

BUILD A MASSIVE CHEST **IN 6 WEEKS** p109

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Men's Fitness

EXERCISE / NUTRITION / SPORTS / SEX

**RIPPED &
STRONG!**

**Our Boxing Workout
Will Change Your Body
in 30 Days** p84

**YOUR
BEST ABS
EVER!**

**New Belly-Busting
Secrets** p92

**The
Healthiest
Airport Meals
in America** p32

**88 WAYS TO
LOSE
FAT,
GET
LEAN**

MF ICON

ROB LOWE

Embracing Sobriety,
Tackling Dangerous Waves
and Cliffs, and
Seeking a New High

**TRAIN
MORE
IN LESS
TIME**

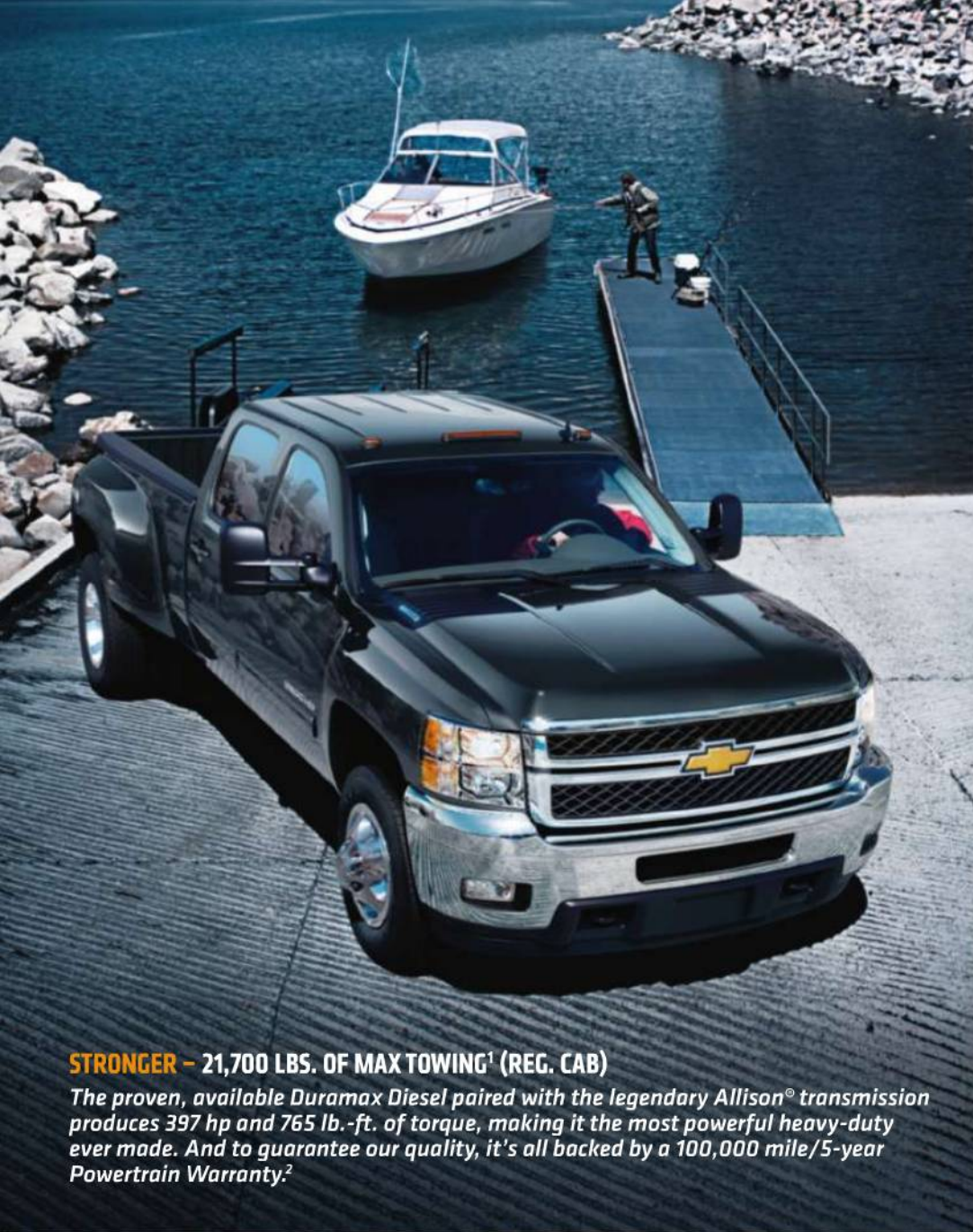
**FANTASY
SEX
TONIGHT**

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► **MIKE "QUICK"
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► **CARL
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ENDURANCE
STRATEGY**

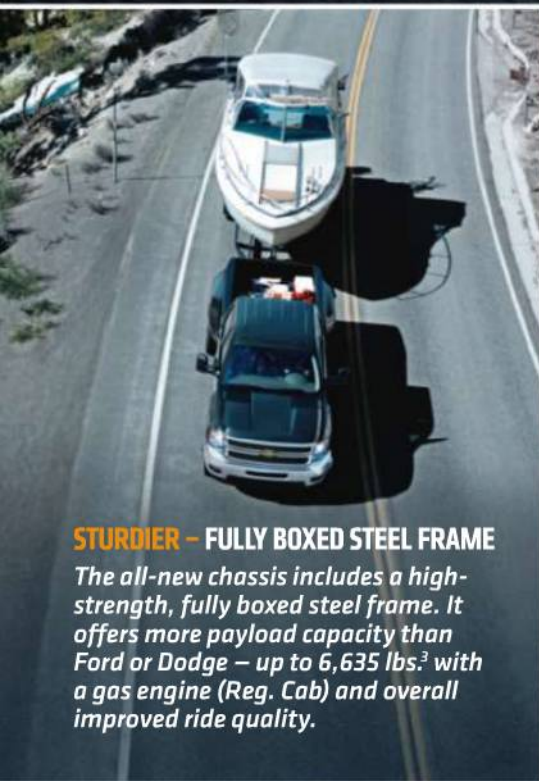
OCTOBER 2010





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Shown: New Chevy Silverado 3500HD Crew Cab with available Duramax 6.6L Turbo-Diesel V8 engine with 21,100 lbs. max towing and 5,122 lbs. max payload. 1 Requires fifth-wheel trailer hitch and Regular Cab model. Maximum trailer weight ratings are calculated assuming a base vehicle, except for any option(s) necessary to achieve the rating, plus driver. The weight of other optional equipment, passengers and cargo will reduce the maximum trailer weight your vehicle can tow. See your Chevy dealer for additional details. 2 Whichever comes first. See dealer for limited warranty details. 3 Requires Regular Cab model and gas engine. Maximum payload capacity includes weight of driver, passengers, optional equipment and cargo. 4 Requires available Duramax 6.6L Turbo-Diesel V8 engine. Allison is a registered trademark of Allison Transmission, Inc. The marks of General Motors, its divisions, slogans, emblems, vehicle model names, vehicle body designs and other marks appearing in this advertisement are the trademarks and/or service marks of General Motors, its subsidiaries, affiliates or licensors. ©2010 General Motors. Buckle up, America!

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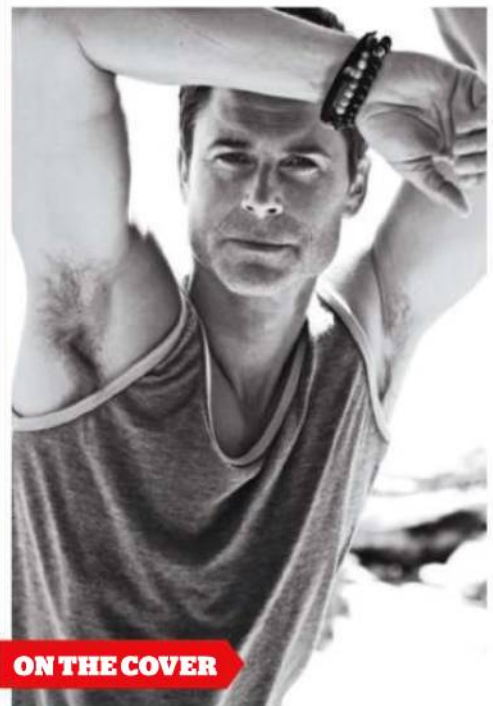
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► Train like NASCAR great Carl Edwards.



COVER
ROBLOWE
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> Fall Sports Training Guide

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mensfitness.com/falltraining



> Could Your Bicycle Seat Be Ruining Your Sex Life?

mensfitness.com/bikeseat



MASTERING THE ART OF THE APOLOGY

Five things you need to know before you open your mouth to say, "I'm sorry."

mensfitness.com/apology



> The World's Sexiest Sportscaster?

Does Jillian Barberie Reynolds (left) earn the title? Check out her competition, then cast your vote to help name the ultimate sideline seductress!

mensfitness.com/sportscasters

Muhammad Ali: He's clearly the Greatest of All-Time. But is he also the F.O.A.T.?



MF Picks the Fittest Americans of All-Time

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REEL NUTRITION

➤ You should always know what food you're putting into your body. Ideally, that means growing your own fruits and vegetables, raising your own meat—or catching it, like this guy, hauling in a monstrous swordfish off the shore of Corsica, France. If you can't do any of those things, follow the advice we offer throughout our first Fit Food issue. Your body will reward you.

646 POUNDS

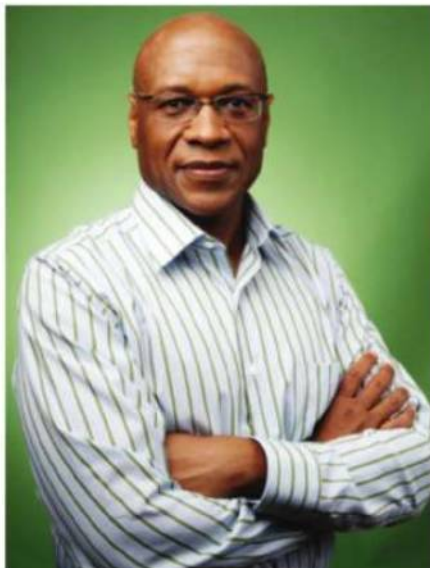
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FISH EVER CAUGHT



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Pass The Word



“HEALING REPAIRS WHAT’S BROKEN, OF COURSE, BUT IT CAN ALSO DO MORE: IT CAN MAKE US STRONGER.”



EAT BETTER! LIVE BETTER!

● **WELCOME TO OUR** first Fit Food issue! We’ve got 17 pages of nutritional strategies, recipes, diet tips, and tasty dishes designed to help you not only eat well but also enjoy it. Why dedicate so much space to food when so many of you come to us primarily to build more muscle? Because your gains are inextricably tied to what you eat (as well as taking the right supplements). You simply cannot build your best body without a diet plan that complements your exercise plan. So consider this your blueprint for even more success. A blueprint for a better you!

Take Time to Heal

PAIN IS A REAL PAIN. Something hurts on me every day. No, I don’t mean “Call 9-1-1” hurt; more annoyances than major concerns. A strained this. A tweaked that. A sore something or other. One body part almost always seems to be saying: “If you try that move one more time...!” And it’s not just because of my age. Anyone who works out regularly, anyone who trains and strains and pushes their body physically is going to mess up something at some juncture. Pains are just part of the deal. Even injuries are an almost inevitable by-product of challenging yourself to reach your physical peak. Being hurt is just going to happen. To all of us. In the gym. In competition. In life.

Hurt is inevitable.

When I tweak some part of my body, I want to do everything I can to speed the healing process. Heck, I keep ice bags in my freezer, and a special heating pad is never more than a minute away from an ache. I research the injury to ensure I’m not doing anything that’ll cause long-term damage. Then I do extra stretching and change up my workout to try and speed the healing and strengthen the injured area. I also take supplements to make sure my body has everything it needs to repair the region.

All well and good, but ultimately, the healing process is going to take as long as the healing process takes. The ice

and heat might help me get through it. The stretching might diminish the pain. The new moves in the gym might help strengthen the affected part of my body. The vitamins and supplements will certainly help, too.

But no matter what I do, I just have to let my body do its thing. Time will be the best healer.

Too often we take our need to heal for granted. We ignore the pain and keep on playing or working out at the same pace as before. That’s the wrong move—inside and outside the gym. Healing has a purpose. It repairs what’s broken, of course, but it can also do more: It can make us stronger.

Sure, it’s easy to say that twisted ankle or injured knee (or broken heart) will never be the same. That the joints, muscles, and ligaments (and the emotions) are forever altered and will never be as strong as before.

Bull. With proper healing, your body can be stronger than before.

You *can* be stronger than before.

Pain may be inevitable, but it doesn’t have to be forever. And we can be better for it—if we just allow ourselves to heal.

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

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A Dad's Guide To Positive Family Trips

Dads, you know how valuable time is these days. Between work and school, activities and sports, it's hard to get your family together in both body and spirit. So when you do, you want to make it count. Here's a few tips on how to turn road trips and short excursions into positive family adventures.

PLAN POSITIVE



When packing and preparing, don't just plan for what could go wrong, but also for what could go right. Along with the first-aid kit, umbrellas and GPS, think of things that could make the trip or destination even more fun. Games for the ride, cameras for the kids to use or favorite snacks all make the trip more enjoyable. You get the idea. Also, let the kids help in the planning. You'll get more positive attitudes.



One of the best ways to ensure your car is ready for family trips is to choose a battery that's ready for anything. Look for a long-life battery that's maintenance free, all climate and vibration resistant. Exide automotive batteries offer all of these features and are backed by a strong nationwide warranty.

START POSITIVE



Make sure your family is fully charged for the trip. Good night's sleep. Healthy breakfast. Kids actually wearing shoes. Check. Check. Check. Ask if they've all got clothes for rain or a change in temperature. Go over the day's plan with them again before you leave. It'll eliminate a lot of the "Oh, no I forgot my _____'s."



Getting your battery off to a lot of good starts means planning ahead, too. Make sure you check your terminals for corrosion and a tight, clean connection. Before taking a road trip it's advisable to get your battery tested. Most automotive service centers can provide a quick test to determine your battery's state of charge, which can save you a lot of trouble down the road.

STAY POSITIVE



Keep it upbeat, be open to spontaneous suggestions for where to eat, places to stop, games to play. If something doesn't work the way you planned, roll with it and come up with Plan B. Some of the best trips are the ones that just happen spur-of-the-moment because everybody's in on the adventure.



Keeping your battery on the positive side means watching the weather. Extreme heat and cold can affect your battery's performance. Also the increasing power demands from DVD players, computers and other gadgets can quickly drain your battery. Exide's premium NASCAR® Extreme™ was specially designed to thrive under demanding conditions. So you can start positive, stay positive and be ready for whatever fun unfolds along the way.

Want more positive news? Go to StartPositiveStayPositive.com.

EXIDE

What Matters To Men



Girl kisser
Katy Perry

1

KATY PERRY

• This "California Gurl" topped charts around the globe with the unofficial song of summer '10, and her new album, *Teenage Dream*, is out now. She's an MF kinda girl: down-to-earth (both parents are pastors), funny (fiancé is **Russell Brand**), and damn sexy. Just what we like in a deliciously tasty Pop Tart.

2) JOBS! JOBS!

► **Is anyone in D.C. listening?!** At least the recently signed \$34 billion Unemployment Compensation Extension Act provides an extension of unemployment benefits for Americans who have been jobless for six months or more.

3)

FLYING TO WORK

► Never sit in morning traffic again! Massachusetts-based aircraft company Terrafugia recently unveiled the **first flying car**, capable of transitioning from a highway-friendly two-seater to free-flying aircraft in just 30 seconds. The first models go on sale in 2011.



4) The Heat

► No, not the national heat wave that gripped the summer. We're talking the Miami Heat and their golden triumvirate, **LeBron James**, **Dwyane Wade**, and **Chris Bosh**. If you've got tickets for any Heat game in 2010-11, hold onto them—or sell 'em to pay off your mortgage.



5) CLEANING UP THE GULF

Some say we dodged a bullet and that BP's oil spill could have been worse, but with up to 200 million gallons of oil released in the Gulf, only time will tell just how bad the long-term damage really is. For info on how you can help, check out the National Audubon Society's site, **audubon.com**.



6) Fresh foods

► Avoid the center aisles of the grocery store—and not just because the fresh stuff on the outer aisles tastes better. A recent study published in the *Journal of the American Dietetic Association* warns that even just 2,000 calories a day of processed foods gives you an average of **25 times more sugar and 20 times more fat** than you should be ingesting.



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Jim Wright

▶ **SEEING ROB LOWE'S** chiseled abs ("Still Getting His Fix," page 78) up close had the same effect on photographer Jim Wright as we hope it will have on you—he was immediately inspired to get in better shape. "I joined a gym as soon as I finished the cover shoot," he says with a laugh. "Rob and I chatted all day about his program. I figured that I could do it too, so I had to give it a try." Wright grew up listening to Springsteen and surfing the Jersey Shore and has photographed numerous other big names, including Sylvester Stallone and Gerard Butler.



Stacy Adimando

▶ **IT DIDN'T TAKE** much to get this N.Y.C. editor (and hardcore foodie) excited about devising a handful of delicious low-cal meals for the cornerstone of this month's Fit Food issue ("Cook, Eat, Win!" page 94). "I eat like a man—as much as I can get away with it, anyway," Stacy says. Don't believe her? "I was once the only female in a 12-person sausage-making class," she brags. When she's not cooking up recipes for *MF*, Stacy enjoys exploring New York's diverse cuisine and relaxing with a book in Brooklyn Bridge Park.



Patrik Giardino

▶ **THE FIRST THING** that struck photographer Patrik Giardino about basketball star Blake Griffin ("The Big Warrior Returns," page 102) wasn't his height—it was his size. "That dude is big! I kept thinking, 'Why aren't you playing football?'" A couple hours after the shoot ended, though, Patrik was just glad the star hadn't turned that mass against him. "We kept putting him in these uncomfortable poses and making him hold them. There was also a lot of 'Can you do that again?'" When he's not shooting for *MF*, Patrik likes to punish other stars for the likes of *ESPN*, *Rolling Stone*, and *Maxim*.

Men's Fitness

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Joe Weider
Ben Weider (1923–2008)

What's your favorite food to eat when you're watching the game?

"Buffalo wings—with a side of cool blue cheese dressing. I absolutely cannot watch my Florida Gators play on Saturdays without this tailgating staple."

"Usually, I'll grill something—like a few fresh chicken kebabs."

"You can't go wrong with nachos and beer—sometimes you have to cheat a little!"

"My favorite game time snacks are mini cheese steak sandwiches."

"I stopped eating meat a year ago. Now I look forward to having soy nuggets and dipping them in honey mustard; they taste just like chicken fingers but without the grease."

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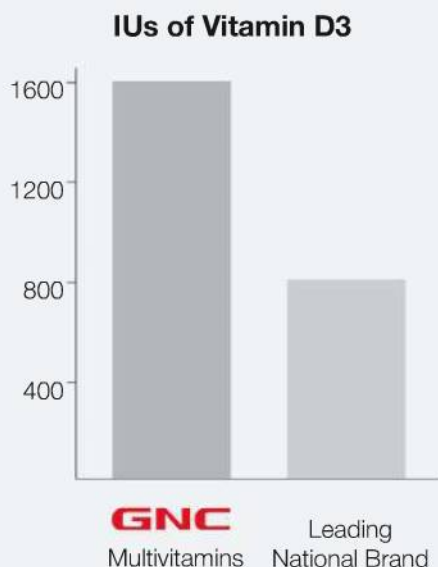


Frank J. Costa
MD

"Most of us don't get enough vitamin D. This is why I encourage my patients to have a simple blood test for deficiency. New research shows that vitamin D supports colon, breast and immune health in addition to bone health. Supplements are your best way to get vitamin D as opposed to the sun's damaging rays."

Dr. Frank J. Costa, MD

World renowned physician and health expert



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MF 10.2010

Our Experts

TRAINER SPOTLIGHT **JEDD JOHNSON**

Get a grip with this strongman's training advice



CREDENTIALS

A performance coach in Bradford County, Pa., Jedd Johnson competes in strongman and grip-strength contests. In fact, he holds the world record in the two-hands pinch lift. To clinch the title, he held 256.04 pounds between his fingers and thumbs and raised it 16.5 inches off the ground.

JEDD'S TOP TIPS

SET SPECIFIC GOALS

"If your objective is to build muscle, it's not enough to say, 'I want to get bigger.' You have to say, 'I want to increase the size of my chest, arms, and shoulders four inches.' You need some way to measure your progress in order to make sure your program is effective."

BE REALISTIC

"To set a goal of adding 20 pounds in one month is impossible. Adding 20 pounds over three months is more realistic. Your goal should be something you have to fight for, so you'll train hard—but that's also always within reach, so you stay positive throughout the journey."

FIRM UP YOUR GRIP

"Line up a couple of weight plates with the smooth sides facing outward. With your thumb on one side and fingers on the other, squeeze them together hard and try to lift them off the floor. Hold as long as possible, then repeat for three to five sets."

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Sexologist and diplomat, American Board of Sexology



What's your secret for returning from an injury?

"Focus on improving your range of motion, getting out built-up fluids. After that, work on moving around and gaining flexibility. Then slowly move to activities like biking that are relatively low-impact."

KRIS JENKINS

NEW YORK JETS
NOSE TACKLE, WHO
HAS SUFFERED MULTIPLE
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CONFESSIONS OF A
FORMER ROGAINE® CYNIC



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MY CAMERA ON MYSELF."**

~ Derek Bauer ~

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MF
10.2010

BENCH PRESS VS. SHOULDER PRESS

Which popular lift yields the greatest gains?

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

● Everyone knows the bench press is the most popular lift in the gym—and the one most guys measure their strength by. But it wasn't always this way. The shoulder press (also known as the military or overhead press) was once the undisputed king of the gym. Which move should be your go-to upper-body builder?





HEAD-TO-HEAD

	BENCH PRESS	SHOULDER PRESS
ALLOWS LOADING THE MOST WEIGHT	✓	
WORKS THE MOST MUSCLE		✓
MOST FUNCTIONAL		✓
SAFER MOVE	✓	✓
WINNER		✓

● The bench's stable position allows you to lift heavier loads, but the shoulder press trumps it by building more functional strength—meaning it helps you in sports and real life. And it works not only your chest, shoulders, and triceps but your abs and traps as well. (Some trainers argue that it's safer than the bench press too—but if you have back problems or lack mobility in your torso, overhead pressing could be the riskier move.)

Bottom line: If the shoulder press isn't part of your regular workout, you're not gonna be your best when (and where) it matters most.

MAIN IMAGE: IAN SPANIER; BORIS: JIM WRIGHT/ICONPHOTO.COM



BORIS KODJOE BY BRANDON GUARNERI

➔ **This fall, Boris Kodjoe stars** in one of the season's most buzzed-about new shows, J.J. Abrams' spy drama, *Undercovers*, on NBC. But the 37-year-old actor's career almost took a very different path. A junior world ranked tennis player in his native Germany, he dreamed of turning pro—until a back injury made that impossible. "The game was my life," he says. "That was all I really wanted to do." Acting was just an afterthought, though it seems to have panned out.

Today, Kodjoe still works hard to maintain the lean but muscular body he built as a teen, training at least five days a week with Dolvett Quince, owner of BodySculptor, in Atlanta. "We do a combo of plyometrics, cardio, and strength training, all in the same hour," Quince says. Most of Kodjoe's routines are built around upper- and lower-body circuits mixed with cardio, plus movements like pullups on chains or sledgehammer swings on a truck tire.

To prepare for his new role, Kodjoe also took up MMA with a group of stuntmen buddies. "We do everything from kickboxing to jiu-jitsu to kung fu," he says. At home, Kodjoe keeps his diet clean and eats small meals every few hours. "I try to get in a lot of calories in

the morning to keep my energy up," he says. Later meals are built around fresh, local produce and lean meats. And even though he's got a soft spot for mint chocolate chip ice cream, Kodjoe says maintaining his diet isn't difficult. "I've learned so much about nutrition," he says. "It's second nature."

HIS WORKOUT

➤ After a five-minute run to warm up, Kodjoe performs two lower-body exercises with high reps, then jumps on the treadmill for five minutes. When he's done, he does two upper-body movements back-to-back before hitting the treadmill again for another five minutes. He repeats this circuit two to three times.

➤ **Treadmill warm-up**
Time: 5-6 minutes

➤ **Lower-body circuit**
Leg extensions and squats
30 reps each

➤ **Treadmill run**
Time: 5-6 minutes

➤ **Upper-body circuit**
Pullups and Hindu pushups
30 reps each

➤ **Treadmill run**
Time: 5-6 minutes

➤ **Lower-body circuit**
Power jump/front lunge and walking lunge
20 reps on each leg, followed by more cardio and additional upper- and lower-body circuits

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HANG CLEAN
TO PRESS

1

2

3



THE HARD GAINER

Training for
Slim Guys

Barbells and body weight
can work wonders

BY JASON FERRUGGIA

➔ Skinny guys should always start workouts with basic barbell lifts—squats, deadlifts, and presses. They're a great way to gauge your progress because if you can add weight to the bar every week, you're getting stronger. The rest of your workout, though, should be mostly body-weight exercises. They're easier on the joints and won't lead to overtraining. So begin with a barbell exercise and work up to two hard sets of one to six reps. Then do two to four body-weight moves (dumbbell lifts are OK, too) for up to five sets of eight to 20 reps. You'll gain strength and athleticism, and avoid injuries.

➔ **JASON FERRUGGIA** is an MF adviser and the owner of muscle gaining secrets.com

TIME SAVERS

COMBINE AND
CONQUER

Work more muscles in less time **BY BRIAN GRASSO**

➔ A combo lift is a mixture of two or more exercises that flow well together. Usually, they're used to work different muscle groups so you can train much of the body at once—and quicker. Here are a few of our faves, along with a workout you can do in just six minutes.

DEADLIFT TO JUMP SHRUG

➔ Perform a deadlift, then jump up, **shrugging your shoulders as high as you can**—this move is great for building explosive power (and big traps).

HANG CLEAN TO PRESS

➔ Grab a barbell with a shoulder-width, overhand grip and bend your hips back so that the bar hangs just above knee level. Explosively extend your hips, shrug your shoulders, and pull the weight straight up in front of your body until it reaches chest level. Now, bend your elbows and flip your wrists so that you end up in the down position of a shoulder press. From there, press the weight straight overhead. This one's an all-around power and strength builder used by weightlifters.

FRONT SQUAT TO SPLIT PRESS

➔ Grab the bar overhand and raise your elbows until your upper arms are parallel to the floor. **Let the bar roll back toward your fingers.** Squat, come up, and step one foot in front of the other. Press the bar up. Alternate the front foot with each rep.

COMBO WORKOUT

➤ Deadlift to jump shrug, 6 reps

➤ Hang clean to press, 6 reps (see above)

➤ Front squat to split press, 6 reps

● **CHOOSE ONE LOAD** you'll perform each exercise with (this should be determined by the exercise you're weakest in—probably the press in the hang clean to press—and make it a weight you can do for 10 reps). **Perform as a circuit, completing one set for one move after the other.** Don't rest between exercises. Instead, when you're done, rest as long as it took to complete the entire circuit, then repeat for three total circuits.



MF PICK

ROGUE SHOES

➔ Many guys don't have the flexibility to do a squat without losing the arch in their lower back, which increases the risk for injury. If you're one of them, try Rogue Fitness' weightlifting shoe. The elevated heel allows you to squat heavy and deep, safely.

\$119 @ roguefitness.com

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

Individual results may vary. Actor portrayal.

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 ($\geq 10\%$) 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
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IMPORTANT INFORMATION ABOUT ABILIFY

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

Name

ABILIFY® (a-ri-pi-pra-zole) (aripiprazole) (air-i-PIP-ra-zoll)

What is ABILIFY (aripiprazole)?

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

What is Bipolar I Disorder?

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

Who should NOT take ABILIFY?

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

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

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

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

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

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

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

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

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

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

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

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

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

What should I talk to my healthcare provider about?

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

Be sure to tell your healthcare provider:

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

What should I avoid when taking ABILIFY (aripiprazole)?

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

What are the possible side effects of ABILIFY?

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

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

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

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

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

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

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

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

Some medicines* include:

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

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

How should I take ABILIFY?

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

General advice about ABILIFY:

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

Find out more about ABILIFY:

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

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

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INSIDE SUPPLEMENTS

GROW MUSCLE ALL NIGHT

Eat this before bed for gains while you sleep **BY CJ MURPHY**

➔ Your body is primed to build muscle two times a day—right after your workout and during deep sleep. With the right meal or supplement before bed, you can get stronger while you doze.

➤ **THE SCIENCE:** Your body releases its biggest surge of growth hormone during REM sleep. If you have ample amounts of protein in your system, you'll take full advantage of the spike and make greater muscle gains. Also, **your muscles will soak up protein through the night**, so you won't go into "hunger" mode (where your body can break down muscle) as quickly.

➤ **WHAT TO EAT:** A slow-digesting form of protein, such as chicken or turkey, is ideal. Or try low-fat cottage cheese with pineapple chunks and an ounce of almonds for healthy fats to help slow the digestion further.

➤ **WHAT TO DRINK:** A shake made with casein, a slow-release protein. Good options



include BSN Syntha-6 or Labrada Pro V60 Plus. (Because it digests quickly, whey protein powder is not the best choice here.) For even greater gains, consider mixing in five grams each of creatine, BCAAs, and glutamine. You can add them to your shake separately or get them all in one product, such as VPX No Synthesize.



STRENGTH STRATEGIES

LIFT HEAVIER!

Use your butt to power up

BY JOE STANKOWSKI, C.P.T.

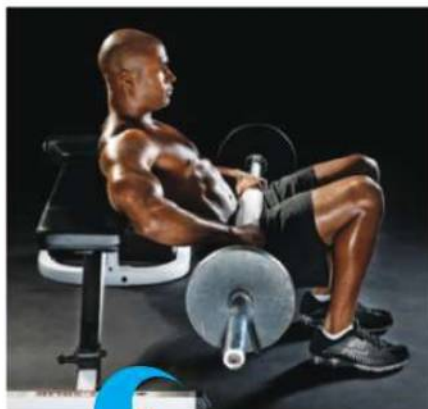
➔ The muscles on the back side of your body, particularly the glutes, are your strongest. If you warm them up properly before a workout, you can instantly increase your strength on almost any lift.

THE HIP BRIDGE

Rest crossways against a bench and plant your feet close to your butt. Push through your heels so that your hips rise and your body forms a straight line—like a tabletop. Hold for six to 10 seconds; complete six reps. If that feels easy, place a loaded barbell across your pelvis.

WHAT IT DOES

The bridge activates your glutes, sharpening your nervous system's ability to use them as either the prime mover or a stabilizer, depending on the lift. It's especially useful before a squat, a deadlift, or running.



EXERCISE SCIENCE

Plyometric Power

Boost your strength with this proven method

BY SERGIO ROJAS, C.S.C.S.

WHAT ARE PLYOMETRICS?

➤ Explosive exercises like the box jump (above) that train your body for speed and power.

HOW TO USE THEM

➤ Start with basic plyometric moves, such as clapping pushups (explode upward and clap your hands in mid-air) and lateral hops (set up a small hurdle and hop over it side to side). Do 2-3 sets of five reps. Because **you need to condition your body for the strain these moves place on your joints**, follow them up with exercises that train the same muscles and use a four-second lowering phase. In this case, a dumbbell bench press where you lower the weights slowly will work after the clapping pushup. Follow the hops with a depth squat jump—stand on a box, step off onto the floor, and take four seconds to lower yourself into a squat position. Then jump as high as you can. Do 2-3 sets of 15 reps.

THE BENEFITS

➤ **Plyos teach your body to absorb and redirect force**, which is a big part of most sports.

THE RISKS

➤ Many moves can be hard on the joints, so avoid plyometrics if you're 25 or more pounds overweight.

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NUTRIENTS

BETTER WORKOUT FUEL

Shaked out? Try these foods

BY JOHN ALVINO

Countless studies show that a combo of protein and carbs with your workout can boost muscle gains. But the nutrients don't have to come in a shake. Here are four meals that get the job done just as well. Adjust the portions to your weight for max growth.



Cottage cheese and canned pineapple chunks

YOUR WEIGHT	AMOUNT TO EAT
165-185 lbs	1 cup nonfat cottage cheese and 1 cup canned pineapple
186-200 lbs	1¼ cups of each
Over 200 lbs	1½ cups of each

Nonfat Greek yogurt and bananas

YOUR WEIGHT	AMOUNT TO EAT
165-185 lbs	1 cup yogurt and 2 bananas
186-200 lbs	1½ cups yogurt and 2½ bananas
Over 200 lbs	2 cups yogurt and 3 bananas



Ostrich meat snacks and baked potato

YOUR WEIGHT	AMOUNT TO EAT
165-185 lbs	2 Ostrim ostrich meat sticks and 1 seven-ounce baked potato
186-200 lbs	2½ Ostrim sticks and 1 nine-ounce baked potato
Over 200 lbs	3 Ostrim sticks and 1 eleven-ounce baked potato



Hard-boiled egg whites and dried apricots

YOUR WEIGHT	AMOUNT TO EAT
165-185 lbs	6 egg whites and ½ cup dried apricots
186-200 lbs	7 egg whites and ¾ cup dried apricots
Over 200 lbs	8 egg whites and ¾ cup dried apricots

► For more high-protein meal options, go to mensfitness.com/recipes



MF Wants You!

Are you one of the 25 fittest guys around? Write to us and prove it.

● We're starting to compile our 2011 list of the MF 25—the fittest guys in the world. Each year we include at least one regular guy, like Matthew Long (left), last year's winner. Next year, it might be you. If you think you qualify, send us your pictures and tell us in 100 words or less why you should be on the list.

► Write to MF 25 c/o Men's Fitness, One Park Ave., 3rd Fl., New York, NY 10016, or e-mail MF25@mensfitness.com

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+ BURN FAT**

MF
10.2010

Gut Check



COOK SMART

HAVE A FIT TAILGATE

Five ways to enjoy your
pregame ritual—and **build
even harder abs**

BY KAREN ASP

● You don't have to eat like a bird to survive football season. You just have to make a few ab-friendly swaps, like these from **Kate Geagan, M.S., R.D.**, a Park City, Utah, dietitian and the author of *Go Green, Get Lean*.

DUMP IT: Pork bratwurst

GRILL IT: **Turkey bratwurst**

CALORIE SAVINGS: 200-250/brat

➤ Top it with all the onions and peppers you want, followed by waist-friendly mustard instead of chili or cheese.

DUMP IT: Shelled peanuts

EAT IT: **Peanuts in their shells**

CALORIE SAVINGS: 85 per handful

➤ A recent study shows that men take in about 50% fewer nuts per sitting than with shelled, since it's harder to get at them.

DUMP IT: Mayo and sour cream

USE IT: **Nonfat Greek yogurt**

CALORIE SAVINGS: 655 per half cup

➤ Greek yogurt is packed with protein, is just as tangy and creamy as mayo, and contains far fewer calories and less fat.

DUMP IT: Queso and French onion dip

DIP IT: **Salsa**

CALORIE SAVINGS: 40 per tbsp

➤ Unless you can be satisfied with no more than two tbsp of cheese or dip, cut it from your diet entirely. With salsa plus a baked, high-fiber, or multigrain chip instead, you can indulge virtually guilt-free.



DUMP IT: 80/20 ground beef
GRILL IT: **Grass-fed bison meat**
CALORIE SAVINGS: 130

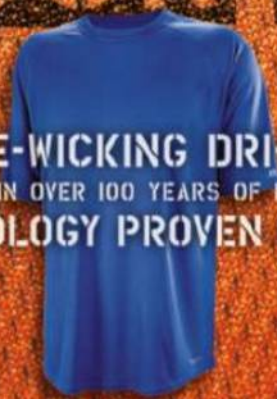
➤ Buffalo burgers are not only leaner, but they're also better for the environment. Bison emit less methane than cows do, and feeding on grass requires fewer fossil fuels than factory-raised meats.

\$413

HOW MUCH IT
COSTS AN AVERAGE
FAMILY OF FOUR
TO TAKE IN AN NFL
GAME, INCLUDING
CONCESSIONS.

TAILGATER: BRAND X PICTURES/GETTY IMAGES; BURGER: MASCARUCCI/STOCKFOOD.COM

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BETTER EATING



FIRST-CLASS AIRPORT EATS

The 10 fittest meals in America's largest airports

BY ALINA ZOLOTAREVA

LAS VEGAS, NV

Baja Fresh Mexican Grill [Gate D]

Charbroiled Steak Baja Ensalada with Fat-Free Salsa Verde

→ 465 calories, 54g protein, 21g carbs, 18g fat, 7g fiber



DENVER, CO

Denver Chophouse and Brewery [Gate A, Center Core]

Bison Burger + a Side of House Slaw

→ 562 calories, 52g protein, 35g carbs, 24g fat, 8g fiber



CHICAGO, IL

Stefani's Tuscany Cafe [Terminal 1B]

Grilled Salmon with Grilled Zucchini and Sun-Dried Tomatoes

→ 591 calories, 50g protein, 21g carbs, 34g fat, 5g fiber



MINNEAPOLIS, MN

French Meadow Bakery [Concourse F]

Grilled Rachel Sandwich (Turkey and Sauerkraut on Rye)

→ 430 calories, 40g protein, 34g carbs, 15g fat, 9g fiber



NEW YORK, NY

Deep Blue Sushi [Terminal 5]

Yellowtail Scallion Roll, Avocado Roll + 2 Pieces Salmon Sashimi

→ 430 calories, 36g protein, 65g carbs, 17g fat, 8g fiber



To select our meals, we asked **10 of the nation's top nutritionists** to pick out the leanest, smartest, best-tasting options from their local airport. Our panel: Elizabeth Berry, R.D.; Holly L. Brewer, R.D.; Heather C. Cherry, R.D.; Laura J. Coury, R.D.; Keri Glassman, R.D.; Catherine C. Kruppa, R.D.; Evangeline R. Lahijani, R.D.; Jennifer Neily, R.D.; Cheryl Orlansky, R.D.; and Meghan K. Quayle, R.D.

PHOENIX, AZ

Blue Burrito Grille [Terminals 3 and 4]

Vegetable Bean Burrito

→ 430 calories, 19g protein, 76g carbs, 9g fat, 12g fiber

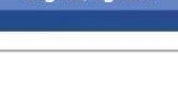


LOS ANGELES, CA

Daily Grill Express [Food Court]

Herb Chicken Breast with Broccoli

→ 578 calories, 80g protein, 16g carbs, 10g fat, 4g fiber



HOUSTON, TX

Pappas BBQ Restaurant [Gate E14]

Chopped BBQ Sandwich + Ranch Beans

→ 508 calories, 32g protein, 58g carbs, 14g fat, 7g fiber



DALLAS, TX

Au Bon Pain [Gates A13, A25, and A38]

Chicken Salad Sandwich

→ 490 calories, 29g protein, 67g carbs, 11g fat, 4g fiber



ATLANTA, GA

Nature's Table [Concourse E]

Sesame Thai Rice Bowl + a Small Harvest Salad

→ 479 calories, 27g protein, 79g carbs, 7g fat, 4g fiber



MTM SPECIAL OPS



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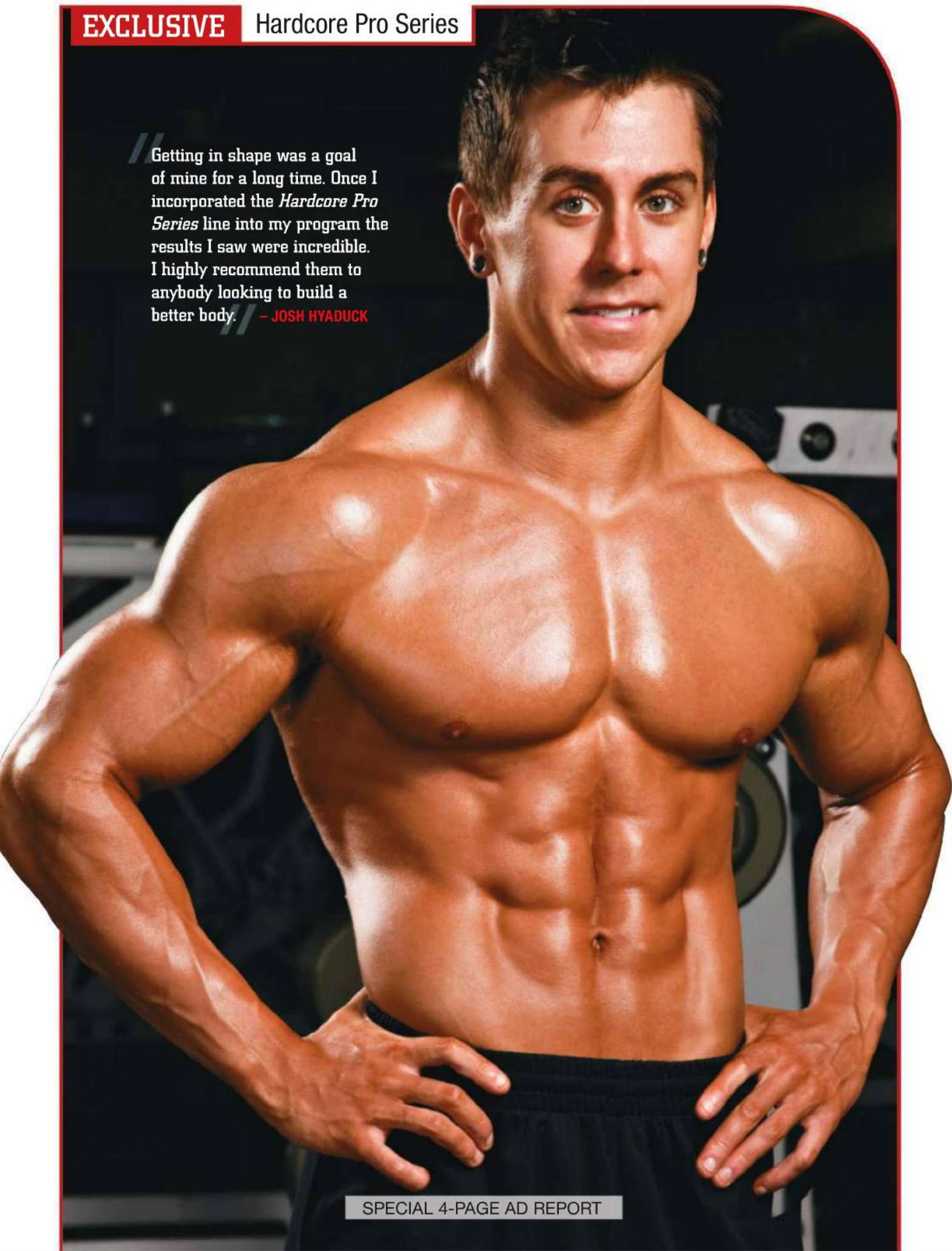
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EXCLUSIVE

Hardcore Pro Series

// Getting in shape was a goal of mine for a long time. Once I incorporated the *Hardcore Pro Series* line into my program the results I saw were incredible. I highly recommend them to anybody looking to build a better body. — JOSH HYADUCK



SPECIAL 4-PAGE AD REPORT

BUILD MUSCLE & TRANSFORM YOUR BODY

Transforming your body and building a muscular physique that gets noticed is every guy's ultimate goal. So, with athletes and fitness enthusiasts like you in mind, Team MuscleTech has created three advanced products scientifically engineered to deliver results – *naNO Vapor® Hardcore Pro Series™*, *Nitro-Tech® Hardcore Pro Series™* and *Cell-Tech™ Hardcore Pro Series™*.

WON
THE 2010
Mr. Universe!

Josh Hyaduck

LENGTH OF
TRANSFORMATION:
17 Weeks

AGE:
22

OCCUPATION:
**Future
Bodybuilding
Superstar**

"The intensity *naNO Vapor Hardcore Pro Series* brought to my workouts was like nothing I've ever experienced before. My workouts have never been this hardcore!"



BEFORE



AFTER

naNO Vapor Hardcore Pro Series – Extreme Training Intensity Formula

Just like Josh Hyaduck, hard-training athletes like you can build the body you've always wanted. It's no surprise that in order to make noticeable gains and build muscle, you've got to bust your butt in the gym and put yourself through intense workouts. That's why Team MuscleTech™ has created one of the most

In a controlled independent scientific study, the subjects taking the key ingredients in naNO Vapor Hardcore Pro Series built significantly more muscle than the control group (3.72 vs. 0.41)!

powerful pre-workout intensity igniters in the fitness industry – *naNO Vapor Hardcore Pro Series*. This product was specifically created so that you could radically jack up your workout intensity to power through hardcore training sessions. Just look at the numbers the key complex in *naNO Vapor Hardcore Pro Series* produced: In a controlled, independent scientific study conducted at the University of São Paulo, 20 test subjects were split up into two groups of 10. After just 8 weeks, the subjects taking key ingredients in *naNO Vapor Hardcore Pro Series* built significantly more muscle than the control group (3.72 vs. 0.41 lbs.). "My results have been amazing and I'm getting noticed everywhere I go thanks to the intensity I felt in my workouts from *naNO Vapor Hardcore Pro Series*," says Josh.

COMPLETELY JACKED!

Kurt Malcore

LENGTH OF
TRANSFORMATION:
8 Weeks

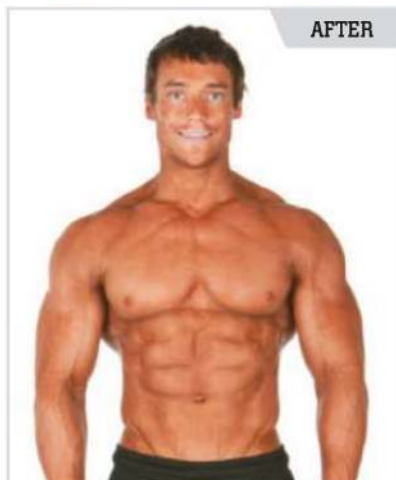
AGE:
26

OCCUPATION:
**Financial
Analyst**

"In my opinion,
Nitro-Tech Hardcore Pro Series is the best
protein supplement for
building lean muscle.
Using this product
I completely trans-
formed my body!"



BEFORE



AFTER

powerful protein supplement into their training and diet program. So to ensure you're backed by the power of a scientifically advanced protein formula after each of your workouts and throughout the day, Team MuscleTech™ has developed the advanced whey protein supplement *Nitro-Tech Hardcore Pro Series*.

In a six-week study with 36 subjects, those 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.)!

What sets this supplement apart from others is that *Nitro-Tech Hardcore Pro Series* is backed by real scientific research. In a six-week study with 36 subjects, those 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.)! "Transforming my body was one of the most rewarding experiences of my life. I'm getting compliments from everybody about my new physique thanks to *Nitro-Tech Hardcore Pro Series*."

Nitro-Tech Hardcore Pro Series – Scientifically Advanced Protein Formula

The results Kurt Malcore received using *Nitro-Tech® Hardcore Pro Series™* are nothing short of amazing. It's no secret that the amino acids in protein are the building blocks of muscle. Anybody looking to make noticeable gains should be incorporating a

Cell-Tech Hardcore Pro Series – Powerful Musclebuilding Creatine Formula

In just weeks, Elijah Levercom achieved incredible results. To make truly dramatic gains in muscle size and strength, you should be supplementing with a post-workout muscle fuel designed to spike your insulin levels and drive creatine into your muscles. So to ensure your muscles are fueled with a high-quality creatine matrix

Nitro-Tech NOP-47: One-of-a-Kind Pre-Workout Protein Formula



Team MuscleTech™ has officially taken protein supplementation to a new level with the development of Nitro-Tech® NOP-47™ – the world's first and only pre-workout protein to combine the one-of-a-kind vasodilating agent NOP-47 with whey isolate!

Cell-Tech Power Packs: Extreme Musclebuilding Creatine Saturation Formula



Team MuscleTech has developed a truly powerful musclebuilding supplement far from the average creatine pill. Cell-Tech™ Power Packs are an extreme creatine saturation formula that will deliver shocking results.

after each of your workouts, Team MuscleTech has created the powerhouse creatine formula – *Cell-Tech™ Hardcore Pro Series™*. This revolutionary supplement features Micro-Diffuse Technology. And what's more, its efficacy is backed by real scientific research. In a 28-day study on 32 individuals, subjects taking the core ingredients in

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.)!

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.)! When asked about his transformation, Elijah said, "I was amazed because I've never looked this good before."

The Hardcore Pro Series Line – Take Your Results to the Next Level

With the help of these three scientifically engineered supplements, you can make the gains you've always wanted and build a muscular physique that gets noticed. These products are going to play a key role in helping you gain lean muscle



BEFORE



AFTER

TOTALLY TRANSFORMED!

Elijah Levercom

LENGTH OF
TRANSFORMATION:
16 Weeks

AGE:
26

OCCUPATION:
**Computer
Technician**

"Cell-Tech Hardcore Pro Series was a staple in helping me build the body I've always wanted. It's without question the best creatine supplement I've ever used!"

mass and increased strength. Experience the true power of scientifically engineered supplements. Experience *naNO Vapor® Hardcore Pro Series™*, *Nitro-Tech® Hardcore Pro Series™* and *Cell-Tech™ Hardcore Pro Series™*!

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Josh Hyaduck, Kurt Malcore and Elijah Levercom have 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.

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FAT-LOSS NEWS

SCIENTISTS WEIGH IN

The latest gut-busting recommendations for losing weight from around the globe

BREAK A SWEAT (MORE OFTEN)

> We've said it before—you can't just cut calories. Now yet another study backs us up. In a recent animal trial, researchers at Oregon Health and Science University found that overweight monkeys who were put on a lower-calorie diet lost almost no weight. **When monkeys were encouraged to be more active but continued to eat their regular diet, the pounds still flew off.** No matter your species, you've got to burn more calories through exercise to lose your extra flab.

TREAT FOOD LIKE A DRUG

> A drug addict's brain reacts similarly to the brain of overweight individuals, according to a recent study from the National Institute on Drug Abuse. The common thread is that the body needs to consume ever-increasing amounts of both

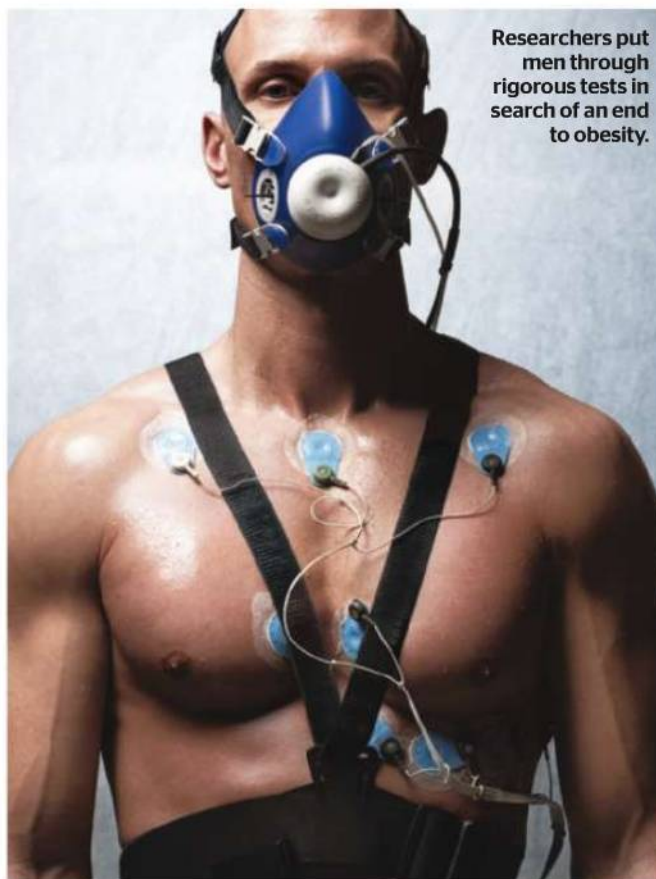
substances to keep producing dopamine, the chemical that triggers feelings of joy. **Cut back on the amount you're eating and dopamine levels fall.** That may lead to bad moods, withdrawal symptoms, and out-of-control bingeing. Meaning, if you're really having a problem kicking excess weight, consider seeing an addiction specialist.

TRAIN ON AN EMPTY STOMACH

> A new European study notes that **cyclists burn more fat when riding "on empty" than following a pre-workout meal.** The researchers say that being hungry apparently helps the body to keep adrenaline high and blood sugar low—an ideal formula for the oxidation of fat. The only drawback is that without food for energy, it's hard to make big workout gains. The solution? Go into one to two workouts a week hungry and eat before the others.

35,000+

> The number of medical studies on weight loss published each year



Researchers put men through rigorous tests in search of an end to obesity.

THINK WEEKLY, NOT DAILY

> New government guidelines recommend that you track workouts in hours, not days. **Each week, shoot for 75 minutes of intense activity,** such as swimming, or 150 minutes of moderate activity, like walking on a treadmill. Miss a workout? Just make up the time as soon as you can.

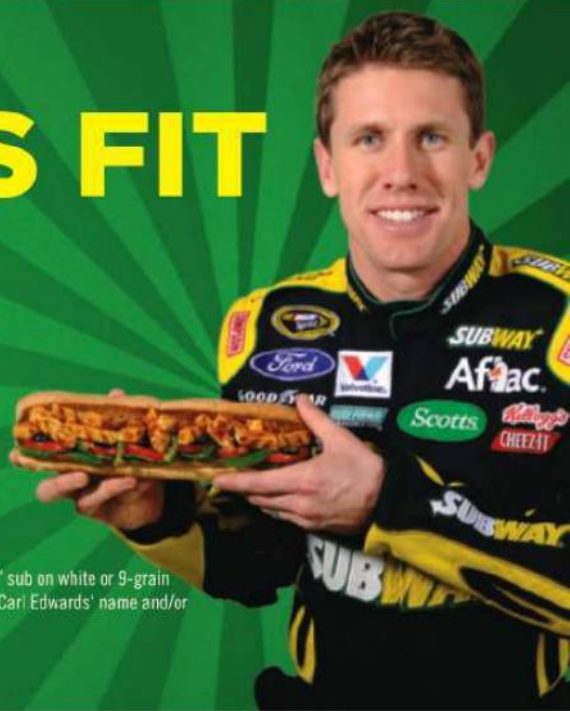
LOG ON, GET LEAN

> Too much YouTube won't keep you lean but clicking on other sites might. A new study reports that guys who regularly log on to dieting sites to track their weight loss are able to lose more weight—and keep it off—than guys who don't. Experts say **the sites create a sense of accountability** that's useful in maintaining set goals.

FLAVOR THAT'S FIT

Carl Edwards stays fit with SUBWAY® restaurants and the FOOTLONG™ Sweet Onion Chicken Teriyaki. Who would have guessed it has 9 grams of fat? It's Carl's little secret. subwayfreshbuzz.com

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BAR BASICS

WINE AND DINE LIKE A PRO

Six easy tips for becoming a true wine connoisseur **BY ELYSE DUPRÉ**

↓ Can't pronounce Muscadet? Don't know what it means? We didn't either. That's why we asked **Mark Oldman**, author of *Oldman's Brave New World of Wine*, for the basics on navigating any wine list.

PICK THE BODY YOU LIKE BEST

➤ Wines come in **three body types: full, medium, or light**. "A light-bodied wine feels like water in your mouth, medium-bodied is more like skim milk, and a full-bodied wine is comparable to cream," Oldman says.

MIX AND MATCH

➤ Instead of just pairing the color of your vino with the color of your entrée, think flavors. If you can squeeze a lemon on your main course—salmon or chicken, for example—go for a light white. Heartier, fare, like winter stews, demand full-bodied options. **If you're stumped, go for a light red, such as a Chinon or Cru Beaujolais**, both of which appeal to most wine fans.

ASK QUESTIONS

➤ **Don't be afraid to hit up your server for a suggestion.** "Guys hate to ask for advice, but it can cost you a great find," Oldman says. Three good starting questions: What's good value? Which wine has a unique personality? What does the chef drink when he's off duty?

KEEP IT SIMPLE

Try to keep your order to one sentence. Include the body, color, price range, and any distinct traits you've enjoyed in the past—such as smoothness or earthiness.

TAKE CHANCES

Try something new from time to time. "Unfamiliar wines offer new tastes," says Oldman, "and they can be a better value."



SHOCK 'EM

➤ If you find your red wine too bitter, **ask your waiter to "shock,"** or chill, it for about 10 minutes. "Cold focuses the flavor and makes the wine taste more refreshing," Oldman says. Make your request in front of your hot date, and your wine won't be the only cool thing at the table.

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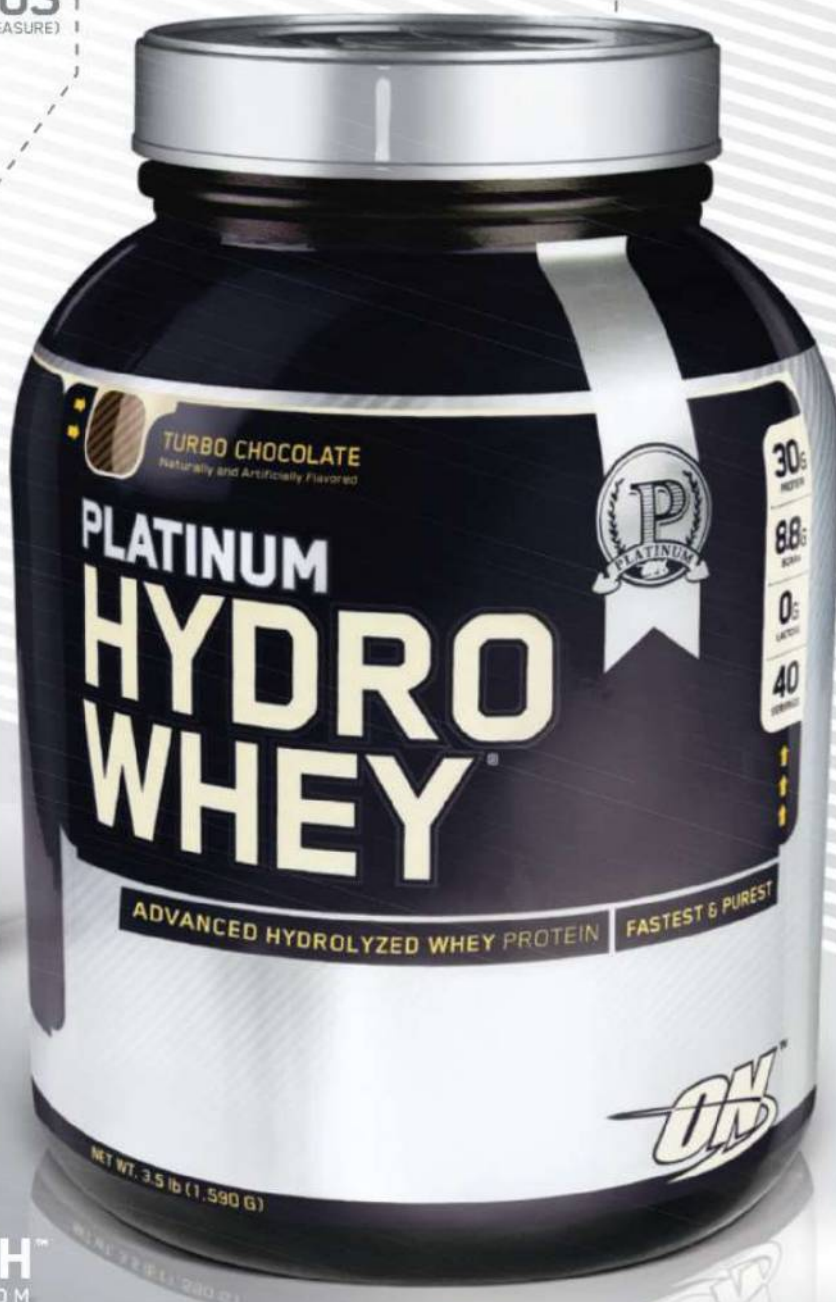
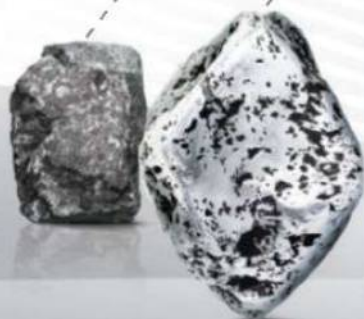
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SMART CHOICES

EAT IT! TREAT IT!

➤ Bowls of Halloween candy everywhere you look? No problem! We asked Heather Bauer, R.D., a New York City-based nutritionist and author of *The Wall Street Diet*, which holiday candies won't kill your diet and which should be shoved off on those costumed strangers knocking on your door.

EAT IT!

Lollipops

➤ "Since they last longer, suckers mentally trick you into feeling like you've eaten more," Bauer says. "They're also relatively low-calorie and have no fat." A small one contains as few as 20 calories.

Smarties

➤ Pop 'em one at a time and savor the sour bite. One pack is a measly 25 calories.

Dark chocolate

➤ "Always pick it over milk or white chocolate," Bauer says. Extra cocoa makes it more rewarding to your taste buds. It's also good for your heart and may even help to lower blood pressure.

TREAT IT!

Mounds

➤ "Even if you love coconut, these are bad," Bauer says. And the smaller size doesn't help. The mini bars are still loaded with 63 calories and 3 grams of saturated fat.

Candy Corn

➤ These kernels are pure sugar—usually the worst kind (high-fructose corn syrup). One handful can cost you several hundred calories—or about 30 minutes on the treadmill.



A "Smart" choice



Jack-o'-Lanterned, that is. **Pumpkins** are good for more than carving (and pies). Nutritionist **Stephanie Gailing, M.S.**, doles out a few tricks for chowing down on this fall fave.

BY ELYSE DUPRE

➤ **Soup it:** Cut a fresh pumpkin into one-inch cubes, then steam them until soft (seven to 10 minutes). Toss cooked cubes into a vegetable soup or any sort of chicken-and-rice or pasta casserole. You can also add them into your favorite stir-fry (just do it in the final minutes of cooking so they don't fall apart).

➤ **Smash it:** Puree or mash cooked pumpkin cubes into a quick side dish. Add cinnamon or a bit of coconut milk to amp up the sweet potato-like flavor. For a savory alternative, mash pumpkin with regular potatoes, for a side that's higher in fiber, vitamin C, and beta-carotene.

➤ **Frap it:** Never pay \$4.50 for a Pumpkin Spice Frappuccino again. Instead, make your own by blending a

couple of steamed pumpkin cubes with coffee, milk, ice, and sweetener.

➤ **Toast it:** Wash and depulp a couple of handfuls of fresh pumpkin seeds, then spread them out on paper towels to dry overnight. The next day, toss them (with a bit of oil, salt, and pepper or your favorite mix of spices) and bake at a low temperature for around 15 minutes, tossing every few minutes until they turn a golden brown. Eat with dried fruit or nuts for a DIY trail mix.

➤ **Sauce it:** Grind toasted pumpkin seeds with cilantro, parsley, garlic, lemon, a little vinegar, and olive oil in a blender to create a homemade, low-cal salad dressing. Pumpkin seed oil is delicious and may help to fight off disease, too.

MF PICK

BREAKFAST AT SUBWAY

➤ The franchise's all-new morning menu is surprisingly low-cal and healthy, especially when compared with the fatty breakfast sandwiches you'll get elsewhere. It features a variety of whole-wheat English muffins; egg whites; and ham. Our sandwich of choice is the **Western Egg White and Cheese**, which clocks in at just 160 calories and only 4 grams of fat and supplies 15 grams of protein.



150%

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ONE FOOD, FOUR WAYS

PEANUT BUTTER

These low-cal ideas will help you enjoy the ultimate guy food any time of day. **BY NOELLE PISTILLI**

1 You know there's a jar of it in your kitchen, but when is the last time you ate some? Peanut butter isn't always easy to work into a healthy diet, even though it's filled with **protein, vitamins, and healthy fats**. Besides spreading it on sandwiches, you may have tried stirring it into hot oatmeal, blending some into smoothies, or putting it on celery for a snack. But there are plenty of other delicious ways to get the stuff on your plate.

Before working out...

- Mix together a cup each of peanut butter, honey, and vanilla or chocolate protein powder. Then stir in up to 4 cups of dried fruit, dark chocolate chips, grains, or nuts—sunflower seeds, chopped peanuts, dry oats, raisins, dried cranberries, oat bran, wheat germ, and flaxseed are all great options. (If the mixture is too dry, add more honey; too moist, dump in more dry ingredients.) Roll the dough mixture, break into ping-pong-size bites, and let chill in the fridge, or freeze until ready to eat. Pop a couple in your mouth and you're good to go.

At mealtime...

- Throw together a rich and flavorful sauce for meats and vegetables. Nuke half a cup of peanut butter in a small bowl for about 25 seconds or until easy to stir. Add 4 tbsp soy sauce, 2 tbsp vinegar, a couple of tablespoons of olive oil, and ½ tsp of cayenne pepper, then mix it all together. Pour it over cooked meat, add it to a stir-fry, spread it in sandwiches or wraps, or use it as a dipping sauce. Swap in curry powder, ginger, or other spices to change up the taste.

While watching TV...

- Instead of processed junk, try this nutritious alternative. Defrost a cup of frozen berries in the microwave for 25 to 30 seconds or until soft. Add a tablespoon of peanut butter (either mixed in or on the side) and chow down. Or replace the fruit with a bit of melted dark chocolate, a dab of honey, or a low-cal, high-fiber cereal you can then mash into the peanut butter.

90%

**HOW MANY
AMERICAN
KITCHENS HAVE
PEANUT BUTTER**

For a quick afternoon snack...

- Whip up a quick healthy dip for apples, carrots, or other fresh fruits and vegetables. Just stir together a cup of plain Greek yogurt, 2 tbsp of peanut butter, 1 packet of artificial sweetener (or honey to taste), and ½ tsp of cinnamon. Let the mixture set in the fridge until it begins to thicken.



CUT CALORIES

One tablespoon of PB packs about **100 calories**. To reduce that number significantly while bumping up levels of nutrients like beta carotene, try dumping equal amounts of peanut butter and cooked carrots or sweet potatoes into a food processor. (The veggies should be peeled, steamed or boiled until super soft, and cooled.) Blend the mixture until smooth, then refrigerate until needed.

MF PICKS

4 WORTHY PB ALTERNATIVES

Naturally More

→ This unique PB combines peanuts with wheat germ, flaxseed, flax oil, and egg whites for a rich, nutty spread that's loaded with protein plus the healthy omega fats that fight off disease.

naturallymore.com

Barney Butter Almond Butter

→ Good if you're allergic to peanuts or just want to try something different. Barney Butter has all the nutrients of almonds minus the chunky texture and bitter bite that have kept other almond butter brands from becoming more popular.

barneybutter.com

Nuttzo

→ Packed with organic hazelnuts, cashews, almonds, Brazil nuts, pumpkin, and flax. Nuttzo is a true nut butter. It also has chia seeds, which absorb water and can help keep you hydrated while working out.

www.gonuttzo.com

FitNutz

→ This powder is created when the peanut oil is pressed out of PB, leaving just the pulp. Mix it with water and you get a low-cal P.B. spread. Stir it into cereal or blend it into shakes and smoothies for real peanut flavor with 74% fewer calories per serving.

fitnutzbutter.com

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FIT FOOD

WHAT I EAT

MONTEL WILLIAMS

A blended lifestyle has helped the TV legend battle MS and stay fit, too

BY BRIAN DALEK

AS A TALK SHOW HOST AND former special-duty intelligence officer in the U.S. Navy, Montel Williams always took pride in being in good shape. But after being told he had multiple sclerosis a little more than a decade ago, staying fit became even more than a passion—it became his life. Williams, now 54, did extensive research on the disease that was inflicting pain on his central nervous system and discovered the healing powers of Mother Nature, specifically fruits and vegetables. “I had no idea just how potent their anti-inflammatory properties really were,” he told *MF*. “Since I found that out, my entire approach to food has changed from what it was five or 10 years ago. Now, I emulsify, or liquefy, 70% of what I ingest every day.”

The Emmy winner prepares 38 to 42 ounces of all-natural fruit and veggie juice each day, usually with his own juicer—the HealthMaster Emulsifier (which he promotes through ubiquitous infomercials). Williams chugs the juices hot or cold, in any number of variations, to help keep his appetite in check. He eats his one cooked meal of the day at night.

Williams changed his workout routine as well. Since the diagnosis,



he has shed 30 pounds of fat, while retaining muscle. “Like a lot of guys who lift weights, I used to believe that the more space I was taking up, the better I was,” he says. But at 214 pounds, he believes he was definitely carrying around too much weight for his nervous system to handle. Today, instead of just lifting, his daily workout routine focuses on plenty of cardio and high-paced circuit training.

It’s clearly paying off. In fact, the only times he really feels bad now are when he stumbles away from his diet for a day or two. “I’ve kind of changed my entire approach to life,” he says. “That’s what is keeping me fighting the good fight with this disease.”

My Favorite Meal



AVOCADO SOUP

● “I like it where I can put it in a mug and sip it—with the same consistency as tomato soup. I could eat that soup four days a week.”

To make, blend together:

- 2 to 4 pitted and peeled avocados
- ½ cup of vegetable stock with a couple of chopped scallions
- ½ cup low-fat sour cream
- Half a habanero or jalapeño pepper
- ¼ tsp sea salt
- Some ground black pepper

Montel's Healthy Eating Tips

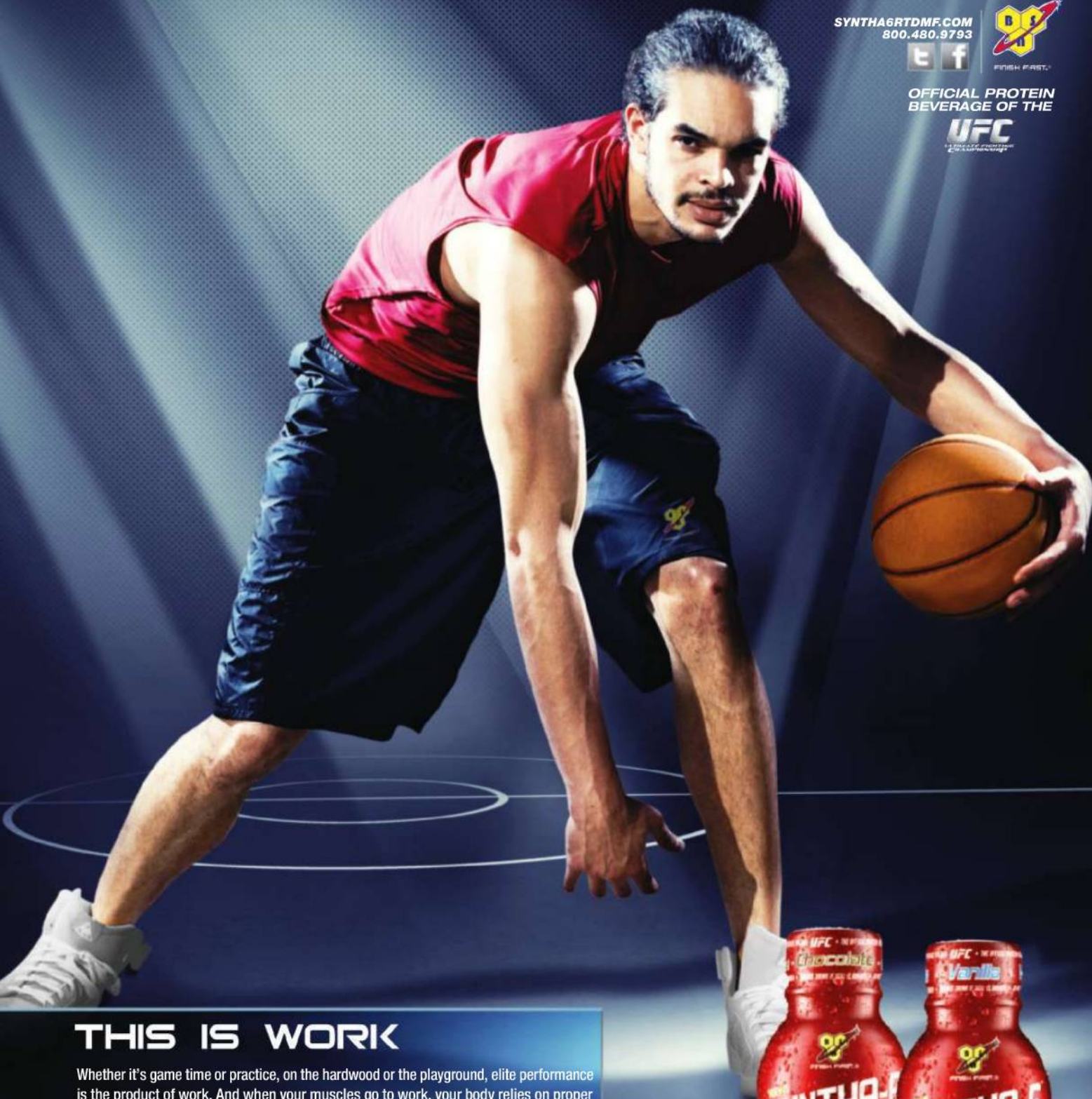
- **Use blended drinks to stop afternoon cravings.** Besides cutting calories, it will also help to make the meals more satisfying. “I’m never hungry. I’ll pick a drink up and pour 8 ounces. When it’s time to sit down and eat, I’m going to have a really good dish, but I’m not going to load it up with mac and cheese.”
- **Don’t be afraid to cheat, but do so sparingly.** “If I’m out someplace, and they claim to have really good pizza, I’m going to get a slice. But I’ll eat only half. That way, the craving is gone, and I don’t have to worry about it again for another six months.”

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IN THE GAME

10 WAYS TO DOMINATE!

Top trainers in pro sports tell you how to build muscle, gain speed, and improve your agility

BY BRANDON GUARNERI

1) CHANGE YOUR WARM-UP

→ "If you're in the gym twice a week, you need to be stretching four times a week," says **John Whitesides, head strength and conditioning coach for the NHL's Boston Bruins.** "If you have tight hips, it's gonna be hard to shuffle laterally and pivot." The fix: Try using a foam roller on your legs, hips, and glutes for a few minutes before you lift. It'll break up scar tissue in your muscles and leave you fresh and ready to train.

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2) GET OFF YOUR ASS!

→ Lift while standing, when the move allows. “Mimic the environment of the athlete,” says **Jeff Cavaliere, trainer to New York Mets third baseman David Wright** and founder of the AthLEAN-X training system. Seated dumbbell overhead presses do you no good on the field of play. You’ve just trained yourself to move in a very specific and isolated manner, not how you move in real life, he says.

3) GO BIG FIRST

→ “Always do complex exercises first,” says **Bryan Doo, strength and conditioning coach for the NBA’s Boston Celtics**. “Hit your major muscles, then the minor ones.” That means squats, deadlifts, and cleans should always come before any kind of curl or extension.

4) CHUG MORE H₂O

→ “We tell athletes to take in 64 ounces of fluid a day,” says **Steve Watterson, strength coach for the NFL’s Tennessee Titans**. “On top of that, they have to replace the fluid they lose during their workouts.” To make sure they do it, the Titans weigh their players before and after training. You should aim for eight glasses of liquids each day—plain teas and clear fruit juices count; anything with added sugar doesn’t—along with a pre- or post-workout drink.

5) TRAIN AS YOU PLAY

→ Focus on exercises that let you move through space in a purposeful way. Set up for a cable crossover with one handle

high and one low. Perform the movement one arm at a time, rotating your torso with your arm as you go. “We’re trying to get the body to move in the patterns it instinctively follows, but with more power and precision,” Cavaliere says.

6) FORGET NUMBERS

→ “If you could tell me how bench-pressing 400 pounds can translate to being better in your intramural basketball league,” Whitesides says, “I’d love to hear it.” Focus on lifting a weight that allows you to use good form throughout the set. “If you can’t do three sets of 20 reps of pushups, you’re not ready to bench.”

7) BE ECCENTRIC

→ Don’t ignore the eccentric (or lowering) portion of any lift to emphasize the concentric (lifting) phase. “Guys want to run fast,” Doo says. “That’s great if you have a Porsche engine, but you don’t want to have Hyundai brakes.” To get better at stopping and starting, the next time you do stepups, take four to five seconds to lower your leg down to the ground during each rep. If you can’t move slowly enough, hold a medicine ball out in front of your chest to counterbalance your weight. “Even if you just do it once a week, the benefits will be huge,” he says.

8) BUDDY UP (AND KICK BUTT)

→ Cavaliere often trains with Wright, and they’ll compete against each other to see who can do more reps in a given set. “It’s often the last reps that give you 90% of your results,” he says.

9) FOCUS ON BALANCE

→ One side or portion of your body is often stronger than the other. That can cause your other muscle groups to work harder in an attempt to balance you out—leading to injuries and weaknesses. “Unilateral training will help you overcome imbalances,” Cavaliere says. Try one-legged squats or presses with dumbbells working one arm at a time.

10) WORK YOUR WAY UP

→ Ease your way into hardcore training. Each time you hit the gym, train a little bit longer or lift a little more weight. “That’s the true secret to improved fitness and overall athleticism,” Watterson says.

Says Swick:
No cakes.
No cookies.



WHAT I EAT

UFC Fighter
Mike “Quick” Swick
reveals his diet

The lean 170-pounder
gives MF the four secrets
behind his pro mealplan

A Complete Breakfast

► This is how Swick starts the day, every day: “I take a cup of water, add some **frozen blueberries**, and put it in the microwave for three minutes,” Swick says. “Then I add two packs of **Quaker oatmeal** and 40 grams of **whey protein**.”

Water, Water...

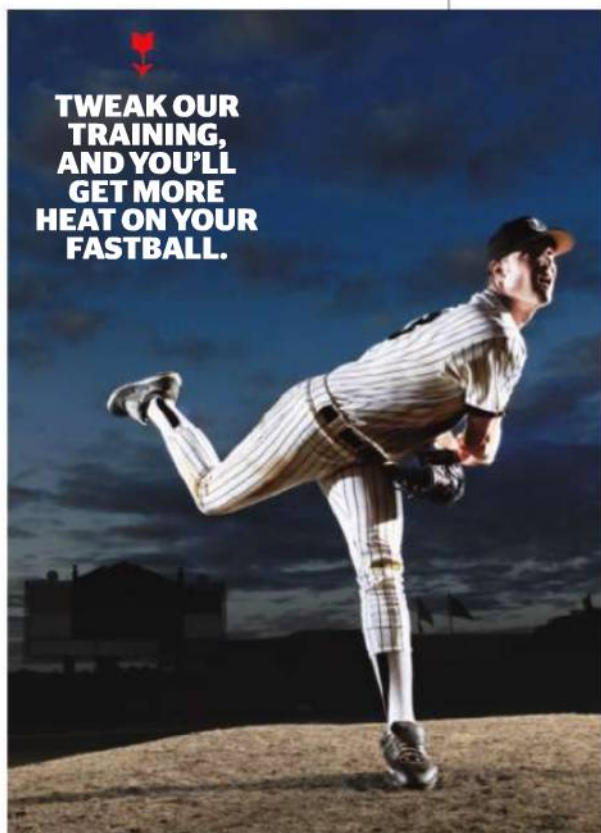
► “I limit my carbs, and one of the best ways to do it is by cutting out the juices and anything sweet. I drink only water. It takes away a lot of calories over a day.”

A Post-Workout Shake

► After training, Swick typically grabs a ready-to-drink **protein shake** and a **banana** to start the recovery process. “I guzzle one down almost every time I work out.”

The Right Cheats

► When asked what he eats when he’s not training, Swick wasn’t sure how to respond. “Man, I don’t know. I pretty much train all the time.” So, no cake and cookies for this grappler? “Nah,” he says with a laugh, “probably **pork chops**.”



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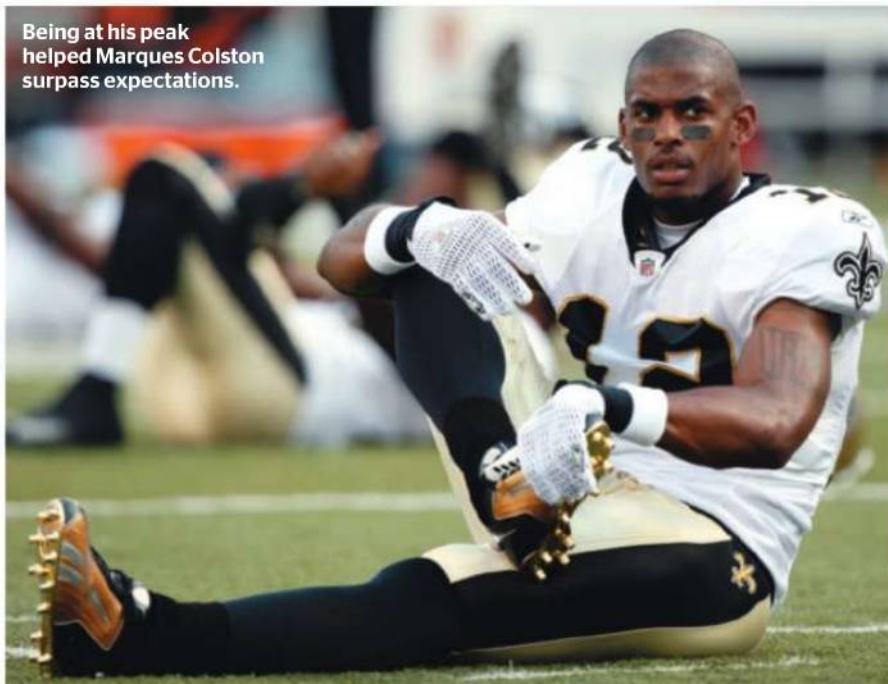
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Being at his peak helped Marques Colston surpass expectations.



HOW I TRAIN

'THE QUIET STORM'

New Orleans wide receiver **Marques Colston** is prepping for the Saints' post-championship season with a strict game-simulating regimen—and no carbs BY BRANDON GUARNERI

Plenty of elite NFL receivers hog the spotlight with their mouths. There's no need to name names. New Orleans Saints wideout Marques Colston isn't one of them. And he lets you know that by the tattoo on his left shoulder: "The Quiet Storm." "That's just me," he says. "I've always been an under-the-radar type of guy, but I go to work every day and try to get better."

When we talked with him, the 6'4", 225-pounder was still dealing with the after-effects of the Saints' Super Bowl XLIV win.

After all, no one parties as they do on Bourbon Street, and Colston says the celebrations went on so long they cut six weeks out of his off-season training. "It's tough to manage something like that because [winning] is a lifelong dream," he says. "But you've got to stay focused."

Colston certainly is. His off-season program centers around lifting four times a week with strength coach Aaron Sistrunk, co-owner of Balance gym in Chestnut Hill, Pa.

Every two weeks, the pair change up his exercises.

"We don't want his body to plateau," Sistrunk says. "You want to keep shocking it."

True to his demeanor, Colston approaches his workouts without flair or drama. "He's strictly business," Sistrunk says. "He just does what he needs to do."

Much of Colston's workmanlike attitude

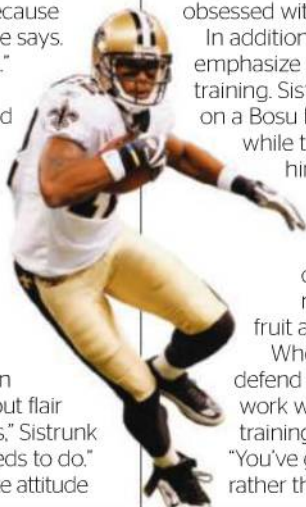
may come from the fact that he isn't really supposed to be in the NFL. He played his college ball at tiny Hofstra University (which has had only a handful of players reach the NFL), and **he wasn't selected until the last round of the 2006 NFL draft.** Last round. "Subconsciously, I think it drives me."

Last year, Colston caught 70 balls for 1,074 yards and nine TDs, but he's still obsessed with getting better.

In addition to lifting, his workouts emphasize plyometrics and unilateral training. Sistrunk will often put Colston on a Bosu ball for one-legged squats while throwing a medicine ball at him to simulate game play.

At the time we chatted, he also had to drop eight pounds before training camp. His strategy: No bread, no pasta, no rice. "Just lots of fruit and vegetables," he said.

When the Saints take the field to defend their title, he's confident the work will pay off. "The weeks before training camp are crucial," he says. "You've got to learn to work smarter, rather than just going harder."



THE MFQ

THE INNER CIRCLE

Sports marketing exec **Brandon Steiner** has learned a lot about fitness from the company he keeps—champs like Mariano Rivera

Building up a company that sells more than 10,000 collectibles will definitely feed your love of sports, but according to Steiner Sports CEO Brandon Steiner, spending time around the world's best has also helped him learn to stay fit.

Does being around pros motivate you to stay in shape?

> The biggest thing I've learned is that staying fit is as much about diet and eating right each day as it is exercise. Yankee closer

MARIANO RIVERA

has taught me a lot. He's so committed to working out—12 months a year. I've also realized that stress is fattening. In top-level jobs, it's something you must counter if you want to stay healthy and in shape.

How has seeing athletes train changed your workout strategies?

> I do more. Today, I lift weights twice a week with a trainer at home, and I play basketball two times a week. I have my weekly game at my house and a Sunday game with friends that I've been playing for 10 years.

And your diet?

> I try to never let myself get hungry. That's something I've definitely learned from the pros. I always have breakfast, usually eggs or yogurt. Then I'll have a salad with grilled chicken for lunch. Around 3 p.m. I'll need a boost, so I'll have a protein bar. For dinner, I typically have chicken or fish with salad and veggies. The hardest part for me is the after-dinner temptation. It's a real challenge not to go for snacks. Carbs and sweets are killers for me. But I also know that's something even the top-level guys have to fight. Somehow, that makes it easier to keep myself in check.





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Outdoors

Team Mudders:
Racing with your
buddies keeps
you motivated.



AS TOUGH AS IT GETS

Marathons and triathlons not challenging enough? The grueling **Tough Mudder** may be worth a spot on your calendar. BY JEREMY P. JACOBS

● LAST SPRING, SOME 4,500 PEOPLE CAME to Bear Creek, Pa., for a challenge—a seven-mile obstacle course, running through a mud swamp, snow pit, and trails; carrying logs; shimmying across a lake on a rope; and navigating underwater tunnels. The finale? Racing through flaming bales of hay as Johnny Cash's "Ring of Fire" blasted on the PA system. The event is called the Tough Mudder, and that doesn't even begin to describe it. At least there was plenty of beer across the finish line.

COURTESY OF TOUGH MUDDER

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The Mudder was created by Harvard Business School alum Will Dean, a triathlete and marathoner, and his childhood friend Guy Livingstone, a UK-based lawyer. Dean wanted an athletic event that emphasized camaraderie and fun over competition but still pushed participants to their physical and mental limits. "People are looking for a real challenge," he says. "What we're trying to do is pack in as much of that as we can, while also creating an event that leaves you with a sense of achievement and that realistically fits into your schedule."

The next Mudder events take place Oct. 9 in Bear Valley, Calif., and Nov. 20 and 21 in Englishtown, N.J. There are 11 events planned nationwide for 2011. (Participants can register as individuals or as part of a team, which can come in handy when you need encouragement.)

Organizers estimate that 10% of competitors won't finish the course, and they stress that being first across the line is much less important than just finishing. "This isn't a race," Livingstone says, "it's a challenge. We hope that, given the atmosphere, people will say, 'Yeah, I'm going to do this. I'm going to conquer my fears.' But we also still want you to have a good time."

Given the number of racers who got tattoos, wore outlandish costumes, and just partied hard following the conclusion of the first Mudder, that doesn't seem to be a problem.

Dean expects a similar turnout for the upcoming races, and he promises they'll be even tougher than Mudder I. "It needs to be hardcore," he says.



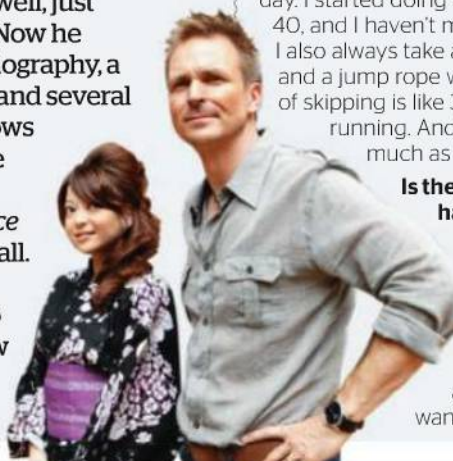
MUDDER EVENTS

- (1) Kiss of Mud
- (2) Fire Walker
- (3) The Ball Shrinker

THE MFQ

PHIL KEOGHAN

After 16 seasons on the Emmy award-winning, globe-trotting reality series *The Amazing Race*, Phil Keoghan has logged more miles and visited more countries (about 70) than, well, just about anybody. Now he has a new autobiography, a new energy bar, and several films and TV shows in the works. The next season of *The Amazing Race* (CBS) starts this fall. We got the ever-on-the-go host to hold still for a few scant minutes.



Any secrets for staying fit on the road?

> I travel about 400,000 miles a year. When I'm on *The Race*, I don't get much time to work out, so in airports I'll lift luggage, or if I'm standing in line I'll do calf raises. I do 100 pushups a day. I started doing that when I turned 40, and I haven't missed a day since. I also always take a resistance band and a jump rope with me—10 minutes of skipping is like 30 minutes of running. And I try to stretch as much as I can.

Is there anything you haven't done yet that you want to?

> I had a near-death diving experience when I was 19. After that, I created a life list of things I wanted to accomplish.

I swam from Asia to Europe across the Bosphorus Strait. I got my reindeer racing license in Finland. I went to a nudist resort for three days—my "nude awakening." I've dived the world's longest underwater caves. But you never want to complete everything on the list so you're excited about something in your life every day up to the very end.

What's your best accomplishment?

> I rode a bicycle from Los Angeles to New York and raised more than a half-million dollars for the MS Society. I rode 100 miles a day for like 40 days. It was the toughest thing I've ever done, but knowing that we did a lot of good was a tremendously satisfying feeling.

Any words of wisdom for our readers?

> Don't look at everything as either success or failure. That's a big problem. Instead, try to learn the steps that are necessary to achieve success. I've failed more times than I have succeeded in life, but every time I've failed, I feel as if I've also learned what I needed to know in order to make something work.



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SURVIVE THIS!

The cohosts of TV's hottest new adventure show help you defuse **four life-threatening scenarios**

BY DEAN STATTMANN

➔ The beauty and serenity of Mom Nature can quickly turn into a nightmare. Animal attacks, injuries, disorientation—all are possible when you're roughing it in the wilderness. To stay alive, you gotta know how to react if such situations arise. We turned to **Dave Canterbury** and **Cody Lundin**, survival experts and cohosts of the Discovery Channel's *Dual Survivor*, for advice.

ENCOUNTER WITH A BEAR

➤ Stay calm and don't run. Help the bear recognize you as a human by talking to it in a soothing voice. Avoid eye contact and raise your arms above your head to appear bigger. Your next move depends on what kind of bear you're dealing with. "If it's a black bear, face the animal, get noisy, throw stuff at it, and then leave the area if the bear still seems unintimidated," Lundin says. "If it's a grizzly, slowly—and immediately—begin backing away." (Grizzlies are much bigger than black bears—up to 1,000 pounds vs. 325 pounds.) **If the bear lunges forward, snaps his jaws, or slaps the ground with its paw, it likely feels threatened and thinks you're too close.** Some bears will rush toward you only to stop a few feet away. Hold your ground, and then slowly move away while continuing to talk softly.

11

AVERAGE
NUMBER OF
SEARCH & RESCUE
MISSIONS THE
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CONDUCTS
EVERY DAY

RAFT CAPSIZES IN RAPIDS

➤ Right the overturned raft as quickly as possible. To do it, you're going to need leverage. **If you can't swim to shore, climb on top of the overturned raft.** Once on the raft, slide the grip end of your paddle under the rope that runs along the side of the raft—what pros call the chicken line—and lean back with the full weight of your body until you flip it over. If you're headed toward any dangerous obstacles, such as a waterfall or rocks, "ditch the raft—don't try to save it—and immediately swim as hard as your ass can move to shore," Canterbury says. "Try to swim diagonally into the current toward the nearest side of the river." You'll get there faster since the current is actually pushing your body toward the shore.

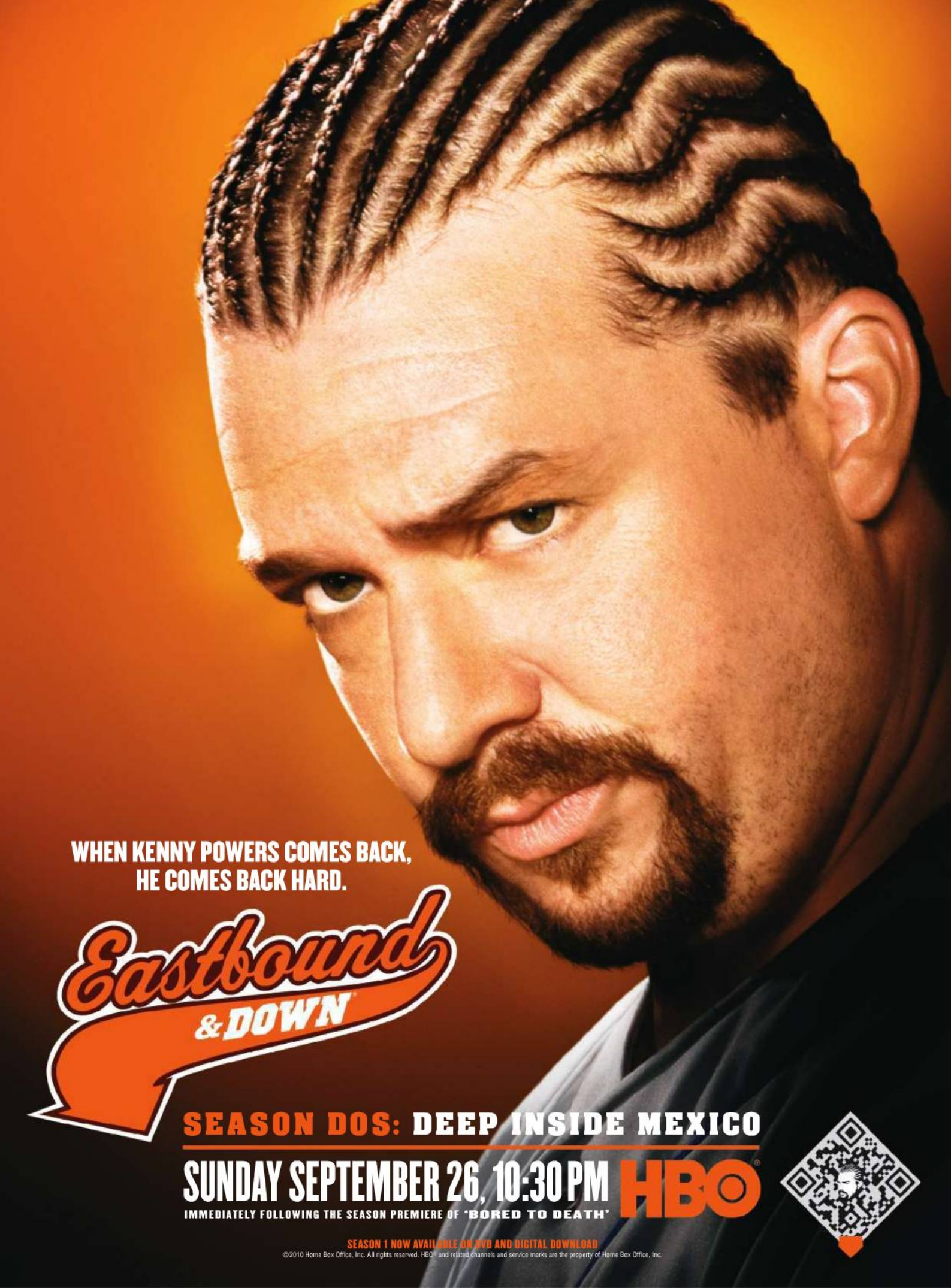
LOST IN THE WOODS

➤ The first thing you want is fire. It will keep you warm, but **the fire also provides light, a bit of protection from wild predators, and a signal for rangers or search crews.** Second, build a shelter and stay put. Insulate the floor with pine needles and leaves, and wait it out. "Always leave a 5-W game plan with someone," Lundin says. "That's a list of where you're going, when you'll return, who is in your group, what means of transportation was used to get to the trail head, and why the outing was planned." That way, if you don't show up where and when you're supposed to, authorities will have a much better chance of rescuing you.

INJURED ANKLE

➤ A bad sprain and a fracture can be hard to tell apart, so treat all injuries as the latter. Remember the acronym HIRICE: "Hydration, Ibuprofen, Rest, Ice, Compression, and Elevation. Follow those guidelines," Lundin says. Using clothing, duct tape, or another material, wrap the ankle firmly—but not tight enough to constrict blood flow—and keep your weight off it as much as possible. If you're alone, find a walking stick to use for support and head back to your car or the nearest road, carefully. **"Ankle injuries can go from bad to worse in no time,"** Canterbury says. Keep moving; the last thing you want is to be stranded alone at night in the woods with an injury.





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HOW I TRAIN

FIT TO THE FINISH

The winner isn't always the biggest or fastest in the race but the one with the endurance to stay strong until the end—guys like NASCAR driver **Carl Edwards**, the fittest guy in racing.

BY NOAH JOHNSON

THREE SUMMERS AGO, we featured racer Carl Edwards on our cover and called him the Fittest Man in NASCAR. No one has snatched the title from him yet, although his dedication to fitness appears to be catching on in the pits. "When I started in 2005, I'd go to the gym in the infield in Daytona [Beach, Fla.], and it would be myself and maybe two other guys at the most," says Edwards, 31. "Now I go in there, and there are all these guys with their trainers."

These days, Edwards is likely to be sharing the gym with fellow racers Jimmie Johnson, Mark Martin, and Jamie McMurray. "Competitively," Edwards says, "I wish I'd never talked about working out. I've definitely had to step up my game."

Edwards still trains with Dean Golich, a personal trainer from Carmichael Training Systems in Colorado Springs (the same team that helped Lance



13

AGE WHEN
EDWARDS BEGAN
HIS RACING
CAREER, DRIVING
FOUR-CYLINDER
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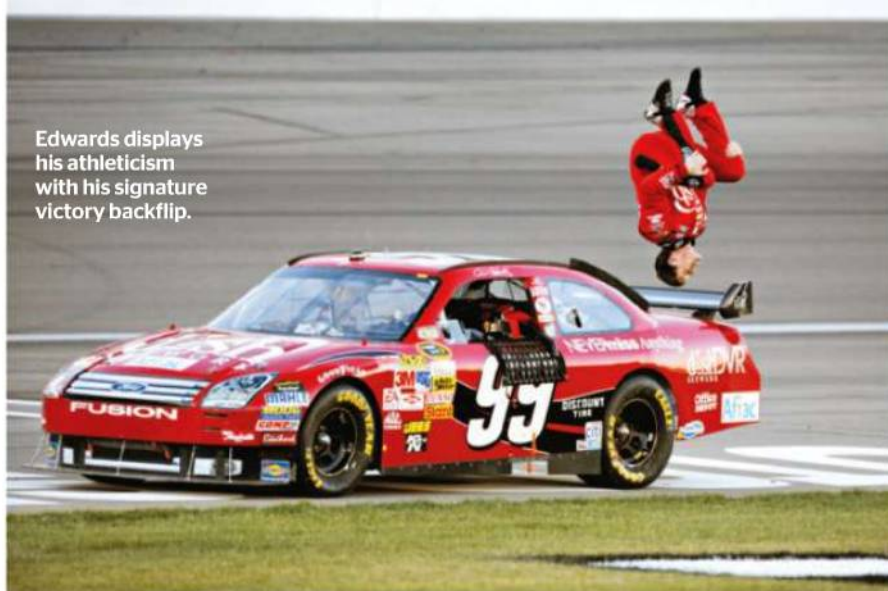
Armstrong shape up for his numerous Tour de France wins). Auto racing requires not only driving skill and focus, but the men and women behind the wheel must also be able to handle their 3,400-pound machines at crazy speeds for up to four straight hours, a task that becomes particularly arduous in the final laps when everything (including your life) is on the line. Golich uses a golf analogy to describe racing's fitness needs: "If you're walking 18 holes day after day, by the last round—if you're fitter or you can concentrate better or if the course is difficult or the weather is hot—being fit is always going to give you an advantage."

Edwards' description of driving a stockcar has a bit more edge: "Racing is like riding a really, really fast, scary roller coaster. At the end of the ride, your palms are going to be sweaty, your heart is beating, and you'll be breathing faster. And you didn't do anything!"

Edwards' endurance-training strategy for racing is built around his love for the outdoors. "He ends up riding his bike a lot," Golich says. "He does it out there in the heat—and he does it for a long time. I usually have to hold him back rather than push him to go harder."

The NASCAR season stretches from February to November, during which time Edwards transitions through several phases of physical conditioning—muscle building, strength, and finally,

Edwards displays his athleticism with his signature victory backflip.



Presidential Approval

➤ In June, Edwards (above, in blue shirt) was sworn in to the President's Council on Fitness, Sports, and Nutrition by President Obama. He shares the honor with the NFL's Drew Brees and NBA star Grant Hill, among others.

power. Golich keeps the weight training focused on big muscle groups and full-body workouts—squats, leg press, bench press, shrugs, and lots of core work—with back extensions and machine lifts taking the place of countless crunches. "I'm not a big fan of just doing reps of abs," the trainer says.

Like many athletes, Edwards knows that victories are usually earned long before the pace car leaves the start line and the race begins. "The thing I remind myself is that the race is going to start and it's going to end," he says. "No matter how tired I get and how frustrated I get, when it's over, I can't change the outcome. I give it 100%, and then it's done. I don't want to look back and say I didn't do my best." **MF**

FIT TIP

THE RUSSIAN TWIST

Build **core muscles** worthy of a stockcar racer

● **HOW TO DO IT:** Grab a medicine ball, dumbbell, or weight plate and sit on the floor with your hips and knees bent 90 degrees. Hold the weight straight out in front of you and keep your back straight (your torso should be at about 45 degrees to the floor). Explosively twist your torso as far as you can to the right, and then reverse the motion, twisting as far as you can to the left. **Do 3 to 5 sets of 5 to 12 reps.**



MF PICK

THE FUEL DOCTOR

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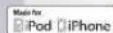


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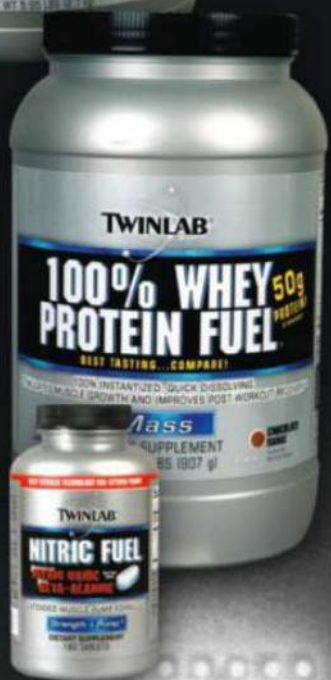


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PURE PERFORMANCE
SINCE 1968

LIVE WELL

Speed

HIGH VOLTAGE

Why stop at hybrids? **Just go electric!** These three new plug-ins boast staggering performance, economy, and eco-friendliness. **BY NOAH JOHNSON**



● NISSAN LEAF

> Anticipation has been building for the release of **Nissan's first all-electric, zero-emission car.** It's here, and it's surprisingly affordable. Although the Leaf has a downside—it gets only 100 miles per charge—Nissan says you'll soon be able to charge at home, at work, and on the road, so that limited range shouldn't slow your roll too much. A full charge requires about eight hours on a 220v outlet and significantly longer on a standard outlet. Nissan's special quick-charge station will take less than an hour.

> 107 horsepower // 90 mph top speed // \$32,780 nissanusa.com

● TESLA ROADSTER 2.5

> The best-performing electric car, this hand-built, carbon-fiber plug-in goes from **0 to 60 in 3.7 seconds**, and just one charge can get you up to 245 miles. Recharge using just about any standard electric outlet in as few as four hours, or six hours using your mobile connector.

> 288 horsepower // 125 mph top speed // \$109,000 teslamotors.com

\$7,500

HOW MUCH YOU'LL GET BACK FROM THE GOVERNMENT FOR GOING ELECTRIC



● CHEVROLET VOLT

> GM's plug-in electric car comes with an onboard gas engine, so once you've exceeded the car's all-electric limit of 40 miles, you'll be able to recharge the lithium ion battery for **up to 300 additional miles.** Another cool feature: a mobile phone app that lets you monitor your current electric range, fuel efficiency, and battery charge as well as perform other commands like locking doors or initiating a remote start.

> 150 horsepower // 100 mph top speed // \$41,000 chevrolet.com



COURTESY OF NISSAN, TESLA, GM

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\$34,000

► What Belstaff paid for Steve McQueen's trailmaster. When McQueen originally bought it in the 1960's, it cost only a few hundred dollars.



The Look

NO CYCLE REQUIRED

Generations of Hollywood icons have rocked the long-lasting **Belstaff Trailmaster** jacket

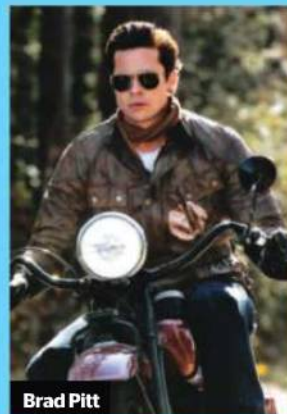
► Long a fave of motorcyclists for its incredible durability and protection against the elements, the **Trailmaster (\$1,350)** has been helping guys stay warm and look cool for more than 80 years. And that's about how long yours will last. Among the jacket's many rugged fans: James Dean, Tom Cruise, Will Smith, and Johnny Depp, none of whom have needed a motorcycle to work the look.



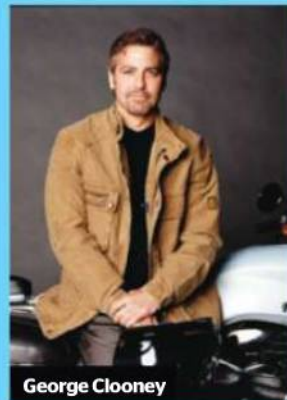
Steve McQueen

BE COOL

Ride the coattails of these A-list stars—all fans of the Belstaff brand.



Brad Pitt



George Clooney



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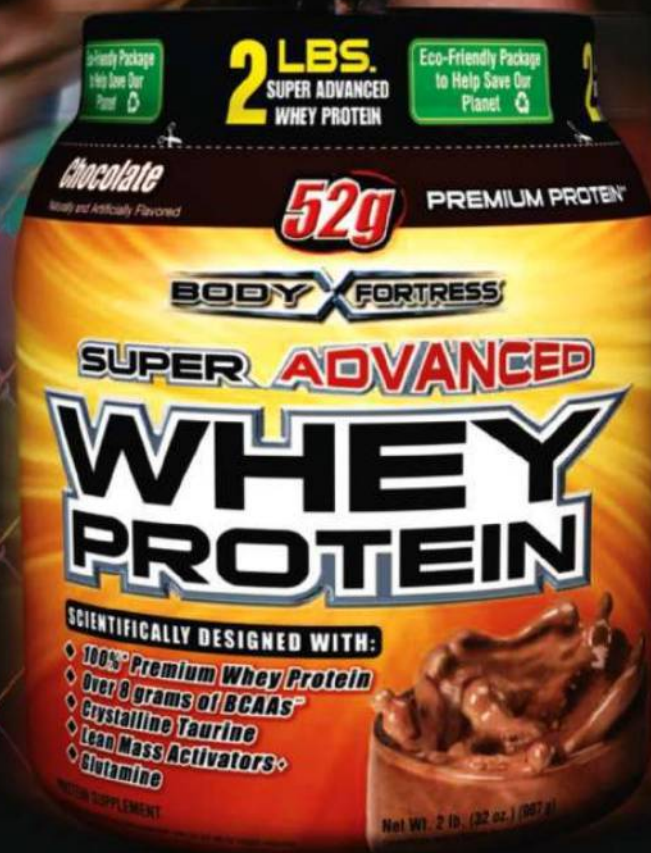
MF FANTASY POLL

DREAMING ABOUT IT? DO IT!

5 ways to live out your most
salacious sexual desires

BY DESIRÉE GALLAS





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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

*This product is made with a protein blend that is 100% whey protein. **Per two scoop serving.
Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

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WORRIED YOUR GIRL would freak if she knew what really turns you on? Well, fess up, because 95% of women are willing to help their man fulfill his biggest sexual fantasy, according to women we polled at Shape.com, the site for our sister pub. The key to pulling it off? Make sure she feels in control. For tips, we turned to **Marcus Spencer**, a 16-year sex film actor and an author. His advice: "Let your lover know you have a fantasy, then help her fine-tune it until it's something she's comfortable with."

IF YOU WANT...

A MÉNAGE À TROIS

→ "Assure her it's a onetime thing," Spencer says. "Tell her you want to experience it with her, and that you want to stay with her after the fantasy. Then, let her pick the girl and set all the guidelines for the group."

SEX IN PUBLIC

→ The key is discretion. "Have your woman wear a long skirt or dress with no underwear so she can sit on you. Look at places and say, 'Can we?' If it's 'Yeah!' then do it."

TO MAKE A SEX TAPE

→ "If you want it to look professional, use a tripod and make sure there's good lighting."

BONDAGE

→ Give her total control over the experience. "Start with an environment where you're not comfortable, but she is. And have her use handcuffs or rope to tie you up." Other props and toys can help to set the mood. From there, what you do is up to her.

EXHIBITIONISM

→ "Find a space where you know you'll be watched, like a party or event where everyone's drinking and having fun." Look for an unoccupied room or corner that's just visible. You want your audience to find you. "Once you get started, just focus on the person you're with. That's the performance your viewers want to see."



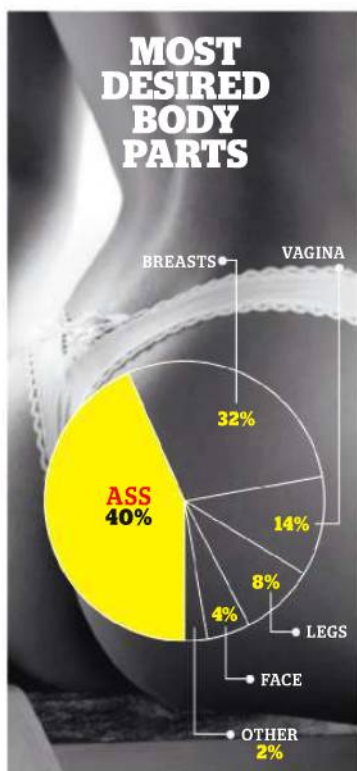
What you want!

We asked 1,800 guys at mensfitness.com what turns them on

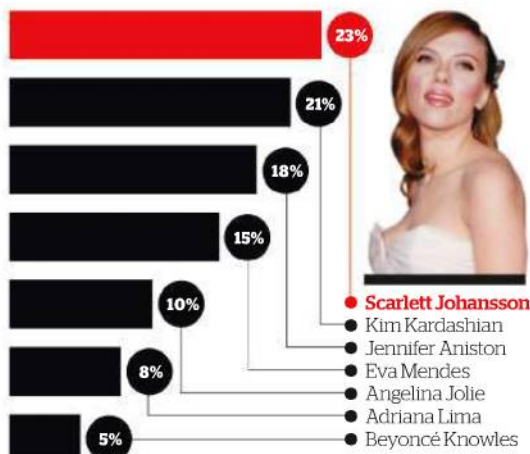
→ Number of times a week guys think about kinky sex

6

MOST DESIRED BODY PARTS



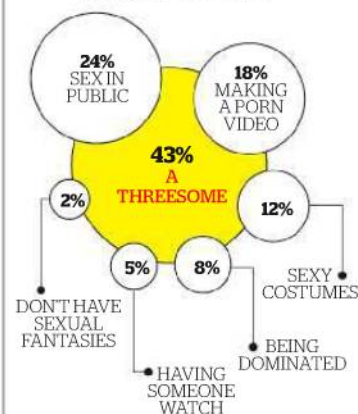
YOUR TOP CELEBRITY FANTASIES



1 IN 4 MEN HAVE A STILETTO FETISH



98% OF GUYS HAVE A SPECIFIC SEXUAL FANTASY



I Show Up, Not Off.

HARNESS YOUR TRUE STRENGTH

I LOOK PRETTY INTIMIDATING TO THE AVERAGE GUY. But that's not what gets me into the gym. A lean muscular frame is just one of the benefits you can expect from constantly outdoing what you accomplished the workout before. Never backing down to a challenge leaves me with energy and confidence to spare. You better believe I'm fueling those gains with America's best selling protein powder. ON's True Strength? Continuing to set even higher standards.



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5.5
GRAMS OF
BCAAs

4
GRAMS OF
GLUTAMINE &
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SUPPLEMENT REVIEW:

An Inside Look at What Could Be the Most Complete Lean Mass Builder Ever Formulated

Building lean muscle is no easy task. First, you must lift heavy weights with all-out intensity on a consistent basis to add muscle to your body. But more often than not, that's just not enough to make the kind of gains you're after!

The real key to packing on high-quality mass is to consistently supply your body with the right combination of muscle-building nutrients. With today's busy lifestyle, it's almost impossible to get all the nutrients you need from food alone, so that's when supplements can help. Research shows that certain supplements can significantly increase gains in lean mass beyond what diet and exercise can do on their own. In the following review, we take a closer look at the popular lean mass gainer ISO MASS XTREME GAINER made by Ultimate Nutrition of Farmington, Connecticut.

ALL-IN-ONE –

With one look at the formula (which boasts over 60 different ingredients), it's clear that if you're using this supplement, there's no need to buy multiple supplements anymore! All of the latest muscle-building compounds can be found in every serving. The basic overview of the formula includes a precise blend of time-released proteins (isolates, not concentrates), complex carbs, 7 different types of creatine, 4 types of glutamine, a complete vitamin/mineral premix, a healthy blend of 6 essential fatty acids (EFAs), 4 nitric oxide precursors, a creatine precursor complex and even an enzyme absorption complex.

Now do you see what we're saying when we say "all-in-one" and why you'll need no other supplements if you're on this stuff? Read on as we take a closer look at this product.

ISO MASS –

Time-Released Isolated Protein

The ISO MASS protein complex includes a combination of fast-acting and slow-release proteins, including whey protein isolate, milk protein isolate, egg protein isolate and micellar casein. Multiple sources of protein are superior to any single protein source for sustained delivery of amino acids, which are the building blocks of muscle, to the body. A continuous supply of amino acids to muscles means faster gains in lean mass and quicker recovery from workouts.

It's also impressive that Ultimate Nutrition formulated it with the much more expensive isolates rather than concentrates. If you're a regular reader of this magazine, you know that isolates are the purest form of protein available and contain little to no fat or carbs.

continued next page »



CARBO MASS – Time-Released Fuel

Although muscle tissue is made mostly of protein, the carbs are also needed to increase muscle glycogen (stored energy). If the right carbs aren't supplied to your muscles continually, your body will break down muscle for energy. Obviously this is not a good thing, especially not when you're trying to gain lean mass every day of the week! In looking at the carb blend found in this product, it's obvious that Ultimate Nutrition's research team engineered it to provide your body with a time-released carb supply, a factor ideal for continually restoring muscle glycogen levels. Research also supports the use of slow-releasing carbs to help stabilize insulin levels and promote muscle growth.

CREA MASS – 7 Types of Creatine

Without a doubt, creatine is the most research-proven muscle-building supplement ever discovered. Time and time again, it's been shown in scientific studies to increase muscle size and strength. Creatine increases performance in the gym by enhancing ATP production (ATP is the main energy source for all cellular functions). Creatine supplementation also increases cell volumization. This makes your muscles fuller and tighter and also increases protein synthesis (muscle

**If you're a
regular
reader
of this
magazine,
you know
that
isolates are
the purest
form of
protein
available.**



building) at the cellular level. Most recently, research has shown that creatine may even increase satellite cell activity in muscles. When activated, satellite cells fuse to muscle tissue and increase the overall size of the muscle. The creatine complex found in ISO MASS XTREME GAINER contains various forms of creatine such as creatine monohydrate, Kre-Alkalyn, creatine ethyl ester, creatine orotate and even creatine pyruvate!

OMEGA MASS – Healthy Fats for Gains in Lean Mass

Essential fatty acids (EFAs) are crucial when it comes to maximizing muscle growth. Research shows that certain fats, such as medium-chain triglycerides (MCTs), conjugated linoleic acid (CLA) and flaxseed oil, can help change body composition so that the gains you make are gains in fat-free mass. The EFA blend found in ISO MASS has you covered if you're in a muscle-building phase. However, if you're in a cutting phase, you may want to add an extra two tablespoons of flaxseed oil each day to your diet.

VITA MASS – Essential for Optimal Growth

According to a recent study, as much as 60% of us are deficient in at least one nutrient. If you're

CREATINE FACT:

It's a scientific fact that when you're on creatine, your body's natural production of creatine shuts down. The clever minds at Ultimate Nutrition added a creatine precursor complex called CP MASS to help offset this problem.

that important! We were glad to see that Ultimate included a potent vitamin/mineral complex called VITA MASS. Based on the doses of each nutrient, you probably have no need to add a multivitamin supplement to your diet.

GLUTA MASS – The Body's Most Important Amino

Scientists estimate that roughly 60% of the free-form amino acids found in skeletal muscle are made of glutamine.

During intense training and times of stress, glutamine stores can become depleted. Many studies have found that prolonged, exhaustive exercise decreases glutamine levels in the body, which can compromise muscle growth, recovery and decrease cell volume. ISO MASS supplies four types of glutamine – Glutapure glutamine, glutamine AKG, glutamine ethyl ester and n-acetyl L-glutamine.

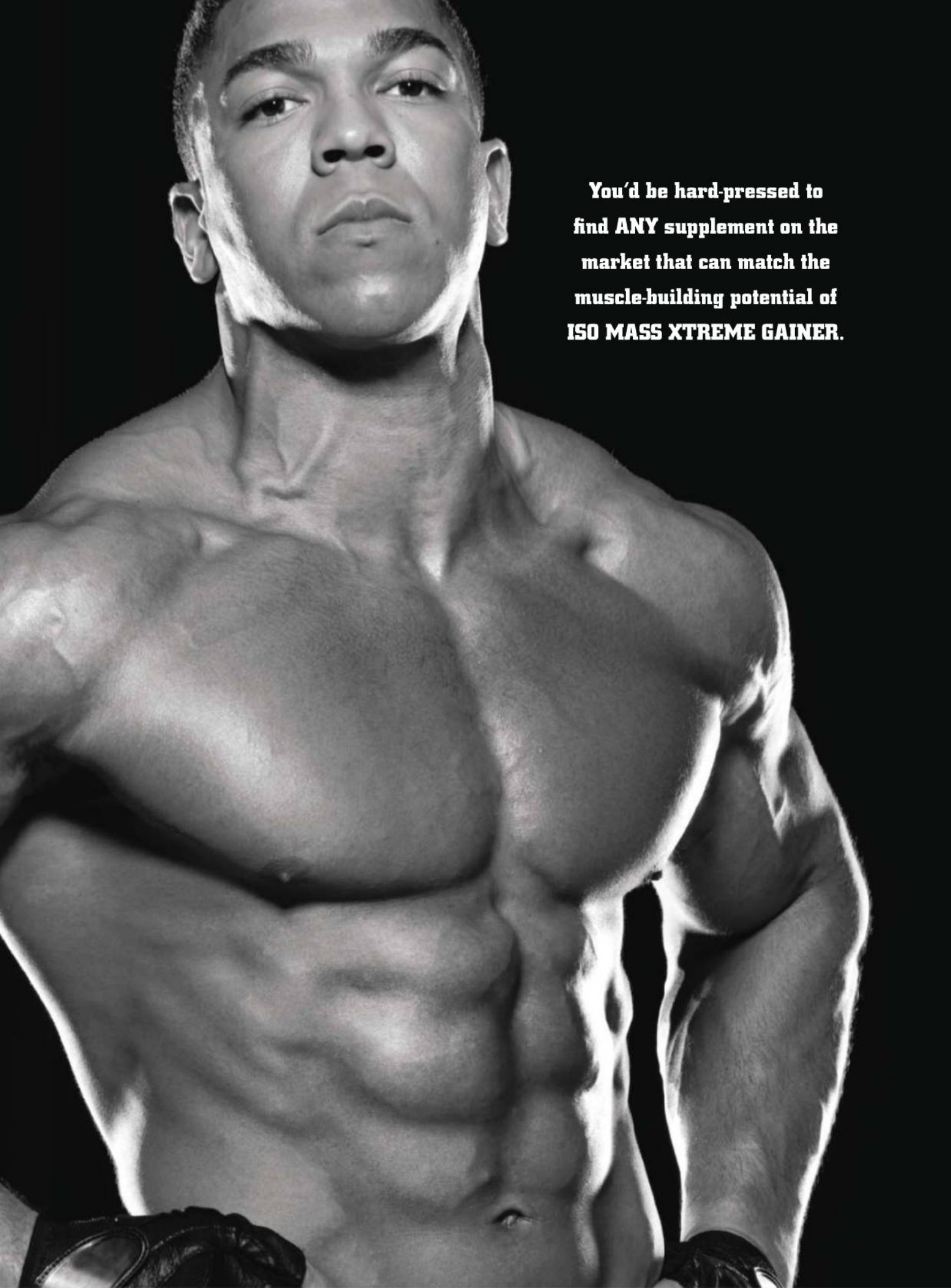
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truly serious about your nutrition and training, you must have all your nutritional bases covered by taking a multivitamin and minerals supplement. In fact, if there were only one supplement in the world to take, most people should be on a multi – it's just

With over 60 different ingredients, if you're using this supplement, there's no need to buy multiple supplements!



Simply going through the motions won't cut it. To build serious muscle you've gotta train with all-out intensity!



**You'd be hard-pressed to
find ANY supplement on the
market that can match the
muscle-building potential of
ISO MASS XTREME GAINER.**

ADVERTISEMENT

N.O. MASS – Maximizes Nitric Oxide

Nitric oxide boosters are designed to dilate blood vessels, allowing them to expand, which increases blood flow to muscles. This allows muscle-building nutrients to be forced into muscle cells to stimulate the whole muscle-building process. The N.O. Mass complex contains arginine-AMG, arginine ethyl ester and two other nitric oxide precursors. This array of arginine analogs supports muscle pumps in the body.

BCAA MASS

A countless number of scientific studies have confirmed the significant effect branched-chain amino acids (BCAAs) have on protein synthesis (muscle building). Leucine is the most important of the BCAAs in stimulating protein synthesis, and does

so through multiple pathways in the body. Since BCAAs can't be made by the body, they must be supplied through food or supplementation, and that's exactly why ISO MASS contains extra BCAAs. Buying BCAAs on their own can cost a fortune, but Ultimate Nutrition has you covered. What's more, Ultimate Nutrition even included the "ethyl ester" form of BCAAs in this incredible formula. The ethyl ester molecule may help the BCAAs pass more readily through the intestines. The ethyl ester may also protect against rapid degradation potentially making the BCAAs more effective when combined with other ingredients.

ENZYME MASS – Enhanced Digestion & Absorption

To get the most out of the nutrients you're taking in, they must be digested

and absorbed properly. This is especially important when eating as much as bodybuilders do when trying to pack on muscle! This complex includes the enzymes protease and lactase, which help breakdown proteins and carbohydrates, respectfully, to ensure proper digestion and absorption of the nutrients found in ISO MASS.

LAST SET

Serious weight trainers and other athletes looking for a supplement to help them add lean mass as quickly as possible should definitely give ISO MASS XTREME GAINER a shot. When you consider the science backing up its ingredient profile and the reputation Ultimate Nutrition has had for over 30 years in the supplement industry, you'd be hard-pressed to find any supplement on the market that can match its muscle-building potential.

**With five fantastic flavors and over 60 ingredients,
ISO MASS XTREME GAINER combines practically every top
supplement into one powerful formula!**



ISO MASS XTREME GAINER is available at GNC, BodyBuilding.com, Popeye's, Europa and other fine retailers worldwide.

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STILL GETTING

MF ICON

HIS FIX >>

He's been sober for two decades, but **ROB LOWE** still gets his thrills—on dynamic waves and treacherous cliffs around the world, in the gym, and as an ever-hot actor and an emerging Hollywood mogul. And his sights are set on even more.

BY LAUREN PAIGE KENNEDY PHOTOGRAPHY BY JIM WRIGHT





**IT TAKES
MORE THAN
CHISELED
GOOD LOOKS,
EVEN THOSE
AS INHUMANLY
PERFECT AS**

Rob Lowe's, to endure in Hollywood. The city is littered with talented has-beens, actors whose careers are (were) defined by more valleys than peaks. After three decades in the business, Lowe—teen idol, scandal-rocked star, comeback kid, comedic foil, dramatic lead—is not among them. “The people I’ve always idolized and have tried to work toward emulating,” Lowe says, “are people who stay relevant and stay in the game decade after decade after decade.”

Now, at 46, he is determined to be one of those people. Lowe goes for the laugh and milks the tears on NBC's *Parks and Recreation* and Showtime's *Californication*. He also recently signed to join the cast of the film *I Melt With You*, a thriller also starring fellow *MF* cover guys Thomas Jane and Jeremy Piven.

He's also partnered with his old pal Tom Barrack, chairman of Colony Capital, a private investment firm, to buy Miramax Films. Yes, *that* Miramax—the Disney-owned Oscar darling. His goals? To branch out into film and television production, sports, distribution, and online properties. He's also developing a reality show, *Potomac Fever*, set in the nation's capital, and penning a memoir, *Stories I Only Tell My Friends*, due out next May—a book he refused to put his name on unless he wrote every word in it.

Lowe, on-screen and off, easily pokes fun at himself, which is part of what makes an audience want to root for him. Like sunny budget-slasher Chris Traeger, his near-pathologically upbeat character on *Parks and Rec*, Lowe is a glass-half-full guy. “The ability to laugh and to make people laugh—that, and an inherent optimism—is probably one of the most important things you can have in your life,” he says.

Parks co-star Aziz Ansari praises Lowe's positive aura. “One of the great things about Rob is he is so nice and eager to share his amazing stories,” Ansari says. “This is a dude who regularly chats with Arnold Schwarzenegger! He's basically like this supercool Hollywood uncle I never had, who for some reason is also Caucasian.” (Ansari's parents emigrated from India.)



Traeger allows him to “let loose my inner geek,” Lowe says. And both are fitness fanatics. In one episode, Traeger tears open his shirt Superman style, to reveal jogging duds beneath his work attire—the character runs 10 miles daily and is trying to log as many miles as the distance to the moon. Lowe is almost as hardcore. “I do something [active] every day: surfing, skiing, playing tennis, basketball, hitting it hard in the gym, dry-sand runs with pushup intervals. I have every sort of club in my bag when it comes to what I'll do on any given day. And I've been this way for years and years.”

Twenty years, if you're counting—that's how long it's been since Lowe turned his back on his boozy Brat Pack ways and embraced his inner Zen. Which is not to say he went soft. If

**"FEAR IS
LIKE A BEAR.
SOMETIMES
YOU PIN THE
BEAR. OTHER
TIMES THE BEAR
PINS YOU."**



anything, the exact opposite: The dude's a certified thrill seeker. "I've been sober for 20 years," he says. "But you gotta get your fix some way. At a certain point you realize a whole lot of espresso doesn't do it. That's why I like helicopter skiing"—more on this death-wish sport in a moment—"and big-wave surfing. It's a way for me to keep my edge."

Surfing has become "an obsession," though he didn't ride his first wave until he was in his 30s. Rincon Point in Santa Barbara County, a seven-mile drive from his home in Montecito, Calif., is his favorite surf spot. He's also had "great days" in Baja, Mexico; Hawaii; and Bali. "It—has—changed—my—life," he declares, stressing each word. "Every wave, every experience can never be replicated. And, you know, it's dangerous!" (He says this like

it's a happy thing.) "I've surfed where it's breaking within six inches of a shallow reef. I have the scars on my back to prove it. It keeps you tough, mentally and physically. I share [surfing] with my boys as I do skiing. It's a way to bond with them, to share life's lessons."

Now back to heli-skiing. A chopper drops him off among pristine powder that's unreachable by chair lift—or anything else, for that matter. The best heli-skiing terrain is almost always avalanche country, which is why outfitters hook you up with a horn and a shovel before leaving you alone with your fate. If you're so inclined, you might find Lowe heli-skiing in the Canadian Rockies and Utah's Wasatch Range. Danger? "It's part of the thrill," Lowe says. "It's not for everyone, but

it's the best conditions you'll ever find as a skier."

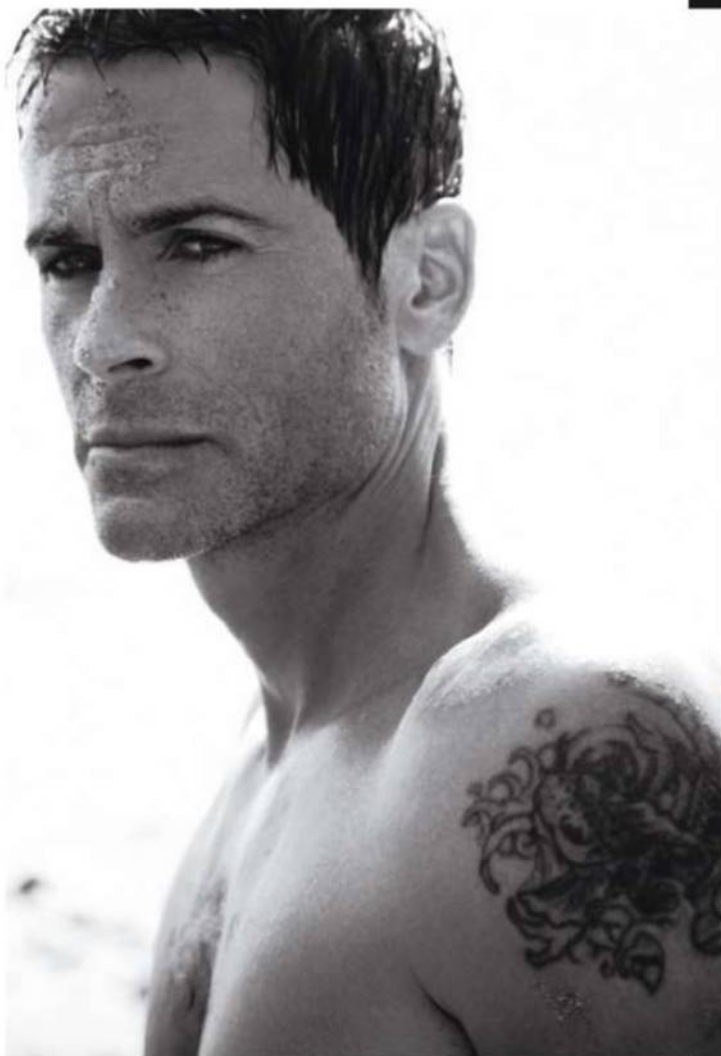
"The fear is like a bear," he reflects. "You're sort of wrestling it. Sometimes you pin the bear. Other times, the bear pins you."

Despite his passion for sports and being fit (to see how Lowe got in *MF*-cover-worthy shape, see "A New Lowe," at right), Lowe confesses to a few not-so-noble yearnings: French fries. And cheeseburgers. And pasta. "The sad truth," he laments, "is that you can work out until you're blue in the face, but if you're not eating right, it's over. I fought that one forever. I love to eat."

After a tabloid flashed his bare torso on its cover several years back with the accompanying headline "Worst Beach Bodies," Lowe knew it was time to tame his appetite. "He didn't go on a diet," says his trainer Peter Park, who also works with Lance Armstrong and a few of the Los Angeles Lakers. "He made a total lifestyle change. Rob is so disciplined; he just did it. He cut out processed foods and sugar and upped the vegetables and protein. He eats superclean now, and it shows."

"Not drinking gives me an unfair advantage," Lowe says, chuckling, during our telephone chat. "I just try to stay away from the carbs, unless it's after a workout. But I don't make myself crazy. I'm in Italy right now"—Lowe is taking a much needed break after wrapping a season of doing three shows simultaneously, even if he does apologetically interrupt our interview to take a big call about his potential Miramax deal—"and I'm a pasta-eating fool! It's no time to be a hero."

Just time to attack the next transition, whatever it may be. **MF**



THE WORKOUT

A NEW LOWE



Peter Park, the official strength and

conditioning coach for Tour de France giant Lance Armstrong, also works with Lowe "to take it to the next level" when it comes

to fitness. Park's gym, Platinum Fitness, is based in Montecito, Calif., just a short distance from Lowe's home. "It started with the tabloid thing," Park says, referring to Lowe's brief run-in with a spare tire around his waist a few years back. "It wasn't just about vanity. He was always very active. But as you get older you have to work harder to stay lean."

Park says that when Lowe first weighed in two years ago, the 5'10" actor was 172 pounds and sported 17% body fat. "Now he weighs 160 pounds with 10% fat. It's been a real transformation." The trainer started with a nutrition overhaul. "It was 70% diet," Park maintains. "Too much pizza, too many hamburgers! Now I tell him he can have the occasional cheat day as long as he's watching it the rest of the time. He stays away from bread. But the biggest thing is portion control, which he's finally on top of."

Lowe's also hitting the gym—hard. The actor lifts weights and does circuit training three days a week, along with "intense cardio" two or three days a week. Cardio might include riding his bike at top speed for 20-minute intervals or sprinting on the treadmill. Here are a few of Lowe's favorite moves, guaranteed to give results.

ONE-LEGGED PISTOL SQUAT

HOW TO: Stand with your legs shoulder-width apart and then raise your right leg in front of you as high as you can. Bend your hips and left knee and lower your body as far as you can. Repeat with left leg.

SETS: 3-5, REPS: 5 (PER LEG)

ONE-ARM SNATCH

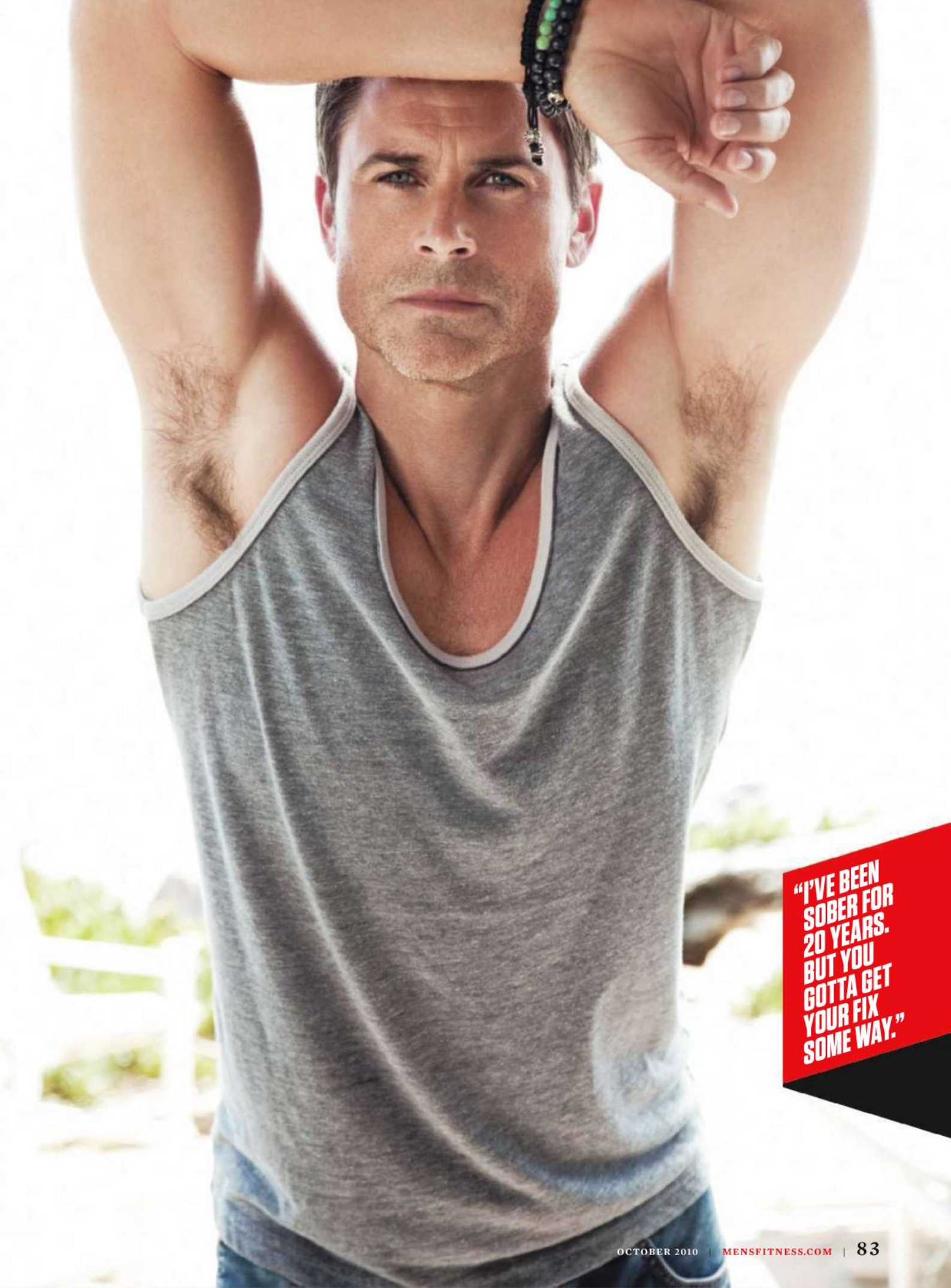
HOW TO: Hold a dumbbell or kettlebell in one hand and set up as you would to perform a deadlift—feet about hip-width apart and your lower back in its natural arch. Explosively straighten your hips and knees and pull the dumbbell straight up in front of your body until it is about chest level. Now quickly flip your wrist up to face the ceiling and extend your arm straight overhead.

SETS: 5-10, REPS: 7-10 (PER ARM)

TURKISH GET-UP

HOW TO: Hold a dumbbell or kettlebell in one hand and lie down with your back flat on the floor. Extend the weight straight over your head. Then, all you've got to do is stand up, keeping the weight perpendicular to the floor and over your head the entire time you're getting up. Switch the arm that holds the weight on each set.

SETS: 3, REPS: 3-5 (PER SIDE)



**"I'VE BEEN
SOBER FOR
20 YEARS.
BUT YOU
GOTTA GET
YOUR FIX
SOME WAY."**

A muscular man with dark hair and a focused expression is performing a rope wave exercise in a boxing ring. He is shirtless, wearing grey athletic shorts and white boxing boots. He holds a thick, light-colored rope with both hands, one near his waist and the other raised high, creating a wave shape. The background shows the ropes of the boxing ring and some equipment.

1

INDUSTRIAL ROPE WAVES

SETS:

10

TIME:

30 SEC.

REST:

30 SEC.

- Wrap a 30-foot training rope around a pole or other stable object. Hold one end in each hand, letting the rope go slack.

Get into an athletic stance and move your arms in an alternating uppercut manner so you create a wave action with the rope. Keep your shoulders loose.



ROPES BUILD STABILITY

in the hips and legs while simultaneously working the muscles used in throwing an uppercut.

WORKOUT OF THE MONTH



BE A LORD IN THE RING

PULVERIZE FAT WITH THIS BOXING-INSPIRED ROUTINE

BY JASON LEE

PHOTOGRAPHY BY JUSTIN STEELE

You've been trying to lose weight for so long that you're ready to knock someone out. **Step into the ring and take a swing at your gut instead.** Boxing is a great total-body conditioning sport—even without headgear and mouthpieces. We streamlined a typical boxer's regimen, then tweaked it for **maximal calorie burn and stamina**, so you'll build not only knockout punching power but go-the-distance endurance, too.

DIRECTIONS

FREQUENCY

Perform the workout three times per week, resting a day between sessions.

TIME NEEDED

45 min.

DO IT

Warm up with light rope jumping for three rounds, three minutes each. Rest one minute between rounds. Perform the exercises as straight sets, completing all the sets for one move before moving on to the next.

SHOT ON LOCATION AT CHELSEA PIERS SPORT CENTER, NYC.

2

BALANCE BOARD UPPERCUTS

SETS:

3

TIME:

60 SEC.

REST:

60 SEC.

● Step onto a balance board (such as an Indo board, which is a platform on top of a foam cylinder) and stabilize yourself. Just keeping your balance may be enough of a challenge to start. As soon as you have that mastered, move on to one-minute rounds of uppercuts.



IN BOXING, YOUR OPPONENT

is always trying to knock you off balance. Improving yours makes you fitter and conditions you for other sports as well.



GROOMER: NIKKI WANG



3

WEIGHTED-VEST FOOT DRILLS

SETS:
3

TIME:
120 SEC.

REST:
60 SEC.

- Put on a weighted vest (60 pounds should be good to start) and raise your hands in a fighting position. Shuffle around the ring, never allowing your feet to come together, and shadowbox. Move in one direction for a minute, then the other—that's one two-minute round. Repeat once more, and then do a two-minute round without the vest (one minute each direction again). Then rest.

THE EXTRA WEIGHT

strengthens your legs and glutes, and helps simulate the draining effect of a fight round.



4

LEVER PRESS

SETS:
3

REPS:
12 (EACH ARM)

REST:
30-60 SEC.

- Wedge one end of an Olympic barbell into a corner or under the lip of a platform. Hold the opposite end at shoulder level so the bar is 45 degrees to the floor. Get into a fighting stance and press the bar overhead, pivoting your back foot and rotating your torso.



**YOUR LEG,
SHOULDER,**
and core must work
in conjunction to throw
a big punch.



5

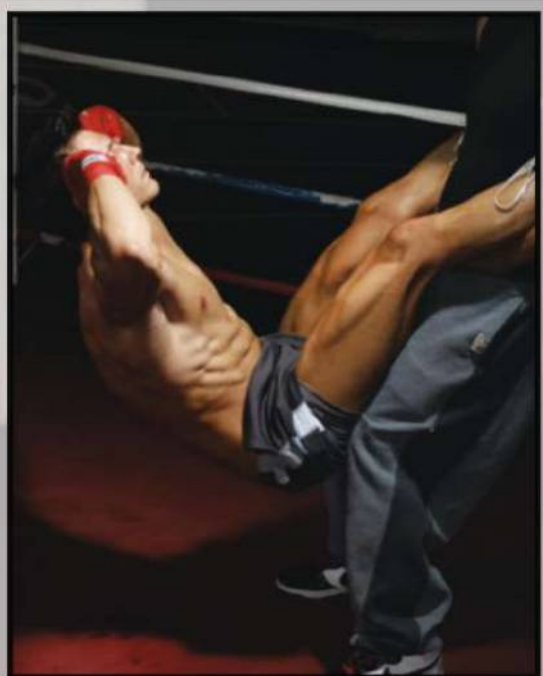
DECLINE SITUP

SETS: 3
REPS: 15
REST: 45 SEC.

- Set a decline bench to its steepest angle and secure your feet. Sit all the way up, trying to bring your rib cage to your pelvis. If you have a partner, have him lift you by your feet to get the same effect.

THE EXTREME RANGE

of motion activates your abs fully, building a rock-hard six-pack that can also protect you.



6

BARBELL TWIST

SETS:

3

REPS:

12 (EACH SIDE)

REST:

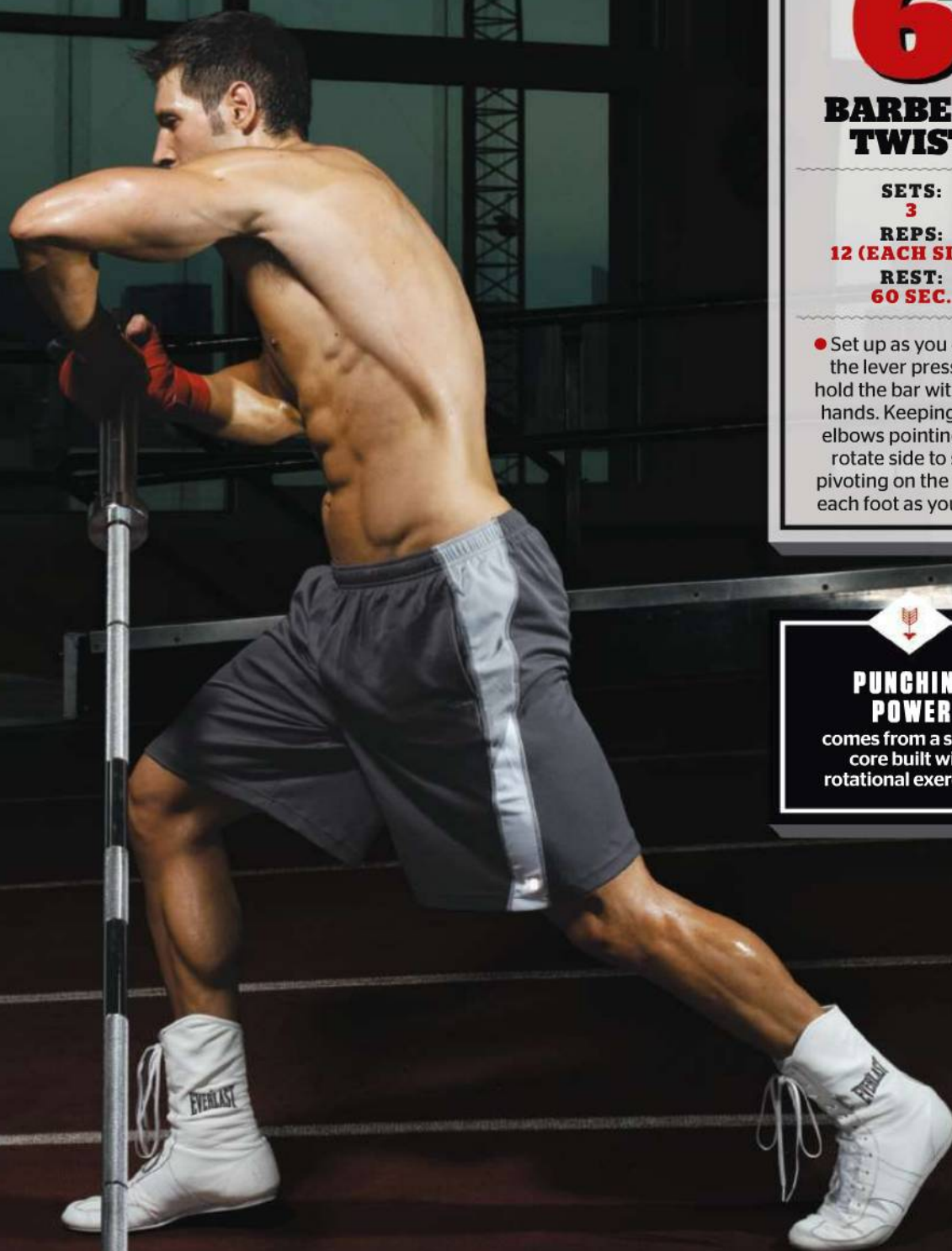
60 SEC.

- Set up as you did for the lever press but hold the bar with both hands. Keeping your elbows pointing out, rotate side to side, pivoting on the ball of each foot as you turn.



PUNCHING POWER

comes from a strong
core built with
rotational exercises.



EAT RIGHT, GET RIPPED

We help you find the weight-loss program that's right for you

BY BRYAN HAYCOCK

To turn that keg on your gut into a six-pack, you have to change the way you eat. And not just for a few weeks. No single approach works for every guy. Choose a strategy you can live with from these three options.



LOW-FAT

EXAMPLES
USDA Food Pyramid, most diets recommended by the government or major medical associations, and most vegetarian diets

THE SKINNY
The most straightforward meal plan: Eat less fat, lose more fat. A gram of fat contains more calories (nine) than a gram of carbs or protein (four).

WORKS BEST FOR:
Highly active guys, since exercise requires more carbs for energy.

PROS
Makes calories easier to keep in check. All those carbs (whole grains, fruits, and veggies) also boost your daily vitamin, mineral, and fiber intake.

CONS
High-carb meals raise your insulin levels, which can inhibit your body's ability to burn excess fat.

ISOCALORIC

EXAMPLES
The Zone Diet, typical bodybuilding diets

THE SKINNY
You eat almost equal proportions of carbs, fat, and protein (usually a 40/30/30 split). Lowering carb intake and increasing protein and fat levels can blunt your body's release of insulin after a meal and slows the rise in blood sugar.

WORKS BEST FOR:
Moderately active men who are less than 25 pounds overweight or who lift weights three to four days a week.

PROS
Relatively low insulin levels, leaving you with fewer cravings and less hunger. Plenty of protein also prevents potential loss of muscle mass.

CONS
It's easy to overdo it on fatty foods or to take in way more calories than you're burning.

LOW-CARB

EXAMPLES
Body-for-Life, Protein Power, Atkins Diet

THE SKINNY
Dieters greatly cut back on (or totally avoid) carbs.

WORKS BEST FOR:
Guys looking to jump-start fat loss—or guys who spend the majority of their day sitting around (like at a desk).

PROS
You get rid of the sugary processed foods that people are most prone to OD on, so fat should come off incredibly fast. Even better: When followed strictly, this is one diet that is nearly impossible to gain weight on.

CONS
The diet is high in fat, including the saturated kind, which is widely considered a factor in heart disease risk. Not eating carbs also causes the amount of fiber in your diet to plummet.



8

POUNDS

HOW MUCH
PURE FAT YOU
CAN EXPECT
TO LOSE EACH
MONTH ON
THE RIGHT
DIET



Cook, Eat, Win!

SLAM THOSE BLAND,
SHRINK-WRAPPED DIET
DINNERS INTO THE TRASH.
THESE FIVE LEAN DISHES
(ALL **UNDER 600 CALORIES**)
WILL PLEASE YOUR
TASTE BUDS—AND YOUR
WAISTLINE.

BY
STACY ADIMANDO

PHOTOGRAPHY BY
JONATHAN KANTOR

FOOD STYLING BY JAMIE KIMM
PROP STYLING BY LISA EDSÄLV



HEALTHY EATING DOESN'T have to mean teeny, tasteless meals. It just means making smart choices. "When you're trying to cut calories, the key is to be more selective about where you're getting your essential nutrients from," says Kristy Lambrou, M.S., R.D., a New York City-based nutritionist. "Most guys get plenty of carbs and protein—just not from high-quality sources." To counter that problem, we've created five protein- and nutrient-packed meals (designed for two) that are sure to satisfy your appetite without killing your diet. Enjoy!





Pork and Udon Noodle Soup

2 tsp canola or vegetable oil
2 tsp grated or finely chopped ginger
(about one 2-inch piece)
1 garlic clove, minced
4 scallions, chopped
1/4 pound 90% lean ground pork
1 tsp reduced-sodium soy sauce
1/4 tsp kosher salt
1/2 tsp pepper
3 cups beef stock
2 eggs
4 oz whole-wheat udon noodles

MAKE IT

- 1) ADD THE OIL** to a large saucepan over medium heat. Toss in the ginger and cook until fragrant and slightly softened, 1 to 2 minutes, stirring frequently. Add the garlic and cook an additional minute. (Don't let it brown or it will become bitter.)
- 2) DUMP IN HALF** of the scallions, the ground pork, soy sauce, salt, and pepper, and cook, breaking up the meat with a wooden spoon until the pork is cooked through, about 5 minutes. Pour in the beef stock and bring to a boil.
- 3) POACH THE EGGS:** Fill a medium saucepan two-thirds full with water (at least 3 inches deep) and bring to a gentle simmer. Very gently crack the eggs, working one at a time, into the simmering water, keeping the whites and yolks as intact as possible. Cook until the whites have firmed up and no longer look runny, 3 to 4 minutes. Using a slotted spoon, transfer the eggs to a bowl, lift the eggs out, let excess water drip back into pan, and set aside. While the eggs cook, fill a third pot with enough water to cook the noodles; bring to a boil. Add the noodles and cook until al dente, about 6 minutes; drain.
- 4) DIVIDE THE NOODLES,** meat, and eggs between two serving bowls. Ladle in the broth. Top with the remaining scallions.

PER SERVING:

538 calories, 26g protein, 56g carbs,
17g fat, 3g fiber

LEARN TO POACH

» IT MAY SOUND tricky, but poaching is an easy way to cook delicate foods such as eggs, poultry, and fish so that they stay flavorful and juicy without adding the extra fat or calories you get from other cooking methods like frying. For eggs, you just need water. For poultry and fish, try vegetable or meat stocks, or red or white wine. Add just enough liquid to barely cover the meat, and then heat it until it's simmering (not boiling). Try adding fresh herbs or vegetables to the liquid for an extra kick of flavor.

SAUTÉ SMARTER

➤ **YOU CAN EASILY** sear a piece of meat or fish without a lot of extra fat in the pan. One tbsp is usually plenty. Opt for plant fats over animal fats (such as canola oil instead of butter). They'll stick around longer in the pan without burning—and the heat won't damage the oil's other nutrients.

Seared Tuna Steak Sandwiches With Edamame

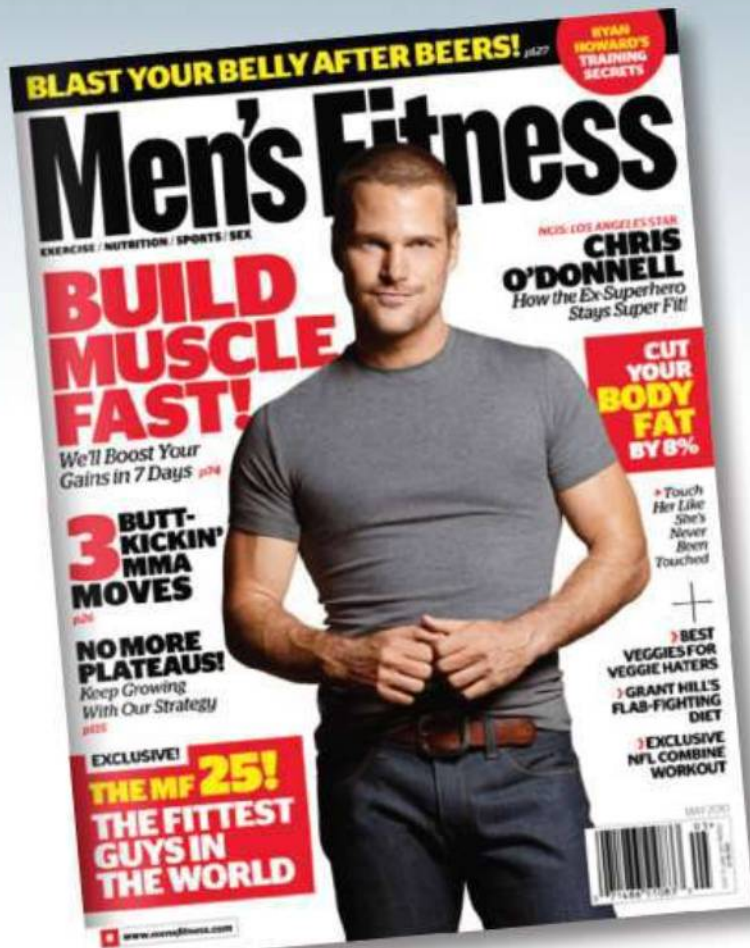
1 tbsp mustard
1 tbsp white wine
1 tsp low-sodium soy sauce
1 tsp honey
½ tsp canola or vegetable oil
½ lb raw tuna, such as yellowfin, cut into 2 steaks
1 ½ tsp kosher salt
½ tsp ground black pepper
½ tsp sesame seeds
2 cups frozen edamame in pods
2 ciabatta rolls
1 cup arugula

MAKE IT

- 1) Mix the mustard sauce:** In a small bowl, whisk together the mustard, white wine, soy sauce, and honey; set aside.
- 2) In a large skillet,** heat the oil over medium-high heat until hot but not smoking. Season the tuna with ½ tsp of the salt and the pepper, then sprinkle with the sesame seeds; add the tuna to the skillet. Cook until lightly browned on both sides but still rare in the middle, about 2 minutes per side.
- 3) Prepare the edamame:** Fill a medium pot with water and bring to a boil; add the edamame pods. Cook until the beans are tender and warm, about 3 to 4 minutes; drain and sprinkle the pods with the remaining tsp of salt.
- 4) Slice the rolls** and scoop out a bit of breading from the insides. Place one tuna steak on the bottom portion of each roll. Top with arugula and mustard sauce and serve with a side of edamame.

PER SERVING

505 calories, 55g protein, 36g carbs, 16g fat, 12g fiber



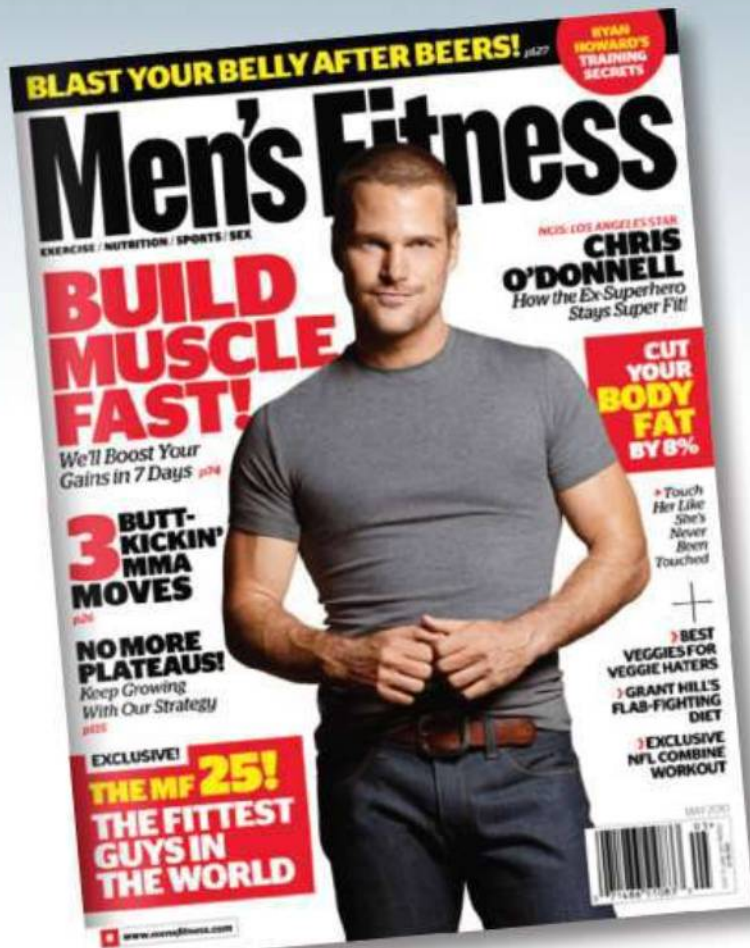
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Grilled Chicken Pita Wrap

2 boneless, skinless chicken breast halves, sliced lengthwise
 ½ tsp ground cumin
 ½ tsp paprika
 ½ tsp ground coriander
 ½ tsp dried oregano
 ¼ tsp cayenne
 ¾ tsp kosher salt, divided
 2 tsp canola or vegetable oil
 ½ cup fat-free Greek yogurt
 1 tbsp fresh-squeezed lemon juice
 1 large garlic clove
 2 plum tomatoes, cut up
 1 cup loosely packed parsley
 2 whole-wheat pitas

MAKE IT

- 1) Remove the chicken** from the fridge and pat dry.
- 2) Prepare the spice rub:** In a small bowl, combine the cumin, paprika, coriander, oregano, cayenne, ¼ tsp of the kosher salt, and 1 tsp of the oil. Coat the chicken with the spice mixture, then set aside to marinate for 10 minutes.
- 3) Make the yogurt sauce:** Combine the yogurt, ¼ tsp kosher salt, and lemon juice; cover and set aside.
- 4) Whip up some tomato relish:** In a food processor, combine the garlic, plum tomatoes, parsley, and remaining ¼ tsp salt and pulse to coarsely chop.
- 5) Heat a grill pan** over medium heat; brush with the remaining tsp of oil. When the pan is hot, cook the chicken until the meat is cooked through, 2 to 3 minutes per side.
- 6) Warm the pitas** on the hot grill, about 1 minute per side. When done, fill each pita with a chicken breast and top with tomato relish and yogurt sauce.

PER SERVING

419 calories, 41g protein, 44g carbs, 10g fat, 7g fiber



RUB ON FLAVOR

► **MIXING TOGETHER YOUR** favorite spices and rubbing them on prior to cooking is an easy, low-cal way to cram meat with in-your-face flavor. A few rules: Add a dash of oil, lemon juice, or vinegar to the rub to help the spices stick; allow 1 to 2 tbsp of rub per pound of meat; and for max flavor, cover the meat with plastic wrap and let chill until ready to cook.



FIT FOOD
2010



A BETTER WAY TO BREAD

► **STUFFED CHOPS** LOOK fancy, but the dish is super easy—and very lean (just trim away any excess fat on the outside of the pork). Panko crumbs are coarsely ground, so they'll stick directly to the meat, replacing the need for egg and flour in a traditional breading. And since you're crisping the meat in canola oil instead of butter, the meal is even heart-healthy.

Crispy Stuffed Pork Chops With Asparagus

2 center-cut, bone-in pork chops
2 oz fontina cheese
Kosher salt
2 tbsp Italian-style panko bread crumbs
1 ½ tbsp canola or vegetable oil
1 large bunch asparagus, hard bottoms snapped off

MAKE IT

- 1 **Preheat oven** to 350 degrees. Cut a deep, 2-inch slit into the side of each chop and stuff with 1 oz of the cheese. Season the chops on both sides with salt, then coat them with the bread crumbs.
- 2 **In a large skillet**, heat 1 tbsp oil over medium heat until hot but not smoking. Add the pork chops and cook until the bread crumbs are golden brown on both sides, about 3 to 4 minutes per side.
- 3 **While the pork** cooks, prepare the asparagus: Place the washed spears on a large piece of aluminum foil, brush with the remaining ½ tbsp of oil, and season with salt to taste. Fold the foil around the spears to seal in a fairly tight package. Place the package on a cookie sheet in the oven and let cook for 15 to 20 minutes or until tender.
- 4 **Transfer the chops** to an oven-safe dish and finish cooking in the oven, about 10 minutes.

PER SERVING

532 calories, 52g protein, 13g carbs, 31g fat, 4g fiber

Mexican Tortilla Pizza

*½ lb lean ground beef
1 medium red or yellow onion, chopped
1 jalapeño pepper, seed and diced
½ tsp salt
2 flour tortillas (10-inch diameter)
1½ tsp vegetable oil
1 medium tomato, chopped
2 green onions, diced
¼ cup black olives, sliced
1 tbsp diced fresh cilantro
½ cup shredded mozzarella or Mexican-blend cheese
2 tbsp grated Parmesan cheese*

MAKE IT

- 1) Preheat oven** to 400 degrees. Heat a large nonstick skillet over medium heat. Add ground beef, onion, jalapeño, and salt; cook mixture 8 to 10 minutes, breaking meat into small crumbles as you stir. Remove from skillet with slotted spoon; pour off remaining liquid.
- 2) Lightly brush each** tortilla with a bit of oil, then place on an ungreased cookie sheet and bake for 3 minutes.
- 3) Remove tortillas** from oven. Spoon beef mixture evenly over them. Top with tomato, green onion, olives, cilantro, and cheese. Bake 10 to 12 minutes, or until tortillas are lightly browned and cheese has melted.

PER SERVING:

506 calories, 40g protein, 44g carbs, 18g fat, 4g fiber

ADD FIRE, NOT FAT

➔ **FROM PIZZA AND casseroles** to mac and cheese, the problem with most baked entrées is the creamy, cheesy sauces they're cooked with. To make your dishes leaner, try cutting back on the dairy and amping up the amounts of peppers, onions, and herbs you use. An added benefit: Fiery spices also speed up your metabolism, fight inflammation in the body, and help you to eat slower so you fill up faster.

SOFIA VERGARA

MODERN FAMILY'S HOTTEST MOM MAKES US LAUGH—AND FANTASIZE

BY DESIRÉE GALLAS

PHOTOGRAPHY BY DON FLOOD

BE REAL AND READY

> “When I meet someone and know I’m going to be in a relationship with them, I don’t play games. If I like somebody, I’ll go out with them and whatever happens, happens. You don’t have to screw around when you really feel attracted to a person.”

ABSENCE MAKES THE...

> “The good thing about being in a long-distance relationship is that you don’t have to live the day-to-day routines. Every time you see the person, it’s as if you’re on vacation. You’ve been waiting, and you’re anxious. You don’t get tired of them.”

“Colombian women love their sexuality. We take advantage of it.”

IT'S THE DETAILS

> “Make your girl feel special—take the time to think of her and show her you care. I guess that’s why Latin men are always known for getting the girls. They are brought up like that. They know how to give a woman attention.”

SEX MATTERS

> “Good sex is definitely important to a relationship; whoever says it’s not is lying.” **MF**





* Blake Griffin's warrior pose blends yoga moves with grip training.

THE

BIG

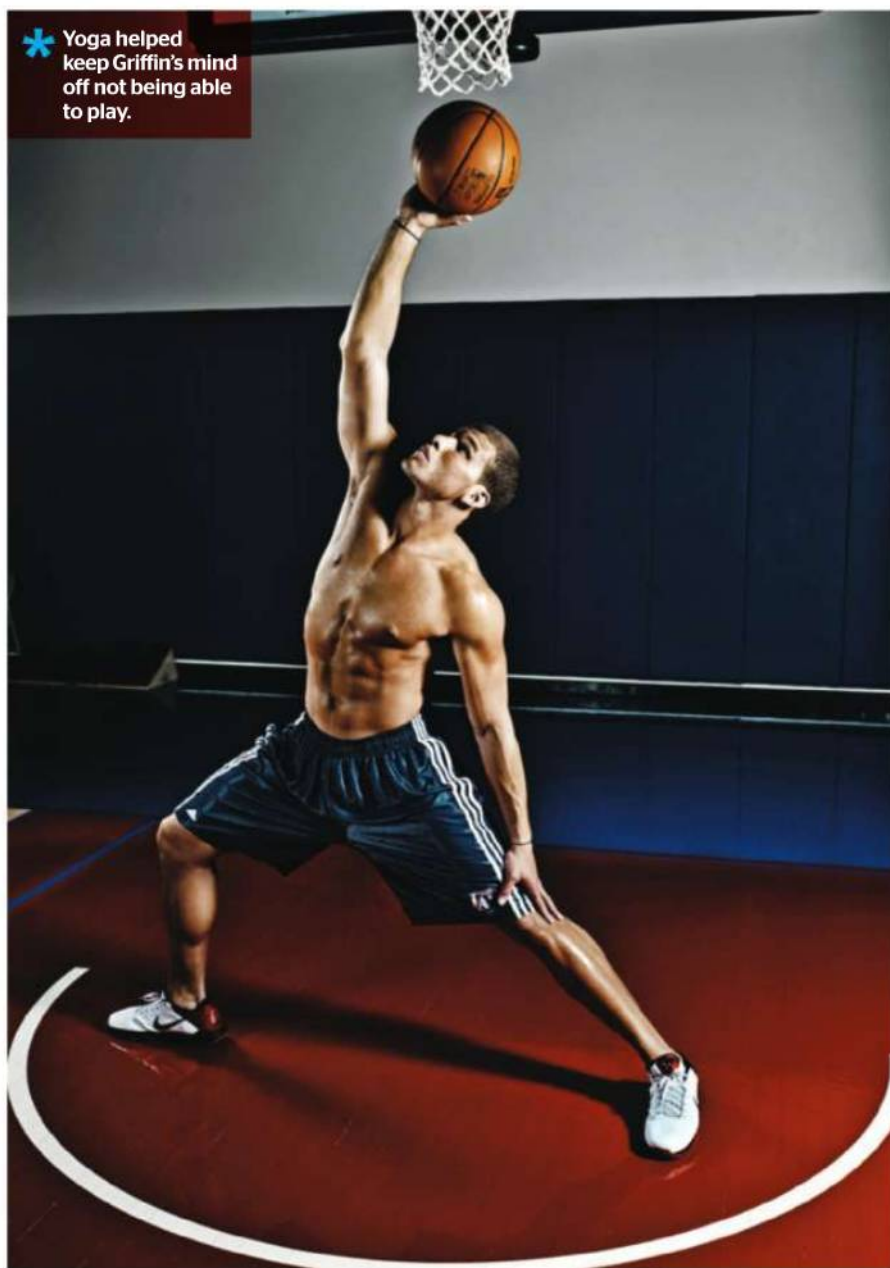
“WARRIOR” RETURNS

A BUSTED KNEECAP ENDED HIS ROOKIE SEASON BEFORE IT BEGAN. NOW LOS ANGELES CLIPPER STUD-IN-THE-MAKING **BLAKE GRIFFIN** IS BACK—THANKS TO A RIGOROUS REGIMEN THAT INCLUDES “DOWN DOGS” AND “WARRIOR TWOS,” STAPLES OF A HOOPS-CENTRIC YOGA WORKOUT THAT IS GAINING POPULARITY IN THE NBA.

By NATE MILLADO
Photography by PATRIK GIARDINO



LASHBACK TO OCT. 23, 2009: THE Los Angeles Clippers' final preseason game prior to the 2009–10 season. During one fast break, rookie Blake Griffin demonstrated just why L.A.'s other team drafted the powerful 6'10" power forward out of Oklahoma with the No. 1 overall pick in the draft. After blocking a shot by Hilton Armstrong of the New Orleans Hornets, Griffin raced up the court at the Staples Center, caught a shovel pass, and launched himself toward the rim from just inside the free-throw line. Then, in a thundering instant, he slammed a single-handed, rafter-rattling dunk. The crowd erupted. Finally, long-suffering Clippers fans, who had endured 24 losing seasons in 26 years, had reason to rejoice.



* Yoga helped keep Griffin's mind off not being able to play.

Cue the bursting bubble.

Griffin landed, and the Clippers' catharsis crashed with him. He grabbed his left knee, wincing. "I came out of the game and sat on the bench for a while, hoping it wasn't anything serious," Griffin recalls. "Then my knee swelled up over the next couple of days and gradually got worse. That's when I knew something was wrong." The diagnosis was a broken kneecap requiring season-ending surgery.

Today, "frustrating" and "disappointing" are words you'd expect Griffin, still just 21, to use when describing his first months as a pro. But "positive"? "I learned a lot the past year, the importance of being patient and finding the positive in every situation," he said, during the summer. "My mind-set was to not just sit around, but to also get better and try out some new things."

Those new things included new methods of getting stronger. One of them was yoga.

Kent Katich is the Clippers' full-time yoga coach. Yes, full time. Yoga has emerged in recent years as a training staple among elite athletes in almost every sport. But that a pro team has a full-time yoga instructor is a true testament to its growth. Katich is also widely known as the NBA Yoga Guru, and he says he's worked with more than 25% of all active NBA players. When Katich, a former college basketball player himself (at the University of South Dakota), first started teaching yoga more than 15 years ago, the practice was still considered a "joke or freak show or strictly for women," Katich says. "In the beginning, it was a sales job, getting players on board. Now, all the agents are sending me their draft picks, and players are voluntarily coming in and saying, 'I want to get in on this program.'"

Among Katich's NBA clients are Dallas Mavericks All-Star forward Dirk Nowitzki, Minnesota Timberwolves center Kevin Love, and former Indiana Pacers legend Reggie Miller. "Baron Davis, who's been in Africa and China the past two months, just texted me at six this morning and said, 'Let's get it going again. I really need you,'" Katich says. His Los Angeles studio—aptly named The Yoga Court—boasts 18-foot ceilings, more than enough room for seven-footers with pterodactyl-like wingspans to get into such positions as half-moons, reverse triangles, and downward-facing dogs. He uses basketballs in place of yoga blocks and blares Tupac and Jay-Z during hourlong sessions instead of the typical chants. But it's his use of hoops-centric poses that's made him popular among players. Extending one's arms toward the ceiling while in chair pose elongates the rebounding muscles. Downward-facing dog, or "down dog" as Katich calls

it, strengthens the shoulders and extends the range of motion for shooting. "They're able to go, 'Oh, warrior two does look like a defensive position,'" Katich says. "It makes sense; it's applicable."

For the already-muscular Griffin, yoga has not only aided his rehabilitation, but he's also more flexible than he's ever been. It has kept him sane as well. "It's a great low-impact workout," he says. "It allows me to have greater range of motion when I'm doing my exercises, which in turn makes me stronger and helps me build more muscle. It speeds up recovery. It has kept everything around my knee—my calves, quads, hamstrings, ankles, all that—more flexible. And it has helped keep my mind off not being able to play, so it has

been a stress reliever at the same time."

Griffin's doctors finally cleared him to resume all basketball activities at the end of June. By late July, he looked as if he hadn't missed a step. "He looks phenomenal," Katich says. "He spends most of the time on the floor diving for loose balls."

In the weight room this past summer, Griffin's regimen included squats, lunges, calf raises, and weighted sled pulls. "He gets in at an ungodly hour, lifts all morning, gets lunch, and comes back," Katich says. "It finally got to the point where the coaches had to ask him to go home. He's obviously eager and hungry because he missed all that time."

Even with the 2010–11 season—his true rookie season—nearing, Griffin still

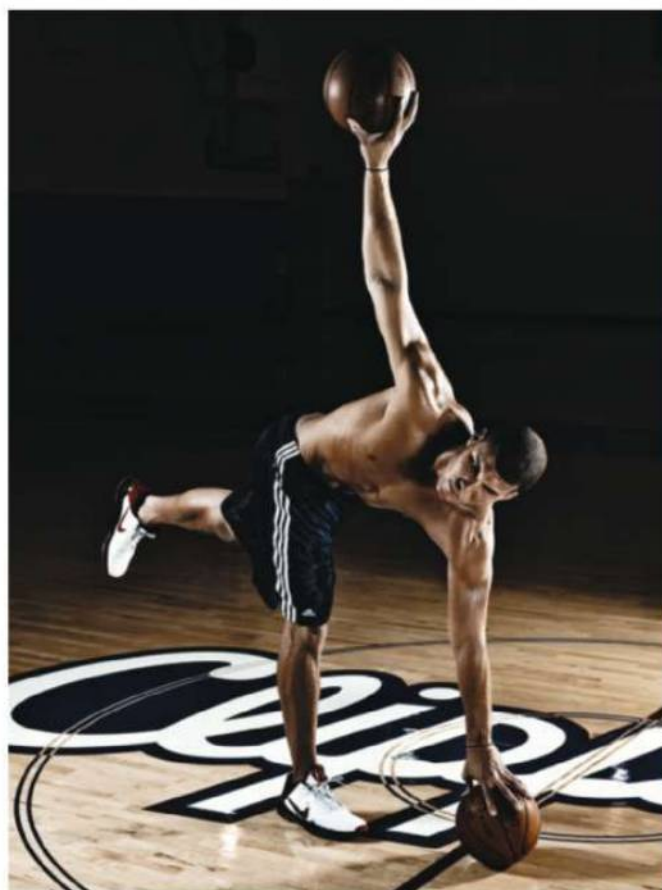
continued his three yoga sessions a week. "I've heard a lot of guys in the league say that flexibility is the key to career longevity," Griffin said. A career that just may yet give Clippers fans reason to rejoice again. **MF**

GIVEAWAY!

You don't need to be an NBA All-Star to train with Kent Katich, the league's premier yoga instructor. Just pop in Go Fit's *Yogaletics*, a new DVD featuring Kent's signature "athlete-oriented" approach to yoga. For a chance to win a copy—along with all the mats, straps, and blocks you need to get you started, go to mensfitness.com/yogaletics

> Strike a Pose

Build **strength and flexibility** with these basketball-centric yoga moves



> HALF-MOON

HOW: Hang forward with your left hand on the floor (or on a basketball) about 12 inches ahead of your right foot. Lift your left leg parallel to the floor, keeping your hips even. Twist to the right, reaching your right arm to the sky. Face the floor until you are ready to look up. Hold for two minutes.

WHY: Develops your concentration, stretches the hamstrings, opens the hips, and strengthens the back muscles



* Griffin working with Kent Katich.

> DOWN DOG

HOW: Keeping your feet hip-width apart, bend down and place your hands shoulder-width apart. Step your feet away from your hands to form an upside-down V. Lengthen through the shoulders. Hold for at least one minute. Repeat five times.

WHY: Helps stretch the hamstrings, back, and shoulder muscles, while also building upper-body strength.



> EXTENDED SIDE ANGLE

HOW: With your feet wide apart, turn your left foot out 90 degrees. Bend the left knee until it's over the ankle. Place your left hand on the floor and extend your right arm overhead. Rotate your chest out. Hold for one minute. Repeat on the opposite side.

WHY: Opens up your hips, helping to work the adductor and abductor muscles while also working your core and stretching the lower and upper back.

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**+ WORKOUTS
+ STRATEGIES**

'Trainer

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INSIDE

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Build a Massive Chest

Get the upper body of a superhero in six weeks.

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Workout Upgrades

How to tweak your fitness habits for even better results.

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Yearlong Workout 2010

Keep your abs through the fall with the next phase of our plan.

6

**HOW MANY
MUSCLE-
BUILDING
HIGH-PROTEIN
MEALS YOU'LL
FIND ON
PAGE 118**



ARE YOU READY?

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

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BODY-PART WORKOUT

BUILD A MASSIVE CHEST

Powerful pecs send the message that you can take care of business. **Our six-week plan builds them.**

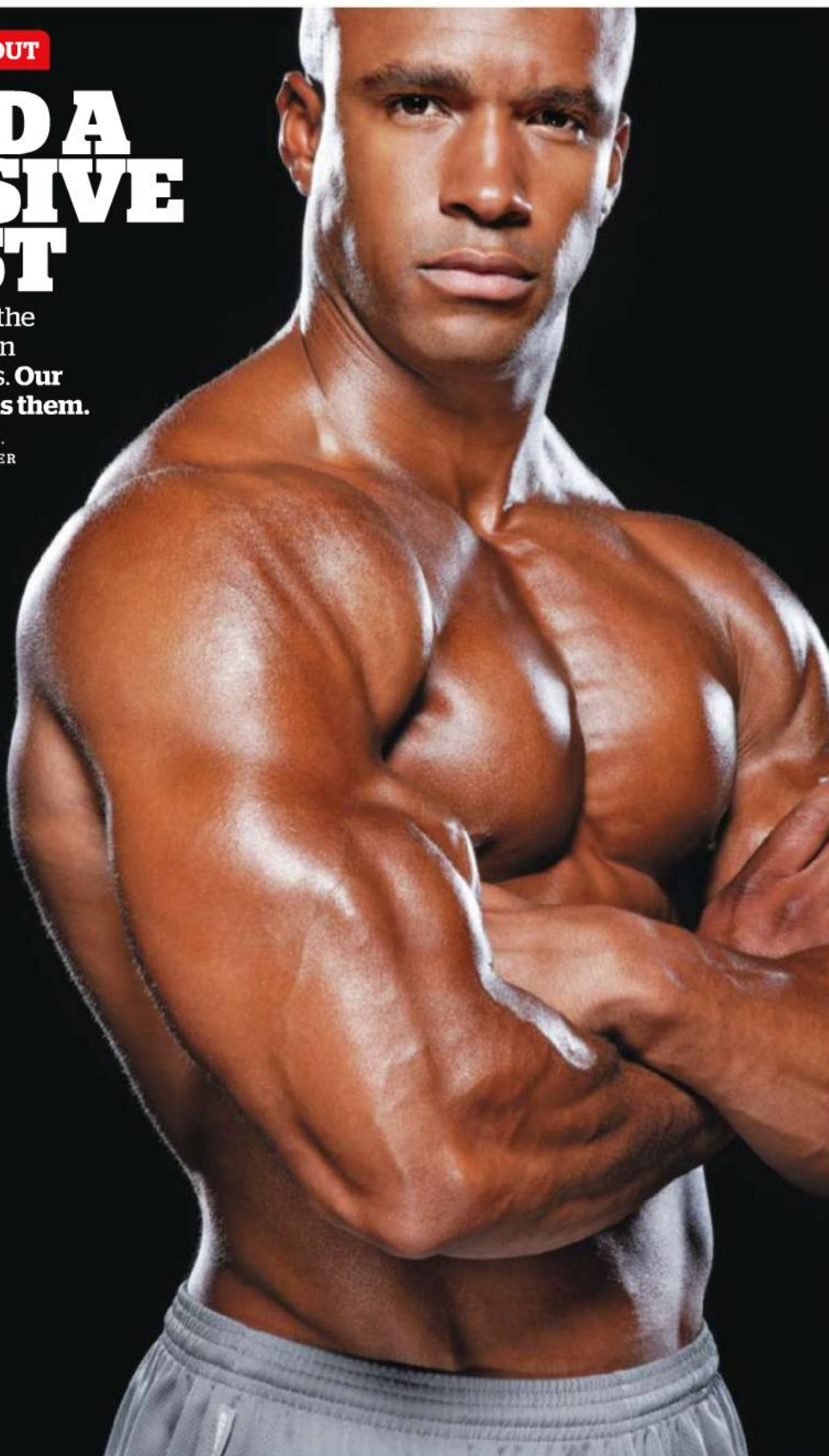
BY NICK TUMMINELLO, C.S.C.S.
PHOTOGRAPHY BY IAN SPANIER

➡ Call it the superhero stance—the way guys like Batman or Superman stand proudly with their arms folded in front of them as they push out their massive chests. Nothing displays strength and power better than big, chiseled pecs. If it's long been your dream to have an upper body reminiscent of a comic book hero, this workout is the answer. It will inflate your chest like a float at the Macy's Thanksgiving Day parade—and it'll do it fast, in just six weeks for most guys.

OUR MUSCLE-UP MEAL PLAN!

➤ Check out how to change your diet to enhance your gains.

PAGE 118



BODY-PART WORKOUT

HOW IT WORKS

> You need to train twice a week for six weeks, alternating between two different chest workouts. The first uses heavy weights, low reps, and lots of sets to build your strength—the foundation of muscle size. The other has you doing an enormous number of reps to get a huge pump, which contributes to growth by rushing blood into the muscles (but also looks cool for an hour afterward).

DIRECTIONS

Frequency

> Perform each workout (Day I and II) once per week, training other muscle groups on the other days. Allow at least three days between chest workouts, and take at least two days completely off from lifting.

Time Needed

> 30-40 min

Do It

> Perform the exercises as straight sets, completing all the prescribed sets for one move and resting as needed before going on to the next. Day II's workout will take less time than Day I's, so if you have time, you can do some extra back work when you finish. This will help to keep your body balanced and improve your posture, which will allow you to show your chest off even better.

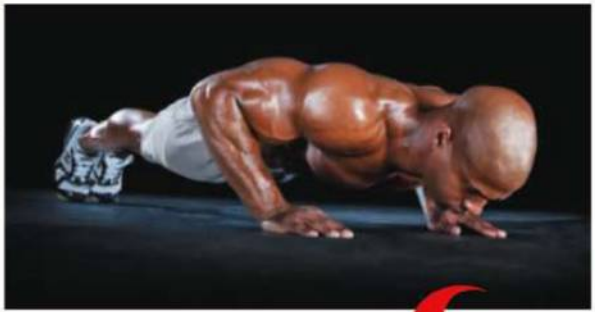
> DAY I

1

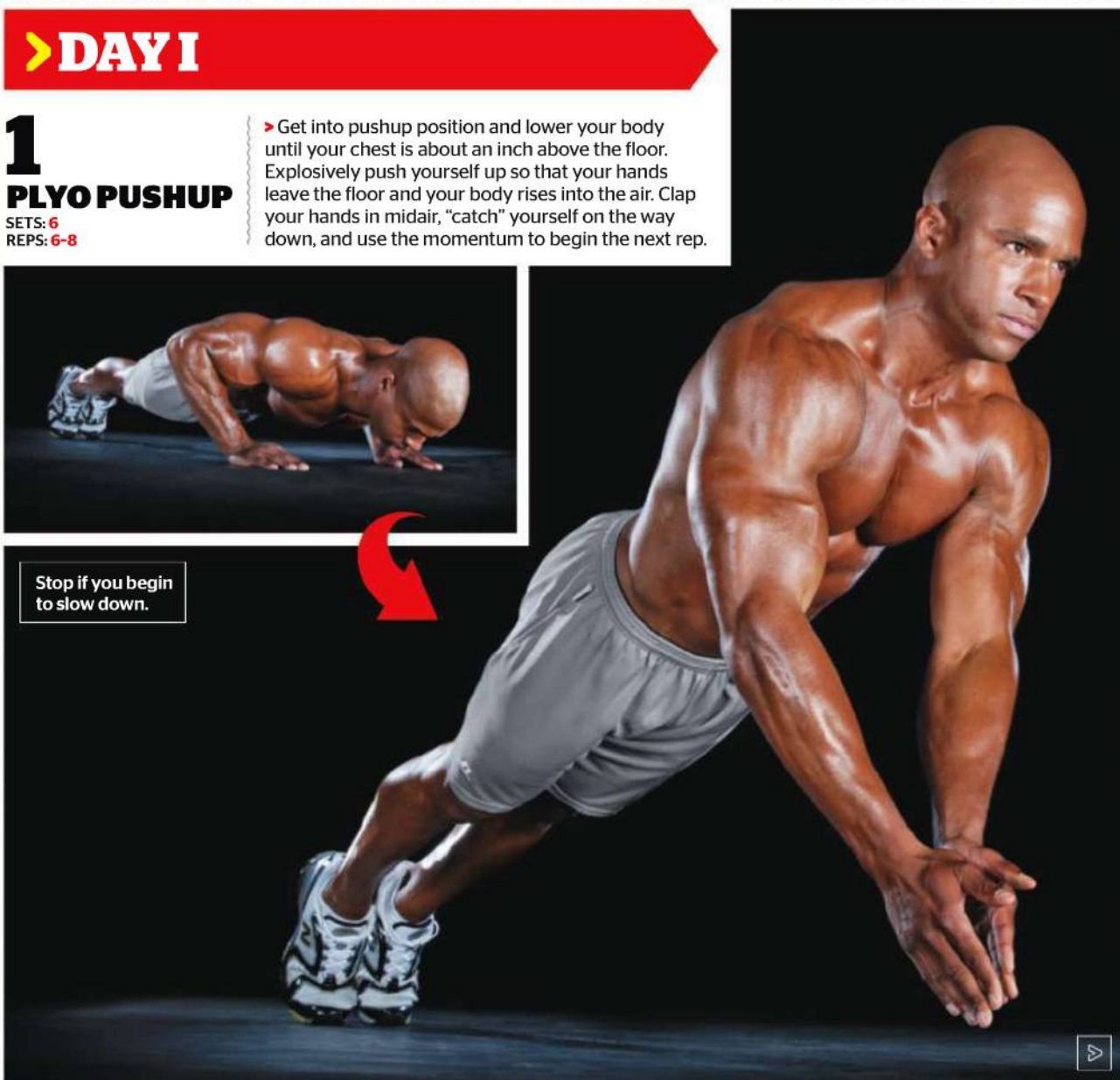
PLYO PUSHUP

SETS: 6
REPS: 6-8

> Get into pushup position and lower your body until your chest is about an inch above the floor. Explosively push yourself up so that your hands leave the floor and your body rises into the air. Clap your hands in midair, "catch" yourself on the way down, and use the momentum to begin the next rep.



Stop if you begin to slow down.



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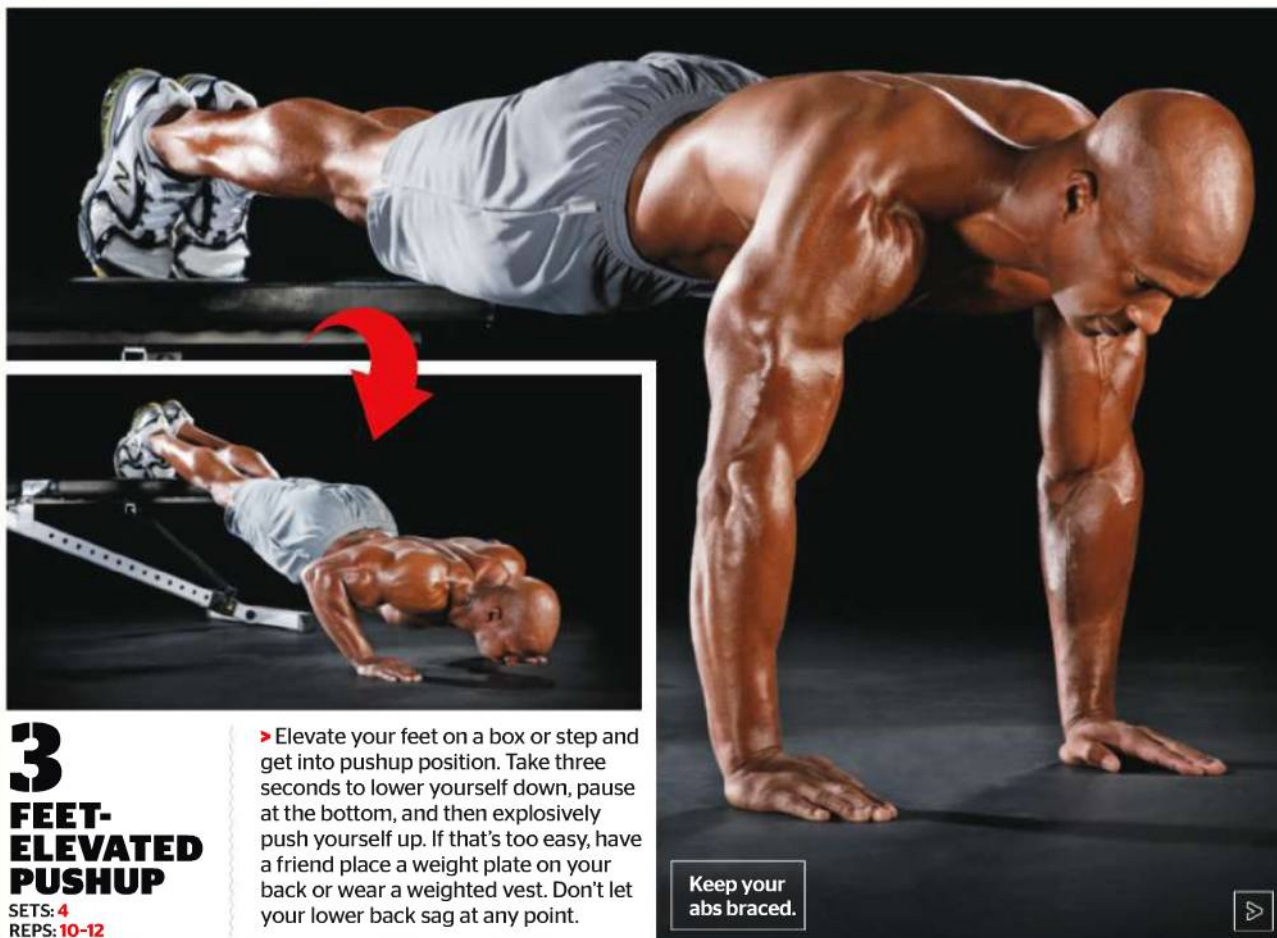
Contest open to persons 18 years of age or older. View website for program details and official rules.

A \$20 entry fee is required. Entry deadline November 17th, 2010.

2 DUMBBELL BENCH PRESS

SETS: 5
REPS: 8-10

> Lie back on a flat bench with a dumbbell in each hand. Explosively press the weights straight over your chest, squeeze the dumbbells together at the top for a second, and then take three seconds to lower the weights down to shoulder level.



3 FEET- ELEVATED PUSHUP

SETS: 4
REPS: 10-12

> Elevate your feet on a box or step and get into pushup position. Take three seconds to lower yourself down, pause at the bottom, and then explosively push yourself up. If that's too easy, have a friend place a weight plate on your back or wear a weighted vest. Don't let your lower back sag at any point.

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> DAY II

1 CROSSOVER PUSHUP

SETS: 3
REPS: 20-24

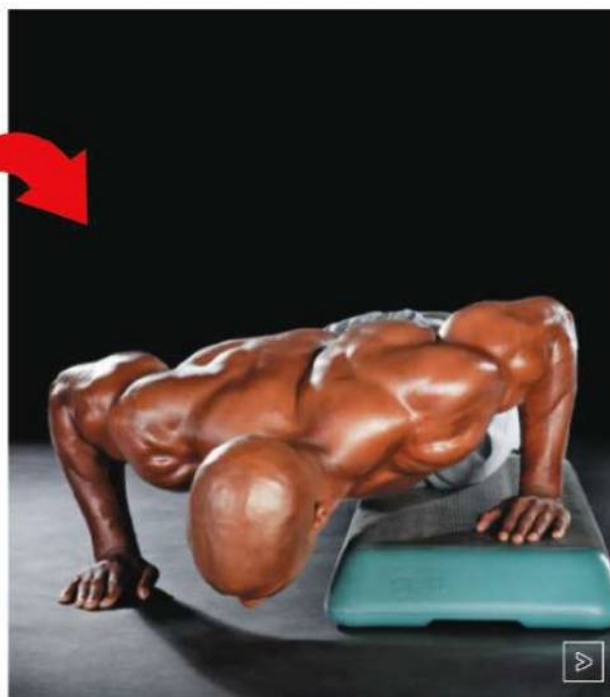
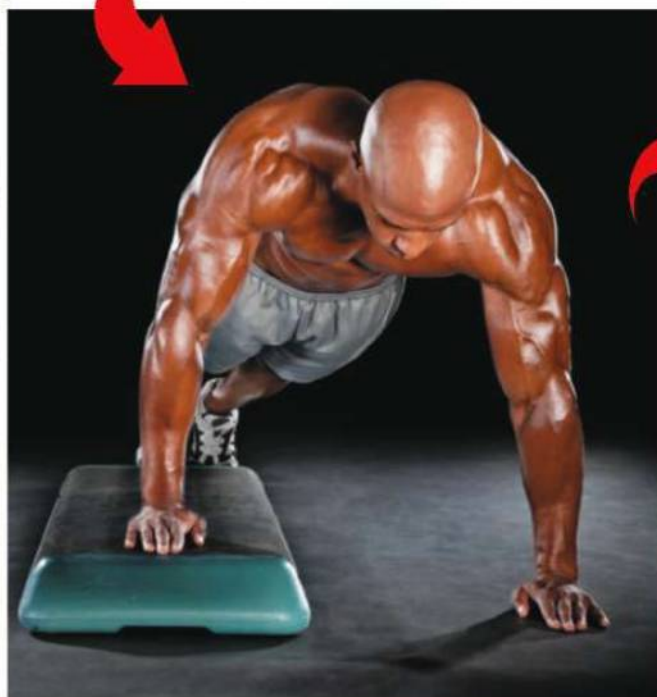
➤ Get into pushup position placing your right hand on an aerobics step. Perform a pushup, then quickly push over the step, switching hands so that your right is on the floor and your left is on the step. Perform another pushup.

TIP

KEEPING YOUR ELBOWS CLOSER TO YOUR SIDES DURING PUSHUPS (NOT FLARED OUT 90 DEGREES) CAN HELP PREVENT SHOULDER INJURIES.



Keep your chin down.



KENYATTA WILSON

- Fitness Model
- Network Administrator,
U.S. Airforce

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- Test Subjects Gained 4x the Muscle and 2x the Strength!
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Read the study details:

In a six-week, double-blind study on 36 test subjects with at least three years of weight-training experience, subjects using the core ingredients in Professional Strength Whey Protein Plus gained 4 times the muscle than those using a placebo (8.8 vs. 2.0 lbs.) and increased their strength on their bench press by 2 times that of subjects using regular whey protein (34 vs. 14 lbs.).

In the same six-week study, subjects also gained, on average, more lean muscle than those using regular whey protein (8.8 vs. 5.1 lbs.).



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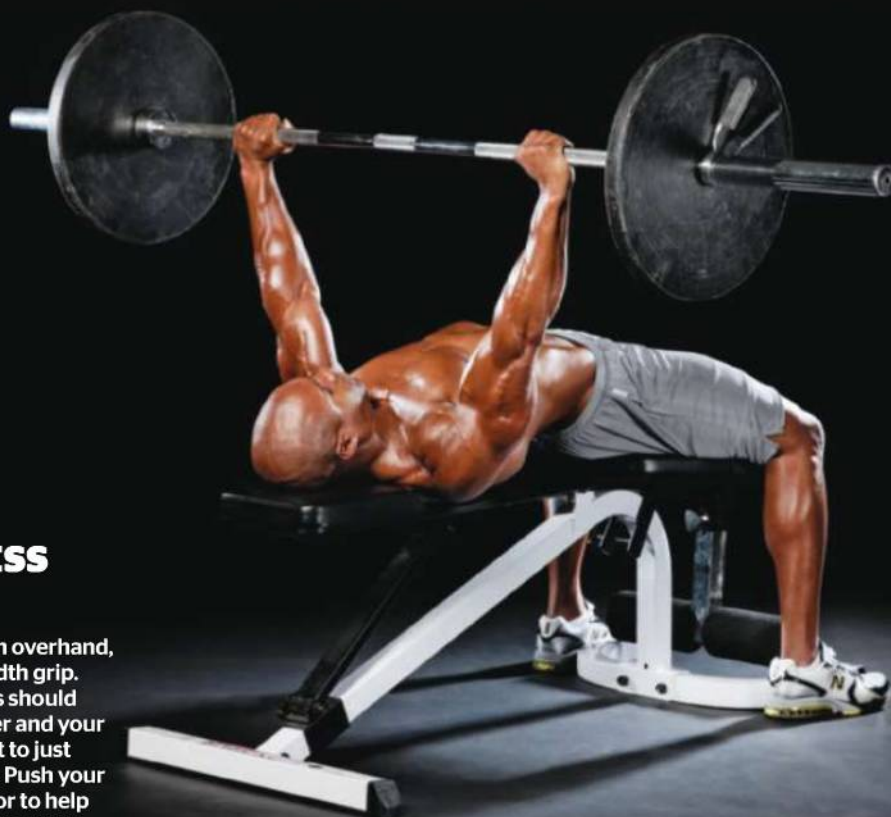
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2

BENCH PRESS

SETS: 2
REPS: 20-25

➤ Hold the bar with an overhand, outside-shoulder-width grip. Your shoulder blades should be squeezed together and your back arched. Lower it to just below your sternum. Push your feet hard into the floor to help you press the weight back up.



3

INCLINE DUMBBELL PRESS

SETS: 2
REPS: 15-20

➤ Set an adjustable bench to a 45-degree incline, grab a dumbbell in each hand, and sit on the bench, holding the weights at the sides of your chest. Press the dumbbells straight overhead. Do not bang the weights at the top.

Drive your heels down.



4

PUSHUP

SETS: AS MANY AS NEEDED
REPS: 100

➤ Perform as many pushups as you can at a time until you get to 100 total reps. Rest as needed between sets.

MASSIVE RESULTS

MASSIVE VALUE

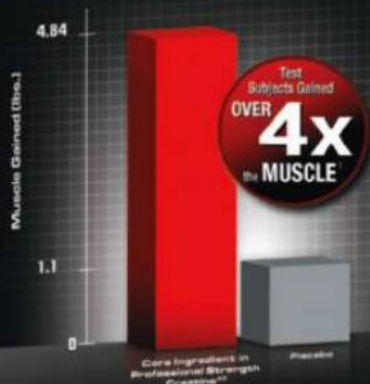
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- Fitness Model
- Network Administrator, U.S. Airforce

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Read the study details:

In a 3-week, double-blind study conducted on 41 weight-trained subjects divided into two groups and conducted by researchers at St. Francis Xavier University and the University of Saskatchewan, subjects using the creatine in Professional Strength Creatine^{X3} with a weight-training program gained, on average, over 4 times the muscle than subjects using a placebo (4.84 vs. 1.1 lbs.). Researchers in this Six Star Pro Nutrition-funded study determined these results using estimates from calibrated skinfold caliper measurements.

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(TRAINER) BODY-PART WORKOUT (CONT'D)



MUSCLE-UP MEAL PLAN

Fill your stomach to fill out your chest

BY SHELBY STARNES

Carbs are the key to gaining muscle. Unfortunately, eating too many just makes you fat. A better approach is alternating high-, medium-, and low-carb days. You get the carbs you need, but in just the right amounts to add muscle, not flab. **Follow the table below to determine how many grams of carbs, protein, and fat you need to eat for your size**, then plan your weekly menu (a sample high-carb day for a 180-pound guy appears below). Your high-carb days should coincide with your toughest workouts, so the two chest workouts should occur on high-carb days. Other workout days can be medium-carb days. Any days you don't train are low-carb days. Start with two high-carb days per week and add more if you aren't gaining weight. If you're getting softer around the middle, have fewer high-carb days.

	CARBS	PROTEIN	FAT
HIGH-CARB DAYS	2-3 grams per pound	1-1.25 grams per pound	As little as possible
MEDIUM-CARB DAYS	1-1.5 grams per pound	1.5 grams per pound	0.15 grams per pound
LOW-CARB DAYS	0.25-1 gram per pound	1.5 grams per pound	0.35 grams per pound

*If you're very lean, use the upper end of the ranges given. If you're not so lean and have a slower metabolism, stick with the lower numbers.

> A lean, 180-pound man might structure his diet like this:

High-carb days:

450g carbs, 200g protein, very low fat (no added fats)

Medium-carb days:

225g carbs, 270g protein, 30g added fats

Low-carb days:

90g carbs, 270g protein, 60g added fats

SAMPLE HIGH-CARB DAY

MEAL 1: >1 cup oatmeal mixed with a scoop of whey protein, 1 large banana, 3 cooked egg whites

MEAL 2: >1¼ cups cooked brown rice, 4 oz chicken breast with soy sauce to taste, 1 cup broccoli

MEAL 3: >10 oz sweet potato, 4 oz turkey breast with mustard to taste, 1 small green apple

MEAL 4: (POST-WORKOUT MEAL)

>Protein shake (buy your favorite prepared or make your own with 2.5 scoops waxy maize, 1 scoop whey protein, and 2 tsp branched-chain amino acids)

MEAL 5: >1¼ cups cooked brown rice, 4 oz chicken breast, soy sauce to taste, 1 cup asparagus

MEAL 6: >12.5 oz sweet potato, 4 oz lean ground beef

> For sample medium- and low-carb plans, go to mensfitness.com/chestmeals

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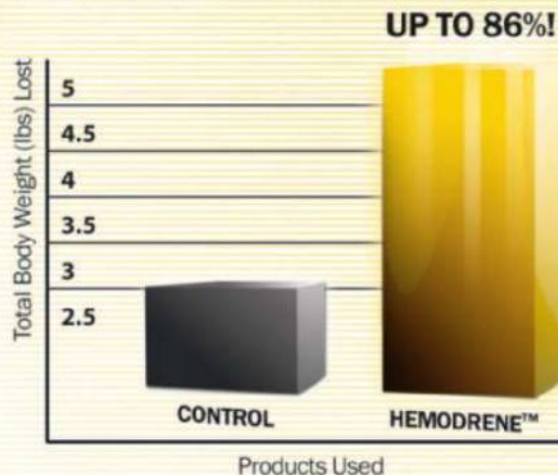
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Comparison of changes in total body weight
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WORKOUT UPGRADE

BETTER HABITS, BETTER RESULTS!

Six ways to tweak your current fitness strategy and **boost your gains**

BY MIKE ROUSSELL
PHOTOGRAPHY BY IAN SPANIER

➤ You probably first learned how to build muscle and lose fat by watching other guys in your gym. Some of them got it right, others definitely did not. Still, you made some gains, and now you're looking to be one of the guys others come to for counsel. Well, embrace these six simple nutrition and diet fixes—in most cases, minor tweaks to already good ideas that make a big difference—and you'll build muscle and burn fat even more effectively. You'll be one step closer to being the gold standard in the gym. ➔

1

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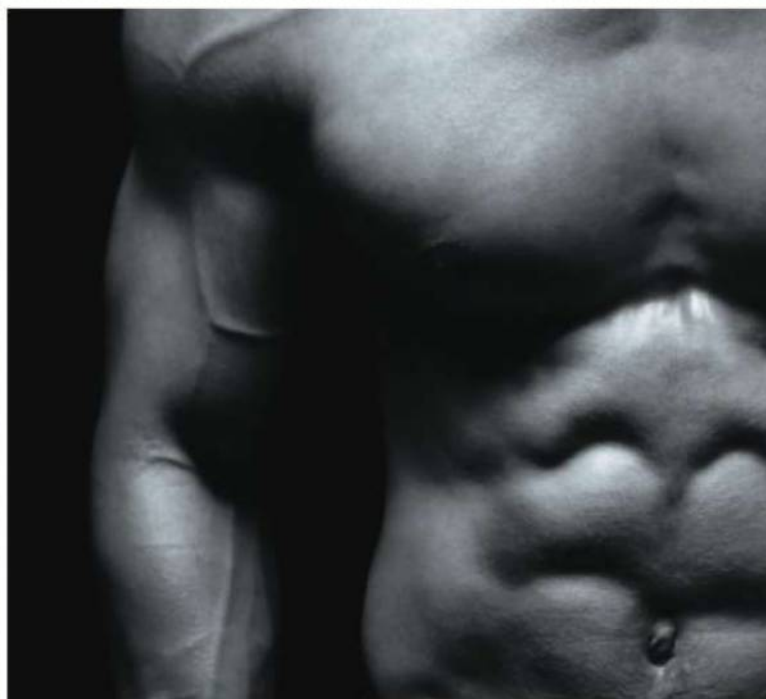


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(TRAINER) WORKOUT UPGRADE



1

WHAT YOU'RE DOING NOW:

Drinking a cup of coffee before you work out.

DO IT BETTER:

Switch to green tea.

➤ A recent review of 15 studies found that the combo of green tea extract and caffeine **resulted in greater weight loss** compared to caffeine alone. In addition to helping you get leaner, green tea may also wind up making you healthier since it is also filled with a wealth of disease-busting, antiaging antioxidants. Shoot for three to five cups daily.

THE BOOST:

Burning an additional 3,500 to 10,000 calories in a month.

2

WHAT YOU'RE DOING NOW:

Training for higher testosterone.

DO IT BETTER:

Use a supplement.

➤ Lifting heavy on compound exercises like the bench press increases your body's production of testosterone, but research from

the University of Connecticut has shown that taking two grams per day of L-carnitine (a common amino acid found naturally in the body) prior to working out may also help to **increase the number of testosterone receptors in your muscles**. More receptors mean more places for testosterone in your system to "bind," assisting with recovery and muscle growth.

THE BOOST:

An increase of up to 13% in testosterone receptors.

3

WHAT YOU'RE DOING NOW:

Cutting back on high-carb foods.

DO IT BETTER:

Eat more fruits and vegetables.

➤ Don't be afraid to pile fresh fruits and veggies on your plate, even though they have carbs. A Penn State study found that **a 12-month diet rich in fruits and veggies led to greater overall weight loss than many low-fat diets**.

THE BOOST:

An additional five to 10 pounds of fat loss each year.

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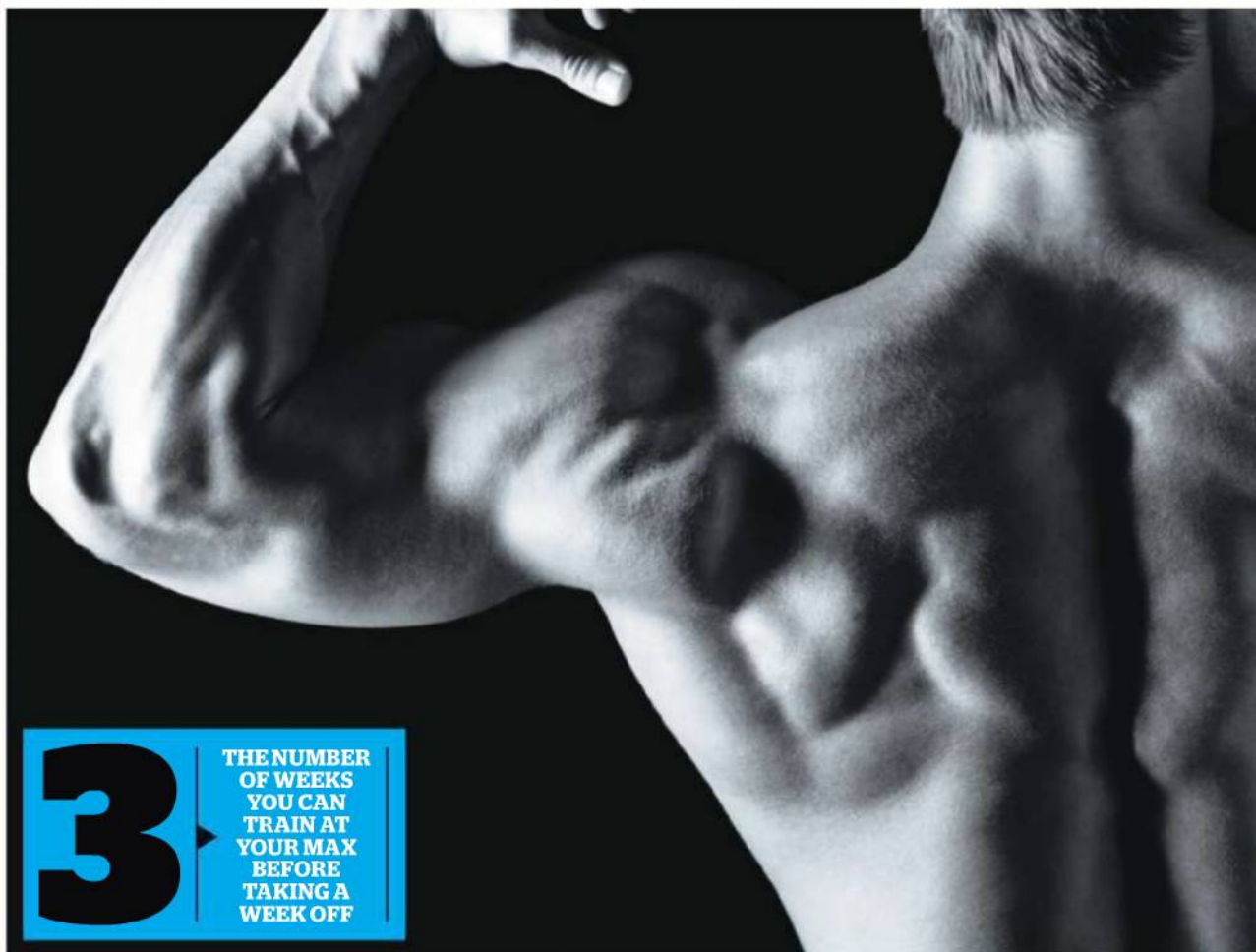
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BEFORE
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WEEK OFF

4

WHAT YOU'RE DOING NOW:

Pounding a post-workout shake.

DO IT BETTER:

Drink the shake before you train.

► Post-workout shakes get nutrients to hungry muscles, fueling growth. However, you may be able to jump-start your muscle growth and recovery (and have more energy for training) by **chugging your drink on your way to the gym**. Research from the University of Texas shows that getting an extra shot of nutrients before you work out channels more amino acids to your muscles, setting you up for even bigger muscle gains.

THE BOOST:

A 79% increase in the uptake of the amino acids used to build muscle immediately after each workout.

5

WHAT YOU'RE DOING NOW:

Taking creatine for muscle growth and strength.

DO IT BETTER:

Pair it with beta-alanine.

► Creatine can give your muscles energy to crank out an extra rep or two, but combining it with the amino acid beta-alanine may make your supplement regimen even more effective. Recent studies show that beta-alanine may **help quell the lactic acid burn your muscles experience** when lifting, allowing you to do more reps. Shoot for six grams daily on workout days.

THE BOOST:

You'll delay fatigue during a hard set, so you'll get more reps overall, increasing the exercise's stimulus.

6

WHAT YOU'RE DOING NOW:

Avoiding the scale when trying to lose weight.

DO IT BETTER:

Weigh yourself regularly.

► Some experts say how your clothes fit is a better indicator of progress. But a 2008 review of 11 studies found that **men and women who weighed themselves at least once per week lost more weight** (between three and six pounds in three months) and kept it off longer than people who rarely weighed in. Whether the scale kept them accountable, or simply more aware of what they were eating, wasn't clear, but the results were.

THE BOOST:

Better tracking of your goals and more consistent weight loss.

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Read the study details:

In a third-party, 12-week study involving 22 untrained test subjects divided into 3 groups and conducted at an American university, subjects taking a key muscle-building ingredient in Muscle Building Milk Shake, along with a weight-training program, gained 4 times more muscle than subjects using a placebo (7.12 vs. 1.30 lbs.).



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¹ If you're not 100% satisfied that the amazing taste of Muscle Building Milk Shake is the best-tasting milk protein you've ever tried, write us at the address on the product label to get a full refund. © 2010.

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(TRAINER)



MEET OUR MODEL

REGGIE MCKEE

Tips from this ex-Marine, who's always in fighting shape for our photo shoots

➤ If you're a loyal *MF* reader, you may recognize Reggie McKee. He has appeared in several issues (and performs this month's chest workout, starting on page 109). The reason we keep inviting him back should be obvious—he's never out of form. Here's his advice on how you can get his build.

PULLUP POINTERS

➤ The West New York, N.J., resident served in the U.S. Marine Corps for seven years and once cranked out an incredible 52 pullups during a competition on base. "To get there, I wore a weighted belt and did multiple sets of 10 to 15 reps," McKee says. "When I got up to using two 45-pound plates,

I had the strength to do a ton of reps with just body weight."

USE SUPPLEMENTS

➤ McKee likes creatine and whey protein. "Creatine works for gaining muscle, but I feel bloated after being on it for a while, so I use it in cycles," he says. "I also like MuscleTech's protein products—they're really helpful when I'm short on time."

SPRINT FOR ENDURANCE

➤ One of the Marines' fitness tests is a three-mile run. McKee completed his in 19 minutes, which he credits to interval training. "On the base, we had a lot of lampposts. I sprinted from one to the next, then jogged to the next one, sprinted, and so on."

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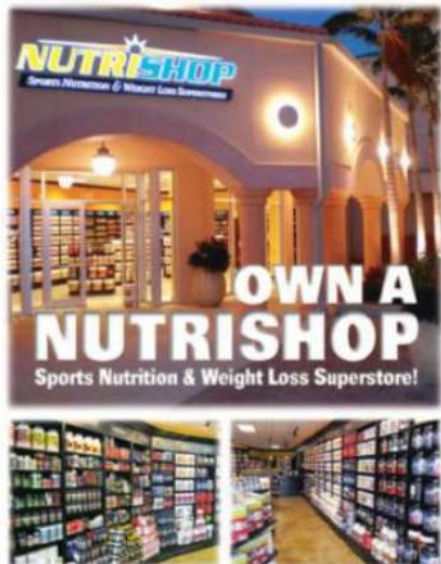
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▶ **MELISSA PITTMAN** - Model Universe Champion, mother of 2 and a **NUTRISHOP** customer!
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STAY LEAN

Be the only guy you know who's still ripped this fall

BY CJ MURPHY

THE STRATEGY

▶ Plenty of guys get cut up for summer—but how many can still see their abs by Halloween? Watch your diet a little more closely and **use a few more core-intensive exercises in the gym** during this phase of our program, and your ripped abs will be popping out from under that costume.

▶ A good rule: Cut carbs to 100-150 grams total on days you don't lift while increasing your protein intake by 10% to 15%. This will keep insulin levels low, so you're less likely to store fat.

TIPS OF THE MONTH

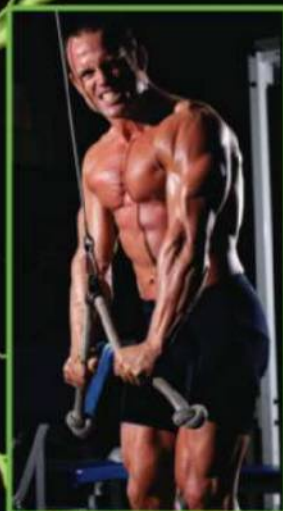
▶ In the front squat (Workout I), fill your chest with air (instead of your belly) between each rep as you would do on a conventional squat. The added pressure will help to brace your spine so you can more easily stabilize the weight. **To maintain form, push your elbows toward the ceiling—you want your arms parallel with the floor.**

▶ During the close-grip incline press (Workout II), keep your wrists neutral (not bending inward or outward). Your arms should nearly touch your sides on the way down.

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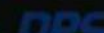
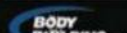
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Belstaff Trailmaster jacket:
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HIS FIX

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O'Neill Psycho 2 wetsuit,
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BE A LORD IN

THE RING

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New Balance NP shorts, \$28:
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IN THIS ISSUE

Meet the trainers behind our fitness coverage

BRIAN GRASSO

► The Montreal-based Grasso has trained elite athletes and is the CEO of the International Youth Conditioning Association. iyca.org

JASON LEE

► As head boxing coach for the Sports Center at Chelsea Piers in New York City, Lee has conditioned boxers at all levels and choreographed boxing scenes for several major movies. chelseapiers.com



SERGIO ROJAS

► Rojas has trained numerous WNBA players and is the director of personal training for Chicago's Lakeshore Athletic Club. sr-fitness.net

JOE STANKOWSKI

► A former powerlifter and strongman, Stankowski trains clients in Grand Rapids, Mich. Thisworkout.com

SHELBY STARNES

► Based in Royal Oak, Mich., Starnes is a competitive bodybuilder and highly sought nutritionist who's worked with hundreds of men and women. troponinnutrition.com

NICK TUMMINELLO

► Tumminello is a strength coach and founder of Performance University in Baltimore. nicktumminello.com

ROWDY YATES

► Yates is the personal training manager for Crunch gym on Lafayette Street in New York City. He specializes in training people for sports performance. crunch.com

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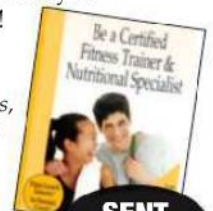


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SUCCESS STORY WRONG DIAGNOSIS, RIGHT CALL

Kirk Myers thought he had mono. He was wrong, but going to the ER saved his life—in more ways than one. **BY DEAN STATTMANN**

GROWING UP, KIRK Myers lived with the nickname “Chunk.” The shy teen was nearly 300 pounds, had few friends, and spent most of his free time alone in his bedroom. He did use his size to earn a place on the high school football team—but he still never really fit in, struggling to keep up with his teammates in games and practices. “I would always throw up,” Myers remembers. “After we finished a game,

I’d lie down and pretty much pass out.”

But the emotional toll he was suffering may have been even worse than the physical one. “I was unhappy a lot,” he says. “I didn’t feel good about myself.”

Myers turned to high-calorie junk in an attempt to improve his mood. In addition to regular fast-food runs and a steady supply of cookies and candy bars, he had a serious taste for chocolate milk, pound-

ing up to two gallons every day.

Those bad habits followed Myers to college at the University of Missouri, and they might have done him in were it not for a medical scare during his sophomore year. Convinced his lethargy and lack of energy was the result of mononucleosis, his stepmother drove him to the local ER. “The doctors did a chest X-ray and saw that my heart was enlarged,” Myers says. He was told he had congestive heart failure and was immediately sent to the ICU. He was 21.

It took nine prescriptions and two years of hard work, but Myers slowly changed his lifestyle.

Junk food was the first to go; doctors ordered him to load up on green vegetables and avoid sodium and extra sugars. He began with oatmeal and almonds for breakfast, and introduced eggs, chicken, spinach, and protein shakes into his daily meals.

Along with his new diet came new energy, so Myers started taking daily walks. He was soon in the gym, where he worked two body parts a day, four days a week. Each workout included an hour on the treadmill at a low speed and high incline. “As I got in better shape, I gained confidence and pushed harder.”

A decade later, Myers has lost 125 pounds and kept it off. He’s earned a degree, moved to NYC, and—having learned so much from his own experience with getting fit—became a personal trainer. (One of his first clients was a man whom he helped to lose 85 pounds in six months.) At 172 pounds, Myers is also proud to be in the best shape of his life. “I’m the happiest and healthiest I’ve ever been,” he says. “I’m truly living my dream.”

TALE OF THE SCALE



KIRK MYERS

HOMETOWN
Kansas City, Mo.

AGE 31

HEIGHT 5'7"

WEIGHT BEFORE 297 lbs

WEIGHT NOW 172 lbs



LOST
125
LBS

KIRK'S TIP SHOP SMART

► “It’s all about preparation. I didn’t leave myself many options in the fridge, so if I wanted a candy bar, I had to get up and go to the store to get it. Instead, **I always have good food around me**, whether it’s at work, at school, in the gym or wherever.”

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

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