start every day with eggs, oatmeal, fruit, and water.** You'll be more alert in class and less apt to binge later in the day.

ENJOY THE FREEBIES!

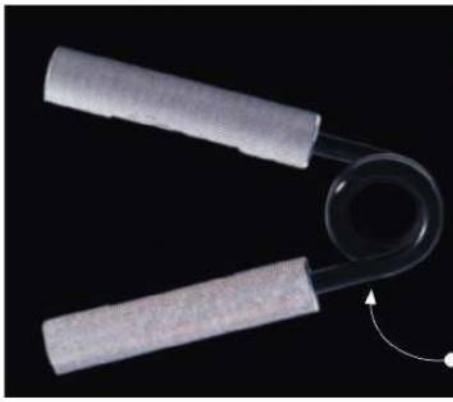
› College gyms often offer free personal training and nutrition counseling.

JOIN A TEAM

› If you like sports but aren't on a college team, **try intramural sports.** They'll feed your competitive juices, keep you fit, and put you on a fast path to making friends.

SLEEP

› Your grades—and gut—depend on it. Try to agree on a "lights out" time with your roommate, or keep track of his schedule so you can plan times to sleep late or nap.



MF PICK

CRUSH THE COMPETITION

› Hate it when you shake hands with someone and they crush your mitt? Now you can be that guy. Heavy Grips range in resistance from 100 to 350 pounds (100 to 150 is a good place for most guys to start) and should leave you with a viselike grip within a matter of weeks. $18 @ heavygrips.com

CHOOSE IT! LOSE IT!

WARMING UP



CHOOSE IT! DYNAMIC WARM-UP



LOSE IT! STATIC STRETCHING

› Instead of just sitting and stretching in one spot, try beginning your workout with jumping jacks or other light cardio, followed by moves like head and shoulder rolls, and leg swings. These pump blood into your joints and muscles, preparing them to move.

CLOCKWISE FROM TOP LEFT: DARREN CARROLL/*SPORTS ILLUSTRATED*/GETTY IMAGES; ISTOCKPHOTO.COM (2); COURTESY OF HEAVYGRIPS.COM



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02

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FITNESS ADVICE FROM A BABE WHO COULD KICK YOUR ASS

MONIQUE MINTON

Even if you've got moves, this **blue belt in Brazilian jiu-jitsu** can help. Here's her advice for guys looking to score better results in the gym.

Try Martial Arts for Cardio

● "I find the elliptical boring, but I love martial arts. My boyfriend actually does jiu-jitsu with me, and we make great partners—it's a great couples workout. We even spar together. **You don't realize it, but you're doing a lot of cardio and building your endurance**, while doing the equivalent of heavy lifting at the same time."

Master the Basics

● "The best exercise for your abs is the hanging leg raise. **Try doing three to four sets, raising your knees up as high as you can,** rounding your back and pulling with the abs. Don't swing like a monkey! Wide-grip pullups are also a must for a V-shaped back. Start out with three to four sets, pulling with your back muscles—think of your hands only as hooks—and keeping your whole back arched."

Don't "Tri" Too Hard

● "Using less weight doesn't mean you're not strong—and it will benefit you in the long run. I've seen guys go so heavy on triceps pushdowns, for example, that they end up using a bunch of muscles that shouldn't be involved. **Focus more on the way you're doing a lift than the amount you're lifting**."

5 NUMBER OF JIU-JITSU TOURNAMENTS MONIQUE WON IN 2009

PHOTOGRAPHY BY BRIE CHILDERS

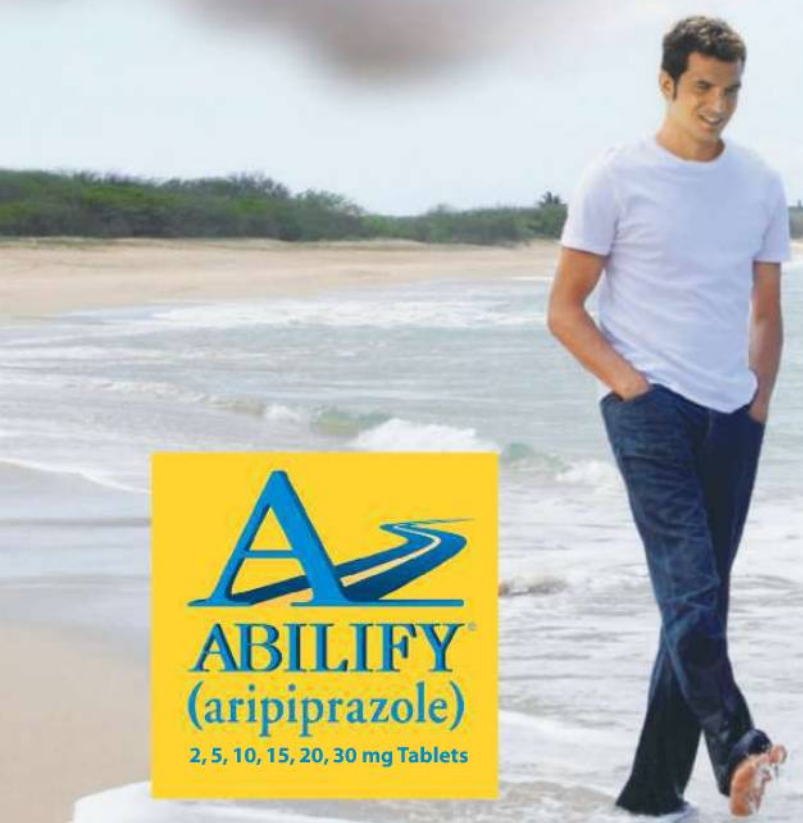
BIPOLAR DISORDER?

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

Maybe ABILIFY can help you.

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

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



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

FOR THE ROAD AHEAD

www.abilifyinfo.com

IMPORTANT SAFETY INFORMATION:

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

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

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

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

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

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

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

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

Partnership for Prescription Assistance

Individual results may vary. Actor portrayal.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc. ©2010 Otsuka America Pharmaceutical, Inc., Rockville, MD 570US09AB29413 May 2010 0310A-0537 Printed in USA

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

IMPORTANT INFORMATION ABOUT ABILIFY

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

Name

ABILIFY® (a-BIL-ĭ-fī) (aripiprazole) (air-rĭ-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

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

What is Bipolar I Disorder?

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

Who should NOT take ABILIFY?

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

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

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

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

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

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

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

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

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

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

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

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

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

What should I talk to my healthcare provider about?

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

Be sure to tell your healthcare provider:

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

What should I avoid when taking ABILIFY (aripiprazole)?

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

What are the possible side effects of ABILIFY?

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

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

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

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

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

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

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

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

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

Some medicines* include:

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

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

How should I take ABILIFY?

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

General advice about ABILIFY:

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

Find out more about ABILIFY:

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

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LIFT FOR YOUR BODY

Let your natural frame guide your fitness habits

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

All men are not created equal—at least when it comes to our ability to get strong and lean. Some guys simply have more potential for building muscle or burning fat than others. But with the right approach, everyone can make progress. Identify your body type below, then follow the tips for making the most of it.

ECTOMORPH

The build: Skinny, with long limbs and a narrow torso. Small-boned.

Tendency: You produce muscle slowly but stay lean fairly easily.

Strategy: Rest as needed between sets. You won't be able to handle much intensity when you start training, and you need more recovery time. Lift three days a week and limit cardio activity.

Diet move: Eat big. You need lots of calories to build muscle—luckily, most of them will burn off, so you have less chance of getting fat.

MESOMORPH

The build: Like a born athlete—wide shoulders with a narrow waist.

Tendency: You gain muscle easily and stay relatively lean.

Strategy: Exercise conservatively. You will grow with almost any style of training. Just don't get cocky and work too hard—overtraining is your body's biggest weakness.

Diet move: Eat clean. You should be able to stay big and lean with minimal effort.

ENDOMORPH

The build: Heavyset, with shorter limbs and a thick waist.

Tendency: Your body forms muscle fairly fast, but, alas, a slow metabolism means you gain fat fast, too.

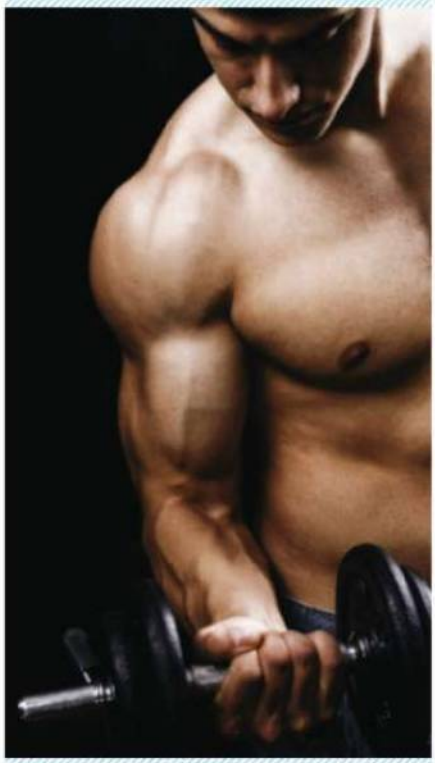
Strategy: Train heavy and hard—and always do plenty of cardio.

Diet move: Watch carbs. You have the potential to be jacked, but no one will see it if your muscles are always covered in lard. Cycle your carbs, eating more on lifting days and fewer other days.



BRAND: CHRISTOPHER PETERSON/FILMMAGIC; MCCONAUGHEY: GUSTAVO CABALLERO/GETTY IMAGES; BLACK: EVERETT COLLECTION

READER'S SURVEY



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● As a thank-you, 50 lucky participants will win their choice of one of today's most popular movies on DVD.

EAT THIS NOW!

The absolute best foods for before or after any workout

BY TYLER PROVINES

Most guys cram in their workouts before heading to work or after leaving the office—two of the hardest times to properly fuel your body. Until now. Here's how to load up to keep your energy at its peak while supplying your body with the nutrients it needs to keep making incredible gains.

FOLLOWING A MORNING WORKOUT

1 bowl steel-cut oatmeal with peanut butter, banana, and dried fruit

Why > Refills your muscles' carb reserves while bumping up the amount of protein available for creating new muscle. Steel-cut oats are denser and less processed than standard rolled oats, so they break down more slowly in the body, supplying you with an all-day source of nutrients.



Oatmeal: the ideal post-a.m. workout fuel.

Make It > **1** Dump ½ cup steel-cut oats into 1 cup water and let soak overnight. **2** Put the water and oats in a pot and bring to a boil. Reduce heat to low, then simmer for 10–15 minutes. **3** Add 1 tbsp peanut butter, 1 scoop whey protein, ¼ cup dried fruit (cherries, figs, raisins, etc.), 1 tbsp wheat germ, 1 sliced banana, and stir until mixed. Top with cinnamon and eat.

Nutritional Breakdown > **380** calories, **21g** protein, **60g** carbs, **8g** fat, **8g** fiber
Serves **2**

BEFORE AN EVENING WORKOUT

Quinoa pasta with grilled chicken and tomato coulis

Why > Quinoa is a fiber-rich, nutty-flavored grain. It has a nearly perfect blend of protein and slow-burning carbs for energy to get you through that midafternoon slump without ever letting your energy lag.

Make it > **1** Add one 14.5-oz can diced tomatoes, ¼ cup olive oil, and a few sprigs of fresh herbs such as basil or oregano to a blender and process until chunky. **2** Salt and pepper 2 chicken breasts. Heat 1 tbsp olive oil on high in a nonstick sauté pan, place the chicken in the pan, and cook until juices run clear. **3** Bring 1 quart water to boil. Add 2 cups quinoa pasta shells or spaghetti, and cook 5–7 minutes. **4** Strain the quinoa, put it on a plate, and then top with tomato sauce and slices of the chicken breast. Refrigerate and reheat at work for a late lunch. Makes 2 servings.

Nutritional Breakdown > **370** calories, **20g** protein, **33g** carbs, **18g** fat, **4g** fiber
Serves **2**

COURTESY OF MCCANN OATMEAL



GYM LIES



DO SUPERSETS BURN FAT BETTER?

> Exercising opposing muscle groups back-to-back (a superset) is a popular method for burning more fat. But a recent *Journal of Strength and Conditioning Research* study revealed that supersets did not burn any more calories than traditional straight sets. The superset workouts were, however, shorter and burned more calories relative to the duration of the training.

Bottom line: Keep doing supersets if you're looking for efficiency, but if you're trying to burn fat, running sprints plus cutting calories from your diet is still your best bet.

LEFT TO RIGHT: NICK DOLDING/GETTY IMAGES; COURTESY OF CHRIS MELCHIN

› YOUR WORKOUT SUCKS

Boost Your Leg Work

We make one reader's routine more functional—and effective

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



Chris Melchin, a firefighter from Quincy, Mass., wants better results. We sent his workout to *MF* adviser CJ Murphy for some strength-building suggestions.

CHRIS'S PROGRAM

He trains his chest, back, and shoulders on consecutive days. If he has time, he adds arm work and/or ab exercises. Here's a typical chest day.

> **Bench press:** 5 sets of 10, 8, 6, 6, 12 reps

> **Incline bench press:** 4 sets of 10, 6, 6, 10 reps

> **Dumbbell fly:** 3 sets of 10 reps

> **Dip:** 3 sets of 10 reps

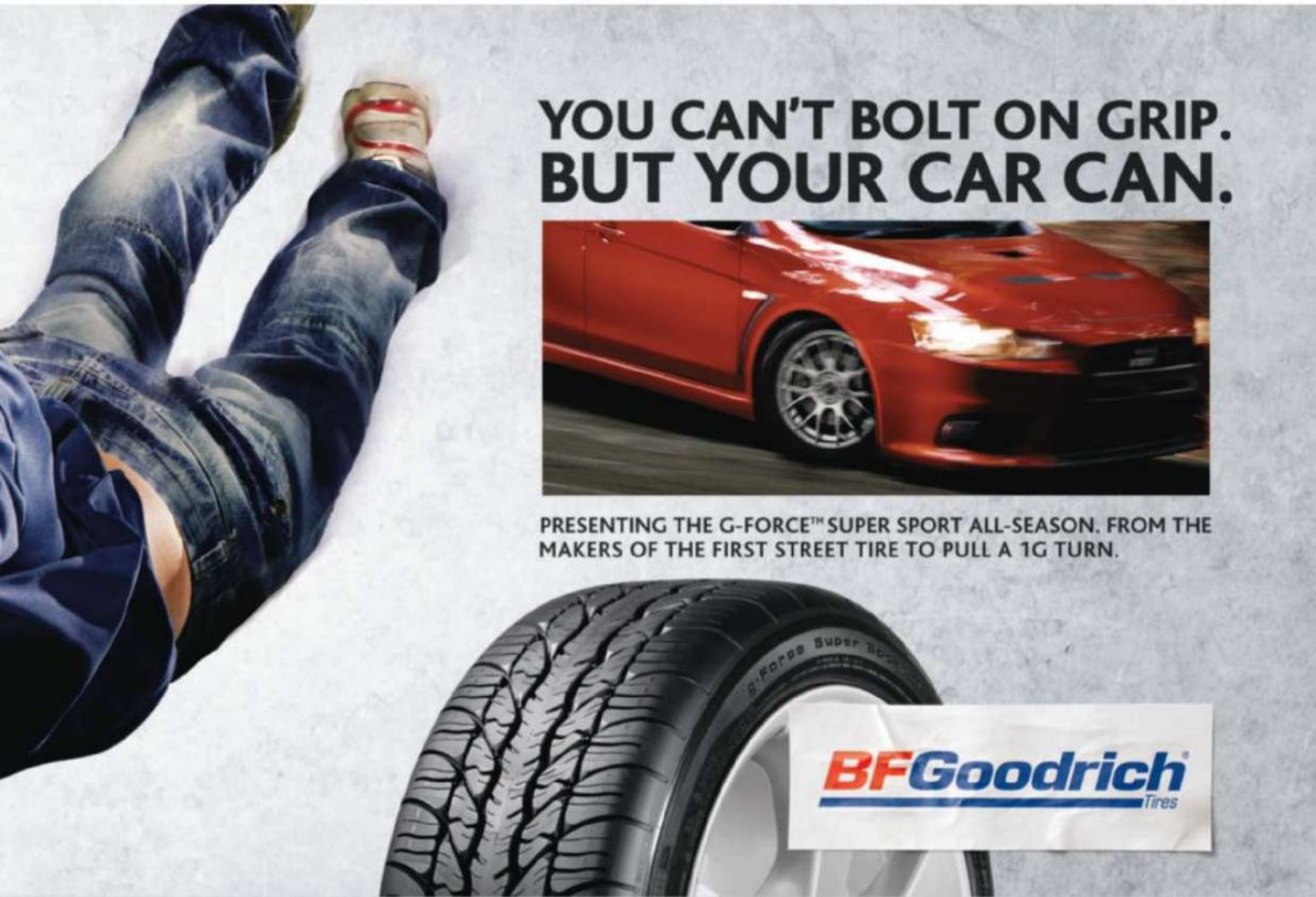
MURPHY'S TAKE ON CHRIS'S PLAN

● **"Firefighters need total-body strength and the conditioning to function at a high level in a smoky room. This routine misses the boat entirely."**

THE FIX

● Start training legs—that's a no-brainer. Train your whole body four days a week, including leg exercises in each routine, and open two of your workouts with either the squat or deadlift. Go heavy on your first exercise of the day (three to five reps)—this is your strength work—and then do supersets for opposing muscle groups (like chest and back) to work more muscle in each workout. Finish each day with some kind of circuit using body-weight exercises that you can move through fast and burn loads of calories with. Lucky you, Chris: Murphy couldn't resist and wrote you a whole program, which you can see on our Web site.

mensfitness.com/yourworkoutsucks



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+ LOSE WEIGHT
+ BURN FAT

Gut Check

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BELLY BLASTER

BEST BREAKFASTS FOR WEIGHT LOSS

Start your day with the right kinds of fuel and your body will **torch fat all day long**

BY BRYNN MANNINO

Cliché alert: Breakfast is the most important meal of the day—as if you haven't heard that before. But what you may not know is that eating breakfast is essential for successful weight loss. "It's like putting logs on a wood-burning stove. **You need that initial input of fuel to get your metabolism going for the day,**" says Milton Stokes, R.D., author of *Flat Belly Diet! For Men*. Shoot for 400 to 600 calories within an hour of waking up, with an emphasis on nutrients that will leave you satisfied for hours: protein, healthy fats, and fiber. Try these popular options, designed specifically to boost calorie burn.

Shake made with whey protein, strawberries, and cinnamon

● "Whey is rich in branched chain amino acids, which stimulate muscle growth," says David Grotto, R.D., author of *101 Foods That Could Save Your Life*. **"The more muscle you have, the greater the fat-burning capacity of your metabolism."** Adding strawberries to your shake amps up fiber to help you feel fuller, while cinnamon may help your body burn carbs more slowly throughout the day so your blood sugar never spikes.

Omelet with avocado, broccoli, and a few slices of hot pepper

● "Avocados are nature's ideal fruit for weight loss," says Jorge Cruise, author of *The Belly Fat Cure*. **"They replace sugar with appetite-curbing good fat."** Broccoli adds bulk to your meal. "To feel full, you want foods that add volume with minimal calories," says *MF* nutrition adviser Chris Mohr, Ph.D., R.D. Spinach is another good option. (If you like spicy, add hot peppers, which some studies say can help to speed up your metabolism.)

Yogurt (plain, low-fat) topped with fresh fruit and a high-fiber cereal

● "The fat in yogurt contains conjugated linoleic acid, which can help you stay lean," says Dawn Jackson Blatner, R.D., author of *The Flexitarian Diet*. Plain is better than flavored yogurt since it has no added sugar. To make the stuff edible, toss in berries or melon. Top it with healthy cereal like Fiber One. **Study after study shows a direct link between fiber and weight loss,** Blatner says.

YUJI SAKAI/GETTY IMAGES

FOR MORE HEALTHY EATING TIPS, go to mensfitness.com/nutrition



A proud history of savings and reliability, backed by the strength of Warren Buffett's Berkshire Hathaway Inc. (Note: the above portrait is not Mr. Buffett.)

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

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"THE *HARDCORE PRO SERIES* LINE
HAS BEEN AN ESSENTIAL ELEMENT FOR PACKING ON SIZE AND STRENGTH TO MY BODY – INCLUDING MY CHEST"
JIM CORDOVA

Elite Trainer Jim Cordova's SECRETS OF BUILDING

A CHISELED CHEST

AS a **3-Time Mr. Universe** and **2-Time Mr. America**, Jim Cordova is one of the most recognizable and well-respected personal trainers in the country. By reading these next few pages, you're going to get an inside look into some of Jim's chest training principles and the supplements that have helped him build a physique equipped with some of the most powerful and striated pecs ever seen – *naNO Vapor® Hardcore Pro Series™*, *Nitro-Tech® Hardcore Pro Series™* and *Cell-Tech™ Hardcore Pro Series™*.

Tuesdays mean one thing for Jim Cordova – full-tilt, intense chest training. After more than 20 years of first-hand experience with extreme weight training, it's become second nature for Jim when it comes to building lean, dense muscle. And when chest day comes around, there are a few hallowed rules that must be followed:

Jim Cordova's Training Tips for Building a Chiseled Chest

1. **"The majority of your chest routine should be comprised of compound movements"**
2. **"Include as many closed-chain movements as possible"**
3. **"Finish off your workout with one or two strict isolation movements"**
4. **"Stretch your chest as much as possible when your workout is finished"**
5. **"Implement the *Hardcore Pro Series* line into your program to help build a truly powerful, muscular chest and body"**

"*naNO Vapor Hardcore Pro Series* plays a major role in achieving an amazing pump"

– Jim Cordova

Just like anybody else who hits the gym, Jim Cordova is looking for dramatic results as fast as possible. Before his intense training sessions, Jim is always sure to load up on one of the most potent and effective pre-training muscle-growth fuels in the industry... →

Jim Cordova Trains Team MuscleTech Amateur Athlete!



NAME: **Josh Hyaduck** OCCUPATION: **Future Bodybuilding Superstar**
AGE: **22** LOCATION: **Jonesboro, GA** LENGTH OF TRANSFORMATION: **17 Weeks**

"Training with Jim Cordova was the best decision that I ever made for transforming my physique. His knowledge of physical fitness and supplementation is unmatched within the industry. Follow his programs word-for-word and supplement with the *Hardcore Pro Series* line and you too can achieve physical perfection!" – Josh Hyaduck

naNO Vapor® Hardcore Pro Series™. This extreme energy and muscle-pump-enhancing formula was scientifically engineered specifically to get hard-training athletes and fitness enthusiasts like you dramatic muscle pumps and muscle growth – FAST! Just look at the numbers backing its efficacy – in one study on 20 subjects divided into two groups, subjects taking a key compound in *naNO Vapor Hardcore Pro Series* gained eight times more muscle than the control subjects in only eight weeks (3.72 vs. 0.41 lbs.)!

"*Nitro-Tech Hardcore Pro Series* helped me put on the muscle I needed to win the Mr. Universe"

– Jim Cordova

To build a pro-caliber physique like Jim's, nothing can be left to chance. Every measure must be taken in order to attain a physique that many industry insiders recognize as the peak of perfection. With that being said, a scientifically advanced protein supplement must be included into your daily regimen, especially after training to flood your muscles with key musclebuilding amino acids. And for a world-class competitor like Jim, there's only one option – *Nitro-Tech® Hardcore Pro Series™*.

Whether you're walking down the beach or just working out, a muscular, defined chest is the goal of every guy who has ever picked up a weight. But building perfect pecs takes intense training sessions and knowledge of what exercises are most beneficial for building and shaping your chest.



When performing dips, touch your chin to your chest and lean forward to place the emphasis on your pecs and off your triceps.

Compound Movements:

These movements incorporate more than one muscle group at a time and should be performed at the beginning of your training session while your strength is at its highest. Compound movements will primarily add size and density to the pecs. The main compound movements that you should incorporate into your program include:

- **Barbell / Dumbell Presses**
- **Dips**
- **Push Ups**

Isolation Movements:

These movements only incorporate one muscle group and are done primarily as shaping movements. A great technique for implementing isolation movements into your chest training is to perform drop-sets at the end of your workout to burn out additional muscle fibers and increase the detail of your chest. Your primary isolation movements should include:

- **Cable Crossovers**
- **Flyes**
- **Pec Deck**



"I highly recommend that anybody looking to build a muscular body complete with a powerful chest get on the *Hardcore Pro Series* line. These products really work!"
- Jim Cordova

In a six-week study, involving 36 subjects with at least three years of training experience, subjects taking the core ingredients in *Nitro-Tech Hardcore Pro Series* packed on 73% more lean muscle than those using regular whey protein (8.8 vs. 5.1 lbs.)!

"Cell-Tech *Hardcore Pro Series* is a crucial part of my post-workout routine"

– Jim Cordova

There's no doubt that after one of Jim's intense chest training sessions, his pecs are worn out and in desperate need of recovery to promote muscle growth. Once the last rep has been completed, Jim heads to the locker room in search of his go-to post-workout recovery formula – *Cell-Tech™ Hardcore Pro Series™*. This ultra-premium, strength-enhancing creatine and carb matrix is a staple in Jim's routine because he knows it's backed by real scientific research. In a 28-day study on 32 individuals, subjects taking the core ingredients in *Cell-Tech Hardcore Pro Series* with an intense training program built significantly more mass than those taking creatine alone (4.34 vs. 0.16 lbs.)!

"The *Hardcore Pro Series* line has changed the way I build muscle. Anybody looking for real results has got to get on it"

– Jim Cordova

Jim Cordova trusts his results to the scientifically engineered power of the *Hardcore Pro Series* line because he knows each of these cutting-edge products were formulated for dramatic results – FAST! And if a 3-Time Mr. Universe and 2-Time Mr. America swears by these products, you know that they work. **Experience the power of real results, get on the *Hardcore Pro Series* line today!**

The *Hardcore Pro Series* line is used by Elite Trainer Jim Cordova and countless individuals across America. Get on it today!



Josh Hyaduck has been remunerated and also used other MuscleTech® supplements. Read the entire label before use. Available at GNC, GNC Rite-Aid, The Vitamin Shoppe, Bodybuilding.com and other fine retailers. © 2010.

SCIENCE

WHEN DIETING DOESN'T WORK

Frustrated trying to lose weight? These **four new medical procedures** could be worth a look.

BY KAREN ASP

There are numerous surgical options out there for people who need to lose lots of weight, such as a gastric bypass or Lap-Band. But if you're just looking for a nip or tuck, there are other ways to get it. Here are four of the newest.

VASER HI-DEF LIPOSCULPTURE

> **How it's done:** Doctors use a variation of the same ultrasound technology pregnant women use to see their baby, but it's tweaked to dissolve the fat surrounding specific muscle groups (your body gradually absorbs and passes the "melted" fat). **"We use your muscle structure as a template to sculpt your new shape,"** says John A. Millard, M.D., a Denver plastic surgeon and founder of the Advanced Body Sculpting Institute. The torso takes about four hours, arms or legs will only take about two hours.

> **Cost:** $2,500–$5,000 for arms or legs, $7,500–$15,000 for the core.

> **Recovery time:** Two to three days, but you'll generally be out of the gym for two to three weeks, minimum. Bruising and pain are minor, though. In fact, Millard says the discomfort is no more than what you might experience following an intense workout.

$10 BILLION

HOW MUCH AMERICANS SPENT ON PLASTIC SURGERY LAST YEAR, DOWN 3% FROM 2008



HARRISON EASTWOOD/GETTY IMAGES

VELASHAPE

> **How it's done:** A combination of radio waves and infrared light beams shrink fat cells and tighten the skin. **"Most people say it feels like a warm massage,"** says Yan Trokel, M.D., a New York City cosmetic surgeon and founder of the YAN Center for Corrective and Cosmetic Surgery. You may see results after only four treatments, says Trokel.

> **Cost:** $500 per session per body area

> **Recovery time:** None

CARBOXYTHERAPY

> **How it's done:** Your skin is injected with CO_2, triggering the body's production of collagen, which aids in removing the cellulite. Trokel recommends between four and 12 treatments, each one 20 to 60 minutes long.

> **Cost:** $200 per session per body area

> **Recovery time:** None

ZELTIQ

> **How it's done:** Fat cells are chilled with a specialized transducer and subsequently die from the cold. Over time, the body flushes them out through normal metabolic processes. **The procedure generally takes about an hour and one treatment.**

> **Cost:** $500–$700 per body area

> **Recovery time:** Less than a day. "Most patients are in and out with minimal downtime," says Jason Pozner, M.D., medical director of the Sanctuary Medical Aesthetic Center in Boca Raton, Fla.

WELL? WELL?

● Wondering if these procedures are right for you? We asked Richard A. Baxter, M.D., a spokesperson for the American Society of Plastic Surgeons, what you should keep in mind before signing up.

PROS:

1) With the exception of VASER Hi-Def, most procedures are minimally invasive.

2) Relatively quick recovery.

3) Treatments may help you lose fat in areas that you haven't been able to hit through diet and exercise.

CONS:

1) Some of the procedures are experimental and haven't been well tested.

2) Results may not be permanent.

3) There's a risk for side effects, including everything from temporary nerve damage with Zeltiq to skin burns with VASER Hi-Def. And if your doctor isn't highly skilled, procedures involving any type of sculpting may not look entirely lifelike.



THE OFFICE: EVERETT COLLECTION; SNACKS: COURTESY OF MANUFACTURERS

FOUR WAYS TO LOSE WEIGHT AT WORK

Trim the fat with these small adjustments to your day

BY KIMBERLY FLYNN

Technology has eliminated as many as 2,000 of the calories that office workers used to burn each day, says James A. Levine, M.D., Ph.D., professor of medicine at the Mayo Clinic and author of *Move a Little, Lose a Lot*. No wonder the average American is 26 pounds heavier today than a generation ago. To start burning calories at work, Levine suggests you embrace these four work-based strategies.

1) MEET ON THE MOVE

> Instead of booking a conference room, ask colleagues to join you on a walk. Seriously. Just make sure the topic is relatively informal—brainstorming, not budgets, for example. Even an easy pace burns 10 times more calories than sitting for an hour—150 vs. a measly 15.

2) GET ON YOUR FEET

> Stand up while talking or typing. (You may need to request a headphone or long cord, or a podium for your keyboard.)

3) FIND A PARTNER

> A co-worker with similar fitness goals won't push for fast-food breaks and will help you stay motivated. Maybe you can both buy pedometers and see who gets in the most steps each day. If you have iPhones, there's a free app called Walk 'n Play that tracks your movements and pits you against a friend or a simulator.

4) TACKLE TAKEOUT

> If you eat with your co-workers, offer to order lunch for the group. That way, you'll control your options. In fact, you're probably not the only one who would appreciate the healthier choices.

A "FIT" SNACK DRAWER

Keep these staples handy to avoid the urge to visit the vending machine.

TUNA PACKETS
High in protein, low in fat and carbs, nearly perfect.

CEREAL
Stash a box of high-fiber cereal, along with a few disposable bowls and spoons.



BARS
Your best bet has 6g protein, plus carbs, fiber, and healthy fats.

Vyvanse: For the treatment of ADHD.



Visit Vyvanse.com for savings off your first prescription.*

*Restrictions may apply.

Please see Important Safety Information and Patient Brief Summary on adjacent pages.

CONSISTENTLY Vyvanse™ (lisdexamfetamine dimesylate) capsules

20 mg, 30 mg, 40 mg, 50 mg, 60 mg, 70 mg capsules

VYV-01635 06/10

Vyvanse™ (lisdexamfetamine dimesylate) capsules

20 mg, 30 mg, 40 mg, 50 mg, 60 mg, 70 mg capsules

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

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

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

1. Heart-related problems:

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

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

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

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

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

2. Mental (Psychiatric) problems:

All Patients

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

Children and Teenagers

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

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

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

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD. Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

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

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

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

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

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

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

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

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

Can Vyvanse be taken with other medicines?

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

Especially tell your doctor if you or your child takes:

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

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

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

How should Vyvanse be taken?

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

What are possible side effects of Vyvanse?

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

Other serious side effects include:

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

Common side effects include:

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

Vyvanse may affect your or your child's ability to drive or do other dangerous activities. Talk to your doctor if you or your child has side effects that are bothersome or do not go away. This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

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

General information about Vyvanse

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

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

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

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

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

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Last Modified: 04/2010 VYV-01811

Shire

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



7:00 AM
Ate breakfast
and took Vyvanse.

9:00 AM
During work

5:00 PM
After work

9:00 PM
Family time

Visit **Vyvanse.com** for savings off your first prescription.*

*Restrictions may apply.

**If you have ADHD,
talk to your doctor about Vyvanse.
For more information visit Vyvanse.com
or call 1-866-633-5112.**

In a clinical study with adults with ADHD, Vyvanse was shown to be effective 2 hours after taking. The most common side effects were decreased appetite, dry mouth, headache and trouble sleeping.

INDICATION

Vyvanse is a prescription medicine for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and two controlled trials in adults. Vyvanse should be used as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION

Vyvanse is a stimulant medicine. Abuse of stimulants may lead to dependence. Misuse of stimulants may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with stimulant use.

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

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

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

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

The most common side effects reported in studies of Vyvanse were upper belly pain, dry mouth, weight loss, irritability, vomiting, nausea, dizziness, trouble sleeping and decreased appetite.

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

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

Please see Patient Brief Summary on adjacent page.

CONSISTENTLY Vyvanse™ CII
(lisdexamfetamine dimesylate) capsules
20 mg, 30 mg, 40 mg, 50 mg, 60 mg, 70 mg capsules

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Fit Food

MF
09.2010



MAN MEALS

FROGMORE STEW

This classic Cajun dish, courtesy of chef Pam Anderson, author of *Perfect One-Dish Dinners*, is great for Labor Day—or any lazy afternoon

Ingredients

- *1 medium onion, quartered*
- *2 large garlic cloves, smashed*
- *¼ cup seafood seasoning, such as Old Bay*
- *1 lemon, halved, plus 1 more cut into wedges*
- *1 lb. small red potatoes*
- *1 lb. turkey kielbasa, cut into pieces*
- *4 ears corn, husked and halved crosswise*
- *1 lb. unpeeled shrimp, preferably wild*

Make It

> **1** Add 1½ quarts of water plus onion, garlic, seafood seasoning, salt to taste, and halved lemon (squeeze its juice into the water before tossing in the juiced rinds) to a large roasting pan. Bring mixture to a boil.

> **2** Add potatoes and kielbasa and return to a boil. Cover the pot, reduce heat, and let simmer until potatoes are just tender, about 20 minutes.

> **3** Add corn, increase heat to medium-high, and cook, covered, until ears are golden and tender, about 5 minutes longer.

> **4** Top stew with shrimp; cover and steam for 3 more minutes.

> **5** Turn off heat; gently stir shrimp into hot broth, and let stand, covered, until they are just cooked, about 2 minutes longer.

> **6** Serve individual portions with lemon wedges and a bit of melted butter for dipping (if calories aren't a concern). [We halved the recipe here; double or triple amounts to feed a larger group.]

Nutritional Breakdown > **550** calories, **38g** protein, **73g** carbs, **12g** fat, **7g** fiber. Serves **4**

Frogmore?

> A summer favorite, the dish gets its name from an old fishing community in South Carolina. This traditional Southern stew was created in the '60s and is sometimes called Beaufort Stew or Lowcountry or Tidewater Boil. To sample the dish near its birthplace, check out Charleston, S.C.'s Lowcountry Oyster festival, held each year in January.

RECIPE COURTESY OF *PERFECT ONE-DISH DINNERS* BY PAM ANDERSON, HOUGHTON MIFFLIN HARCOURT. PHOTOGRAPH BY JUDD PILOSSOF.

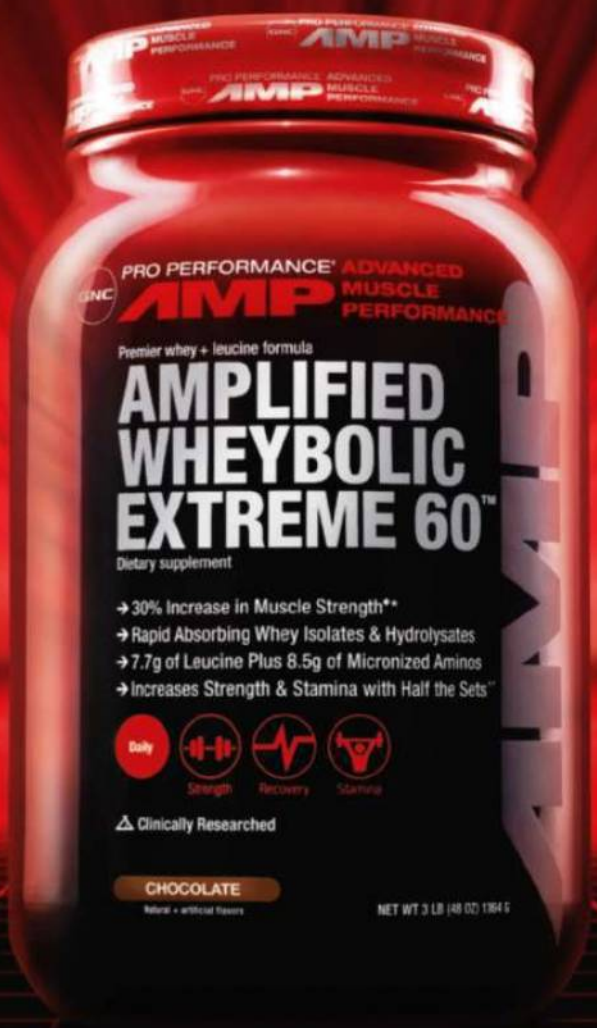
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REEL 'EM IN!

You probably aren't eating these fish—but you should be

BY BRIAN DALEK

Salmon and tuna are already part of your diet staples (we hope). Cast a wider net and enjoy these healthy alternatives, as well. We asked nutritionist Elizabeth Fassberg, R.D., for four lean, high-protein options. Then we turned to Eric Ripert, a seafood expert and judge on Bravo's *Top Chef*, for tips on making your catch tasty, too.



Tilapia

> This farm-raised fish is not only inexpensive, but also incredibly low in fat (2 grams) and calories (109) per 3-ounce serving.

Cook It: Add some extra flavor by **broiling with your favorite spices and herbs,** plus a dash of garlic and olive oil. Small kitchen? This is the fish for you. "You could even make it in a conventional toaster oven and it will still be delicious," Ripert says.

Per 3 ounces: 109 calories, 22g protein, 2g fat

99%

HOW MANY OF THE EARTH'S 24,500 SPECIES OF FISH YOU CAN EAT

Halibut

> A whale of a fish—some weigh up to half a ton—it's packed with nutrients, including tons of B_6 and B_{12}.

Cook It: Despite its size, halibut's flavor is very delicate. **"Definitely poach it,"** Ripert says. "Otherwise, you'll likely ruin its taste." Marinate fillets with a bit of butter and lemon juice to increase acidity. If you're feeling gourmet, serve thin, raw slices as carpaccio.

Per 3 ounces: 119 calories, 23g protein, 2g fat





Barramundi

> Not a big fish fan? This omega-3-packed catch from Down Under is one of the least fishy-tasting cuts available in markets.

Cook It: **Sauté or grill it.** "The fillets are usually thicker and will give you a very sweet, almost buttery flavor," Ripert says.

Per 3 ounces: 90 calories, 23g protein, 2g fat



Striped Bass

> This firm, mild, and sweet fish is a traveler (going from salt water to fresh to spawn), so most experts recommend sticking with farm-raised bass to minimize your risk of harmful contaminants.

Cook It: Poaching is usually best for maintaining the fish's delicate flavor. **Toppings like vinaigrette, soy, ginger, or teriyaki will keep its flavor light and rich** without piling on lots of additional calories.

Per 3 ounces: 105 calories, 19g protein, 3g fat

For more HEALTHY FISH options, go to mensfitness.com/fitfish

THE BEST FRUIT FOR MEN

No fruit is considered bad—but some are definitely better than others. Nutritionists Jim White, R.D., and Manuel Villacorta, R.D., offer their top picks from the produce aisle.

BY ELYSE DUPRE



GREAT

"Strawberries are an excellent source of vitamin C and antiaging antioxidants," White says.

"Blueberries and **blackberries** have nutrients that may enhance brain functioning and improve your memory," Villacorta says.



GOOD

"Citrus fruits improve immunity and can decrease the severity of cold and flu symptoms," White says. Whole fruit is better than juice, which doesn't have any fiber.

"Cantaloupe has a lot of the vitamins and nutrients essential for good heart health and helping to fight off cancer," Villacorta says.



FAIR

"Bananas are a good preworkout food, with a lot of potassium, although they can cause a spike in blood-sugar levels," White says.

"Keep apples around as an emergency snack," Villacorta says. "They don't have tons of nutrients, but they're low-cal and packed with fiber, so they'll fill you up quickly."

HALIBUT: DORLING KINDERSLEY/GETTY IMAGES; TILAPIA: ISTOCKPHOTO.COM; STRIPED BASS: ISTOCKPHOTO.COM; BARRAMUNDI: AFP/GETTY IMAGES; FRUITS: ISTOCKPHOTO.COM (3)


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Balls

MF
09.2010

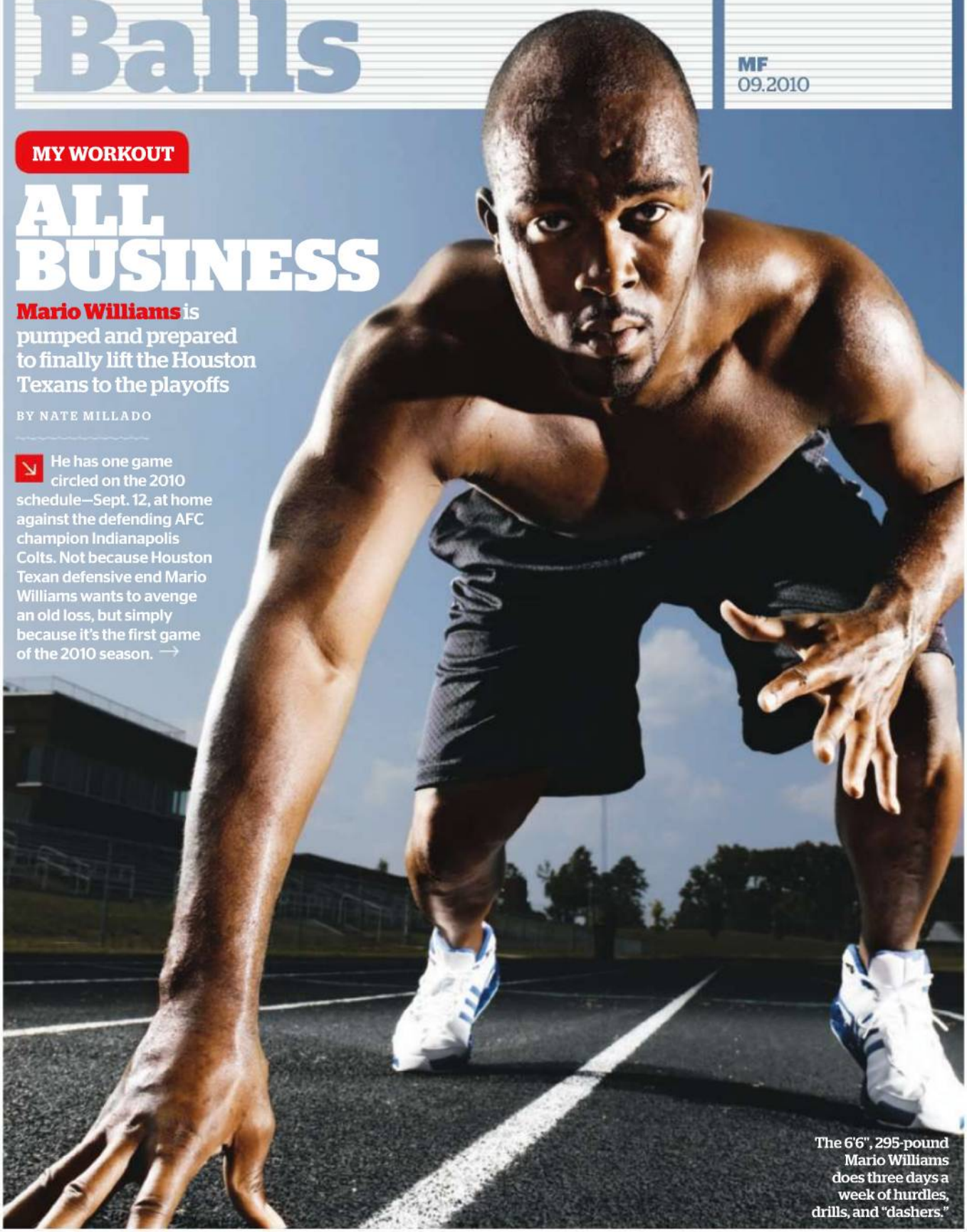
MY WORKOUT

ALL BUSINESS

Mario Williams is pumped and prepared to finally lift the Houston Texans to the playoffs

BY NATE MILLADO

He has one game circled on the 2010 schedule—Sept. 12, at home against the defending AFC champion Indianapolis Colts. Not because Houston Texan defensive end Mario Williams wants to avenge an old loss, but simply because it's the first game of the 2010 season. →



The 6'6", 295-pound Mario Williams does three days a week of hurdles, drills, and "dashers."

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"[It's] going to be a tempo setter," he told *MF*. Houston finished 2009 with its first winning record (9–7) in the franchise's eight-year history, narrowly missing the playoffs. Should they win against Manning and the boys in blue, then "anything can happen," Williams says. "We had a very slow start last year, so we have to hit the ground running, you know, take care of business."

That "business" mentality follows him from the field to the weight room. "You hear people talk about being in the weight room for three hours. Personally, I don't think you should be in there longer than an hour," he says. **"I get in and get it done. I just focus on working out and not playing around."** Williams, who's 6'6" and 280 pounds, lifts Mondays, Tuesdays, Wednesdays, and Thursdays during the off-season. He performs squats (four sets of 8 to 10 reps), and bench (four sets of 8 to 10 reps), and incline dumbbell presses (3 to 4 sets of 8 to 10 reps). He focuses on higher reps and lower weight, then shifts to fewer reps and heavier weight (405 pounds on bench) a month into off-season training. Williams also incorporates box jumps, hamstring curls, and shoulder presses into his regimen. Three days a week, he braves Houston's sweltering 90-plus-degree weather for shuttle runs, hurdles, agility drills, and 8-, 10-, and 12-yard "dashers."

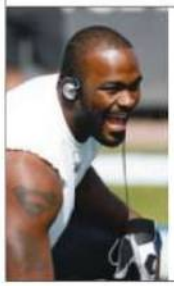
Williams possesses a rare combination of size and speed for his position. His natural athleticism earned him the overall No. 1 spot in the 2006 draft, much to the chagrin of some Texan fans, who wanted the team to choose the flashy Heisman-winning running back Reggie Bush, or Vince Young, who had just won a national title at Texas. Well, Williams is now a two-time Pro Bowler with 202 tackles and 39.5 sacks. Even though Bush has a Super Bowl ring in New Orleans, he remains a utility luxury more than a staple of the Saints attack. While Young has had a wobbly career, at best, in Tennessee. "I would say 99% of people who had that chatter didn't know what they were talking about," Williams says, "so it really didn't matter to me." Now, Williams says he's motivated more by his future than his past. "Whether I'm working out or playing football, whenever I get tired, I remind myself that my potential is unlimited," he says, "and that helps me grind it out."



Quarterbacks, beware: The two-time Pro Bowler has 39.5 career sacks.

MY KRYPTONITE

Even "Super" Mario's got a few weaknesses



"Anything sweet. I end up eating three desserts a day sometimes. Strawberry shortcakes. Little Swiss rolls. I know it's not good for you, but I've got a sweet tooth, man. I also love to collect toys. And guns! I own at least 20 guns."

Draft Busts & Best

Mario Williams has certainly lived up to being the **No. 1 overall draft pick**. Here are a few other top guns (and bums) who have either met—or failed to live up to—the hype. BY BRIAN DALEK



TROY AIKMAN
DALLAS, 1989

Despite a woeful 0-11 record as a rookie starter, Aikman ultimately won three Super Bowls and entered the Hall of Fame in 2006 with 32,942 passing yards and 165 touchdowns.

Dodged a Bust:
Tony Mandarich
(No. 2, Green Bay)

PEYTON MANNING
INDIANAPOLIS, 1998

It's hard to believe the Colts were waffling about taking the Tennessee QB. Manning has started all 192 games for Indy going into the 2010 season. He's earned a Super Bowl ring (2006) and four MVP trophies.

Dodged a Bust:
Ryan Leaf
(No. 2, San Diego)

TERRY BRADSHAW
PITTSBURGH, 1970

Winning four Super Bowls (1975, 1976, 1979, and 1980) in six years has never been matched. The Hall of Famer always played big in the post-season for *the* team of the '70s.

Dodged a Bust:
Mike McCoy
(No. 2, Green Bay)

JAMARCUS RUSSELL
OAKLAND RAIDERS, 2007

Oakland cut him loose after only three years (costing the Raiders $39 million). He's 7-18 as an NFL starter, the worst record ever by a No. 1 drafted QB.

Should have picked:
Adrian Peterson
(No. 7, Minnesota)

TIM COUCH
CLEVELAND, 1999

The Browns pinned their renewed franchise's hopes on this Kentucky product. He went 22-37 in five seasons and got Cleveland to the playoffs in 2002, but was dogged by injury.

Should have picked:
Donovan McNabb
(No. 2, Philadelphia)

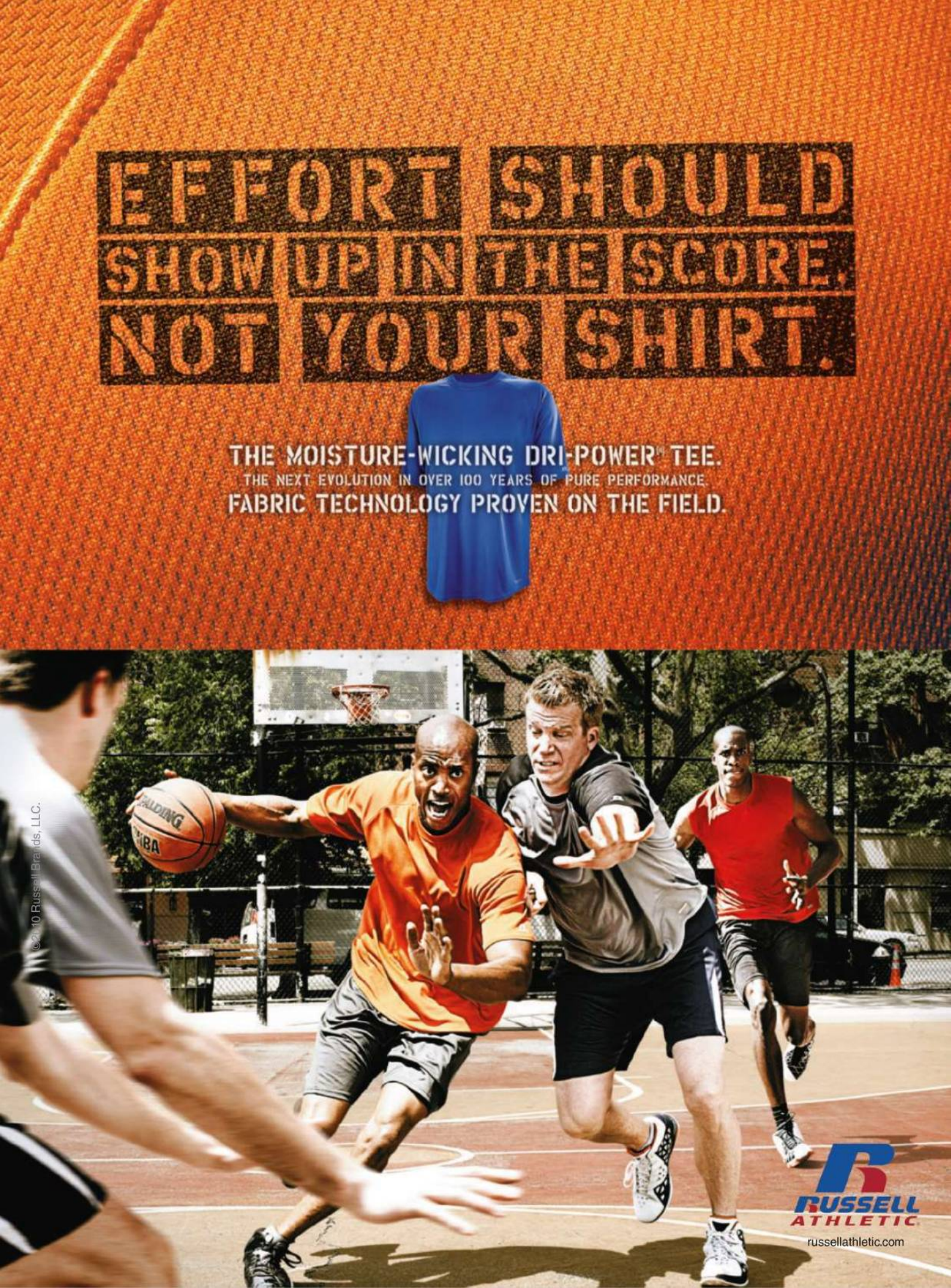
KI-JANA CARTER
CINCINNATI, 1995

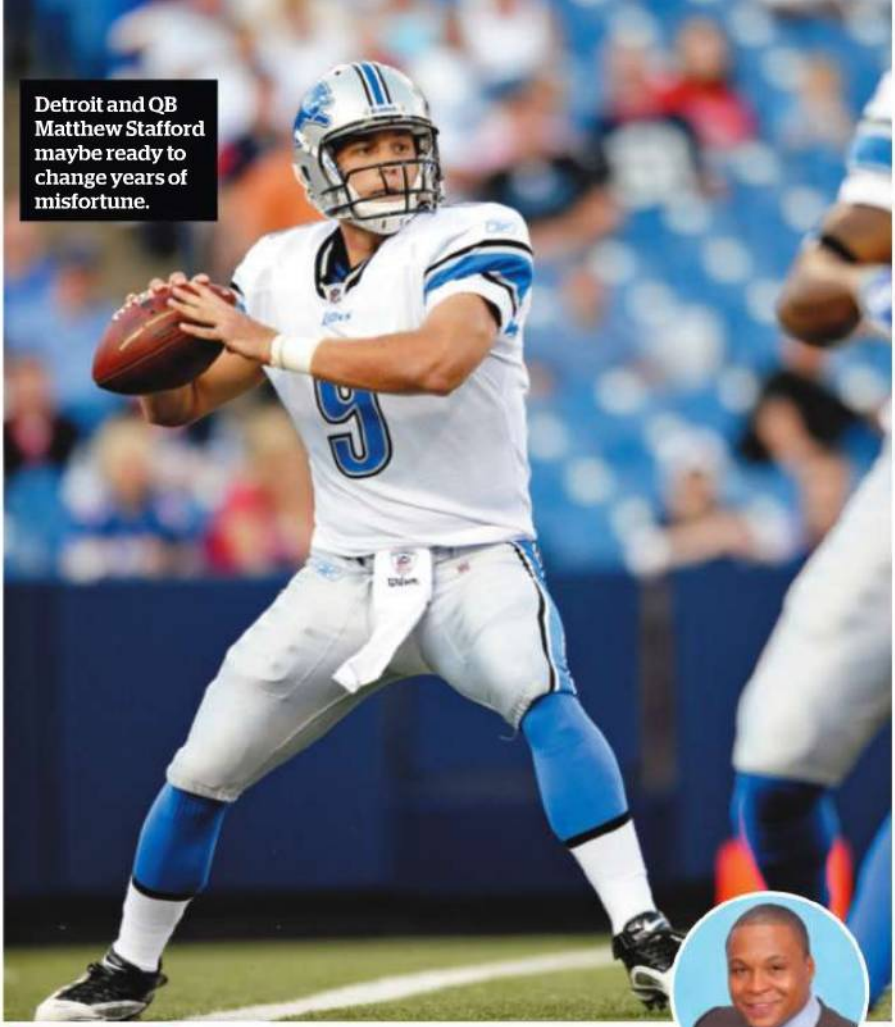
Tore ACL on third carry of his first pre-season game. Started 14 games and rushed for 1,144 yards—in his *entire* eight-year career.

Should have picked:
Steve McNair
(No. 3, Houston)

FROM TOP: PATRIK GIARDINO/CORBIS OUTLINE; BILL BAPTIST/GETTY IMAGES. SIDEBAR, FROM LEFT: MITCHELL LAYTON/GETTY IMAGES; ANDY LYONS/GETTY IMAGES; AL MESSERSCHMIDT/GETTY IMAGES; JEFF GROSS/GETTY IMAGES; OTTO GREULE JR./GETTY IMAGES; ANDY LYONS/GETTY IMAGES

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Detroit and QB Matthew Stafford maybe ready to change years of misfortune.

NFL PREVIEW

"My Lions Are Back"

CBS Sports analyst **Gus Johnson** offers up his views on this season's early favorites and dark horses

AFC CHAMP: NEW ENGLAND

> "After that loss to Baltimore in the playoffs, I'm sure the Patriots went back and reevaluated everything. Plus, I've got a feeling that **Tom Brady** is returning with reckless abandon."

BUT WATCH OUT FOR: INDIANAPOLIS AND NEW YORK (JETS)

> "It still probably isn't sitting well with Colts quarterback **Peyton Manning** that he lost in the Super Bowl. I like the Jets, too. Great defense. They made some improvements in their secondary. They've added [former Chargers star RB] LaDainian Tomlinson. Mark Sanchez was terrific as a rookie quarterback, and he's going to be even better. The Jets have a great foundation."

NFC CHAMP: NEW ORLEANS

> "The reigning Super Bowl winners have great leadership in **Drew Brees** and a terrific coach in Sean Payton. The team members believe in one another, and I'm sure they're looking forward to defending."

BUT WATCH OUT FOR: DETROIT

> "My Lions—we're coming back! [Johnson grew up in Detroit.] We've got some good young draft picks. The tide is eventually going to turn in Motor City, and I'm predicting that my Lions will be a dark horse."

ROOKIE WATCH: JIMMY CLAUSEN

> *If* he plays. With Jake Delhomme gone, Clausen may have a shot to compete for that job in Carolina.

SUPER BOWL CHAMP: NEW ENGLAND OVER NEW ORLEANS

> "This year is going to mark the return of the Pats. They've got an incredible future Hall of Fame quarterback and a future Hall of Fame wide receiver [Randy Moss]. These guys are focused—they're not going to be messing around."

PLAYERS TO WATCH

> I love watching a couple of Johnson boys play: [Tennessee Titans RB] **Chris Johnson** and [Houston Texans WR] **Andre Johnson**. Chris rushed for more than 2,000 yards last year, and Andre led the league in receiving yards. They're still young, so we're getting to see greatness right before our eyes.

How Gus Sweats

If you've heard the excitable broadcaster Gus Johnson do a college hoops or NFL game, it's hard to imagine him ever being bored at anything. But it has happened. "I used to get bored just lifting or running," recalls the 43-year-old. **Then he discovered Brazilian jiu-jitsu.** "When you're learning how to block, punch, and roll, how to outthink your opponent, you're using your body and your mind." To build mental fitness, Johnson practices xingyiquan—**an internal Chinese art that is heavy on breathing and meditation**—three times a week. He boxes, too (and has for more than 10 years). "Boxing is an incredible workout," he says. "You come in, skip rope for three rounds, shadowbox for three rounds, hit the bag for three rounds, do your calisthenics, and you're out of there dripping wet with sweat."

MF PICK

MADDEN NFL 11

"And we go into...o-ver-time," says Gus Johnson. That's just one of more than 90,000 lines Johnson recorded for *Madden NFL 11*, the latest installment of the classic video game franchise. "I'm a loudmouth, so maybe that's why EA Sports chose me," Johnson says with a laugh. The electrifying announcer has covered NFL, college hoops, and MMA broadcasts, but doing play-by-plays for Madden is a different beast. (The job took four and a half months to complete.) "You're basically in a studio with a microphone and stacks of scripts that cover every single situation," Johnson says. *For a chance to win a free copy of the game, enter at* **mensfitness.com/madden.**



FROM TOP: ED WOLFSTEIN/ICON SMI/CORBIS; MARC BRYAN-BROWN/GETTY IMAGES; COURTESY OF EA SPORTS

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Outdoors

BREAKING WAVES

Surfing legend **Joel Tudor** finds a second life as a martial arts champion

BY JUSTIN TEJADA

"I'M GOING TO CRANK your neck," Joel Tudor says. "I'm going to tear your feet. I'm going to pop your knees. I'm going to put you to sleep." You're probably more familiar with Tudor the surfer, the laid-back, cool beach rat—not this crazed guy describing how he'll destroy you with Brazilian jiu-jitsu.

Well, get used to both of them. At age 34, San Diego–based Tudor is that rare breed of athlete; he's a two-time world longboard champ and an equally decorated grappler. In 2009 he won the World Jiu-Jitsu No-Gi Championship (where competitors wear shorts and a rash guard instead of a traditional martial arts uniform) and the American National Championship. He also trains regularly with UFC stars, including Dean Lister and Antonio Rogerio Nogueira.

An uncle first introduced Tudor to martial arts when he was a kid, but he put it aside because of his love for surfing. A street fight in Hawaii a few years ago led him back. "I've been punched before and that's one thing. But it's a different deal when



14

TUDOR'S AGE WHEN HE ENTERED HIS FIRST PRO SURF CONTEST

JACK ENGLISH/SURF IMAGES

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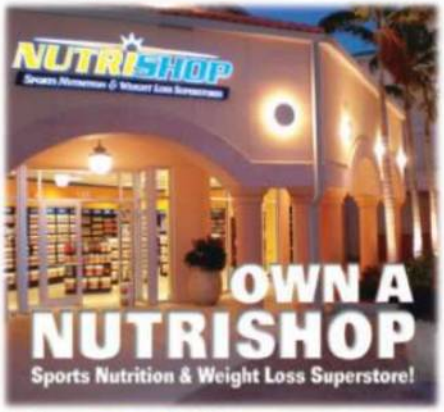
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someone has a hold of you and you physically can't move," Tudor says. "I went home [after the fight] and immediately signed up. Here we are seven years later, and I don't think anyone's going to jump on my back again."

Tudor began training under Rodrigo Medeiros, a former Pan-American champ and a disciple of the legendary Carlson Gracie. "The first time he came into my academy, I thought, 'Man, I don't know if he can go through it.' He's a fragile little surf dude," says Medeiros. "In one week I changed my mind."

Training every day and sometimes twice a day, Tudor earned his black belt in six years, faster than any of Medeiros' other students.

Despite their apparent differences, Tudor finds common ground in jiu-jitsu and surfing. "Jiu-jitsu happens quick. It is all technique. It's all a matter of seeing your moment. That's why it's so similar [to surfing]," he says. **"And like surfing, no two situations are ever the same."**

The focus that jiu-jitsu requires has also provided a kind of therapy for Tudor. "The only psychiatrist I've had was my jiu-jitsu training. In surfing you can just zone out," he says. "In jiu-jitsu, if you do that crap, you're gonna be crawling out of there with hurt limbs."

Not that Tudor always comes out unharmed. He's broken a leg and his nose and injured both knees in the past, but he says it has helped him become more in tune with his body. **"Nobody really wants to be out with an injury. You learn to push through,"** he says. Tudor has also handed out his share of punishment. Although he believes it's in bad taste to name names, he modestly allows this: "I've fought a lot of my favorite fighters. Most of them walked away with a notch from me and [I walked away with] a notch from them."

Although jiu-jitsu has consumed most of Tudor's time and attention recently, he's learning to find a balance between the martial art and surfing. Each morning, he gets up at 6 a.m. and looks after his 5-year-old and 4-month-old sons before heading out to surf. Afternoons are usually spent teaching and training jiu-jitsu before a predinner skateboarding session with his older son.


Tudor outmaneuvers his opponent to win gold at the 2008 Nationals.

In addition to helping put on longboard contests in California, Virginia, and New York this summer, Tudor will attempt to defend his national title this month, and his World No-Gi championship in November. "It's almost like I'm having a second career," he says, laughing. Even though he isn't even close to finished with his first. **MF**



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The Future of Sports Nutrition®

Live Well

MF GREEN

BIKE & BURN!

Calories, that is. Plenty of people are knocking out their daily cardio by commuting to work on a bicycle. But too many are missing out on the benefits—for us and the planet.

BY NOAH JOHNSON

About half of us live fewer than five miles from our job. But according to recent stats, more than eight in 10 of us drive to work. Leave the keys at home and burn massive calories—at least 500 an hour. The extra benefits of riding to work:

Reliability

> "It takes me almost exactly the same amount of time each day to get to and from work—to the minute," says Andy Clarke, president of the League of American Bicyclists, in Washington, D.C.

Saving the Earth

> Bikes displace more than 238 million gallons of gasoline annually. For every four miles you peddle instead of driving, roughly 15 pounds of pollutants are kept out of the air.

Improving your work

> Exercise can make you a happier, less stressed, and more productive employee.

Extra spending money

> Beyond the obvious savings (parking, gas, repairs), you can get up to $240 a year in employer-sponsored tax credits to help cover the cost of a bike, lock, and helmet.

GETTING STARTED

(1) TAKE A DRY RUN

On the weekend, scope out a path with less traffic and fewer hills—and no doughnut shops. Your best option is probably not the route you drive.

(2) CLEAN UP AT WORK

Stash a change of clothes and some grooming essentials (deodorant, baby wipes, towel, body spray) at work. Get there early so you can clean up before co-workers arrive.

(3) MAINTAIN

Check tire pressure, wear, and damage; quick release and fastenings; brake wear and power; gears; and how well the chain's operating (look out for stiffness and rust).

75 MINUTES

HOW MUCH TIME THE AVERAGE AMERICAN SPENDS DAILY IN THEIR CAR

PEGGY SIROTA/ELYSE CONNOLLY/TRUNKARCHIVE.COM

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80 Grams of Complex Carbohydrates to Keep the Muscle You've Got

Carbohydrates (carbs) are required to maximize muscle growth by helping to repair muscle and to power your workouts. If the right carbs aren't supplied continuously to your muscles, your body will start breaking down muscle and covert it into carbs for energy. Iso Mass Xtreme Gainer contains a scientifically formulated blend of high quality carbohydrate sources: 5 DE maltodextrin, dextrose, and oat fiber, all designed to keep your body in an anabolic (muscle-building) state and to prevent it from falling into an anti-catabolic (muscle-wasting) state.

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Dream Woman

Danica Patrick

MF buckles in with the woman who makes racing sexy

BY NOAH JOHNSON



Fresh off a respectable sixth-place finish at this year's Indy 500, and with the lead role in the new racing video game *Blur*, Danica Patrick—the only female racer competing in both NASCAR and IndyCar racing today—took a few minutes to chat with *MF* about how she trains to maintain her focus (and body) for the track.

As a race car driver you've got to be pretty fearless. Is there anything you're afraid of?
Lots. *[Laughs]* Spiders and bugs. Extreme heights. The dark. Water. Ghosts. Basements. All kinds of things.

What kind of car do you drive when you're not on the track?
Most of the time I drive a Mercedes SUV. **I do have a Lamborghini**, but I basically just keep it so I can say that. It's not practical.

How hard is it to stick to the speed limit on public roads?
I don't think I should have to. *[Laughs.]* Surely, I'm qualified to speed, right? I should be able to get away with that. Obviously, I'm looking for special treatment. **But cops still give me tickets. Doesn't that suck?** Usually they tell me they don't know who I am, and then it's on the news in the morning.

Any mental tricks you use to prepare for approaching a big event like the Indy 500?
Don't overhype things too, too much in your head. If you do, they can seem overwhelming and you worry too much about making a mistake. You almost have to view each race as just another race while you're there.

Our sister mag, *Shape*, recently put you on its cover in a bikini. Did you have to work out extra hard or change your diet to get fit for that?
I always work out really hard. But the girls always look amazing on the covers, and I didn't want to disappoint—so I worked out a little bit more and ate a little bit more cleanly. I definitely tuned up for it.

So you train regularly?
I used to get worn out all the time. I got sick a lot. Now **I work out every day.** I do cardio. I run a lot. I lift weights. And in the winter when I'm not racing, I do yoga. I'd like to do that all year, but it takes away from my strength training.

3rd

DANICA PATRICK'S FINISH IN THE 2009 INDY 500, BEST EVER BY A FEMALE RACER

What do you focus on at the gym?
Upper body is really important. Not so much core strength, but shoulders, back, and chest.

How essential is fitness to racing cars?
There's no power steering. If you've ever tried to turn your car when the steering goes out, it's like that. And then with the g-forces you produce going around corners especially, it can be grueling.

What do you typically like to eat?
I love coffee. Water. I eat eggs, oatmeal, and fish. Vegetables. Salads. Things like that. Every now and again, pizza. A little bit of chocolate every day. And red wine! **I have a bar and a bottle waiting for me later tonight.** Is that OK?

That's fine with us.

ANTHONY MANDLER/CORBIS OUTLINE

HOW TO STAY HEALTHY AS YOU TRAIN:

VITAMINS

20

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Iso Mass Xtreme Gainer contains everything you need to build muscle fast.

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Speed

HIT THE ROAD ONE LAST TIME

We help ensure your final **warm-weather adventure** goes off without a hitch BY KEVIN KOENIG

Summer is almost history, so tackle an impromptu trip during one of the remaining few weekends. Grab a cooler, call your crew, then get rolling with these tips from AAA's Robert Sinclair Jr.

PUMP UP THE AIR > AAA estimates that about one-third of cars have under-inflated tires, which can lead to blowouts. **"Check your tire pressure with a high-quality gauge,** then make sure it aligns with your car's ideal tire pressure, which can usually be found inside the doorjamb on the driver's side," Sinclair says.

GET CHARGED > You should change your car battery every three to four years. But even a new battery can experience major problems on the road if it's not kept clean. "Look for a white buildup where the cables connect. It's an oxide that can impede your battery's efficiency. If you see any, clean it off with a wire brush."



SLEEP IN > Sinclair warns of a nasty phenomenon known as "microsleep" that can strike overnight drivers. "Lots of road trippers try to beat traffic by driving between midnight and 6 a.m., but if you force your body to stay awake at hours when it normally wouldn't be, you can actually drift off for as long as 10 seconds without being aware you're unconscious."

USE THICKER OIL > "Ideally, you should change your oil before going on any long trip, particularly in the summer-time when excessive heat breaks down its viscosity more quickly." **Sinclair suggests refilling with 10w40 or 20w50**, two oils best suited for late-summer heat.

MF HYDRATION STATION

› DRINK UP



• Stay alert and energized on the road by making sure your body has plenty of fluids. (We're not talking coffee or soda.) Instead, grab a product like Smartwater, which combines water with the essential vitamins and minerals you need to be your best behind the wheel.

FROM TOP: EVERETT COLLECTION (2); COURTESY OF SMARTWATER



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FIT JOBS

Still out of work? Or just hate the job you've got? **Consider a career change.** These four fields are a perfect fit for fit guys.



LIFEGUARD

Great for > Strong swimmers

Average starting earnings > $8 an hour

The Job > You must first pass the American Red Cross Lifeguard Training. Prerequisites include the ability to swim 500 yards continuously and retrieve a weight from the bottom of a 10-foot-deep pool. Getting a tan and being around bikini-clad babes are just added bonuses.

FIREFIGHTER

Great for > *Backdraft* lovers

Average starting earnings > Around $45,000, higher in big cities like Los Angeles, Chicago, and New York

The Job > If you can take the heat, fighting fires can be one of the most rewarding jobs around. Requirements vary by municipality, but one thing's for sure: You've got to be in peak condition mentally as well as physically. In addition to a written exam, a typical physical test may require you to drag a 165-pound dummy around an obstacle course or climb 180 steps in three minutes, while wearing 50 pounds of weight.

PERSONAL TRAINER

Great for > Devotees of our *MF* Trainer section

Average starting earnings > $30,000 per year in most parts of the country with the potential for much more once you build up a regular clientele

The Job > You've been spotting your training buddy for years—might as well get paid for it, right? Start by strengthening your credentials—get certified through an accredited organization such as NSCA, NASM, ACSM, or ISSA. Most gyms require at least one form of national certification. A CPR certificate is standard. And it helps to intern under a respected strength coach.

UPS DELIVERY DRIVER

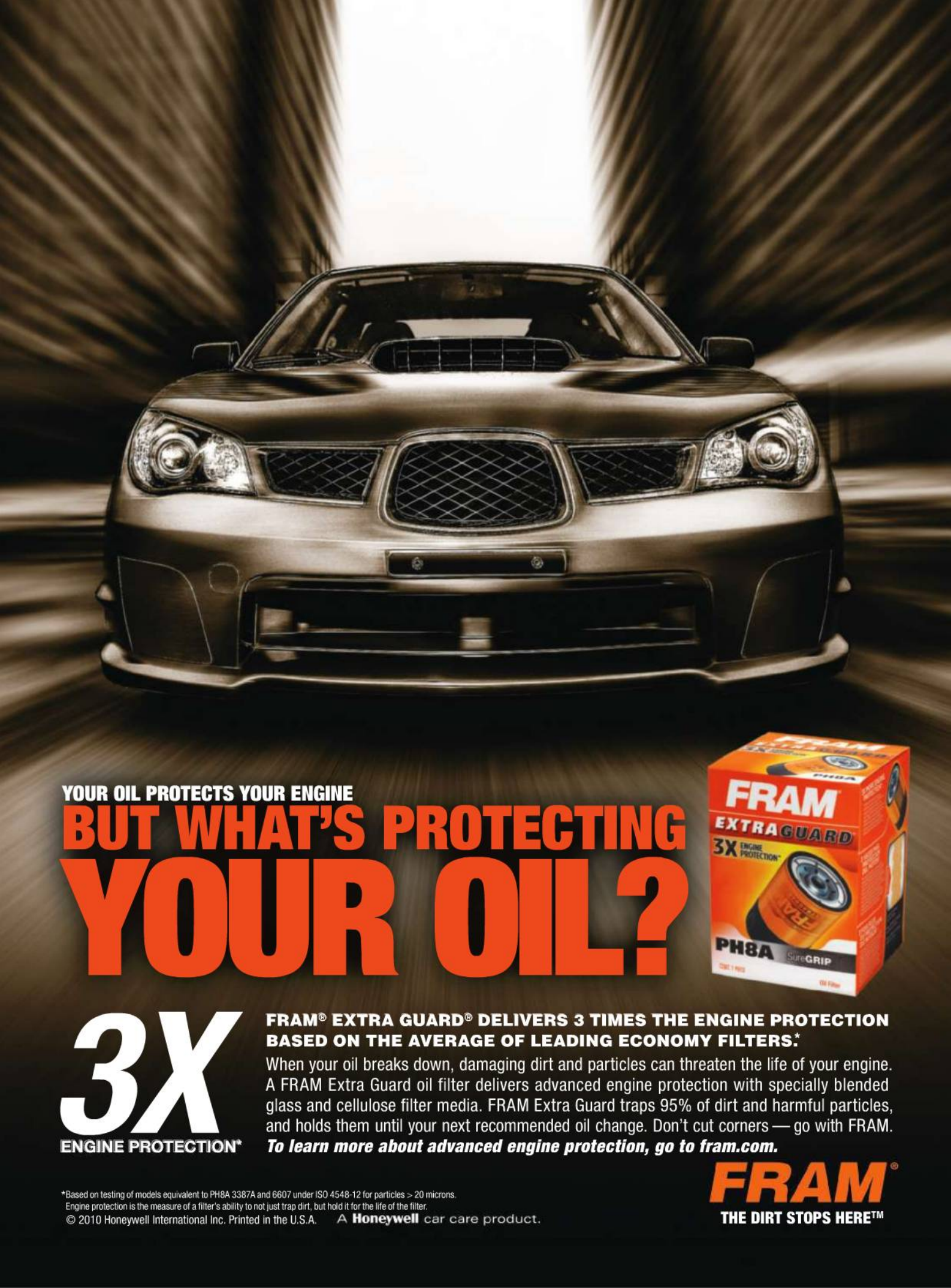
Great for > Lifters with excellent driving (and people) skills

Average starting earnings > $28 an hour

The Job > Newbies must undergo a month of field training, where they get classroom and on-the-job training, which includes navigating the UPS van through cluttered streets and tight alleys. It pays well and features great benefits (senior drivers get nine weeks of paid leave). Added perk: a daily workout, since you're constantly lifting, lowering, and carrying deliveries that average about 70 pounds. The fact that most secretaries love those brown uniforms can't hurt either.

FOR MORE ON-THE-JOB TIPS, go to mensfitness.com/careeradvice

PETER CADE/GETTY IMAGES


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The Look

MF
09.2010

Style Vibe

JAMES FRANCO

Actor. Director. Author. Student. He wears a lot of different hats yet always looks good. Here's how he does it—and how you can too.



Look Mature

Sweats won't cut it forever. Invest in a suit. As the face of Gucci fragrances, Franco has the ultimate hookup: **"My suit collection has definitely improved over the years,"** he says. The rest of us can go with brands like H&M and J.Crew, both of which offer modern-cut suits for frat-boy budgets.

Stock Up

Once you find a pair of jeans or tee with a perfect fit, buy a variety of washes and colors. "I'm in class most days, but I do have a lot of vintage T-shirts," Franco says. Keeping a supply on hand lets you easily vary your look, rather than grabbing the same wrinkled tee off the floor every morning.

Simple, Please

"I'm fairly low maintenance," Franco says. Limit yourself to four or five essential grooming products, especially when it comes to your hair—where most guys are prone to overdo it. Think soft and touchable—products like AXE Messy Look Paste hold hair without that hard, sticky glare.

17th CENTURY

THE ERA WHEN SUITS CAME INTO STYLE

Be Trendless

Even though slim jeans are everywhere, you don't have to wear them. **Stick with what you're most comfortable in.** "I go for more of a classic look," Franco says. "A '50s kind of thing: jeans, T-shirts, sweaters."

KEVIN WINTER/GETTY IMAGES

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THE LOOK

MOST WANTED

These **six essential must-haves** will prep your closet for fall



FROM TOP

1 > Luminox
Field Chrono watch, $625

2 > Life After Denim
Stadium cardigan, $72

3 > Lands' End
Canvas Heritage poplin shirt, $35

4 > American Eagle Outfitters
Slim Straight jeans, $40

5 > Burton Johnson Woolen Mills
Halstead backpack, $180

6 > PF Flyers
Drake sneakers, $90

COURTESY OF LUMINOX, LIFE AFTER DENIM, LANDS' END, AMERICAN EAGLE OUTFITTERS, BURTON JOHNSON, PF FLYERS



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THE MONDAY MORNING QB

Take Monday Morning to the House

Football has arrived and there's no better way to spend your Sunday than watching your favorite team. Chances are you'll treat yourself to a variety of not-so-healthy food and beverages, which can make Monday mornings feel worse than getting sacked by an entire defensive line. Fear not, we are here to quarterback your Monday Morning with some useful tips and products from Procter & Gamble that will get you back in the game so you can "Take it to the House."



1 Don't wait for the weights Sure you're feeling less than your best, but set your alarm early (with the Rocky theme, of course) and get to the gym. Crank out some cardio and some light exercises to get you back into the game.

2 Don't be a bodybuilder You're not at your peak right now, so lay off the 300-pound bench press. Use lighter weights and do more reps until you get back to your peak performance levels.



3 Sweat it out A 30 minute run on the treadmill will help burn off the 1,000 plus calories from your game day feast. Don't forget to spray some **Febreze** Air Effects after you're done so your gym locker (and gym itself) doesn't start smelling like a post-game locker room.

4 Drink, Drink, Drink No, we do not mean that kind of drinking. It's crucial to stay hydrated throughout the day, so drink plenty of water and sports beverages to replenish those much needed vitamins.



5 Take a shower Refreshment can also come in the form of being clean and well groomed – so shower, shave and throw on some deodorant and you will be ready to go. Get the same transformation as the pros get when they go from the field to the press interview, try Procter & Gamble's "Official Locker Room Products": **Gillette**, **Old Spice** and **Head & Shoulders**.



6 Take care Fighting cold or flu after BBQing in -10 degree weather? Or has that volcano erupted again in your chest from those hot wings? Take the proper OTC medicine to relieve your symptoms. **Prilosec** has the strength of an offensive line to help protect you against frequent heartburn* and **Vick's NyQuil** can help you fight cold and flu symptoms so you can rest and get back in the game.



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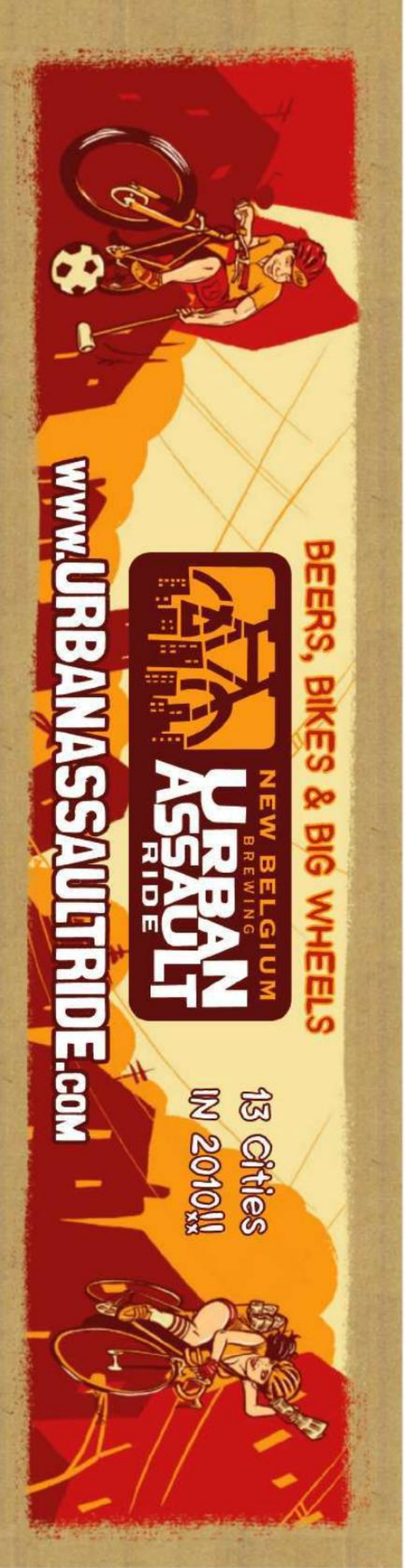
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THE LOOK

CLEAN LIVIN'

Strip the flab—from your medicine cabinet. Here are **five grooming products** that will help you look and feel your very best.



FROM TOP

1 > Redken for Men
Clean Spice 2-in-1 Conditioning Shampoo, $12
- She'll like the spicy scent it leaves in your hair. You'll like the tingling sensation on your scalp—a "virtual" massage that can help to strengthen and condition those follicles.

2 > L'Occitane en Provence
Verdon Fresh Deodorant, $16
- This deo glides on smoothly, dries in seconds, and helps to neutralize even the most potent pit funk.

3 > Calvin Klein
Eternity for Men Aqua, $65
- An addition to the classic Eternity cologne line, this new take blends masculine faves like patchouli, sandalwood, and citrus fruits.

4 > Nivea for Men
Q10 Revitalizing Double Action Balm, $7
- A true two-in-one. Smear it on after shaving to soothe irritation, or use it as a face cream to revitalize dry skin.

5 > Dove Men + Care
Clean Comfort Body and Face Wash, $5
- A cleaner designed just for guys—lather up and the wash releases lotion to help keep your skin moisturized.

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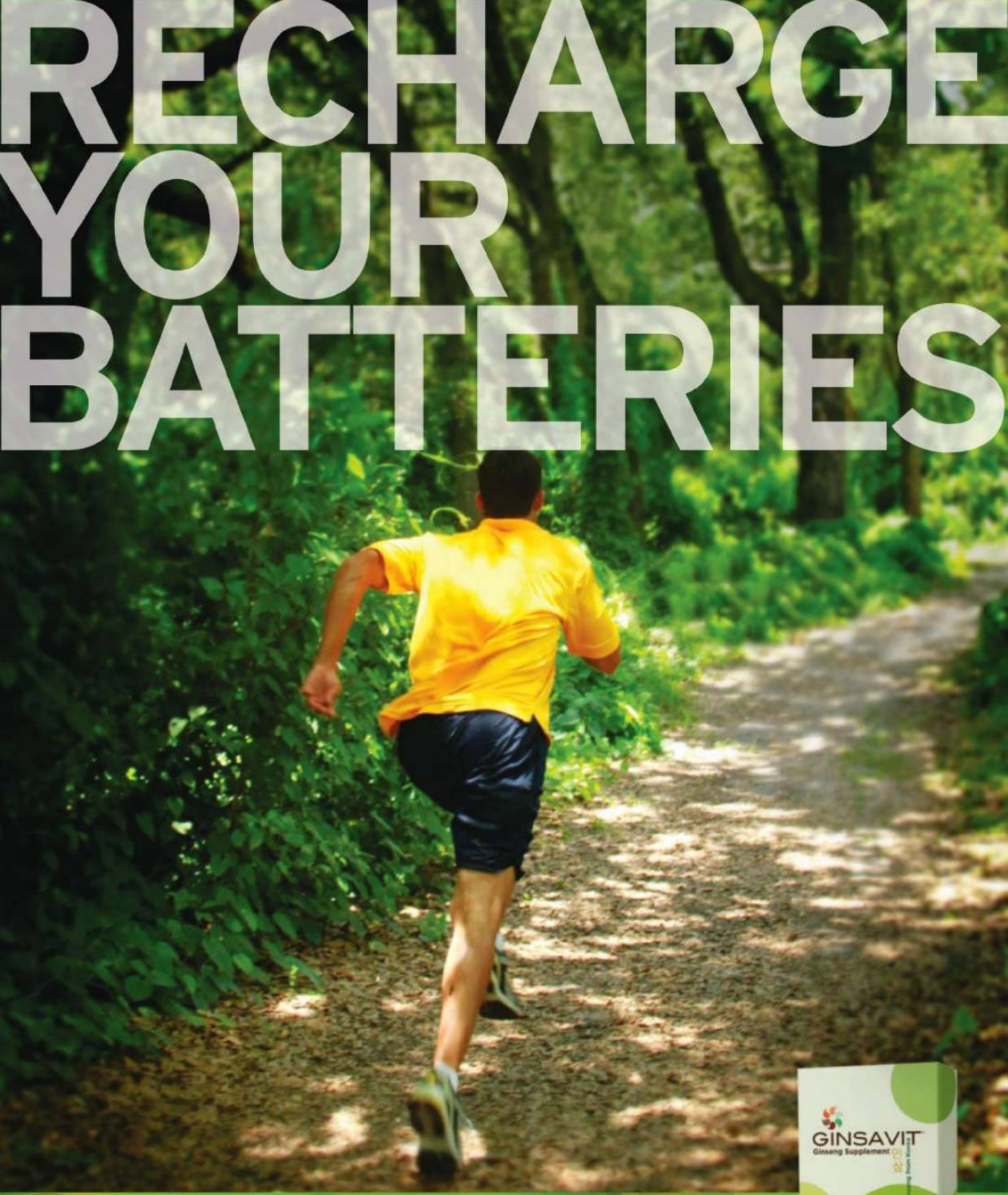


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Sex

MF
09.2010

ADVICE

HAVE "VACATION" SEX (AT HOME!)

Here's how to make out like you're visiting an exotic island—without straying from your zip code

BY DESIRÉE GALLAS



It's not your imagination: Sex really is better when you're on vacation, says Belisa Vranich, Psy.D., a columnist with goodinbed.com. "Most couples have more sex, and higher quality sex, when they're traveling," she says. You don't have to hop a flight to have great sex. Just make these easy at-home moves.

GET RID OF THE DISTRACTIONS

> No phone calls, texting, or surfing for sports scores. Make one night a week technology free. **Eat dinner, have a drink, reconnect with your lover,** and see where the evening takes you. (If you have kids, it may be time to schedule a sleepover.)

CHANGE YOUR SCENERY

> Check into a local hotel. Or just freshen things up at home. Fire up a tropical scented candle and download some sexy foreign tunes. Then, **get frisky in a spot you've never tried before**: the shower, the kitchen, a guest bedroom, the garage—anywhere but your usual places.

TURN IN EARLY

> One reason sex is so good on vacation is that you get to catch up on your sleep, Vranich says. Stay in on a Friday night and cancel all your plans for Saturday morning. Go to bed early (we didn't say you have to sleep!), then stay in bed late the following agenda-free morning.

TAKE A FEW EROTIC RISKS

> **Forget your inhibitions and experiment.** Try new positions, toys, props, even a blindfold or some light bondage. Be free and adventurous. In other words, act like you do on vacation.

PETE ATKINSON/GETTY IMAGES

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2009	Chevy Silverado 1500	5.3L	33-2129	+6 hp*
2005	Chevy Silverado 2500HD	6.6L DSL	33-2135	+7 hp*
2002	Ford Explorer	4.0L	33-2207	+4 hp*
2004	Ford F-150	5.4L	33-2287	+3 hp*
2008	Ford F-350 Super Duty	6.4L DSL	E-0785	+2 hp*
2007	Ford Mustang GT	4.6L	33-2298	+8 hp*
2004	Honda Accord	2.4L	33-2276	+2 hp*
2005	Jeep Grand Cherokee	3.7L	33-2233	+4 hp*
2009	Toyota Corolla	1.8L	33-2360	+2 hp*
2009	Toyota Prius	1.5L	33-2329	+2 hp*
2006	Toyota Tundra	4.7L	33-2144	+3 hp*
2006	Volkswagen Jetta	2.5L	33-2331	+2 hp*

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GAME PLAN

HELP HER LOVE FOOTBALL

5 ways to turn your girl into a gridiron fan

BY DESIRÉE GALLAS

If your wife or girlfriend gives you a hard time whenever the game's on, don't sit back and take it. Go on the offense—teach her the sport. She's probably never really given it a chance, says Natalie Jahnke, a center for the Lingerie Football League (LFL) Champion Los Angeles Temptation. "Most women are intimidated by football because they don't know anything about it," she says. Here's all the tutorial you'll need.



Our strategy will get your girl excited about America's favorite sport.

HER PROBLEM:
DOESN'T UNDERSTAND THE RULES OF THE GAME

Your Play: Keep your explanation quick and simple. **"Use general terminology and don't overcomplicate the sport,"** Jahnke says. Give her the basics, plus something she can immediately watch for, like first downs.

HER PROBLEM:
CAN'T TELL THE PLAYERS APART

Your Play: Pick up an issue of *Star* magazine and figure out which players are dating celeb actresses and models. "See number 25, he's the one who broke up with Kim." "Number 12? He's the one who had a baby with Gisele."

HER PROBLEM:
SHE GETS IMPATIENT AND BORED

Your Play: Break the game time down—for real. **"When she sees 10 minutes on the clock, she expects it to take 10 minutes,"** says Jahnke. If she knows the last half of the game is really going to take 90 minutes or more, she can just relax and get into it. To help draw her in, amp up the drama. Tell her about rivalries between players and teams, or the importance of a specific win. Exaggerate as much as you can. If you make it sound like a soap opera, you may be able to hook her interest.

HER PROBLEM:
YOU'RE A PIG WHEN YOU WATCH

Your Play: Vegging on the couch with snacks is meant to be messy. Still, take five minutes during the first half and throw away your trash. Take the dishes to the sink. After the game, spend another five cleaning up. If she has to do it, she's just going to resent you—and football.

HER PROBLEM:
YOU SEEM TO CARE MORE ABOUT THE SCORE THAN ABOUT HER

Your Play: Get her invested in the game's outcome. **Tell her that if your team wins, you'll go out to celebrate.** Or get her rooting for the other side. If her team is ahead at the half, she gets a back rub. If your team is winning, she has to reciprocate. If you're bold, up the stakes!



Despite the lack of protection, LFL babes love full contact.

She Could Go All the Way!

Jahnke, 24, bares all on the LFL

> **The hardest thing she's ever done:** "I went to my first practice two days after getting my wisdom teeth pulled. My teeth were bloody when I was done, but I was addicted after one practice."

> **Playing with the boys:** "Growing up, I played hockey—I was the only girl on an all-boys team. I only scored one goal the whole season, but it was awesome playing."

> **Her NFL crush:** "I live in Southern California, and L.A. doesn't have a professional team, so it's OK that my heartthrob is Mark Sanchez."

> **Her tiny uniform:** "Instead of it being sexist, it's really sexy! It's empowering. It allows me to be feminine and show off my body and athleticism at the same time."

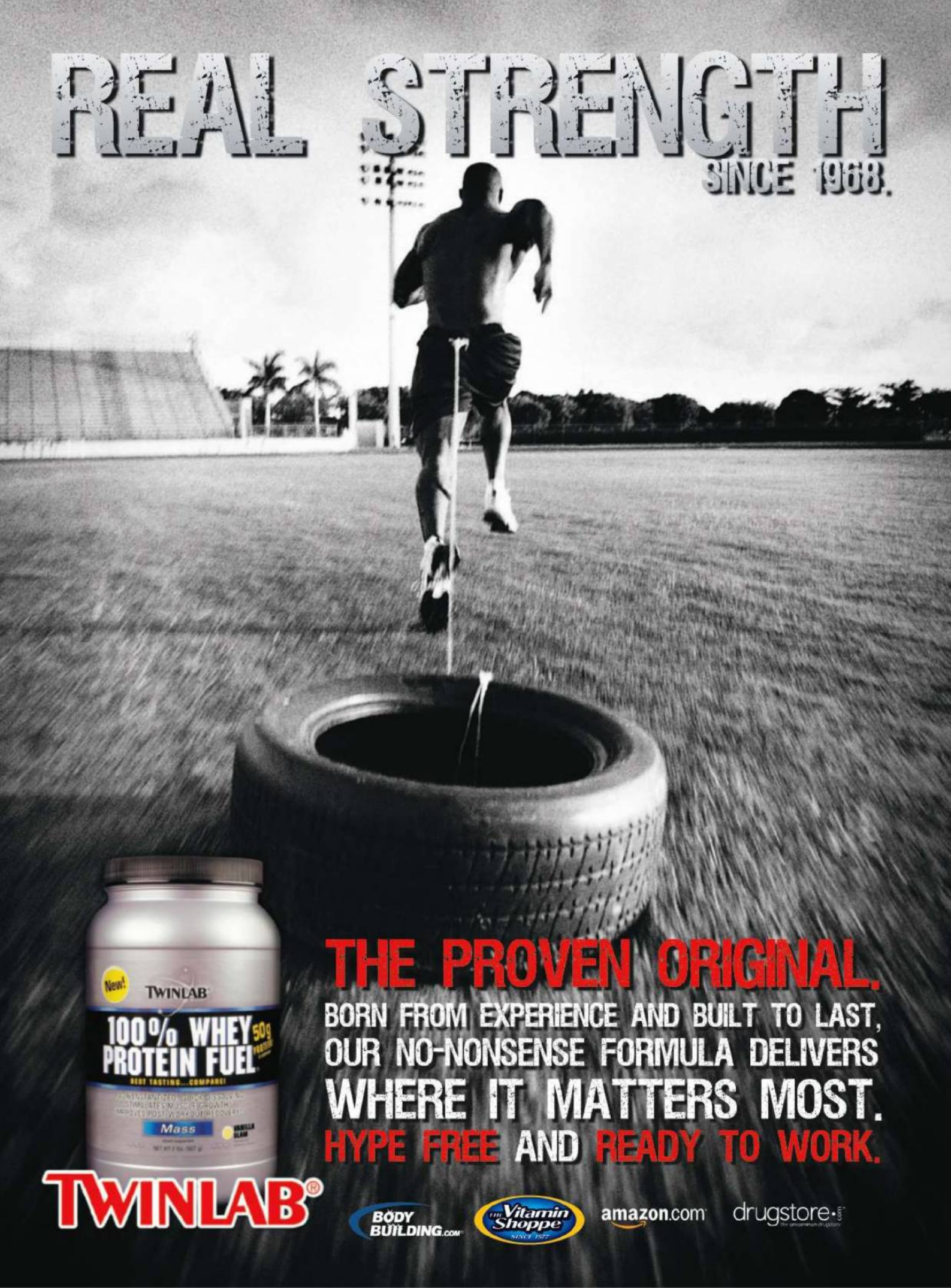


> **Channeling Janet Jackson:** "There are always wardrobe malfunctions. We just pick 'em up, put 'em back in, and go."

Jahnke played hockey, too.

CLOCKWISE FROM TOP: BOB ROSATO/GETTY IMAGES; COURTESY OF LINGERIE FOOTBALL LEAGUE; FRAZER HARRISON/GETTY IMAGES

REAL STRENGTH
SINCE 1968.

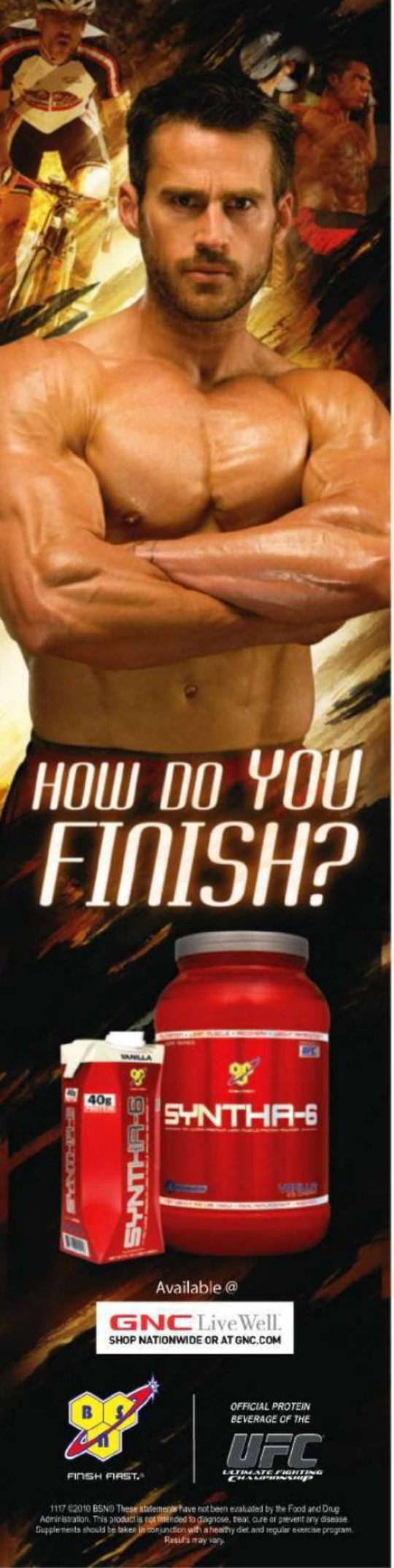


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RUBBER LOVIN'

You may think you know everything about **condoms.** But do you really?

BY DEAN STATTMANN



1) Never store condoms in your wallet or glove box.

> Extreme temps and body heat cause latex to break down.

2) One size does not fit all.

> Half of guys regularly wear the wrong size condom. Bad idea! Guys who wear poor-fitting condoms are up to two and a half times more likely to report a break or slip during sex, according to a Kinsey Institute survey. If you have trouble finding one that fits, check out a site like condomania.com, which offers numerous custom sizes, plus free tools for measuring your member.

3) Live by expiration dates.

> It's one thing to take a chance with milk that's a couple days past its sell-by date. It's another to gamble with your life. Even if your condom has not expired, if it feels dry, sticky, or appears discolored, toss it.

4) Lube wisely.

> Most condoms come lubricated, but a lot of girls prefer an even smoother ride. Remember this: If you're using a latex condom, avoid anything oil-based, like baby oil or petroleum jelly (i.e., Vaseline). Synthetic condoms are more durable and can be paired with any lube.

5) Trash—don't flush.

> Condoms clog plumbing—both yours and your city's, so they're terrible for the environment. Wrap them in a bit of toilet paper or a tissue and toss 'em instead.

For our top latex, synthetic, and natural condom picks, go to **mensfitness.com/condoms**

› MATING GAME // BY SIL LAI ABRAMS

PUT A RING ON IT?

My girlfriend doesn't want to move in unless we're engaged. I think we should live together first to test the waters. Help!

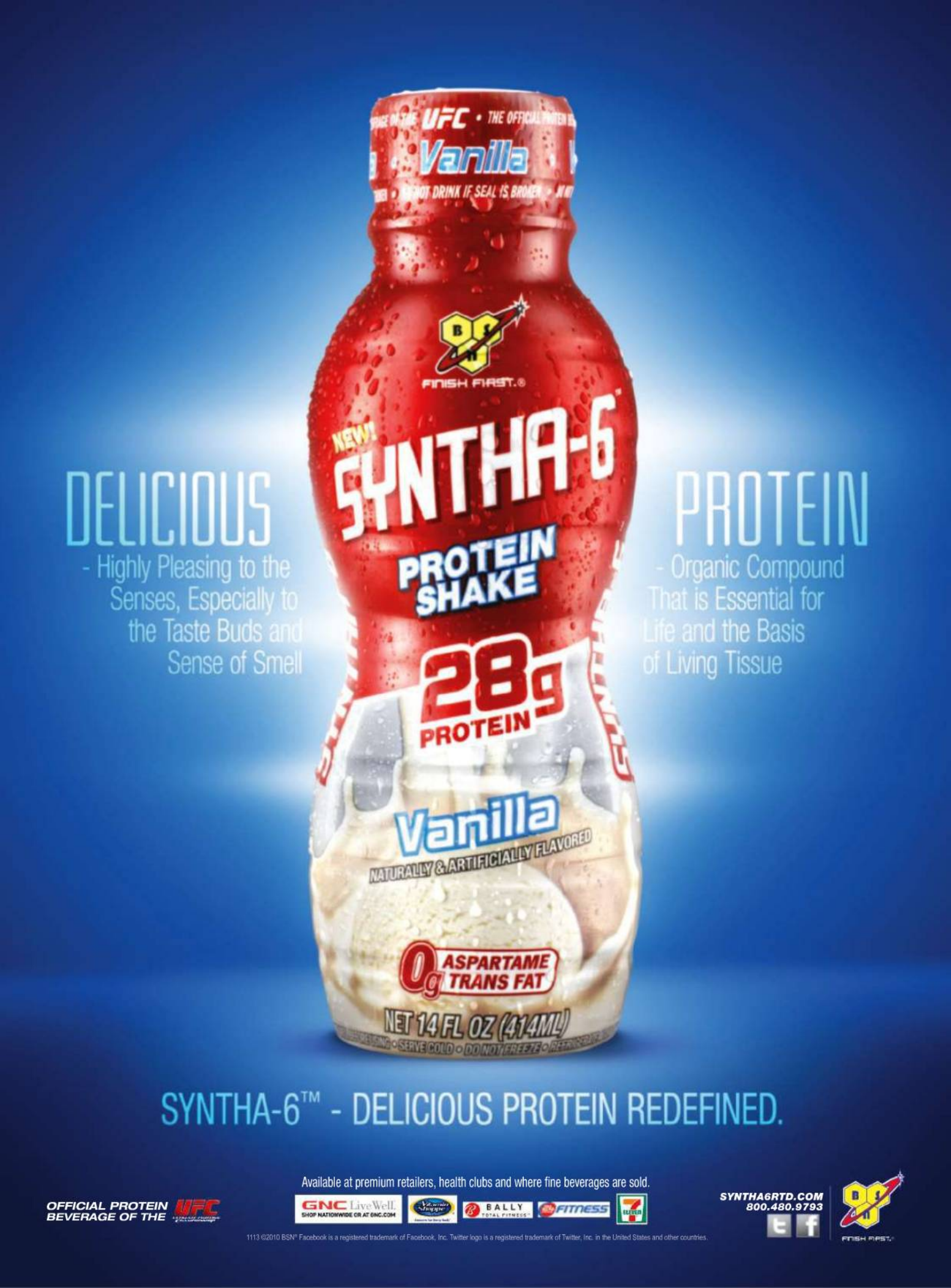
While cohabitation outside of marriage has become commonplace, it's understandable that your girlfriend may still desire a concrete commitment before shacking up. After all, your hesitation in giving her a ring shows that you're not entirely sold on her as a life partner. Instead of rushing into things, wait until you're certain that she's the one before taking the next step. Couples don't divorce over toothpaste-squeezing styles. Problems primarily come about when the two aren't able to successfully resolve conflict. With a little work and time, you should be able to find out whether your relationship has all the key ingredients to a happy marriage without ever sharing a key—or splitting a rent check.



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

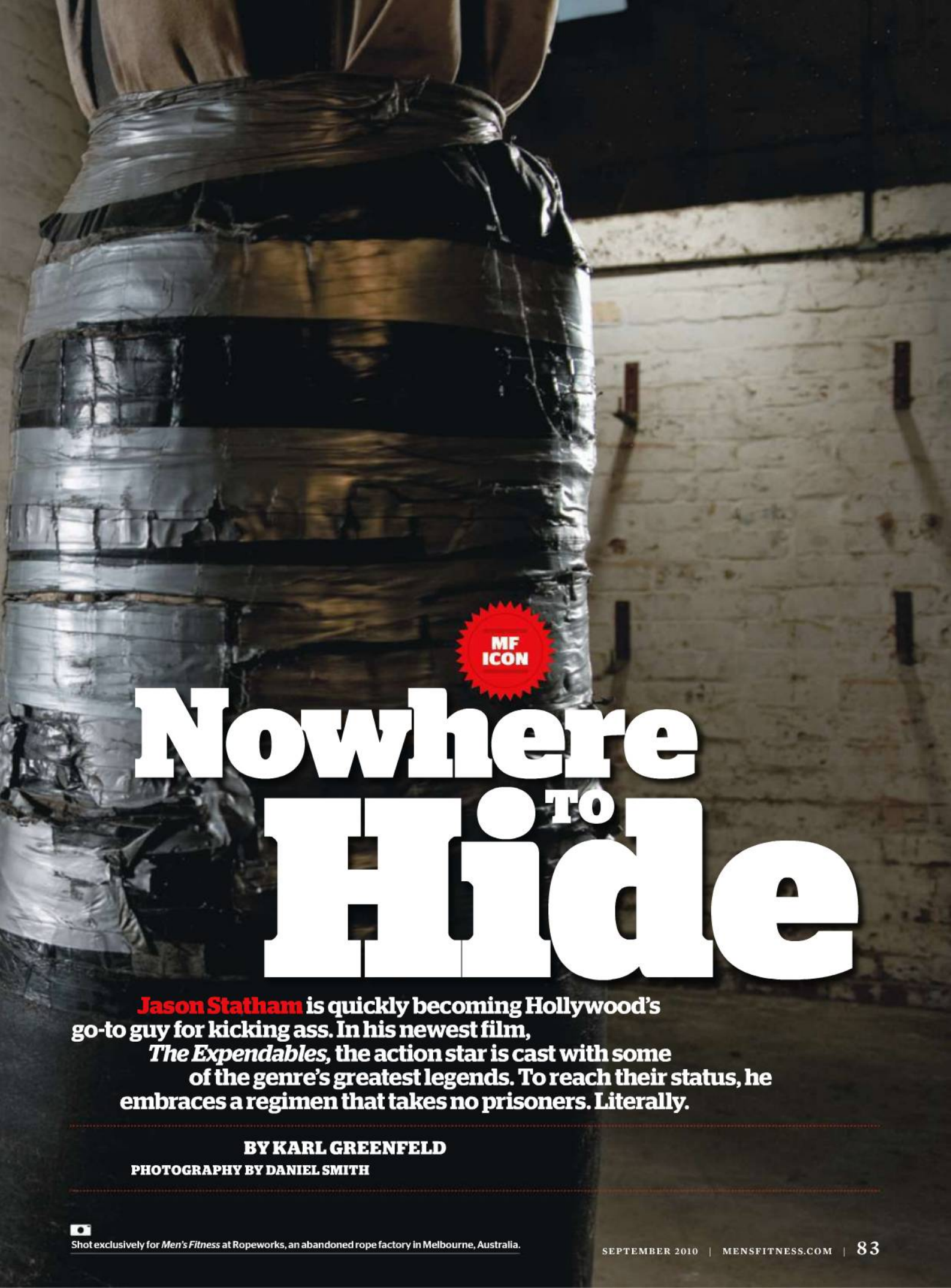
Got a question for her? Go to **mensfitness.com/abrams**

CONDOMS: STEPHEN LEWIS/ART+COMMERCE



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LONSDALE
LONSDALE



MF ICON

Nowhere To Hide

Jason Statham is quickly becoming Hollywood's go-to guy for kicking ass. In his newest film, *The Expendables*, the action star is cast with some of the genre's greatest legends. To reach their status, he embraces a regimen that takes no prisoners. Literally.

BY KARL GREENFELD

PHOTOGRAPHY BY DANIEL SMITH

Shot exclusively for *Men's Fitness* at Ropeworks, an abandoned rope factory in Melbourne, Australia.

IF YOU WANT TO GET IN INCREDIBLE SHAPE, GO TO PRISON. THAT'S WHAT *The Expendables* star Jason Statham did three years ago. While prepping for his role as convict Jensen Ames in the sci-fi action flick *Death Race,* Statham strolled the yard at California's Corcoran State Prison and watched how the inmates got into what the 38-year-old actor admiringly calls "prison shape" (versus what he disdainfully describes as "gym shape"). The ripped cons worked out with explosive strength moves but little equipment. "They had banned weights from the prison yard," Statham recalls. "They didn't have the big, fat machines you have in the typical gym. These guys were using their own bodies for lifts, pullups, situps, and squats. They employed full-body-weight exercises and old-school gym techniques that seemed to work wonders."

Elements of what Statham saw at the state pen are now staples in his own six-day-a-week routine. His trainer, Logan Hood, best known for whipping the *300* actors into Spartan shape, designs workouts that manipulate your own body weight and then add weights so that your muscles retain a functionality—and you maintain your athleticism. Hood is a former Navy SEAL who now runs Epoch Training, in Los Angeles. He believes that every move during a workout should be functional and natural so that the body projects the tension of a coiled spring.

So far, the strategy has succeeded for Statham, who has emerged as one of Hollywood's most coveted actors, when the role is required to kick someone's ass. He admits he was a bit "lardy" when he started working out with Hood three years ago. He shows a photo on his smartphone from that period, and the evolution from then to now is astonishing. Today, he's shredded—abs, chest, and arms barbed and muscular without looking ponderous. The mixed martial arts enthusiast (and former diver with the British national team) stayed active before he was discovered by director Guy Ritchie and given a starring role in the gangster-and-ganja epic *Lock, Stock, and Two Smoking Barrels.* What the actor found, however, was that *looking* fit and *staying* fit were totally different challenges. Back then, he ate and drank whatever the hell he wanted—"I was drinking and shagging a lot"—and popped up at the gym only when the mood struck him. The result: Lardy Boy.

"I went to these gyms, and it was more of a social than a workout. People would go there and hop on the bike or elliptical machine while watching TV. Then the trainer was like, 'OK, let's go over to the lat machine.' It was a joke," Statham says. He knew that to stay castable and bankable as an action hero and to convincingly play such roles as Handsome Rob in *The Italian Job* and Chev Chelios in *Crank,* he needed to make some changes. Statham prides himself in doing his own stunts, and continuing this athleticism in bigger and more complex starring vehicles required a more serious training regimen.

"YOU CAN'T HIDE IN THIS GYM. YOU CAN'T HIDE FROM WHAT'S AHEAD OF YOU."
JASON STATHAM

Statham heard about Hood through fellow British actor and former footballer Vinnie Jones. Hood met with Statham and asked him one question: "How far are you prepared to go?" Hood says he can see after one workout how people handle being uncomfortable. "I get them in [my gym], and I can look in their eyes and see if they're full of shit," Hood says. But with Statham, Hood knew from their first day of training that the buff Brit was a natural athlete who understood mechanics and movement.

What inspired Statham about Hood is that "he leads by example," he says. "Everything he asks me to do, *he* can do. I had met a couple of Hollywood trainers, but when I met Hood, I was hooked. He's like a machine."

Outside of the gym, Hood challenged his client to reshape his diet, as well. "It was like being in prison," Statham says. "Fucking salmon and broccoli, salmon and broccoli." Before that, Statham could gorge on two bacon sandwiches and 14 pizza slices in one sitting. "When you have no rules, the mind starts to slack, and then you



PHOTOGRAPHER: DANIEL SMITH AT RELOAD AGENCY; STYLIST: EMMA WOOD AT RELOAD AGENCY; BOXING AND SKIPPING PHOTOS: BLACK TOP BY CHESTY BONDS; GLOVES AND SHORTS BY LONSDALE; VINTAGE BOOTS ON LOAN FROM STRONGARM BOXING SCHOOL, SYDNEY, AUSTRALIA; BENCH PHOTO: BLACK TOP BY CHESTY BONDS; BOOTS ON LOAN FROM STRONGARM BOXING SCHOOL, SYDNEY, AUSTRALIA; TRACK SHORTS BY RUSSELL


JASON STATHAM

have a few late-night beers and a few late-night feasts," he says, shaking his head at the memories. "Hood has a catalog of fatties. I used to be one of them. If you ain't ready to get serious, then don't come to this gym. This is not a social call; this isn't coming in with your stories from the weekend."

To prepare for each of his physically demanding roles, Statham trains hardcore for eight weeks prior to filming. For *Death Race,* Statham trimmed down from 189 pounds to a lean 168 in 11 weeks with interval-based training: intense circuits designed to elevate his heart rate. Then they transitioned into a steady weight-training circuit using barbells, kettlebells, and sandbags. They worked on achieving that wiry body type they had seen in the prison yard. For *Transporter 3,* Hood tweaked Statham's regimen slightly, adding a bit more bulk—more squats, heavier weights—better suited to assume his ex–Special Forces character.

To play a knife-wielding mercenary in his newest film *The Expendables,* Statham added two hours of combat training with 87Eleven (the stunt guys behind *The Matrix*) to his hour-long workouts. The goal was to have Statham's fast-twitch muscles moving and functioning at peak efficiency for the extensive fight sequences. His target weight was mid-170s, a range in which Statham "looks his best and can still be athletic," Hood says.



From top: Statham's body-weight regimen yields obvious results. To play alongside Stallone in *The Expendables* (left), he added combat training to his existing workout routine.

And Statham certainly needed to look his best next to the film's stellar cast of all-star action legends—Sylvester Stallone directs and headlines; Mickey Rourke, Dolph Lundgren, and Jet Li co-star; and there are even cameos by Bruce Willis and Gov. Arnold Schwarzenegger.

THE EXPENDABLES: KAREN BALLARD



So you think Schwarzenegger, Stallone, and Statham sat around the set swapping training tips or spotting each other during on-set workouts? "You mean snapping each other's butts with towels and all that?" Statham says, with a laugh. "That wasn't the case. Everyone was doing their own thing." But Statham did learn a thing or two from Stallone, who at 64 years old still does his own stunts. "Watching Sly, he's the man," he says. "It's spitting sawdust with him. And he's got forearms as thick as my legs!"

Statham was taking off for Australia the week of his *MF* interview to work on *The Killer Elite* with Clive Owen in which he plays (ironically enough) a Navy SEAL. He and Hood were winding down their workouts and shifting into on-set mode. Still, it's a brutal session: 10 minutes on the rowing machine, then pushups, pullups, squats, and barbell front squats. "We never do the same thing twice," Statham explains. "We mix it up. You know how you know a good workout?" he asks. "When right before you do it, you're like, 'Oh, fuck, that's gonna kill.' Because you can't hide in this gym. You can't hide from what's ahead of you." **MF**

STATHAM'S KICK-ASS WORKOUT

"To be bluntly honest, a single training day doesn't mean shit," says Statham's trainer, Logan Hood. "There is no magic workout. Real results are the culmination of many workouts over a longer period of time."

Here's one week of Jason's training in preparation for *The Expendables*.

MONDAY
CIRCUIT

- **Warm-up:** 10 minutes on rowing machine
- **Circuit:** 10 minutes of sled pulls with 90 pounds. Statham pulls a rope attached to a weighted sled. He then does 20 minutes of bear crawls.
- **Cooldown:** 10 minutes on rowing machine

TUESDAY
DEADLIFT AND PUSHING SUPERSETS

- **Warm-up:** 5 minutes on rowing machine, then rounds of 3 pullups, 5 pushups, and 7 squats—as many as possible in 5 minutes
- **Deadlift:** Snatch-grip deadlift with 2-inch-thick fat bar. Statham works up to a 5-rep max (205 pounds).
- **Push superset 1:** Incline dumbbell press (45 pounds), standing dumbbell military press (65 pounds), and skull-crusher (55 pounds), 4 sets of 10 each with 90 seconds' rest
- **Push superset 2:** Narrow-grip pushup, lateral raise (15 pounds), and dumbbell triceps extension (15 pounds), 4 sets of 10 each with 90 seconds' rest
- **Cooldown:** Ab wheel rollouts, 5 sets of 10

WEDNESDAY
REST

THURSDAY
SQUAT AND PULLING SUPERSETS

- **Warm-up:** Same as Tuesday
- **Bulgarian split squat:** Statham works up to a 5-rep max (75 pounds).
- **Pull superset 1:** 10-minute rope climb (no feet), shrugs (185 pounds), and EZ-bar curl (60 pounds), 4 sets of 10 each with 90 seconds' rest
- **Pull superset 2:** Pullup, incline front raise (12.5 pounds), and hammer curl (25 pounds), 4 sets of 10 each with 90 seconds' rest
- **Cooldown:** Hanging knee raise, 5 sets of 10

FRIDAY
INTERVALS

- **Warm-up:** Five 40-meter sprints of increasing intensity
- **Interval:** Run a "suicide" with touch points at 10, 20, 30, and 40 meters + kettlebell farmer's walk for 40 meters down and back (53 pounds) + overhead kettlebell carry (35 pounds) for 40 meters each arm + 80-meter tire drag + another "suicide" run. Statham does 5 rounds, resting half the time it takes to do one round in between.

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INCLINE BENCH PRESS
(See page 90)
5%
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WORKOUT OF THE MONTH

BACK TO THE FUTURE

THIS "NEW" OLD-SCHOOL ROUTINE PAYS OFF WITH FAST RESULTS

By **JOHN ALVINO** *Photography by* **IAN SPANIER**

> Gym fads come and go—like unmotivated weaklings—but some workouts stand the test of time. The "5 x 5 method" is one of those. Popularized by bodybuilding legend Reg Park (Arnold's idol) in the 1960s, this system of doing five sets of five reps on each of the major compound lifts is renowned for building muscle and strength quickly. We updated it to reduce your risk of overtraining while yielding even better results.

> How It Works

● The program gives your nervous system just enough of a jolt to keep you getting stronger without hitting a plateau. The trick is lifting the right amount on each set. **Using the same heavy weight (one that causes failure at five reps) on every set is too stressful.** Instead, use percentages of your five-rep max (5RM), ramping up the weight slowly, backing it off, then ramping up again to peak on your fifth set.

> Directions

● **FREQUENCY:** Complete each workout (Days I, II, III, and IV) once per week. You can perform the first two workouts back-to-back, rest a day, and then do the last two back-to-back, or rest a day between each session.

● **TIME NEEDED:** 50 min.

● **DO IT:** Perform the paired exercises (marked "a" and "b") as alternating sets. Complete one set of "a," rest as little as necessary, then follow it with one set of "b." Rest and repeat until you've completed all the prescribed sets for one pair.

> For the lifts where you perform five sets of five reps, use percentages of your 5RM, the heaviest weight you can lift five times. Week 1 should be done as follows.

Set 1: 70% of your 5RM

Set 2: 75% of your 5RM

Set 3: 80% of your 5RM

Set 4: 75% of your 5RM

Set 5: 85% of your 5RM

Each week, increase the percentages by 5% on each set.

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

DAY 1
WORKOUT



1a) Incline Bench Press

SETS: 5 / **REPS:** 5

> Set an adjustable bench to a 30- to 45-degree incline and lie down on it. **Grab the bar with an overhand, shoulder-width grip and lift it off the rack**, arching your back. Lower the bar to the upper part of your chest, then push your feet hard into the floor and press the weight up.

1b) Seated Cable Row

(NOT SHOWN)

SETS: 5 / **REPS:** 5

> Attach a V-grip handle to the low pulley of a cable station and sit down in front of it. Row the handle to the lower part of your chest.

2a) Dumbbell Bench Press

(NOT SHOWN)

SETS: 2 / **REPS:** 8–10

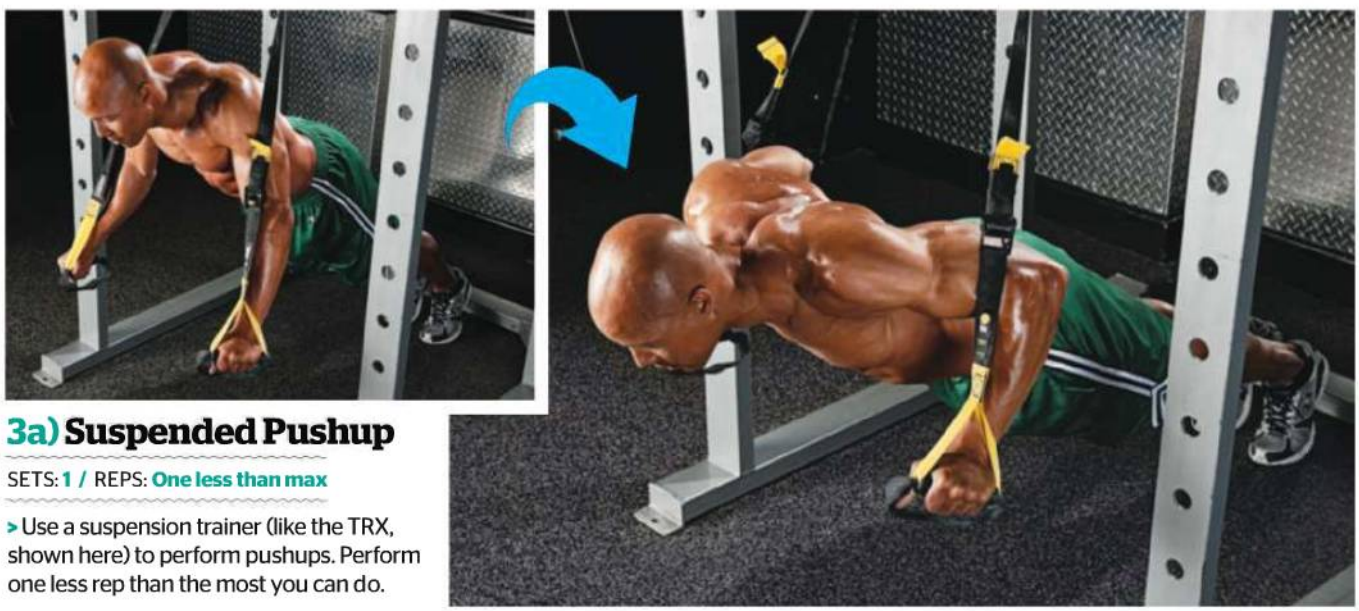
> Lie back against a flat bench, holding the weights to the sides of your chest. Press the dumbbells over your chest.

2b) One-Arm Dumbbell Row

(NOT SHOWN)

SETS: 2 / **REPS:** 8–10 (each side)

> Grab a dumbbell in one hand, and rest the other hand and knee on a bench. Row the weight to your side.



3a) Suspended Pushup

SETS: 1 / REPS: **One less than max**

> Use a suspension trainer (like the TRX, shown here) to perform pushups. Perform one less rep than the most you can do.

GROOMING: MICHELLE COURSEY FOR ARTISTSBYTIMOTHYPRIANO.COM



1 REP

MINIMUM NUMBER YOU SHOULD BE ABLE TO IMPROVE BY EACH WEEK

3b) Inverted Rows

SETS: 1 / **REPS:** One less than max

> Set up a suspension trainer, grab the handles, and hang underneath it with arms extended. **Pull your body up until your back is fully contracted.** Keep your abs braced throughout. Perform one less rep than the most you can do.

DAY II

WORKOUT



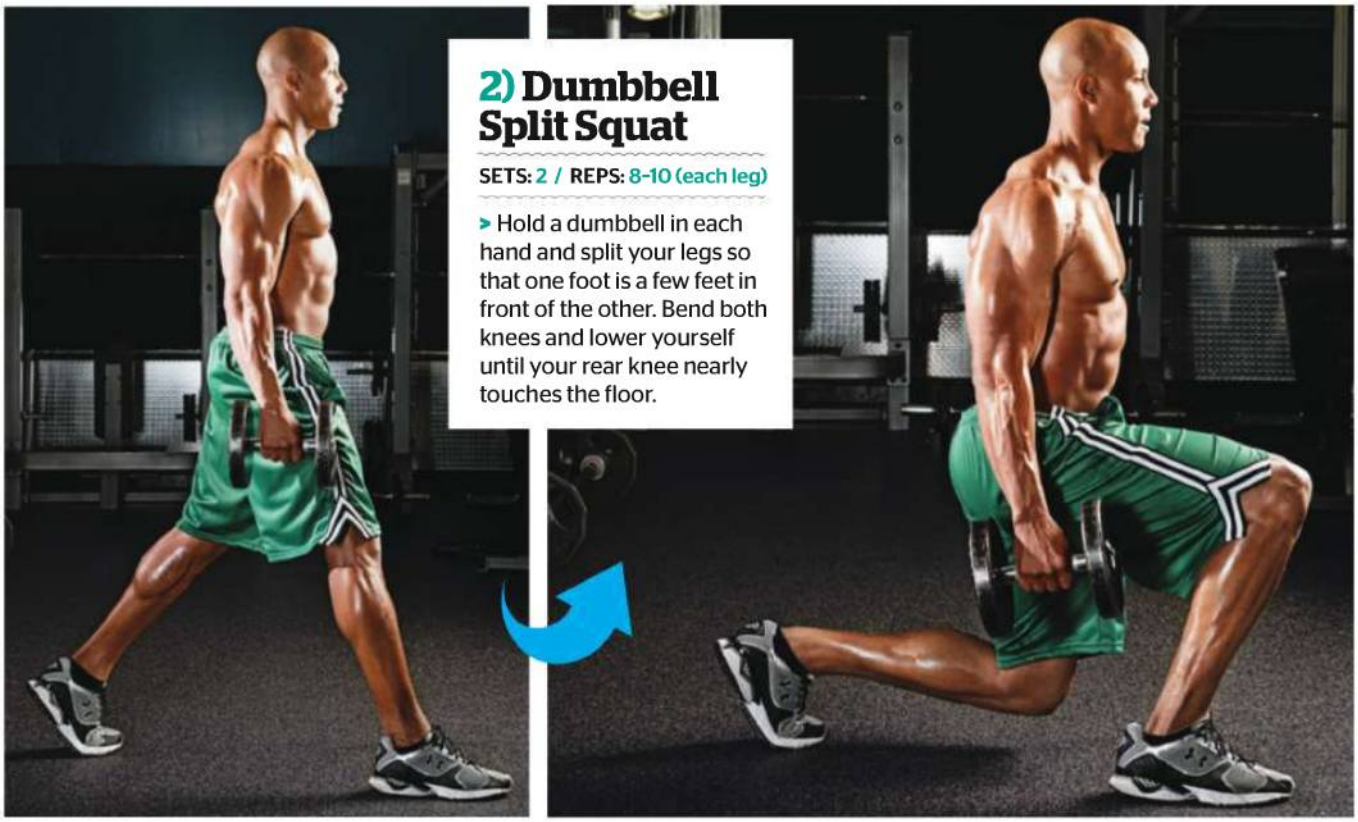
2

NUMBER OF WAYS YOU CAN POSITION THE BAR WHEN YOU SQUAT—ON YOUR TRAPS (AS SHOWN) OR REAR DELTS

1) Squat

SETS: 5 / **REPS:** 5

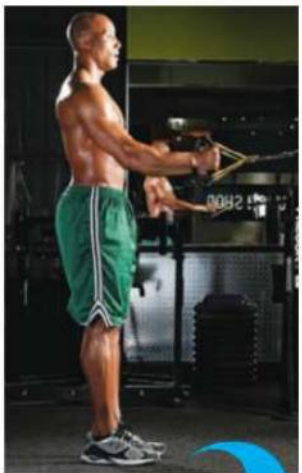
>Stand with your feet outside shoulder width and toes pointed slightly outward. Keep your upper back tight and shoulder blades pulled together. Bend your hips back and then your knees (push them outward as you go down) to lower your body as far as you can. **Try to get your thighs at least parallel to the floor.** Keep your posture as upright as possible and maintain the normal arch in your lower back.



2) Dumbbell Split Squat

SETS: 2 / **REPS:** 8–10 (each leg)

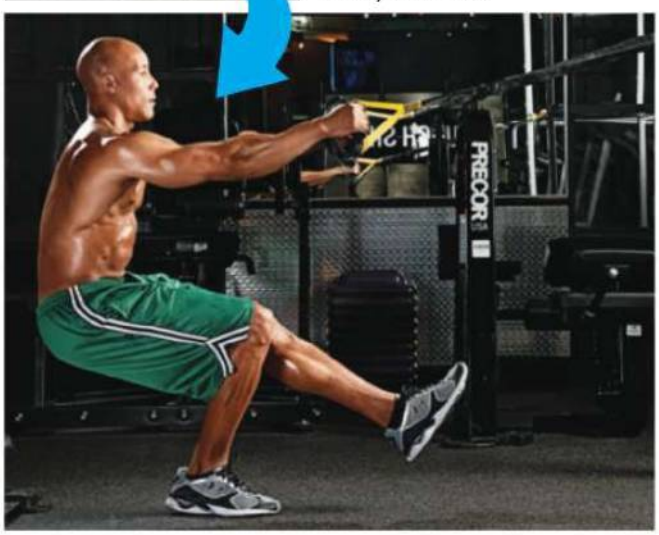
> Hold a dumbbell in each hand and split your legs so that one foot is a few feet in front of the other. Bend both knees and lower yourself until your rear knee nearly touches the floor.



3a) Suspended Pistol Squat

SETS: 2 / **REPS:** One less than max (each leg)

> Attach a suspension trainer (you can buy one at fitnessanywhere.com) to a stable object and grab the handles so they're at chest height. Raise one leg off the floor and squat with the other one, pulling the handles as needed to help you balance and come back up. Perform one less rep than the most you can do.



3b) Hanging Knee Raise

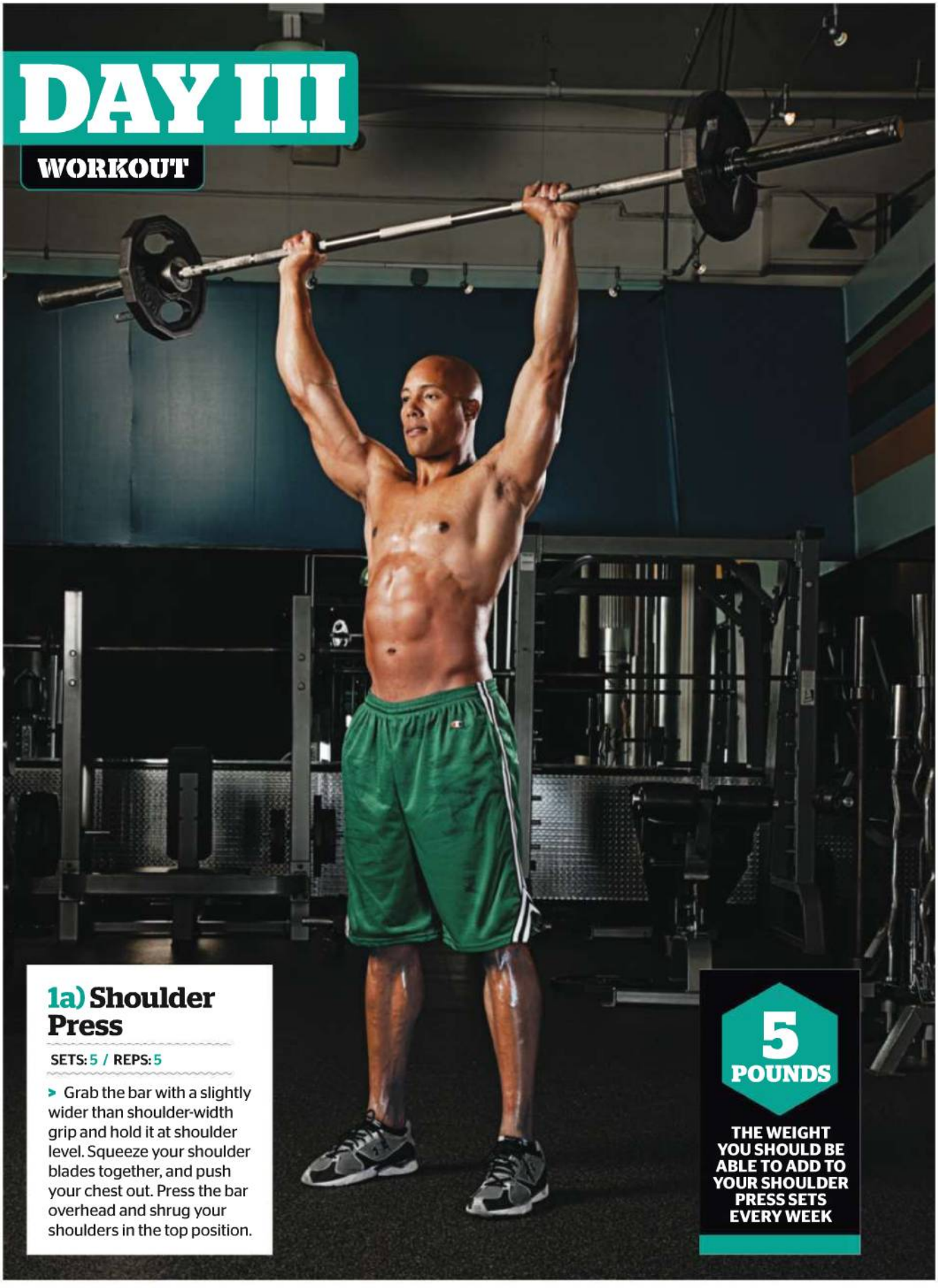
SETS: 2 / **REPS:** One less than max

> Hang from a chinup bar with legs extended. Now contract your abs and raise your legs, rounding your lower back and bringing your knees as high as you can. Perform one less rep than the most you can do.



DAY III

WORKOUT



1a) Shoulder Press

SETS: 5 / **REPS:** 5

- Grab the bar with a slightly wider than shoulder-width grip and hold it at shoulder level. Squeeze your shoulder blades together, and push your chest out. Press the bar overhead and shrug your shoulders in the top position.

5 POUNDS

THE WEIGHT YOU SHOULD BE ABLE TO ADD TO YOUR SHOULDER PRESS SETS EVERY WEEK

1b) Pullup

(NOT SHOWN)

SETS: 5 / **REPS:** 5

> Hang from the bar with hands outside shoulder width. Don't apply the 5x5 percentages here. Start by doing five sets of five with body weight, and add weight if possible from workout to workout.

2a) Dumbbell Shoulder Press

(NOT SHOWN)

SETS: 2 / **REPS:** 8-10

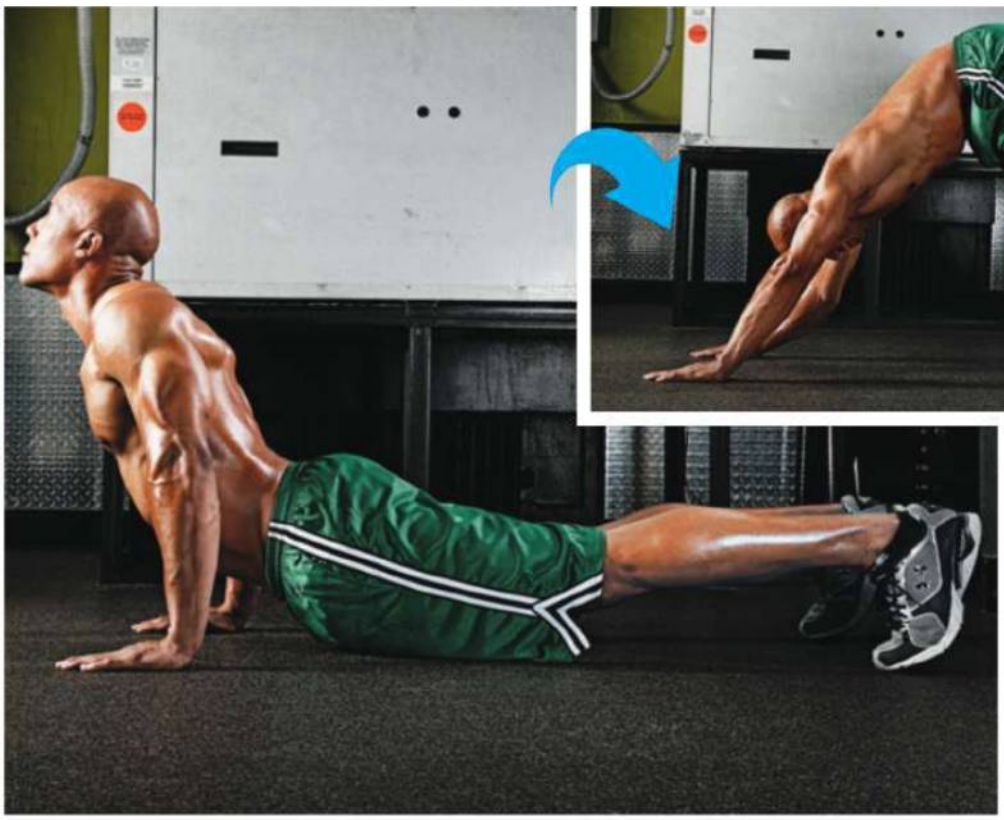
> Hold a pair of dumbbells at shoulder height. Press the weights straight overhead, and then lower them to the starting position.

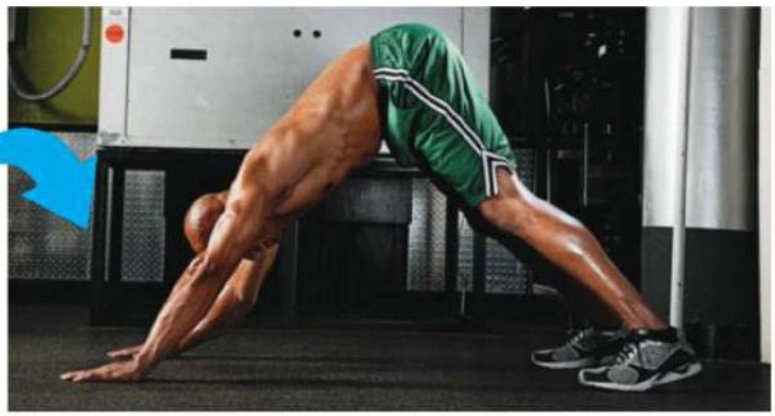
2b) Assisted Chinup

(NOT SHOWN)

SETS: 2 / **REPS:** 8-10

> Attach an elastic exercise band around a chinup bar and stand on the loop, or use a Pullup Revolution apparatus (available at lifelineusa.com). Perform chinups with the assistance.

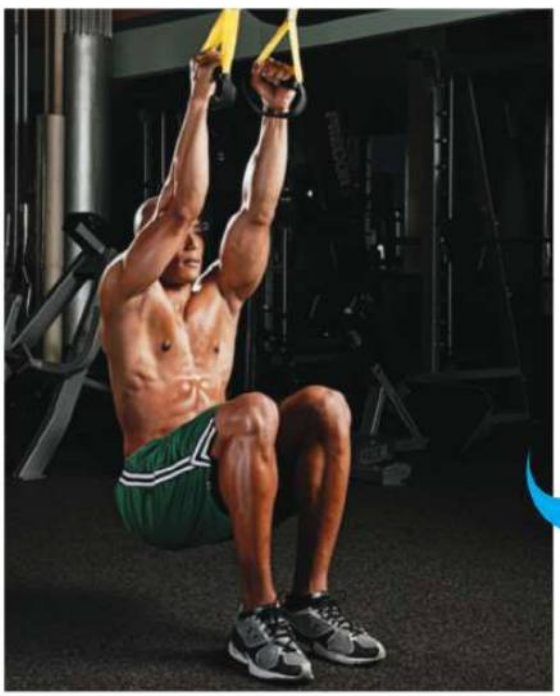




3a) Dive-Bomber Pushup

SETS: 1 / **REPS:** One less than max

> Get into pushup position on the floor, bend your knees a bit, and stick your butt in the air. Bend your elbows and lower your face and then your chest to the floor in an arcing motion, and then push yourself forward and up. Perform one less rep than the most you can do.





3b) Suspended Chinup

SETS: 1 / **REPS:** One less than max

> Attach a suspension trainer to a chinup bar and adjust the handles so they're at your sternum. Let your body hang directly beneath the handles, and then pull yourself up. Perform one less rep than the most you can do.

MAKE IT TOUGHER

Use your legs only as much as you need on the suspended chinup.

FOR DAY IV, go to mensfitness.com/fivebyfive

SUPPLEMENT SPECIAL

ROMO THE CEO

HE'S GONE FROM BLITZING TO THE BOARDROOM. NOW, FORMER NFL STAR BILL ROMANOWSKI IS INSANE ABOUT YOUR HEALTH.

By **ANDREW VONTZ**
Photography by **MICHAEL MULLER**

WEARING A BUTTON-DOWN SHIRT AND SLACKS, Bill Romanowski wraps his gargantuan mitts around an exposed fire sprinkler pipe in the lobby of the headquarters of Nutrition 53, the supplement company he founded three years ago. He bangs out several pullups—something he and other employees often do during the workday—prompting his bat-wing lats to pop impressively. Romanowski was once one of the fiercest competitors to ever step onto an NFL field. Clearly, though he's now 44, the former linebacker has not lost that intensity. Not one bit.

Only now he directs his fire not at quarterbacks but at your health. He's CEO of the supplement company that produces three products he helped develop: Neuro 1, Sleep 1, and Lean 1, which are designed to boost brain function, enhance rest, and promote weight loss and lean muscle mass, respectively. "Nutrition had a huge impact on my football career," he says. "It made me better year in and year out. Now I want to change people's lives through nutrition." Sales of his supplements have skyrocketed from $400,000 in 2007 to $3.1 million in 2009, according to the company's recent financial reports.

Romanowski began developing his products during his 16 years in the NFL as a matter of survival. He played for four teams—the San Francisco 49ers, Philadelphia Eagles, Denver Broncos, and, most famously, the Oakland Raiders—before retiring in 2003. He reached the Super Bowl five times and has four rings. Sometimes loathed but always feared, he became infamous for an intensity that was borderline insane and for an obsessive attention to training and recovery. The latter is one reason he played in an NFL-record 243 straight games.

Still, there were consequences to living through what Romanowski describes as the equivalent of a series of car crashes every weekend. "Two weeks before I retired from the Raiders, I left the Raiders' parking lot and couldn't find my home," he says softly, while snacking on a postworkout bag of dried fruit and nuts in his office. "I'd be driving down the road listening to my all-time-favorite song, 'Brown Eyed Girl' by Van Morrison, and I couldn't tell you who sang it. My brain just wasn't working."

After a few of those terrifying experiences, Romanowski sought help from some of the NFL's top doctors and brain trauma specialists. "They told me there's nothing you can do," he recalls. "Time is your friend. And that

STYLING BY MICHELLE HARNETT WWW.MICHELLEHARNETT.COM; DRESS SHIRT BY THEORY, TIE BY GEORGIO ARMANI, BOTH AVAILABLE AT NORDSTROM; GROOMING BY KALA KETCHUM/FORD ARTISTS



they didn't know whether or not I'd end up like Muhammad Ali." Unwilling to accept such a vague diagnosis, Romo spent a year consulting leading nutritional experts and researching how to recover cognitive function through supplements. That quest led to his eventual launch of Nutrition 53. The company takes its name from his uniform number, and one of its top-selling products is Neuro 1, a blend of supplements Romo credits with helping him get his memory back under control and stabilizing his brain functioning.

WHILE THE RESEARCH and development of Neuro 1 was daunting, it wasn't altogether out of the ordinary for Romanowski. By his own admission, he went to "insane" lengths to maximize his body's potential during his NFL career, pursuing every possible legal advantage he uncovered. With the Raiders, Romanowski was known to travel everywhere with a tackle box filled with nutritional supplements. "I was taking 100 to 150 pills a day," he says. Romanowski even experimented with live sheep cells. "Live cell therapy is common in Europe, and the literature was strong," he says. "If it could help my life, my kidneys, my brain, my joints, my bones, and enhance and strengthen them, I was going to do it." Confident it would help, Romanowski says he once paid a doctor $35,000 to fly live sheep cells in on a private plane for a treatment. "The needle was literally as big as a ballpoint pen. He had to numb me with ten shots before he could jab me."

Physically, Romanowski's passion for nutrients kept him strong. During preseason training, he'd run for three hours a day on the track, lift two hours in the weight room, and spend two hours on postworkout recovery therapies such as massage and hot and cold baths. To fans he seemed fearless, the ultimate warrior, yet psychologically he was anything but. "I was scared of losing my job every day," he admits. "I didn't feel I was as talented as the rest of the guys in the NFL. I felt I had to outwork, outsmart, and out-supplement everybody."

"THE INTENSITY OF ROMO WILL NEVER LEAVE ME."

Eventually, that unease led Romanowski to Victor Conte and the Bay Area Laboratory Co-Operative (BALCO), where he turned for supplements that proved to be designer steroids. A government investigation into BALCO showed he used the anabolic steroid known as "THG" or "The Clear" and the synthetic testosterone ointment "The Cream." Romanowski later admitted to using steroids and human growth hormone he received from Conte. "Playing in the NFL is fucking hard," he says in a gentle voice, jabbing the table in his office with one of his sausage-size fingers. "I looked at the drug-testing list as the Bible. If it was on the list, I couldn't take it. When I took it [the BALCO product THG], it wasn't on the list."

A framed "53" jersey and a photo of Romanowski on the field hang behind his desk, but he's not the kind of retired player who constantly stares at his past. He cherishes his victories, but he doesn't want to relive them. A changed man, he even regrets the cruelty he inflicted on some of his opponents—and teammates. "Spitting in someone's face out on a football field? All fine and dandy and you can make excuses all you want, but that doesn't belong on a football field," he says. "Breaking someone's finger at the bottom of a pile doesn't belong on a football field. I took everything to extremes because I was afraid of losing my job each and every day." Not anymore. On weekdays, Romanowski heads to his company's headquarters in a small office park 15 miles east of Oakland, Calif., sometimes as early as 5:30 a.m.

TIMELINE, FROM LEFT: COURTESY OF BILL ROMANOWSKI (2); GIN ELLIS/GETTY IMAGES; JONATHAN DANIEL/GETTY IMAGES; AL TIELEMANS/*SPORTS ILLUSTRATED*/GETTY IMAGES; BRIAN BAHR/GETTY IMAGES (2); MICHAEL MULLER

ROMO'S MANY FACES—AND PLACES



1966
Born in Vernon, Conn.

1984
Graduates Rockville High School.



1985
Wins Cotton Bowl Classic, named outstanding player, with Boston College.

1987
Wins Boston College's Scanlan Award.

1988
Graduates Boston College with honors, signs with San Francisco 49ers as third-round draft pick.



1989
Wins Super Bowl XXIII with 49ers.

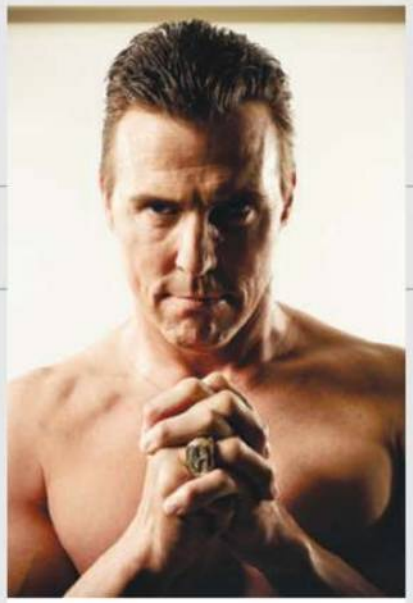
He stays late and has been known to answer the company's info line, much to the surprise of customers. He keeps fit with two workouts a day—aerobic exercise in the morning and functional strength training in the afternoon. He stashes an adjustable dumbbell set and a stability ball in his office for whenever he gets any downtime. And it's not uncommon to see Romanowski and Nutrition 53's special projects manager, Martina Patella, a pro cyclist, have a pullup competition in the lobby. He even joins her for training rides—even though his frame is built to snap necks, not fly up hills on a bike. Still, he soars. "Bill came out on a ride with me and kept up on a six-mile climb," says Patella. "He just absolutely refuses to quit."

While he's focused on Nutrition 53 for now, Romanowski is also keen to change the NFL's approach to treating concussions. In February he discussed taking over the Redskins strength and conditioning program. It didn't happen, but in the future he definitely looks forward to implementing what he's learned from his playing days and research into training, supplementation, and recovery strategies as an NFL strength and conditioning coach. When he does, watch out. "The intensity of Romo will never leave me," he says. "The guy who wanted to take care of his teammates, be the absolute best in the world will never leave me. That drive and intensity will not leave me." **MF**

GET FIT THE ROMO WAY

Train anytime, anywhere—using just about anything

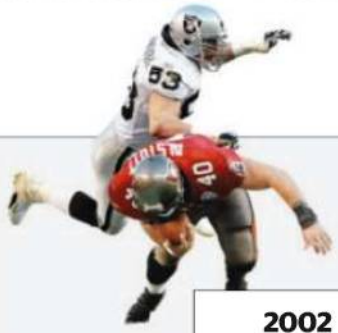
"For me, training is about variety. I try to train two times a day, cardio and lifting. This morning I walked four miles in the hills. Yesterday I swam a mile. I do some kind of full-body lifting every day. Forget the whole bodybuilding thing. I never do the same workout twice. I work the same body parts day after day, I just do them differently. **I hit my core differently, my chest, my shoulders, my legs.** While I do belong to a gym, I believe anyone can get in a workout every day, no matter what resources you have. If you've got a pipe or a tree branch, you can do pullups. **Get out there and walk for 15 minutes to a half hour every day.** Walk to lunch instead of getting in your car. You don't need a gym membership. Just pop down and do 15 minutes of bodyweight exercises. I can kick the shit out of people—or myself—right on the floor of my office."



ROMO'S OFFICE WORKOUT

- 20 sets of 40 pushups
- 10 sets of 15 pullups
- 10 sets of 20 curls with adjustable weight dumbbells
- 10 sets of 20 standing military presses with adjustable weight dumbbells
- 10 sets of 20 atomic situps







1990
Wins Super Bowl XXIV with 49ers.

1994
Signs with Philadelphia Eagles.

1996
Signs with Denver Broncos. Pro Bowl. All-Pro.

1998
Wins Super Bowl XXXII with Broncos. Pro Bowl. All-Pro.

1999
Scores only career touchdown against San Diego Chargers. Wins Super Bowl XXXIII with Broncos.

2002
Signs with Oakland Raiders.

2003
Reaches Super Bowl XXXVII with Raiders.

2007
Launches Nutrition 53.



Strength coach Scott Cochran pushes wide receiver Darius Hanks through a set of squats.

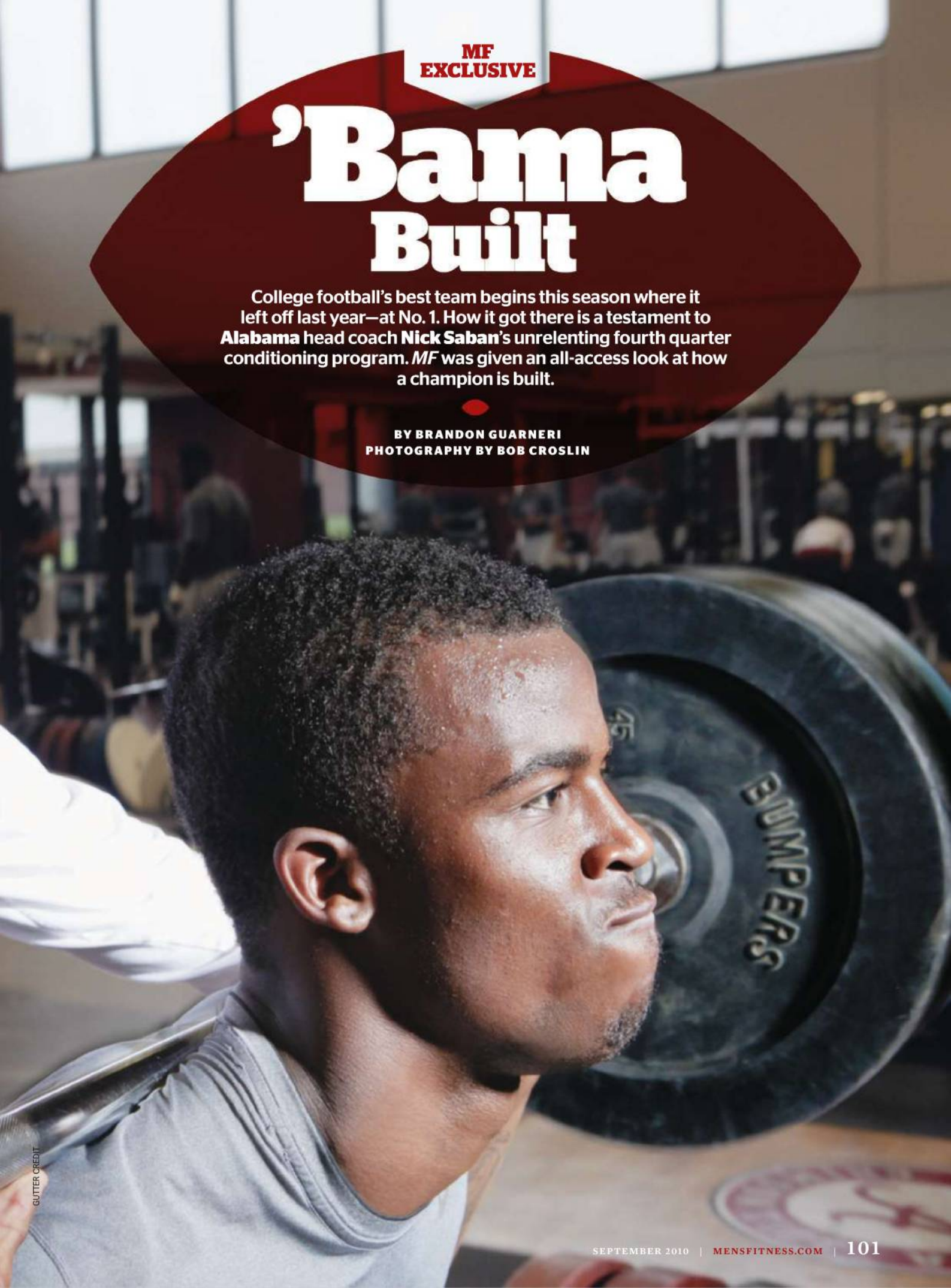
Photographed exclusively for *Men's Fitness* at the University of Alabama at Tuscaloosa

MF EXCLUSIVE

'Bama Built

College football's best team begins this season where it left off last year—at No. 1. How it got there is a testament to **Alabama** head coach **Nick Saban**'s unrelenting fourth quarter conditioning program. *MF* was given an all-access look at how a champion is built.

BY BRANDON GUARNERI
PHOTOGRAPHY BY BOB CROSLIN



GUTTER CREDIT

CAN'T. HOT. TIRED.

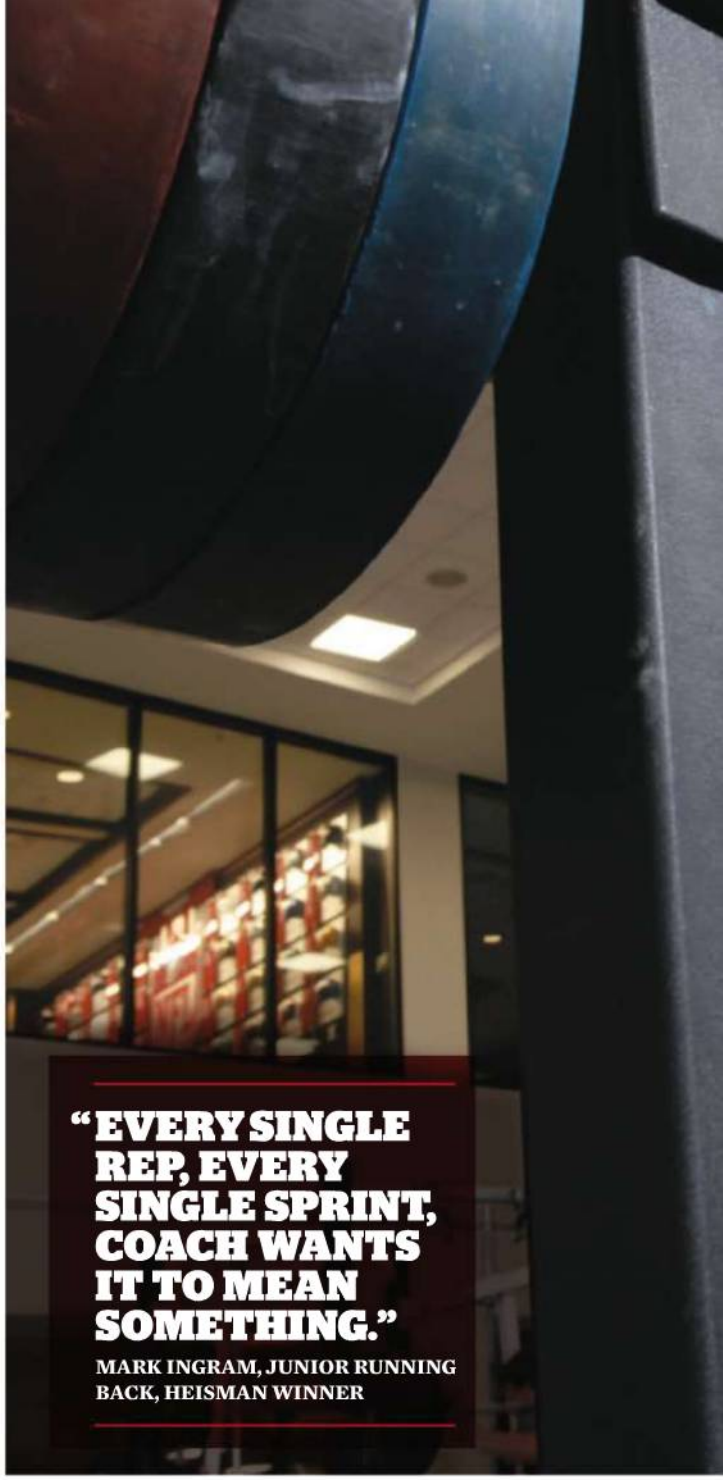
These are the three words that Nick Saban makes every member of the University of Alabama Crimson Tide football team permanently expunge from their vocabulary. Still, it's damn hot inside the Tide's massive 20,000-square-foot weight room on the school's campus in Tuscaloosa, Ala. It's early on a Friday morning in June, and nearly 80 players are finishing their warm-ups before one of the first lifts of the summer. They blast through pushups, each rep counted out in unison. Nothing adorns the walls, other than the school's name and a bunch of flat-screen TVs alternately flashing the word "discipline" and a schedule of that morning's workout. "A lot of guys talk about maintaining," says Scott Cochran, associate head strength and conditioning coach. "That doesn't exist [here]. Coach Saban says all the time, 'You never stay the same. You either get better, or you get worse.'" As the clock hits 7:06 a.m., players sprint toward the equipment, grabbing empty bars off the first available racks and stacking them with weights. They're moving fast. They have to. Because on this day, these players—representing the defending national champions and No. 1 college football team in the nation—are going to get better.

"How you do anything is how you do everything"

The phrase is tacked up on a bulletin board inside Cochran's office, which is downstairs from where perhaps the most polarizing coach in all of football holds stead. It's the philosophy Saban used to lead the Tide to an undefeated season last year—and their *13th* national title—in just his third year at the school. "There is no magic here," Saban says, sitting in his office surrounded by memorabilia from his coaching career. "The success that we had last year doesn't mean we're going to have success in the future. But it also doesn't mean that we *won't* have success in the future."

It's hard to believe that the Tide was an underperforming team slipping off the national radar when Saban arrived. With him, he brought his legendary fourth quarter conditioning program. Aimed at improving the players' mental toughness and physical strength, it transformed the Tide's entire off-season approach. Instead of focusing on film study, as they did under Saban's predecessor, Mike Shula, Tide players hit the weights, attend character-development classes, and practice accountability, learning how to mentally prepare themselves to finish games. Results? Last season, 'Bama outscored opponents 121–32 in the fourth.

The lifting strategy pairs compound movements, like squats and power cleans, with isolations, targeting areas like the rotator cuff or neck. There are no wasted exercises. "Every single rep, every single sprint, Coach wants it to mean something," says junior running back Mark Ingram. He rushed for 1,658 yards and scored 17 TDs last season–and, oh yeah, won the Heisman Trophy. Ingram is the school's first Heisman winner ever.



"EVERY SINGLE REP, EVERY SINGLE SPRINT, COACH WANTS IT TO MEAN SOMETHING."

MARK INGRAM, JUNIOR RUNNING BACK, HEISMAN WINNER

Throughout the off-season, the Tide lifts three days a week and runs the other four: two days of sprints and two longer sessions of stadium steps at Bryant-Denny Stadium. "The workouts we do now are by far more difficult than anything we did under Coach Shula," says senior quarterback Greg McElroy. He credits Saban's program with getting the most out of his teammates. "You realize the ceiling is so much higher than what you set for yourself," he says. "The brain quits before the heart quits. When you're looking for every ounce of energy at the end of a game, you know you can push yourself a little bit harder."

Former Tide running back Glen Coffee also played under both coaches. A third-round pick of the San Francisco 49ers in 2009, Coffee fully appreciated Saban's approach when he got to the NFL. "A lot of times during camp my body would be tired," says Coffee, "but I knew it couldn't get much harder than Coach Saban's camp. I felt like I had an advantage over everyone else."

Compared with their off-season program, games are easy, Ingram says.

Saban developed the fourth quarter philosophy as the defensive coordinator for Michigan State in the 1980s. "That's what [head coach] George Perles called his program, and I thought it was a great idea," he says. "We actually do the exact same program that we did in 1983, because it's the best I've ever seen." After Saban got the Alabama job, he knew he wanted Cochran to run his weight room. The two had worked together at LSU—Cochran as an assistant strength coach on Saban's staff—when the Tigers won the 2003 national title. "The call was pretty simple and basic," says Cochran. "He just said, 'Can you come to Alabama and do for them what you did for me at LSU?' And I came a-runnin'." When Cochran first got to Tuscaloosa, all he wanted to see was the gym. "I was blown away," Cochran says. "I mean, crazy blown away. It's super huge and it's got more than enough [lifting] platforms." Twenty-four of them, if you're counting, each adorned with the Alabama logo surrounded by two neat rows of rubber weight plates.



"I'm pretty much a perfectionist," says Saban (left).

A half hour into the workout,

All-American wide receiver Julio Jones steadies himself before a set of towel pullups. Once he finishes the set, another receiver hops in behind him, and Jones jogs off to another movement. It's like this for the entire hour, a blur of gray, sweat-stained

BOTTOM: GETTY IMAGES



The towel pullup is just one of many moves Julio Jones and teammates do in a sweat-filled hour.

TIDE TRAINING DAY

Just in case you're ready to test yourself against college football's best, here's a snapshot of 'Bama's **typical Friday workout**

INSTRUCTIONS:

> Perform the two exercises in each superset right after the other, with no rest. Take a minute or two in between each superset to catch your breath.

Superset 1

A) Power clean // **Sets:** 5 **Reps:** 5
B) Rotator cuff external rotation (with bands) // **Sets:** 5 **Reps:** 10

Superset 2

A) Squat // **Sets:** 5 **Reps:** 5
B) Neck extension // **Sets:** 5 **Reps:** 5

Superset 3

A) Bench press // **Sets:** 5 **Reps:** 5
B) Situp with stick held behind neck // **Sets:** 5 **Reps:** 20

Superset 4

A) Glute-ham raise // **Sets:** 4 **Reps:** 10
B) Leg curl // **Sets:** 4 **Reps:** 10

Superset 5

A) Barbell push press // **Sets:** 4 **Reps:** 10
B) Towel pullup // **Sets:** 4 **Reps:** 10

T-shirts jumping in and out of stations. There are no rest periods. "We want them constantly moving, burning fat and increasing muscle," Cochran says. When the players hit the floor, he is already waiting for them. "You ever see a lion on the Discovery Channel? He wakes up, yawns, does a stretch, and goes to work," Cochran says. "I'm not going to spend 10 minutes stretching. I can't do it. The NCAA doesn't give me the time."

According to NCAA rules, at certain periods in the off-season, the head coach isn't allowed to interact with his players. So even though Saban's office overlooks the weight room, he can't even open his blinds, says a staffer. That doesn't mean he isn't involved. "It's his program," says Cochran. "He can call me from vacation and say, 'What are they doing today, box stepups?' And the fact that he knows that is insane to me."

Saban just says: "I'm pretty much a perfectionist."

Bigger, Faster, Stronger

You see all aspects of Saban's mentality and approach in his players. Last season, senior defensive backs Javier Arenas and Rashad Johnson—who later became a second-round pick of the Kansas City Chiefs and third-round pick of the Arizona Cardinals—set their own standard among Tide D Backs. The pair told them that if they couldn't bench 405 and squat 495, they weren't going to touch the field. "That was their deal," says Cochran. "They told the young puppies, 'This is what we do, so you better get in here and do extra.'"

You can hear the pride in Cochran's voice when he talks about his players' training habits. As the team finishes its first superset (power cleans and rotator cuff extensions with bands), the thump of heavy barbells being dumped on the wooden platforms is drowned out by Cochran's Louisiana twang, screaming at his players to push themselves harder. No one sings along to the banging hip-hop blaring out the speakers. No one even smiles.

"Coach Cochran is a performance enhancer," says Ingram. "You'll be struggling to rep out 315 pounds, and he'll come over and you'll be able to hit 335 pounds." Since this is one of the first team lifts of the off-season, most will be working with weights in the 275- to 315-pound range. That may be a one-rep max for the average *MF* guy, but for elite Division I football players, it's a cupcake. They'll go heavier as the summer progresses.

Some of the top wide receivers max out on the squat at nearly 550, while a few defensive linemen put up well over 600. Certain linebackers can bench more than 450. Offensive guard Barrett Jones knows the value in pushing heavy weight. "You could have all the talent and technique you want," he says, "but it definitely helps to be bigger, faster, and stronger."

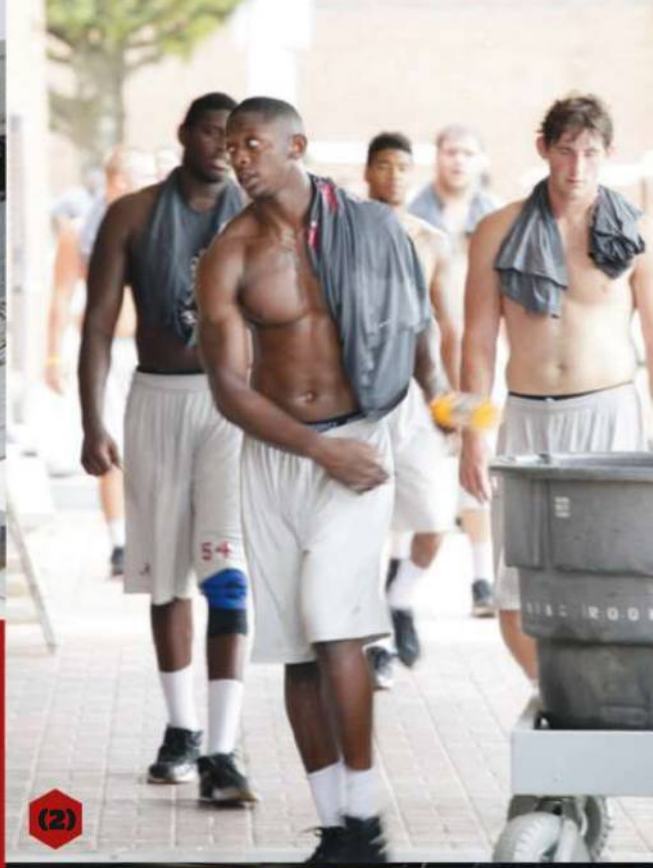
The clock pushes past 7:45 a.m.,

the players' light gray T-shirts have darkened, soaked all the way through. Gasping for air, they shake out their arms to prepare for the next sets.

They know these summer workouts will mean wins in the fall. The stronger they are, the less likely they are to be injured, and the tougher they'll be to beat—especially in the fourth quarter. Says Ingram: "We work so hard in our off-season conditioning programs that when we get to the games, it's easy."

It's never easy in the SEC, the nation's toughest conference. The Tide are attempting to become the first back-to-back national champion since the Nebraska Cornhuskers in '94–'95. Standing in the way will be Big 10 power Penn State and title contender Florida at home, LSU on the road, and six SEC teams coming off bye weeks. Still, Saban doesn't even have to lift the blinds to know the Tide are fit for the challenge. "The mighty fall because of complacency—individually and collectively," he says. "I don't see that in our players." **MF**







(1) Linemen (from left) William Vlachos, Marcell Dareus, and David Ross run stairs at the empty Bryant-Denny Stadium; (2) players head to the locker room after sprints; (3) the team's view before hitting the field; (4) assistant strength coach Lester Towns spots linebacker Dont'a Hightower; (5) 'Bama's well-equipped gym; (6) tight end Preston Dial locks out; (7) the hallowed home locker room.









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LOOK FOR US ON TWITTER & FACEBOOK

Trainer

+ WORKOUTS
+ STRATEGIES

MF
09.2010

For the "before" picture, turn to page 118.

INSIDE

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The Pain Workout
Master lactic acid to burn fat in one workout per week.

116
The Transformer
See how *MF*'s fitness editor got lean in just 12 weeks.

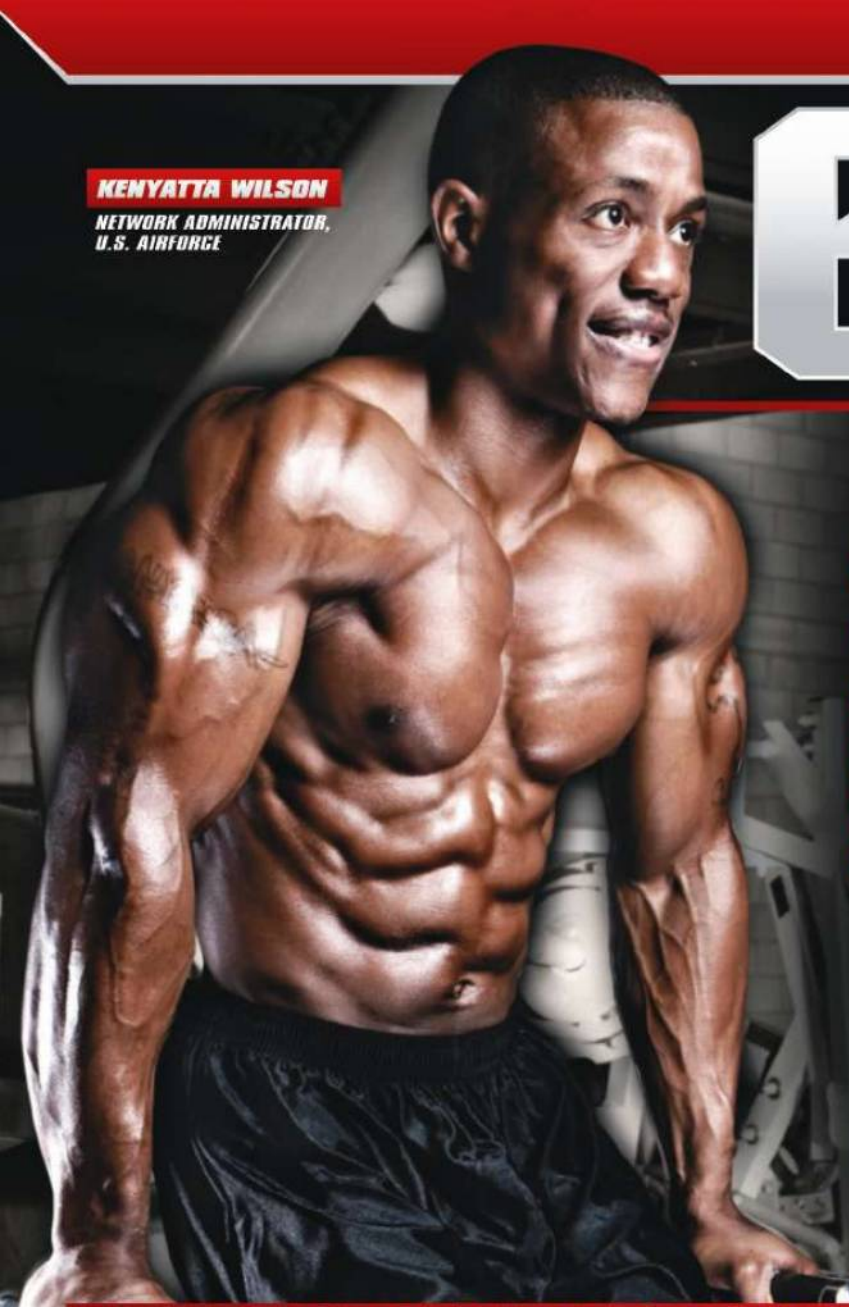
122
America's Oldest Trainer
Meet Irv Dickstein, a living history lesson of fitness.

Shot on location at Crunch on Lafayette Street, in New York City

12
WEEKS

AMOUNT OF TIME IT TOOK MF FITNESS EDITOR SEAN HYSON (ABOVE) TO GET RIPPED

PHOTOGRAPHY BY IAN SPANIER



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



THE PAIN WORKOUT

BURN, BABY, BURN

Training to boost lactic acid production will incinerate your fat. **But it hurts like hell.** Can you handle it for your best results ever?

BY JOHN ROMANIELLO
PHOTOGRAPHY BY IAN SPANIER

We've all felt that familiar burn a few reps into a difficult set. To burn the most fat possible, you've got to blast right through it. That's the secret to lactic acid training—losing fat by significantly boosting your body's lactic acid levels. If you can take it, you should see your abs again in just a few weeks.

3 SECONDS

HOW MUCH TIME YOU NEED TO LIFT A WEIGHT (THE UP PHASE) TO INCREASE LACTIC ACID

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

FOR EXERCISES NOT SHOWN, go to mensfitness.com/painworkout

THE PAIN WORKOUT

HOW IT WORKS

>The burn is caused by your body using glycogen (the body's stored carbohydrate) for energy. The glycogen breaks down into a variety of different compounds, including pyruvate, which then turns into hydrogen ions—the real trigger of the burn. Their presence creates lactic acid in the muscles. **The more lactic acid present, the more growth hormone (GH) your body releases. That's key, because GH causes muscles to grow and makes fat turn to fuel.** The only problem? Spiking your lactic acid production means long sets and short rest periods—so you've got some hard work ahead of you.

You'll perform your sets with a slow speed on the upward portion of each rep, such as the pressing stage of a dumbbell bench press. This will mean you'll have to lighten the weights. It's likely to feel different than any kind of training you've done, and the results will be too.

DIRECTIONS

Frequency

>Perform the workout once per week, completing heavier workouts on your other training days. Rest at least a day between each session.

Time Needed

>35 min

Do It

>Perform the exercises marked "a," "b," and sometimes "c" in sequence, resting as directed between sets, until all sets are done. **Be sure to perform the reps at the specified speed.** Choose weights that are 20% to 25% lighter than what you would normally use.

1a ALTERNATING DUMBBELL BENCH PRESS

SETS: 3
REPS: 12 (EACH SIDE)

>Lie on a flat bench with a dumbbell in each hand. Take three seconds to press one weight up and then do the same for the other arm. Lower the first arm while keeping the other locked out. Complete the set, rest 10 seconds, and then go on to the goblet split squat.



GROOMING: MICHELLE COURSEY @ ARTISTS BY TIMOTHY PRIANO

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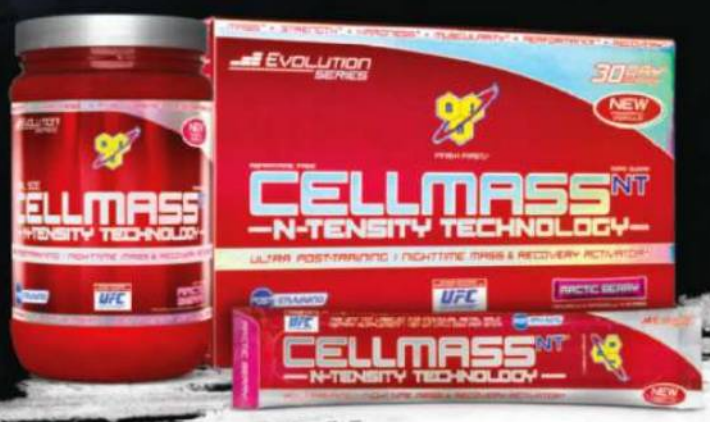
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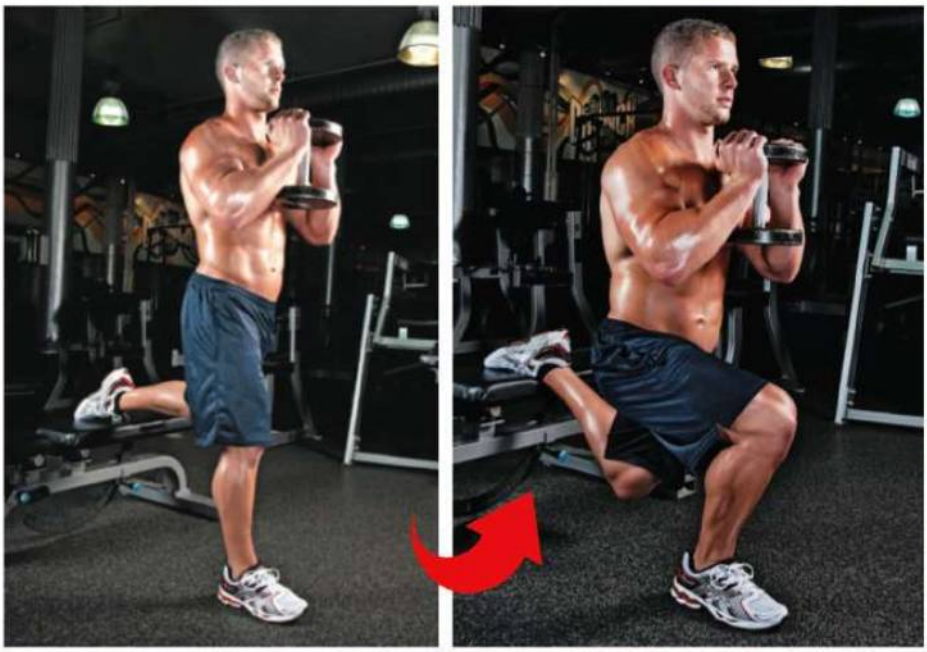
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1b
GOBLET SPLIT SQUAT

SETS: 3
REPS: 15 (EACH LEG)

> Hold a dumbbell in both hands with your palms around the sides of one of the bell ends, not the handle. Bend one knee and rest the top of that foot on a bench behind you so you're supported on one leg. Lower your body down and then take three seconds to come back up. Complete the set, rest 10 seconds, and then go on to the bentover lateral raise.



1c
BENTOVER LATERAL RAISE

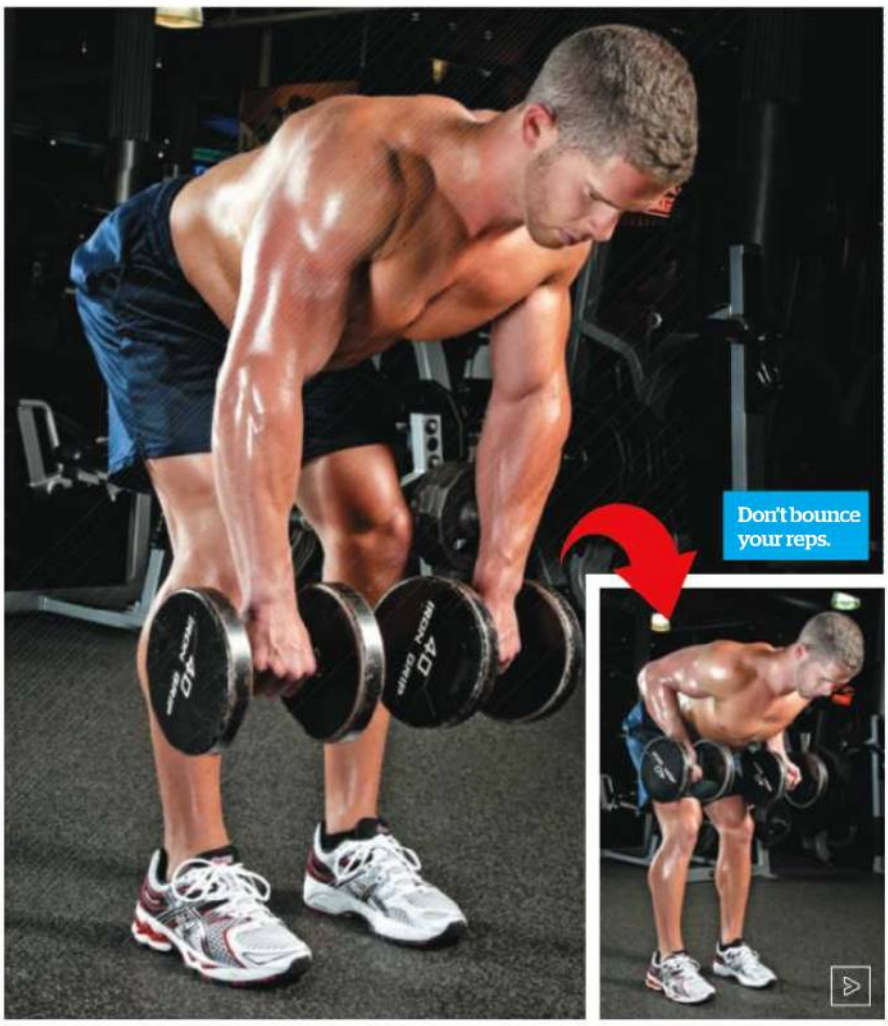
(NOT SHOWN)
SETS: 3
REPS: 8

> Bend over at the hips so your torso is about parallel to the floor (keep your lower back arched). Take three seconds to raise the weights out 90 degrees to your sides. Complete the set, rest 45 seconds, and then repeat the circuit. After three circuits, rest for 90 seconds then move on to the rotating dumbbell row.

2a
ROTATING DUMBBELL ROW

SETS: 3
REPS: 8

> Bend at the hips until your torso is about 30 degrees to the floor (keep your lower back arched). Hold the dumbbells with your palms facing your legs, and then rotate your hands outward as you row them to your sides. Your palms will face forward in the top position. Take three seconds to do the row. Complete the set, rest 20 seconds, and then go on to the dumbbell Romanian deadlift.



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KENYATTA WILSON
NETWORK ADMINISTRATOR, U.S. AIRFORCE



Six Star Muscle Creatine is so powerful, Six Star Muscle athletes everywhere are seeing rapid results! Just check out the head-turning transformation, T.J. Lynch, a Personal Trainer from Babylon, NY., completed after 33 weeks of using this high-powered musclebuilder.



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T.J.Lynch also used other Six Star Muscle supplements and has been remunerated. [1]In one 3-week study, subjects taking one of the key ingredients in Six Star Muscle Creatine powder gained, on average, 4 times the lean mass than subjects taking a placebo as precisely calculated using calibrated skinfold calipers (4.84 vs. 1.1 lbs.). [‡]In the same study, subjects demonstrated a 21% increase in peak power and increased their total work (strength) by 68% from baseline. © 2010.

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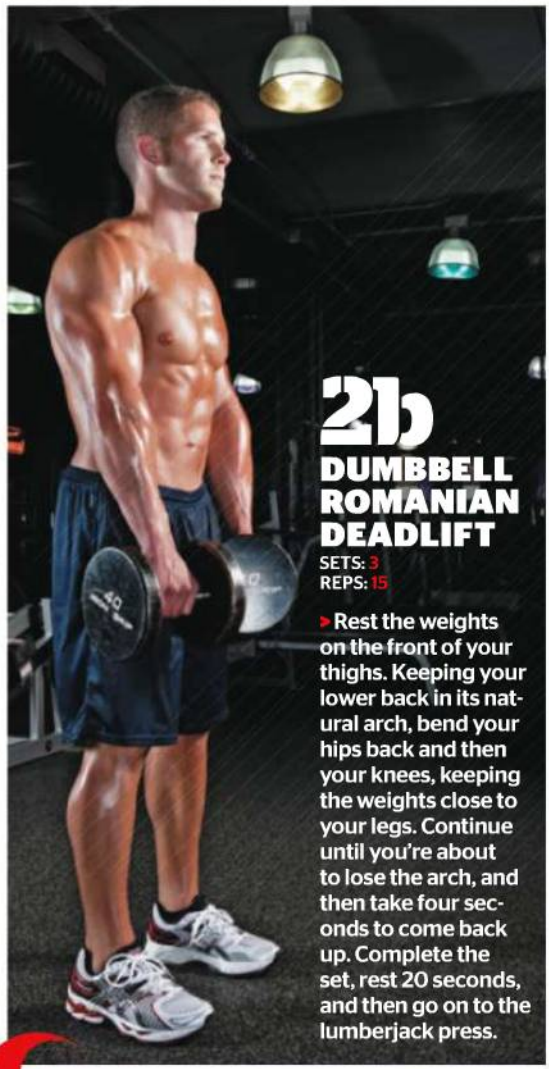
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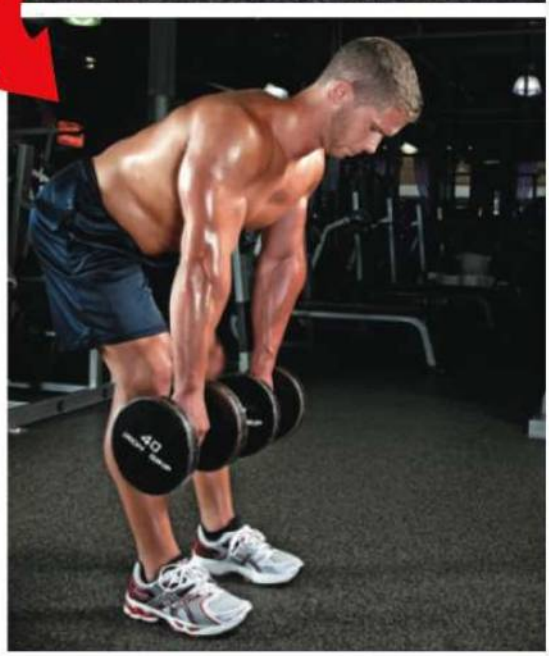
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2b DUMBBELL ROMANIAN DEADLIFT

SETS: 3
REPS: 15

Rest the weights on the front of your thighs. Keeping your lower back in its natural arch, bend your hips back and then your knees, keeping the weights close to your legs. Continue until you're about to lose the arch, and then take four seconds to come back up. Complete the set, rest 20 seconds, and then go on to the lumberjack press.



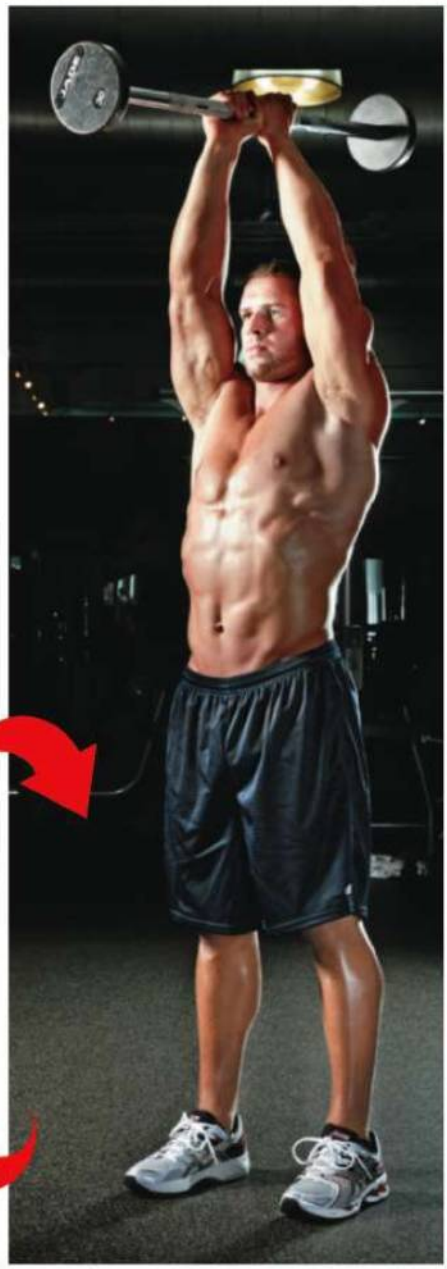
2c
LUMBERJACK PRESS

SETS: 3
REPS: 10 (EACH SIDE)

> Hold a barbell lengthwise in the center with a hand-over-hand grip just above your right shoulder. Take three seconds to press the bar up and over your head, and then lower it to your left shoulder. Complete the set, rest 75 seconds, and then repeat the circuit. After three circuits, rest 60 seconds, and then go on to the Garhammer raise.







3a
GARHAMMER RAISE

(NOT SHOWN)
SETS: 2
REPS: 12

> Lie on your back and raise your legs in the air. Take two seconds to raise your hips off the floor and into the air (the range of motion is very short). Do not let your lower back come up. Complete the set, then go to the goblet squat without rest.

3b
DUMBBELL GOBLET SQUAT

(NOT SHOWN)
SETS: 2
REPS: 10

> Hold a dumbbell as you did for the goblet split squat, but stand with your feet about shoulder-width apart. Squat as low as you can. Take four seconds to come back up. Complete the set and then repeat the Garhammer raise without resting.

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MF GETS JACKED

LOSIN' IT!

Our fitness editor got in the best shape of his life—in just 12 weeks

BY SEAN HYSON, C.S.C.S.
PHOTOGRAPHY BY IAN SPANIER

GETTING RIPPED ISN'T AS hard as you think. First, you need a reason to start—a reminder of why you're getting up an hour earlier and doing cardio on an empty stomach or running sprints in the snow. For me, I just wanted to get fitter than I'd ever been before, to prove to myself that I could get there. You also need an end date, a deadline. This helps you remember that every day counts. You'll also know you won't have to stay on a superstrict regimen forever.

Finally, you have to have a plan—a viable, proven, achievable plan—because getting into great shape doesn't happen by accident. →



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TRAINER
MF GETS JACKED



TALE OF THE SCALE



BEFORE

Weight	240 lbs
Body fat	20%
Waist	42 inches
Squat	355 lbs

AFTER

Weight	205 lbs
Body fat	11%
Waist	36 inches
Squat	405 lbs

My reason for transforming myself was sheer curiosity. I've been on the front lines of *MF*'s fitness coverage for the past six years, yet I didn't feel as though I were carrying the mantle of fitness editor as well as I should have been. I also knew that with a little more discipline, I could be in much better shape—and that made me wonder, "How would I look if I really made the commitment to eating better? How much could I lift if I concentrated on getting stronger? What would it take to be at my absolute best?"

I have access to the top fitness experts in the world, but I haven't always taken full advantage of it. By putting myself to the test, I could not only find out more about my own abilities, but also get a better understanding of how to help you be your best as well.

My program would last 12 weeks—the fitness-industry standard timetable for body transformations. It's a long enough period to see a night-and-day difference physically, but not so long that deprivation causes you to snap and wipe out your family. I called in *MF* training adviser Jason Ferruggia, a top-level performance coach with 16 years' experience training everyone from athletes to fashion models. I trusted him to create a program that would get me lean and keep me sane.

I had two goals: to lose 20 pounds of body fat and add serious poundage to my lifts. This would be a tremendous challenge, since weight loss so often zaps your strength. My diet would, of course, have to be strict. Red meat, pork, cheese, bread, and alcohol were all forbidden, and I would cycle my carb intake, increasing and decreasing the amount I ate based on my workout for the day. Low-carb diets work well in a short time, but if I was going to hold on to muscle mass and increase my strength, I couldn't cut carbs entirely. Two days a week, I had almost none—a piece of fruit in the morning or a sweet

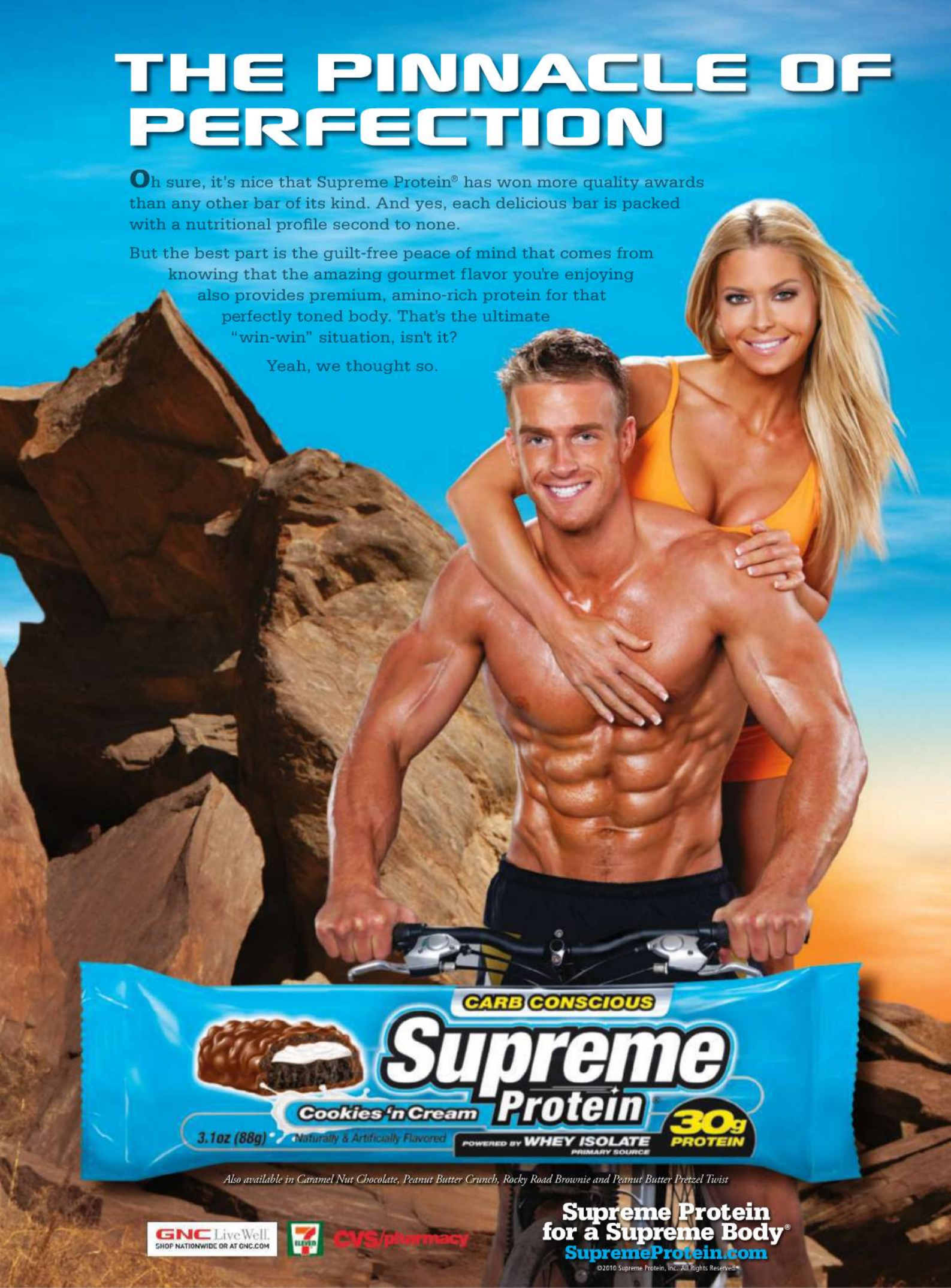
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potato. One day a week, I carbed up, eating starchy foods to replenish the stores in my muscles and, best of all, to give my mind a break. I ate the bulk of my day's carbs at breakfast and around workouts. In the afternoons and evenings, I focused on protein (including whey, casein, and hemp protein shakes), leafy greens, and healthy fats.

Was I miserable? Not really. Just when my cravings for something sweet got intense, it was time to indulge a bit on a high-carb day. I almost never felt lethargic or hungry because I was still eating at regular intervals. I never cheated.

My training had little in common with most fat-loss protocols you see in the gym. I wasn't about to do light, high-rep circuit workouts. I also never went above five reps on the squat, bench press, or deadlift, since using heavy weights is essential for avoiding muscle loss. I did no crunches or situps to make my abs pop, focusing instead on exercises that forced my entire core to brace my body while I targeted some other muscle group (such as a triceps extension using my body weight rather than a barbell). Ferruggia's program maximized efficiency—all my workouts lasted less than an hour.

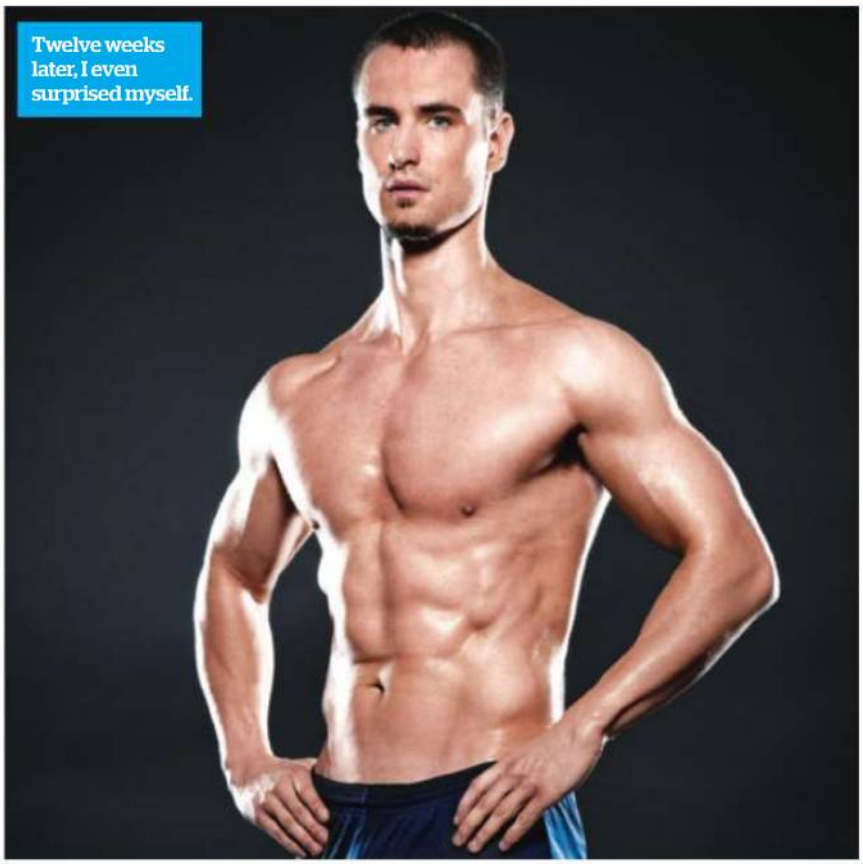
I did very little cardio of the long, slow, hop-on-a-treadmill variety. Instead, twice a week I ran sprints up a hill, which was actually fun—except when it was snowing. I jumped rope and did intervals on an exercise bike. Short bursts of all-out intensity followed by short rests gets your cardio done in half the time. I usually went no longer than 20 minutes.

So how did I do? See the pictures. I eclipsed my own expectations, losing 35 pounds—far more weight than I even thought I *had* to lose. Meanwhile, I added some 50 pounds to my squat for a new personal record. I've never felt better.

You can't really understand something until you walk the walk yourself. Having done that, here are a few things I learned that you can trust to help you reach your goals:

- **Cut way back on carbs on days you don't lift weights.**
- **Make fruit, sweet potatoes, brown rice, and quinoa your primary carb sources.**
- **Embrace fat, especially unsaturated sources like olive oil and nuts. It keeps you from getting too hungry—and it tastes great. (I feel as if I owe almond butter my firstborn child.)**
- **Remember that your diet is the biggest factor in losing fat, and no amount or type of training can offset a poor one.**

As for staying motivated, I can only say that if you've decided something is impossible, it must not be important enough to you. Find out what pisses you off enough to want to make it different and then have at it. Or make an appointment to have your before and after photos published in a national fitness magazine and then see how easy it is to roll back over when the alarm clock goes off. It worked for me.



Twelve weeks later, I even surprised myself.

The Schedule

MONDAY
> Lifting (a.m.) and sprints (p.m.)
> 100–150 grams carbs

TUESDAY
> Jump rope intervals (a.m.)
> 30–50 grams carbs

WEDNESDAY
> Brisk walk, 1 hour (a.m.)
> 30–50 grams carbs

THURSDAY
> Lifting (a.m.) and sprints (p.m.)
> 100–150 grams carbs

FRIDAY
> Off or walk (a.m.)
> 30–50 grams carbs

SATURDAY
> Lifting and Prowler push* (p.m.)
> 300 grams carbs

SUNDAY
> Jump rope, steady state (a.m.)
> 30–50 grams carbs

*The Prowler is a type of sled that weight can be loaded onto. Sean pushed it the length of the gym and back.

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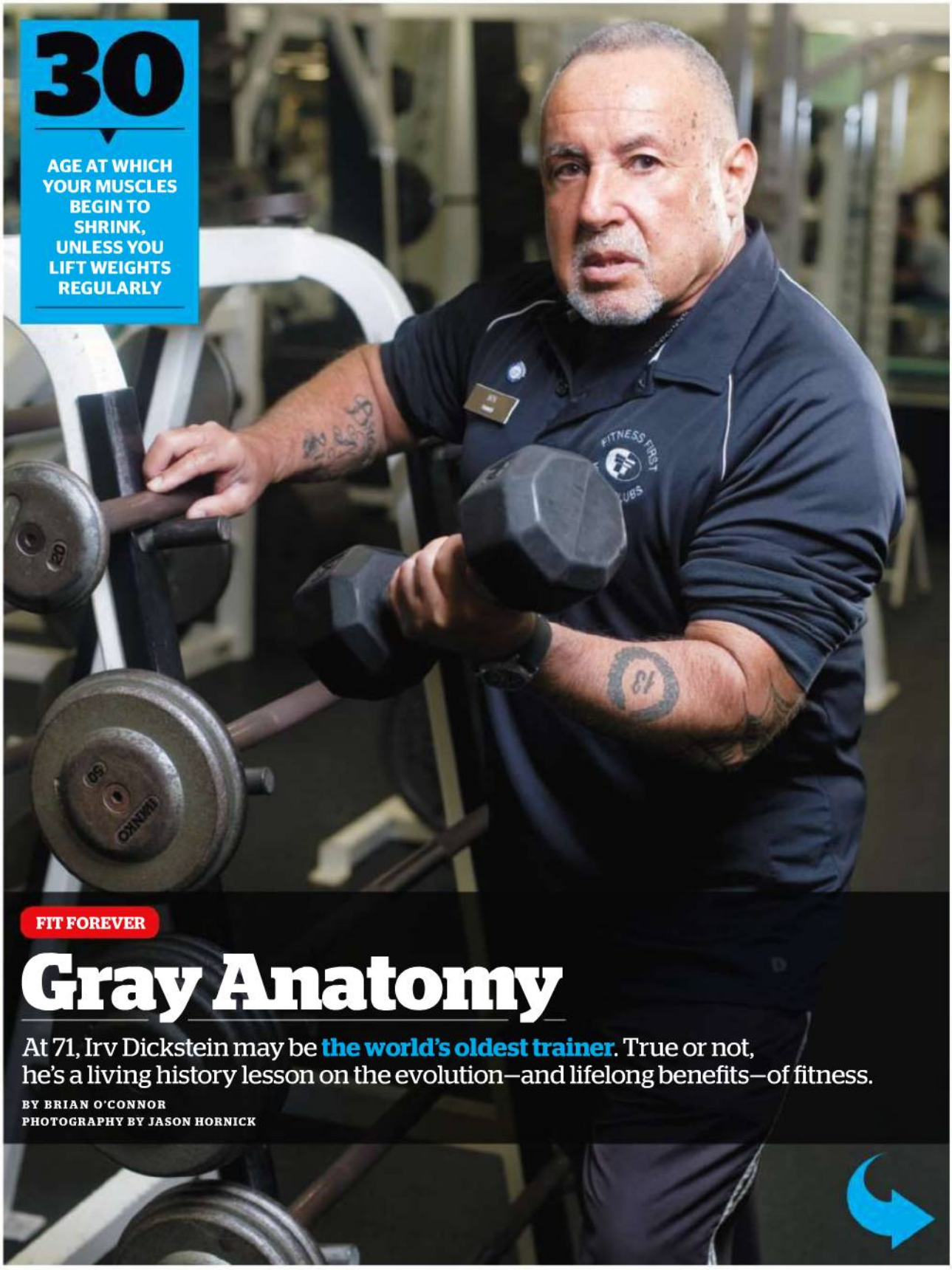
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BY BRIAN O'CONNOR
PHOTOGRAPHY BY JASON HORNICK

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Though techniques have changed, Irv's passion for his job has not.

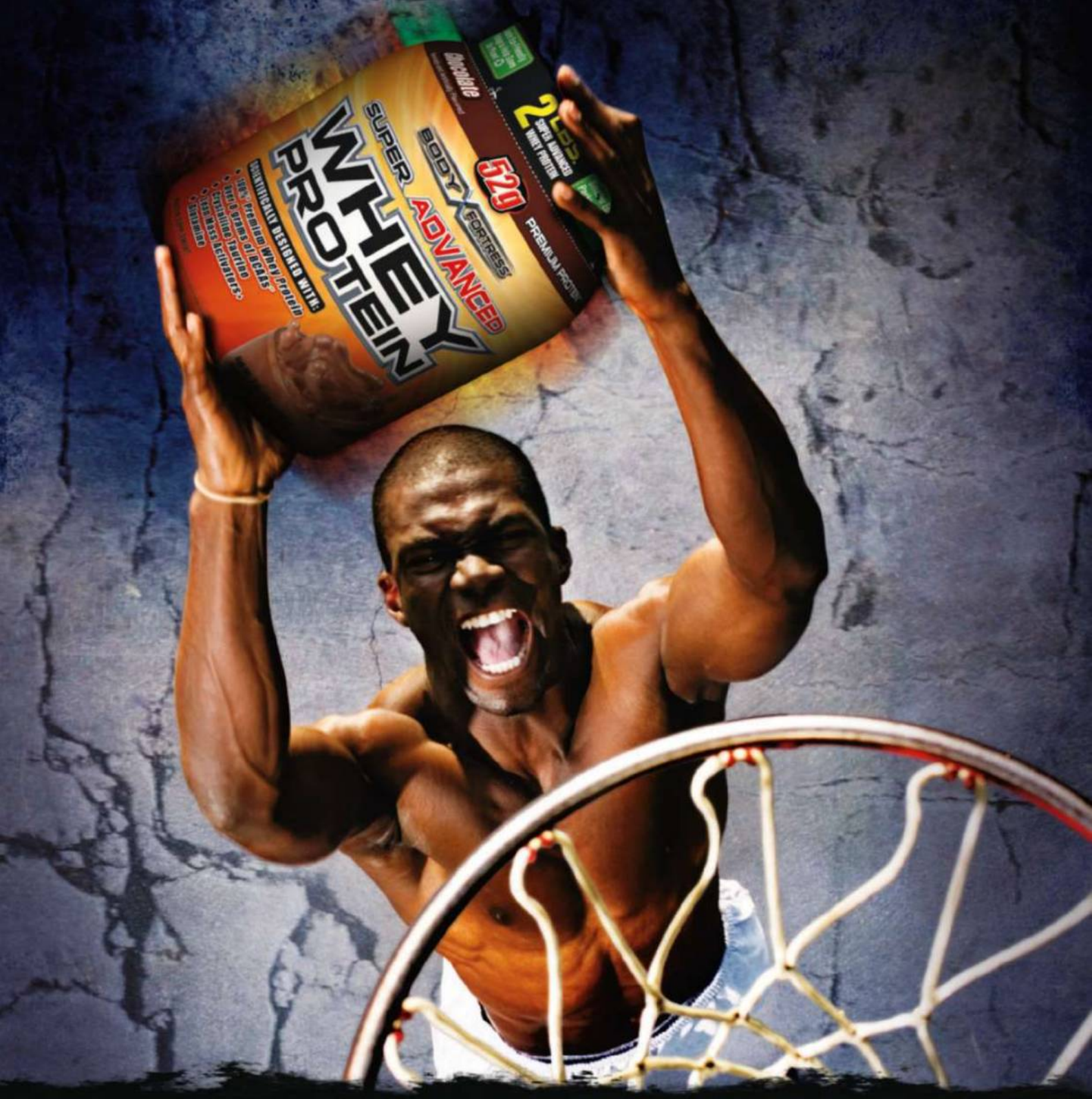
AT FITNESS First, a health club in Frederick, Md., a barrel-chested man with a shaved head and white goatee is banging out sets of chest presses with 90-pound dumbbells. But those characteristics are not what distinguish him from the other men in the gym. This guy, Irv Dickstein, is 71 years old. "People tell me I look great for 70," he says. "I tell them I look great for 30."

Even more remarkably, Dickstein is still clocking full-time hours as a personal trainer, imparting the weight-room wisdom he absorbed from dank gyms during the Eisenhower era and workouts with Hollywood Walk of Famers. In his thick Brooklyn accent, he repeats mantras like, "Legs are your second heart!" Gym members stop to listen.

"BACK THEN, YOU WERE ALL CHEST AND ARMS—NO LEGS."

In the early '50s, Dickstein began training at the famed New York City gym of Abe Goldberg, a legendary bodybuilding champ. The training was, not surprisingly, arcane by today's measure. "Back then, you were all chest and arms—no legs," he says. And there were no trainers. Smaller guys did what the bigger guys told them to, right or wrong. "The attitude was one of survival, so all we wanted to do was get big to get girls, and so gang members would leave us alone. It was all for show. So in that way, things haven't really changed that much since then."

But fitness has also come a long way. Dickstein describes those early gyms as primitive concrete rooms with rusty weights scattered about, no mirrors or carpeting, no air-conditioning or music. Cables sprouted from the walls too close together, limiting your range of motion. Women? Please. They were discouraged from working out, and when they did they trained in separate



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sections of the gym. The "core" was something in the center of an apple, and "cardio" meant hitting a heavy bag till you were out of breath.

THE MORE THINGS CHANGE...

Workouts revolved primarily around dumbbells until the 1960s. "That's when guys started trying to prove how much they could bench," Dickstein says. As the bench press gained more coverage in the muscle magazines of the day, the move grew in popularity. Not surprisingly, shoulder injuries soared, as well. Over the years, however, Dickstein and his colleagues smartened up. He moved to Los Angeles, became a certified trainer in 1981, and started whipping people into shape. He met a who's who of celebs who liked to train with iron, and he learned the finer points of training along the way. One of these superstars was female bodybuilding pioneer Cory Everson, who recommended he quit banging his dumbbells together during a set. "She told me I was sending a shock wave down my muscles. And, she said," probably more importantly, "it was annoying her," he remembers with a laugh.

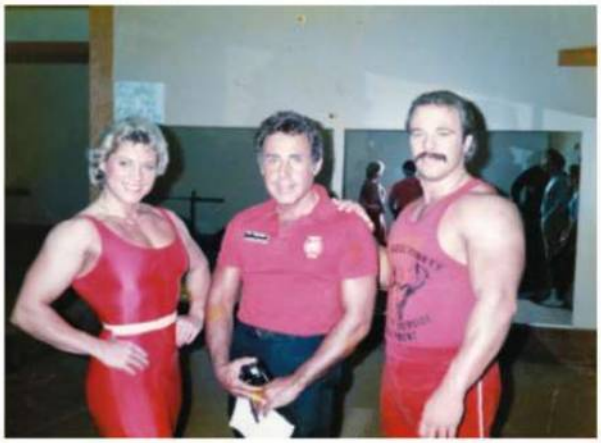
Dickstein also remembers numerous training sessions with Sonny Barger, the infamous leader of the Hells Angels Motorcycle Club. "He would take cigarette breaks while he was working out," Dickstein remembers. "When I was the floor supervisor at a gym, I'd let him in for free. You don't charge Sonny Barger. He just wanted to pump up and look good on the lead motorcycle."

Another famous training partner was Hulk Hogan. "He used to cross himself before he worked out.... He was the type of guy who'd be first to spot you on the bench press. He was just another guy."

...THE MORE THEY STAY THE SAME

Today, still lifting four days a week and training people full time, Dickstein takes great pride in his vitality. Along with a healthy, low-cal diet, he has consumed 1,200 milligrams of fish oil a day for the past 40 years, and he credits it—along with his regular fitness regimen—for helping to sustain his good memory.

His best tip for anyone looking to stay fit into old age? "Make sure your 'office' is in shape," he says. Clear your mind of useless stresses, which Dickstein does often by pounding a heavy bag. "And don't blame anyone for your problems. Don't get angry, don't get even." Just get to the gym.





Dickstein, in the early '90s (center), with friends.

Dickstein still lifts four days a week—and boxes, too.

OLD IS NEW

3 fitness trends that have stood the test of time

1) Body-weight training. Back in the 1950s, Dickstein noticed the gym crowd was divided into two camps—lifters and Broadway dancers. The latter did more gymnastics-type exercises with parallel bars and rings. They also stretched. **"The rest of us thought it was a waste of time," he says. "But those dancers had abs."** They were the only guys who had symmetrical bodies."

2) Supplements. "The old-time workout guys were on vitamin E, which was considered good for the heart and brain." Drinking carrot juice was also popular, as were protein shakes. **Abe Goldberg's gym even mixed protein shakes for its clients, long before it became a health-club mainstay.** "They always had raw eggs, ice, bananas, and strawberries."

3) Fight training. Punching a bag, skipping rope, and medicine-ball training have all become common sights in gyms. **"A lot of today's training techniques are taken from boxing."** Boxers were the macho men of the '50s. If you weren't a boxer, and you were in a gym, you were considered a wacko."

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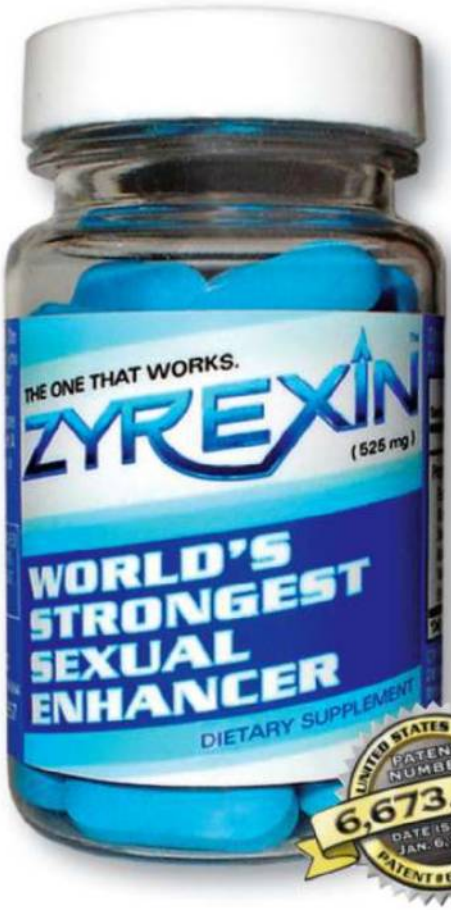
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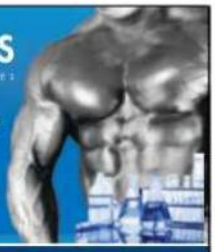
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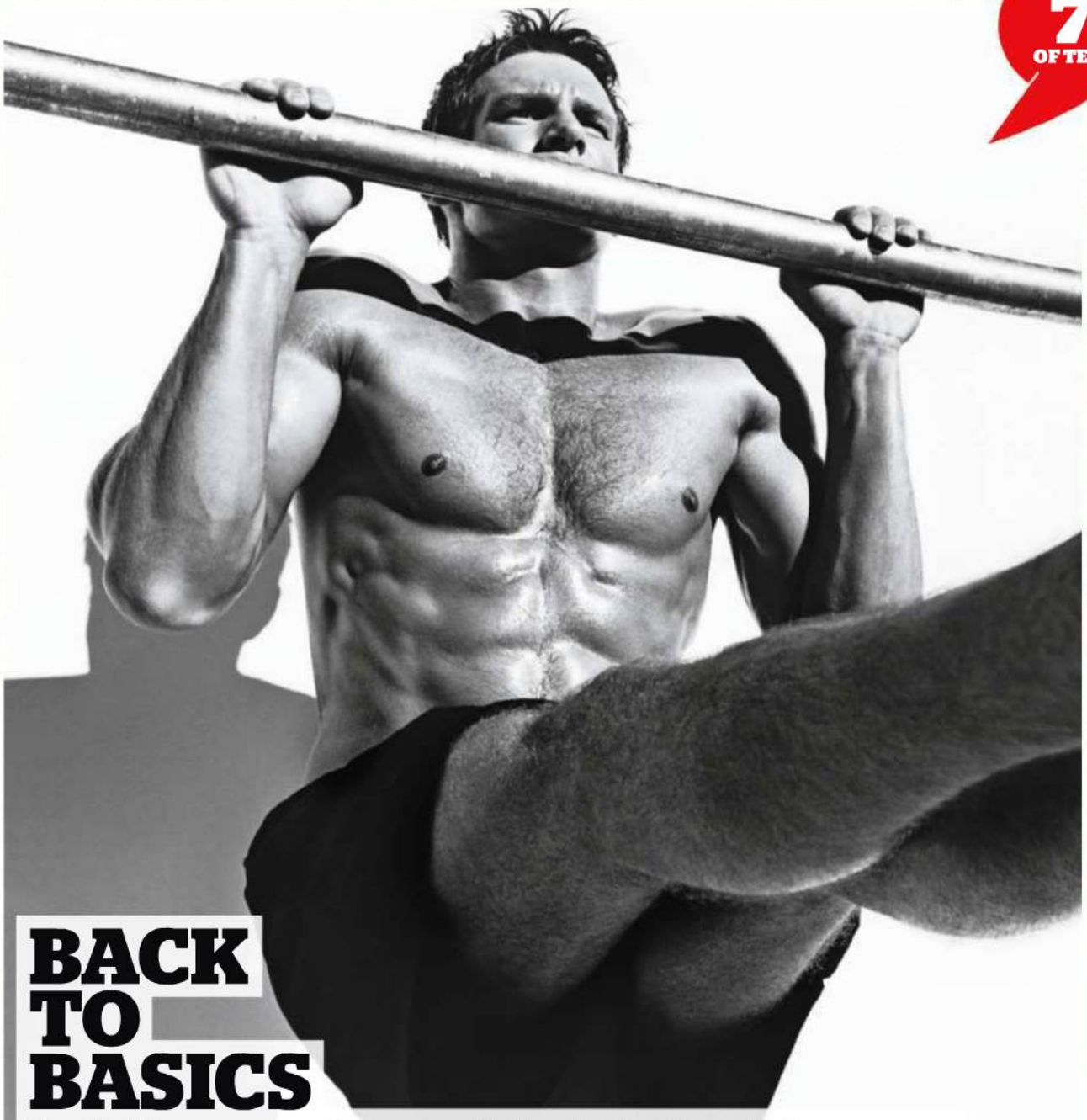
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PART 7 OF TEN



BACK TO BASICS

Now that the summer parties are over, it's time to rebuild your body BY CJ MURPHY

THE STRATEGY

>Over the last two months, we helped you hold on to your gains with minimal gym time so you could enjoy the summer. **Now it's time to prepare you to finish the year ahead of where you started.** This month's workouts will allow you to recapture (or surpass) any muscle gains you may have lost due to summer debauchery.

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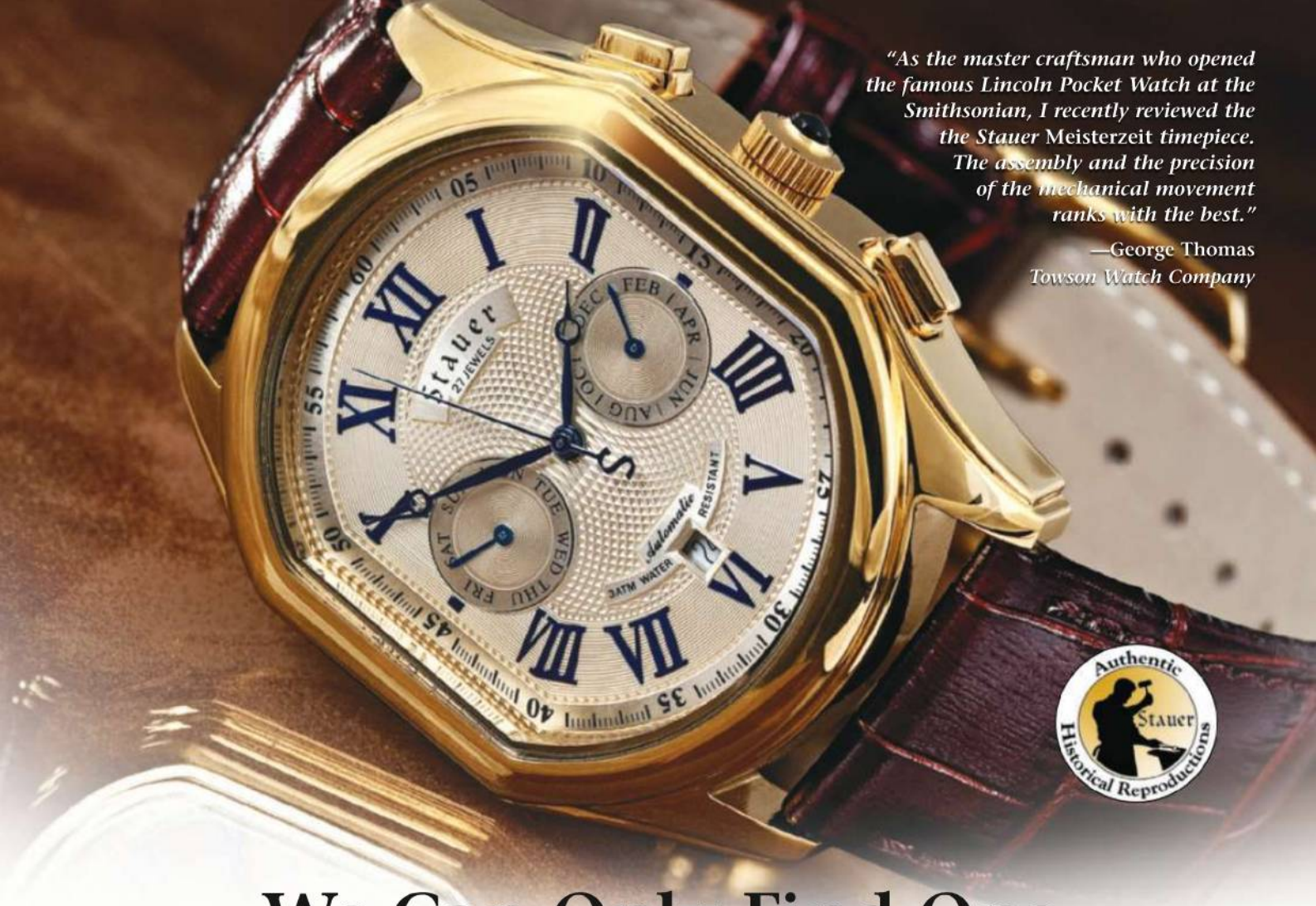
>If you can't do 60 **L-sit pullups (above, Workout I),** do as many as you can, then switch to regular ones to finish the total reps.

>For **weighted decline situps (Workout II),** hold the weight behind your head, not on your chest. For an even greater challenge, hold a dumbbell at arm's length over your chest—switch hands on the next set.

>For **stepups (Workout III),** pull with your hamstrings as you step onto the box. Drive into the box with your heel, not the middle or front of your foot, and stop completely between reps. The idea is to minimize the momentum and keep your muscles doing the work.

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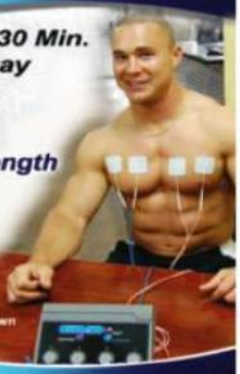
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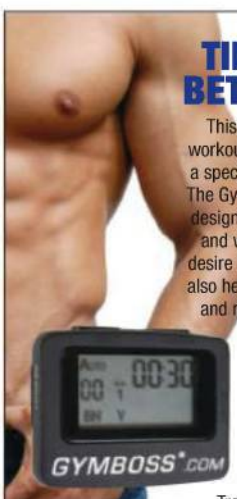
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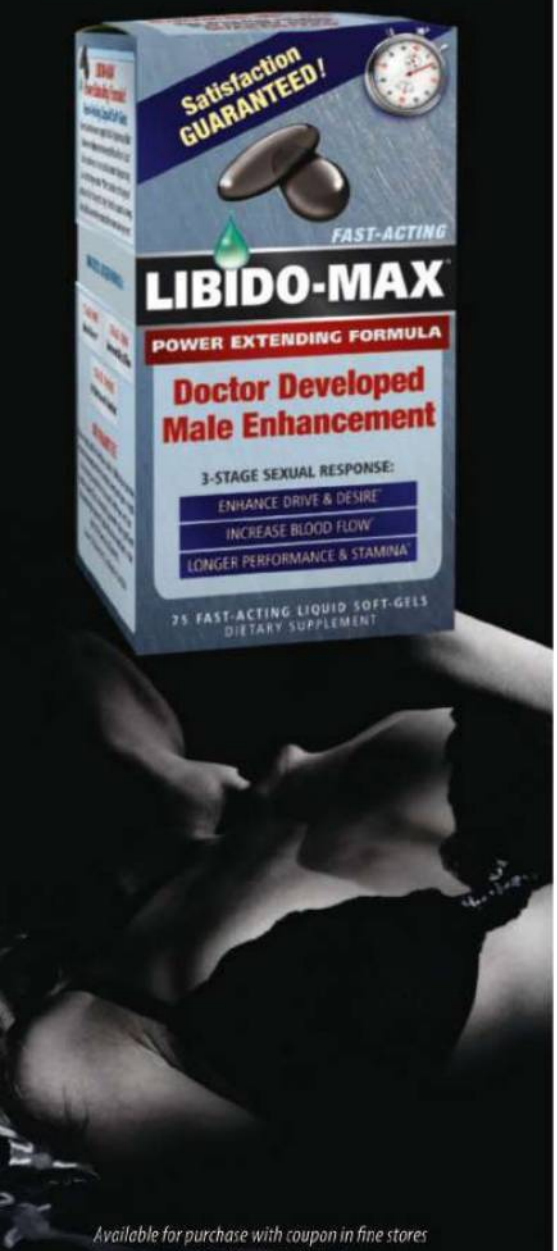
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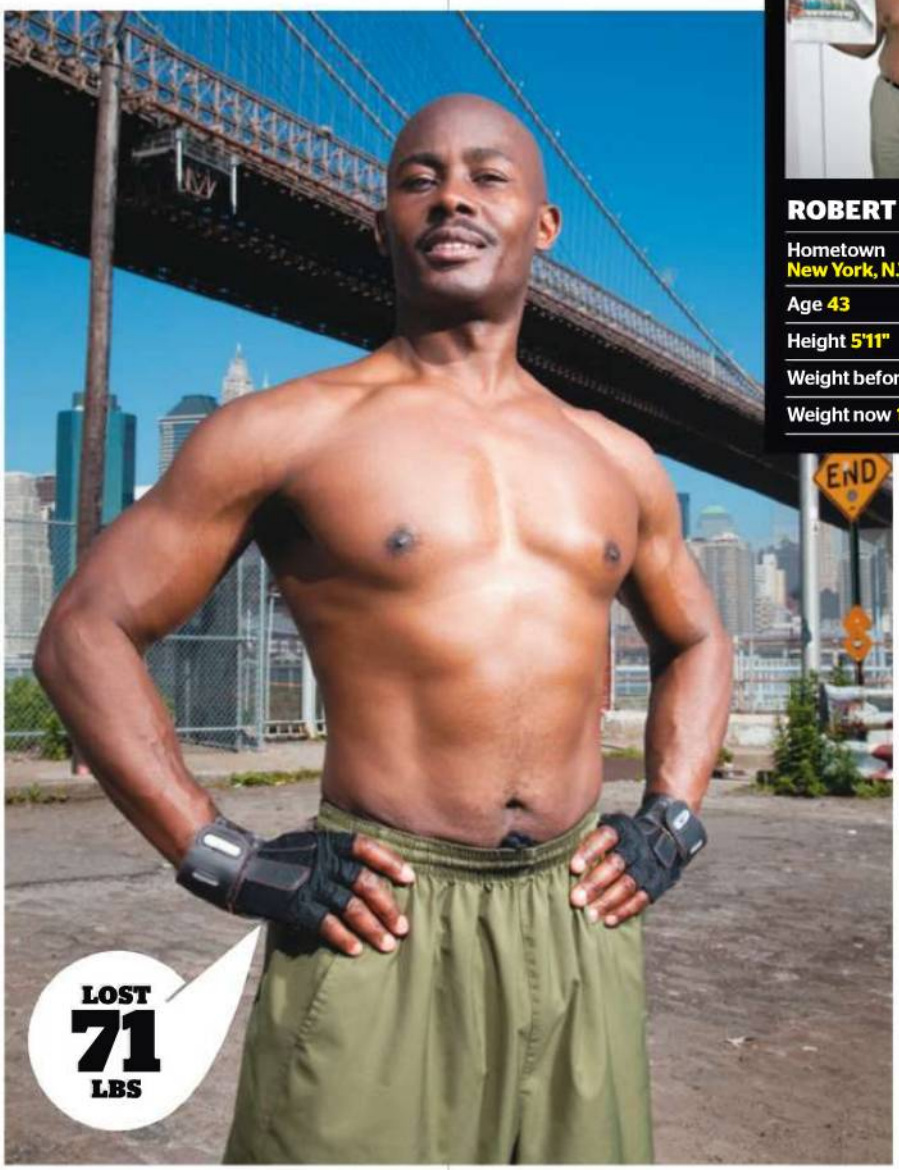

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SUCCESS STORY
BELLY BUSTER

After packing on more than 70 pounds, **Robert Ellis** learned how to eat right—and regained his life BY COLLIN ORCUTT

Tech guys are usually known for their love of sci-fi and their ability to reset your e-mail password. Working out? Not so much. Robert Ellis, a software consultant in New York, was no exception. Throughout his thirties, he packed more and more weight onto his 5'11" frame. An unhappy relationship at home paired with 12-hour workdays pushed him over the edge, giving him the supposed excuse to eat even more—until it got to the point where he was ashamed of what he saw.

"I was getting ready for work one day, and every time I made eye contact with myself in the mirror, I looked away," Ellis says. "The more I thought about it, I was like, 'What the hell am I doing?'"



TALE OF THE SCALE



ROBERT ELLIS

Hometown	New York, N.Y.
Age	43
Height	5'11"
Weight before	256 lbs
Weight now	185 lbs

His biggest issue was his gut, which he'd fed with countless tubs of Chinese takeout. "I'd developed what I call a General Tso's chicken belly. I was over 250 pounds, and I knew I didn't want to go through life looking like a typical I.T. guy. A desk job is no excuse."

Not surprisingly, Ellis began his transformation by overhauling his diet. First, he eliminated junk food and carbs, which helped him drop 25 pounds. But then, his progress slowed dramatically. To break the plateau, he gradually reintroduced carbs and started eating smaller, more frequent portion-controlled meals. Soon, the pounds were coming off again. "Seeing the results kept me motivated," he says. Within another three months, he reached his goal weight of 185 pounds.

As his fat melted off, Ellis rediscovered his love of working out. Although he started out slow, he now trains six or seven days a week, lifting three days and running three to four miles at a time for cardio. He's even taking Pilates. "Most guys think it's feminine, but it kicks your butt."

With a more reasonable eating plan, including the occasional cheat, he's been able to stay on course without feeling deprived. "I don't even follow a diet, really," he says. "It's a lifestyle."

And some life it is. The 43-year-old is also finally dating again—and doing well. "The women I'm attracted to wouldn't give me the time of day when I wasn't fit," he says.

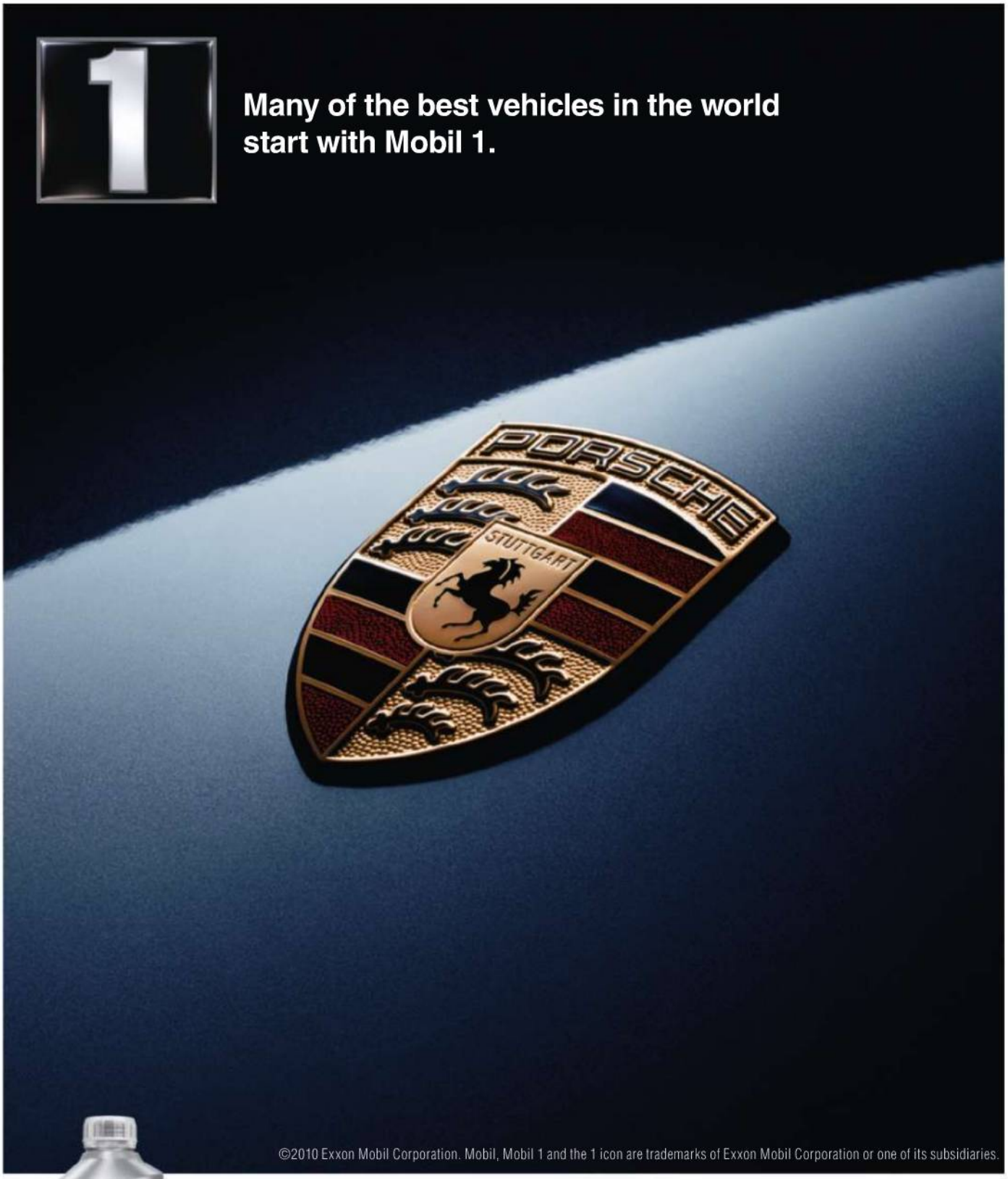
To prevent himself from sliding backward, Ellis has plastered "before" and "after" pictures all over his fridge. "When I see them," he says, "I'm like, 'There's no way I'm going back to that.'"

ROBERT'S TIP
CHOOSE A PATH

> **"Sometimes I tell my friends, life is like a ship on the ocean: If you don't have a destination, you have no idea where you're going to end up. You have to know what you want and where you're going. It's the only way to get there. And in some cases, you might have to make deviations to get around some obstacles. But as long as you stay focused, you'll always get to where you want to go."**

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

PHOTOGRAHY BY GREGG DELMAN



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