HALVE YOUR REPS, DOUBLE YOUR RESULTS

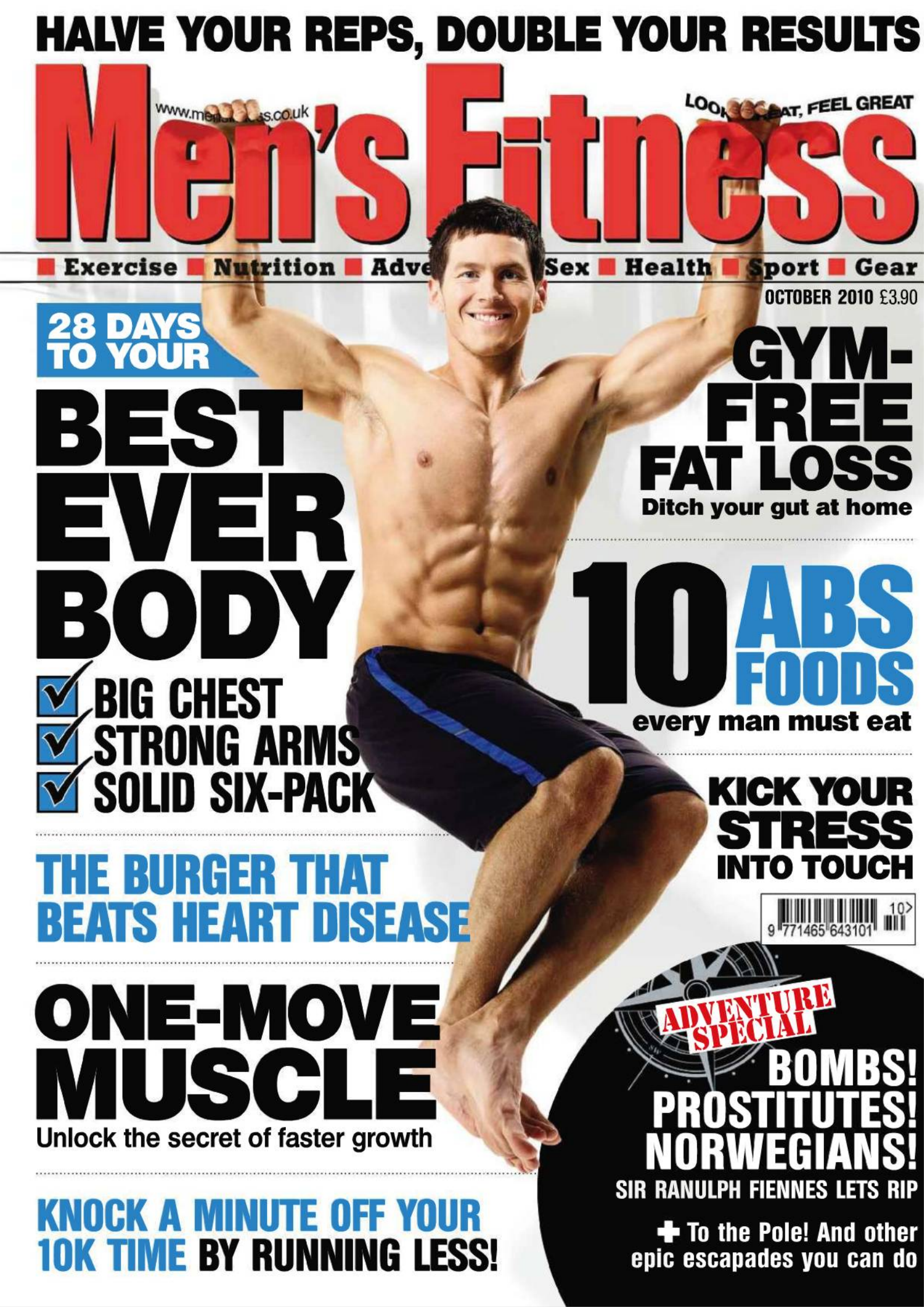
Men's Fitness

www.men...s.co.uk

LOOK GREAT, FEEL GREAT

Exercise ■ Nutrition ■ Adve... ■ Sex ■ Health ■ Sport ■ Gear

OCTOBER 2010 £3.90



28 DAYS TO YOUR

BEST EVER BODY

- BIG CHEST
- STRONG ARMS
- SOLID SIX-PACK

GYM-FREE FAT LOSS

Ditch your gut at home

10 ABS FOODS

every man must eat

KICK YOUR STRESS INTO TOUCH

THE BURGER THAT BEATS HEART DISEASE

ONE-MOVE MUSCLE

Unlock the secret of faster growth

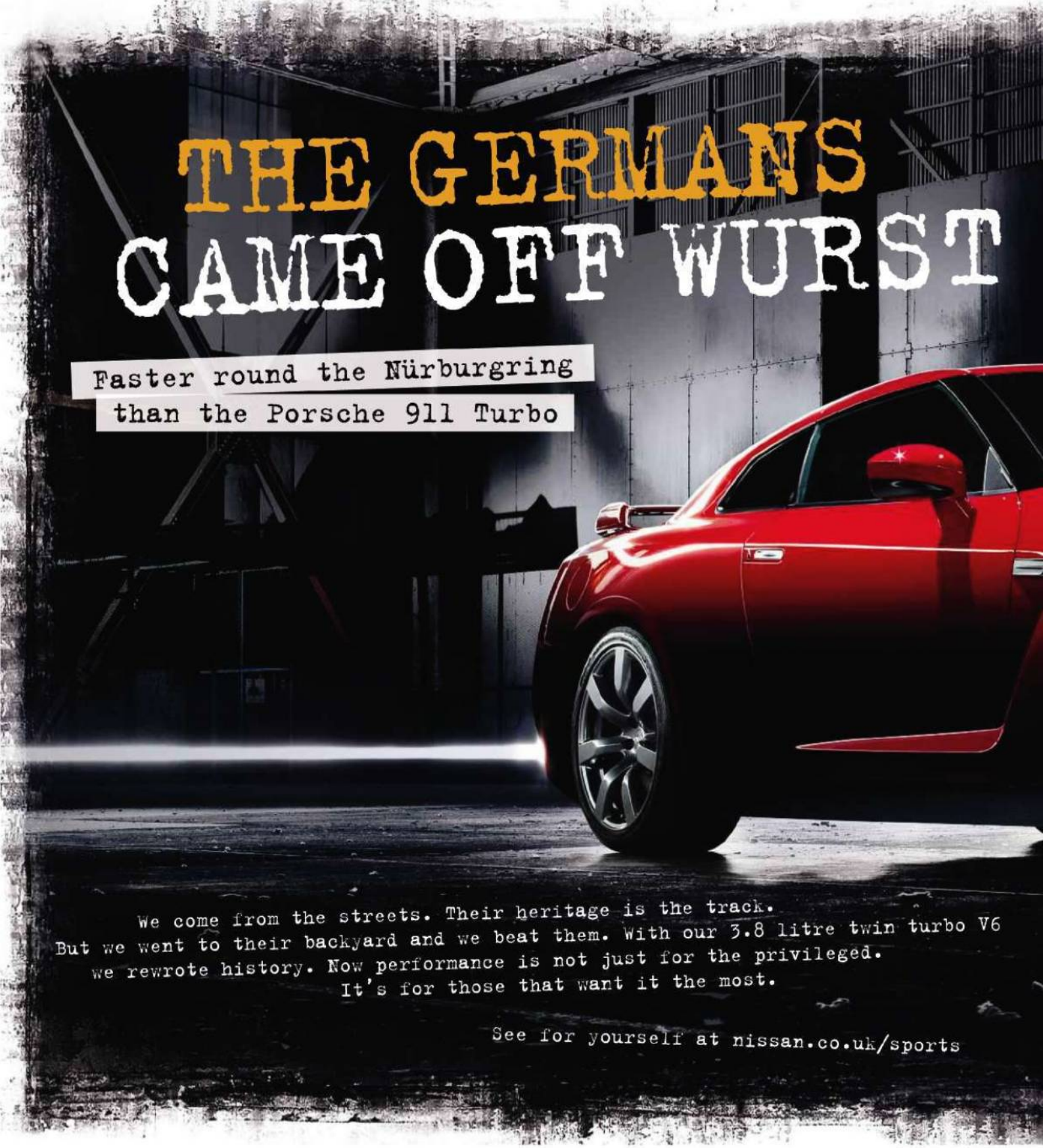
KNOCK A MINUTE OFF YOUR 10K TIME BY RUNNING LESS!

ADVENTURE SPECIAL

BOMBS! PROSTITUTES! NORWEGIANS!

SIR RANULPH FIENNES LETS RIP

✚ To the Pole! And other epic escapades you can do



NISSAN GT-R FROM £59,945

Nissan GT-R is available at high performance dealers only. Visit Nissan.co.uk for further details. Information is correct at time of going to print (June 2010), price includes £55 first registration fee and road fund licence.

Fuel consumption figures for GT-R: CO_2 295g/km – EXTRA URBAN 30.7mpg/9.2L/100km – COMBINED

NISSAN

SHIFT_the way you move

Refer to dealer for exact specification. Model subject to availability. Nissan Motor (GB) Ltd, The Rivers Office Park, Denham Way, Rickmansworth, Hertfordshire WD3 9YS. 010627/4B

22.6mpg/12.5L/100km – URBAN 15.5mpg/18.2L/100km

MF CONTENTS

fit list

13 **7 New Barbell Moves**
How to build muscle with a classic bit of kit

16 **3 Steps To Post-Workout Recovery**
+ 5 best veggie iron sources

18 **4 Steps To A V-Shaped Torso**
+ 3 ways to lace your trainers

20 **8 Pathetic Exercise Excuses**

22 **4 Healthy Heart Foods**
+ 3 medicine ball moves

the experts

27 **Get Ripped Like Usher** How the R&B superstar got his chiselled physique

30 **Go Back To Swim School** Learn to swim all over again – but better – with this kit

33 **Are Carbs Evil?** The dietary truth

34 **Improve Your Bench Press** Identify and fix your weakest link to lift big

36 **Give Stress The Elbow** Keep your head while others around you are losing theirs

38 **Ask The Experts** Knowledge is power

out there

41 ***MF* Becomes A Strongman** Pulling a truck and flipping a giant tyre are all in a day's work for *MF*'s Joel Snape

46 **Race Report** The Sellaronda Hero is Europe's toughest mountain bike race. This year *MF*'s Tarquin Cooper was on the starting line

Features

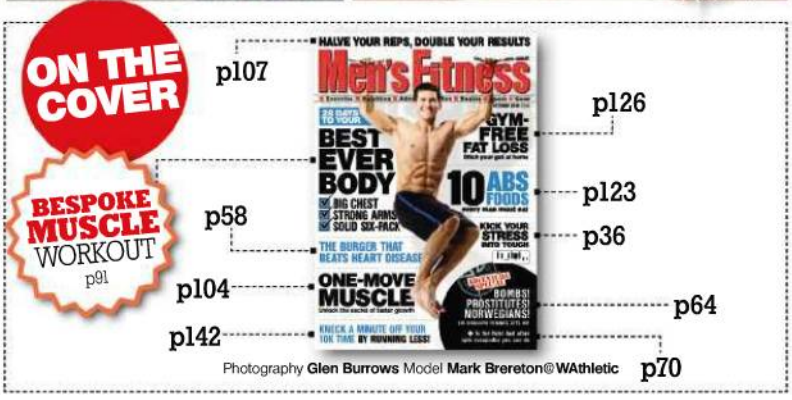
52 **Controlled Explosion** Boost your chances of winning at any sport by getting the power and technique to nail these killer moves

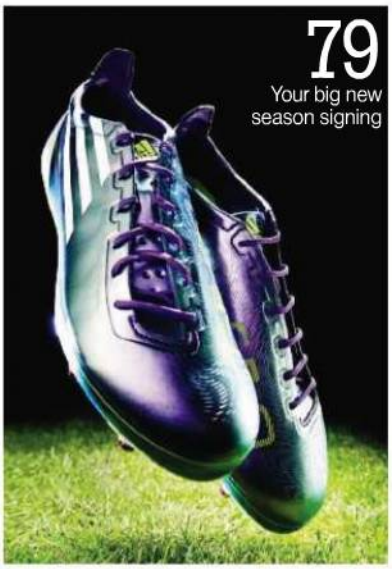
58 **Future Food** Applying nanotechnology to food could revolutionise our diet and solve many of the world's nutrition problems – and it's not as far-fetched as it sounds

64 **The Age Of Exploration** What's changed over 50 years of mountaineering and polar expeditions? *MF* finds out from 66-year-old Sir Ranulph Fiennes and 24-year-old Alex Hibbert

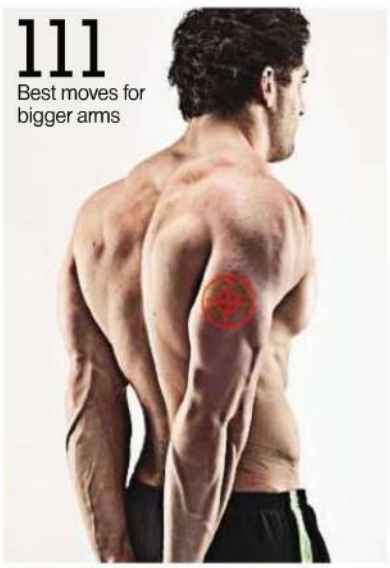
70 **Big Adventures** The world's most difficult challenges are achievable – you just need to know where to start

162 **Sir Chris Bonington** The legendary climber comes down the mountain to talk to *MF*



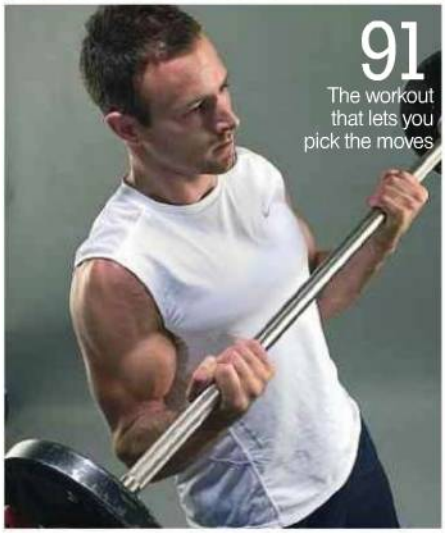


79 Your big new season signing



111 Best moves for bigger arms

70 From surfing Hawaii to climbing El Cap, here's how to nail five epic adventures



91 The workout that lets you pick the moves

123 Hard core: best abs foods

Get 5 issues for £5
and receive a FREE PhD workout set!
See p118 or go to mensfitness.co.uk

GearHound

79 **Gear** The best football boots to get you scoring this season, plus sports watches to help you train

84 **Grooming** Plug in and brush up with *MF*'s pick of the finest grooming gadgets

Gain muscle — Fit For Life

91 **Build Your Own Workout** Tailor your muscle-building programme to your needs with this versatile exercise plan

100 **When To Go Organic** The foods that will give you the optimum hit of healthy nutrients

102 **Time-Saving Training** Use the doubles technique to build muscle in just 15 minutes

104 **Must-Do Move** Perfecting your squat will help you build muscle all over your body. Here's how

107 **Knowledge** Reduce your reps and still gain bulk with our cunning training plan

111 **Body Focus: Triceps** Six moves that will work your triceps and give you powerful arms

116 **Training Tips** Get hard abs with a Bosu ball and take our quick upper-body strength test

119 **All-Body Workout** This perfectly balanced workout will make you strong all over your body

Lose body fat — Fit For Life

123 **10 Best Six-Pack Foods** Eat your way to a solid midsection with these abs-friendly foods

126 **Speed Circuit** Get rid of your gut before you go to work with this bedroom circuit

130 **Meal Plan** Eating eggs in a variety of forms, other than fried, is the key to this four-week plan

132 **Success Story** Niall Hamilton took up football and gave fat a thrashing. Here's how he did it

Improve performance — Fit For Life

137 **Race Planner** This six-week plan will get you fit for the Dynamic Endurance Adventure Race

140 **Triathlon Training** A pre-race warm-up will prevent injury and improve performance

142 **Running** Interval training sessions will help you slash your 10K time. Here's what to do

144 **Must-Do Move** The move that'll give you the strength to skip past Sunday league opponents

147 **Diving Drills** This workout from Britain's 10m diving champ won't let you do a triple somersault pike but it will give you a rock-hard body

Somebody stole our dictionary

That's why we don't know the meaning of the word 'idle'

Nick, digital editor
What I've been up to Taking on my first Olympic-distance triathlon – the London Dextro Energy Triathlon in Hyde Park.
What I've learned Plenty, the hard way. Read the story of my race report, plus top triathlete Olly Freeman's analysis of my performance, at mensfitness.co.uk/links/musttriharder.

Joel, features editor
What I've been up to Learning to throw an overhand right from UFC great Chuck Liddell at a seminar in London's Urban Kings gym.
What I've learned The key is to keep your arm loose and use your hips. For more of Liddell's wisdom go to mensfitness.co.uk/ufc.

Jon, editor
What I've been up to Surfing seriously mean waves on Fistral Beach in Newquay as a guest of car maker Chevrolet. Some were as high as 50 centimetres.
What I've learned Putting your weight on your front foot helps you go further and faster. And a couple of hours in the water is a cracking hangover cure.

Lucy, staff writer
What I've been up to A week-long juice retreat in Turkey (juicemaster.com) that involved mountainside time trials (pictured – that's me in the striped vest).
What I've learned It's sometimes quicker to walk up parts of hills, rather than expending all your energy running up slowly.

GO RACING WITH *MEN'S FITNESS*

Sign up now to secure your place in *MF*'s new off-road event. Tough Tracks will take place on **Saturday 18th September** at Pippingford Park in East Sussex and offers five different muddy options: an 8km run, a duathlon and sprint, relay and advanced triathlons.

Enter at mensfitness.co.uk/toughtracks

Photography **marathon-photos.com**

Men's Fitness

MEN'S FITNESS Dennis Publishing Ltd, 30 Cleveland Street, London W1T 4JD Tel: 020 7907 6000 Fax: 020 7907 6439
SUBSCRIPTIONS ENQUIRIES 0844 844 0081 or fitness@servicehelpline.co.uk UK £39.99, Europe £42.99, Rest of world £57.00

EDITORIAL
Editor Jon Lipsey 020 7907 6515
Deputy Editor Joe Warner 020 7907 6521
Art Director Donovan Walker 020 7907 6522
Managing Editor Chris Miller 020 7907 6520
Features Editor Joel Snape 020 7907 6816
Senior Designer Claire Punter 020 7907 6518
Staff Writer Lucy Miller 020 7907 6523
Grooming Editor Hayley Thatcher hayley_thatcher@dennis.co.uk
Thanks this issue Richard Davis, Spike (art), John Murphy (subbing)

DIGITAL
Digital Editor Nick Hutchings nick_hutchings@dennis.co.uk
SEO Manager Lee Woodman lee_woodman@dennis.co.uk
Digital Assistant Paul Keely paul_keely@dennis.co.uk

MANAGEMENT
Editorial Director Pete Muir 020 7907 6517
Publishing Director Richard Downey 020 7907 6670
Deputy Managing Director James Burnay 020 7907 6524
Executive Director Kerin O'Connor

ADVERTISING
Advertising Manager Claudia Nicoletti-Dowd 020 7907 6702
Advertising Manager (Acting) Rick Asiyani 020 7907 6713
Account Manager Claire O'Farrell 020 7907 6688
Sales Executive Liz Conboy 020 7907 6720
Inserts Advertising Manager Lucy Lancaster 020 7907 6715
Inserts/List Rental Sales Executive Steve Machin 020 7907 6154
Classified Sales Executive Natasha Ellis 020 7907 6707
Northern Representative Steph Binns 01423 569553 Fax 01423 709319
Group Commercial Director Dan Reeves
Managing Director Julian Lloyd-Evans

DENNIS CREATE
Head of Dennis Create Rob Osbourn 020 7907 6708
Commercial Director Jonathan Kitchen 020 7907 6616
Project Manager Giulia Di Cesare 020 7907 6706
Creative Solutions Director Melanie Hearn 020 7907 6710
Creative Solutions Director Sophie Strickland 020 7907 6859
Account Director Simon Best 020 7907 6256

MARKETING
Marketing Manager Juliette Cooper 020 7907 6131
Competitions Manager Lauren Haxell 020 7907 6127
Partnerships Manager Sophie George 020 7907 6853

EVENTS
Events Project Manager Jemma Ryan 020 7907 6470
Events Marketing Manager Tom Townsend-Smith 020 7907 6112
Events Director Jay Tyson

PRODUCTION
Production Controller Taz Johnston 020 7907 6055

SUBSCRIPTIONS/NEWSTRADE
Newstrade Director Martin Belson 020 7396 8063
Newstrade Manager James Mangan 020 7396 8042
Direct Marketing Manager Louisa Rekasi 020 7907 6106
Subscriptions Manager Laura Paterson 020 7907 6148
Commercial Director DMS Anthony White 020 7907 6472
Syndication Sales Manager Anj Dosaj 020 7907 6132

SENIOR MANAGEMENT
Chief Operating Officer Brett Reynolds
Chief Financial Officer Ian Leggett
Chief Executive Officer James Tye
Chairman Felix Dennis

***Men's Fitness* is available for syndication and international licensing. Please contact Ornella Roccoletti on +44 (0)20 7097 6134 for details.**

Did you know? You can reserve a copy of *Men's Fitness* **free** at any newsagent in the UK. Ask your newsagent for details.

Origination and retouching by **Mullis Morgan**. Printed by **BGP**. Distributed by Seymour Distribution, 2 East Poultry Avenue, London EC1A 9PT. Tel 020 7429 4000. *Men's Fitness* copyright 2010 by Dennis Publishing Ltd. All rights reserved. *Men's Fitness* is a trademark and may not be used or reproduced in the UK or Republic of Ireland without the permission of Dennis Publishing Ltd.

Men's Fitness is published in the UK and Republic of Ireland by Dennis Publishing Ltd and is sold subject to the following terms: namely that it shall not without the written consent of the Publishers first given be lent, resold, hired out or otherwise disposed of by way of Trade at more than the recommended selling price shown on the cover and that it shall not be lent, resold or hired out in a mutilated condition or in any unauthorised cover by way of Trade or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever.

The paper used for this magazine is produced from sustainable fibre, manufactured by mills with a valid chain of custody.

SALOMONRUNNING.COM
XT WINGS 2
"THE VAST MAJORITY OF THE WORLD'S TRAIL RUNNING SHOE DESIGNS ORIGINATED ON PAVEMENT. OURS COME FROM RUNNING IN THE MOUNTAINS."
FREDERIC CRETINON
PRODUCT DEVELOPER - SALOMON TRAIL RUNNING FOOTWEAR
ALSO AVAILABLE, XT WINGS GTX® WITH THE HIGH-TECH FUNCTIONALITY OF
GORE-TEX
SALOMON

challenge yourself!

Men's Fitness FRIDAY CHALLENGE

Try the *MF* Friday Challenge to add spice to your training programme and compare your fitness against other *MF* readers

At the end of every week we post a tough mini-workout on the *Men's Fitness* website. Each one takes no more than 20 minutes to complete and provides a serious test for your fitness. As well as a video guide to the workout, we also give you step-by-step form pointers with images for each move. Once you've finished a challenge, don't forget to post how you did in the comment box beneath the workout so everyone can see how well you've done.

Go to mensfitness.co.uk/fridaychallenge to try any of the challenges we've posted over the past months – and don't forget to check the site every Friday for the latest one.

Here's a testing upper-body Friday Challenge to get you started. As well as giving you a good indication of how strong you are, it will help you pack on muscle.

THE CHALLENGE 100 pull-ups and 100 medicine ball press-ups as fast as you can

Pull-up

- Grasp the pull-up bar with an overhand grip, with your hands just wider than shoulder-width apart.
- Hang with your arms straight.

- Pull up until your chin is over the bar.
- Lower all the way down until your arms are straight again.

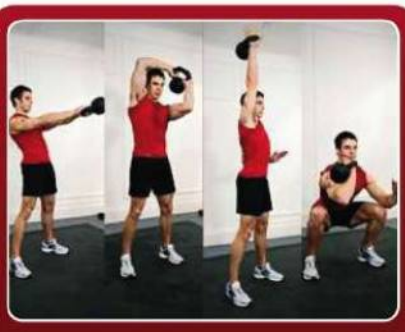
Medicine ball press-up

- Get into a press-up position with your hands on either side of the ball.
- The ball should be in line with the top of your chest.

- Lower your body until your chest is millimetres from the ball.
- Press up explosively.

To see a video guide go to mensfitness.co.uk/links/fc2506

HERE ARE THREE OTHER RECENT **FRIDAY CHALLENGES** FOR YOU TO TRY



Swing, rotate, clean, squat

One minute of kettlebell swings, one minute of kettlebell halos, one minute of kettlebell clean and presses (both arms), one minute of kettlebell squats

mensfitness.co.uk/links/fc3007

Jack press, squat

Do as many rounds of ten gym ball jackknife press-ups and ten squat jumps as you can in ten minutes.

mensfitness.co.uk/links/fc1607

Swing, pull, hop

Do as many rounds of 20 kettlebell swings, ten chin-ups and 20 bunny hops as you can in 15 minutes using a 16kg kettlebell.

mensfitness.co.uk/links/fc2307

Test yourself against the nation with a quickfire workout every Friday at

mensfitness.co.uk/fridaychallenge

SHARP

***Image simulated. Reaction is not.**

THE NEW SHARP QUATTRON. FOR COLOURS NEVER BEFORE SEEN ON TV.

The Quattron is a world first, with a unique 4 colour technology giving you 1000 times more colour than any other television. By adding a yellow sub-pixel to the standard RGB colour matrix we can now produce shades of colour never seen before on TV. 22 years ago Sharp invented the LCD TV and now we have reinvented the technology. **You have to see it, to see it.**

See the difference the yellow sub-pixel makes at quattron.tv

techradar.com

WHAT VIDEO & HI-DEF TV Best Buy

Quattron

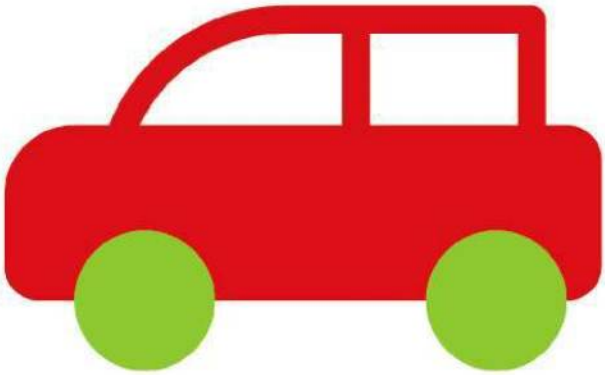
AQUOS

Freeview HD

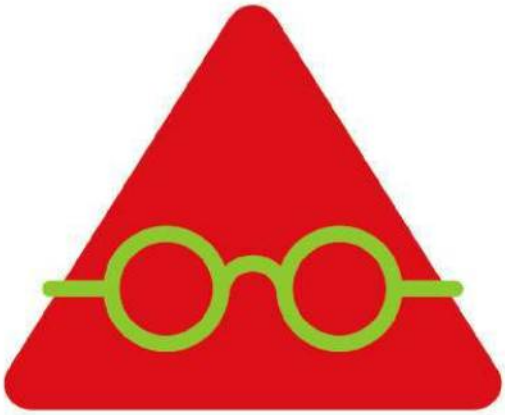
houseoffraser.co.uk

HOUSE OF FRASER

TEMPTATION ON EVERY LEVEL



You take this for a regular service



Why not you?

What's to stop you giving yourself a proper once over with a Bupa health assessment? First of all you don't need to have Bupa health insurance. Anybody can have one. Perhaps you're one of those people who say, "I'd rather not know". Really? 95 percent of people were reassured about their health following a Bupa health assessment*. That's what it's all about. Reassurance. And what's more reassuring than getting a test result on the same day, so you can chat through any concerns there and then?

With up to 46 different tests - and most results available that day - up to an hour with a brilliant doctor or health adviser and a full report you'll become an expert on the most important topic in the world: you.

To find out more about our range of health assessments starting from £149 call **0845 600 3910**† quoting FITNESS0910 or visit **bupa.co.uk/healthassessments**

Health Assessments are provided by Bupa Occupational Health Limited. Registered in England and Wales No 631336.
*Bupa Wellness Health Assessment Customer Satisfaction Survey 2009 (March to August)
†Calls may be recorded and may be monitored.

bupa.co.uk/healthassessments

Bupa

7 new barbell moves

For an easy way to keep your workouts fresh, grab a barbell and work all your major muscle groups with these innovative moves

Windmill

Targets **Shoulders, lower back, core**

Face away from the barbell, holding it above and behind you with your left hand. Keeping your left arm straight, bend forwards from the hips until your torso is parallel to the floor, before returning to the start. ›

Hammer jammer
Targets **Shoulders, triceps, core**

Hold one end of the barbell at chest level with your left hand and wedge the other end against a wall. With your right leg forward and core braced, raise the bar in a smooth arc until it's above your head before returning slowly to the start.

Floor press
Targets **Chest, triceps**

Lie on the floor and hold the bottom end of the barbell by one side of your head. Press the bar straight up until your arm is straight, then lower slowly.

Overhead squat
Targets **Shoulders, core, glutes, hamstrings, quads**

Wedge the barbell into a corner and hold the other end in one hand above your head. Keeping this arm straight, your back arched and core braced, squat down until your thighs are parallel to the floor before returning.

Suitcase deadlift
Targets **Hamstrings, quads, glutes, core, lower back**

Stand to one side of the barbell. Squat down and grip the bar. Keeping it close to your side, drive through your heels to stand back upright.

Landmine
Targets **Core, obliques**

Wedge the barbell into a corner and hold it at arm's length with both hands. Rotate at the waist to one side, then the other. Switch which hand is on top between sets.

Single-arm flye
Targets **Chest, shoulders, core**

Stand facing the wall, holding the bar in one hand just above head height. Slowly turn your arm out to the side, staying in control of the bar throughout, until your arm forms a right angle with your body. Then return to the top.

For an effective kit-free workout go to **mensfitness.co.uk/links/lookmumnokit**

Words **Joe Warner** Photography **Danny Bird** Model **Russell Lee@WAthletic**

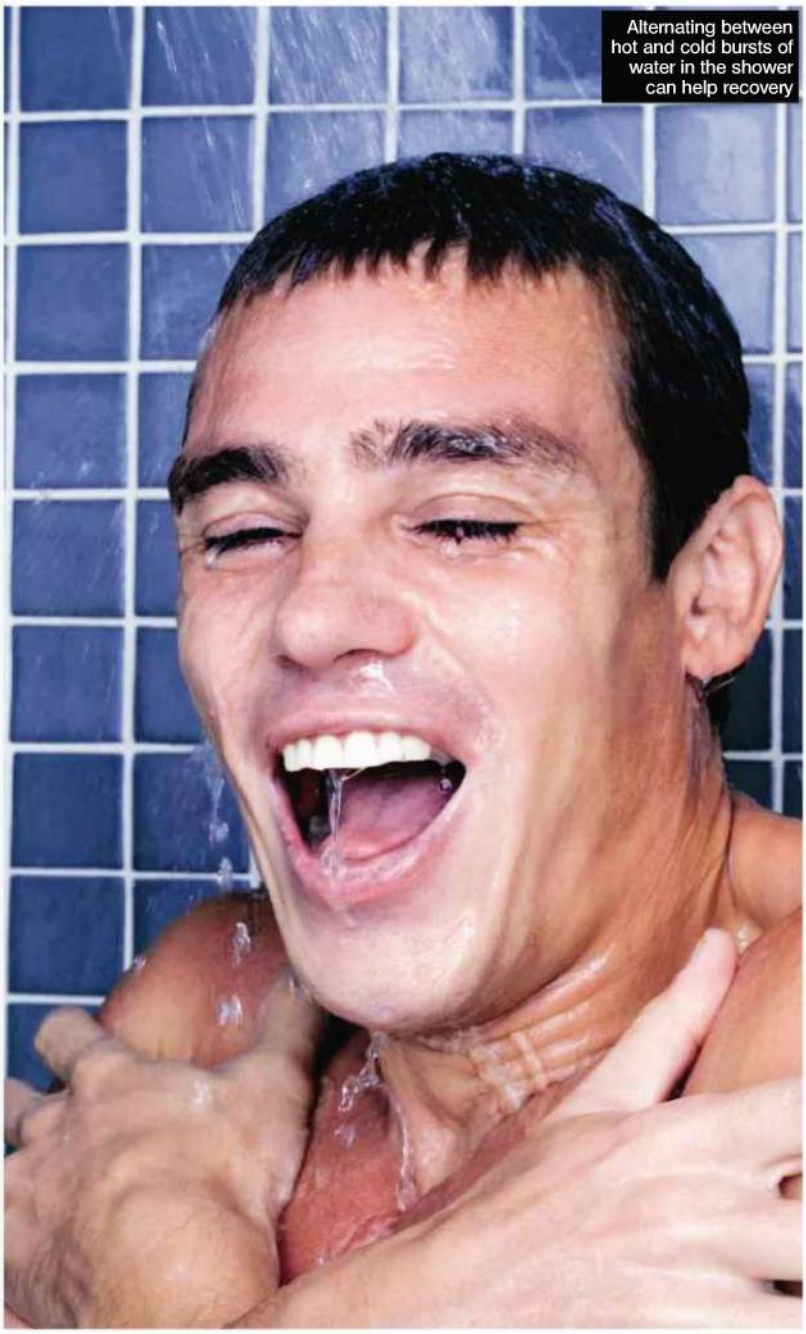
*Euromonitor Shampoo Shares 2009.

head & shoulders
making heads happier

Whatever's on Jenson's mind, with the world's number one anti-dandruff shampoo* it's not dandruff.

3 steps to post-workout recovery

Get more from every session with these must-do tips



Alternating between hot and cold bursts of water in the shower can help recovery

Do a proper warm-down

After your last set spend five minutes on a proper warm-down, focusing on the muscles you have just put through the mill. This will signal to your body that the session is over so that the recovery process can begin. A report in the journal *Medicine And Science In Sports And Exercise* found that a warm-down done at 30 per cent of the intensity of the session led to greater strength and power output later on. A decent warm-down helps flush lactic acid from your muscles, which can help reduce aches, pains and stiffness.

Drink a shake with protein and carbs

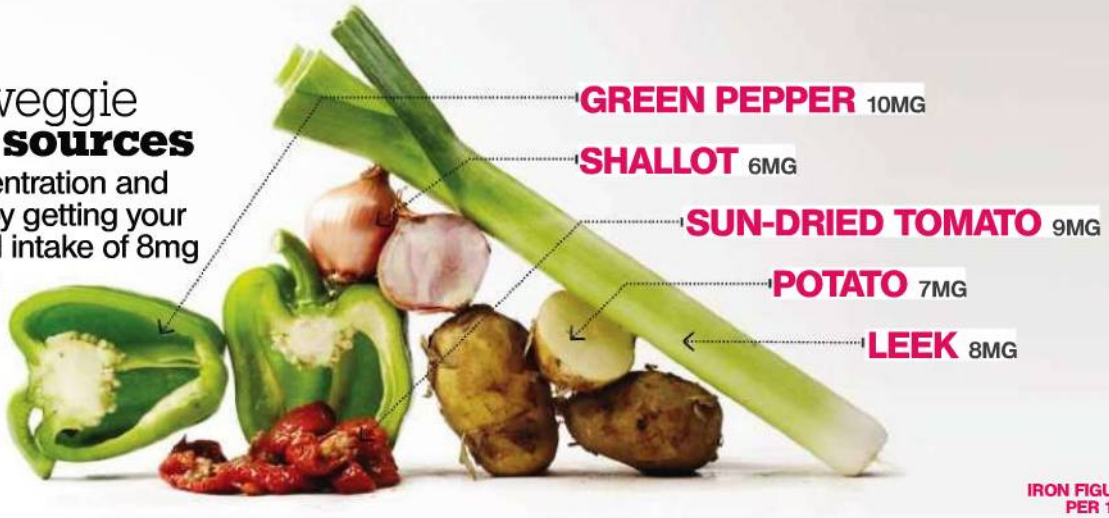
When your session ends you have a 20-minute window to get some high-quality nutrition into your muscles to help them recover and grow stronger ahead of your next workout. Research from the University of Texas found that downing a carb and protein-based drink immediately after a workout helped subjects restore muscle energy levels far faster than those who took on either just protein or just carbs. Aim for a mix of 4g of carbs to every 1g of protein.

Power shower

Once in the shower, alternate between hot and cold water in 30-second bursts. A study in the *International Journal Of Sports Medicine* reported that cyclists who alternated between bursts of hot and cold water performed better in subsequent sprint and time trials compared to those subjects who recovered with hot water. So next time you hit the showers don't be scared of the cold tap. And it's cheaper than a sports massage.

5 best veggie iron sources

Improve concentration and avoid fatigue by getting your recommended intake of 8mg of iron per day



IRON FIGURES PER 100G

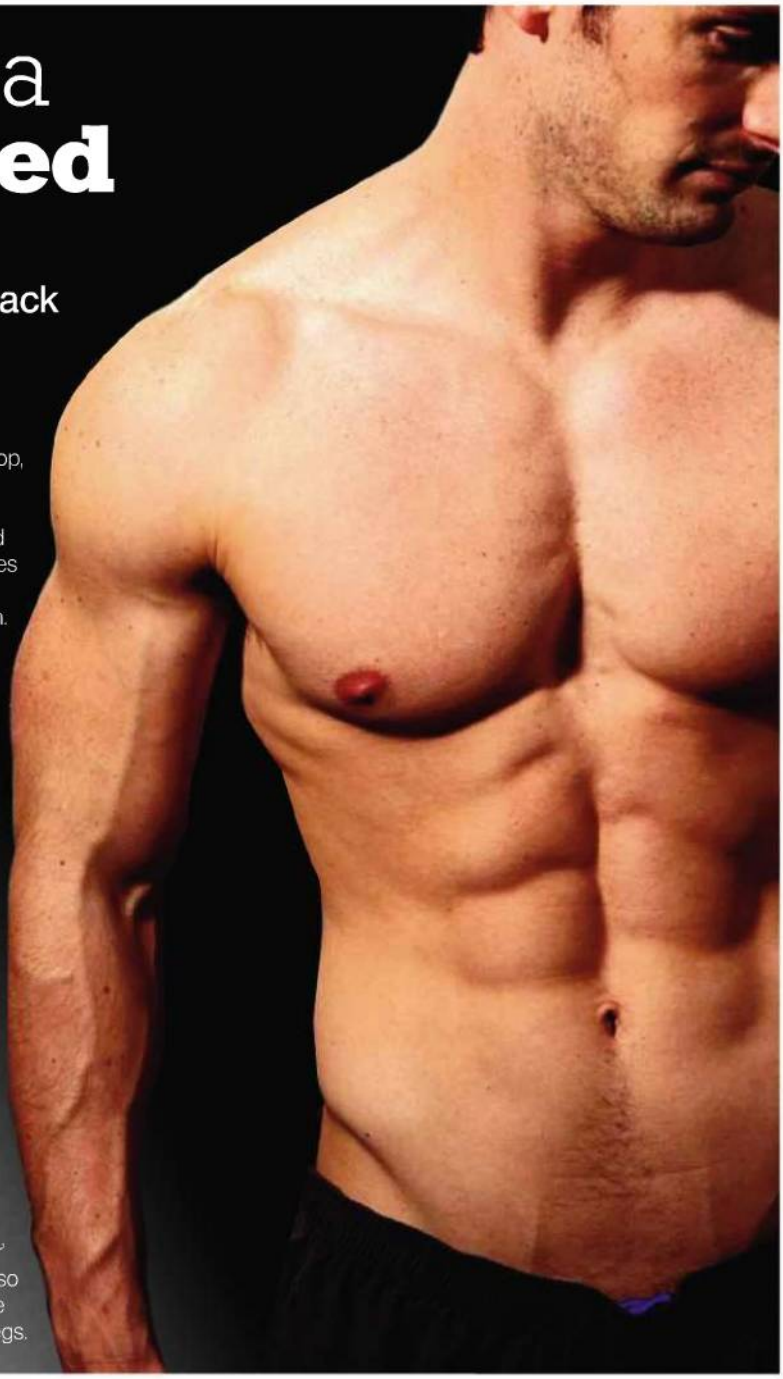
For pre-workout practices to help you go harder in the gym go to **mensfitness.co.uk/links/timetoprep**

Words **Joe Warner, Max Ravera** Photography **Danny Bird, Thinkstock** Nutrition information from nutritiondata.com

Alberto VO5
EXTREME STYLE
VO5
EXTREME STYLE
freezeGel
matt clay
reWork
texturisingGum
BREAK THE MOULD
VO5 EXTREME STYLE.
EXPRESS YOUR INDIVIDUALITY. VO5.CO.UK

4 steps to a V-shaped torso

Build big shoulders and a wide back to get the classic body shape



Shape your shoulders

Big shoulders are the starting point for creating a V-shaped torso because the wider you are at the top, the narrower you will appear at the waist. Dedicate a whole workout to targeting your shoulders once a week (no more because they will also get trained when you work your chest) by doing lateral raises, front raises and reverse flyes to work each of the three main muscles individually, and overhead presses to work the whole region.

Get your back up

Building a wide back that tapers to the waist means you need to get acquainted with the pull-up bar. Take an overhand grip with your hands wider than shoulder-width apart to minimise your biceps and place greater emphasis on your lats. If pull-ups are too tough, start on a lat pull-down machine, using a wide grip, to build up back strength before hitting the bar.

Blitz the belly fat

Bursts of high-intensity cardio burn more calories than slow and consistent training, so alternate 20 seconds of all-out effort followed by ten seconds of recovery (known as Tabata intervals). This hardcore fat-burning session will blitz those love handles that make your torso look square, rather than V-shaped

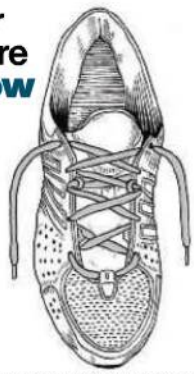
Stand up straight

It's the easiest way to make yourself seem broader across your chest and narrower at your waist, but maintaining a good posture is one thing most men neglect. Poor posture causes a 'hunched over' appearance that will detract from your new shape, so make sure you sit up straight at work and spend time in the gym improving your flexibility, especially in your back and legs.

3 ways to lace your trainers

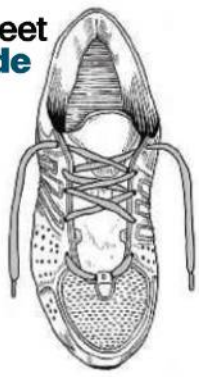
The way you lace your trainers up can make a big impact on the shoes' fit and performance, says Carl Austin from sports footwear website ransacker.co.uk.

If your feet are narrow



'Adding a "lacing lock" on the fourth row of eyelets,' says Austin. 'Feed the lace through then back through the same eyelet, creating a loop, before feeding the lace through the loop. This will create an extremely tight closure.'

If your feet are wide



'You will want to maximise the space in the lower and middle of the running shoe. This can be done by running the lace up the inside of the shoe from the first to the third eyelets.'

If your feet have high arches

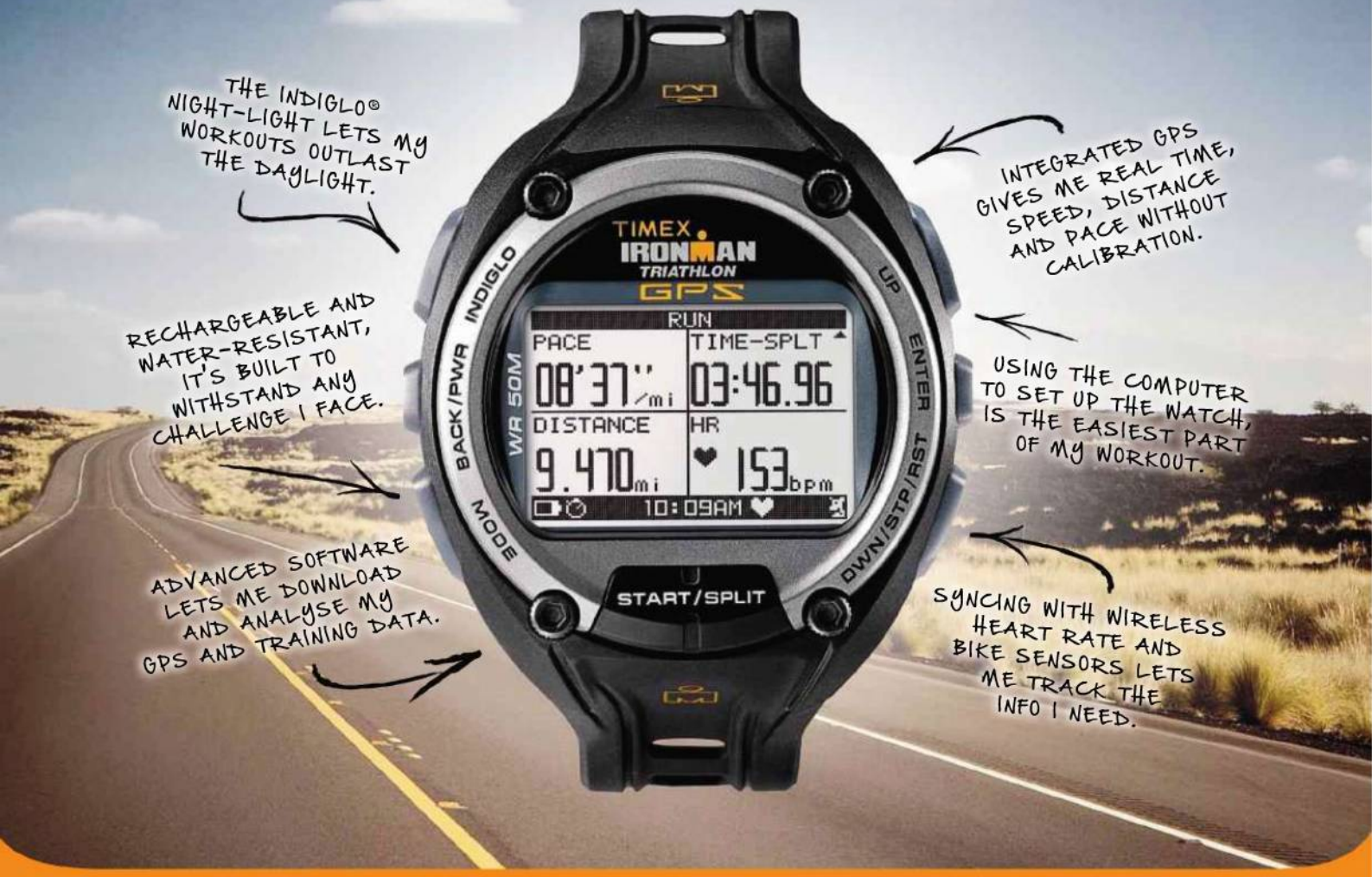
'It's best to give your foot a little more height in the upper to prevent rubbing against the upper and downward pressure that can cause pain in the arch. Run the lace along the outside from the second to the third row of eyelets.'

Words **Joe Warner** Illustration **Joe Wilson**©**Debut Art**

GPS TRAINING COMES DOWN TO EARTH.

Introducing the Global Trainer™ Bodylink® System.

The first GPS-enabled watch worthy of the Timex® Ironman® name.



TIMEX IRONMAN®

TRAIN SMARTER™ AT TIMEXIRONMAN.COM

ANT+ TRAININGPEAKS™ SiRF Powered

ING NEW YORK CITY MARATHON · LONDON MARATHON · LONDON TRIATHLON · HUMAN RACE

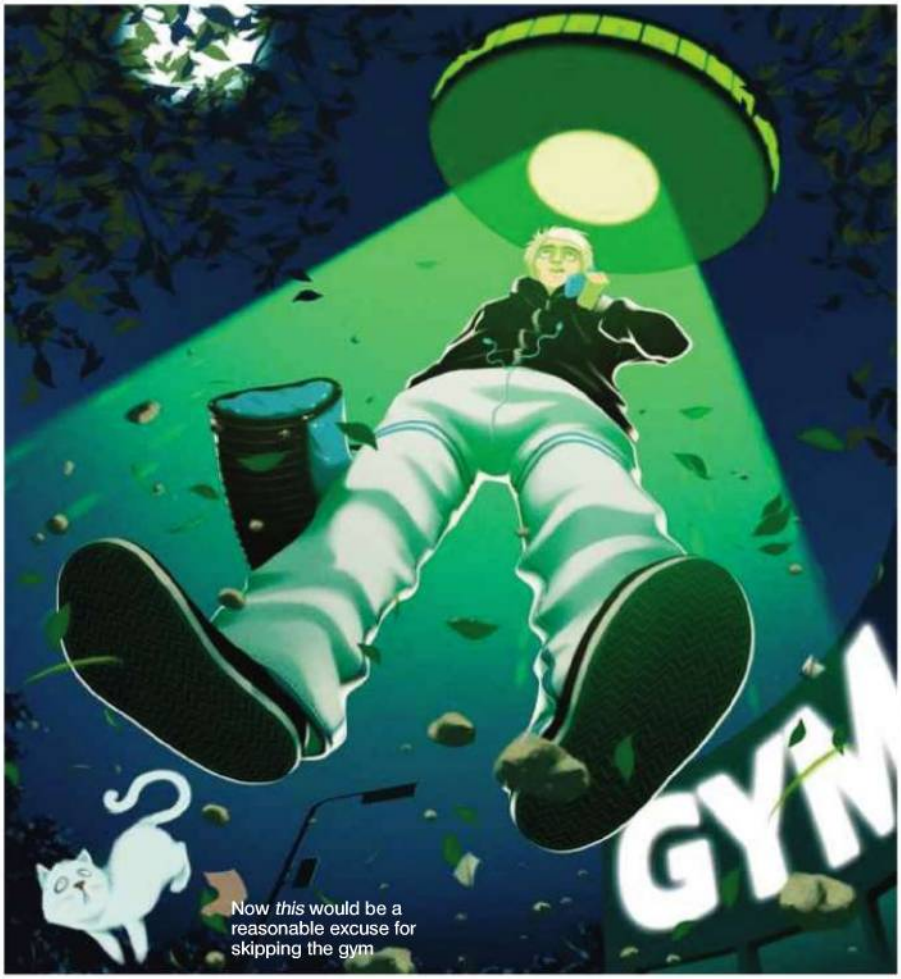
AVAILABLE IN THE UK FROM SEPTEMBER!

To find your nearest Timex stockist, call 0845 838 7573 or visit findastockist.co.uk

©2010 Timex Group USA, Inc. TIMEX and TRIATHLON are registered trademarks of Timex Group USA, Inc. in the US and other countries. WHO CARES WHAT TIME IT IS, TRAIN SMARTER and GLOBAL TRAINER are trademarks of Timex Group B.V. INDIGLO is a registered trademark of Indiglo Corporation in the US and other countries. IRONMAN and M-DOT are registered trademarks of World Triathlon Corporation. SiRF and SiRF LOGO are registered trademarks of SiRF Technology, Inc. SiRFstarIII is a trademark of SiRF Technology, Inc. ANT+ and the ANT+ Logo are trademarks of Dynastream Innovations, Inc. BODYLINK is a registered trademark and GLOBAL TRAINER and TRAIN SMARTER are trademarks of Timex Group B.V.

8 pathetic exercise excuses

Some reasons for not going to the gym are acceptable. These aren't



Now *this* would be a reasonable excuse for skipping the gym

1 'It's too expensive'

The average annual gym membership in the UK costs £372, according to a survey by Sainsbury's Bank, which sounds like a lot to spend working out. However, a daily £2 coffee on the way to work adds up to a whopping £522. So an average of £1.02 a day on your gym membership is a fairly small price to pay for feeling and looking great, don't you think?

2 'I don't have the time'

The average British person watches three hours and 48 minutes of television a day, according to the laest data from communications regulator Ofcom. That's 26½ hours, or more than a full day, of box-watching every week. So surely you can spare 45 minutes every other day to work up a sweat, right?

'Spending £1.02 a day on your gym membership is a fairly small price to pay for feeling and looking great'

3 'I don't know what to do when I'm there'

It's true that going to the gym without a clear idea of what to do is pointless – you'll probably just wander around a bit, then knock out a few too-heavy reps before calling it a day – but it's not difficult to make a workout plan. Here you go: Monday, chest and back; Wednesday, legs and core; Friday, arms and shoulders. Want a more detailed plan? You'll find plenty on our website.

4 'I'm too tired'

A common reason for chronic tiredness is a lack of regular exercise, according to healthcare provider BUPA. It's a vicious cycle: being unfit makes you more susceptible to tiredness and so less likely to get at least 30 minutes of moderate exercise every day. Ready to train?

5 'The gym is boring'

If you shifted that spare tyre or reached your bench press target months ago, you need a new objective otherwise you'll run out of motivation. Whether it's to knock two minutes off your 10K time or add 5cm to your biceps, having an objective – and then tweaking it based upon your progress – is a surefire way to prevent gym boredom.

6 'I'm too stressed by work'

You know how you feel great after a tough workout? That's down to endorphins, the feelgood hormones that are released after strenuous activity. They directly combat levels of the stress hormone cortisol, improving your mental and physical health. Working out also gives you some quality time to think over your stress-causing problems and find a solution.

7 'I've stopped seeing gains'

Remember the first few months when your body changed shape so quickly? That's because it wasn't used to training and made rapid adaptations to get you fitter and stronger. But your body adapts to stimulus very quickly, which is why you need to keep it guessing by shaking up your training regime. Spend a week doing exercises you've never done before and focus on those muscles you often neglect.

8 'I'm embarrassed by my body'

It can be tough to get red, sweaty and out of breath in front of a room of strangers, but the chances are that at least half of them feel the same. Stepping into the gym is the hardest part. Once there, with a clear goal and a training plan, you'll probably find you enjoy it. And if someone does snigger, eye up his biceps. Bet they're twice as big as his calves, right? That looks pretty silly.

For a variety of excuse-proof workout plans go to **mensfitness.co.uk/links/noexcuses**

Words **Katie Thomas** Illustration **Rui Ricardo/FolioArt**

RIGHT GUARD
Xtreme Protection
Xtreme Freshness
NEW
RIGHT GUARD
XTREME SILVER
ANTIBACTERIAL deo protection
with silver molecules
Fresh Blast
Extra strong protection 48h against body odour
High performance Anti-Perspirant
NEW
RIGHT GUARD
XTREME FRESH
SHOWER GEL
Fresh Blast
THE ULTIMATE FRESHNESS EXPERIENCE
INVIGORATING FRESH FRAGRANCE
Anti-perspirant with anti-bacterial silver molecules, fights body odour at its source for 48 hours.
Shower gel, washes away odour causing bacteria.
START YOUR DAY RIGHT!

4 healthy heart foods

Keep your ticker ticking with these superfoods

Salmon

Its omega 3 fatty acids help lower blood pressure, reduce cholesterol, prevent hardening of the walls of arteries and veins, strengthen cardiac muscles and repair damage to cardiovascular tissue.

Almonds

Almonds are among the healthiest heart foods around because they lower the levels of LDL or 'bad' cholesterol in your body. High levels of LDL cholesterol increase the chances of getting heart disease.

Spinach

Despite what Popeye says, spinach won't sculpt huge forearms, but it will combat the protein homocysteine which damages arteries. Vitamins A and C also help by lowering cholesterol and fighting free radicals.

Blueberries

They may be little, but blueberries are full of antioxidants that combat free radicals. They're especially efficient at protecting the cells that line blood vessels and control blood flow, reducing stress on the heart.

3 MEDICINE BALL MOVES You can sit on it between sets, or use it to hit muscles hard

MED BALL SIDE SLAM

TARGET **OBLIQUES**

WHY? This dynamic move fires up fast-twitch muscles to build a strong midsection.

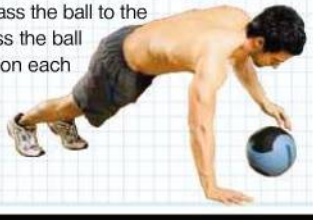
HOW Hold the ball overhead. Throw down hard to the side, catch on the bounce and repeat to the other side.

MED BALL PASSING PRESS-UP

TARGETS **CHEST, TRICEPS, CORE**

WHY? Blends power and co-ordination to build functional upper-body strength.

HOW Start with one hand on the med ball. Push up and pass the ball to the other hand. Pass the ball back and forth on each press-up.

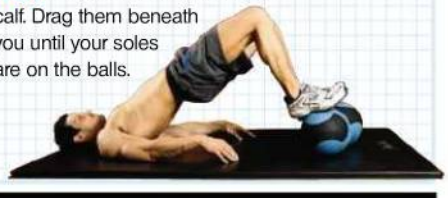


DOUBLE MED BALL LEG CURL

TARGETS **HAMSTRINGS AND CORE**

WHY? Two balls requires double the co-ordination, making your core work hard to keep your whole body stable.

HOW Place a ball beneath each calf. Drag them beneath you until your soles are on the balls.



For more medicine ball moves go to **mensfitness.co.uk/links/ballstothis**

Words **Sonia Sharma** Photography **Tom Miles, Shutterstock** Model **Toby Rowland©.News**

Samsung GALAXY S

Android™ brought to life.

Over 70,000 apps from Android™ on the world's brightest 4.0" Super AMOLED screen.

Welcome to more.

Screen images are simulated. ©2010 Samsung Electronics Co. Ltd.
Android is a trademark of Google, Inc.

SUPER AMOLED Search 'Samsung Galaxy S'

SAMSUNG

TURN ON TOMORROW

Official fuel consumption figures in mpg (l/100km) for New Ford S-MAX and New Ford Galaxy 2.0 EcoBoost SCTi: urban 25.7 (11.0), extra urban 44.1 (6.4), Official CO_2 emission 179g/km. Available on the new Ford S-MAX and Galaxy plus Ford Mondeo. EcoBoost engine may not be available on selected model series. Please check with your Ford Dealer.

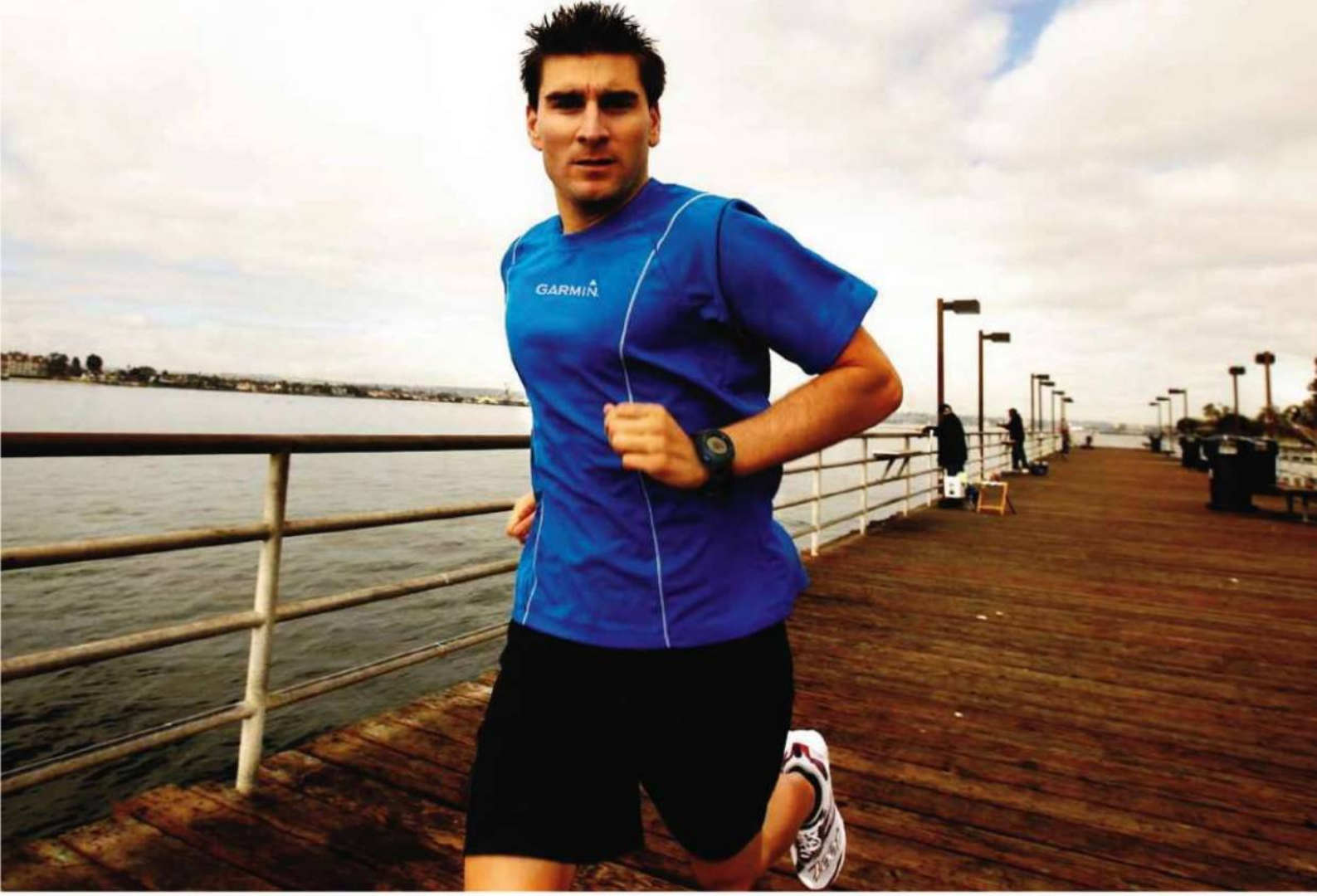
combined 34.9 (8.1). Official CO_2 emission 189g/km. Ford Mondeo 2.0 EcoBoost SCTi: urban 26.4 (10.7), extra urban 47.1 (6.0), combined 36.7 (7.7).

We all like to get more from less. That's why Ford has introduced the all new EcoBoost engine. Giving you all the power of a larger engine with the fuel efficiency and emissions of a smaller one. New EcoBoost engines are available on the Ford S-MAX, Galaxy and Mondeo.

Ford EcoBoost | Feel the difference

www.ford.co.uk/technology

Ford



MOTIVATION CAN'T BE MEASURED

PROGRESS CAN

Running with my Forerunner® 110 is like having my own personal trainer. It spurs me on and tells me how far I've gone and how fast I run. In a few weeks, it'll pace me all the way to the finish line and on to the next challenge when I'm ready.

Follow your progress and relive your runs at
connect.garmin.com

GARMIN.

Get ripped like Usher

Build solid muscle with the R&B superstar's workout

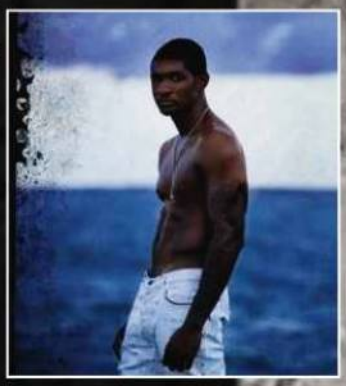
Some things are meant to go together. Salt and vinegar. Gin and tonic. Global R&B stars and rock-solid bodies.

Usher is no different. Since soaring to global fame on the back of his 13 million-selling album *Confessions*, the American music legend has become synonymous for both great tunes and his muscular physique.

'Usher is a perfectionist. From his music to his body, everything has to be perfect and he is never happy with second best,' says Cliff 'Hollywood' Boyce, the star's personal trainer. 'He knows that being in the best possible shape is a lot more than just looking good, or being able to take your shirt off in a music video or on stage. It's about being fit and healthy, and above all, feeling good.'

Play hard

But that doesn't mean that getting ripped is easy. 'He doesn't like my extreme workouts at the time, but he definitely appreciates them afterwards,' says Boyce. 'To look as good as he does you need to put in the hours. He has his down moments, like everyone, but he stays fully committed and keeps his eyes on the prize. He is in it for the long term and living healthy is a lifestyle for him now. And it's this attitude that means he is always true to his motto of "always be camera ready".' So if you want to carve a solid six-pack, follow Boyce's no-nonsense advice.



Cliff 'Hollywood' Boyce is a personal trainer and fitness expert with more than 20 years' experience. He is the founder of Hollywood Fitness.

'Usher is a perfectionist, from his music to his body'

Turn over for Usher's six-pack plan »»

Words **Joe Warner** Photography **Sony Music**

Get Usher's abs

Do these two circuits every day for a Hollywood six-pack

'We do circuit-style abs training because it keeps the muscles fired up and guessing what's next,' says Boyce. 'There is no room for predictability or stagnation when you are trying to sculpt your abs.'

Do 20 reps of each move before moving on to the next.

Rest for 10sec between sets and 2min between circuits.

Repeat circuit 1 five times, then do the same for circuit 2.

Circuit 1

Abs bicycle

- Lie with fingers on temples and knees bent at 90°. Crunch up and rotate one elbow forward to meet the opposite knee. Repeat other side.

Crunch

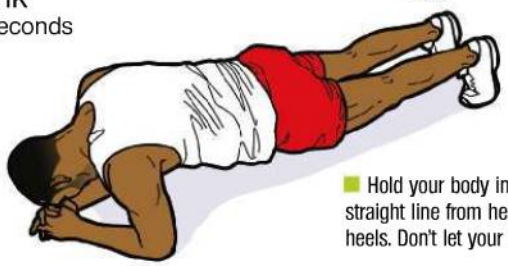
- Contract your abs to lift your torso off the ground. Hold for a second and lower.

Reverse crunch

- Keep your feet together and contract your abs to lift your glutes off the floor.

Plank

30 seconds



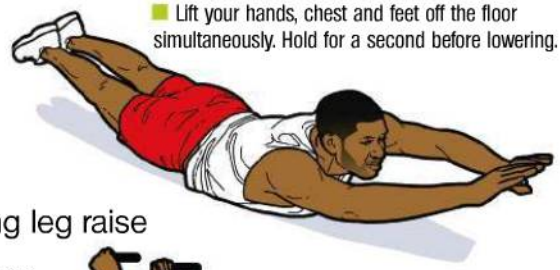
- Hold your body in a straight line from head to heels. Don't let your hips sag.

Circuit 2

Jackknife

- Lie flat with your arms extended. Keeping your arms and legs straight, contract your abs until your hands are touching your shins.

Back extension



- Lift your hands, chest and feet off the floor simultaneously. Hold for a second before lowering.

Hanging leg raise

- Keeping your legs straight, contract your abs to raise your feet until your legs are parallel to the floor.

Upside down banana crunch

- Lie flat on your stomach with your hands and feet off the floor. Roll over on to your side and then your back – without your arms or legs touching the floor – and reach up until your hands and feet touch.

Boyce's four rules for building hard muscle

'You won't keep your new body unless you forever change the way you think about health and fitness,' says Boyce. 'Here are my four no-argument rules.'

1 'Eat a balanced diet based around baked or grilled chicken and fish with fresh veg. Avoid salt, butter and fried foods like they bullied you at school.'

2 'Do one hour a day of cardio. Alternate between running, cycling, rowing, the elliptical trainer and skipping to keep your body guessing.'

3 'Drink plenty of water. Usher hates it but he knows he has to do it. I insist on at least four litres per day to flush out all your toxins.'

4 'Last but not least, you must always focus on quality abs exercises and shake up the moves you do and the order every few weeks.'

We reveal loads more celeb workouts to get you ripped at **mensfitness.co.uk/links/starbodies**

Illustrations **Sudden Impact**

breo®

YOUR PERFECT TRAINING PARTNER

new breo XL SPORTS WATCH

£12.95

get it now at...

www.breo.com

15% OFF XL COUPON CODE: **BREOMENSFITNESSXL** *(EXPIRES 05/10/2010)

GO BACK TO SWIM SCHOOL

Increase your speed through the water with these swimming aids

If you want to get faster through the water you need to do more than just swim lengths. Whether you need to correct flaws in your technique or work on strengthening specific muscles by increasing resistance, there are swimming training tools to help.

'Swim drills are great for honing your technique and improving muscular strength without the need for a huge number of lengths,' says swimming coach Keeley Bullock.

But before you start, Bullock has a few words of caution. 'You wouldn't lift weights or run without a proper warm-up, so always do some gentle lengths before starting any drills,' she says. 'And try not to spend more than a quarter of a session using swim aids. Doing too many harder lengths can lead to overtraining and potential injuries, so only spend 15 minutes of an hour session on drills.'

Fins

Why? Increases propulsion and improves ankle mobility

Wearing fins will propel you through water, allowing you to concentrate on developing a strong kick movement from your hips without the pressure and urgency to keep moving to stay afloat. They can also improve the strength and flexibility of your ankle joints.

Aqua Sphere Alpha Fins £13.50
amazon.co.uk

Pull buoy

Why? Improves upper-body strength, balance and co-ordination

Placing a buoy between your thighs to minimise the movement of your legs puts greater emphasis on the involvement of your arms during each stroke. You should keep to your normal pace and rhythm when using this aid, and try to keep your legs straight and your toes pointed to reduce drag. You can also place the buoy between your ankles for a tough core workout because you must work harder to keep your body balanced and the buoy in place.

Zoggs Pull Buoy £11
amazon.co.uk

Keeley Bullock is a director at swimming academy SwimForTri
swimfortri.co.uk

Words **Joe Warner** Photography **Danny Bird**

Kick board

Why? Improves kick action and core strength

Taking the arms away from your stroke allows you to focus exclusively on achieving a strong and well balanced leg kick. An inefficient leg kick will lead quickly to fatigue because you'll expend a lot of energy pushing water away from your body, but not in a way that propels you forward. Hold the board in front of you with straight arms, and keep your head down to form a straight line with your upper body so that it stays motionless through the water.

Speedo Elite Kick Board £17
speedo.co.uk

Paddles

Why? Improves technique and arm and shoulder strength

A bigger 'hand' means you hold more water with every single stroke, so your arms and shoulders work harder to maintain a decent pace. They also force you to make each stroke as smooth as possible, helping improve your efficiency through the water.

Zoggs Flexi-Paddles £8.99
amazon.co.uk

Drag shorts

Why? Improves strength and endurance

Because drag shorts are large and baggy, they create lots of resistance in the water, adding up to five seconds every 100m (more than it sounds), which forces your muscles and cardiovascular system to work harder with every stroke. It's the same training effect as running with a weighted vest or cycling on a heavier bike. When you do race you feel stronger and more powerful because that resistance isn't there.

Speedo Unisex Reversible Drag Shorts £18
speedo.co.uk

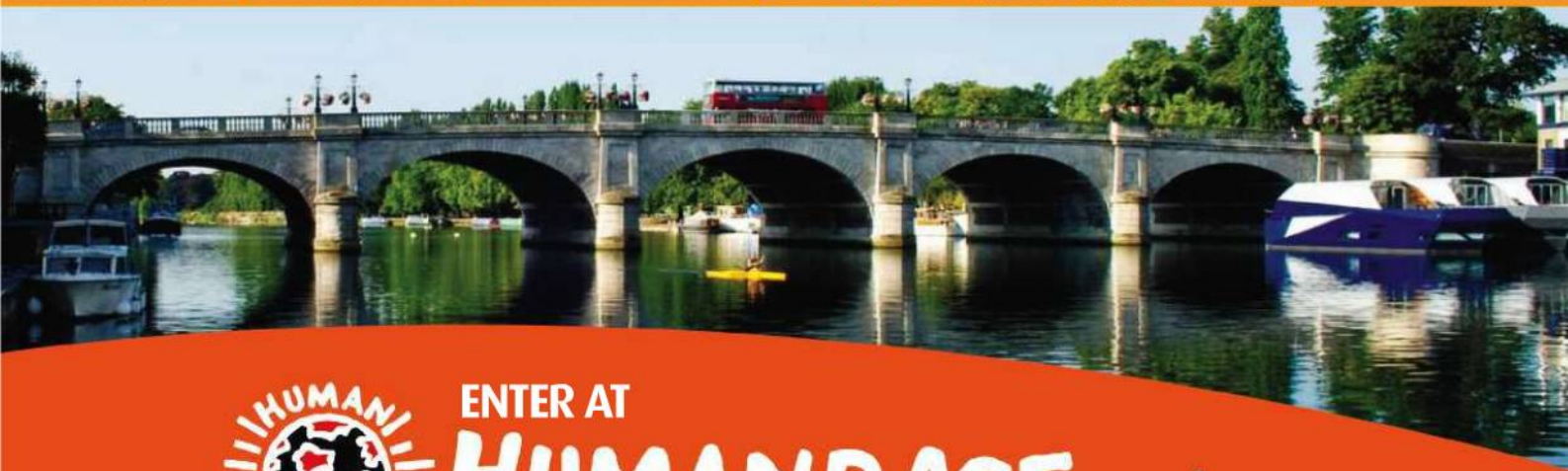
profeet run kingston

Full Distance 16 miles

Half Distance 8.2 miles

Sunday 10 October • Market Square, Kingston

A picturesque run through a historical and leafy setting



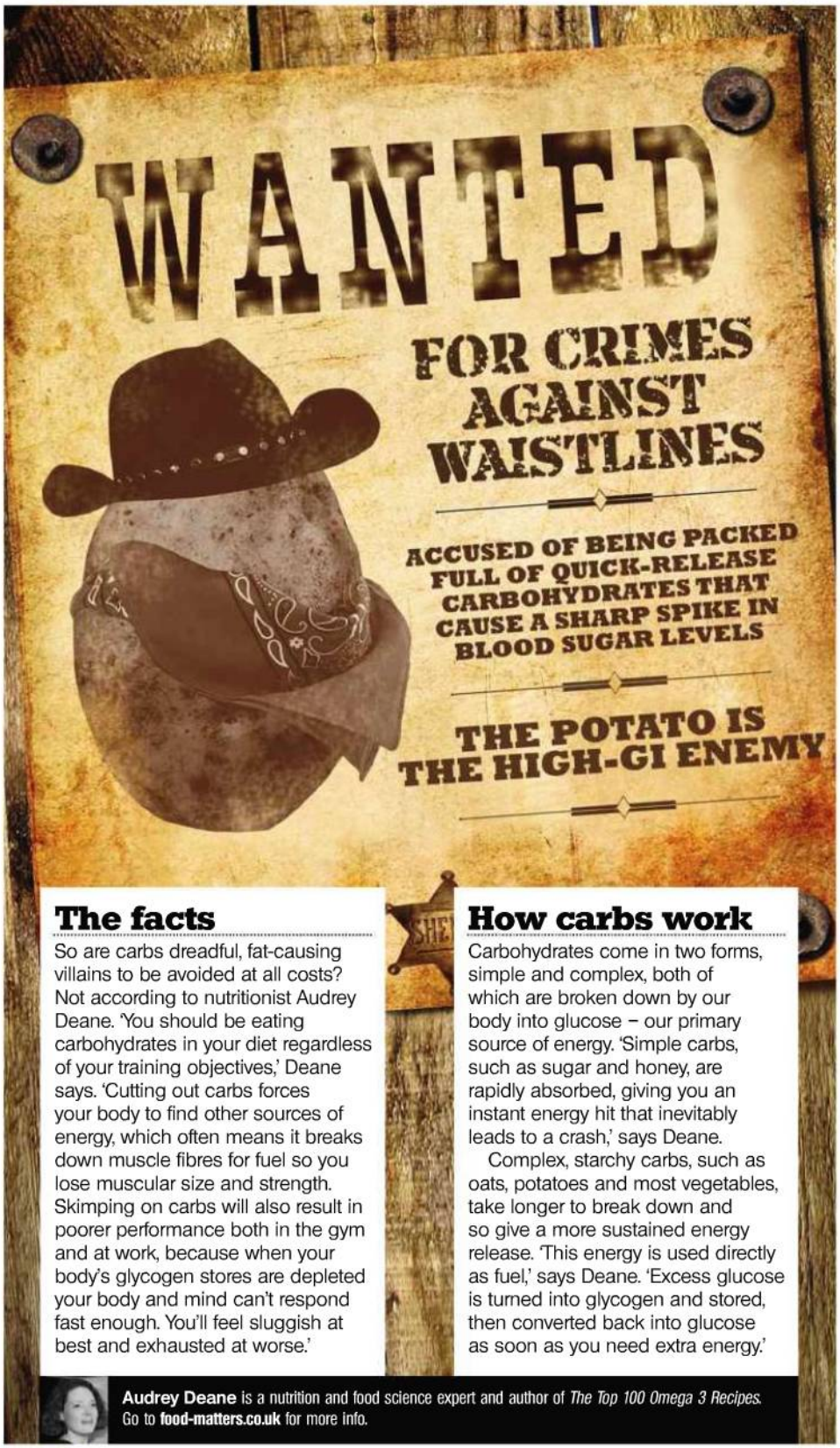
ENTER AT

HUMANRACE.co.uk

profeet · Men's Fitness · Lucozade Sport · TIMEX · Leukaemia & Lymphoma Research · Nuffield Health fitness & wellbeing

Are carbs evil?

Carbohydrates have been cast as nutrition villains – but is that fair? Here's what you need to know



The facts

So are carbs dreadful, fat-causing villains to be avoided at all costs? Not according to nutritionist Audrey Deane. 'You should be eating carbohydrates in your diet regardless of your training objectives,' Deane says. 'Cutting out carbs forces your body to find other sources of energy, which often means it breaks down muscle fibres for fuel so you lose muscular size and strength. Skimping on carbs will also result in poorer performance both in the gym and at work, because when your body's glycogen stores are depleted your body and mind can't respond fast enough. You'll feel sluggish at best and exhausted at worse.'

How carbs work

Carbohydrates come in two forms, simple and complex, both of which are broken down by our body into glucose – our primary source of energy. 'Simple carbs, such as sugar and honey, are rapidly absorbed, giving you an instant energy hit that inevitably leads to a crash,' says Deane.

Complex, starchy carbs, such as oats, potatoes and most vegetables, take longer to break down and so give a more sustained energy release. 'This energy is used directly as fuel,' says Deane. 'Excess glucose is turned into glycogen and stored, then converted back into glucose as soon as you need extra energy.'

Audrey Deane is a nutrition and food science expert and author of *The Top 100 Omega 3 Recipes*. Go to **food-matters.co.uk** for more info.

How much carbohydrate do I need?

Based on an 80kg man

Moderately active man
Desk-based job, exercising for three to four hours a week
You need 5g per kg of bodyweight or 400g carbohydrate a day

Active man
Desk-based job, exercising for an hour a day
You need 7g per kg of bodyweight or 560g carbohydrate a day

Highly active man
Manual job, exercising for more than an hour a day
You need 10g per kg of bodyweight or 800g carbohydrate a day

GI know

The Glycaemic Index is a scale from one to 100 that determines how quickly a food is turned into energy by your body. The higher the number, the faster this occurs. Try to eat foods low on the GI to give your body a constant stream of energy.

High 70 and above
- Sugar **100**
- Steamed white rice **98**
- Baked potato **85**
- Chips **75**
- Bagel **72**
- White bread **70**

Medium 50 to 69
- Wholemeal bread **69**
- Pineapple **66**
- Couscous **65**
- Pitta bread **57**
- Boiled potatoes **56**

Low Under 50
- Baked beans **48**
- Oranges **44**
- Apples **38**
- Wholemeal spaghetti **37**
- Red lentils **26**
- Cherries **22**

Want the truth about protein now? Go to **mensfitness.co.uk/links/wellinever**

Words **Joe Warner**

Fix your weakest link

Boost your bench press by targeting the area that's letting you down

'When it comes to lifting weights you are only ever as strong as your weakest link,' says personal trainer Nick Mitchell. 'If you are failing to progress on the bench press there is a simple way to work out how you can get stronger and better. It's based on identifying which stage of the lift you fail at, whether that's at the bottom, in the middle or near the top.' Here's how to identify your weakest link when doing the bench press, and how to make it stronger.

Nick Mitchell
is a personal trainer and the founder of Ultimate Performance (upfitness.co.uk).

For more tips to improve your bench press go to **mensfitness.co.uk/links/liftthisthing**

Words **Joe Warner** Photography **Danny Bird** Model **Matt Morgan@WAthletic**

IF YOU FAIL AT THE TOP

Your weak link is... your triceps muscles

'Failing to extend your arms fully at the top of each rep is a sure sign that your triceps are underdeveloped compared with the other muscles involved in the exercise,' says Mitchell.

The fix is... to narrow your grip

'Train your triceps into better shape by doing narrow-grip bench presses,' says Mitchell. 'Placing your hands on the bar closer together than shoulder-width apart places greater emphasis on the triceps than the muscles in your chest, so your triceps have no choice but to start growing fast to cope with the increased workload.'

IF YOU FAIL AT THE BOTTOM

Your weak link is... a lack of explosive power

'You're not recruiting the right muscle fibres at the right time so you don't have enough explosive strength,' says Mitchell. 'That's why you're failing at the bottom of the rep and getting pinned under the bar, which is both dangerous and embarrassing.'

The fix is... to attach chains or resistance bands over each end of the barbell

'This increases resistance and teaches your muscles to fire at the start of the lift,' says Mitchell. 'If you don't have chains or bands, decrease the weight and pause for two seconds at the bottom of each rep. This takes momentum out of the set, preventing you from bouncing the bar off your chest.'

IF YOU FAIL IN THE MIDDLE

Your weak link is... your serratus anterior muscles

'Halfway through pushing the bar back up is where most people fail during a rep, but it's fairly easy to fix,' says Mitchell. 'It's primarily down to weak serratus anterior muscles, which are those long, thin, finger-like muscles on top of your rib cage, just below your pecs.'

The fix is... to do more standing overhead barbell presses

'This will build bigger and stronger serratus anterior muscles so you can power through the midway stage of your bench press reps,' says Mitchell. '[Canadian strength coach] Charles Poliquin has worked out that your overhead press one-rep max should be exactly 66 per cent of your bench press one-rep max. If it's not, your upper-body musculature isn't balanced.'

The perfect bench press

Follow Nick Mitchell's form guide to get more out of every rep

'Stick to these tips to avoid any unnecessary injury,' says Mitchell. 'The last point is especially important: I've spent 20 years in the gym and seen hundreds and hundreds of guys bounce the bar off their chests, but I've only seen a few dozen guys with great chest development.'

- **Hands should be shoulder-width apart**
- **Feet should be tucked behind your knees**
- **Glutes squeezed**
- **Lower back arched**
- **You should have only three contact points with the bench: glutes, upper back and head**
- **Elbows bent at 45° and tucked in**
- **Squeeze your shoulder blades on the descent**
- **Control the bar on the descent**
- **Pause at the bottom of each rep for one to two seconds**
- **Never bounce the bar off your chest**

GIVE STRESS THE ELBOW

Stay happy and healthy by beating stressful scenarios

Stress is bad news. Even brief periods of stress lead to an elevated heart rate, irritability, fatigue and muscular tension, while sustained exposure to stressful situations can trigger a wide range of serious health problems, including high blood pressure, depression, insomnia and exhaustion. And it's a serious problem: a survey by vitamin company Vitabiotics found that 96 per cent of men suffer from work-related stress, of which 37 per cent drank alcohol to excess and 22 per cent had experienced depression. Scientist and stress expert Terry Looker suggests ways to resist harmful stress in four common scenarios.

DON'T GET STRESSED BY

Traffic jams

- Accept that there is nothing you can do and you're going to have to sit it out. Use the time to listen to music or an audiobook.
- **Stress releases chemicals in your body that cause cardiovascular problems. Stick a picture of a red heart on the centre of your steering wheel to remind you that a traffic jam isn't worth damaging your health for.**
- You'll get less stressed if you have a contingency plan for a delay. Leave early and start long journeys with a full tank. Always keep blankets and a pillow in the boot, and have a phone charger that links to the car battery.

For more stress-beating tips go to **mensfitness.co.uk/links/seeyastress**

Words **Joe Warner** Illustrations **Kevin February**

DON'T GET STRESSED BY

Arguments with your partner

- Never interrupt. Wait for your partner to finish what she wants to say before you respond.
- **If she interrupts you, ask her to allow you to finish.**
- Do not make personal accusations and do not blame your partner. Say how you feel and ask her how she feels.
- **If you're getting nowhere, suggest taking a break from talking so you can both go away and think about things in a clearer light.**
- Keep a gift of her favourite perfume, jewellery and chocolates close by. This can be pulled out when an argument is brewing to quickly dissipate the tension.
- **Do not take the bait if she is trying to get a rise out of you. It will just spiral out of control.**

DON'T GET STRESSED BY

Looming deadlines

- Step back and look at the overall picture so you don't get bogged down in the details.
- **Prioritise by allocating each task a colour code – red: stop, this can be left to one side; amber: wait, this can be put on hold; green: go, this must be done now – so you can make a plan that tackles the most important jobs first.**
- Seek help and support where you can. You may be able to delegate some tasks to give you the extra time you need.
- **Concentrate on the task in hand by turning off your phone and email and shutting yourself away from distractions.**
- Stay productive and keep good concentration by taking regular breaks for light exercise.

DON'T GET STRESSED BY

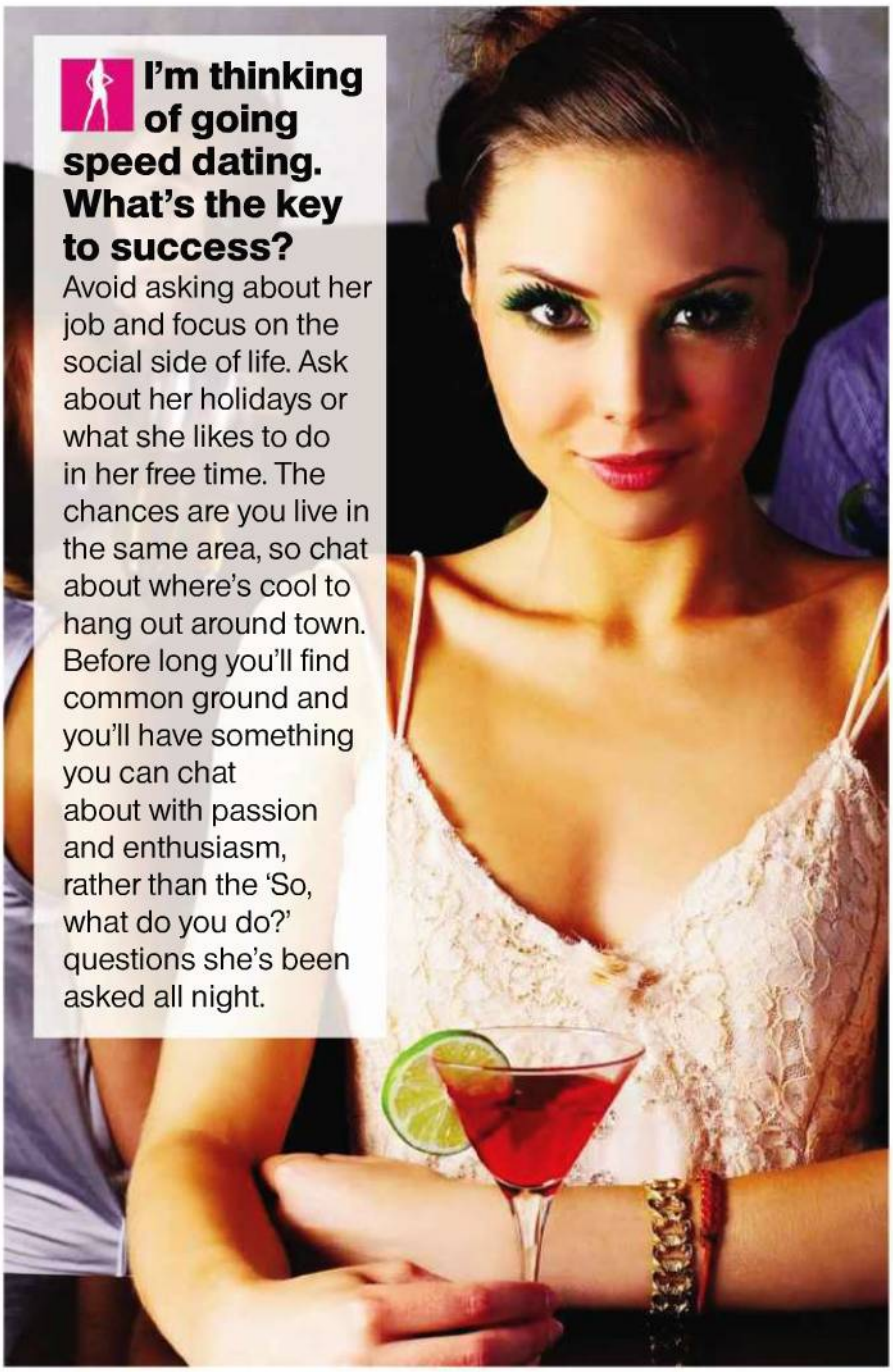
Mounting debt

- Declutter your home and sell your unwanted items through online auction sites, local newspaper free ads or a car boot sale.
- **There are always ways to manage your debt, so speak to a financial advisor for advice on the best strategy.**
- Talk to your bank about reducing payments and increasing the terms of the loan.
- **Review your expenditure. If it's higher than your income you are only going to get further into debt. Cut out all non-vital spending and look into switching utilities suppliers for a better deal.**
- If you owe money to friends and family, don't avoid them and pretend you don't. Talk to them openly and honestly about a potential repayment plan.

Professor Terry Looker is a director of stress management experts Stresswise (stresswise.com) and the author of *Managing Stress*.

Ask the experts

***MF*'s resident gurus are on hand to answer your health and fitness questions**



I'm thinking of going speed dating. What's the key to success?

Avoid asking about her job and focus on the social side of life. Ask about her holidays or what she likes to do in her free time. The chances are you live in the same area, so chat about where's cool to hang out around town. Before long you'll find common ground and you'll have something you can chat about with passion and enthusiasm, rather than the 'So, what do you do?' questions she's been asked all night.

How often should I lift to failure?

Lifting to failure is an important component of training for size and strength gains, because it's only when you push your muscles to the limit that they grow back stronger. It's better to train with a focus on form failure rather than muscle failure, because this is a safer indicator of muscular fatigue. Many guys will cheat to force the last few reps out, but this can place a lot of pressure on your tendons and joints so is best avoided unless you have a partner to help you out.

I've been advised to train for only an hour every other day or risk overtraining. But don't elite athletes train for hours every day?

The volume of training your body can cope with depends on a number of factors, including rest, recovery, nutrition and avoiding stress. A pro athlete will invariably get much more sleep than you, won't have a stressful job, will have more time to relax and unwind and will be following a dedicated nutrition plan.

Training every other day for about an hour is good advice for a novice, but as your body becomes better adapted you will be able to increase the frequency or intensity of your training load. The secret to progressive fitness revolves around stressing the body (exercise), allowing sufficient recovery (resting and recovery), then stressing the body a little bit harder.

Which is the best warm-up exercise ahead of pull-ups?

Lat pull-down

Does diet affect fertility?

Most definitely. Eliminate saturated fat, which comes from animal and dairy sources, and trans fats, which are in processed foods, from your diet as much as possible. Try to limit your intake

Health
Dr Steven Bradshaw is a medical doctor and writer qualified in all areas of medicine.

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

Cardio
Matt Hart is a personal trainer and runs TORQ Fitness Training and Consultancy.

Photography Shutterstock

I sweat all the time. What's wrong with me, and can I control it?

Some people just sweat more than others – it's not abnormal. Heavy sweating can be easily controlled by specialist anti-perspirants that contain aluminium chloride. See a pharmacist for advice. There are also more permanent treatments available, including Botox, laser and even surgery, which you can discuss with your GP.

of alcohol to within the recommended guidelines of three to four units per day. Healthy sperm requires a constant supply of vitamins and minerals, so eat plenty of colourful fruit and veg, as well as nuts, eggs and lean meat.

What's the minimum amount of exercise I should do per week to maintain good health?

Three 45-minute sessions (2hr 15min)

Should I stretch the muscles between sets?

Yes – with one big but. Stretching relaxes muscles so don't focus on those you're currently training, because you want your muscles to be primed to perform, not relaxed. Focus on others, especially those antagonistic muscles that may be restricting movement in the muscles you are training. Stretch your lats when doing overhead presses, your upper back when doing bench presses, hamstrings when front squatting and so on.

I have a hairy back. It doesn't bother me, but I'm seeing someone new and she may not like it. Should I wax it?

Firstly, how do you know that hairy backs don't drive her wild? There's nothing wrong with a hairy hide: you're a man, after all, and men are supposed to be hirsute. So rather than assume she'll hate it, why not ask her before making a snap decision? If you're together for more than a few weeks, she'll know you're naturally hairy anyway when the stubble starts showing. Ask her what she likes and go from there.

Are there any differences in health benefits between still, sparkling and soda water?

It was previously thought that because still water is lower in sodium and phosphates than carbonated or soda water it was better for your blood pressure and bone health. However, recent surveys have shown that carbonated water has a positive effect on cholesterol levels and so may reduce the risk of heart disease. But the important thing is to stay well hydrated at all times.

Why does it always take me hours to feel awake?

There are many causes of morning tiredness, but the main one is poor sleep. Try going to bed earlier and avoid sleeping during the day to maximise your chances of a good night's sleep. Avoid caffeine and alcohol, which act as stimulants, in the evening. Exercise first thing to help kick-start your day, and don't do it too late at night, because this will get everything pumping and keep you alert. Medical conditions such as thyroid disease and anaemia can also cause tiredness, so if it persists consult your doctor.

When should I ice and when should I heat an injury?

Always go for ice. Most injuries are accompanied by internal bleeding, whether it's a bruise, sprain or muscle tear. Once it escapes from the circulatory system, blood is a powerful irritant and inflammatory agent. Using ice causes the blood capillaries to constrict, restricting blood flow to the injury, which reduces inflammation. Icing in the first 48 hours, when the level of inflammation peaks, is crucial. After this, continue to ice an injury if it still hurts and accompany with massage and gentle stretching to hasten recovery.

Do you have a question for *MF*'s experts? Email your questions to joe_warner@dennis.co.uk

Muscle
Jason Anderson
is a fitness expert and director of Movement3 (movement3.co.uk).

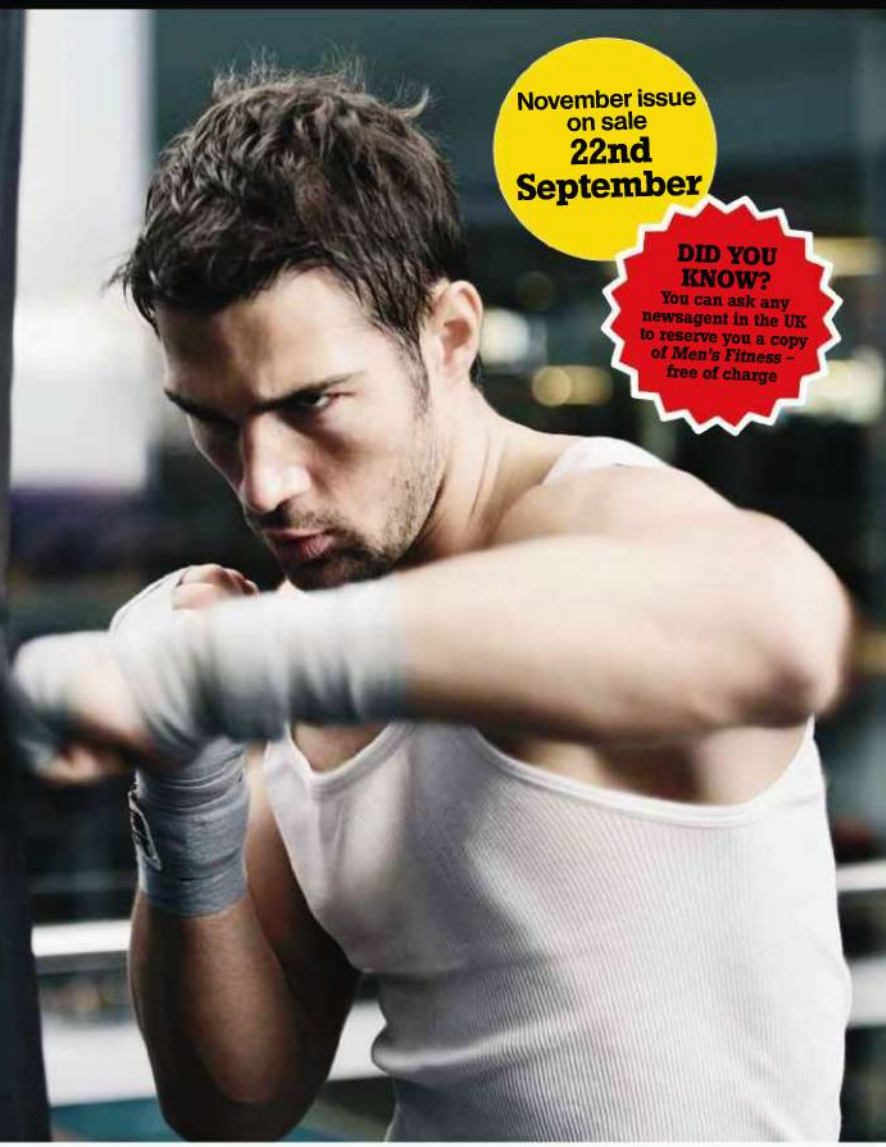
Women
Sue Ostler
is a sex and relationships expert and the author of *Relationships That Rock*. For more info, visit flirtdiva.com.

Injury
John Stephenson
is senior partner and clinical director at physiotherapy.co.uk.

Coming next month in Men's Fitness

FIT TO FIGHT

Our combat sports special will get you lean and mean. Whether you want a rock-hard body or to take your first step into serious fight training, we've got knockout programmes and expert advice



November issue on sale **22nd September**

DID YOU KNOW?
You can ask any newsagent in the UK to reserve you a copy of *Men's Fitness* – free of charge

- **Burn fat by firing up your metabolism**
- **The best exercises for a classic V-shaped torso**
- **Master the move that sweeps women off their feet**

On our website now mensfitness.co.uk

SPORTS STAR WORKOUTS

Want to build muscle like boxing world champion David Haye or follow the workouts that won runner Mo Farah two European golds? You've come to the right place – we've got training guides from both as well as loads of other top athletes.

mensfitness.co.uk/exercise/sports

Photography Getty, Shutterstock

TOUGH TRACKS

If you're looking for a challenge, try our new off-road event. Tough Tracks has a variety of triathlons, duathlons and runs to enter.

mensfitness.co.uk/toughtracks

BODY PLAN 2010

Got the fourth part of our Body Plan 2010 workout? You can download the first three parts free to help you build your ideal body.

mensfitness.co.uk/links/bodyplan2010

FIT DATES

To find a hot date who's as serious about fitness as you are, sign up to FitDates. It's packed with sexy singletons looking for love.

fitdates.co.uk

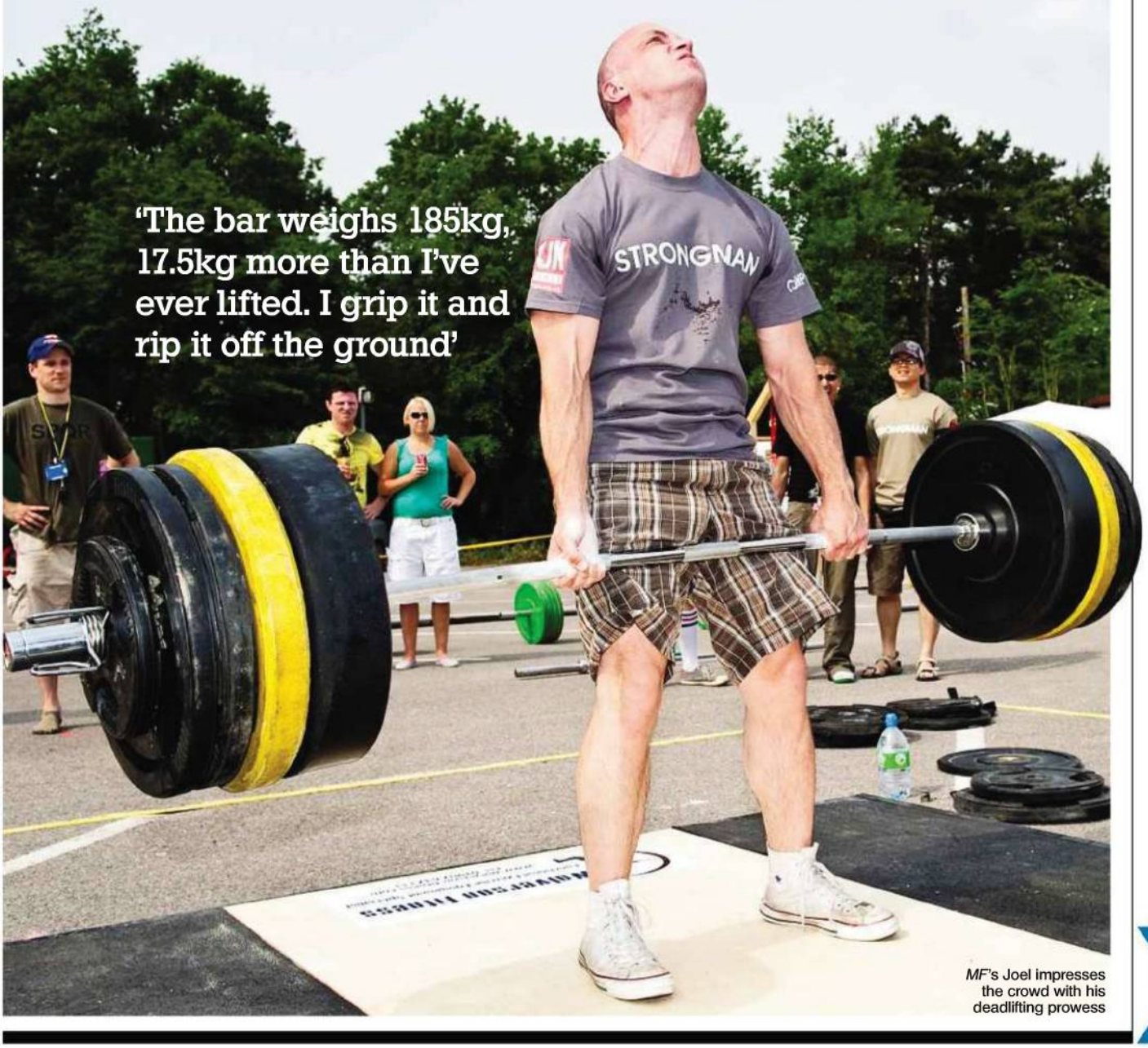
LATEST FITNESS GEAR

Our experts review the sport and training gear that'll take your fitness to new levels – and the snake oils you should leave well alone.

mensfitness.co.uk/fitness_equipment

MF BECOMES A... STRONGMAN

Entering a strongman competition isn't just for giants – as *MF*'s Joel Snape discovers, it'll improve your lifts and can even shake up your training



'The bar weighs 185kg, 17.5kg more than I've ever lifted. I grip it and rip it off the ground'

MF's Joel impresses the crowd with his deadlifting prowess

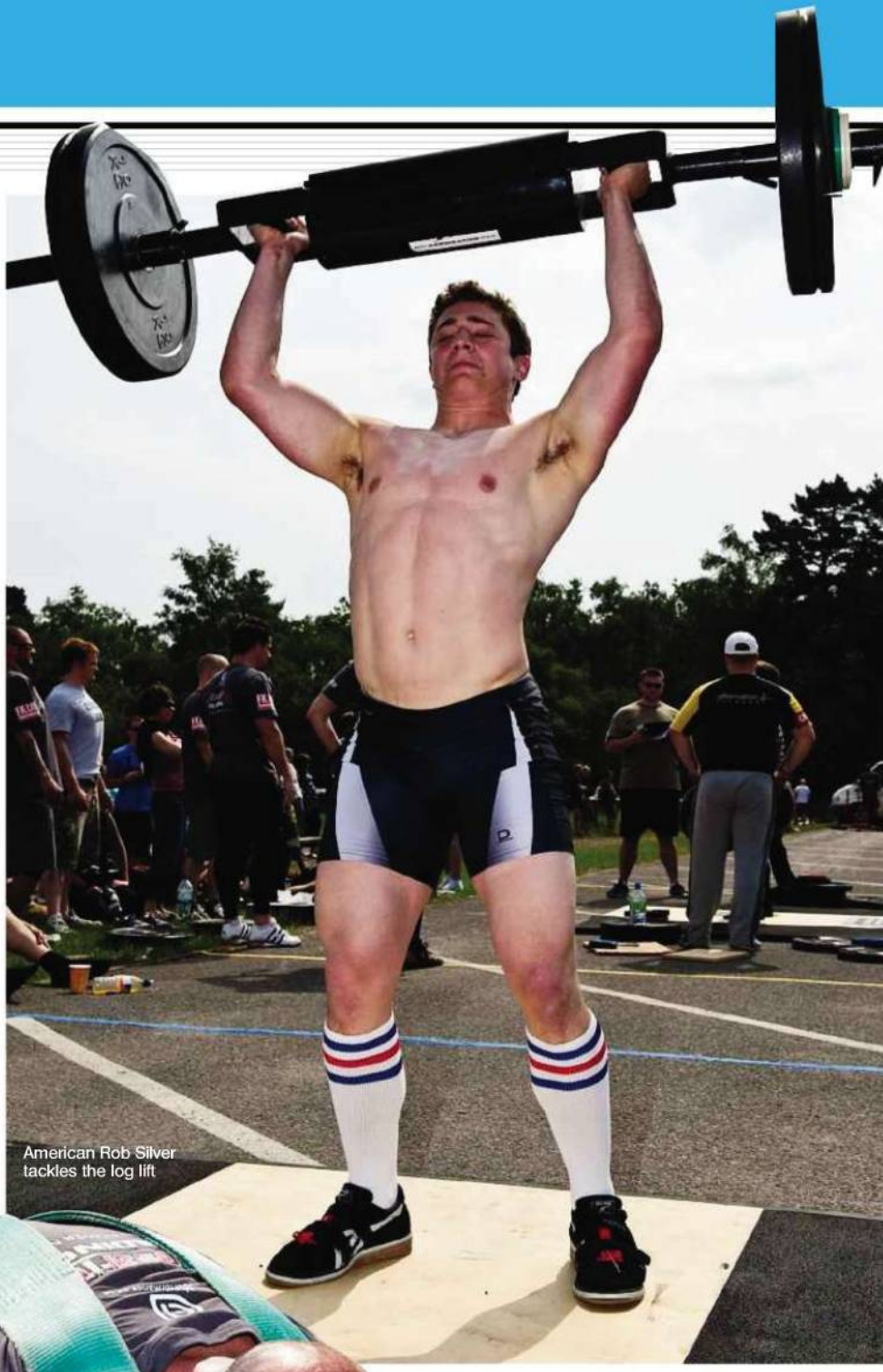
Photography **Tom Miles**

I take a couple of deep breaths, stamp my feet and square up to the Olympic barbell in front of me with chalk on my hands and Metallica playing in my brain. The bar weighs 185kg, well over twice my bodyweight and 17.5kg more than I've deadlifted before today.

I've already managed two personal bests in the last five minutes, and I'm wondering how far I can go – but also how I'm actually doing this. Is it the chalk, the shoes, the hill sprints, maybe all that core work?

I grip the bar and rip it off the ground, and the 30-odd people watching go nuts, shouting out encouragement and pointers on technique. It's the crowd, I decide, as I lock the bar out before dumping it back on the lifting platform. Definitely the crowd.

'More than a dozen people smash their previous bests, so the atmosphere's clearly helping'



American Rob Silver tackles the log lift

Power up

I'm at the CrossFit Strength and Power Meet in Reading to have my first go at a proper strongman competition, like the ones you normally watch on Boxing Day through the blur of a booze-and-leftovers coma. Traditionally, the problem with this sort of event is that you need to be a lunchbox-handed behemoth or a cannonball-shaped gorilla to even have a chance.

The organisers have solved this by introducing weight categories – under 75kg, 75-90kg and over 90kg. At 77kg I'm at the small end of the middleweights, but I don't think cutting the extra 2kg would have helped – the lightweights are a tough bunch, and three of them beat my best effort in the deadlift. More than a dozen people smash their previous bests by around 15kg, so the atmosphere's clearly helping everyone.

After the deadlift, next up is the

Joel grits his teeth and keeps his head down as he pulls the truck

Play to your strengths

What *MF* learned from our first strongman competition – and what we'll be doing next time

Practise medleys

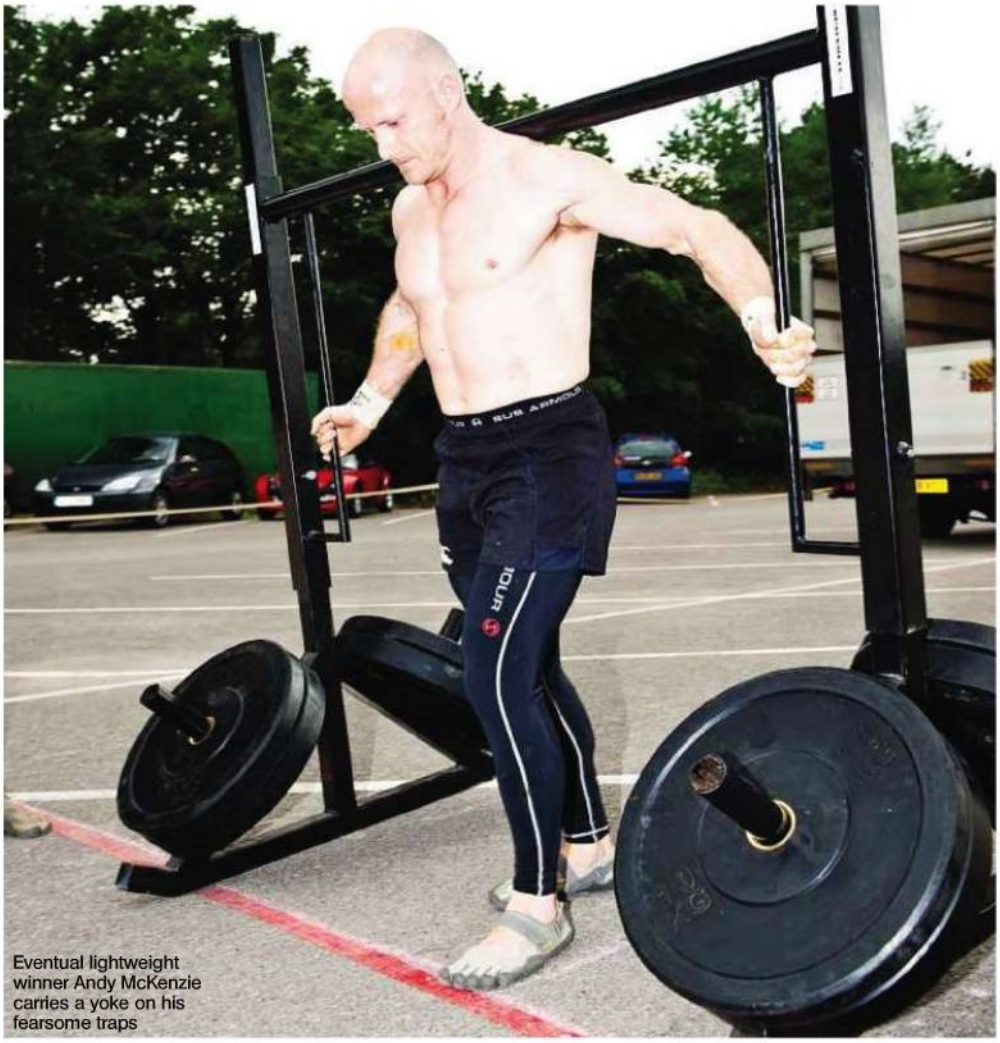
Although I'm used to lifting heavy weights, combining several moves in quick succession – such as the sled push, pictured – left me gasping. Next time I'll do big lifts in sequence, and combining grip-blasting movements into one monster circuit.

Wear the right shoes

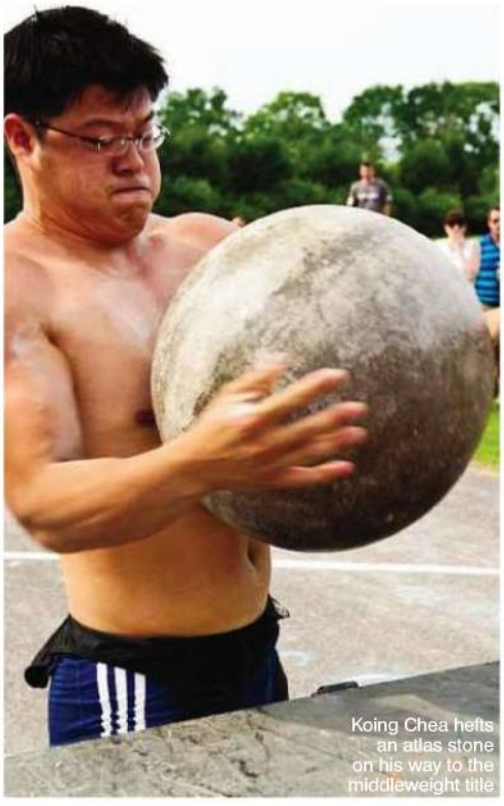
Forget your gel-filled motion-control trainers. You want a flat-soled weightlifting shoe for the lifting events, and climbing shoes for pulling vehicles. If you don't want to carry multiple shoe-changes, Converse or Vibrams can do both reasonably well.

Pack plenty of snacks

If you're entering a competition with lots of short events, pack accordingly – which means lots of small snacks so you don't get bloated. I had eggs and porridge for breakfast, then munched nuts and beef jerky I got from cavemansnacks.co.uk. And drink loads of water because dehydration is a big factor in muscle tears.



Eventual lightweight winner Andy McKenzie carries a yoke on his fearsome traps



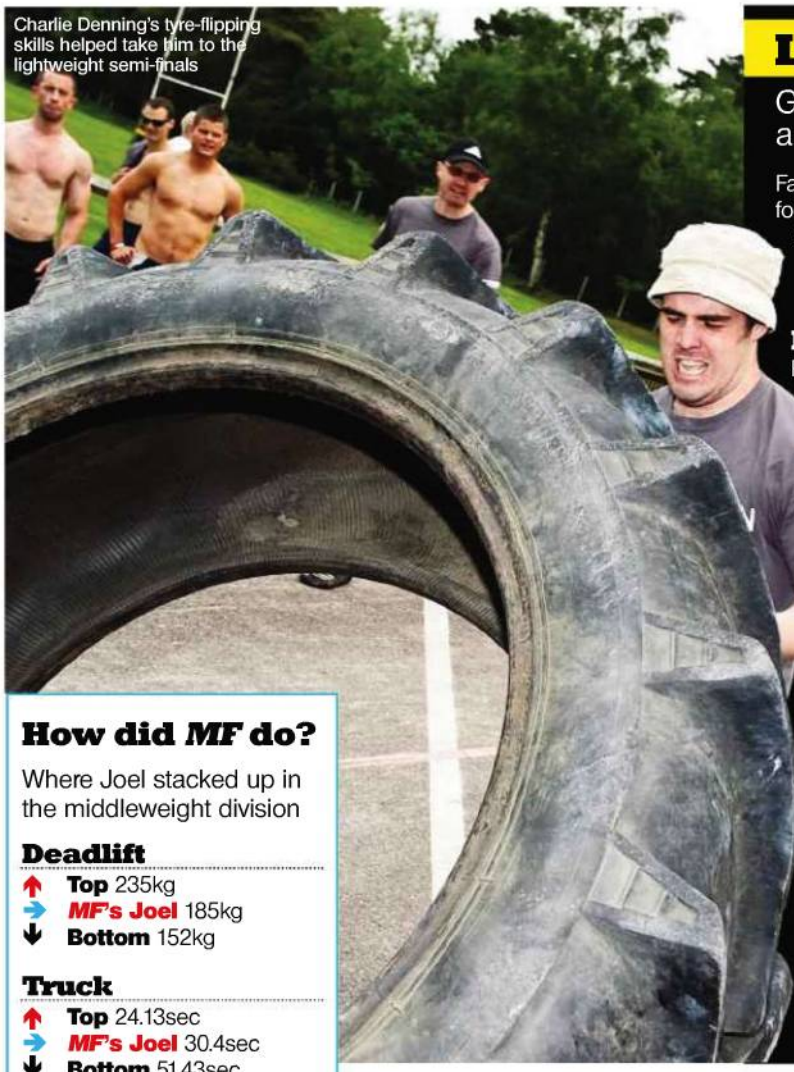
Koing Chea hefts an atlas stone on his way to the middleweight title

log lift. The rules are simple: get a strongman log weighing 80 per cent of your bodyweight (so 62.5kg for me) from the ground to overhead as many times as possible in a minute. Tactics vary – some people blast it and drop the log after every lift, others take it slow but steady and control the bar on the way down. Andy McKenzie, who's a trainer and rehab expert for the armed forces, takes the measured approach and beats everyone with an incredible 14 reps. I manage seven.

Trucking hell

Next up is a classic strongman event, perfect for showing off and seemingly impossible to outsiders – the truck pull. The tough bit, the judges tell us, is getting the 3.5-tonne truck going. The right technique is to bear-crawl along the floor early on, stay low as it accelerates, then stand up for a burst of speed at the end. The problem is that the car park where we're doing it slopes upwards near the finish line. Several competitors straighten up too early and come a cropper as the slowing truck yanks them out of their stride.

To avoid this happening to me, I decide to bear-crawl it all the way, keeping my head down, ignoring the finish line and focusing on the voices ahead of me. It ›


Charlie Denning's tyre-flipping skills helped take him to the lightweight semi-finals

Lift strong

Gym moves that'll pack on muscle and prepare you for competition

Fancy having a go at Strongman yourself? Here are four key moves that you can do right now in the gym. These all-round moves, put together by co-organiser and conditioning coach Chet Morjaria, will prepare you for anything.

Deadlift
Pick up a heavy object from the floor and stand up straight with it. This is most commonly performed with a barbell. Go for maximum load, or maximum reps at around 60-80 per cent of your heaviest deadlift.

Farmer's walk
Pick up an identical dumb-bell or weight plate in each hand and walk 20-30m as fast as possible. Use a weight that makes you work hard to maintain your grip.

Odd object carry
Explosively bring an odd-shaped object up to your chest – a kettlebell, dumb-bell or even a weight plate is perfect. Hold it close to your chest, and move over a 20-30m distance as fast as possible.

Clean and press
Power clean a heavy barbell or dumb-bell, then push-press or jerk it overhead, whichever is fastest for you. Return to the floor safely and repeat. Aim for as may reps as possible in 60 or 90 seconds.

Look to increase the load, the speed or the reps over time to progress from week to week.

How did *MF* do?

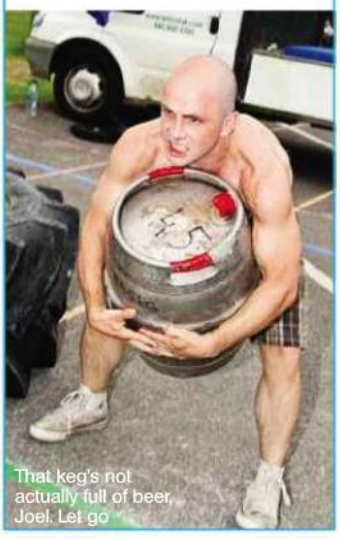
Where Joel stacked up in the middleweight division

Deadlift
- ↑ **Top** 235kg
- → ***MF*'s Joel** 185kg
- ↓ **Bottom** 152kg

Truck
- ↑ **Top** 24.13sec
- → ***MF*'s Joel** 30.4sec
- ↓ **Bottom** 51.43sec

Log press
- ↑ **Top** 13 reps
- → ***MF*'s Joel** 7 reps
- ↓ **Bottom** 1 rep

Medley
- ↑ **Top** 54sec
- → ***MF*'s Joel** 1min 21sec
- ↓ **Bottom** 1min 33sec


That keg's not actually full of beer, Joel. Let go

'The tyre flip is my undoing – instead of getting underneath the tyre, I try gripping it halfway up, which robs my flip of momentum'

seems to work as I finish in 30.4 seconds, only six seconds behind the overall leader.

Unfortunately, while focusing on technique helps me in the truck pull, it scuppers me in the fourth event – a medley. There are three tasks: pushing a 130kg sled known as the Monster, carrying a 60kg keg and flipping a 200kg tyre six times. It's the last one that's my undoing – instead of getting right underneath the tyre, I try gripping it halfway up, which robs me of momentum and nearly ends with me squashed under the giant treads.

It's a poor showing next to American middleweight Rob Silver, who flips the tyre like it's an airy French crépe.

Yoke's on you

This leaves me out of contention for the semi-finals, where the competitors first load a variety of objects (kettlebell, anvil, keg, sandbag and pair of Atlas stones) onto a truck, and then carry a 190kg yoke 30m as fast as they can. The finalists – two for each weight category – have very little time to recover before they go head-to-head in a farmer's walk, keg carry and seated sled drag for overall glory.

McKenzie takes the lightweight division, while Koing Chea pips CrossFit Reading owner Andy Craig to the finish in my division.

I've had a great day – apart from notching a huge personal best, I've discovered that I much prefer 60-second bursts of all-out effort to the plodding tedium of a 10K. Also, I have just pulled a truck. That's miles better pub boasting material than even the best bench press numbers. MF

For info on future Strength and Power events, go to http://www.funckey.co.uk/strengthandpower/information/

You'll find a a quick strongman gym workout at **mensfitness.co.uk/links/thisdudesstrong**

Club La Santa

The ultimate sports and fitness holiday

If you want a holiday where you can spend your days taking part in more than 25 exhilarating sports and activities and your evenings relaxing in chilled-out surroundings with like-minded people, then look no further than Club La Santa in Lanzarote.

As you'd expect at the world's number one sports and activity holiday resort, Club La Santa is home to some of the best facilities and coaching staff available anywhere. There's no better place to get to the top of your game, whatever your sport, with dozens of sports and activities, including windsurfing, diving and triathlon, all on offer.

The resort also hosts themed training sessions throughout the year, making it the perfect place to train if you have a particular sport-specific goal in mind. World-class coaches will be on hand to give you the low-down on everything you need to know, from avoiding injury, form and technique, nutrition and how to peak for an event.

Many guests also use the resort as their base for some of the island's major international events, including Ironman Lanzarote.

Location, location, location

The resort sits on the picture-postcard Lanzarote coastline surrounded by the sea, lagoons and the island's famous volcanic landscape. The quiet roads make it perfect for getting out on your bike and the breathtaking scenery of this unspoilt part of the world is crying out to be explored.

Club La Santa is completely self-contained, with cafés, restaurant and hire facilities all within a stone's throw of your modern and comfortable accommodation. The resort is also family-friendly, allowing you to train hard while your kids are well looked after, and group-friendly, making it the perfect location for your sports club's annual training or team-building break.

// WWW.CLUBLASANTA.CO.UK

// TEL 0845 686 0127

CHECK OUT THE DISCOUNTS AVAILABLE

Take a look at the Club La Santa website for the very latest offers, including early booking discounts for winter 2010/2011, or call us to book your next holiday.

Club La Santa LANZAROTE

Enjoy the Club La Santa Lifestyle

Race report **Sellaronda Hero**

Ascent of man

High in the Italian Alps, *MF's* Tarquin Cooper lines up for Europe's toughest and most spectacular mountain bike race

MF's Tarquin is exhausted but shows his delight at finishing

Why should I do this race?
Because the Sellaronda Hero is the toughest mountain bike race in Europe. The course is 82km in length with more than 4,200m of vertical difference (combined ascent and descent). But your hard work is rewarded with unparalleled views because the route carves through the Italian Dolomites, one of the most serene stretches of the Alps. Picture green alpine meadows resting under the huge shadows of soaring rock faces, then factor in searing pain in your thighs and calves and you know what to expect.

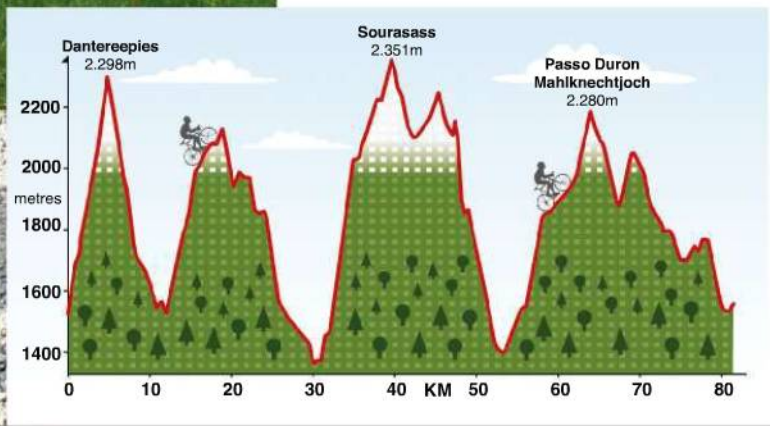
Just how tough is the course?
There's no getting around this – it's a ball-breaker. The route rounds the Sella mountain massif and there are four alpine passes that must be conquered. You will hurt and you will want to quit. At 40km, I was ready to

'The route is a ball-breaker. You will hurt and you will want to quit'

collapse after cycling for five-and-a-half hours – and that was only halfway around. During the fourth and final climb when every part of my body ached in pain and my legs had nothing left in them, I burst into tears. It really was that bad. But I managed to keep going.

That sounds brutal. How did you cope?
I wasn't on my own. All the other riders were hurting and we all helped each other. During events such as this the camaraderie definitely crosses the language barrier. One rider reached over and shook my hand. Another gave me some advice: 'Yes it hurts, but you must enjoy it. Look around. *Bellissima*.' He was right. It may sound unlikely, but it genuinely is possible to draw inspiration from the stunning ›

Hero route map



1 **START First climb** Go slow and steady – it's a 750m climb 2 **PASSO GARDENA White-knuckle ride** Hold on for a serious singletrack descent 3 **35KM World of pain** Suffer in silence on the route's biggest climb 4 **PASSO PORDOI Top at last** Enjoy the food station. You're just past halfway 5 **PASSO DURON La dolce vita** Savour the view. It's all downhill from here

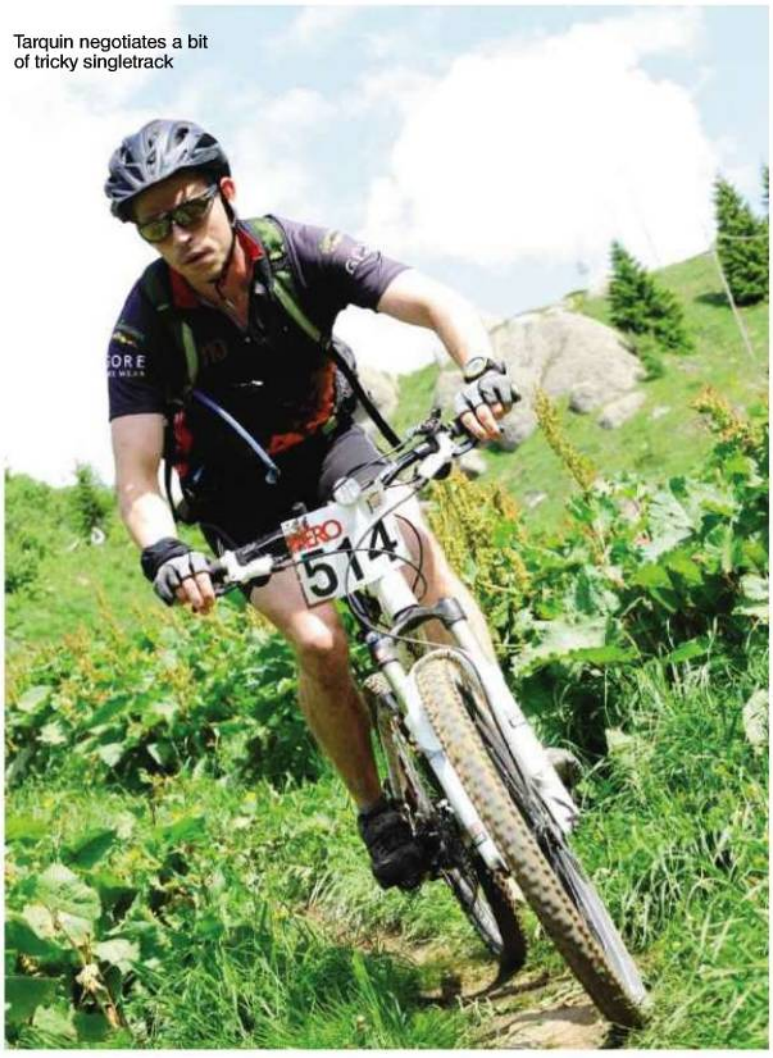
surroundings to help you keep going. And, realistically, you have no choice but to carry on cycling.

What do you mean?
There are four food stations on the course, serving energy bars, drinks and fruit, and bike mechanics are on hand to help in the towns. But on the long stretches between outposts of civilisation you are on your own bar the other cyclists. The only option is to keep the pedals moving.

So anyone who wants to take part needs to be super-fit?
There's no doubt you need to be pretty fit to finish. Most of the cyclists were as lean as mountain goats. It's also wise to arrive a couple of days before the race to acclimatise to the thin mountain air. If you're not sure about your ability to complete such an arduous race, there's the option to do a slightly easier 50km route.

Do I need a fancy bike?
You'd have trouble doing it on your trusty old commuting bike – this terrain demands a mean machine. You'll be spending up to ten hours in the saddle, so you'll want to be as comfortable as possible and if your bike is heavy it's going to be even more painful making headway. You'll also want a bike with decent suspension to save your arms and shoulders on the hair-raising descents. Fortunately you can hire such quality bikes locally (see 'Kit essentials' below). Just remember to check the brakes.

Why is that so important?
Things are different in continental Europe. Not only do they drive on the wrong side of the road and like beer with a huge frothy head, they also have their brake levers on the opposite handles. I didn't realise this. On my first steep descent I braked hard with what I thought was my rear, only to find it was my front. I flew over the handlebars, coming within a centimetre of headbutting a great big boulder. More worryingly, it wasn't until the following day that I actually worked out the cause of my near-disaster.


Tarquin negotiates a bit of tricky singletrack

Hundreds of riders set off from the start in Selva Val Gardena

Learn from our experience

Put the hours in
A race of this magnitude requires an eight-week regime of hill repeats and endurance rides. If you can't get out that often, a rowing machine works many of the same muscle as mountain biking. Do 5km sessions at around 26 strokes a minute three times a week.

Join the club
Join a mountain bike club and not only will you improve your ability to descend technical terrain, but riding with others will also prepare you for the frenzied pace of riding in a pack.

Ride your own race
Although many riders take nothing, I'd recommend a small rucksack filled with water, gels and bars.

Cycle smart
Concentrate on technique. Keep your elbows bent to absorb shocks and for better aerodynamics when descending. To conserve energy, avoid standing up in the pedals on ascents.

Kit essentials for the Sellaronda

Pick the perfect kit for the big race

Adidas Evil Eye Pro £155
(at all major cycle stores)
Riding all day in the mountains requires a serious pair of sunglasses. With light stabilisation technology, adjustable arms and nose mount and a sweat blocker to stop sweat dripping into your eyes, this pair is just the job for cycling.
adidas.com

Photography **fotostudio5.com** Thanks to the Hotel Solàia (hotel-solaia.com) and the Hotel Ciasa Lara (ciasalara.it).

Do many people come off?
No, but some of the descents are on seriously steep singletrack. This is where some technical riding experience is important. There are warning signs when it gets really steep and it's always possible to get off and walk down, but that will cost you valuable time.

What was the best bit?
I really enjoyed the start. The excitement of competing in a mass-participation race really made the hairs on the back of my neck stand up, and the anticipation was thrilling – I was desperate to get going, both to test myself on such a tough race and to goggle at the scenery. The race provides regular highlights, with each mountain pass followed by a descent of epic magnitude and a view that could fill a thousand postcards. Finishing was quite nice too.

> 'I flew over the handlebars, coming within a centimetre of headbutting a big boulder'

How does it feel to finish?
Amazing because I had kept going and refused to give in, even when my lungs and legs were burning and I thought I was going to collapse in the saddle. It didn't matter at all that the winner had finished four hours earlier, nor that the post-race pasta party was being cleared away. I still felt like a champion.

Heroic figures

82km Total distance

4,200 metres Total ascent and descent

4hr 46min 6sec Winning time

17.2 km/h Winner's average speed

8hr 53min 52sec *MF*'s time

9.2 km/h *MF*'s average speed

350 Total number of competitors

205 Number doing the 82km course

178th ***MF*'s position** First Briton home

When can I take part in this race?
The next Sellaronda Hero will take place in June 2011. Check **sellarondahero.com** for details.

Can I ride but not race?
You certainly don't have to race to enjoy the Dolomites. Visit altabadia.org and valgardena.it for ideas or visit **crystallakes.co.uk** to find holiday deals.

What about something closer to home?
For a weekend of awesome endurance riding try the Mountain Mayhem at Eastnor Castle, Hertfordshire **(osmountainmayhem.co.uk).**

Scott Genius 50
(for hire locally)
Save yourself the hassle and expense of bringing out your own bike and hire locally. *MF* hired a Scott Genius 50 in Selva for £25. The lightweight aluminium bike has disc brakes and adjustable front and rear suspension so you can lock out on the road sections.
dolomiti-adventures.com

OPEN TO MEN AND WOMEN OF ALL ABILITIES

Sign up now for

TOUGH TRACKS

Britain's best new off-road event

NEW EVENT!
NEW COURSE!
NEW CHALLENGE!

WHAT IS TOUGH TRACKS?
Tough Tracks is a new off-road event from *Men's Fitness* magazine. It takes place in September in Pippingford Park, East Sussex, and there are five great race options to choose from. You can do an 8km run, a duathlon (4km run, 8km bike, 8km run) as well as a sprint triathlon (400m swim, 8km bike, 8km run), advanced triathlon (550m swim, 11km bike, 8km run) and relay triathlon (550m swim, 11km bike, 8km run).

HOW TOUGH IS IT?
The event is called Tough Tracks because it's an off-road race. The swim is in open water and if you're doing the triathlon you'll need a mountain bike to negotiate the stones and mud and roots that pepper the undulating course. The run will also have uneven climbs and descents so you'll feel like you've really achieved something when you finish.

HOW FIT DO I NEED TO BE?
You don't have to be a super-fit athlete to take part. The running course is beginner-friendly, provided you have done a few training runs. The sprint and relay triathlons are also ideal for beginners. For more experienced racers, the duathlon and advanced triathlon will be a great endurance test.

WHO DESIGNED THE COURSE?
The course has been created by *MF*'s events partner, Human Race. The Human Race team are highly experienced at staging triathlon events – they're also responsible for organising the triathlon events at the London 2012 Olympics.

CAN I BRING SUPPORTERS?
The more people you can bring to cheer you on, the better. They'll be able to see you as you come through transition and when you finish the race. There will also be refreshments and an event village.

Enter now at
mensfitness.co.uk/toughtracks

TOUGH TRACKS

Men's Fitness MAGAZINE

Health & Fitness MAGAZINE

RACE LIKE A PRO

Slash your race time with these tips from Britain's top off-road triathlete, Sam Gardner

ADAPT TO HILLS

Shorten your stride when running uphill and use your arms. If you pump them, your legs naturally follow at the same pace.

WALK THE COURSE

You're allowed to look over the course before you race and it's always a good idea to get there early to do this. If you can remember landmarks before tricky sections, that will help you pace yourself.

TWEAK YOUR SUSPENSION

When you sit on your bike one-third of the give in your suspension should be taken up by supporting your bodyweight. The rest should handle the terrain. Remember to bend your arms and legs to increase the effect of your suspension.

VARY YOUR TRAINING

Getting off the bike and starting to run is always hard on the legs. I do five minutes on a turbo trainer, then run laps for five minutes. I go flat-out on the intervals for two minutes then recover for a minute before going flat-out again for two minutes.

GO ON ROAD

I do two-thirds of my bike training on the road so I can maintain a good pace. You'd go through a lot of bikes if you trained off-road all the time.

LOOK OUT

When you're on the bike you should relax and look as far ahead as possible. Look at the path you want to take, not at the obstacles, because if you look at the obstacles you'll veer towards them.

Gardner was the first British athlete to win a championship race in the X-Terra off-road series

CONTROLLED EXPLOSION

Whatever the sport, playing the winning shot takes power and technique. *MF* shows you how to get both

Words **Joel Snape** Photography **Glen Burrows**

THE PERFECT SHOT

After watching the world's leading strikers hoof the World Cup's perfectly spherical ball into the stands, Sunday league players might have a renewed appreciation for their imperfectly stitched old-school balls. But Jabulani or not, how do you bend it around the defensive wall?

'Approach the ball at an angle, running almost parallel to the goal-line, not too fast,' says Kevin Barrow (betterfootballcoaching.co.uk). 'Hit the ball with the inside of your big toe, where your toe ends and your foot begins. The impact will roll the ball along your foot.

'Your standing leg should still be pointing at an angle away from the target. Swing your kicking leg in towards the goal, without flexing it. You're hitting the ball from underneath, so there will be sufficient lift to take the ball up and over the wall. As your foot comes across and around, you create the spin that makes the ball bend and dip.'

A Get eccentric

'To really build up the muscles you use in a free kick, focus on the eccentric [lowering] part of lower-body moves,' says personal trainer and strength coach Nick Mitchell (upfitness.co.uk). 'You'll do more damage to your muscles that way, which will make them bigger and stronger when they recover. Explode up on a snatch-grip deadlift, but lower in six seconds.' If you've got a game the next day – and if your gym will let you – drop the weight to eliminate the eccentric part that causes sore muscles.

THE MOVE
Snatch-grip deadlift
Hold a barbell with arms at double shoulder-width and your shins against the bar. Drive your hips forward to lift, then lower slowly.

B Kick like a mule

'Immediately before a match, you want to activate as many of your high-threshold motor units as possible so that you can kick with more power. In addition to your usual warm-up try kicking a heavy bag as hard as you can,' says Mitchell. 'If you haven't got a bag handy, get someone to hold some pads for you.' You don't need to tire yourself out – the emphasis is on simply switching the muscle fibres on. Three or four full-power kicks will prime your legs for action.

THE MOVE
Roundhouse kick
You don't need to throw a textbook Muay Thai kick to warm up for a footy match. Just make sure you swing your leg and kick from the hip, rather than flicking your shin forward.

C All in the reflexes

'There's a simple trick you can use to get your glutes firing before a game,' says Mitchell. 'Try rolling a ballpoint pen along the point where the top of your foot meets your shin. This activates your glutes so you can kick harder and sprint faster.'

To make this trick really pay dividends, work compound moves like the one below into your gym sessions. They'll build your glutes and quads, helping you cover the ground quicker.

THE MOVE
Back squat
'Too many footballers are scared bulky legs will slow them down,' says Mitchell. 'Tell that to a sprinter.' The back squat will build everything from your core to your quads.

Photography XXXXXXX XXXX Sources XXXXXXX XXXX Words XXXXXXX XXXX

THE WINNING SMASH

It's perhaps the most satisfying shot in tennis but it's also one of the trickiest. 'Like most shots, a good smash is about seeing the ball early and moving quickly into position,' says Mark Tennant of inspire2coach.co.uk. 'The earlier you see the ball go up, the quicker you can start moving. To strike the ball effectively, turn your body sideways so that the ball is above, in front and slightly to the side of you. Change to a chopper grip [the way you hold an axe] to get the best throwing action and use your non-playing hand to point at the ball, giving you balance.

'As you position yourself, get your arm into a pre-throw position, so that the racket can be thrown up and out to the ball, making contact at maximum extension and slightly in front of you. Aim the ball into the open court, not too close to the lines, and be careful not to hit downwards unless you're on top of the net. If it's well struck, the ball shouldn't come back.'

A Off the cuff

'Tennis strength and conditioning is geared to building robustness,' says Nick Cooper of the English Institute of Sport (eis2win.co.uk). 'We want to build athletes' tolerance to repetitive hitting and generating force around the joints, especially the shoulders. That means a lot of mobility and stability work – stretching, proprioception and scapular press-ups or pull-ups, where you keep your arms straight and just move your shoulder joints.'

THE MOVE

Shoulder stabiliser

Hold a gym ball against a wall and lean against it with one arm, trying to keep it stable. This'll keep your rotator cuff in good shape.

B Stay balanced

'There are two schools of thought about training for tennis: mimic the movements or build strength with non-sport-specific moves,' says Cooper. 'I'm in the second camp, because I believe you don't want to mess up your movement patterns with weights. You also want to avoid overloading the joints, which means doing opposites – if you're hitting a hundred smashes, you want to do some weighted pull-ups or a similar pulling move.'

THE MOVE

Bench pull

Lie face down on a bench and pull a barbell or pair of dumb-bells up towards your chest. Lower in a controlled manner and repeat.

C Use your legs

'I'm a big believer in bilateral lifts like the deadlift and squat for strength,' says Cooper. 'Single-leg stuff is conditioning, because you can't tolerate enough load to get the muscular overload you need to improve your strength. I'm also a big fan of explosive jumps and medicine ball throws, because they let you work through the whole kinetic chain with no deceleration at any point. You don't stop when you hit the ball, do you?'

THE MOVE

Medicine ball slam

Bring a medicine ball over your head with both hands and then slam it to the ground in front of you as hard as possible. Catch and repeat.

Illustrations **Acute Graphics** Model **Freddie Lund@MOT** Equipment supplied by Adidas (adidas.com/uk)

adidas

adidas

THE KNOCKOUT PUNCH

The right cross is one of the most basic but most feared punches in boxing. Like the jab, it travels along a straight line and moves fast, but because it's delivered with the power hand it can very easily score a knockout. 'The main thing to work on is hip rotation,' says Martin Holgate, head boxing trainer at Urban Kings gym (urbankingsgym.com) and former pro with 11 wins in 14 fights. 'The punch starts from the floor, with your back foot twisting as if you're stubbing out a cigarette. The power travels through your hip, so by the time the rotation reaches your arm your whole body's behind the punch, which should be thrown to go through the opponent, not just hit them. Your other hand should stay where it is, protecting your chin.'

A Pull and push

'We do a lot of weighted pull-ups to work our athletes' upper backs,' says Ian Pyper, lead strength and conditioning coach for the GB Boxing programme at the English Institute of Sport. 'Not only because they need to balance out the work they're doing from punching a lot, but because if they haven't got the strength to do it safely they'll unconsciously limit how hard they punch. It's like if you had a Ferrari but it had no brakes – how fast would you actually drive it? If you look at a hard puncher like David Haye, his back's massive.'

THE MOVE

Weighted pull-up

Hold a dumb-bell between your legs, or wear a weight belt if you've got one. Pull yourself up from a dead hang until your chin is over the bar then lower under control. Use a weight that allows you to complete five reps.

B All in the legs

'A very common misconception among beginners is that punching power comes from the upper body,' says Pyper. 'If a boxer's strong up top, it's true they can compensate a lot, but the real power in a punch has to come through the legs. That's why we concentrate our training on squatting, deadlifting, plyometric jumping drills, hurdles and hill runs. We'll also do quite a bit of single-leg stuff like Bulgarian split squats and lunges. Finally, we'll also include cable twists and standing barbell twists to improve hip rotation.'

THE MOVE

Bulgarian split squat

Rest your instep on a bench and perform a squat until your back knee just brushes the floor. Hold a dumb-bell in each hand when you're ready to make it harder, and aim to complete eight to ten reps.

C Heavy hands

'In terms of upper body, our main movement is the bench press,' says Pyper. 'We supplement that with a variety of press-ups, including ones on a slide board and TRX system. We have a boxing dynamometer to measure punch power. It's basically a force plate, a bit like those "test your punch" machines you'll find in an arcade. Max power is important, but it's more important to sustain that power throughout a fight. It's also about timing – yours and your opponent's. Quite often when someone's known for having heavy hands they're actually good at setting their opponent up for a big right. The right cross might be the punch they show in the highlights, but you don't see what they've done to draw their opponent into it.'

THE MOVE

Offset alternating press-up

On each rep reach one hand out to the side. Alternate hands between reps. MF

Future food

Space tourism and the Large Hadron Collider might hog the science headlines, but it's technology in food that may change the way we live. *MF* discovers that nanofood may be closer than you think

Words **Jack Loane** Illustration **Peter Crowther**

It's the year 2020. After a hard morning of hoverboarding slathered in Factor 6000 sunblock, you sit down for a healthy lunch: an artery-cleansing double cheeseburger washed down with a fat-free silica gel milkshake. Since you've been good, you treat yourself to a beer – all the more refreshing now that it never goes flat. Maybe you'll even munch some peanuts – you can't even remember what you ate in the pub when the allergy was still a problem. And you still can't believe that you once thought the best thing about the future was going to be flying cars and robot butlers.

This is the sort of brave new world promised by the promoters of nanofood, the name given to a breakthrough food manipulation technique which promises to revolutionise the way food is produced and consumed. Its everyday application could do all of the above, but the implications of nanotechnology reach much farther than your fridge and your local.

From tackling global malnutrition by giving foodstuffs a longer shelf life and increasing nutritional value to fighting rocketing obesity rates by tricking the body into feeling full, nanofood could genuinely change the world. On the other hand, like so many processed foods before it, it could mean we're tinkering with chemical processes we don't fully understand – and making things worse.

Up and atom

A nanometre (nm) is a billionth of a metre. A germ is around 1,000 nanometres wide, and a human hair is roughly 100,000. Scientists are currently making complex nanomaterials 30nm wide or less. Technically, we've been fiddling with the food on a nanoscale for years – using emulsifiers to make ice cream tastier alters its nanostructure – but by using the sort of technology already evident in

computer chips and cosmetics, scientists can do things in a more deliberate way.

The idea that our dinner could be tinkered with at an atomic level first came to the public's attention a decade ago when Kraft Foods announced that it was working on a process that could produce a 'programmable' drink that would enable consumers to decide the flavour after they bought it. The company claimed that fickle customers could even design the colour of the drink and what its nutrient value was. After being exposed to a particular microwave frequency, the capsules that contained the required taste would dissolve in the drink while all the other potential ingredients stayed safely within their capsules. This, apparently, was the future of food: taking the tough decisions out of shopping, like whether to buy Pepsi or Vimto.

Nano domini

The landmark nano-soft drink was based on hard science pioneered in the 1980s called atomic force microscopy. Essentially, this supercharged microscopes so that science could gatecrash a never-before-seen nanoworld. 'Finally, we could observe how atoms, the minuscule building blocks from which everything is made, behaved in different environments,' says Dr Qasim Chaudhry, a research scientist at the Food and Environment Research Agency. 'At this scale, which was unfathomable to us before, we saw how materials could take on new properties. This opened up a world of possibilities.'

'Kraft Foods is working on a programmable drink that would enable consumers to decide the flavour after they bought it'

One of these possibilities is the ability to trick the mind into believing it's eating a high-fat diet when in reality the exact opposite is the case. Before the breakthrough, low-fat versions of foods such as mayonnaise or ice cream were produced by replacing about half the fat content with water.

However, this obviously affected the taste and texture that are part of the attraction of such foods. Nanotechnology means that technicians can 'encapsulate' the water within a nanodrop of oil so that your taste buds tell your brain that you are still experiencing a high-fat product when your body is processing a low-fat one that contains more water than fat.

Guts and glory

This encapsulation technique means that scientists can, in theory, make an emulsion out of anything (by dissolving oil in water) but nanotechnology also means that they can re-engineer that emulsion to behave differently in the body. Whereas before high-fat products would be broken down when they reached the small intestine, the new sub-atomic science means that the layer of protein that surrounds the fat can be strengthened so that it lasts longer on its journey through the intestine.

This extra protective layer means that the bile salts of the small intestine aren't able to break down the fats until they reach the ileum, the final portion of the small intestine. This in turn triggers the 'ileal brake', the mechanism that makes us feel sated, in effect

causing the body to tell the brain that it's full much earlier than usual.

'Ice cream is an emulsion that could be engineered in this way so that you could still enjoy a few spoonfuls without the desire to overeat and finish the entire tub,' says Chaudhry.

Physically salted

Potentially, nanotechnology could also serve as a get out of jail free card for food companies that for years have been lambasted for enabling our cravings to the detriment of overall health. For example, a report from the World Health Organisation claims that more than 7,000 early deaths each year would be prevented by a simple reduction in salt intake, with high consumption linked to raised blood pressure, strokes and heart attacks.

Traditionally, manufacturers such as the Federation of Bakers argue that using less salt will dramatically change the taste of their products and the public isn't ready for it. However, bread, meat, breakfast cereals and fast foods can all be manipulated by nanotech into tasting like a salty treat while delivering levels of salt well within or even below healthy eating guidelines.

Chaudhry says, 'Compared with larger conventional salt crystals you can produce microscopic grains of sodium chloride which, milligram for milligram, have more surface area than conventional crystals. That increases the amount of contact with your tongue and gives a disproportionately salty sensation.'

Products such as this are already available in the US. The Woodrow Wilson Centre, a Washington-based research institute that maintains a list of commercially available nanoproducts, lists more than 50 items in its 'Food and Beverage' section. These include Nanoceuticals Slim Shake Chocolate, 'combining the natural benefits of cocoa with modern technology', and Canola Active Oil, which supposedly inhibits cholesterol from entering the bloodstream.

It's not just our cravings that nanotech can help satisfy. 'You can also encapsulate vitamins, minerals and supplements and enrich foods with them without affecting taste,' says Chaudhry. This has been done in China where encapsulation in a product called Nanotea has increased the amount of selenium people absorb from green tea. Applying the nano treatment to oil-soluble nutrients such as omega 3 fatty acids also makes them better absorbed by the body.

'Many nutrients are destroyed by digestion; encapsulating them so that they are released later is a way of ensuring that much more of the substance is taken up,' says Chaudhry. This technology can be applied to any food, so you could get a shot of omega 3 fish oil in your morning porridge without it tasting of haddock.

'Food can be manipulated by nanotech into tasting like a salty treat while delivering levels of salt within healthy eating guidelines'

Feed the world

So if nanotechnology is the magic bullet that can kill off worldwide malnutrition while eradicating the high-

HONEY, I SHRUNK THE FOOD

So when exactly will you get to guzzle a fat-free milkshake with your heart-attack-proof burger?

»» 2010 Stay-fizzy beer
US manufacturers have already lined plastic beer bottles with nanoclay, which helps to seal the pressure and carbonation inside the bottle. The technology could be on our shelves by the end of this year.

»» 2011 Silica shake
Manufacturers have taken 4-6nm particles of the sand-like mineral silica and coated them with chocolate. The increased surface area delivers a burst of chocolate flavour while the calorie count is dramatically reduced. The shake is awaiting regulation in the UK.

2010 2011

cholesterol, high-sodium diets of the affluent West, why isn't it everywhere? Why aren't Bono and Coldplay collaborating on a song about it?

Part of the problem is the way certain materials change on a nano level – aluminium, for example, is stable on a normal scale but explosive at nano level. Some carbon nanostructures used in electronics have been shown to be highly toxic if released into the environment. The Royal Society has expressed concern over the lack of research into the health implications of free nanoparticles being introduced to our environment, and it's not the only organisation to do so.

'As the surface area of some nanoparticles increases so does the potential for toxicity,' says Lynn Frewer, professor of food safety and consumer behaviour at Wageningen University in the Netherlands. 'Not only are they more reactive but because of their size they have the potential to penetrate tissues and cells around the gut and travel through the body.' This could compound health conditions such as asthma and heart disease, which could worsen as a result of inflammation and damaged cells.

Snack safely

Many nanofood products, such as nano-salt and nano-mayo, are pretty harmless on their own because once the capsules and droplets dissolve ›

»» 2012 Immune-system boosting water

Breaking colloidal silver down into a nanostate and infusing it into water makes it act like a gas in the blood system, killing bacterial pathogens and viruses and then passing through the cells without poisoning the liver. It's already available in the US, so shouldn't take long to reach Britain.

»» 2014 Chocolate chewing gum

A prototype in existence in the US uses nanocapsules to cluster the cocoa cells in the gum and promises to provide the sensation of eating a real bar of chocolate in a single stick.

2012 2013 2014 2015

the stomach can deal with them safely. However, most people don't eat only one type of food. 'Just because exposure to a single nanofood proves it's safe doesn't mean it would remain so if eaten in combination with other products,' says Frewer. 'That could increase the volatility.'

It's concerns like these that have made the subject of nanofood such a controversial topic but that hasn't stopped investment in the industry doubling to £23 billion over the past five years in the UK, while the government's Trade and Investment body forecast further growth of 44 per cent in the next 12 to 15 years. Nanofood is big business – so much so that it prompted regulation in the form of a vote in the European Parliament in July 2010, which ruled in favour of tough safety and labelling measures for nanofood. This means, at present, there are no foods containing nanomaterials available in the EU.

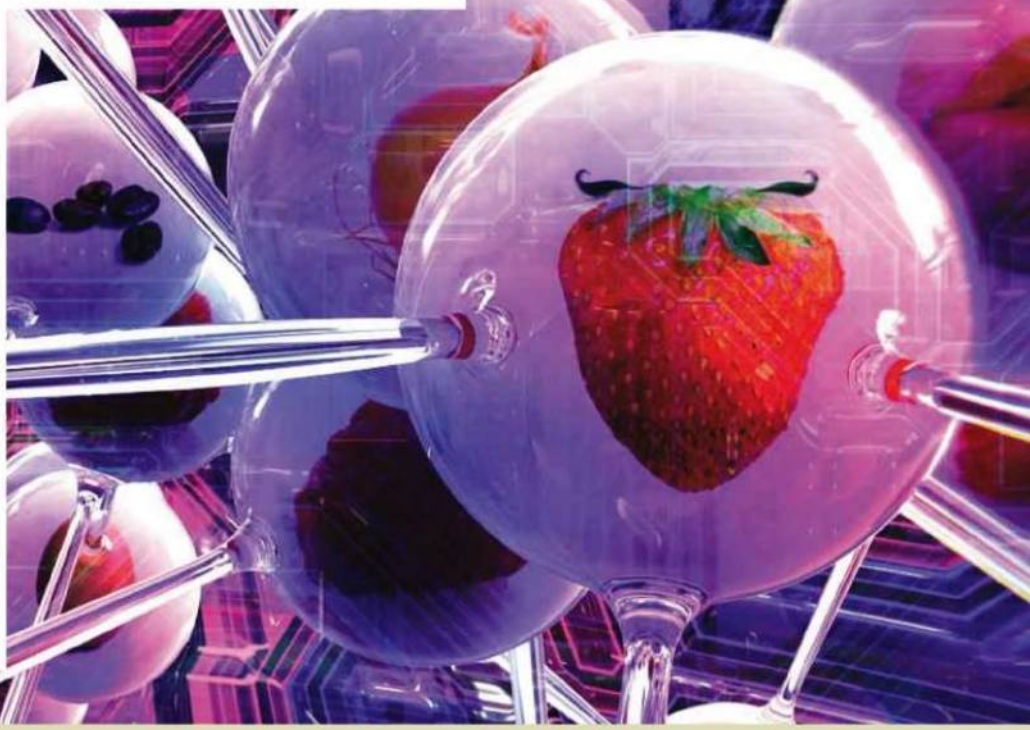
'Nanotechnology is in its infancy in the food and drink sector, and bringing innovations to market is a long and complex process,' says Julian Hunt of the Food and Drink Federation. That's why, according to consumer watchdog Which?, nanofood isn't available on any shelf in the UK supermarkets yet and the closest the technology has got to our forks is as an antibacterial measure in storage containers and a food-prolonging agent in packaging.

'The Parliament ruling makes it perfectly clear that nanofood won't appear on plates until we have the right methods to prove that it is safe,' says Louise Duprez, the European Environmental Bureau's nanotechnology policy officer.

Fresh approach

Until then, you can take a nano approach to your health right now. For example, if you leave an orange for too long the vitamin C inside will degrade until eventually it will lose its potency. 'You could turn it into a nanofruit by encapsulating the vitamins so that they are only released when they are drunk,' says Chaudhry. Or you could just make sure that you eat your fruit fresh and wait for nanotechnology to get to a point where it's proven itself too good to miss.

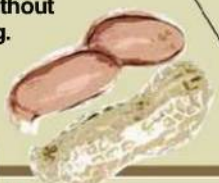
'Just because exposure to a single nanofood proves it's safe doesn't mean it would remain so if eaten in combination with other products'



2016

2017

2018 Non-allergenic nuts
Scientists at Florida State University are working on ways to encapsulate the proteins and glutelins of peanuts at an atomic level so that the body isn't prompted to release histamine, which triggers the symptoms of allergy. The nut should – in theory – pass harmlessly through the body, allowing you to enjoy its taste and flavour without swelling up and asphyxiating.



2019 Cholesterol-free burger
Scientists at Chicago's Northwestern University are working on a nanoparticle version of HDL – the 'good' cholesterol – which, encapsulated in a burger, could transport bad cholesterol to the liver, mopping up the bad cholesterol as it goes.

2021 Non-meat steak
A team at the Wageningen University and Research Centre is working towards the pinnacle of nanotech and has already created a meat-like structure built up from milk proteins that it believes one day could turn the whole world veggie.

2021

When Zebra suggested going for a healthy ride, this wasn't what he had in mind.

The lighter side of life

Getting healthy needn't be all hard graft. There are some pleasures along the way. Take Total yoghurt for instance, it has an amazingly rich and creamy taste. And if you're feeling a bit more adventurous you can enjoy it with fresh fruit and cereals. It's pure and natural, which means it has no added sugars*, sweeteners or any artificial additives. And it's low in fat too. So when it comes to keeping fit you can really go to town with Total.

For over 100 recipes and serving suggestions visit www.totalgreekyoghurt.com

*Except for naturally occurring milk sugars.

authentic greek yoghurt

Slug ~~Xxxxx~~

ADVENTURE SPECIAL

Ranulph Fiennes (below) began his adventuring career more than 20 years before Alex Hibbert was born

the age of exploration

Adventuring has changed with time and technology, but is it getting easier or is the modern world throwing up new challenges? *MF* finds out from veteran expedition leader Ranulph Fiennes and up-and-comer Alex Hibbert

Words **Joel Snape** Photography **Tom Miles**

Outside the Royal Geographical Society, the home of great British adventure, there's a statue of polar pioneer Ernest Shackleton. Indoors there are rooms full of books, maps and art related to some of the greatest feats of exploration in history. It's the perfect venue for a meeting between two of Britain's foremost expedition leaders: 24-year-old Alex Hibbert, who in 2008 made the longest unsupported polar expedition in history, and 66-year old Sir Ranulph Fiennes, who's done everything from climbing the Eiger to discovering lost cities in the Oman desert.

MF joins them as they pore over maps and happily discuss where in the world they've been, the maximum speed you can reach with a kite and how much butter to eat on a polar expedition.

Getting started

***MF*: You both grew up in different eras of exploration. Who were you inspired by when you started out?**

Fiennes: My dad was my biggest influence, really. He was definitely the bloke who I wanted to copy, and 18 years after he died I joined the regiment he commanded [the Royal Scots Greys].

Hibbert: My motivation and inspiration comes from my family as well. My father was in the Royal Navy for 40 years, but the main thing my family showed me was that it's important to find your own direction and plug away until you succeed. In the polar world my inspiration is very much the Norwegian pioneers – these guys were born on skis, so they really are the experts. Even now I spend as much time as I can with Norwegians in the incredible areas of southern Norway where they train all the time.

The Newcomer
ALEX HIBBERT
Age 24

In 2008 Hibbert led the Tiso Trans Greenland expedition which, at 2,211km, is the longest fully unsupported polar expedition in history. He's also one of the youngest people to complete the 200km Devizes-to-Westminster kayak ultramarathon, and has finished the London Marathon in 3hr 19min and climbed Mont Blanc in the French Alps. He also enjoys mountaineering, skiing, photography and 'drinking good beer'.

Fiennes: I find that interesting, because our group, since the 1970s, has always been vying with the Norwegians from a position of British inferiority. In the late '70s one of our competitors, a man called Ragnar Thorseth – we called him 'Foreskin' – said that we'd set off with a prostitute on our sledge. Luckily my wife had seen us off, so she knew we weren't hauling anything that wasn't vital. That's my experience with the Norwegians, but they're great competition to have.

Military efficiency

***MF*: You both have experience in the armed forces. Do you think the military mindset helps in exploration?**

Hibbert: I was a Royal Marines officer for about a year, but then I managed to get injured at the critical point towards the end of training, so my batch have just gone to Afghanistan without me. The polar world was always going to be my long-term direction, but I was really keen to spend time in the military, because it's a wonderful environment to develop everything from your technical skills to working in a team at the very highest level.

The unit I trained in has a family feel, where everyone looks after each other. The people who've had military experience do have a certain something, a team ethic that I've seen lacking in other people.

Fiennes: I got thrown out of the Hereford lot [SAS], and when I applied to go back in they reminded me of my previous misbehaviour with explosives [Fiennes 'borrowed' some incendiaries in an attempt to sabotage the film *Doctor Doolittle*, which was being shot in the Wiltshire village of Castle Combe]. So I left them and came to London, and was there for 15 years as a captain, which was hugely helpful for getting expeditions going. At group headquarters in the Duke of York's barracks in the middle of London, they gave us space for our snow tractors for free, and I spent several years there, filling the various rabbit holes around the offices with rations. The military were hugely helpful to me.

Next big thing

***MF*: There's a lot of debate about what exactly constitutes an 'unsupported' attempt on the poles. What's your take? And what do you think is left to be done?**

Hibbert: The debate about what constitutes travelling 'unsupported' has been going on for decades. Because polar travel isn't a sport, there isn't a governing body, so people claim that what they've done themselves is within the 'rules'.

Fiennes: The debate seems to have moved to whether wind counts as support.

Hibbert: That's the big thing, and I'm a firm believer that wind is support – very much so. Ronny Finsaas, the Norwegian chef from Patriot Hills base camp, recently kite-skied 600 miles [966km] from the South Pole to Hercules Inlet in three days, and he was just playing around. [Measuring that against what I do] is like pitting a racing yacht against a swimmer.

Fiennes: Surely that's unarguable.

Hibbert: But some people say it's a 'natural' means of propulsion. I try to steer clear of arguments and just state what I do, which is to haul my own gear, completely man-powered.

Fiennes: With no kit drops?

Hibbert: Absolutely. What a lot of people do to get headlines is come up with outrageously contrived new records which they'll pluck out of thin air. I try to come up with big things that haven't been done.

Fiennes: What are, in your opinion, the big polar things that haven't been done?

Hibbert: There's reaching the South Pole in winter. I know there's talk about it among the Norwegians, and I'm interested in that one. Then there's a fully unsupported traverse of the Antarctic, going from the proper start point, which is about 200 miles [322km] from Hercules Inlet, where the commercial teams go from. What I'm not going to do is invent challenges. I won't be going to the South Pole backwards on a pogo stick.

Fiennes: It'll be a camel next. A camel with its hump injected with anti-freeze.

Into the blue: Hibbert on his record-breaking 2008 expedition

Just to prove he didn't take a photographer along

Going solo

***MF*: Ran, you've made solo attempts on both poles. What's the biggest difference travelling alone makes? And what advice would you give Alex?**

Fiennes: I'd say that the biggest difference is that if there are crevasses in the area you're better off with a colleague, because it's unusual for two people to fall into the same crevasse, so one can pull the other one out. Similarly, in sea ice it's pretty unlikely that both people will fall into the water. If one falls in and gets cold hands the other can get the tent set up and get the cooker going, so it's no problem [in his North Pole solo attempt, Fiennes fell in alone and developed serious frostbite]. That's the big difference. Apart from that, being alone is certainly more boring, and you can't sit in the pub when you get back talking about it.

Hibbert: If you're not particularly good at self-rescue you can get in trouble very fast in the Arctic. But I think the most dangerous way to travel a glacier is to be in a pair roped up with sledges, because the chances of the second man arresting the fall of the first are pretty slim – you'll pull the second guy off his feet and both go in. The safest way is roped up in a three or a four.

That's the technical side, but on expeditions that go on for months, I think the mental side is critical. In my biggest trip to date we were skiing for 113 days, and you find all sorts of demons you had no idea existed. Thankfully at the end of the day I had someone to chat to, even if it wasn't a scintillating conversation. Going it alone isn't something I want to get into at this start of my life. Right now I enjoy achieving things as a team and sharing experiences. Being able to rely on someone is really important to me.

Fiennes: I've always preferred to travel with one other person. I find that Mike Stroud [the British doctor who has accompanied Fiennes on several polar expeditions] is ideal, so I just automatically ring him.

Hibbert: You don't need the same personality as your team-mate. That can be quite destructive. I just think you need to be very tolerant. There are so many things on a long trip that will grind away at you and irritate you, but you have to put that to the back of your mind.

Fiennes: Like what?

Hibbert: Things like cleaning socks in the communal area of the tent, or being the first to dive into the tent in high winds. George Bullard, my partner on the Arctic trip, was always a trooper, but I've been on trips where there's one guy who's always the first in.

Fiennes: What gets me is when you've got a daily supply of chocolate bars and somebody saves them up for the end of the day. On one trip when we were eating a lot of high-fat flapjacks, Mike was handing them out, and I noticed mine was always smaller. I didn't say anything, but after a while I suggested that we should pick our own flapjacks. Then I starting thinking that mine was smaller than his, even though I'd picked it. That was when I realised it was completely in my mind.

Hibbert: I find the high-fat problem one of the most difficult things about polar travel.

Fiennes: What's the highest percentage of fat you've ever managed?

Hibbert: We were eating 3,500 of our 5,500 calories a day in fat, including 200g of pure ghee butter every day. The holy grail is to keep your food rations under 1kg a day. In our rations 400g of that would be flapjack, which gives you fat, complex carbohydrates to burn, and sugar for a bit of a boost. It works like magic.

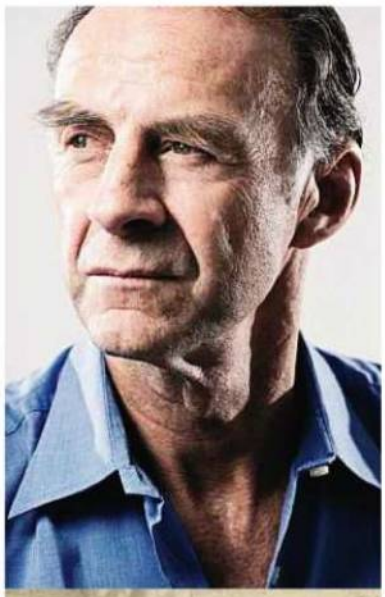
'You're better off with a colleague. It's unusual for both to fall in the same crevasse, so one can pull the other out'

Ranulph Fiennes

Getting technical

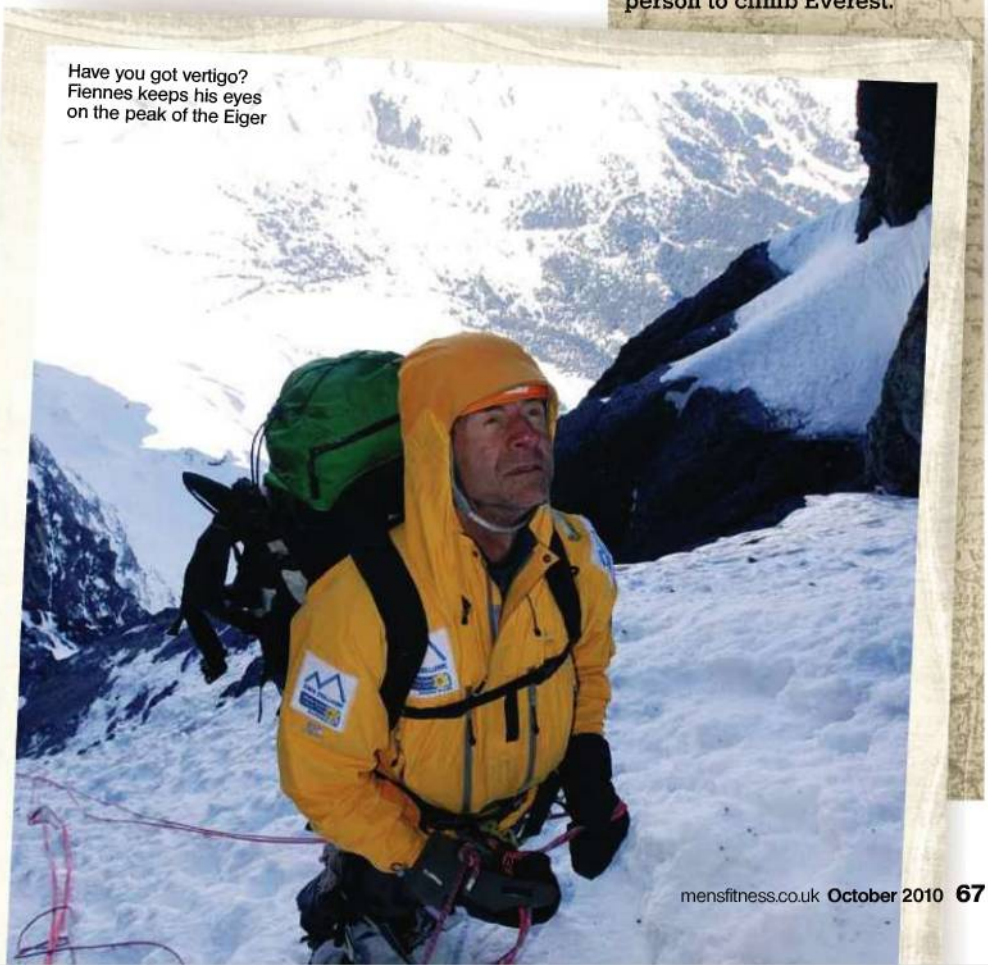
***MF*: The amount of kit available to the modern explorer definitely makes things easier. What's the biggest technological advance you've seen in your careers and what's just around the corner?**

Fiennes: I don't consider what I do a career. It's just expedition leading. But in the deserts using a GPS is a big change – up until about the early '90s, you'd have to get out of the tent and use a sextant [a mechanical instrument



The Veteran
RANULPH FIENNES
Age 66

Fiennes made his name leading the 1979-82 Transglobe Expedition, which journeyed around the world on its polar axis using only surface transport. In 1992 he led an expedition that discovered the lost city of Ubar in Oman, and in 2003 he ran seven marathons on seven continents in seven days. In 2007, despite a fear of heights, he climbed the Eiger, and in 2009 he became the oldest British person to climb Everest.



Have you got vertigo? Fiennes keeps his eyes on the peak of the Eiger

'So this is the place where I nearly died…'
'That's quite close to a place where *I* nearly died'

used to measure angles]. Also, for decades the radio operator would have coaxial cable coming into the tent and knocking people's cups of tea over, and you'd have to go outside the tent and fiddle with the aerial every time you wanted to change frequency. So GPS and modern radios are a huge change.
Hibbert: The main technological drive at the moment is to try to make charging systems for the batteries smaller and more efficient. I had a solar panel laid out on the back of my sledge, and I'd do high-priority things like GPS batteries and satellite batteries first, then work all the way down to low-priority things like my iPod. Also, you want all your kit to be as light as possible – you want a lighter, stronger sledge. Fabrics are moving forward, too.
Fiennes: Do you use Ventile cotton?
Hibbert: Ventile's very good, very light, but I prefer Pertex. It's wind-resistant and very breathable.
Fiennes: I shall have to write that down.

bit higher we came to my Sherpa's father's body, which had been there for eight years. And then we found a Swiss climber, who'd summitted the previous night without oxygen and then died of hypoxia. I recognised that spot, because it was where I'd turned back the previous year, where I'd told my guide Kenton Cool I was too knackered to carry on.

This time I thought, well, now I'm not knackered. At that point I ceased to have any recollection of anything until I got to the top. We got to the summit before the sun came up, so we had to wait, and while I was waiting my camera stopped working. Kenton turned up, guiding a different party, took one look at the camera and breathed on it, and it worked.
Hibbert: You can't really do serious polar exploration when you're under 16, so one of my earliest challenges was the Devizes-to-Westminster kayak ultramarathon. In fact I had to lie on the entry form because I was 15, and you have to be 16 for insurance purposes.

'You have to hit the depots every time or you're done, that's it. You're on a knife-edge'

Alex Hibbert

Changing course

***MF*: Although you're both polar specialists, you've done plenty of adventuring elsewhere. What makes you want to take on such a variety of challenges?**
Fiennes: Well, tackling mountains for me was a personal thing in that I thought I'd stop being frightened of them, and it took five or six years for me to realise that that wasn't going to work. If you dabble in rock climbing and you've reached a certain age, you'll never be able to do what these proper rock climbers can do.

Everest, on the other hand, basically anybody can do it if they're reasonably fit and they have good weather and companions and a good base leader. And if they don't have an inbuilt physical weakness which they won't know about until they hit a certain point. Once when I was at the Tibetan base camp, one fairly serious climber came down being led by a Sherpa – he had tunnel vision because all the blood vessels behind his eyes had burst at 17,500 feet [5,300m]. That's the sort of thing you don't hear about.
Hibbert: People ask me, 'Isn't Everest really easy now?' But of course it isn't.
Fiennes: The second time I tried to summit Everest [in 2009] we passed the body of Rob Mill, who's a very good Scottish climber. Then a little

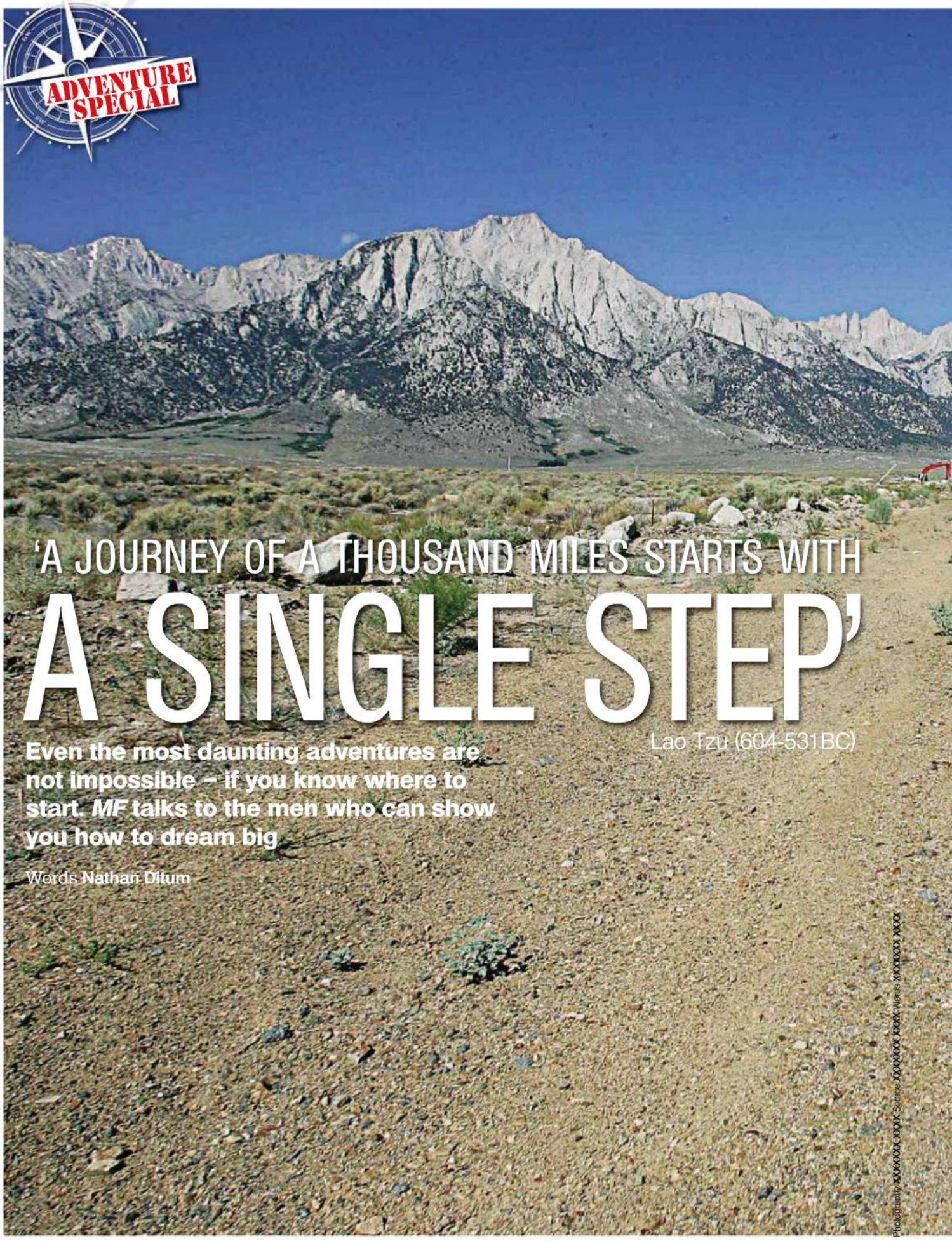
Fiennes: You did the DW when you were 15? Good Lord.
Hibbert: So I started young, trying to find out what I enjoyed, but I don't want to be a jack of all trades – I want to be a polar specialist. I want to travel the world, but I want to serve my apprenticeship in the polar regions and become a specialist in that area.

Full steam ahead

***MF*: What are you planning to tackle next?**
Fiennes: I'm planning a big expedition for 2012, but I can't talk about the details yet because I'm still looking for sponsorship.
Hibbert: I can't say either, but it'll be another polar expedition. You learn an awful lot when you're on your own out there. You come up with lots of little ideas to make your life a tiny bit more comfortable, a little bit more efficient, shaving little percentages off here and there. There were times on the 2008 trip where I had 40 days to go and less than two days' food on the sledge. You have to hit the depots every time or you're done, that's it. You're on a knife-edge. So those little percentages can make all the difference. There's a lot to learn. MF

For sponsorship details for Ranulph Fiennes's 2012 expedition, go to campbell-bell.com

ADVENTURE SPECIAL



‘A JOURNEY OF A THOUSAND MILES STARTS WITH A SINGLE STEP’

Lao Tzu (604-531BC)

Even the most daunting adventures are not impossible – if you know where to start. *MF* talks to the men who can show you how to dream big

Words **Nathan Ditum**

Photographs by xxxxxxx xxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxx xxxxxxxxx

Running the Badwater Ultramarathon

The challenge

The toughest foot race in the world runs 215km from Badwater Basin in California's Death Valley to Whitney Portal, the gateway to Mount Whitney. The crossing takes in two 1,500m peaks, but the real challenge is the heat. 'It is the hottest and driest place on Earth,' says Richard Benyo, a Badwater Hall-of-Famer who ran the old 240km course – and back – in 1989. 'It can get into the 130s Fahrenheit [around 55°C] in the shade, and often at high noon the humidity drops to zero per cent. You can be standing perfectly still and lose two litres of fluid an hour.'

The journey

Benyo says Badwater entrants need 'several years of easy running' as a base, before putting their bodies through the abuse of event-specific training, designed as preparation for the race's extreme conditions.

'Since the whole course is asphalt, you need to teach your body to take that pounding hour after hour, day after day,' he says. 'You want to do weekend-long back-to-back workouts so you can teach your body to recover on day two from what you did to it on day one. I typically trained 32 to 36 miles [51-58km] on Saturday, then came back on Sunday with an 18 to 22-mile [29-35km] workout.'

Runners must also condition their bodies to deal with the heat by processing more fluids. For 90 days before the race, Benyo and running partner Tom Crawford would exercise in extreme heat, then enter a sauna with a supply of water, gradually increasing the temperature and the length of time spent inside.

'In 1989 we got to the point where we could stay inside the sauna for 90 minutes in 160°F [70°C] heat while processing a gallon of liquids per hour,' Benyo says. 'Your body learns to accept the heat, to the point that when you leave the hotbox, and the outside temperature is 100°F [38°C], you actually get a chill.'

The first step

Plan running routes around your nearby roads (websites such as walkjogrun.net can help), with an eye to increasing your road endurance with back-to-back weekend runs. Join a gym with a sauna, or if, like Benyo, you have none nearby, you could try making a hotbox that's big enough to fit inside.

The cost

Assembling a crew and a support vehicle will be the major costs. Depending on the size of your crew and whether you want them to go through acclimatisation training with you (as Benyo's did), this can vary, but Benyo estimates around £3,500.

Difficulty

Photography XXXXXXX XXXX Source XXXXXXX XXXX Words XXXXXXX XXXX

Going to the North Pole

The challenge

Journeying to the northernmost point on Earth demands exceptional levels of strength, endurance and preparation. The North Pole, unlike its southern counterpart, is located on a crust of ever-shifting ice. This means, as well as freezing, isolated conditions, there are no permanent stations, and the landscape is constantly melting, moving and reshaping itself, leading legendary explorer Reinhold Messner to describe it as 'the ultimate expedition'.

The journey

British explorer Ben Saunders, who in 2004 completed only the third one-man, unsupported journey to the Pole, says that if you're already fit – to be exact, 'if the idea of a ten-mile run doesn't fill you with absolute horror' – then you could be physically ready in six months. The key is balancing endurance and strength.

'My 2004 expedition was the equivalent of 31 marathons, back to back, over ten weeks,' Saunders says, which is why his current regime includes 20 hours of running and cycling a week. Strength is also key (Saunders's sledge weighed in at 180kg at the start of his trip) but as he found during a failed attempt in 2001, carrying too much muscle is counterproductive. 'I had a higher metabolism, so I lost weight quicker and found it a lot tougher,' he says. 'I do a lot of heavy weights now, but low-rep stuff, deadlifts and squats, trying not to get too big.'

The first step

Enter a marathon to provide a fixed training target, and work out a weights programme to run alongside that training. For your first Arctic experience, Saunders suggests a Last Degree tour (adventure-network.com), a guided expedition in which you're flown to the penultimate degree of latitude and walk the 60 nautical miles to the Pole.

The cost

Transport and equipment will almost certainly require sponsorship. A Last Degree trip will cost around £20,000, while Saunders says organising your own expedition 'is getting into six figures', spent mostly on travel. 'The flight that picked me up in 2004 was $100,000 Canadian [around £62,000]. It's not a cheap way of going camping.'

Difficulty

Competing in the Kona Ironman

The challenge

The Ironman World Championship is the world's hardest triathlon, held each year in Kona, Hawaii, and attracting the very best competitors from Ironman events across the world. The race consists of a 3.9km swim through the bay of Kailua-Kona, a 180km cycle over the Hawaiian lava desert, and a marathon run along the coast to Keahole Point (the westernmost point of Hawaii) and back.

'It's such an amazing place,' says Mark Allen, winner of a record six Kona races, who describes it as the most challenging triathlon in the world. 'The energy is strong, the wind is strong, the heat is intense, the sun bakes you. It forces you to look inside and say, "What do I have here? What am I made of?"'

The journey

Allen went from 'almost nothing' to winning Ironman in just seven years, and now coaches athletes of all abilities to Ironman standard. He emphasises the need to build a strong base of fitness, and to take your time doing it. 'Don't feel like you have to get everything done in one year. Take a few years, have a positive experience all the way through, and that way when you do your Ironman it won't be a survival. It'll be a race.'

Allen puts together tailored programmes for his clients. 'There's no specific formula,' he explains. 'But we have a base phase where we build general aerobic fitness, a speed phase where we do fairly intense workouts in each sport each week, then we also emphasise strength training for triathletes, as a tool to help race performance, but also keep you injury-free.'

As for getting ready for the conditions at Kona, Allen's advice is to wear extra layers to prepare for the heat. 'You're going to be racing in Hawaii,' he says, 'so even if it's a beautiful day in the UK you still have to train in a long-sleeve jersey or a light jacket so the microclimate next to your skin is hot.'

The first step

Allen's advice is clear. 'In the beginning, if you don't know much about training for endurance athletics, get a coach,' he says. That means finding out if you have a local club or visiting a website such as Allen's (markallenonline.com) that can provide detailed programmes over the net.

The cost

Coaching can be anywhere from £15 to £50 a week, and a decent bike will set you back at least £700. When you're ready, race entry is around £300 and flights to Hawaii are £650.

Difficulty

Climbing El Capitan

The challenge

This giant granite monolith stands in California's Yosemite National Park and was considered unconquerable by the first climbers to visit in the 1930s. It was eventually defeated in 1958, after an ascent that took 47 days, then gradually explored and mapped by the world's elite climbers.

Today the three faces of El Capitan – southeast, southwest and the connecting Nose – have around 80 recognised routes, and the cliff is a rite of passage for all serious climbers. 'The first time I saw El Cap, I shat myself,' says Leo Houlding, the 30-year-old British climber who in 2008 conquered both El Capitan and the neighbouring Half Dome in a single day. 'It's 1,000m high. If you think about Canary Wharf, that's only 250m – it's four times the size, and just as steep. It's the daddy, basically.'

The journey

Houlding says that he's developed outstanding cardio and good upper-body strength, but makes the point that 'climbing is generally the best training for climbing'. More demanding are the complex skills big wall climbing requires.

Free-climbing El Capitan – that is, using equipment only for safety – is not a realistic aim for most, Houlding says. 'Ninety-nine per cent of people who climb El Capitan do it with aid,' he says, referring to the use of ropes and harnesses to haul climbers up the surface. Even then he describes the ascent as a big challenge with a complex set of very specialist skills to master. 'You start by learning the ropes,' he says, listing the basics from tying-in to making belays and, for walls as big as El Capitan, multi-pitch climbing, where climbers switch ropes during the ascent.

Houlding had been climbing for eight years when he made his first trip to Yosemite, and unless potential El Capitan conquerors devote themselves to climbing full time, he suggests a lengthy preparation. 'If you're a weekender, you're looking at years,' he says, although he does add that partnering with a more experienced climber could shorten that time. 'If it was someone with no climbing experience, I reckon I could get them up El Cap in six months to a year with enough practice,' he says.

The first step

Get on to a climbing wall. Find out where your nearest one is using the list on the British Mountaineering Council site (thebmc.co.uk). Not only will this be the best place to learn, but it's also the most likely way to meet people to venture out to the UK's outdoor climbs in preparation for your El Capitan expedition.

The cost

Equipment alone – ropes, cams, belay devices – can quickly run into the hundreds, and Houlding warns that during a multi-day El Capitan climb you'll need just about everything. But he also points out that at the start all you need is 'a harness, shoes and a chalk bag' and the rest will accrue as you take on more advanced challenges. Access to climbing walls is around £8 per visits and expect to pay from £400 for flights to California.

Difficulty

Surfing Pipeline break

The challenge

The unique geography of Pipeline (also known as Banzai Pipeline or simply Pipe) gives it the most beautiful and dangerous waves in the world. The Oahu beach has three reefs which create a unique 'tubed' break that can be so powerful the ground on the shore shakes. 'When a perfect west swell is breaking on the third reef, the waves are as big as buildings and the tubes are as big as railway tunnels,' says Rob Barber, coach of the England surf and bodyboard team, who first visited Pipeline in 1995. Injuries and even drownings are common, and competition to simply get into the water is intense. 'You need to be either a local or one of the best surfers in the world to be in with a hope,' says Barber.

The journey

The highly specialised skills needed for elite surfing mean there are no shortcuts here. According to Barber, those with no prior surfing experience 'would need to be living on the coast and surfing regularly for between five to seven years' before a trip to Pipe became feasible. They would also need to travel abroad to better-quality waves. 'Waves such as El Quemao at La Santa in Lanzarote offer similar standard power, less crowds and are closer to home,' says Barber, describing it as an 'excellent training ground' for the skills needed for Pipe. 'You need to be a strong paddler, be good at duck diving, have a good mindset for big waves, be able to make a very tricky take-off and have a solid bottom turn. Being able to negotiate big tube rides is essential as well.'

As for training, Barber says excellent cardio is vital, combined with a focus on upper body strength. 'Your core fitness needs to be good for when you inevitably wipe out,' he says, suggesting lots of crunches, press-ups and chin-ups to build your shoulders, arms and back. Barber also stresses the importance of flexibility – he would spend up to 40 minutes a day stretching while competing – and suggests yoga as an excellent way to stay limber.

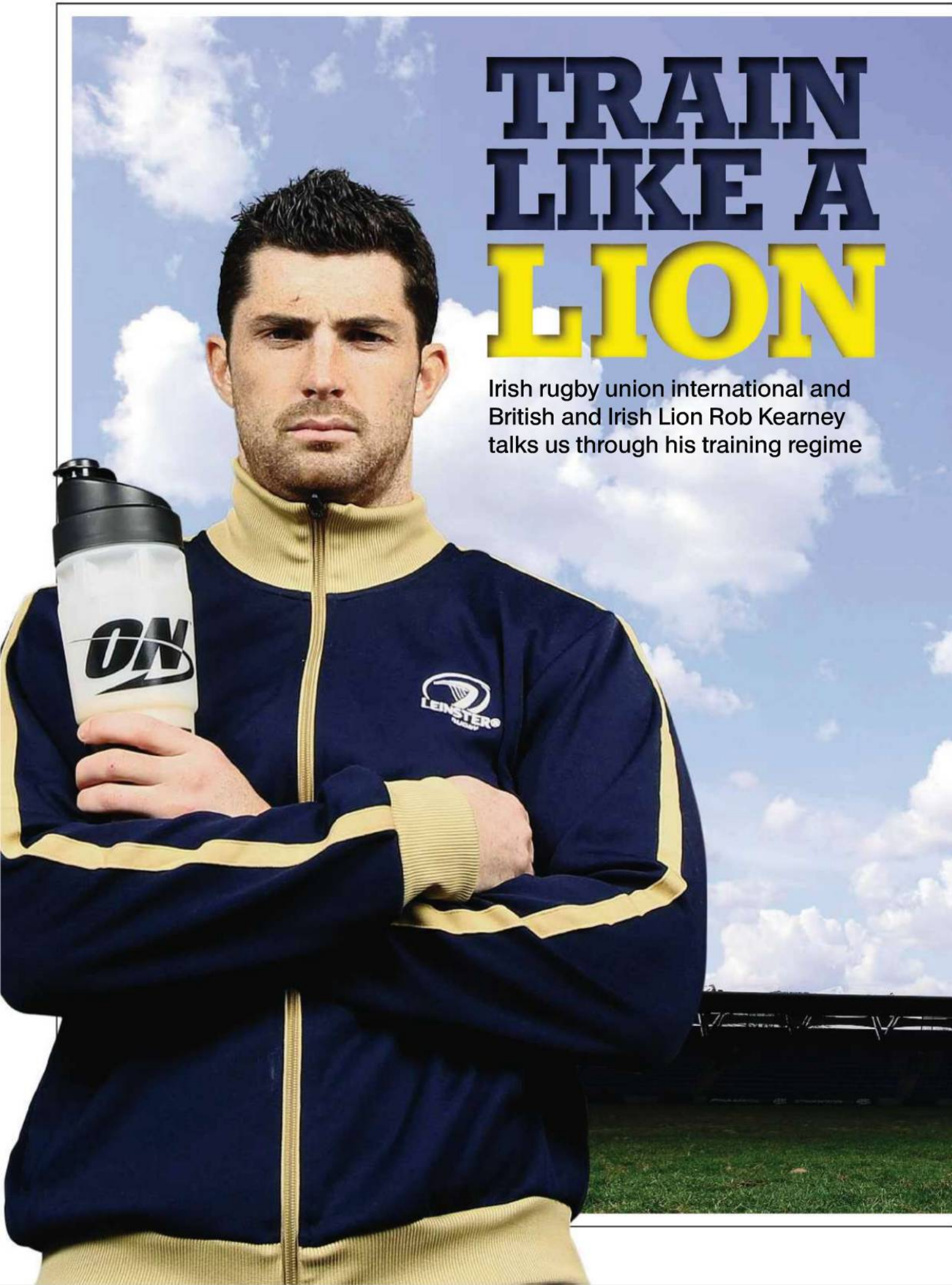
The first step

A move to the coast. Perhaps the best preparation for Pipeline is the Cribbar reef at Fistral beach in Newquay, which ploughs the Atlantic into the biggest waves the UK has to offer. For beginners, a coach is essential. Training centres such as Rob Barber's at englishsurfschool.com (located at Fistral) welcome all skill levels and can be found all over the UK's coastline.

The cost

A beginner's board will set you back around £350 and a wetsuit £200. Beginner's lessons start at around £30 or £200 for a full weekend with detailed analysis and coaching. Get through that and flights to Hawaii are around £650.

Difficulty



TRAIN LIKE A LION

Irish rugby union international and British and Irish Lion Rob Kearney talks us through his training regime

Rob Kearney first represented Ireland in 2007 and was a member of the victorious Ireland team that won the 2009 Six Nations Championship, Triple Crown and Grand Slam. He talked to us about how he stays in match-winning shape on and off the pitch.

What's a week's training like for you?
We do one speed session and four on-field sessions including teamwork, skills and kicking. In the gym we'll do two or three sessions a week, depending on match schedules and the time of year. Obviously pre-season is a key time for us, and we tend to do intense training during that period.

What moves do you focus on in the gym?
It's really varied, but cleans, high pulls and squats are all regular features.

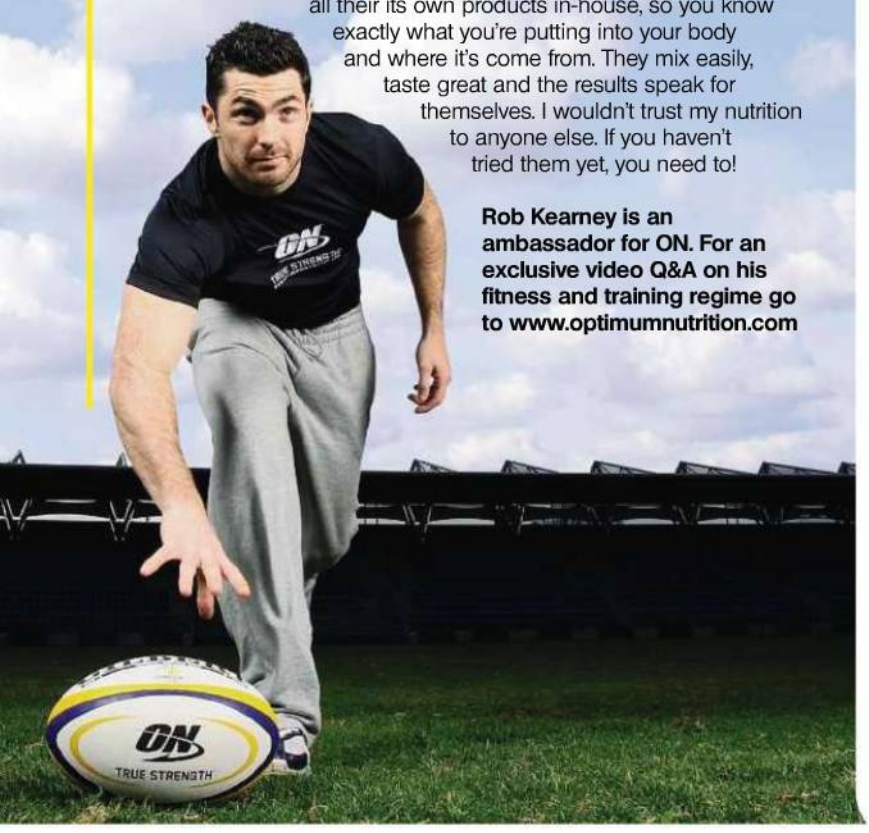
How crucial are nutritional supplements to on-field performance?
Very! They complement diet, rest and training as well as other aspects of general health and wellbeing, and they also help with muscle recovery. The fitter you are, the less likely you are to pick up injuries. You can't build or maintain muscle without adequate protein and Optimum Nutrition's shakes and bars play a vital role in my training and nutrition programme. They help me stay on top of my game by being in the best physical condition I can be.

What products do you use?
To help me train at my optimum level, I take ON Gold Standard 100% Whey in the morning, as well as during and after a workout. I also make sure I take ON Gold Standard 100% Casein before I go to bed to help rebuild damaged muscles.

My favourite product is 2:1:1 Recovery Colossal Chocolate – I just love the taste. Whey, casein and egg albumin proteins provide immediate and sustained amino acid delivery for repair and rebuilding, while simple sugars and rapidly-digesting carbs help repair and replenish hard working muscles.

Why do you use Optimum Nutrition specifically?
The great thing about ON is that, unlike other protein brands, it makes all their its own products in-house, so you know exactly what you're putting into your body and where it's come from. They mix easily, taste great and the results speak for themselves. I wouldn't trust my nutrition to anyone else. If you haven't tried them yet, you need to!

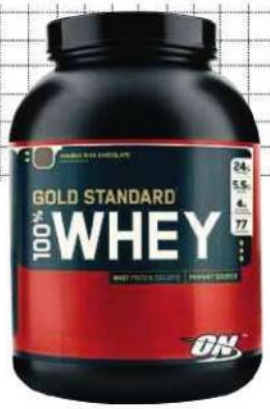
Rob Kearney is an ambassador for ON. For an exclusive video Q&A on his fitness and training regime go to www.optimumnutrition.com



ON PRODUCTS

Optimum Nutrition produces an award-winning range of premium sports nutrition products. Each product contains the highest-quality ingredients for maximum results.

Go to www.optimumnutrition.com and enter code MF100 for 30% off your first purchase.



GOLD STANDARD 100% WHEY

24 grams of the purest muscle-building protein in every serving make it the fastest-acting protein available, with only 120 calories and 1g of fat per shake. Available in 20 delicious flavours.

When to take it Before exercise to prime your muscles or immediately afterwards to help speed the rate of muscle recovery.

GOLD STANDARD 100% CASEIN

The majority of muscle rebuilding takes place at night while you're asleep. Casein proteins contain unique time-release qualities so they're the ideal way to keep your long-term muscle recovery on track any time of day. This one has just 110 calories and 0.5g of fat per serving with seven different flavour options.

When to take it Between meals or half an hour before bedtime to maximise muscle repair while you're asleep.

ON™

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM

COMPRESS® YOURSELF

COMPRESSYOURSELF.COM

SPORTS COMPRESSION SPECIALISTS

Compression technology is used to enhance your performance in training, competition and recovery, on the road, in the gym or on the track:

- Reducing lactic acid build up, increasing oxygenation and enhancing circulations
- Focusing muscle power
- Moisture management wicking
- Optimising body temperature in warm and cool conditions
- Preventing odour through antibacterial treatments
- 50+ UV protection

SKINS BEYOND REASON · asics · UNDER ARMOUR · BSc · McDavid · 2XU

COMPRESSYOURSELF.COM

One type of compression does not answer every athletes needs. CompressYourself.com offers a wide and diverse range of products meeting particular requirements.

SPORT SKINS LONG SLEEVE TOP

NOW £42.91

SAVE 14% - RRP £49.99

2XU MEN'S COMPRESSION TIGHTS

NOW £49.50

SAVE 10% - RRP £55.00

COMPRESSYOURSELF.COM

SKINS SHORT SLEEVE TOP

£38.21

SKINS

UNDER ARMOUR MEN'S RECHARGE TOP

£52.27

UNDER ARMOUR

TRAVEL AND RECOVERY LONG TIGHTS

£51.00 | Save 15%

SKINS

CW-X MEN'S INSULATOR STABILYX TIGHTS

£109.99

CW-X

TIMMS PERRY

Trusted Online Retail.

A Timms Perry Company

COMPRESS® YOURSELF

© COMPRESSYOURSELF.COM | TRADING NAME OF EVOLUTION SPORTS LTD

COMPRESSYOURSELF.COM

FREE WORLDWIDE DELIVERY!

*FREE WORLDWIDE DELIVERY ON ORDERS OVER £100

GearHound

Gear edited by **Jon Lipsey**
Grooming edited by **Hayley Thatcher**

+Tracking down the best kit for active men

+Star strikers

We give the latest football boots a trial and tell you what to look for

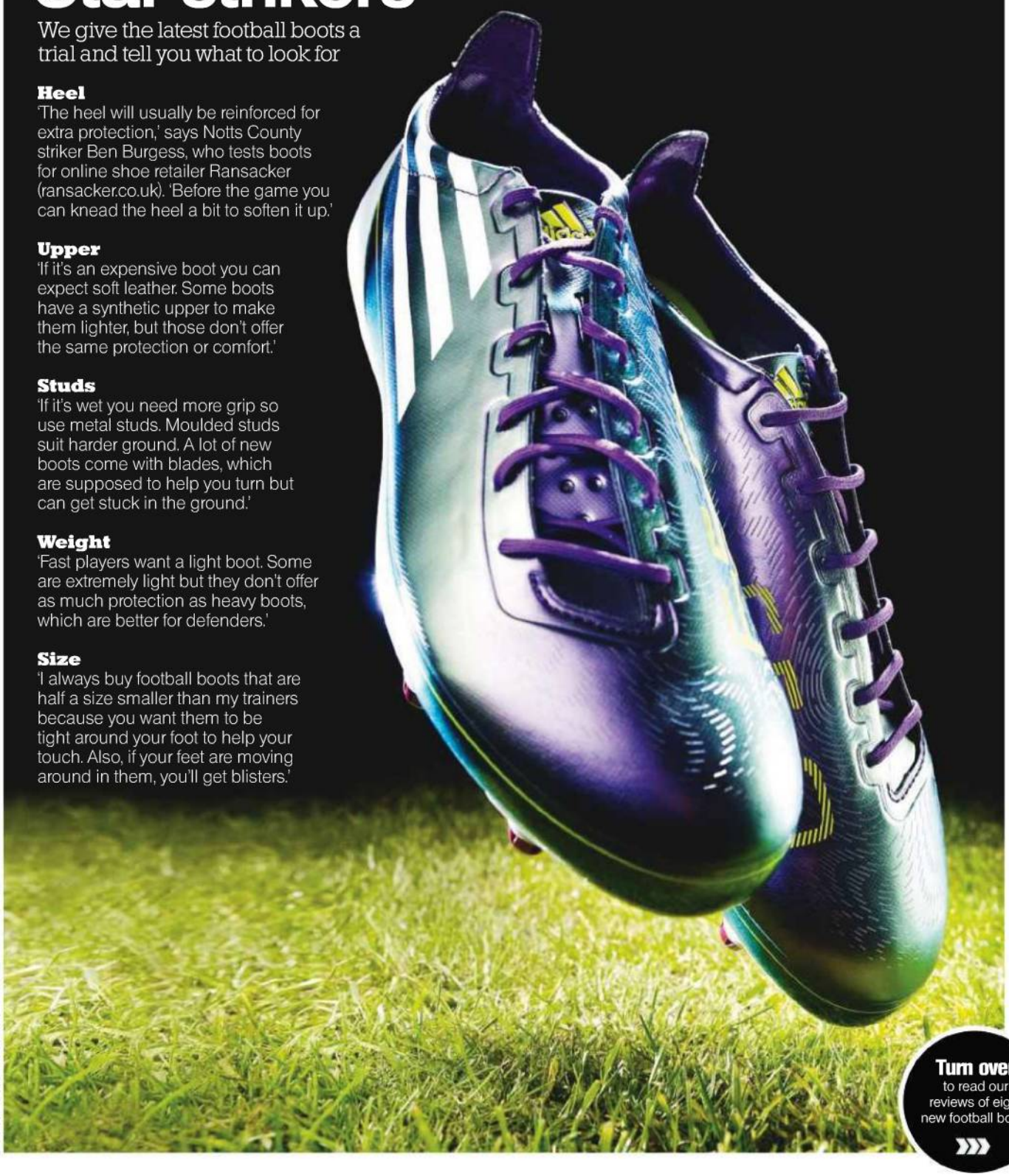
Heel
'The heel will usually be reinforced for extra protection,' says Notts County striker Ben Burgess, who tests boots for online shoe retailer Ransacker (ransacker.co.uk). 'Before the game you can knead the heel a bit to soften it up.'

Upper
'If it's an expensive boot you can expect soft leather. Some boots have a synthetic upper to make them lighter, but those don't offer the same protection or comfort.'

Studs
'If it's wet you need more grip so use metal studs. Moulded studs suit harder ground. A lot of new boots come with blades, which are supposed to help you turn but can get stuck in the ground.'

Weight
'Fast players want a light boot. Some are extremely light but they don't offer as much protection as heavy boots, which are better for defenders.'

Size
'I always buy football boots that are half a size smaller than my trainers because you want them to be tight around your foot to help your touch. Also, if your feet are moving around in them, you'll get blisters.'



Pictured **Adidas F50 adiZero**

Turn over
to read our reviews of eight new football boots
»»

A Umbro Stealth Pro £89.99

Umbro promises that the boot will make you 'unpredictable', which isn't necessarily a good thing, but the comfortable and well contoured outsole help you hit the ball sweetly. There's firm carbon-fibre support at the heel and from a stiff shank, giving you the confidence to make a tackle and to put your foot through the ball when shooting.

THE GOOD It combines comfort and control to good effect.

THE BAD It's not the lightest on the market.

umbro.com

B Concave PT+ Classic £115

The panel that covers the laces is designed to increase the sweet spot by four times over standard boots, giving over 15 per cent more power and 30 per cent more accuracy. While the sturdy design will reduce the risk of foot and ankle injuries, it makes the boot feel heavy and clunky, and if you strike the ball less than perfectly the panel amplifies your error.

THE GOOD Your ankles and feet are well protected.

THE BAD The added panel reduces the feel for the ball.

concavesports.com

C Nike Tiempo Legend Elite £215

Designed with speed in mind, this is a light boot with flexible outsole for quick, multidirectional movement. The soft upper gives a comfortable fit and a decent feel for the ball, and protection is not ignored with a contoured heel that has extra leather coverage for added support. However, this does make it feel a little bulky, especially when running at speed.

THE GOOD A tight fit and decent ankle protection.

THE BAD Not the best feel for the ball.

nike.com

D Puma PowerCat 1.10 £125

Aimed at strikers, this boot contains special SpringTech foam in the instep that's supposed to help ping the ball goalwards at greater speed. It's comfortable and feels light, with a stud configuration that gives you good grip. The tucked-away laces allow you to strike the ball with power and confidence.

THE GOOD It makes the most of your movement and shots.

THE BAD Moulded blades won't be everyone's choice.

pumafootball.com

Words **Jon Lipsey, Joe Warner** Photography **Danny Bird**

For reviews of more top football boots go to **mensfitness.co.uk/links/canikickit**

E Asics Lethal Tigreor 3FT £90

If your game is about snuffing out opposition attacks and scything down that show-off in the brightly coloured boots, this will do your inglorious but vital job. It's comparatively heavy and hard-wearing, although you might struggle with deft touches because the toe-box feels quite wide and the upper could grip your foot a bit better.

THE GOOD Not flash but it'll make you hard to beat.

THE BAD A loose upper may inhibit your accuracy.

asics.co.uk

F Mizuno Wave Ignitus £110

A super-soft upper gives this boot a snug fit, which allows for close control of the ball when dribbling. It's light and flexible to facilitate turning at speed, but there's not much protection around the ankle against late challenges. The forefoot has grip panels to make imparting spin much easier, which will suit dead-ball specialists.

THE GOOD The panels allow for greater ball manipulation.

THE BAD Little protection against Sunday league hard men.

waveignitus.com

G Adidas F50 adiZero £125

This is the lightest boot ever made and its single-layer upper gives you an assured touch. The pared-down design and Sprint Frame outsole (inspired by running spikes) helps you move at speed. It does feel a bit flimsy, though, and when that centre-back clatters you after inevitably taking exception to your flash footwear, it's going to hurt.

THE GOOD Minimal material helps you control the ball.

THE BAD The sole can bend a bit sharply at the toe.

adidas.com

H Hi-Tec Pro Series Moulded £25

This is a heavy boot, a problem which isn't helped by a stiff upper that deadens your sense of the ball and makes it tricky to secure the laces tightly. Such a solid boot is great for clearing the ball downfield, but less suitable for curling a shot in from the edge of the box. If you do, it's a fluke.

THE GOOD Tough and sturdy for strong challenges.

THE BAD The thick upper can cause a heavy first touch.

01702 541771

Sports watches

Whatever your activity, these watches will keep you informed and motivated

1 Best for **swimming**
Swimovate Pool-Mate £70
The Pool-Mate counts your lengths so you can forget that monotonous task and concentrate on your technique. It'll monitor your total distance and your calorie burn. But the best feature is the efficiency calculator – by cross-referencing your stroke count with your speed it can tell whether you've been gliding through the water or thrashing around gracelessly.
pool-mate.com

2 Best for **cycling**
Polar RS800CX £269.50
Knowing your speed and distance is important but it's even more useful when know the gradient of the ground you've been covering. This bike watch comes with software that lets you analyse route profiles so you know how effectively you tackled hills. It'll also give you real-time feedback on your efforts so you can monitor your progress mid-ride.
polarelectro.co.uk

3 Best for **triathlon**
Garmin Forerunner 310XT £311
You can now use the Forerunner 310XT to measure your swimming performance as well as your cycling and running efforts, thanks to a software update. Its high-sensitivity GPS technology means you can get accurate info on your distance and average speed in the water, and you only have to press one button to switch to the mode that measures the next part of your triathlon. It's also waterproof to 50m, but hopefully you won't get a chance to test this during the race.
garmin.com

4 Best for **mountain sports**
Suunto Elementum Terra £599
Good-looking watches aren't usually so informative, but the Terra is one beautiful statto. It'll tell you your total ascent and descent, and has compass, backlight and button lock functions. It also provides barometric trends so you can tell if conditions are changing quickly, which is handy if you're a long way up.
suunto.com

5 Best for **running**
Timex Ironman Global Trainer Bodylink System £300
You can use this for triathlon training, but the sheer number of running data options and the customisable screen display mean it'll give you every reading you need while running. The screen is split into four data sections that give you information such as speed, distance, heart rate, pace, interval information and split times. The post-training software gives you a thorough analysis of your session.
timex.com

Words **Jon Lipsey** Photography **Danny Bird**

We've got more feature-packed sports watches at **mensfitness.co.uk/links/perfecttiming**

Very small and compact, works and feels like a real kettlebell

Easy weight selector dial (2.5 to 25lbs.)

Available in Red or Grey

Only £139.00

ISO 9001
REGISTERED FIRM

www.10bell.com

e. info@10bell.com t. 01482 609850

10bell™

Grooming gadgets

Put a buzz into your routine with the latest grooming gadgets

A Clarisonic Face and Body Brush £175
This waterproof massage brush deep-cleanses your skin by oscillating at a sonic frequency of around 300 movements a second. It can also be used to apply skincare products such as moisturisers and shaving cream, and Clarisonic says that 81 per cent of men who used it in a test reported a closer shave when using it. Use it after a workout and it'll remove sweat and dirt from your pores, helping to avoid spots and dry patches of skin.
clarisonic.com/uk

B Remington Maverick 2 in 1 £39.99
Gone are the days of multiple fiddly combs that made hair clippers such an effort to use. The Maverick has only two combs but these provide 15 length settings from 1mm to 42mm. It has a Pro Power Motor to cut more hair with each stroke, and the handy Quick Wash System allows you to rinse the blade without removing it while a stubble comb allows facial hair grooming. The clipper can also be charged via a USB cable, making it a great on-the-go gizmo.
Available nationwide

C Oral-B Triumph PC 5000 £160
The average person brushes their teeth for only 42 seconds, according to Oral-B's research, but dentists recommend you should scrub them for two minutes to clean effectively. This new version of the Triumph electric brush features an updated SmartGuide, guiding you quadrant by quadrant around your mouth and timing brushing for two minutes, as well as a new deep clean mode. It also has a pressure sensor, which alerts you when you are brushing too hard.
oralb.com

D Braun Series 7-790cc £299.99
Braun has created its most advanced foil shaver in this Series 7 model, which gives you a close shave by using sonic vibrations to lift hairs and SmartFoil technology to capture them. The head automatically adjusts to facial contours, while Precision Comfort Blades cut close without pulling on the skin. The Clean and Renew storage system cleans, dries, lubricates and charges the razor too, all while killing 99.9 per cent of germs.
braun.com/uk

Check out our reviews of body hair shavers at **mensfitness.co.uk/links/hairycoat**

FRAGRANCE OF THE MONTH

Ralph Lauren Big Pony collection

This new collection of four fragrances offers different scents for different moods. Big Pony #1 is a sporty fragrance, bringing together the citrus aromas of lime and grapefruit. The intoxicating, mysterious #2 combines musk with dark chocolate for a seductive scent. Scent #3 is more fresh and outdoorsy, with its mix of ginger root and mint signalling adventure, while the more refined #4 merges kyarawood and mandarin to create a distinctively stylish fragrance.

£35 each for 75ml

Available nationwide

WHAT'S NEW

Nivea For Men Cool Kick Arctic Freeze

The products in Nivea For Men's Cool Kick range are designed to cool, soothe and refresh the skin, and the two new Arctic Freeze gels extends the range further. Arctic Freeze 2in1 Wash and Shave Gel offers a quick cleanse and shave solution, while Arctic Freeze Moisture Gel is a light, non-sticky daily moisturiser. Both contain guarana extract to help control oiliness, as well as a cooling agent to soothe skin from deep inside by activating temperature-cooling receptors in your nerves.

£4.25 for 100ml/£7.99 for 50ml

Nationwide

Words **Hayley Thatcher** Photography **Danny Bird, PSC Photography**

ON TEST

Gym bag shower gels

Pick one of these post-workout cleansers to keep in your bag

Right Guard Xtreme Fresh

£1.79 for 250ml

This bright green gel smells like lime jelly and is so vibrant it looks almost radioactive. But the lather is soft and soothing.

boots.com

Adidas Victory League

£2.49 for 250ml

This may have a confident, macho name but it smells of bananas and caramel. Its sumptuously silky lather isn't particularly manly but you'll have earned the indulgence.

Nationwide

Best in test

Nivea For Men Energy

£1.05 for 250ml

The first whiff is a bit gluey but on your skin it turns into a much nicer ferny scent. You can also use it to wash your hair, so it's a good time-saving option.

Available nationwide

Radox Men Invigorating Mint and Tea Tree

£1.99 for 250ml

Tea tree is reminiscent of fancy swimming pools – it can get up your nose a bit, but it definitely wakes you up. This is gentle enough for frequent use but it feels a bit thin and watery.

be-selfish.co.uk

L'Occitane Verdon Fresh Water

£10 for 150ml

This sweet, zesty and minty gel is so smooth and soothing that it makes you want to visit the Verdon valley that inspired its creation. It's a bit pricy, mind.

loccitane.co.uk

SEE THE DIFFERENCE

UGO MONYE WON'T COMPROMISE ON THE SPORTS NUTRITION HE TAKES IN TRAINING. NEITHER SHOULD YOU.

That's why he chooses Maximuscle, Europe's number 1 sports nutrition brand. For 15 years we've dedicated our expertise to developing the most effective, science backed range of products on the market. Whether you're building size and strength, improving physique and performance or losing weight, Maximuscle can help you achieve the results your training deserves.

CYCLONE

Cyclone is the UK's number 1 all-in-one muscle growth shake proven to support rapid gains in lean muscle, strength and power.

EACH DAILY SERVING OF **CYCLONE** PROVIDES:
60g of protein enriched with Biomax® whey to support lean muscle growth
10g Maxpure® creatine monohydrate for strength and power
10g glutamine to aid muscle repair and recovery
3g HMB to reduce muscle breakdown, soreness, improve muscle strength and assist in muscle repair after exercise
9 additional active ingredients your muscles need to boost their performance

IN RECENT RESEARCH TRIALS, CYCLONE USERS WERE ABLE TO LIFT AN AVERAGE OF **88%** MORE.*

See the difference with Cyclone.
Buy 4 (1.2kg) tubs and save 20%.* Call 01442 418 500 or visit:

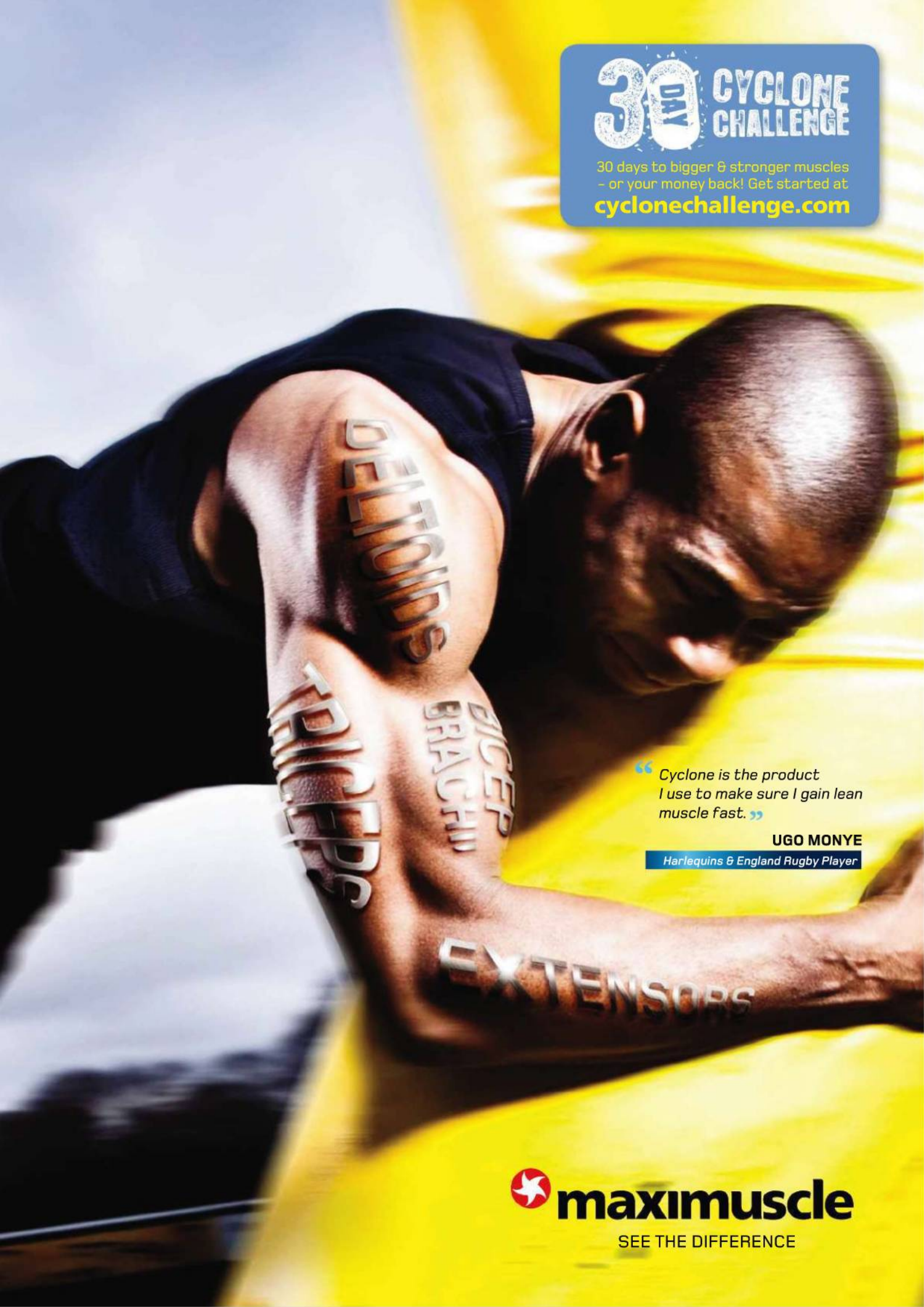
www.maximuscle.com

The official sports nutrition partner to:

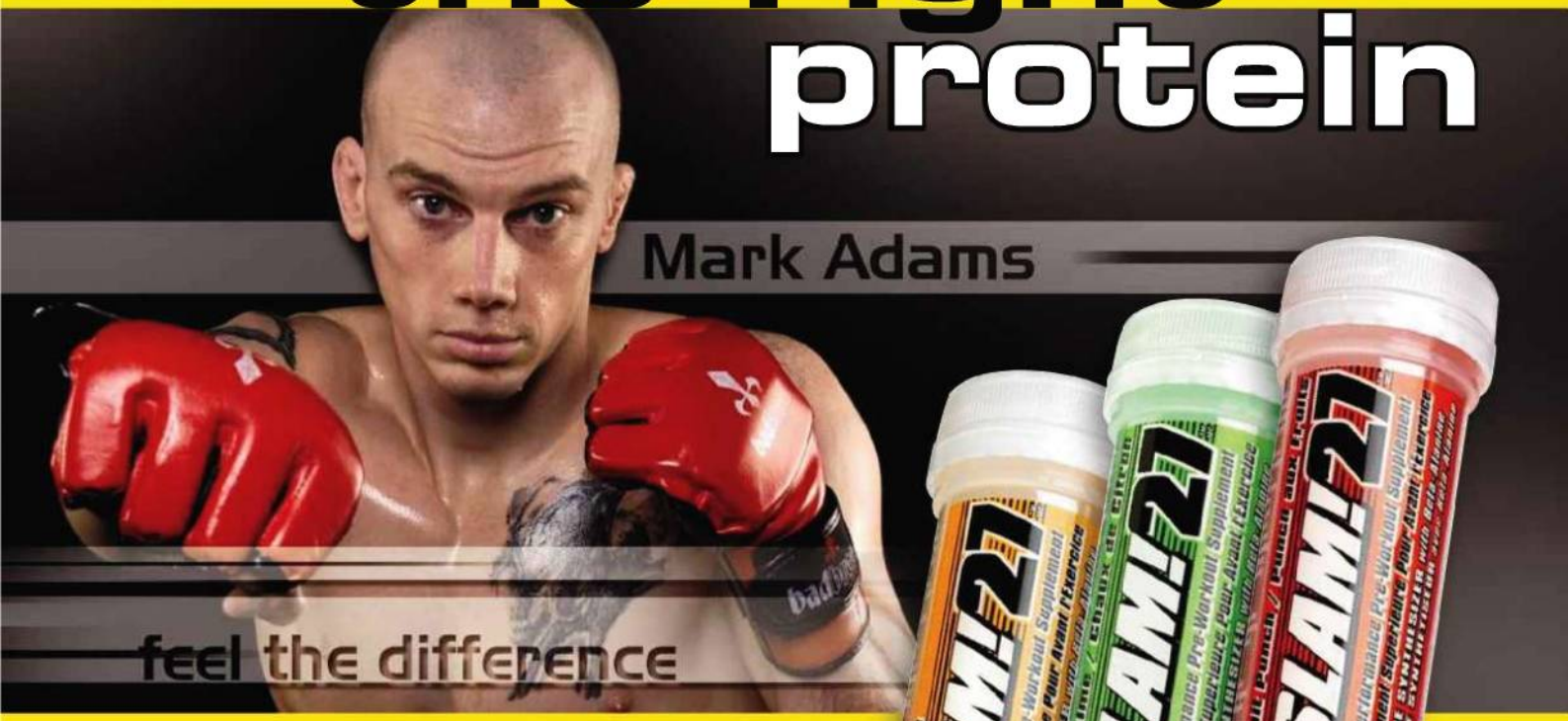
Available from: ASDA GNC LiveWell Sainsbury's

*In recent research trials, after 12 weeks Cyclone users were able to improve the number of repetitions they could perform on bench press by an average of 88% more compared to a placebo.
Sport & Exercise Sciences University of Chichester

**Offer available exclusively to maximuscle.com


30 DAY CYCLONE CHALLENGE
30 days to bigger & stronger muscles
– or your money back! Get started at
cyclonechallenge.com
DELTOIDS
BICEP
BRACHII
TRICEPS
EXTENSORS
“Cyclone is the product
I use to make sure I gain lean
muscle fast.”
UGO MONYE
Harlequins & England Rugby Player
maximuscle
SEE THE DIFFERENCE

the right protein



ProteinSLAM

ready to drink protein with beta alanine

Protein slam contains 27 grams of protein combined with CarnoSyn™ beta-Alanine proven to improve performance, increase endurance, decrease fatigue and help speed up recovery.

- **27 grams of protein.**
- **0g carbohydrates.**
- **0g fat.**
- **Simple and convenient to use.**
- **Use before exercise or as added protein with meals.**

So take a secret from the professionals – take Protein Slam.

Safe to use for those subject to IOC drug testing.
Suitable for men and women.

Fruit punch, Peach & Lemon and lime flavours

Buy online: www.cnpprofessional.co.uk
Email: info@cnpprofessional.co.uk
Or by phone: 0161 368 3850
Advice line: 0161 368 0942

Available at:

BODYACTIVE ONLINE · bodytemple · fitness development.co.uk · Affordable Supplements.co.uk · CREATINE STORE.co.uk · MonsterSupplements.com · Discount-Supplements.co.uk · FUTURE Physique · TROPICANA FITNESS.com

CNP PROFESSIONAL .CO.UK

Fit For Life

Everything you need to get fitter, faster

Edited by **Lucy Miller**

TRAINING TIP

Who needs fancy gear?

Big muscle gains aren't always a result of using flash kit. In fact, research shows that the opposite could be true. A Spanish study found that the more money men spend on their gym kit, the less time they spend doing any actual exercise, concluding that this was because they are working harder to pay for the fancy gear or believe that expensive goods can act as a substitute for physical hard work. But a cheap set of dumb-bells gives you just as good a workout as an expensive one – and besides, you just don't have to spend money to get fit when you can do challenging bodyweight moves such as clap press-ups or use inexpensive gear such as gym balls.

Gain **muscle** 91

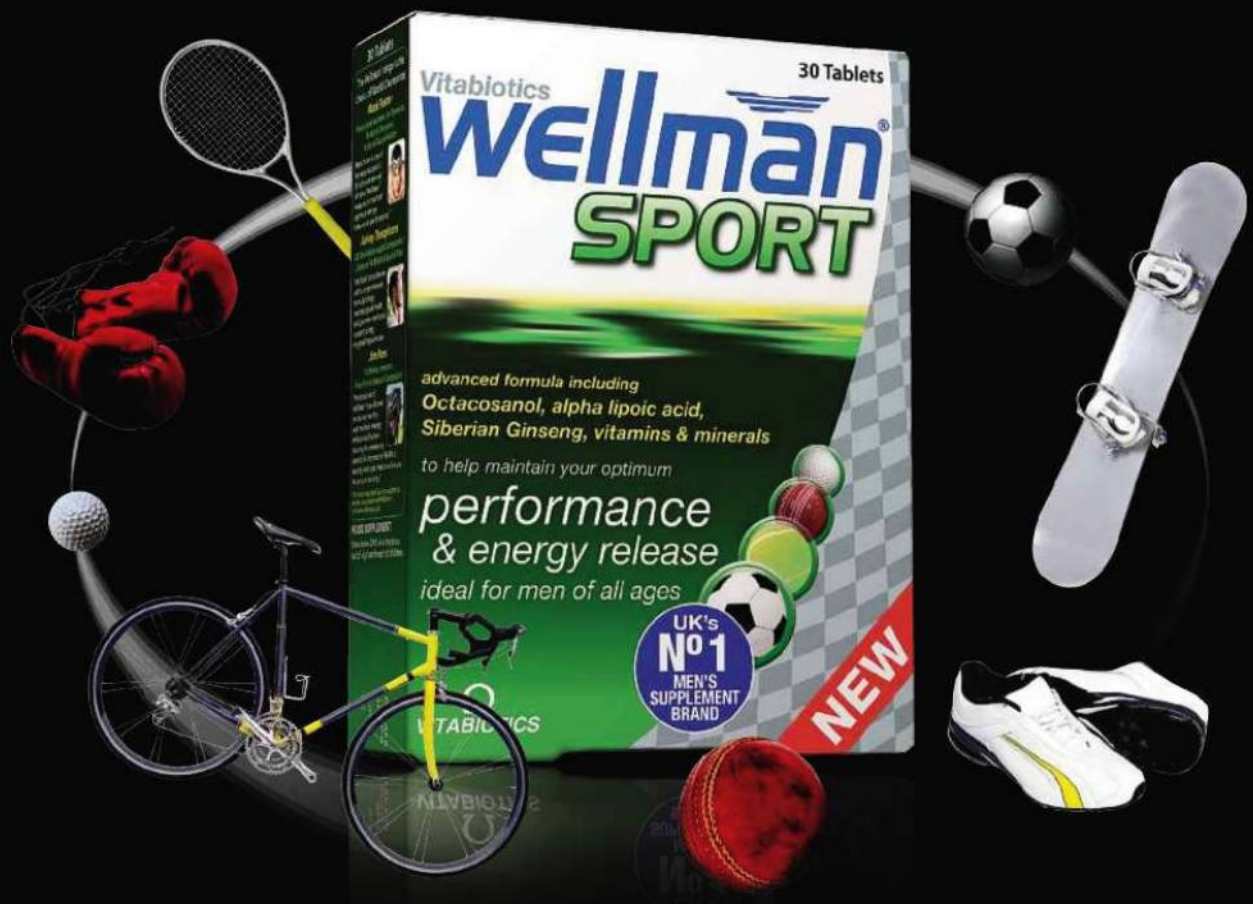
Lose **body fat** 123

Improve **performance** 137

Words **Lucy Miller** Photography **Danny Bird** Model **Matt Morgan@WAthletic**

NEW

the best sportsmen



use the best equipment

Wellman® Sport is designed to help support the most important piece of sporting equipment there is – you. Its comprehensive formula safeguards your nutritional requirement to help sustain the body whilst training. The advanced one-a-day tablet replaces your usual multivitamin and includes natural plant isolate Octacosanol, Alpha Lipoic Acid for advanced antioxidant protection and B-complex vitamins to help support energy release. For further information, visit Wellman.co.uk.

***Wellman® Sport* is new from Wellman®, the UK's leading supplement range for men.**

The Wellman® range is the choice of World Champions

Mark Foster — Professional swimmer, 5x Olympian, 6x World Champion, 8x World Record Holder

"Wellman® helps me to maintain optimum energy release and performance."

Ashley Theophane — GBC World Welterweight Champion No.1 Contender For British & English Titles

"Wellman® provides me with a comprehensive formula and gives me nutritional support during my gruelling workouts."

Jim Rees — Triathlete, Ironman, Race Across America elite athlete

"Wellman® has allowed me to stay healthy and maintain energy release when training for extreme endurance events like Ironman or RAAM."

Developed with Prof. A. H. Beckett OBE, PhD, DSc Professor Emeritus, University of London

A member for 25 years of the world's foremost international sports commissions

ORIGINAL TABLETS | 50+ TABLETS | TRICOLOGIC TABLETS | FIZZ | DRINK

Wellman® is proud to sponsor IFFO INTERNATIONAL FOOTBALL AWARDS 2009

Wellman® supports www.teaminspiration.org
Dedicated to inspiring everyone to believe in their own greatness
Built for greatness™

www.wellman.co.uk

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

Vitamin supplements may benefit those with nutritionally inadequate diets.

Britain's leading supplements for specific life stages

THE QUEEN'S AWARDS FOR ENTERPRISE 2008

VITABIOTICS

Build your own workout

Pick the exercises you want to do with our colour-coded muscle plan

How to do this workout

1 Choose the workout you want
Chest and triceps, back and biceps or legs.

2 Select the difficulty of move you want
Green is easiest, white is moderate and red is hardest.

3 Perform four sets of eight to 12 reps for each move
If you can complete each set with perfect form, you can either add more weight or move on to the higher level of difficulty in your next session.

The most effective workout isn't necessarily one that involves the hardest exercises. While you need to work hard to get results, a routine of back-to back killer moves is intimidating. So much so, in fact, that you're likely to give up halfway through and retreat to the safety of easier moves. But a workout that requires minimal effort is no good either.

That's why this workout is worth doing. For each exercise we've given you a version of moderate difficulty with easier and harder options. That allows you to pick moves that provide a challenge but, at the risk of sounding a bit Goldilocks, are neither too difficult nor too easy.

Colour coded

The three workouts are divided into major muscle groups: chest and triceps; back and biceps; and legs. There are four main moves per workout, and for each one you have the option to select the version that best suits your level of experience and strength.

The moves are colour-coded so you can quickly select which option you want to do. The main move is indicated by the white shirt and is the medium-difficulty move. A green shirt highlights an easier alternative, while a red shirt shows the harder, more advanced exercise. All three variations work the same muscles, so you'll get a complete workout whichever move you choose.

So whether you are new to weight training and want to get to grips with which exercises work which muscles so you can start making gains, or you've reached a plateau and need some fresh moves to get off it, or you're just after some new exercises to complement your current programme, this is the workout for you.

Words **Joe Warner** Photography **Danny Bird** Model **Matt Morgan@WAthletic**

CHEST AND TRICEPS

MODERATE

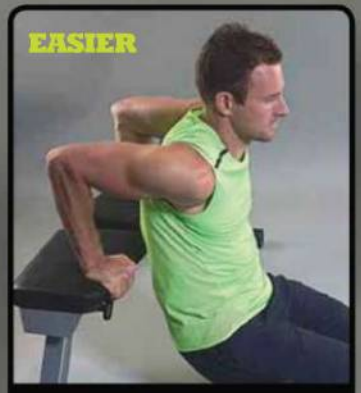
Dip

Grip the bars, brace your core and keep your body upright. Point your elbows straight back and lower yourself slowly as far as is comfortable, before pushing powerfully back up. Don't swing your legs for momentum.

HARDER

Weighted dip

Place a dumb-bell between your thighs or ankles to increase the workload on your triceps.



EASIER

Bench dip

Placing your feet on the floor reduces the amount of weight your triceps must lift.

MODERATE

T press-up

Start in the press-up position with your body in a straight line from head to heel. Push up powerfully and twist your torso to raise your left arm straight above you. Lower slowly before repeating with the other arm.

HARDER

Weighted T press-up

Holding a dumb-bell in each hand adds more resistance to the move and requires greater upper-body stability, especially from your core.

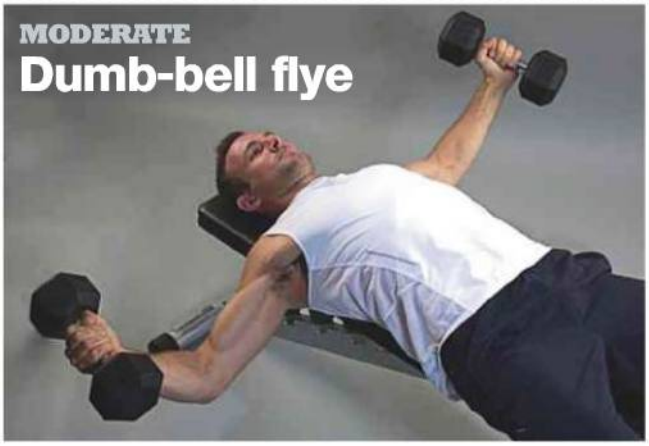
EASIER

Press-up

The classic bodyweight move is great for building a solid base to improve all upper-body moves.

MODERATE

Dumb-bell flye



Lie on a bench with your head and shoulders supported and feet flat on the floor, holding the dumb-bells directly above your chest with palms facing each other. Lower the dumb-bells out as far as you can in an arc to the sides, keeping a slight bend in your elbows. Squeeze your pecs together to reverse the move and bring the weights back to the start.

HARDER

Gym ball dumb-bell flye

Lying on a gym ball instead of a bench requires greater upper-body stability to keep your body rigid and perform the move correctly.

EASIER

Incline dumb-bell flye

This places greater emphasis on the upper pecs.

MODERATE

Lying triceps extension

Hold the bar above your face with an overhand grip. Brace your core and slowly lower the bar back behind your head before raising back the start. Keep your upper arms in the same position throughout.

HARDER

Lying triceps extension plus

As you lower the bar behind your head, allow your elbows to move backwards too so that the bar moves towards the floor. This hits the triceps even harder. Reverse the move back the to the start.

EASIER

Narrow-grip bench press

This works the triceps without placing undue stress on the muscle.

BACK AND BICEPS

MODERATE

Incline bench dumb-bell row

Lie face down on an incline bench, holding a dumb-bell in each hand. Keeping your chest flush against the bench, lift the weights up by driving your elbows high and retracting your shoulder blades. Lower slowly back to the start position.

Barbell bent-over row

Bend forward from your hips and keep a slight bend in your knees. Losing the bench requires greater co-ordination and forces your core to work hard to stabilise your upper body.

One-arm row

Using one arm at a time on a flat bench makes it easier to perform each rep with perfect form.

MODERATE

Wide-grip pull-up

Hold the bar with an overhand grip with your hands just wider than shoulder-width apart. Hang with your arms fully extended, then pull your body up slowly without letting your legs swing. Squeeze your lats together as you pull yourself up.

HARDER

Weighted pull-up

Placing a dumb-bell between your thighs or ankles forces your muscles to work harder on every rep.

EASIER

Close-grip chin-up

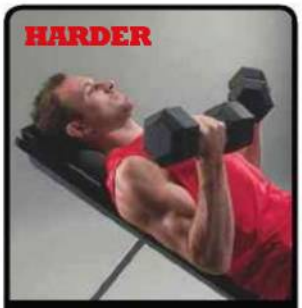
Having your hands closer together with palms facing you brings the biceps more into play, making the move easier.

MODERATE

Barbell biceps curl

Hold a barbell with an underhand grip. Keeping your elbows close to your sides, squeeze your biceps to bring the bar in a smooth arc up to your chest before lowering slowly.

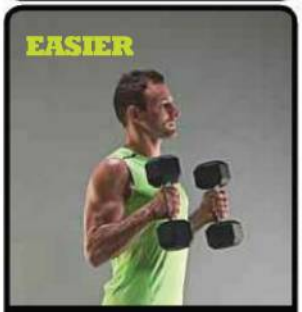
HARDER



Incline dumb-bell curl

Sitting back on a bench increases the range of motion, forcing your biceps to work harder with each rep.

EASIER



Dumb-bell hammer curl

Hold a pair of dumb-bells with a neutral grip and lift them to your chest, keeping your elbows at your sides.

MODERATE

High pull

Stand in front of a barbell with your feet hip-width apart. Squat down and grip the bar with an overhand grip. Drive upwards to lift the bar off the ground. As it reaches your knees, raise your shoulders sharply and drive your elbows out to the sides up so the bar continues its rise up to neck level. Lower the bar slowly by reversing each stage.

HARDER

Clean

Once the bar passes mid-thigh, shrug to pull it up, then rotate your elbows around it. Catch it on your shoulders while starting to squat. Then stand up.

EASIER

Upright row

Start with the bar at thigh level and drive your elbows up to raise the bar.

LEGS

MODERATE

Deadlift

Stand with feet hip-width apart and squat down, with a natural arch in your back, shoulder blades retracted and core braced. Hold the bar close to your shins, using an alternate grip. To start the move push with your glutes and drive up through your heels, keeping the bar close to your legs. At the top of the move push your hips forward before reversing each stage back to the start.

HARDER

Snatch-grip deadlift

A wider grip requires greater strength and power to get the bar moving.

EASIER

Raised deadlift

Starting with the bar on boxes reduces the range of motion.

MODERATE

Squat

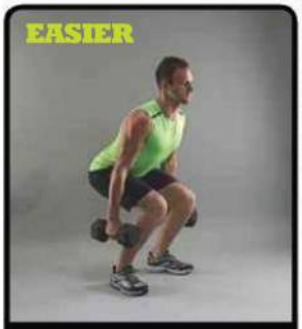
Support the bar over your upper back muscles. Begin the squat by pushing your hips backwards, keeping a natural arch in your back, your core braced and your knees in line with your toes. Descend until your thighs are level to the floor before driving back up through your heels.

HARDER

Front squat

Holding the bar across the front of your shoulders requires greater upper-body stability, balance and co-ordination.

EASIER



Dumb-bell squat

Using dumb-bells requires less upper-body strength and co-ordination, allowing you to concentrate on lower-body form.

MODERATE

Lunge

With the barbell across your upper back, take a step forward with one foot and descend until both knees are bent at 90˚ before pushing back up to the start position. Maintain a natural arch in your back and keep your core braced throughout the move.

HARDER

Bulgarian single-leg split squat

Doing the move on one leg, with the other behind you on a bench, doubles the workload on your standing leg muscles.

EASIER

Split squat

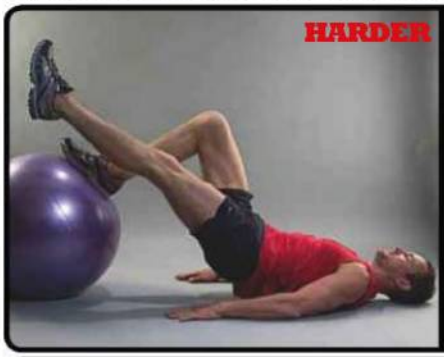
Start with one leg forward and lower before standing up again by straightening both legs.

MODERATE

Gym ball leg curl

Lie on the floor with both feet on a gym ball and raise your hips so your upper body is in a straight line. Roll the ball towards you by contracting your hamstrings before returning to the start position.

HARDER



Single-leg gym ball leg curl

Performing the move on one leg works all your leg muscles much harder, as well as improving core strength to keep your upper body stable.

EASIER

Hip raise

Having your feet on the floor provides a stable base to build hip and hamstring strength.

INTRODUCING THE WORLD'S BEST SELLING

D A Y T I M E

HELPS SPEED THE RATE OF MUSCLE RECOVERY AFTER TRAINING TO DEVELOP MAXIMUM STRENGTH AND POWER

DELIVERS 24G OF THE PUREST MUSCLE BUILDING PROTEIN PER SERVING, WITH ONLY 120 KCALS AND 1G OF FAT

MEN'S FITNESS OFFER
30% OFF
VISIT OPTIMUMNUTRITION.COM
CODE MF200

5 YEARS RUNNING
2005-2009

© 2009 Optimum Nutrition Inc.

OPTIMUM NUTRITION PROTEIN COMBINATION

NIGHTTIME

CONTAINS UNIQUE TIME-RELEASE PROTEINS WHICH ARE SLOWLY DIGESTED TO AID MUSCLE REPAIR DURING SLEEP

DELIVERS 10G OF ESSENTIAL AMINO ACIDS PER SERVING, WITH ONLY 110 KCALS AND 0.5G OF FAT

When to go ORGANIC

Organic foods can cost a packet – but sometimes the fitness benefits can be worth the extra cash. Here are six occasions when it pays to go organic

LAMB

Why you need it
Lamb is rich in zinc and tryptophan for muscle growth and repair and in vitamins B3 and B12, which to help you metabolise carbs for fuel. The selenium it contains helps keep your metabolism high.

Why it's worth going organic
'Studies show that lambs raised outdoors contain more protein, less fat and higher levels of muscle-building conjugated linoleic acid than the non-organic variety,' says nutritionist Christine Bailey, food and health consultant at Advance Nutrition (advancenutrition.co.uk). 'They are also fed with no antibiotics, which can make you less resistant to dangerous bacteria.'

EGGS

Why you need it
Every single egg contains 6g of muscle-building protein, as well as energy-producing B vitamins and metabolism-boosting biotin.

Why it's worth going organic
'Whatever a chicken eats, you will eat,' says Bailey. Organic chickens are fed on a natural diet that includes worms, grubs and flaxseeds, as a result of which you get more omega 3 fatty acids, more immune-boosting vitamin E and more of the antioxidant vitamin A from the eggs. 'You also know they will be free of antibiotics, which can put stress on our immune system,' Bailey adds.

KALE

Why you need it
This dark green, leafy vegetable is rammed with Indole-3-carbinol, a phytochemical that helps lower excess oestrogen in the body, thereby promoting muscle growth. It also contains bone-building vitamin K, calcium, which is needed for muscle contraction, and vitamins A, C and E, which are vital for muscle recovery.

Why it's worth going organic
'The organic version of kale can give you a much bigger hit of the all-important antioxidants than the regular stuff,' Bailey says.

Words **Lucy Miller** Photography **Danny Bird**

You'll find more muscle-building nutrition guidance at **mensfitness.co.uk/links/mealsofmight**

CHERRIES

Why you need it
Cherries are rich in vitamin C and uric acid, which speed up recovery rates and ease painful joints. They also contain immune-boosting antioxidants such as anthocyanins, which are known to help relieve muscle soreness.

Why it's worth going organic
'Organic and sustainably grown foods have been found to have significantly higher amounts of antioxidants than conventionally grown food,' says Bailey. 'Fruits and berries have been shown to have up to 50 per cent more antioxidants, which makes them far more effective for muscle recovery – weight for weight – than non-organic versions.'

SALMON

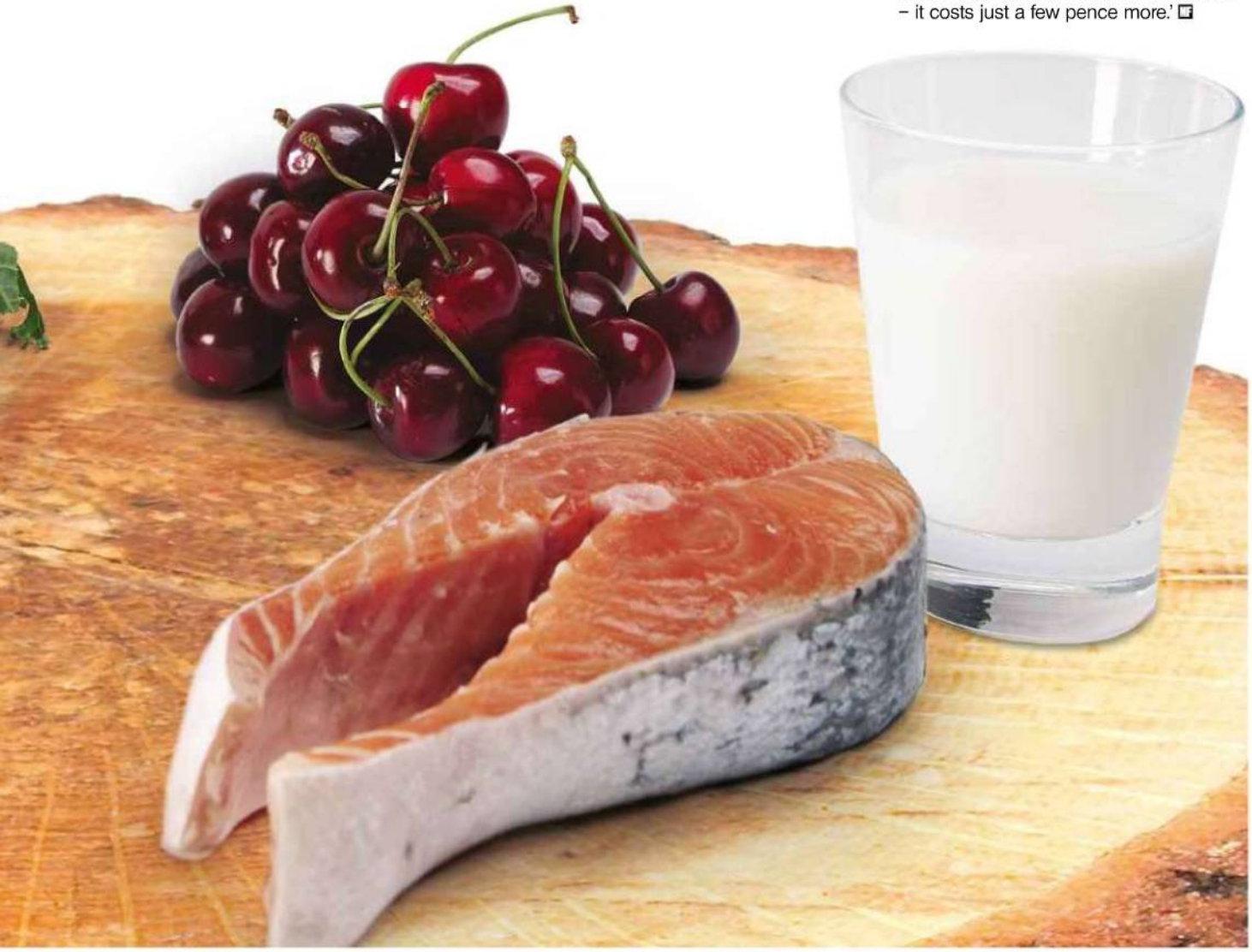
Why you need it
Salmon provides high-quality protein and contains all the essential amino acids needed to build muscle. It also has plenty of potassium to help you fight off debilitating cramp.

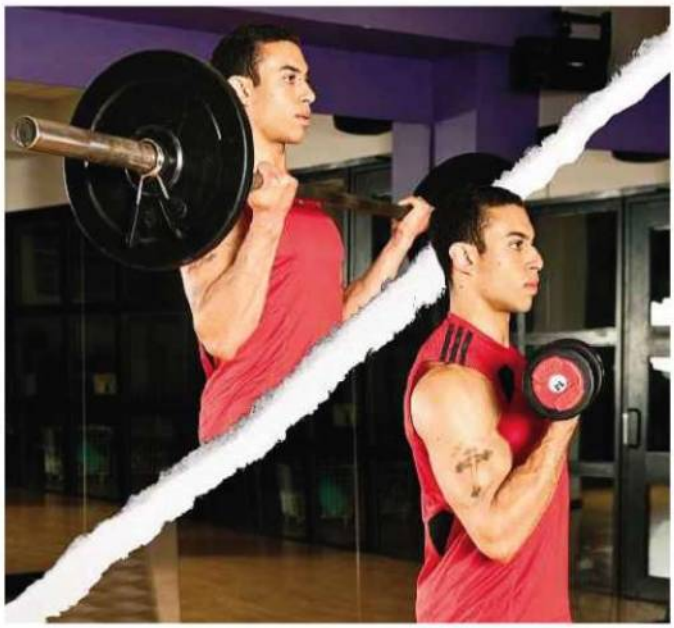
Why it's worth going organic
'Wild salmon has more omega 3 content than the farm-raised equivalent,' says Bailey. 'These fats, as well as aiding muscle growth and soothing inflammation, are essential for brain health, circulation and blood sugar control. The organic variety also contains more of the natural pigment astaxanthin – the stuff that gives salmon its pink colour. This will help keep your energy levels high and improve your overall strength and endurance.'

MILK

Why you need it
Milk contains large amounts of protein for muscle development, as wall as calcium to aid fat loss. The calcium also helps build strong bones, along with its supply of vitamins D and K, while the B vitamins boost energy production.

Why it's worth going organic
'The difference between organic milk and normal milk is huge,' says Bailey. 'Studies show that organic milk has nearly 70 per cent more omega 3 fatty acids, which help reduce inflammation in your joints after a tough workout – such a big injection of omega 3 is particularly good if you're suffering from an injury. Organic milk is also free of the hormone oestrogen, which can lower testosterone, making it harder to pack on muscle. Best of all, it's not even that much more expensive than regular milk – it costs just a few pence more.' ◻





DOUBLE YOUR GAINS

Do back-to-back exercises that target the same muscle for size and strength

What you do

Do three sets in succession, focusing on the same body part, with no rest. For example, a set of front squats is followed immediately by one of leg extensions, then another set of squats.

How it works

'Doubles work by training the different components of each muscle group within opposing active ranges of motion. This allows the muscle to be strong in the following exercise because its fibres haven't already been worked in that range,' says fitness expert Jason Anderson (movement3.co.uk). 'Front squats, for example, primarily work the quads in the bent-knee position, while the leg extensions work the quads in the straight-knee position. This method means you can work continuously on the same muscle group and completely fatigue absolutely all its fibres, which triggers muscle growth.'

When to do it

'Adopt this method for one week a month,' says Anderson. 'It will give your training a shake-up without burning you out.'

The origins of doubles training

It's thought doubles were introduced to the world of bodybuilding in the 1970s by Don Ross, a professional bodybuilder, wrestler and weight training coach from California. Ross – who performed under the names 'Ripper Savage' and 'The Bronx Barbarian' – found that the key to building big muscles was to recruit as many muscle fibres as possible, which led him to create and adopt this method. Ross's books included *Fundamentals Of Bodybuilding* and *Secrets Of Muscle Building*.

Workout one

Do A, then B, then A again

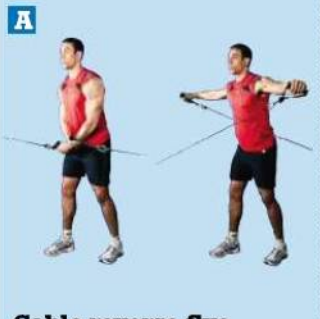
12 reps
Rest for 10 seconds between each move
Rest for 2 minutes between each body part

1 Chest

Incline flye
- On an incline bench, hold a dumb-bell in each hand above your chest, palms in.
- Lower your arms slowly in an arc, then squeeze your chest to pull them back up.

Dip
- Grip the parallels. With elbows pointing straight back, lower your body until your elbows are bent at 90˚.
- Pause for a second, then push back up powerfully.

2 Back



Cable reverse flye
- Stand between two cable stations. Grab the D-handles with opposite hands so your arms cross over.
- Open your arms wide so that the cables form an X. Slowly return to the start.

Bent-over row
- Holding a barbell, bend at the hips and let it hang down beneath your shoulders.
- Take a deep breath in and pull your elbows up, bringing the bar to your navel. Pause, then return to the start.

3 Abs

Jackknife
- Lie with arms and legs held just off the floor.
- Raise them to meet above your stomach.
- Lower slowly, keeping arms and legs straight.

Gym ball rollout
- Rest your elbows on a gym ball with your body in a straight line.
- Roll the ball away from you as far as you can, remaining steady, then back to the start.

For more total-body workouts head to **mensfitness.co.uk/links/allovermuscle**

Words **Lucy Miller** Photography **Tom Miles** Model **Mark Hughes@WAthletic** Thanks to Fitness First Tottenham Court Road, London (fitnessfirst.co.uk) Kit supplied by Adidas (adidas.com/uk)

Workout two

Do A, then B, then A again

1 Legs

Single leg press
- Get on the leg extension with one foot on the plate.
- Push the platform away until your leg is nearly straight, pause, and return to the start.

Split squat
- With a barbell across your shoulders, take a step and lower your body until your shin is parallel to the floor.
- Push back up through the heel of your rear foot.

2 Shoulders

Upright row
- Hold the bar with an overhand grip and stand with feet shoulder-width apart, knees slightly bent.
- Pull it to chest height, raising elbows to the side.
- Lower under control and repeat.

Shoulder press
- Hold dumb-bells at ear level with your palms facing forward and your feet shoulder-width apart.
- Push both dumb-bells up to full extension so they are above your head. Lower, pause and repeat.

3 Abs

Gym ball crunch
- Sit on a gym ball, buttocks and back supported, hands at your temples.
- Lean right back, then crunch your chest toward your pelvis, release back and repeat.

Cable Russian twist
- Stand side-on to a cable machine, set at chest height.
- Take a handle in both hands and pull across your body, pivoting through your hips and keeping your arms level.

Workout three

Do A, then B, then A again

1 Hamstrings

Curl
- Put your heels on a gym ball with legs straight.
- Roll the ball towards your lower back with your heels.
- Contract your hamstrings, then return to the start.

One-leg Romanian deadlift
- Stand holding dumb-bells in front of you, one foot raised.
- Keeping your back straight, lower until you feel a stretch in your hamstring, then push into the heel to return to the start.

2 Biceps

Barbell curl
- Using an underhand grip, hands hip-width apart, back straight, shoulders relaxed, curl the bar into your chest in a controlled movement.
- Pause at the top, with your biceps fully flexed, then slowly lower to the start.

Alternate curl
- Grip a dumb-bell in each hand at hip level, keeping your back straight.
- Curl one dumb-bell to your chest in a slow, controlled movement.
- Lower the dumb-bell, then repeat with the other arm.

3 Triceps

Overhead cable triceps extension
- Grip the handle and step forward on one leg.
- Brace your core, extend your elbows, then reverse the movement to the start.

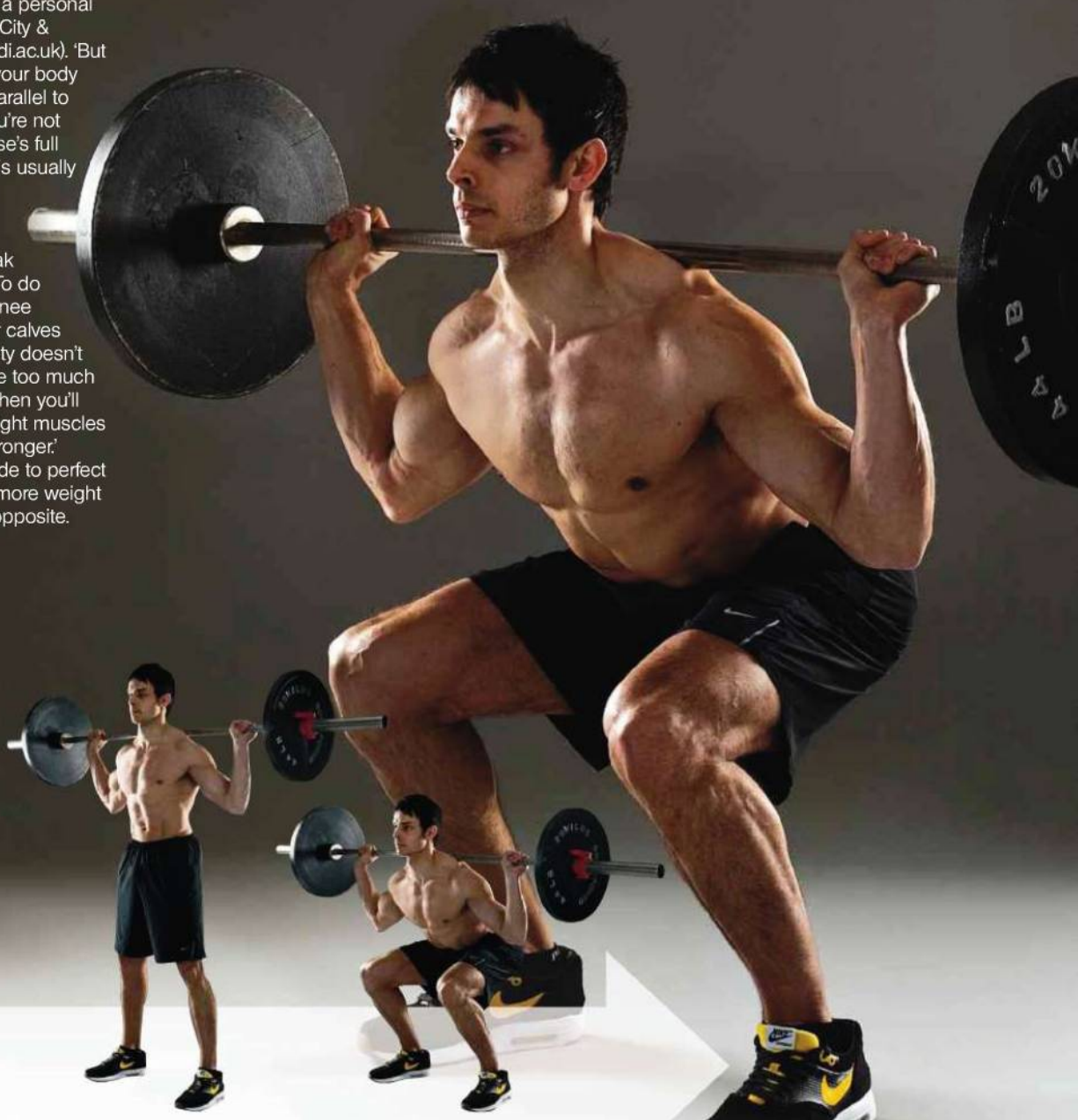
Bench dip
- Grip the edge of the bench with your feet on a step at the same height as your hips.
- Dip straight down, elbows pointing back, back upright.
- Press back up powerfully.

Squat

Strengthen your lower body so you can lift big weights without risking injury

'Good squatting promotes balanced strength and a strong lower body, which is a great way to increase growth hormones around the body,' says Neil Odell, a personal trainer and lecturer at City & Islington College (candi.ac.uk). 'But if you aren't lowering your body until your thighs are parallel to the floor or deeper, you're not completing the exercise's full range of motion. This is usually because of knee pain or placing too great a load on your lower back, so work the weak links for better gains. To do this, strengthen your knee joints and stretch your calves so your centre of gravity doesn't shift forward and place too much stress on your back. Then you'll be able to target the right muscles and get bigger and stronger.'

Follow this form guide to perfect your squat and, to lift more weight safely, do the moves opposite.



How to do it

- Stand with your feet shoulder-width apart and your toes turned out slightly. Rest a barbell on the back of your shoulders and grip it.
- Keeping your elbows back and your core braced, lower until your thighs are parallel to the floor. Your knees should be in line with your toes.
- Return to standing by pushing up through your heels.

Want some alternatives to the classic squat? Go to **mensfitness.co.uk/links/thissquatthatsquat**

Words **Lucy Miller** Photography **Tom Miles** Model **Richard Scrivener**© **WAthletic** Kit supplied by escapefitness.co.uk, jjbsports.com and nike.com

Four moves to boost your squat

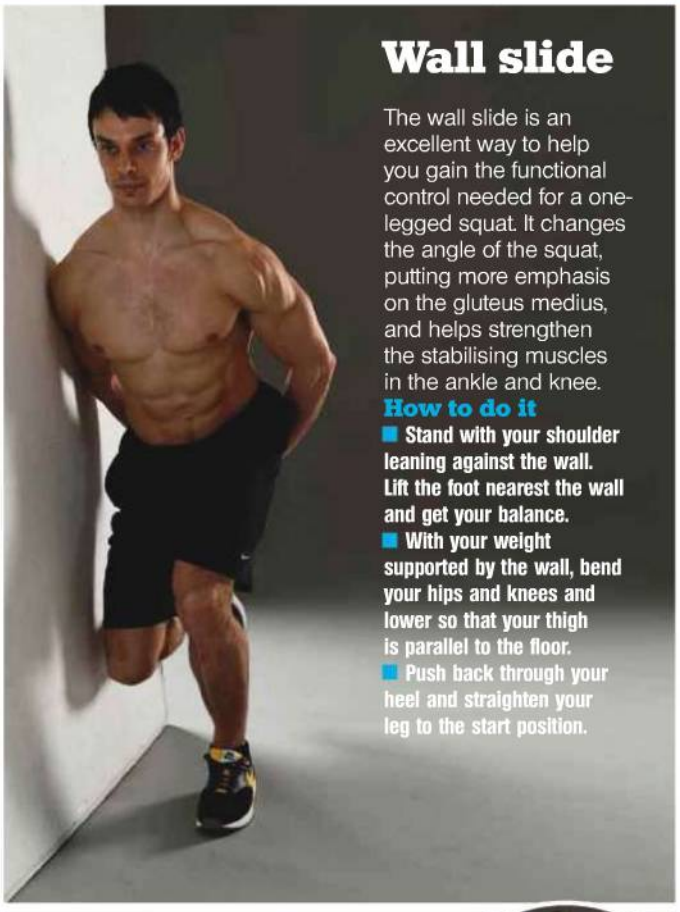
One-legged decline squat

The decline forces your gluteus medius and quads to work harder, which stops the knee collapsing in as you squat and placing pressure on the joint. The decline also helps you develop strength and flexibility in your calves.

How to do it

- Set up a step on a slant. Stand on it facing the lower end.
- Balance on one leg, then bend your knee to squat as far as you can, keeping your back straight.
- Push up through your heel to the starting position.

Wall slide



The wall slide is an excellent way to help you gain the functional control needed for a one-legged squat. It changes the angle of the squat, putting more emphasis on the gluteus medius, and helps strengthen the stabilising muscles in the ankle and knee.

How to do it

- Stand with your shoulder leaning against the wall. Lift the foot nearest the wall and get your balance.
- With your weight supported by the wall, bend your hips and knees and lower so that your thigh is parallel to the floor.
- Push back through your heel and straighten your leg to the start position.

Knee and arm drive

Tight hip flexors will limit the flexibility in your quads and hamstrings, which limits your range of movement when doing a squat. They're shortened by too much sitting down so use this move to stretch them, so you can fire up the glutes and get more movement from your hamstrings.

How to do it

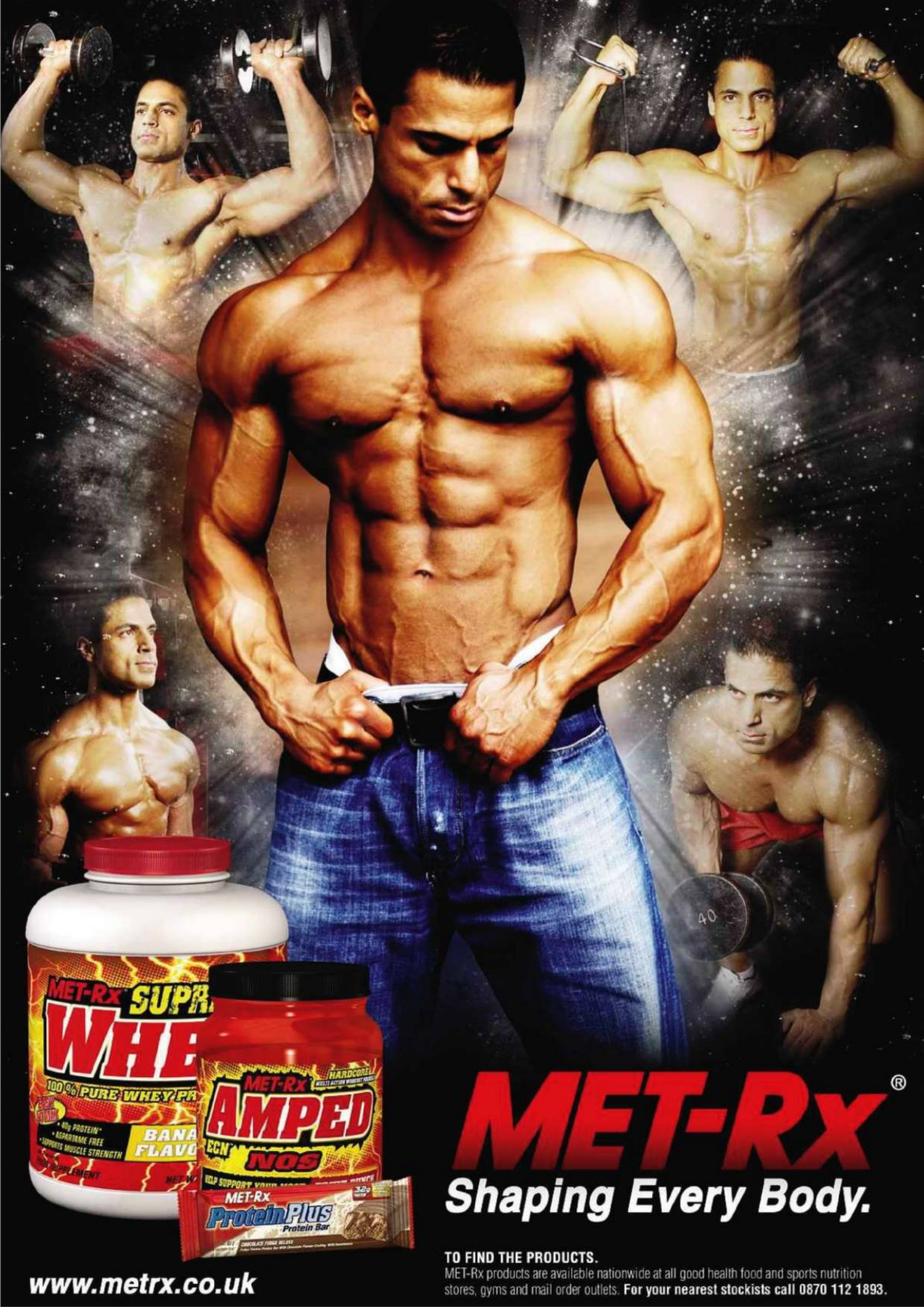
- Stand behind a box or platform. Place one foot on the platform with your heel close to the closest edge.
- Push off the box and drive your opposite knee up towards your chest.
- Repeat on the other leg.

Squat jump

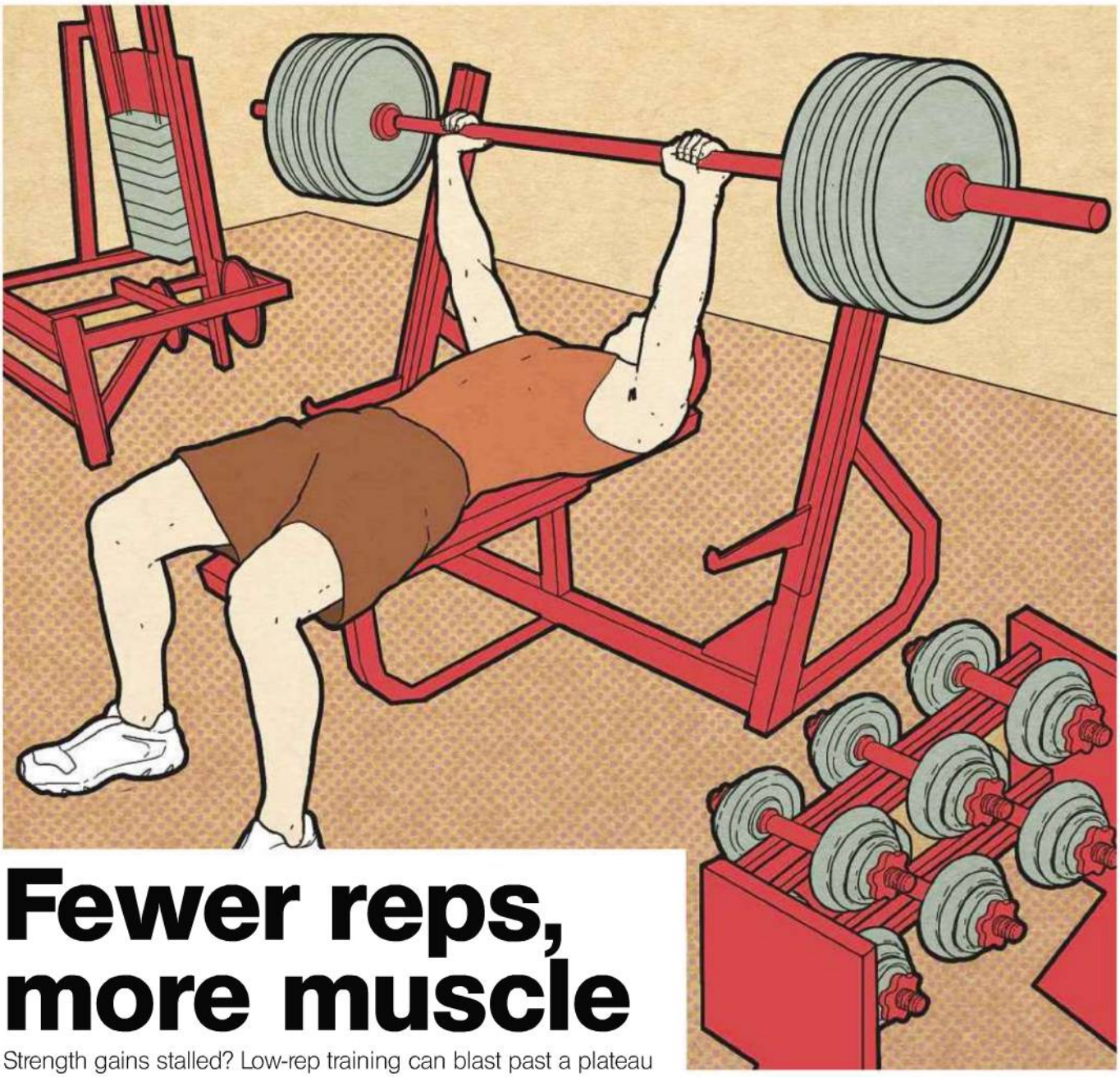
Explosive moves such as squat jumps recruit the maximum number of muscle fibres, which means that when you perform a normal squat you can lift more weight. It works by stimulating the nervous system, which makes your muscles ultra-responsive and prepared for a heavy load.

How to do it

- Stand with your feet shoulder-width apart and rest a light dumb-bell on each of your shoulders.
- With your elbows back and your core braced, lower until your thighs are parallel to the floor and then push up explosively to jump off the ground.
- Land softly with your knees bent and lower into another squat.



TO FIND THE PRODUCTS.
MET-Rx products are available nationwide at all good health food and sports nutrition stores, gyms and mail order outlets. **For your nearest stockists call 0870 112 1893.**



Fewer reps, more muscle

Strength gains stalled? Low-rep training can blast past a plateau

If you faithfully do three sets of ten on every exercise in your workout, chances are your once-impressive workout gains have started to flatten out a bit. Not only is it difficult to increase the weight you're using if you've got to crank out 30 reps with it, but your body will also have settled into a pattern and stopped responding to the work you're making it do.

The solution? 'It's time to consider low-rep training,' says strength and conditioning specialist Will Purdue. 'By limiting yourself to five reps of an exercise, or even fewer, you can work at higher intensity, which can dramatically increase your strength and size.' Here's how to incorporate it into your regular workouts.

Why do it?

'By working towards the higher end of your one-rep max [the most weight you can lift], you'll increase your ability to recruit more muscle fibres, including the high-threshold fibres that aren't activated by high-rep, low-weight sets,' says Purdue. 'It'll also increase co-ordination between the muscle fibres.'

In other words, keeping the reps under six will make you stronger, but not necessarily bigger, because your muscle fibres are getting more efficient, not simply increasing in size. That's particularly handy if you play a sport and don't want to get too big.

What if I want to get bigger?

Low-rep training can help with this, too. 'Once you've activated your

HOW MUCH SHOULD I LIFT?

The easiest way to work out your estimated one-rep max (1RM) is to use a weight you know you can manage for no more than ten reps and do as many reps as you can, then use this equation:

Weight x Reps x 0.0333 + Weight = Estimated 1RM

So you if you can squat 70kg nine times, your 1RM would be:
70 x 9 x 0.0333 + 70 = 91kg
There are a variety of calculators online that will let you use this to calculate what weight to use for low-rep sets. Try the one at http://bit.ly/XzdBK.

Words **Joel Snape** Illustration **Son Of Alan**

muscle fibres with some low-rep training, they'll still be firing if you follow up with a high-rep, low-weight move – for instance, following a heavy bench press with ten to 20 press-ups,' says Purdue. 'So you'll be as strong as you look.'

What moves should I use?
No surprises here. 'Multi-joint, compound moves will always work best with this type of training,' says Purdue. 'This is due to a high recruitment of muscle fibres from several muscle groups at once. Bench press, deadlifts, squats and clean and press are good options.'

What sort of routine should I do?
'A good place to start would be the NFL coach Joe DeFranco's routines,' suggests Purdue. 'He combines low-rep exercises with more hypertrophy-specific [muscle-building] moves.' Check them out at defrancostraining.com, or try the routine on the right.

How should I warm up?
A thorough warm-up is vital with heavier weights, but the key is to make sure your warm-up sets don't interfere with your main

'Compound moves work best due to high recruitment of muscle fibres'

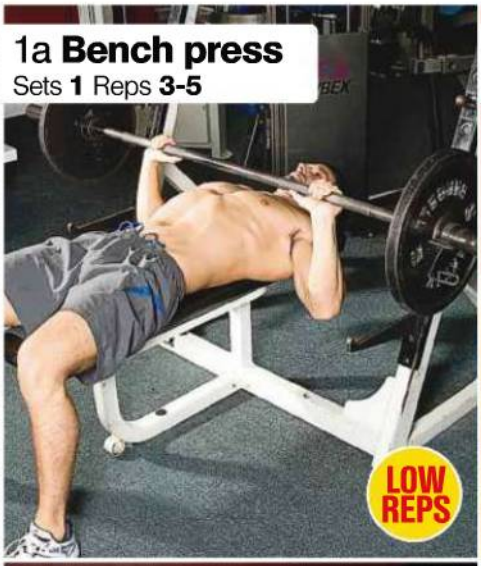
'work' set. 'Go up in increments,' advises Purdue. 'The heavier you're going to lift, the more warm-up sets you need, but drop the reps so you don't ruin yourself.'

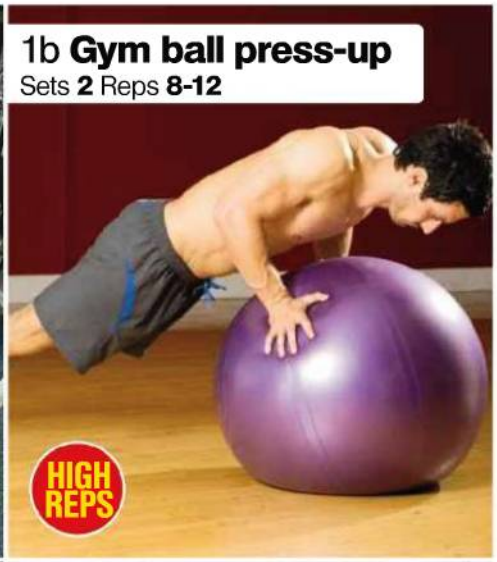
If you're planning to bench 90kg, for instance, you might do five reps with an empty bar, five with 40kg, three with 60kg, two with 70kg and one with 85kg. This will prime your nervous system to handle the heavy weight without exhausting you.

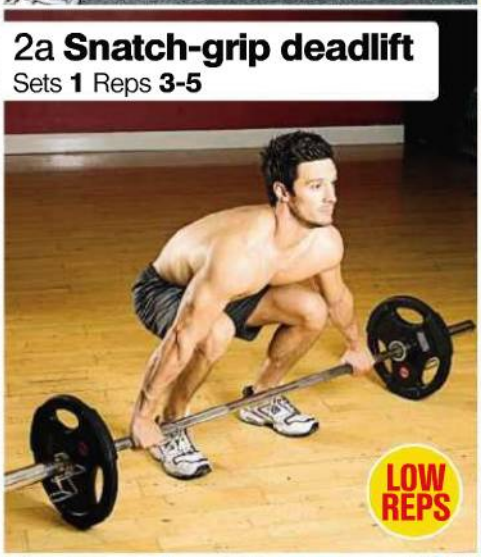
Won't I get injured?
Moving heavy weights around can be intimidating, but you'll be OK if you follow the golden rules. 'Always have a spotter for the heavy lifts, and remember good form is always the priority,' says Purdue. 'Having a spotter will allow you to focus completely on the set ahead, knowing you have help if you need it. And maintain good form – don't start cheating to allow you to lift a little bit more.'

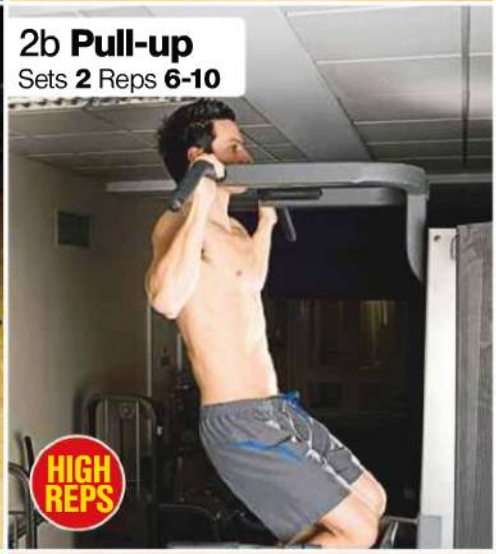
Size and strength

Want to pack on muscle with power to match it? Prime your muscles with low reps, then hammer them with high reps, in this workout from personal trainer Will Purdue









For a strength-based low-rep workout go to **mensfitness.co.uk/links/thelowdown**

MUSCLE INSURANCE

SUPPORTING DRUG FREE ATHLETES

PhD®

Premium Timed-Release Protein Blend with Micellar Casein, Whey Protein, Egg Albumen, Peptide-Bonded Glutamine & EFA's. 42G Protein per serving. 2.27kg Eco-Pouch | 5 Great flavours

INNOVATION FOR THE MODERN ATHLETE

view the full range at : www.phd-supplements.com

2-12 New Cleveland Street, Hull HU8 7EX | Tel: +44 (0)845 658 9858 | Fax: +44 (0)1482 223005

MONSTERSUPPLEMENTS.coM®

PhD **Pharma Blend 6HR & Recovery 2:1**

RRP £79.98 **Monster Price £44.99**

Price Beat Promise

Over 100,000 Members

FREE Delivery

Over 8,000 Reviews

Over 2,000 Products

Freephone 0800 107 7845

24 HOURS A DAY 7 DAYS A WEEK

or visit www.monstersupplements.com

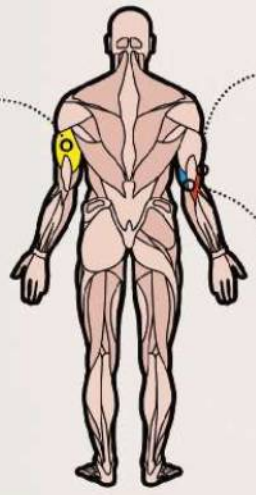
Target **Triceps**

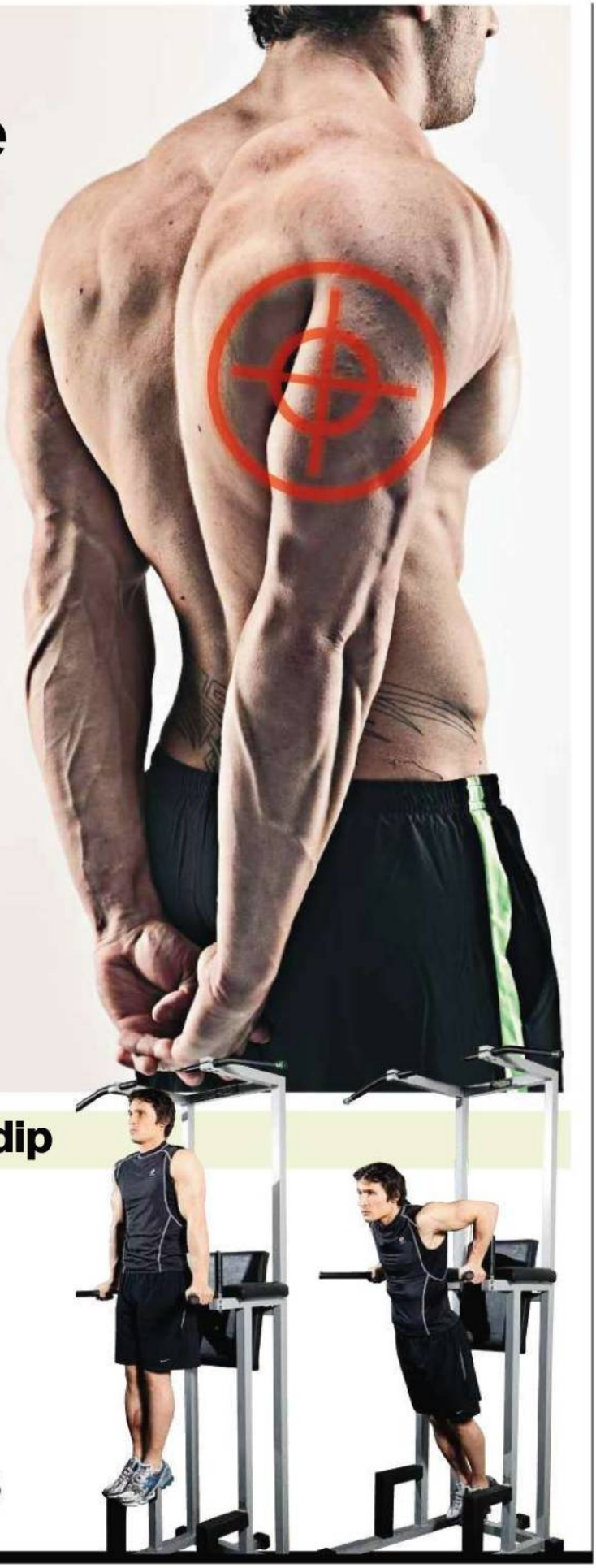
Tri for size

Work your triceps to build bigger arms, look stronger and lift heavier

Although all-over muscle growth helps lead to all-round strength, it's a fact that some body parts are more visually impressive than others. It's pretty rare to receive approving looks for your thighs or your back, but get big arms and – unless you go around wearing a poncho – everyone will know you're not to be trifled with. But to get serious arms takes more than biceps curls. It's essential to work your triceps, the biggest muscle in your arm and the one that is often forgotten when working out.

Your triceps make up two-thirds of the muscle mass in your arms, and building strength in this muscle group can assist other upper-body exercises such as the bench press. Sportsmen will also benefit because strong triceps mean more power during throwing and pushing movements, which are key for rugby and numerous other sports.





Classic move Triceps dip

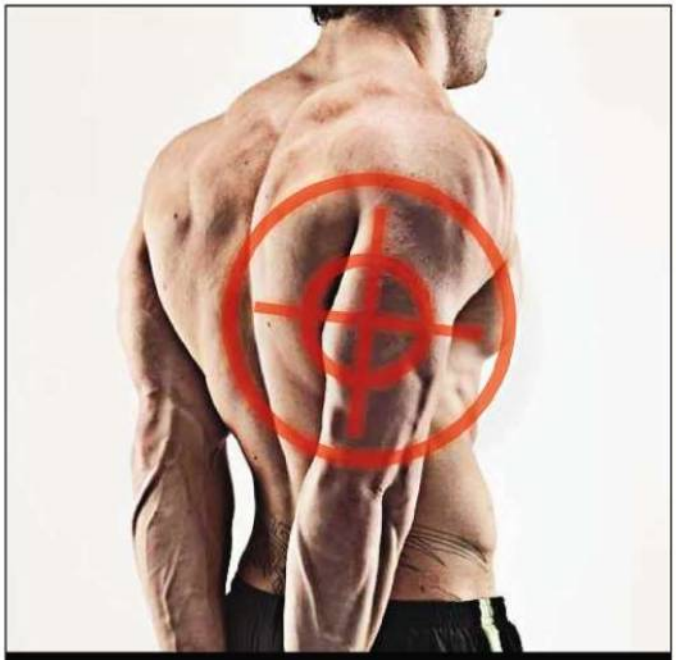
This works all three heads of the triceps muscle: long, medial and lateral. It also recruits the chest to shift your whole bodyweight. You can add further resistance by hanging weight plates from a belt.

- Hoist yourself up on parallel bars with your torso upright and your core braced.
- Slowly lower your body as far as your shoulder flexibility will allow.
- Exhale and push up powerfully until your elbows are nearly straight but not locked.

Sets 3
Reps 10

Turn over for six great triceps-building exercises

Words **Lucy Miller** Photography **Tom Miles, Danny Bird** Models **James Greenwood, Alex Nardell**© WAthletic



SIX OF THE BEST

Triceps exercises

The three heads of the triceps aren't separate muscles, so you can't isolate any one of them, but you do need to target them from various angles to prompt maximum development and strength. That's what these six exercises do.

For a quick workout, superset a big compound move such as the dip with a stability move such as the Bosu triceps kickback. This gives your triceps a chance to recover after lifting a heavy weight, while you're still working to strengthen the stabilising muscles in your shoulders and core. As a bonus, the stability move warms up your muscles so you can lift heavier weights and move more efficiently.

Alternatively you can try the arms workout at the bottom on the page for a quickfire routine that hits your biceps and triceps.

ICON KEY

GO LIGHT
Use a light resistance and focus on getting the form right.

STABILISER
A move that requires you to hold your body steady.

GO HEAVY
To pack on muscle, use the heaviest weight you can handle safely.

EXPLOSIVE
These moves should be done quickly and powerfully.

COMPOUND
A move that uses multiple joints and muscle groups.

CORE
Exercises that train the muscles around your midriff.

ISOLATION
A single-joint move that targets a specific muscle group.

FORM ALERT
Get the form right to avoid injuries to muscles, tendons or ligaments.

D-medicine ball press-up

As well as the triceps, this press-up works the stabilising muscles in the upper body, especially the shoulders

- Grip both handles of the ball with your arms staight but not locked.
- Lower your chest as far as you can without letting your hips sag.

Rope press-down

This focuses on the lateral head at the back of the arms

- Keep your elbows by your sides as you press the weight down.
- Flare your arms out at the bottom.

ARMS CIRCUIT

This circuit is a quick way of strengthening the entire arm. It trains both your triceps and biceps, two muscles that need to be worked collectively and co-operatively to provide balanced strength, power and aesthetics.

How to do it
Circuits 4
Reps 12 (10 each side for one-sided moves)
Rest 2 minutes between circuits

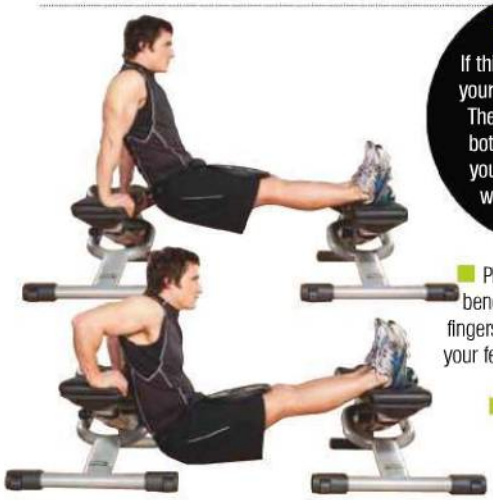
1 Bench press

Lower the bar slowly to your chest and press back up powerfully.

If you're looking for more triceps moves visit **mensfitness.co.uk/links/dipsandall**

Weighted triceps dip on bench

Raising your feet on to a bench increases the resistance of this move



Training tip
If this is too easy place your feet on a gym ball. The instability causes both your triceps and your core muscles to work much harder.

- Place your hands on a bench by your sides with fingers facing forwards and your feet on another bench.
- Keeping your back close to the bench, lower slowly as far as is comfortable.

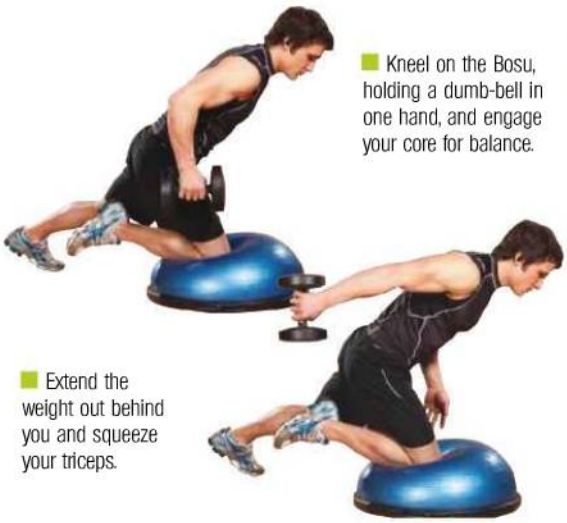
Close-grip gym ball press-up

Keeping the ball steady as you lower and raise your body will require excellent muscle and core control

- Place your hands on a gym ball with your body in a straight line.
- With your core braced, lower your chest slowly to the ball and press back up.

Bosu triceps kickback

Your core has to stabilise the move while your triceps provides the power

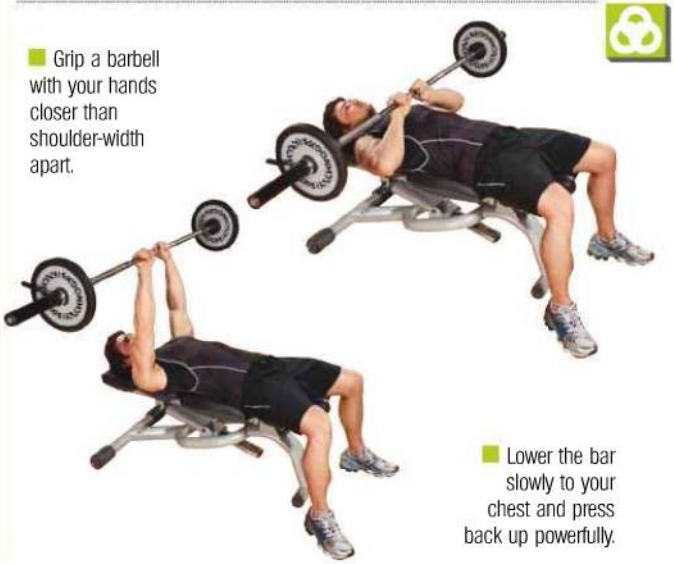


- Kneel on the Bosu, holding a dumb-bell in one hand, and engage your core for balance.
- Extend the weight out behind you and squeeze your triceps.

Close-grip bench press

This allows you to load the triceps with a heavy weight

- Grip a barbell with your hands closer than shoulder-width apart.



- Lower the bar slowly to your chest and press back up powerfully.

2 D-medicine ball press-up

Grip both handles and lower your chest to the ball.

3 Rope cable hammer curl

Pull the rope up, keeping the elbows tucked in to your sides.

4 Triceps kickback

Keep your upper arm still as you press back.

5 Dumb-bell single-arm floor press

Lower the dumb-bell until your elbow touches the ground.

reflex®

INSTANT WHEY DELUXE

A NEW VARIANT OF INSTANT WHEY WITH AN UNBEATEN TASTE

By taking Instant Whey and increasing the flavor experience and intensity by using the finest ingredients available such as freeze dried strawberry and the richest, darkest cocoa, we're confident that we have created the best tasting whey protein in its class.

FLAVOUR & PERFORMANCE

Instant Whey Deluxe combines an unbeaten taste with a competitive protein level. By using specially selected protein that is rich in peptides and amino acids which are more readily absorbed in the body compared to bonded proteins, an almost instantaneous hit of muscle building amino acids is provided.

It also contains glutamine which has been studied for its unique contribution to protein synthesis, its ability to help prevent muscle tissue breakdown as well as supporting the immune system and assisting cell hydration and volume.

WITH HEALTH FOCUSED INGREDIENTS

Not only does Instant Whey Deluxe combine an unbeaten taste with a competitive protein level, but it also contains health focused ingredients with the inclusion of Digezyme enzymes and Lactospore probiotics. Digezyme enzymes have been shown to enhance protein digestion, whilst Lactospore probiotics, similar to those found in certain yoghurts, provide for a healthier gut.

Instant Whey Deluxe is naturally rich in cysteine which helps promote the body's natural production of Glutathione which is a master antioxidant.

Manufactured by Reflex in one of our three bespoke manufacturing units.

PERFORMANCE & HEALTH WITHIN

Find out more at
www.reflex-nutrition.com
tel. 01273 711616
reflex
WORLD 1ST
OFFICIAL
EVERY FINISHED BATCH OF PROTEIN TESTED TO PROVE WE MEET LABEL CLAIMS
SEE WEBSITE FOR DETAILS
reflex
instant whey deluxe
reflex
Tomorrow's Nutrition Today

Abs move of the month

Bosu mountain climber

Target the entire core and improve your muscular endurance

Sets 4
Time 45 seconds

Stage 1

Stage 2

- Get in a plank position with your hands on either side of a Bosu (round side down) and your body in a straight line from head to toe.
- Tighten your abs, then drive one knee up to your elbows.
- Alternate sides.

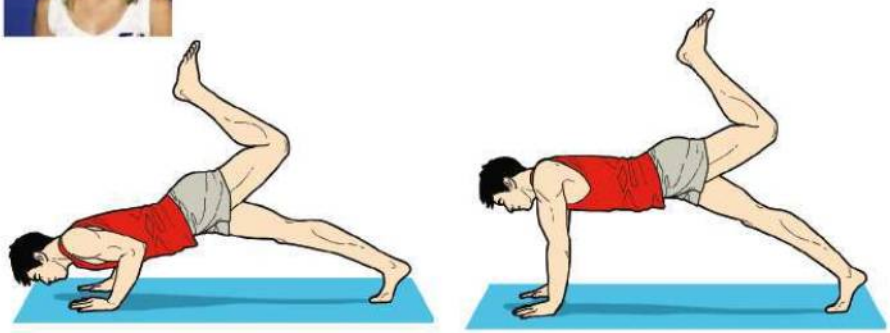
Smart muscle

Milk after exercise increases fat burn and muscle gain

If you are looking to replenish your muscles after a tough workout drink two glasses of milk. A study at McMaster University in Canada found that it improved exercisers' recovery rates after weight training and that they also lost more fat than those who downed sugary drinks. This is down to the milk's levels of protein, calcium and vitamin D, which is important for preserving cartilage and muscle growth.

Test yourself Scorpion press-up

GRACE THORNE
is a personal trainer and yoga teacher at Excel Health & Performance in Essex. For more info visit gracethorneyoga.co.uk



What it tests

'The scorpion press-up is a functional, shoulder-strengthening exercise with a yoga element,' says Thorne. 'It tests your shoulder, arm and abs strength, and it will open up your hip flexors too.'

How to do it

'Get on all fours, then go up onto your toes and press your hips back and up to form an inverted V,' says Thorne. 'Maintaining the V position, lift your right foot off the floor and bend your knee. Bring your weight forward so it's directly over your wrists, then lower slowly into a press-up.'

Can't do it?

'Build upper-body and core strength by holding the inverted V position for 30 seconds and progress to 60 seconds,' says Thorn. 'Once you can hold this, do three sets of 12 pike press-ups (in the V position), which will strengthen your shoulders.'

How you rate

Reps	Level
10 or more	Excellent
6-9	Good
2-5	Average
0-1	Poor

If you're after more abs-blasting exercises go to **mensfitness.co.uk/links/absolutely**

Words **Lucy Miller** Illustration **Sudden Impact** Photography **Danny Bird** Model **James Farmer® Model Management**

reflex®
Tomorrow's Nutrition Today

PERFORMANCE & HEALTH

SPECIAL OFFER
See below for details

Nexgen

Arguably the most advanced multi vitamin, mineral and antioxidant supplement product available. It contains a complete spectrum of the highest quality vitamins, minerals, anti-oxidants and super nutrients like co enzyme Q10, Delta tocotrienol vitamin E, vitamin K2, Lutein esters, Lyc-O Mato, grapeseed and selenium select. This product is ideal for highly active individuals who demand the very highest quality available.

90 capsules
£14.39

Instant Whey Deluxe

By taking our market leading Instant Whey product and increasing the flavour intensity derived from the finest ingredients that we use, we have combined fantastic flavours with market competitive levels of protein. This alternative to Instant Whey still contains probiotics and digestive enzymes and is ideal for those occasions where you want to combine quality and taste. (Strawberry and chocolate flavours)

2.25kg - 90 servings
£39.99

Performance Matrix

A pre workout formula based on proven scientific dosages to aid mental focus, facilitate longer, more intense workouts, increase general explosive strength and protein synthesis as well as nutrient flow to the muscle. Per serving it includes 7000mg of BCAA's, 5000mg of Creapure Creatine, 3000mg of Citrulline Malate, 1800mg of Beta-alanine, 1200mg of VpNOS™ and 100mg of caffeine.

800g – 40 x 20g servings
£27.99

SPECIAL OFFER Buy a 2.25kg Instant Whey Deluxe and get a **FREE** Nexgen* (Includes **FREE** next day delivery)

Order today by quoting MFOCT on **01273 711616**
or at **www.reflex-nutrition.com**

* Restricted to one promotional purchase per person

reflex
WORLD 1ST
OFFICIAL
EVERY FINISHED BATCH OF PROTEIN TESTED TO PROVE WE MEET LABEL CLAIMS
SEE WEBSITE FOR DETAILS

Men's Fitness
www.mensfitness.co.uk

Reader Offer

FREE Maximuscle Promax gift set

when you claim 5 issues of Men's Fitness for £5

Subscribe to **Men's Fitness** with **5 issues for £5** today and we'll help you get the body you've always wanted. As well as receiving the next **5 issues of Men's Fitness for just £5** we'll send you this **Maximuscle Promax gift set, ABSOLUTELY FREE.**

YOURS FREE WORTH £33

YOUR FREE GIFT

FREE Maximuscle Promax mini tub, shaker and £10 voucher*

The UK's No.1 whey protein shake will help you support muscle growth, strength and recovery. Delicious new choc mint flavour PLUS an easy and convenient way to mix your Maximuscle shake with this Maximuscle shaker. You'll also receive a £10 Maximuscle voucher to spend at Maximuscle.com

** Maximuscle £10 voucher is valid until August 31st 2010. £10 off when you spend £60 or over.*

Order online at
www.dennismags.co.uk/mensfitness or

CALL 0844 844 0081

using offer code P1009

Men's Fitness 5 ISSUES FOR £5

☑ **YES! Please start my subscription to *Men's Fitness* with 5 issues for £5 and send me my FREE Maximuscle gift set.**

I understand my subscription will continue after my introductory period at the low rate of £19.95 every 6 issues **(SAVING 15% on the shop price)**.

If I'm not completely satisfied with *Men's Fitness* I understand that I can cancel within my 5 issue trial period and no further money will be debited from my account. The 5 issues for £5 and FREE gift are mine to keep, whatever I decide.

YOUR DETAILS:

MR/MRS/MS FORENAME

SURNAME

ADDRESS

POSTCODE

DAYTIME PHONE

MOBILE NO

EMAIL

YEAR OF BIRTH

You will be able to view your subscription details online at www.subsinfo.co.uk

Gift limited to the first 200 orders. Please allow 28 days for delivery.

DIRECT DEBIT PAYMENT - 5 issues for £5, then £19.95 every 6 issues **(Save 15%)**

Instruction to your Bank or Building Society to pay by Direct Debit — DIRECT Debit

Please complete and send to: Freepost RLZS-ETGT-BCZR, Dennis Publishing Ltd, 800 Guillat Ave, Kent Science Park, Sittingbourne ME9 8GU

Name and full postal address of your Bank or Building Society

To the manager: Bank name

Address

Postcode

Account in the name(s) of

Branch sort code

Bank/Building Society account number

Originator's Identification Number: 7 2 4 6 8 0

Ref no. to be completed by Dennis Publishing

Instructions to your bank or Building Society: Please pay Dennis Publishing Ltd Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Dennis Publishing Ltd and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s)

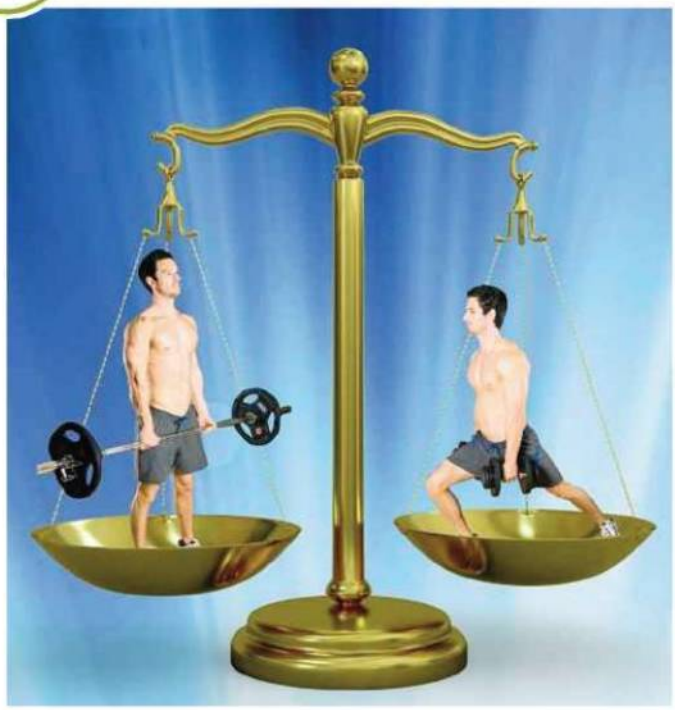
Date

Banks and building societies may not accept Direct Debit Instructions for some types of account

PLEASE RETURN TO: **Freepost RLZS-ETGT-BCZR, *Men's Fitness* Subscriptions, 800 Guillat Avenue, Kent Science Park, Sittingbourne ME9 8GU**

Dennis Publishing (UK) Ltd uses a layered Privacy Notice, giving you brief details about how we would like to use your personal information. For full details please visit our website **www.dennis.co.uk/privacy/** or call us on **0844 844 0053**. If you have any questions please ask as submitting your details indicates your consent, until you choose otherwise, that we and our partners may contact you about products and services that will be of relevance to you via, direct mail, phone, e-mail and SMS. You can opt-out at ANY time via **www.subsinfo.co.uk** or **privacy@dennis.co.uk** or **0844 844 0053**.

OFFER CODE: P1009



Balance of power

Work opposing muscles to protect against injury and boost your growth

Every major muscle in your body has an opposing muscle. Your triceps are opposite your biceps, your quads are opposite your hams and so on throughout your body. If a muscle becomes significantly stronger than its opposing partner, this can lead to poor posture – which can prevent your muscle-building programme progressing – or even injury.

This superset workout pairs exercises that work opposing muscles. Rest is minimal to keep the intensity high, saving time and helping you burn fat while you build muscle.

Days
A, B and C once a week each, leaving at least one day's rest between each session.

Timing
40 minutes per session, including the warm-up.

Warm-up
Spend five minutes doing light cardio followed by dynamic stretching.

Sets & reps
Do 12 reps for each exercise except one-sided exercises. Do ten reps each side for these.

Weight
Choose a weight that allows you to complete all your reps but no more.

Tempo
Take one second to raise the weight and three to lower it.

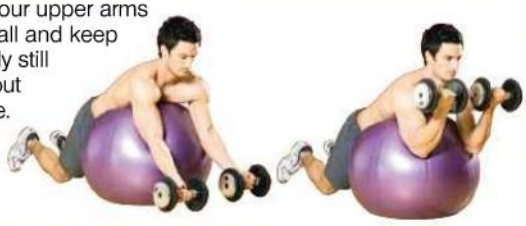
Rest
Perform exercises a and b as a superset. For example do one set of exercise 1a and then move straight on to exercise 1b without resting. Rest for 60 seconds before repeating three times and then moving on to the next superset.

After four to five weeks your muscles will need a new challenge, so get the November issue of *Men's Fitness* for a new set of all-body workouts

Workout A

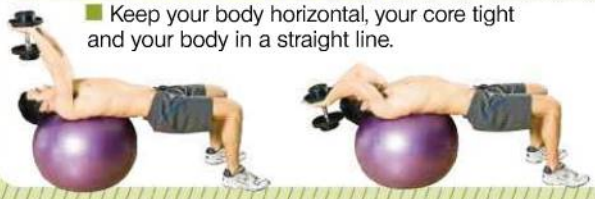
1a Gym ball dumb-bell preacher curl

- Rest your upper arms on the ball and keep your body still throughout the move.



1b Gym ball lying triceps extension

- Keep your body horizontal, your core tight and your body in a straight line.



2a Front squat

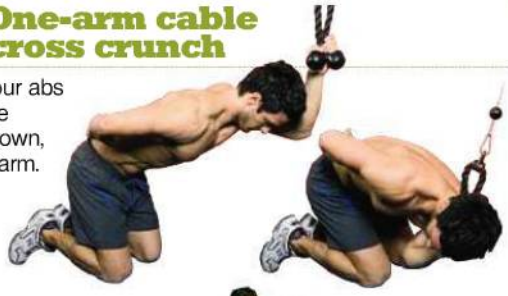
- Keep your elbows high and your knees in line with your feet.

2b Stiff-legged Romanian deadlift

- Keep your legs almost straight as you lower the bar.

3a One-arm cable cross crunch

- Use your abs to pull the handle down, not your arm.



3b Good morning

- Keep a natural arch in your lower back and bend your knees slightly.

Turn over for workouts B and C

Fit For Life

Workout B

1a Ballistic bench press

- Push the bar up explosively but under control.

1b Bent-over flye

- Raise the weights straight out to the sides without moving your upper body.

2a Split squat

- Lower until your back knee almost touches the floor.

2b Gym ball hip raise and leg curl

- Raise your hips until your body is straight from shoulders to heels.

3a Rope cable curl

- Keep your elbows tucked in to your sides and keep your body still.

3b Cable kickback

- Press the cable straight back, moving only at your elbow.

Workout C

1a Inverted shoulder press

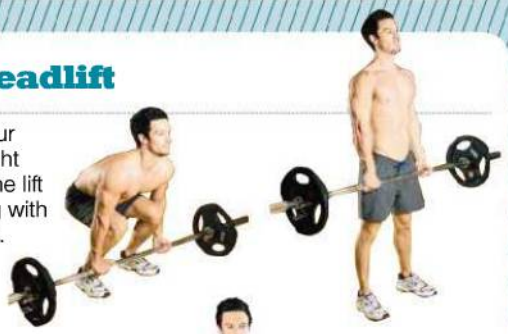
- Bend your elbows until your face almost touches the floor.

1b Lat pull-down

- Pull the bar down in front of you to your upper chest.

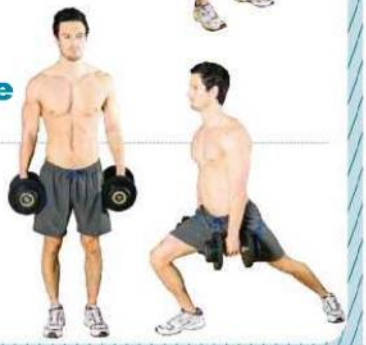
2a Deadlift

- Keep your back straight and start the lift by pushing with your glutes.



2b Transverse lunge

- Step sideways and turn your foot at a right angle to the other.

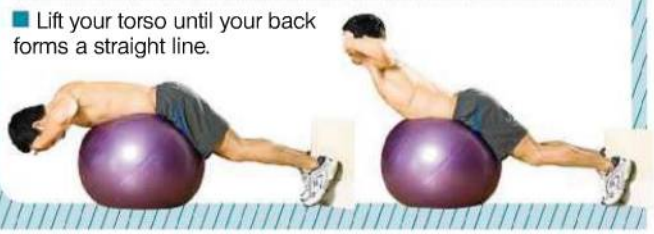


3a Gym ball passing jackknife

- Pass the ball from hands to feet at the top of the move.

3b Gym ball back extension

- Lift your torso until your back forms a straight line.



Words **Lucy Miller** Photography **Tom Miles** Model **Toby Rowland@WAthletic**

We've posted another tough superset workout at **mensfitness.co.uk/links/ittakestwo**

Virtually No Fat, Carbohydrates or Lactose!

The best tasting protein supplement on the market

Whey 2 O is a **new and exciting product** from Boditronics, containing the **very best Whey Protein Isolate** available and has **virtually no fat** of **carbohydrates present.** With only **trace amounts of lactose,** it's suitable for people who are intolerant.

At **20g of high quality protein per serving** Whey 2 O is the perfect supplement for training; helping you to **increase lean muscle mass and reach your fat loss goals** when used with suitable diet and exercise. Whey 2 O is available in a 908g, which contains 36 servings.

Whey 2 O is refreshingly fruity tasting and available in delicious Apple & Mango, Pineapple & Grapefruit, Zesty Lemonade and Orange & Passionfruit flavours. There is **no milky or chalky taste,** usually associated with protein drinks.

The high biological value of Whey 2 O means higher absorption rates by the body, meaning you could reach your training and fat loss goals faster than just using exercise alone*, as well as recovering post exercise in record time.

*When following correct diet regime

BODITRONICS
www.boditronics.co.uk

Colantotte®

IONIC GEAR FOR ACTIVE LIFESTYLES

TRION:Z®

whatever your lifestyle

With the rigours of our increasingly hectic lifestyle, we all make more and more demands on our bodies and state of mind. No matter what our age or level of physical ability, modern life subjects our bodies to incredible levels of physical and mental stress and this can have an adverse effect on our wellbeing.

TRION:Z combines the natural power of magnets and the energising effects of minus ions to balance the bodies magnetic and electrical fields.

TRION:Z FEEL THE DIFFERENCE

- → The most powerful product of it's type on the market.
- → 20 to 50 times the minus-ion power of other similar bracelets.
- → Comfortable, colourful and stylish to wear.
- → Available in many colours and sizes.
- → Visit our website **www.trionz.co.uk**

WHY TRION:Z?

TRION:Z products are worn by hundreds of professional athletes worldwide in cricket, squash, tennis, basketball, football, baseball, volleyball, racing and action sports and over **250 PROS** on the PGA Tour, LPGA Tour and the Champions Tour.

FIND OUT MORE AND ORDER ONLINE AT

www.trionz.co.uk

OR CALL 0844 561 6694

For a list of authorised retailers please visit www.trionz.co.uk

OrthoSole®
STEP ABOVE

NEW LAUNCH!

THE FIRST INSOLE WITH CUSTOMISABLE ARCH AND METATARSAL SUPPORT

- OrthoSole improves balance, posture and the risk of injury, caused by poor fitting footwear.
- Your feet are unique, your insoles should be too.
- Six interchangeable support options' for the perfect fit.
- See for yourself at **www.orthosolesport.co.uk**

DECLARE WAR ON FAT

GRENADE® has been described as 'The world's strongest fatburner' and is quickly becoming one of the most highly recommended and talked about supplements on the market

- Advanced thermogenic formula
- Contains clinically proven fat burning ingredients
- Accelerates metabolism
- NO Cravings, NO Crash!
- Extreme pre-workout motivator

TRAIN HARDER-BURN FAT

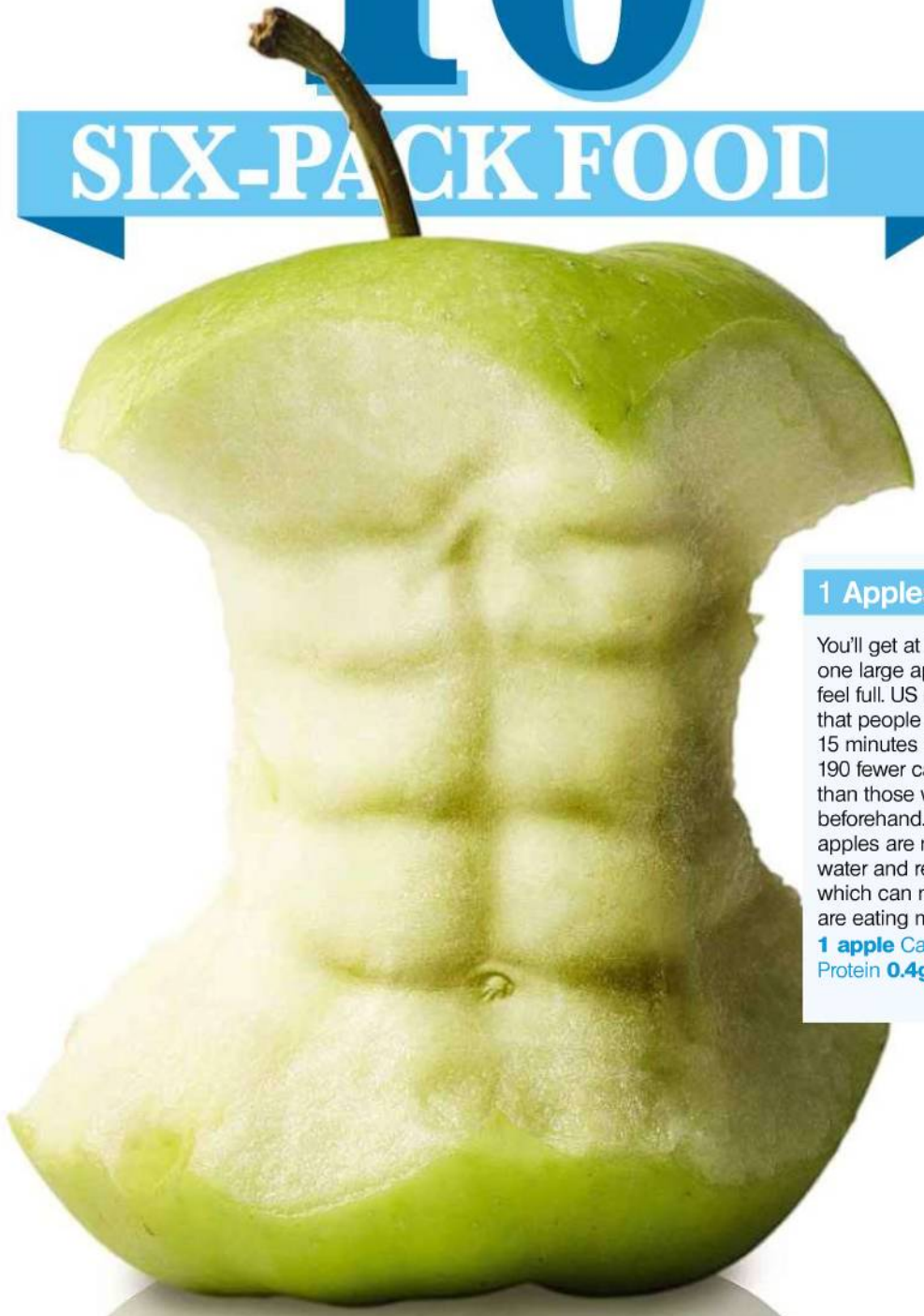
GRENADE®
THERMO DETONATOR
WWW.GRENADEFATBURNER.COM
JOIN US ON facebook

BODYACTIVE ONLINE www.bodyactive-online.co.uk

0845 370 5470
Lines open 9.30am - 5.30pm, Mon-Sat

Bolton - Gt Moor Street (01204) 370 594
Liverpool - Victoria Street (0151) 707 0797
Manchester - Mosley Street (0161) 228 0898
Warrington - Kerfoot Street (01925) 653 135

10 SIX-PACK FOOD



You might have the world's most well-sculpted abs, but unless you burn off the fat that covers them you won't be displaying a six-pack. These foods should help

1 Apples

You'll get at least 5g of fibre from one large apple, which helps you feel full. US research discovered that people who ate a large apple 15 minutes before lunch took in 190 fewer calories during lunch than those who didn't snack beforehand. This is because apples are nearly 85 per cent water and require lots of chewing, which can make you feel like you are eating more than you are.

1 apple Calories **47** Carbs **11.8g** Protein **0.4g** Fat **0.1g**

For a healthy dessert chop and bake in the oven with cinnamon

Words **Lucy Miller** Photography **Shutterstock**

2 Cottage cheese

This protein-rich food is brimming with casein, a protein that is digested slowly and provides the body with long-lasting energy. Research from the Netherlands also found that people with a diet high in casein increased their metabolism, their satiety levels and their body's use of fat.

150g Calories **128** Carbs **5.1g** Protein **21.5g** Fat **2.3g**

3 Asparagus

This nutrient powerhouse contains chromium to control blood sugar levels and banish cravings. It also has vitamins K and C, which boost calcium absorption and metabolism. It may also reduce excess oestrogen in the body, which in turn helps the body's ability to use fat stores for energy.

4 spears Calories **13** Carbs **2g** Protein **1g** Fat **0g**

4 Beans

Every schoolboy knows beans are good for your heart. And they're good for your abs: rich in fibre, potassium (to balance blood sugar), protein and testosterone-boosting zinc. A US survey found that people who ate beans were 23 per cent less likely to have large waists than those who didn't.

1 heaped tbsp Calories **91** Carbs **13.9g** Protein **6.4g** Fat **1.5g**

5 Grapefruit

The grapefruit diet was just a fad like any other – but there are definite advantages to eating the fruit. In a study, people who ate half a grapefruit with each meal lost an average of 1.6kg in three months. This is because grapefruits lower your post-meal levels of insulin, the hormone that regulates blood sugar and fat metabolism.

Half a grapefruit Calories **41** Carbs **10.3g** Protein **0.8g** Fat **0.1g**

6 Olive oil

You may think you should avoid oils when you're trying to lose fat, but the oleic acid in olive oil can give you a helping hand. According to an American study in the journal *Cell Metabolism*, it can squash appetite because it's converted into a compound called oleoylethanololamide (OEA) that indirectly triggers hunger-curbing signals to your brain.

1tsp Calories **40** Carbs **0g** Protein **0g** Fat **4.5g**

7 Potato

The low-carb craze led people to think you couldn't eat potatoes and lose weight, but they contain starch, which resists digestion and keeps you fuller for longer. Danish studies have also found that starch can improve blood-sugar control, which helps the body burn fat. Eat them chilled to get nearly double the starch from each one.

110g Calories **75** Carbs **17.1g** Protein **1.7g** Fat **0.3g**

8 Rocket

Rocket is ideal fat loss food – low in calories, high in fibre and rich in calcium, an essential mineral for muscle contraction. It also contains glucosinolates, nutrients that eliminate harmful toxins in the body. And since it's in the mustard family rather than a type of lettuce, rocket has a strong, peppery flavour that makes salads tasty.

50g Calories **10** Carbs **1.1g** Protein **0.7g** Fat **0.3g**

9 Almonds

Nuts are high in fat but aren't fattening. Instead, research shows the composition of their cell walls may help reduce the absorption of all their fat, so they provide fewer calories than would be expected. They are also a good source of magnesium, which helps produce energy, maintain muscle tissue and regulate blood sugar levels.

24 almonds Calories **163** Carbs **6.1g** Protein **6g** Fat **14g**

10 Iced coffee

Studies have shown caffeine to reduce appetite and increase metabolism. It blocks the production in the brain of a chemical called adenosine, which makes you feel fatigued and susceptible to pain, so you can work out harder for longer. Make your own iced coffee by brewing up, allowing it to cool then blending with ice cubes and a splash of milk.

1 glass Calories **35** Carbs **4g** Protein **2g** Fat **1g**

You'll find fat loss recipes galore at **mensfitness.co.uk/links/slimdown**

OFFERS THAT REALLY STAND OUT!

www.AffordableSupplements.co.uk - Est 2000

Lowest Price Guarantee
Our price match policy ensures you always get the best deal whilst benefiting from our award winning service.

Multi-Buy Discount Structure
The more you buy the more you save. We have 5 quantity discount levels available or more on request by calling 01977 55 44 55.

Loyalty Points System
Generous Loyalty Points are available on any order placed online and may be redeemed on any future orders online.

Award Winning Service
Our accomplished sales, advise and customer service teams have been credited with the QMS Benchmarq award for the 5th consecutive year.

Free Samples within orders
With over 50 leading brands in stock we can supply you with the latest product samples whenever they are available to us.

Free Summer Catalogue
Contains exclusive offers, the latest products and up to date information. Call now for your free copy.

maximuscle
Official e-partner

AffordableSupplements.co.uk | **Telephone 01977 55 44 55**
Free Delivery on all orders, same day dispatch | Sales & Advice line open 7 days 8am - 8pm

PhD Sci-MX NUTRITION

*Subject to stock availability. E&O Excepted.

Rise and shine

Can't find the time to exercise? Get up earlier and do it before your busy life takes over

After a long day at work, it's all too tempting to forgo the gym and slump in front of Sky Sports. You'll feel a lot better about doing this if you've already done a vigorous workout. Just set your alarm 30 minutes earlier and take the chance to burn hundreds of calories with a high-intensity circuit first thing in the morning before the chaos of your day gets going.

Your testosterone levels are at the their highest point in the morning, which makes it easier to build muscle and burn fat. Since you won't have eaten much you'll also blast loads of fat.

Do all the exercises in order with just ten seconds' rest between each move. Once you have completed one circuit, rest for two minutes before repeating it another three times. You should then treat yourself to a cool shower to increase the blood flow to the muscles and stave off muscle soreness. You may yelp with shock but your muscles will thank you for it.

Time per session
25 minutes

Calorie burn
400

What you need

Philips Wake Up Light Alarm HF3480
£160

Make getting up easier with this clever device, which is a combined bedside lamp, alarm clock and digital radio. It can be programmed to wake you up by simulating dawn (by illuminating slowly), while blasting a chorus of natural sounds, from chirping birds to croaking frogs. If that sounds awful to you, you can just choose the radio.
philips.co.uk

START

Warm up by alternating star jumps with running on the spot and punching the air above your head for five minutes. Complete your first circuit at a steady rather than fast pace to ensure you're warmed up thoroughly.

Exercise 1

Sit-up to jump

Time 20 seconds

Sit with arms across your chest, knees bent and feet flat on the floor. Do two sit-ups and at the top of the second one place your hands on the floor, bring your knees underneath you and jump straight up, lifting your arms into the air.

It's working when it takes you longer and longer to get up from the sit-up.

Exercise 2

Spider-Man press-up

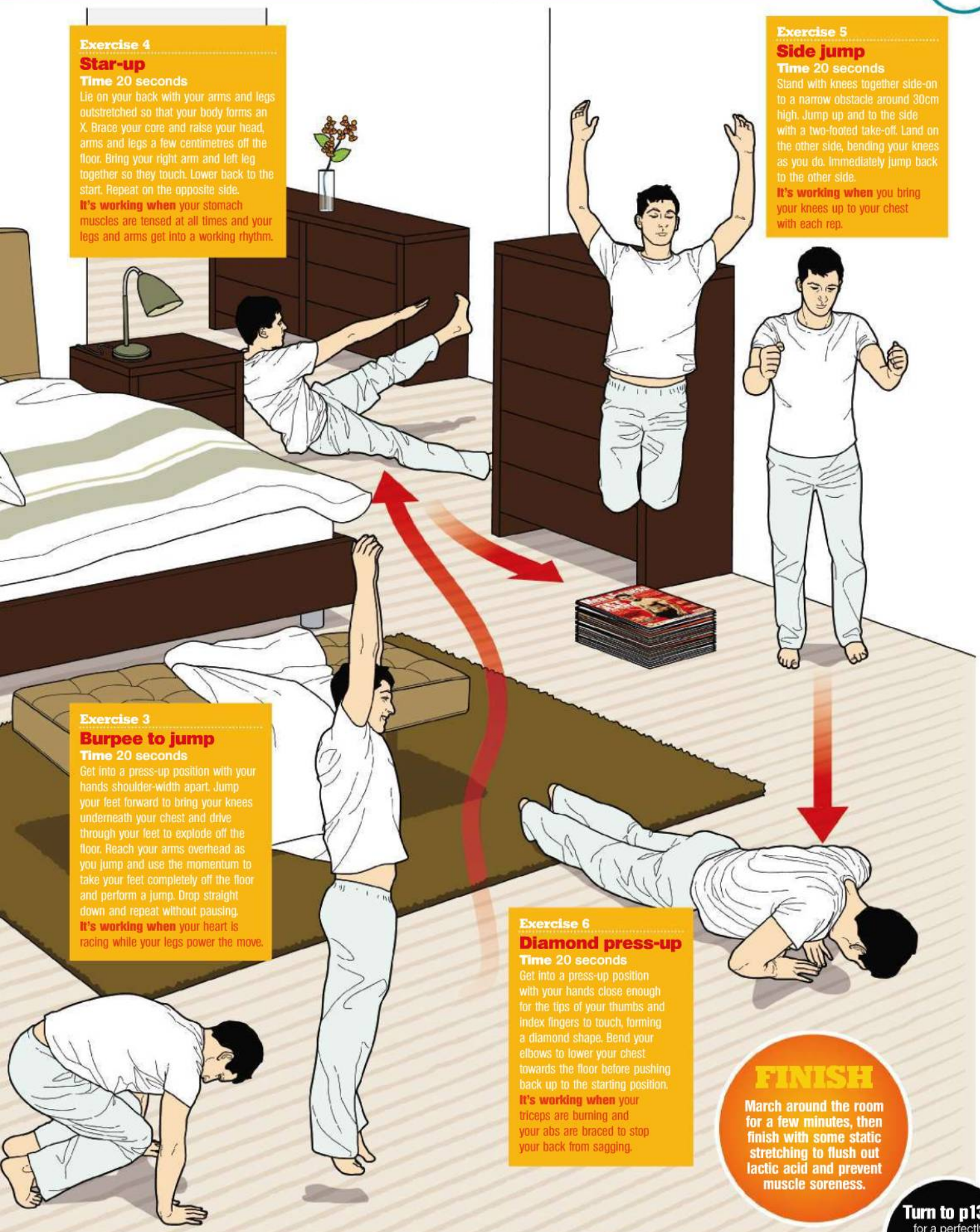
Time 20 seconds

Get into a normal press-up position with your hands slightly wider than shoulder-width apart. As you lower your torso, bend your left knee and touch it to your left elbow. Straighten your arms to come back to the start position and bring your foot back to join the other. When you lower again, touch your right knee to your right elbow.

It's working when the move is challenging your pecs and chest and your core is tight throughout the whole move.

There are lots of other fast fat-burning workouts at **mensfitness.co.uk/links/nowthatsfast**

Words **Lucy Miller** Illustrations **Sudden Impact** The amount of calories burned will vary depending on your bodyweight and fitness level



Exercise 4

Star-up

Time 20 seconds

Lie on your back with your arms and legs outstretched so that your body forms an X. Brace your core and raise your head, arms and legs a few centimetres off the floor. Bring your right arm and left leg together so they touch. Lower back to the start. Repeat on the opposite side.

It's working when your stomach muscles are tensed at all times and your legs and arms get into a working rhythm.

Exercise 5

Side jump

Time 20 seconds

Stand with knees together side-on to a narrow obstacle around 30cm high. Jump up and to the side with a two-footed take-off. Land on the other side, bending your knees as you do. Immediately jump back to the other side.

It's working when you bring your knees up to your chest with each rep.

Exercise 3

Burpee to jump

Time 20 seconds

Get into a press-up position with your hands shoulder-width apart. Jump your feet forward to bring your knees underneath your chest and drive through your feet to explode off the floor. Reach your arms overhead as you jump and use the momentum to take your feet completely off the floor and perform a jump. Drop straight down and repeat without pausing.

It's working when your heart is racing while your legs power the move.

Exercise 6

Diamond press-up

Time 20 seconds

Get into a press-up position with your hands close enough for the tips of your thumbs and index fingers to touch, forming a diamond shape. Bend your elbows to lower your chest towards the floor before pushing back up to the starting position.

It's working when your triceps are burning and your abs are braced to stop your back from sagging.

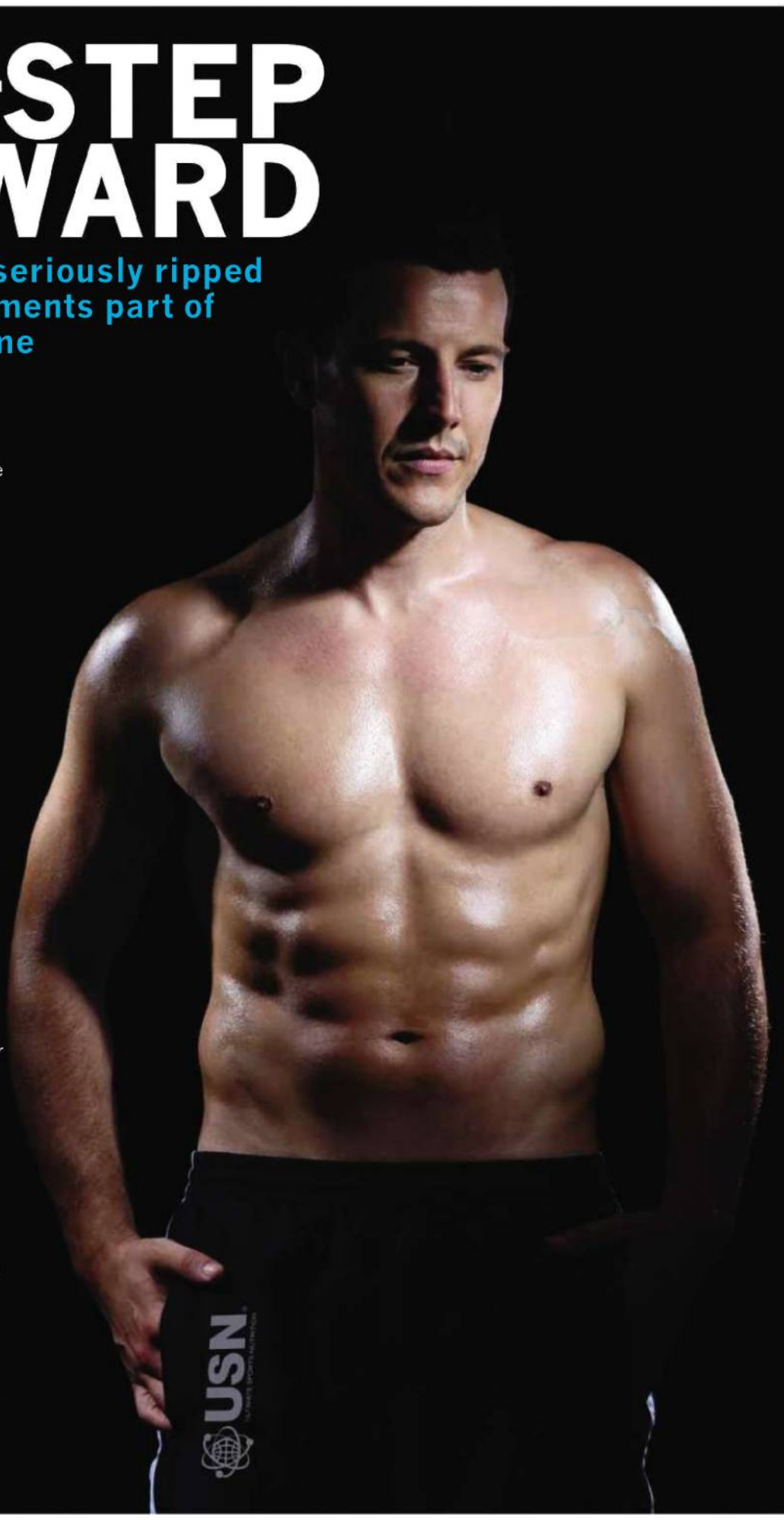
FINISH

March around the room for a few minutes, then finish with some static stretching to flush out lactic acid and prevent muscle soreness.

Turn to p130 for a perfectly balanced meal plan to complement your fat-burning workout »»

A GIANT STEP FORWARD

If you want to get seriously ripped make USN supplements part of your training regime



Do you recognise this ripped chap? That's right – it's that bloke from pop band Steps. Whether or not you were a fan of their music, you have to admit Lee Latchford Evans is in damn good shape. There are two reasons for this. First, since the band split up he's become a celebrity personal trainer with FamouslyFit.com and has worked seriously hard in the gym to achieve a body that will inspire his clients. Second, he combines a healthy diet with taking on the right nutrition before, during and after working out thanks to USN – Ultimate Sports Nutrition.

If you want to get as muscular as this, taking on top-quality sports nutrition from market-leading brand USN is as vital as going all out in the gym. USN supplements will fire you up for your workouts, keep you going through the hardest sessions and help your muscles grow and repair in the aftermath.

Evans, who uses USN daily, says, 'As soon as I finish training I refuel with a USN Protein Bar. It's low in fat and contains the right amount of calories, protein and carbohydrates to help my muscles recuperate and get me back to my optimum performance as quickly as possible.'

As you can see from this shot, the proof is in the (former) popstar, so if you want a body like Evans's, include USN supplements in your workout programme.

USN PRODUCTS

USN Pure Protein Bar

£29.99 for a box of 12 75g bars

A favourite of celebrity personal trainer Lee Latchford Evans and with good reason. This tasty bar contains enough carbohydrates to fuel even the most intense workout (33g to be precise). It also delivers a big 24g hit of protein to help your muscles grow. This convenient bar is the perfect post-session restorative for anyone who works hard in the gym and doesn't have time to mix a protein shake. Take your pick from a big selection of flavours, including white choc and blueberry, cookies and cream and vanilla.

USN Pure Protein IGF-1

£49.99 for a 2.28kg tub

Packed with more protein than a chicken farm, this is the ultimate muscle-building powder. As well as 40g of protein goodness (whey protein isolate, micellar casein, calcium caseinate, egg albumin and soy protein isolate), USN Pure Protein contains ZYMATECH multiple enzyme technology, which helps your body absorb protein more efficiently, very few carbs to avoid fat gain, and L-glutamine which further aids muscle recovery. There are five flavours: cappuccino, chocolate, pistachio, strawberry and vanilla.

USN Pure Protein Fuel

£18.32 for eight 330ml bottles

This ready-made milkshake is available in two tasty flavours – strawberry and chocolate. It contains 25g of protein to aid post-gym muscle growth and repair, as well as 18g of fuelling carbs to keep you going for the rest of the day. Pure Protein Fuel is also low in fat so you don't worry about getting porky while you're building muscle.

USN
ULTIMATE SPORTS NUTRITION

BUY 3 PRODUCTS AND GET 20% OFF. VISIT WWW.USN.CO.UK

The Eggs Factor

After years of being dismissed as cholesterol-packed and unhealthy, it turns out eggs can help you lose fat

If you've avoided eggs for years because you thought they were high in cholesterol, or think they're just a muscle-building protein food, it's time to change the way you think. The British Nutrition Foundation now says that very little of the cholesterol in eggs finds its way into the bloodstream, and the protein in eggs helps you feel full for longer, helping reduce your hunger pangs and lose fat. They're also rich in nutrients including selenium, choline and vitamins D and B12, and a medium-sized egg has fewer than 80 calories.

With this in mind, nutritionist Jennifer Bowden (thinkingnutrition.co.nz) has devised a meal plan based on simple, tasty egg recipes.

35 meals with plenty of eggs to help you see off fat

Monday

Breakfast
Sweet berry porridge: cook 50g rolled oats with 200ml skimmed milk. Serve with 50ml cold milk, 70g raspberries, 1tsp honey. 1 slice of wholegrain toast with Marmite.

Snack
Banana.

Lunch
2 wholemeal pittas stuffed with 4 falafel patties, shredded lettuce, onion, tomato and 1tbsp sweet chilli sauce.

Snack
10 small rice crackers with 30g low-fat cheese and small handful almonds.

Dinner
Salmon flan with salad. 130g unsweetened yoghurt with grated apple.

Daily total
1,991 calories, 247g carbs, 95g protein, 70g fat

Tuesday

Breakfast
Fruit crunch: mix 130g canned peaches, 4 chopped strawberries and 4 chopped dried apricots. Top with 150g natural yoghurt, a handful of pumpkin and sunflower seeds and a swirl of honey.

Snack
Small bran muffin.

Lunch
Top a plate of shredded iceberg lettuce with 100g canned tuna, 1 chopped tomato, 200g canned chickpeas (drained) and drizzle with balsamic vinegar.

Snack
A glass of milk and a handful of carrot sticks.

Dinner
Chicken Caesar salad (see below).

Daily total
1,956 calories, 204g carbs, 160g protein, 62g fat

Wednesday

Breakfast
Berry smoothie: blend 1 banana, 70g raspberries, 150ml skimmed milk, 100ml natural yoghurt, 1tsp honey, 1tbsp sunflower seeds and 20g rolled oats.

Snack
Apple.

Lunch
Toast 1 wholemeal bagel and fill with 50g roasted chicken, lettuce, ¼ of an avocado, diced onion and 1tbsp sweet chilli sauce.

Snack
Glass of milk. Small handful of almonds and dried apricots.

Dinner
Spanish tomato tortilla.

Daily total
1,918 calories, 226g carbs, 124g protein, 59g fat

Thursday

Breakfast
Soak 45g rolled oats in 80ml apple juice overnight. Serve with 1 grated apple, 1tbsp sunflower seeds, 1tbsp chopped almonds and 150g natural yoghurt.

Snack
Banana.

Lunch
Mix 150g cooked pasta, 60g broccoli, 60g green beans, 1 chopped tomato, 100g drained canned salmon, 1tbsp olive oil, 1tbsp balsamic vinegar and basil.

Snack
250ml skimmed milk. 12 rice crackers with 2tbsp hummus.

Dinner
Grilled chicken with German potato salad. 130g canned peaches with 150g low-fat fruit yoghurt.

Daily total
1,947 calories, 232g carbs, 132g protein, 67g fat

Friday

Breakfast
2 slices of wholegrain toast topped with 1tbsp peanut butter and 1 chopped banana. 250ml skimmed milk with 1tsp cocoa.

Snack
2 plums.

Lunch
2 wholemeal pittas stuffed with 150g cold roast beef, shredded lettuce, spring onion, tomato and 1tbsp basil pesto.

Snack
250ml skimmed milk. Carrot sticks with hummus.

Dinner
Mushroom and cheese tortilla.

Daily total
1,943 calories, 212 carbs, 119g protein, 70g fat

Saturday

Breakfast
Muesli topped with 6 strawberries, 150g natural yoghurt and 125ml skimmed milk.

Snack
Apple.

Lunch
Sushi (6 medium rolls), medium skimmed-milk latte and a cereal bar.

Snack
250ml skimmed milk. 10 small rice crackers with 2tbsp hummus.

Dinner
Beef fried rice.

Daily total
1,899 calories, 228g carbs, 118g protein, 58g fat

Sunday

Breakfast
2 slices of wholegrain toast topped with 200g baked beans, 2 grilled bacon rashers and 1 grilled tomato. Glass of apple juice.

Snack
2 plums.

Lunch
1 medium-sized tortilla wrapped around 100g cold beef, shredded lettuce, 1 chopped tomato, diced spring onion, 2tbsp basil pesto and 20g grated low-fat cheese.

Snack
12 rice crackers. 250ml skimmed milk.

Dinner
Bean Niçoise salad. 100g tinned fruit salad with 150g natural yoghurt.

Daily total
1,989 calories, 283g carbs, 128g protein, 40g fat

Fat-torching chicken Caesar salad

Mix 2 chopped hard-boiled eggs, 2 chopped rashers of grilled bacon, 1 slice of toasted wholegrain bread (shred and make into croutons) and 125g chopped chicken breast fillet. Arrange over a plate of iceberg lettuce leaves and top with low-fat mayonnaise.

Wholegrains are rich in fibre and energy-providing B vitamins and can also help you lose fat.

Chicken has protein to keep you feeling full, while its vitamin B3 helps prevent fat storage.

Lettuce is a source of folate and chromium, which improve digestion, control cravings and reduce hunger.

Eggs contain vitamin B12, which assists in the breakdown of body fat, and leucine, which promotes fat loss by stabilising blood sugar.

Bacon is rich in vitamin B5, which boosts energy production and helps burn fat efficiently.

For the recipes in this plan go to **mensfitness.co.uk/links/fatlossrecipes**

Words **Lucy Miller** Photography **Shutterstock** Nutritional analysis verified by windiets.co.uk

Harder. Stronger. Multipower.

Regular intense training and the right tailored nutrition are key to achieving increased muscle size and muscle definition. The range from Multipower consists of high quality great tasting products, packed with proteins, carbohydrates and vitamins to help you reach your individual goals.

we'll get you there

MULTIPOWER®
SPORTSFOOD

From flabby to footballer

When even wearing a seatbelt became uncomfortable, student Niall Hamilton knew he had to shed the fat

Niall Hamilton
Age 25
Weight
Before 117 kg (18st 6lb)
After 83kg (12st 13lb)
Waist
Before 102cm (40in)
After 81cm (32in)
Life
Before Full English, pints and takeaways
After Porridge, protein shakes and marathon running

It was during a long drive home after one of many heavy weekends that I decided to lose the weight. Not only was the hangover bad but I was fed up with the seatbelt cutting into my gut. I decided enough was enough. I was going to get in shape.

I didn't weigh myself at the start. My thinking was if I did, I'd set a target, reach it and then stop. I just wanted to feel happy with how I looked. But I guessed I was about 18½ stone [117kg] and had been for many years.

Military manoeuvres

The first step was signing up to the Army fitness programme at armyfit.mod.uk. This advised me to ease in by running for two minutes and walking for five. During the first few runs I almost fainted but I persisted and eventually started to feel good. Once I was hitting the road regularly I made sure I always lasted longer than my previous run, regardless of how close my lungs were to exploding. Within two months I was doing sprint sessions. My next challenge was to do a 10K run in under an hour. The words 'rest day' didn't exist for me any more.

After three months I decided to step on the scales. I was 105kg, which I was pleased with even though I wasn't sure how much I'd lost. After another few months I was down to 92kg. I also reached my 10K goal – in fact I did it in 48 minutes, which I was pretty chuffed about. I celebrated with a roast for lunch, an afternoon in the beer garden and a curry for dinner. I figured I deserved it.

As well as exercising nearly every day, I was eating sensibly, cutting out chocolate, crisps, takeaways and social beers in the week. I would still have a night out at the weekend but I made sure no matter how bad I felt, I worked it off the next day.

Strong belief

After my 10K I concluded I was fit enough to join the university's football team. I figured my fitness was good enough to last 90 minutes, but it soon became clear that I was slow and had poor upper-body strength. A friend who is a personal trainer (jonnyparrtraining.com) put me on a series of strength and conditioning workouts. We did weights workouts for strength and plyometrics for speed, and I soon noticed an improvement as I developed functional muscle.

I now work out three days a week but with the football I'm active most days. I still really enjoy running and recently completed a half marathon in 1hr 35min, which I was really proud of.

Future goals

I now weigh 83kg and am the fittest I've ever been. It started as a vanity thing, but now I'm motivated to achieve things you can only do when you're in good shape. For example next year I aim to complete an Olympic distance triathlon, add 20kg to my bench press and most importantly continue to score goals for the mighty Strathclyde University FC. It's taken a year of really hard work, but it's been worth every drop of sweat. MF

Hamilton almost passed out when he started running

Got your own fat loss success story? Email **lucy_miller@dennis.co.uk**

Niall Hamilton's fat-busting circuit

Perform each exercise for **30 seconds** before moving on to the next station. Rest for **one minute** after each circuit.

1 Burpee
2 Star jump
3 Running on the spot
4 Press-up
5 Squat

Repeat **7 times**

Words **Cristian Burbano** Photography **Danny Bird** Puma PowerCat football boots (£120), shorts and shirt supplied by prodirectsoccer.com and puma.com

Discount Supplements

www.discount-supplements.co.uk

0800 610 1144

- Free Delivery on UK Orders
- Same Day Dispatch
- Secure Checkout

Achieve Your Training Goals

...and save money too!

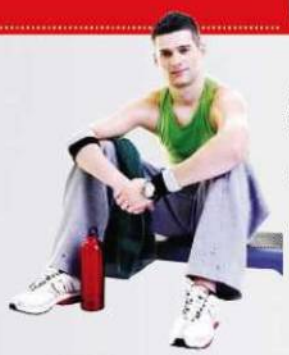
Weight Loss

Optimum Health Sida Cordifolia
- 60 capsules.
- 1 month supply.

ALRI Hyperdrive 3.0
- 90 Vcaps.
- 3 months supply.

Sci-Mentor Therm X
- 120 caps.
- 1 month supply.

Energy & Endurance



High 5 Energy Source 4:1
- 1.6kg.
- 34 servings.
- Use before and after your workout.

Optimum Health Ultimate Caffeine 200
- 100 tabs.
- 200mg of caffeine per tab.
- Increases alertness.

Lucozade BodyFuel Powder
- 1.17kg.
- 30 servings.
- Gives you energy and stamina.

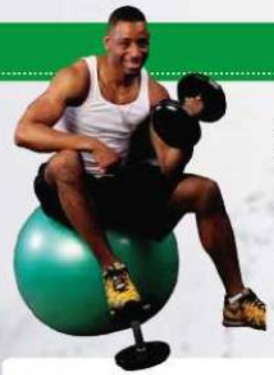
Health Supplements

Optimum Health Ultimate Mens Multi
- 270 tabs.
- 3 months supply.
- High quality vitamins and minerals.

Reflex Green Tea
- 100 caps.
- 1-3 caps daily.
- 300mg of green tea extract per cap.

Udos Choice Oil Blend
- 500ml bottle.
- 34 servings.
- Balanced 2:1 ratio of Omega 3 to Omega 6.

Gain Muscle



Optimum Health Ultimate Whey Protein
- 2.25kg.
- 22.5g of protein per serving.
- 75 servings.

XL Nutririon Extra Whey
- 2kg bag.
- 21.3g of protein per serving.
- 66 servings.

NSC Pro Shot
- 86ml vial.
- 25g of protein per serving.
- 1 serving.

0800 610 1144

Mon-Fri: 8.30am - 6.30pm | Sat: 10.30am - 3.30pm

www.discount-supplements.co.uk

FREE DELIVERY ON UK ORDERS

SHOP WITH CONFIDENCE
YOUR CARD DETAILS ARE PROTECTED BY VERISIGN

VeriSign Secured

WE ACCEPT THESE PAYMENT METHODS

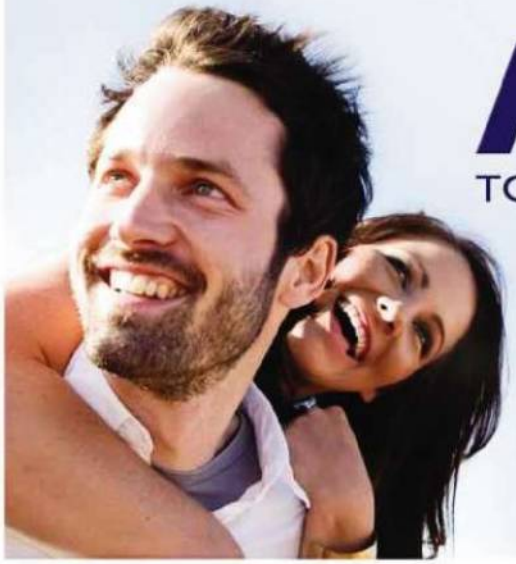
Discount Supplements www.discount-supplements.co.uk

MasterCard Maestro VISA PayPal

PLEASE ENSURE YOU ARE IN A GOOD STATE OF HEALTH AND/OR CONSULT YOUR DOCTOR BEFORE STARTING A SUPPLEMENT OR EXERCISE PROGRAMME.
SUPPLEMENT USE SHOULD BE IN CONJUNCTION WITH A SOUND DIET AND EXERCISE PROGRAMME.

DISCOUNT SUPPLEMENTS IS A TRADING DIVISION OF A1 SPORTS LTD. COMPANY REG. NO. 5319001 VAT NO. 845 678 675

Prelox is a unique natural product that can be used by men of all ages to support blood flow around the body including to the sexual organs.



PRELOX®

TO MAKE LOVE LONGER BETTER

Healthy Relationships Matter

Both younger and more mature men can take Prelox. **It could be beneficial to:**

1. Men with a busy lifestyle, or those who have a poor diet and lack of exercise.
2. Couples who are in long-term relationships who may wish to reintroduce some of the sexual spontaneity and excitement that they remember from their youth.
3. Young men, even those from age 18, who may have performance anxieties.
4. Regular drinkers or smokers.

Dr Steven Lamm, MD,
author of **'The Hardness Factor'**
recommends **Prelox®**

Prelox® is available from...

Selected Boots, Holland & Barrett, GNC, Harrods, Selfridges, independent health food stores and pharmacies.

For more information

FREE 0800 591 756 ✉ uksales@pharmanord.co.uk

For more info please fill in and return the coupon to Pharma Nord (UK) Ltd, Telford Court, Morpeth, NE61 2DB

Name.....

Address.....

Post Code..... Tel..... Prelox MF 2608

Pharma Nord
Because your body deserves the best

Name: iwantpants.com

Occupation: Designer men's underwear and swimwear

Iwantpants.com is the answer to all your underwear needs. With over 550 different types of designer pants to choose from, we have it covered.

Our unique designer collections guarantee style, comfort and fit with the additional bonus of FREE UK delivery. Whether it's Calvin Klein you're after or the latest luxury Swiss cotton by Zimmerli, we are simply a click away. We pride ourselves on providing the best customer service and any orders placed before 4pm will be dispatched that day.

Neon pants! Star pants! Superhero pants! Camouflage pants! Glow-in-the-dark pants! Sourcing the latest fashion underwear is our talent and we pride ourselves on being the largest stockist of the über-cool Ginch Gonch underwear range from Canada. New Calvin Klein fashion stock arrives regularly and your favourite pants are available in a range of coloured waist-bands and prints. Choose from bright prints and block colours with Björn Borg and DT Underwear from Australia.

We also stock trunks, briefs, jockstraps, boxer briefs, vests, bottoms, gowns, long johns and swimwear as well as body-sculpting tops and core precision undershirts from Equmen.

■ **More info:** Visit www.iwantpants.com or call 01792 812147.

Name: Bodylean

Occupation: Fast fat loss and more muscle tone

BODY BEAUTIFUL
Bodylean® CLA Plus to help your workout work well.

Bodylean® CLA Plus can help reduce body fat and in turn increase muscle tone. Conjugated Linoleic Acid is added to manipulate the way the body stores fat and helps you utilise it as energy, regulating and lowering body fat percentages and increasing muscle tone. Other ingredients include L-Carnitine, L-Ornithine and CoQ10 for enhanced metabolism, together with Chromium and Gymnaema Sylvestre to regulate sugar cravings and blood sugar levels. Maximum benefit is achieved if it is taken in conjunction with a healthy balanced diet and regular exercise.

HealthAid

■ **More info:** Bodylean CLA Plus dual pack retails at £15.99 for 60 capsules and tablets. Contact HealthAid Ltd on 020 8426 3400 for purchase and stockist information or visit www.healthaid.co.uk.

Name: Pharma Nord

Occupation: Boosting your sex life

PRELOX, a unique combination of natural ingredients pycnogenol and L-Arginine, may help to sustain blood flow to the genitals of men suffering from erectile problems.

Nutritionist Gareth Zeal says, 'Prelox may also work for people with overactive sex lives or who just want to boost a healthy sex life.

'One of the main reasons men get erectile problems is that the blood flow isn't what it used to be. It can also be caused by elevated cholesterol levels or stress due to busy, overactive lifestyles.

'The L-Arginine and pycnogenol in Prelox will help blood flow to the extremities, in this case the genitalia. Two to four capsules a day for about a month should produce a noticeable effect.

'In fact, there are several side benefits. L-Arginine could lower your cholesterol and indirectly help with blood pressure in the long term. And you may also get more elastic skin from the pycnogenol.'

Prelox contains two naturally occurring substances, L-Arginine and pycnogenol. It is the unique interaction between these ingredients that may help to maintain healthy blood flow to the genital area.

Pharma Nord
Because your body deserves the best

Name: AsdruMark

Occupation: Stylish and comfortable underwear for men

The Mundo Unico Summer Underwear Collection is packed with great designs that offer excellent support, comfort and style that you would expect from Mundo Unico. Amazing fit, quality fabrics and unstructured patterns make Mundo Unico underwear the foundation of a fashionable wardrobe. Styles available include briefs, athletic long leg boxers, shorts and tanga. The benefits are:

Genital Care: The innovative 'suspensor' helps maintain the anatomical position of the genitals and keeps them cool by separating them from the body.

Aesthetic: The suspensor supports the genitals thus enhancing body definition and the man's anatomy.

Unstructured Patterns: The unstructured patterns of Mundo Unico do not follow regular male underwear patterns – they aid movement and become a second skin, offer excellent support and are ideal for both sport and everyday wear.

■ **More info:** To obtain a mail order catalogue call **0844 561 7970** or sign up for our e-newsletter online at **www.asdrumark.co.uk**.

MRI

EXPLODE. RELOAD.

ACTINOS²IR INSTANT RELEASE NOS UP-REGULATING TECHNOLOGY

HEAT SHOCK ACTIVATION TECHNOLOGY

PRE-TRAINING

POST-TRAINING

BLACK POWDER®

Pre-Training Advantage

Now you can train at levels unimaginable! The scientifically-calibrated training complex in Black Powder, revved-up with ACTINOS²IR®, surges to your body's "performance centers" which could help promote NO production and open blood channels. The advanced creatines, beta-Alanine, and energy metabolites deluge your muscles. Your strength and power could skyrocket. Your focus and intensity increase. You start adding weight and increasing reps. You've just initiated the cycle of new muscle growth. Now here's the best part. Black Powder is specially formulated to prevent "the crash," jitters, upset stomach, and diminished appetite.*

Explosive Performance!

- Higher N.O. Levels*
- Amplified Strength and Power*
- Acute Intensity and Focus*
- Greater Stamina and Energy*
- Rock-Hard Pumps*

WAR WORKOUT ANABOLIC RECOVERY®

Post-Training Advantage

Recover fast – gain big. Now get ready for a recovery unlike any you've ever experienced!

Phase I: WAR™ rapidly replenishes your muscle volumizing glycogen, glutamine, and creatine stores.

Phase II: WAR gives you bona fide, human-ratio, "muscle-perfect" amino acids.

Phase III: The Heat Shock Activation in WAR repairs cell damage and speeds up protein synthesis – so you gain faster

That means you get the results you want from your training today, and you're re-loaded and fully primed for your workout tomorrow. Congratulations! You've just completed the cycle of new muscle growth!*

Rapid Recovery!

- Heat Shock Protein Activation*
- Optimal Glycogen Replenishment*
- Muscle-Perfect Amino Ratio*
- Positive Nitrogen Balance (PNB)*
- Crea-Charge 29% More Bioavailable than Creatine Monohydrate*

*When used with a strict diet and training regime

VISIT US ONLINE AT : www.mri-performance.co.uk

Available from all good Nutrition, Health and Lifestyle shops or online at www.mri-performance.co.uk.
For all trade enquiries please contact: CLF Distribution on 01725 514243 or email mri@clfdistribution.com

Dynamic Endurance

Test your adventure racing skills in this challenging eight-hour off-road event

October

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

1 2 EVENT DAY 3

4 10

11 12 13 14

18 19 20 21

25 26 27 28 29

What Dynamic Endurance Race
Where Forest of Dean, Gloucestershire
When 2nd October 2010
Fitness level Intermediate
Details dynamicadventureracing.co.uk7
Disciplines Off-road running and mountain biking

Let's team up and race through the forest

The Dynamic Endurance Race is a real test of stamina and ingenuity. If you're feeling a bit low on either, don't worry – you do it in teams of two or three!

You have to reach as many checkpoints as you can within the time limit – go over eight hours and you lose points. You do half of it on foot and half on a mountain bike. There's a 12-hour version that includes canoeing, but it's full up already. Maybe next year! Want to give it a go?

BUY THIS

Columbia Mobex £70
This ultra-light backpack will ensure you're not wasting precious time when racing thanks to its convenient hydration compartment and quick-draw water bottle pocket. It also has zip-closed bottom pockets, which are great for storing energy bars, extra layers of clothing and your compass.
columbiasportswear.co.uk

Six-Week Dynamic Endurance Race training plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Off-road run at level 6 for 1 hour.	Off-road cycle on a hilly route at level 5 for 1 hour 10 minutes.	Off-road run at level 6 for 1 hour.	Rest	Navigation on foot for 45 minutes.	Off-road cycle at level 4 for 1½-2 hours.
Week 2	Rest	Off-road run at level 6 for 1 hour 10 minutes.	Cycle at level 5 for 1 hour 10 minutes.	Off-road run at level 6 for 1 hour.	Rest	Navigation training – ideally do an orienteering event.	Off-road cycle on a hilly route at level 4 for 2-2½ hours with some navigation.
Week 3	Rest	Off-road run at level 6 for 1 hour with short sprints at level 8.	Cycle at level 5 for 1 hour 20 minutes.	Off-road run at level 6 for 1 hour 10 minutes.	Rest	Navigation on foot for 45 minutes.	**Brick session**
Week 4	Rest	Off-road run at level 6 for 1 hour with short sprints at level 8.	Cycle at level 5 for 1 hour 20 minutes.	Off-road run at level 6 for 1 hour 10 minutes.	Rest	Training session of your choice.	Off-road cycle at level 4, pushing to level 8 on the hills, for 2½-3 hours with some navigation.
Week 5	Rest	Off-road run at level 6 for 1 hour with 5-minute efforts at level 8.	Cycle at level 5 for 1½ hours.	Off-road run at level 6 for 1 hour 10 minutes.	Rest	Navigation on foot for 1½ hours.	Run for 1 hour at level 7.
Week 6	Rest	Off-road run at level 4 for 1 hour with short sprints at level 7.	Cycle at level 4 for 30 minutes to ensure bike is in working order.	Rest	Run at level 3-4 for 20-30 minutes.	**RACE DAY**	Stretch well and keep active to assist recovery.

INSIDER TIP

'Endurance is important, but the best skill a team can have is the ability to navigate,' says race director Nicky Thomas. 'Practise navigating as much as you can, preferably while cycling. It's much harder on the bike because everything goes by much quicker.'

BRICK SESSION

A brick session is designed to get your body comfortable with changing disciplines. A good session would be cycling at level 4 for 45 minutes, running at level 8 for 30 minutes and finishing by cycling at level 6 for 30 minutes.

EFFORT LEVEL

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

FIVE OTHER OFF-ROAD RACES TO TRY

1 Tri-Adventure Race Series, Surrey
17th October 2010
This event in the North Downs gives you two hours to find as many checkpoints and cover as much distance as you can. There are 20 checkpoints to find over the 12km trail run and the 18km mountain bike course.
triadventure.co.uk

2 Cardiff Burn
24th October 2010
Team up a friend and challenge yourselves with this race, which combines 10km on foot (including 2km of orienteering) with 35km of trail and mountain biking and 3km of kayaking, with shorter race options available.
multisportwales.co.uk

4 Lulworth Adventure Race, Dorset
27th November 2010
This 15km race is staged in the spectacular grounds of Lulworth Castle. You need to navigate your way around the 15km course, which includes ponds and dense undergrowth as well as footpaths and meadows.
cumulusoutdoorevents.com

3 TrailPlus Challenge, Surrey
12th December 2010
Enjoy the freedom of this traffic-free course during a 10km run and 25km mountain bike race before taking to Hawley Lake in a canoe. The event is designed for teams of three and promises a few surprises.
trailplus.com

5 The Return Of The C2C, Cumbria
26th-29th August 2011
The Coast-to-Coast race from St Bees Head in Cumbria to Robin Hood's Bay in North Yorkshire includes mountain biking, kayaking, open water swimming, running and navigation.
adidas-ar.com/therace/otherraces.htm

To sign up for *MF*'s Tough Tracks triathlon in September go to **mensfitness.co.uk/toughtracks**

Plan provided by **Tom Gibbs**, Dynamic Endurance course planner and member of Team Adidas TERREX, current world adventure racing champions. Always warm up before and warm down after training with a five-minute jog at level 2. If you want to stretch do so only after the session. Photography **Nathan Eames/lipsquid.com, James Kirby**

FEEL THE FORCE
MAXI FORCE

vyomax nutrition

www.vyomaxnutrition.com

Race-ready muscles

A pre-triathlon warm-up can make a crucial difference to your race performance. Here are four drills that will prepare your muscles perfectly for the three legs

'The aim of the warm-up is to prepare you mentally and physically for the race,' says triathlon coach Andy Bullock (escoach.co.uk). 'These drills should wake up your legs and shoulders and get the blood pumping to your muscles.'

'Start with five to ten minutes of easy pedalling on your bike, before putting on your running shoes and moving into dynamic stretching or running drills to gently lengthen your muscles ready for the race,' says Bullock. 'Do some heel flicks to stretch your quads, and some high knees to stretch your hamstrings. Finish with some running strides, which release muscle tension in your legs, followed by a few minutes of arm circles to increase the flexibility of your upper body.

Heel flick
Jog quickly on the balls of your feet, bringing your heels up toward your bottom with each step.

Arm circles
In a slow, controlled manner, rotate your arms in small circles, gradually building up to large circles.

High knee
Run quickly on the balls of your feet, driving your knees up as high as you can with every step.

Running strides
Over-emphasise your stride, using long, relaxed steps. Keep your shoulders loose and your body tall.

For post-race stretches that will help your recovery, go to **mensfitness.co.uk/links/aftertri**

Words **Matthew Baird** Photography **Danny Bird** Model **Mark Brereton@WAthletic** Tri suit provided by speedo.co.uk

SPORTS SUPPLEMENTS • FITNESS EQUIPMENT • WEIGHT LOSS

SuperFit.co.uk

FITNESS SUPERSTORE

SAVE AN EXTRA 10% OFF
EXCLUSIVE DISCOUNT VOUCHER CODE
MENFITSUP

SAVE UP TO HALF PRICE ON PROTEIN

PEAK BODY PROTEIN MANIA

2.27kg (5.0lb) – 74 SERVINGS

SAVE 50%

Protein Mania is formulated using only the highest bioavailable proteins, ensuring they are easily utilized by human muscle tissue. This leads to rapid amino acid delivery, essential for post exercise recovery.

Available in 4 great tasting flavours - Chocolate, strawberry, banana and vanilla.

£27.99
RRP £48.00
BUY 2 FOR ONLY £23.99 EACH
SAVE 50%

NUTRISPORT 90+ PROTEIN

5kg (11.0lb) – 100 SERVINGS

Perfect for serious body builders, strength athletes and those on high protein diets.

Available in the following flavours: Chocolate, raspberry, banana, strawberry and vanilla.

£44.75
RRP £68.00
BUY 2 FOR ONLY £42.75 EACH *SAVE 37%*

MAXIMUSCLE PROMAX DIET

1.2kg (2.6lb) – 30 SERVINGS

A unique meal replacement designed for weight conscious customers looking for high quality nutrition to support their weight loss goals.

Available in the following flavours: Banana, chocolate, strawberry, vanilla.

£43.99
BUY 2 FOR ONLY £39.49 EACH *SAVE 10%*

REFLEX INSTANT WHEY

0.91kg (2.0lb) – 36 SERVINGS

High in protein content, Instant Whey is specifically created to supply a large amount of protein, to aid muscle healing and size, before, during and after exercising.

Available in the following flavours: Banana, choc mint, choc orange, chocolate, strawberry, vanilla.

£17.99
RRP £23.99
BUY 2 FOR ONLY £15.99 EACH *SAVE 33%*

Telephone Orders 0845 272 7007

24 hour dispatch • 1000s of products available • Price match guarantee

FREE UK DELIVERY ON EVERYTHING

SuperFit.co.uk

Offer subject to availability – Terms & Conditions apply see website for details

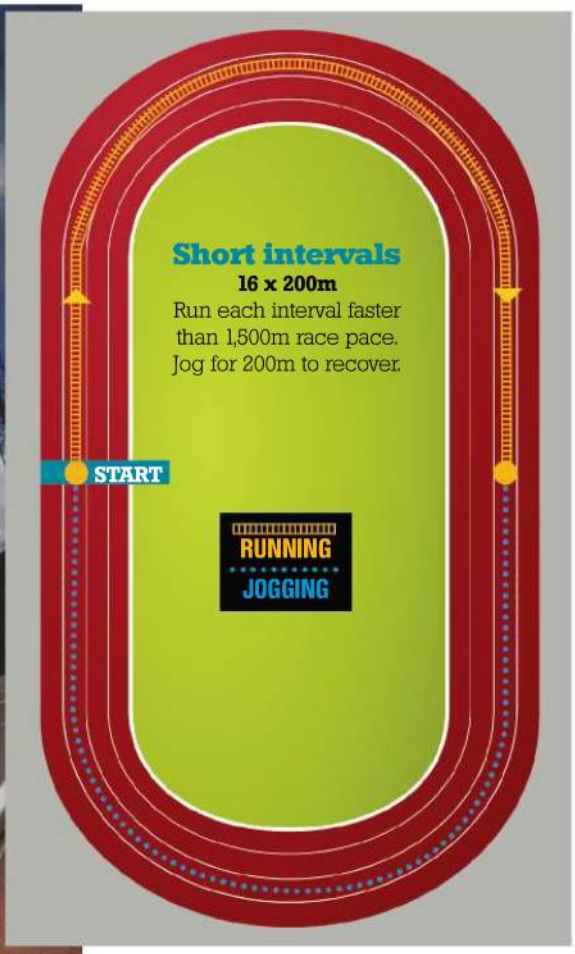
INTERVALS FOR SPEED

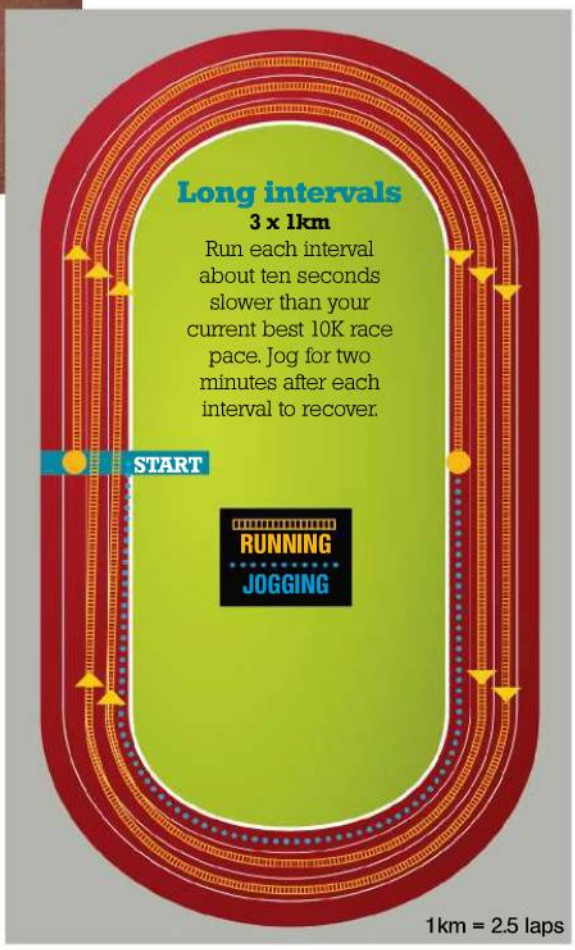
Whether you are gearing up for a race or want to burn more calories, interval training will help

The constant change in heart rate brought about by interval training makes it a great way to burn calories – but interval training will make you run faster too. In the 1980s an American study found that people who did interval training improved their 800m and 10K times more than people who did steady-state training. Meanwhile a recent University of Copenhagen study published in the *Journal Of Applied Physiology* showed that runners who sprinted for 30 seconds eight to 12 times during a run knocked more than a minute off their 10K times all while reducing their mileage by 25 per cent, against a group who added no sprints to their runs and showed no improvement.

The Danish study concluded that long runs lead to potassium build-up outside the muscles and load them with sodium instead, which causes fatigue. Sprint training improves the body's ability to pump potassium back inside the muscle cells, helping you to run faster for longer, especially when racing.

Doing these intervals on a track will make it easy to judge how far you've run. However, you could do them off-road with the help of a GPS device for a less monotonous session.





Words **Lucy Miller** Photography **Corbis**

ACCEPT ONLY THE BEST

ANDY
WHOLESALE MANAGER

4KG PREMIUM WHEY

HIGH QUALITY, LOW-CARB,
LOW-FAT WHEY PROTEIN

£34.99

0161 236 1588

WWW.BODYBUILDINGWAREHOUSE.CO.UK

BODYBUILDING WAREHOUSE

Reinforce your knees

Strengthen the muscles around this vulnerable joint to get faster, improve movement and avoid injury

When you see the likes of Cristiano Ronaldo or Aaron Lennon jinking past a defender, it's not just because they have developed their skills every day on the training ground. They also have well developed vastis medialis oblique (VMO) muscles. This is a teardrop-shaped muscle on the inside of your thigh, just above your knee, which is responsible for the movement of the kneecap.

'Strengthening the VMO by doing the Petersen step-up means that you'll be able to run faster,' says strength and conditioning coach Nick Mitchell (upfitness.co.uk), 'but the main benefit is that you'll be bulletproofing your knee and improving your lateral movement. Most people would benefit from strengthening their VMO muscles but if your knees turn inwards when you squat, that's a sure sign that you desperately need to do this exercise.'

Sets 5
Reps 15 each side

Petersen step-up

- **Plant one foot on a platform, pointing slightly out.**
- **Hold your other leg in front of the toes of your standing leg, with the toes on this foot pointing up.**
- **Keeping your body upright, sink down until the heel of your non-working leg almost touches the floor, then return to the start.**

These drills improve
- Lateral movement
- Explosive speed
- Lower-body strength and power

Progressions

Increased step height

Sets **3**
Reps **12 each side**
Raising the step allows you to perform the exercise with a greater range of motion and recruits more muscle fibres. To make it slightly easier, place a weight plate under the heel of your standing foot.

Weight plate step-up

Sets **4**
Reps **10 each side**
Holding a weight plate across your chest increases the load your VMO muscle has to control, making the move more focused on strength rather than stability.

Words **Jon Lipsey** Photography **Duncan Nicholls** Model **Fabio Santos@WAthletic** Kit supplied by Escape Fitness (escapefitness.com), Asics (asics.co.uk)

99 NUTRITION

0844 544 1933
www.99nutrition.co.uk

BRANDS

BSN
CNP PROFESSIONAL
CYTOSPORT
DYMATIZE
EAS
GASPARI
MAXIMUSCLE
MRI
MUSCLETECH
PHD
PROLAB
SCI-MENTOR
U-BOSS
USN
WEIDER

FREE NEXT DAY DELIVERY

PRICE MATCH
We guarantee to match any advertised price

TOP 5 BESTSELLERS:
LEAN DEGREE
MELT 'N' BURN
PREMIUM WHEY
NO XPLODE
SIMPSONITE

FIND US ON GOOGLE MAPS

TRADE ENQUIRIES WELCOME

Check each month for our special offers!

UP TO 55% OFF MAJOR BRANDS
We also stock a full range of weight training accessories, vitamins & minerals.

THIS MONTH'S SPECIAL OFFERS

2 x Sci-Mentor Premium Whey Pro
RRP £99.98
OUR PRICE £49.99
You save £49.99 !!

U-Boss Whey Tech Duo
RRP £39.95
OUR PRICE £29.99 with FREE Melt & Burn !!
(worth £28.99)

BSN SYNTHA 6 2270g + No Xplode -
RRP £120.07
OUR PRICE £69.99
You save £50.08 !!

2 x Sci-Mentor Mass Gainer 5kg
RRP £149.99
OUR PRICE £74.99
You save £74.99 !!

BSN ULTIMATE POWER PACK!
BSN Nitrix, BSN No Xplode, BSN Syntha-6 + BSN CellMass
RRP £184.08
NOW £138.49 - SAVE £45.59 !!
OR without Syntha-6
£98.50!!

ULTIMATE WEIGHT LOSS PACK!
Sci-Mentor Whey Isolate 1.5kg, Myoplex Diet, Sci-Mentor ThermX, + Weider Fat Metabolisers
RRP £143.71
NOW £79.99 - You save £63.72!!

All offers subject to availability

info@99nutrition.co.uk
www.99nutrition.co.uk
Tel 0844 544 1933
or 0170 875 4700
Store opening times:
Monday to Saturday 10am to 6pm

L-CARNITINE 3000 EXTREME SHOT™
3000 mg of pure l-carnitine in liquid form.
Cutting edge slimming technology!!!

CHELA-MAG B6® FORTE SHOT
375 mg of magnesium in currently one of the best absorbable form - amino acid chelate. Essential to maintain adequate magnesium level in your body.

EXTREME SPEED SHOT™
Energy deficit? Lack of power during workout? GET YOUR SPEED BACK!!!
Extreme dose: 200 mg of caffeine!!! Complete composition of neurostimulators and vitamins!!!

AAKG 7500 EXTREME SHOT™
7000mg of AAKG in one ampoule. Pure nitric oxide activator shot. Amplify your muscle growth - get ready for hard training - enhance your sex drive.

ISO 22000 HACCP
GLA
GMP
3x LABORATORY TESTED PREMIUM QUALITY

Available from all good sport nutrition stores and gyms.
www.olimp-supplements.com

GSNUTRITION.CO.UK
Nutrition First.uk.com
Affordable Supplements.co.uk
MONSTERSUPPLEMENTS.COM
POWERBODY.co.uk

GET A DIVER'S BODY

Combining gymnastic strength with a daredevil's approach to self-preservation has given champion diver Peter Waterfield a rock-hard body. Here's how he prepares for competition

Peter Waterfield

Age 29
Height 1.68m
Weight 57kg
Achievements
■ 2002 Gold medallist, Commonwealth games, 10m platform
■ 2004 Silver medallist, Olympic games, 10m synchronised
■ 2010 Gold medallist, National Cup, 10m platform

How much training do you do?

A typical week is five or six hours of training a day, five or six days a week. About half of that is outside the pool. I do trampolining for technical training – the trampoline helps you re-enact the start of a dive. For gymnastic stuff I do flexibility work. I also do a bit of pilates and we've even done some ballet for muscle tension. That's probably the hardest activity I've ever tried.

What about strength and conditioning?

I train at the pool gym, doing sport-specific stuff, and then I do two weights sessions a week at my local David Lloyd, doing the moves I've showed you today.

What do you do in the pool?

I do up to 30 dives in a session. Sometimes I work on difficult dives, other sessions focus on technique, entry work or take-off.

How do you choose which dives you perform?

You have a set list of movements that you have to perform in competition – forwards, backwards, reverse, inward, twist and handstand. A forward dive could be a 3.5 – spinning around three and a half times – in whatever shape you choose. But now people are doing 4.5s because the degree of difficulty is higher so you can score more points.

What's the most difficult one you've attempted?

I did a 4.5 somersault piked off a trampette in training. But you wouldn't be able to do it off a board because you need the extra height from the trampette.

Do you get scared?

Very. You can kill yourself. It's not just the fear of hitting your head on a concrete platform, but also

'If you land wrong you cough up blood. One wrong move and you could be dead'

Words **Jon Lipsey** Photography **Tom Miles** Thanks to David Lloyd Southampton (davidlloyd.co.uk)

landing flat on the water. If you land wrong, you cough up blood. But that's where the adrenaline comes from – one wrong move and you could be dead.

The Commonwealth Games are later this year. What are you hoping for?
I got a gold in Manchester in 2002 and a silver in Melbourne in 2006, so hopefully another gold. My main rivals are the Olympic champion Matthew Mitcham from Australia and [fellow Brit] Tom Daley. I've beaten both of them this year so I don't see why I can't do it again.

Are you already looking ahead to the London Olympics?
There's only one thing I can do to prepare and that's to work as hard as I can. I don't know whether or not it'll be my last Olympics. I'll have to re-assess afterwards. If my body is hurting and I need surgery, maybe that'll be it.

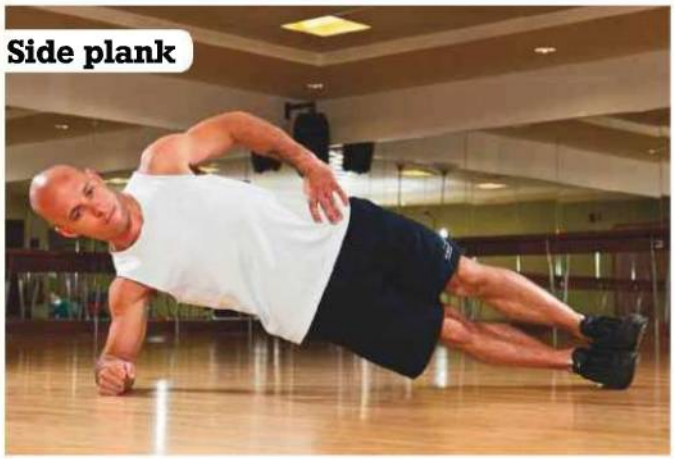
What drives you?
I love doing it. If you like doing something then it's easier to put in 100 per cent. To be the best at something you have to enjoy it because that's the only way you're going to be able to give everything.

Is your sport well funded? Would more money mean more medals?
As athletes we need as much support as possible – we get lottery funding – but paying athletes too much is not always a good thing. I struggle financially but that keeps me focused and hungry. I don't take anything for granted and I know I need to work my arse off because I haven't got money to fall back on.

Peter Waterfield's diving workout

Part 1 Core stability

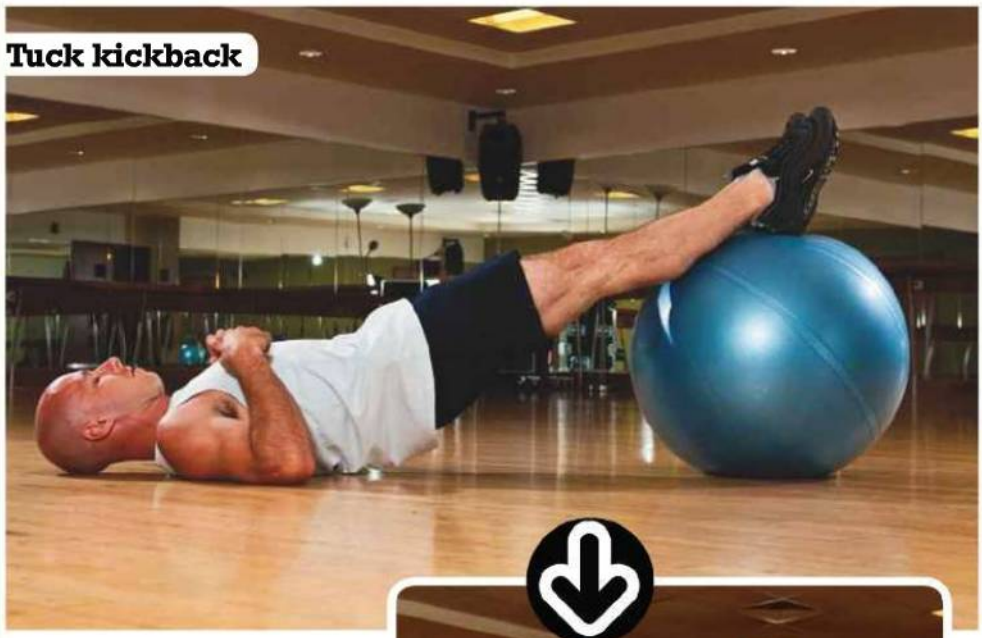
'We get into lots of different shapes during our dives such as tucks, pikes and straight positions so you need a strong core to hold them,' says Waterfield. 'If you're not in control of the dive, you'll lose points. You also hit the water at 40mph [64km/h] so you need your midsection to be strong to hit the water in the right way. And while you're in the air you're spinning so fast that you have to resist the G-force acting on your body.'



1 Side plank
Sets 2 **Time** 30 seconds each side

- Position your elbow below your shoulder, then raise your hips so your body is in a straight line from head to heels.
- Aim to hold that position for 30 seconds.

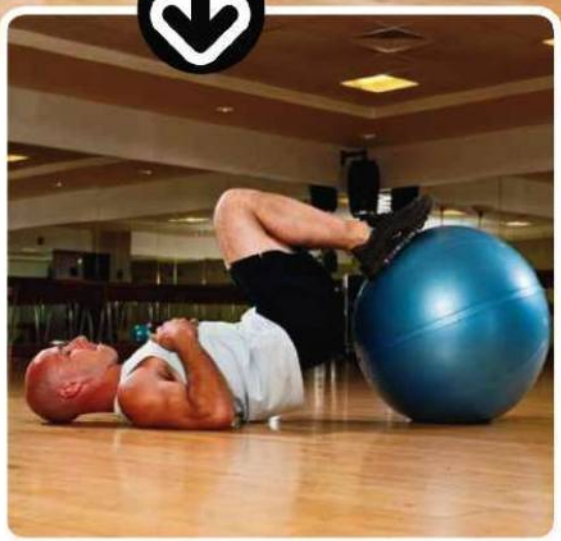
Waterfield says 'Static holds help you get better at holding a straight body position. This is also a very good move for strengthening your obliques and glutes.'



2 Tuck kickback
Sets 3 **Reps** 10

- Start with your calves on a gym ball and your back flat on the floor and hands on your chest.
- Raise your backside off the ground until your body is straight.
- Keeping your upper body still, bring the ball in towards your backside by bending your knees.
- Without letting your hips drop, straighten your legs.

Waterfield says 'This develops both core control and technique because it mimics the movement going from a tuck position to a straight body position.'



3 Gym ball pike

Sets 2 **Reps** 10

■ Rest your shins on a gym ball and plant your hands on the floor below your shoulders, arms straight.

■ Contract your abs to roll your shins over the ball and simultaneously raise your backside into the air so your body forms an inverted V.

Waterfield says 'You have to start one of the dives in a handstand position. Once you're in the pike position of this exercise you can start to move into the handstand position.'

4 Hanging medicine ball pike

Sets 2 **Reps** 10

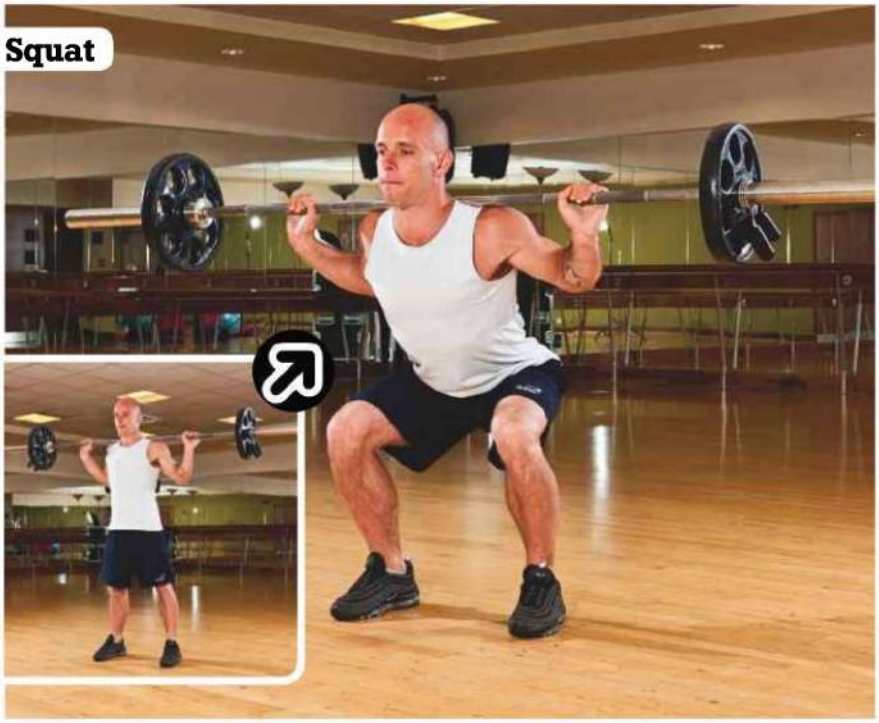
■ Hang from a bar with your arms straight and a 2-3kg medicine ball between your feet.

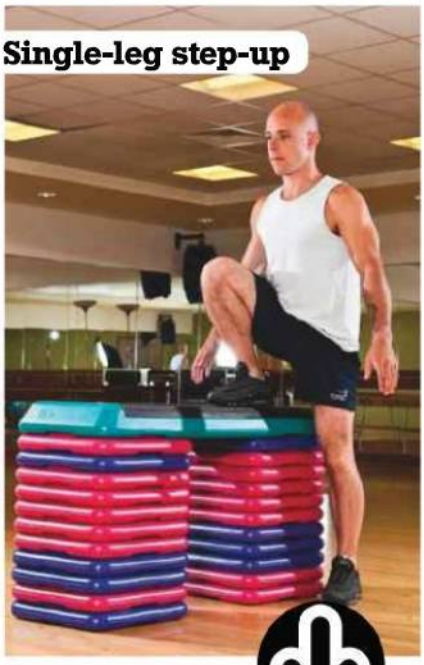
■ Contract your abs to raise your legs up to the bar.

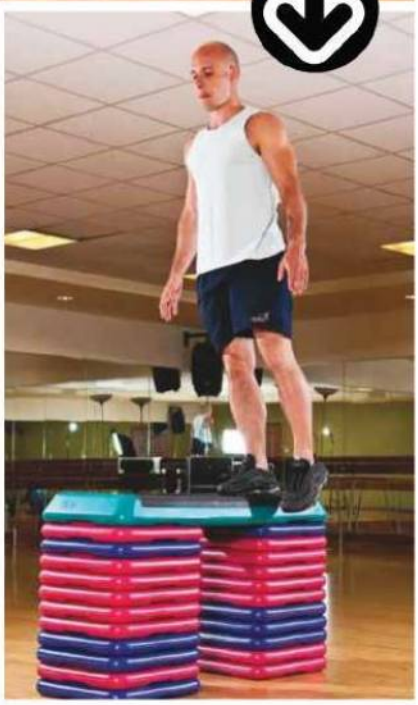
Waterfield says 'This is a good abs and hip flexor exercise that goes through a full range of motion. If you can't do it, start by doing V-sits, then hanging leg raises and then hanging pikes without the medicine ball.'

Part 2
Leg strength

To get big competition scores, divers need to do something elaborate. The more time they have in the air, the better their chances of impressing the judges. That's where leg strength comes in. 'You need to jump as high as you can off the 10m platform because you've got to fit in up to 4.5 somersaults, so you need explosive leg strength to get that height,' says Waterfield.







1 Squat
Sets 5 **Reps** 6

- Rest the barbell on the back of your shoulders with your core braced.
- Keeping a natural arch in your back and making sure your knees stay in line with your toes, lower until your thighs are parallel to the floor.
- Push back up through your heels to return to the start.

Waterfield says 'We do squats at varying speeds. Going down slowly teaches you to control the movement, but exploding up teaches your legs to push off the platform powerfully.'

2 Single-leg step-up
Sets 2 **Reps** 10 each side

- Plant one foot on a thigh-high platform and push through that foot to straighten your leg. Don't use your standing leg to aid the movement.

Waterfield says 'This develops good knee stability across a good range of motion. I do it with bodyweight and then on a slightly lower platform while holding dumb-bells.'

3 Single-leg Romanian deadlift
Sets 5 **Reps** 5 each side

- Stand holding a barbell across your thighs and lift one foot off the floor.
- Bend at the hips and send the bar down your shin until you feel a strong stretch in your hamstrings, then return to the start.

Waterfield says 'It's very important that my hamstrings and glutes fire to get height off the board and this move targets them effectively.'

For Peter Waterfield's upper-body strength moves go to **mensfitness.co.uk/links/diversbody**

Predator Nutrition

Exclusive Sports Supplements

Type *fitness3* for 5% discount.

BECOME THE HUNTER

Choose Your Weapon

Matrix 5.0 5lb
+ FREE Predator Shaker
Delicious, high quality, ultrafiltered protein blend.
~~£37.99~~ **£36.09**

Syntha-6 5lb
+ FREE Predator Shaker
Premium protein blend with great taste.
~~£37.99~~ **£36.09**

Meltdown 120 Caps
+ Free RTD & Shot
Fat management formula + FREE RTD and Shot.
~~£42.99~~ **£40.84**

Maximize V2 570g
+ FREE TT-33 120 Caps
Powerful workout performance booster +FREE fat management aid.
~~£33.99~~ **£32.29**

Diesel Test Hardcore
120 Tabs + Free NCP 100 caps
Powerful male enhancer +FREE pre-workout energizer.
~~£49.99~~ **£47.49**

Al Swole Stack
+ FREE BCAA 7000 Orange 438g
Stoked, Glycobol and TestoPro. The shortcut to success – Get Swole!
~~£104.99~~ **£99.99***

Europe's Biggest Supplements Retailer

Massive Range
Over 120 brands. Exclusive distributor for the best US brands.

Fastest Delivery
Orders shipped same day up to 5.30pm.

Lowest Prices
Guaranteed lowest prices.

Loyalty Scheme
Get points on every purchase. Build these up and get products for free.

Expert Advice
We will answer all product and training queries immediately.

Affiliate Scheme
Earn money by referring people to us. Get 5p for every £1 spent.

Predator Nutrition

www.PredatorNutrition.com **Sales@PredatorNutrition.com** **Tel: 01924 428 420**

*Website on sale price.

WIN A LUXURY DAY OUT AT ASCOT

WORTH £1,500

Men's Fitness has teamed up with Racing For Change and Ascot Racecourse to offer an incredible prize of a top day out for ten people at one of the highlights of the sporting calendar.

The lucky winner and nine friends will watch the Queen Elizabeth II Stakes, one of Europe's top races, in VIP style on 25th September. We'll pay £250 towards your travel, treat you to Premier admission and provide a fine-dining experience in the stunning Pavilion Restaurant with a view towards the Parade Ring. You'll get to sample a mouth-watering menu before placing your bets and as if that weren't enough, you'll also receive vouchers for the on-site CAMRA beer festival.

This day is a must for any sports fan, with a buzzing atmosphere and plenty of entertainment. As well as world-class racing and hospitality, in the impressive Ascot Grandstand you can challenge former darts world champions and listen to live music.

For more information about Ascot Racecourse and other race days, go to **gototheraces.com**.

How to enter

Just go to mensfitness.co.uk/ascot and answer this question:

What is the name of Ascot's fine dining restaurant?

A) Canapé Restaurant
B) Pavilion Restaurant
C) Marque Restaurant

Closing date: 15th September 2010

Ascot

TERMS AND CONDITIONS

On completing and submitting this competition, you will automatically be entered into a draw for a table for ten people in the Pavilion Restaurant, Ascot Racecourse on 25th September 2010. Prize also includes Premier admission badges for 10 people, car park label per two people, three course luncheon, half a bottle of wine each from the Ascot Selection, late afternoon tea and cakes, racecard per person, exclusive betting facility, two half pint beer vouchers per person and travel expenses up to the value of £250. This prize is strictly non-refundable and non-transferable. There is no cash alternative in lieu of tickets. Gates open at 11am with the first race starting at 1.55pm. Please see ascot.co.uk for further information. Dress code applies. Gentlemen are encouraged to wear a jacket or collared shirt and smart attire for ladies. Smart denim is accepted, strictly no rips. Trainers and sleeveless vests are not allowed. The promoter accepts no responsibility for loss of items, injuries or accidents that may occur during the visit. If the prize becomes unavailable due to unforeseen circumstances, the promoter reserves the right to withdraw the prize and replace it with something of equal or greater value. Travel to Ascot, up to the total sum of £250, to be reimbursed after the event by submitting receipts to Kelly Barnes, The British Horseracing Authority, 75 High Holborn, London WC1V 6LS. No correspondence will be entered into and the winners will be notified by post or email within 28 days of the closing date. The competition is not open to employees of Dennis Publishing or participating companies. No cash alternative will be offered. The prize described is available at the date of publication. Events may occur that render the promotion or the awarding of the prize impossible due to reasons beyond Dennis Publishing's (publisher of the relevant magazine) control, which may at its discretion vary or amend the promotion and the reader agrees that no liability shall be attached to Dennis Publishing as a result thereof. Proof of emailing will not be accepted as proof of delivery and no responsibility can be accepted for entries lost, delayed, mislaid or for any technical failure or for any event which may cause the competition to be disrupted or corrupted. In order to determine an outright winner or winners to a competition, the Editor reserves the right to request entrants to take part in an eliminating contest (or 'tie breaker'). Where for any reason there are more winners than prizes on offer, the Editor reserves the right to conduct a simple draw to determine the winner or winners of the prizes. Unless otherwise stated, entry to all competitions is restricted to entrants of 18 years of age or over. Proof of age may be required. Names of winners will be available on receipt of a request enclosing a stamped self-addressed envelope to: Competitions Manager, Dennis Publishing, 30 Cleveland St, London W1T 4JD. If the winner of a competition is unable to take up a prize for any reason, the Editor reserves the right to award it to an alternative winner, in which case the first winner chosen will not be eligible for any share of the prize whatsoever. The Editor's decision is final and it is a condition of entry to any competition that the entrant agrees to be bound by these rules whether they be published or not, and that the decisions of the Editor and judges on any matter whatsoever arising out of or connected with the competition are final. No purchase of the magazine is necessary and no more than one entry per household. Competitions open to UK residents only, unless otherwise stated.

Muscle Finesse are **stockists of over 60 leading brands,** including...

musclefinesse.com

The leading products at lower prices!

MULTI-BUY OFFER DON'T MISS OUT!

USN Muscle Fuel Anabolic
4kg tub
£51.99
RRP £69.99

... **Buy 1 and get FREE CLA Thermo**
45 caps

MULTI-BUY SAVING DON'T MISS OUT!

Reflex Instant Whey
2 x 2.27kg
£59.99
RRP £95.98

SPECIAL OFFER!

USN Pure Protein IGF-1
2.28kg tub **£35.99**

Buy 1 and get FREE Xedra Cuts 50s

MULTI-BUY OFFER DON'T MISS OUT!

Metrx Supreme Whey
5lb tub
£74.97

Buy 2 and get a 5lb tub FREE!

ALRI Creatine CR2
240 caps
£45.98

Buy 2 and get 1 FREE!

Mutant Mass
6.8kg mass builder
£46.99
RRP £74.99

- **FREE NEXT DAY DELIVERY on all orders** processed by 3pm for UK mainland.*
- **FREE advice** on the best value products for your needs.
- **Even GREATER SAVINGS** online where you see this sign: Multibuy Available
- Suppliers of **over 60 leading brands** to gyms and clubs throughout UK

Plus... additional 5% discount and FREE sample

for all Men's Fitness readers when you buy online.

Exclusive **Reader offer**

Enter MF05 at checkout and select your FREE sample from...

Muscle Finesse

We also stock training clothing and equipment

Weight gain, weight loss, energy, nutrition and specialty supplements

Call: **01733 553420**

shop online at: **www.musclefinesse.com**

or in-store at: **19 Rivergate Arcade, Peterborough PE1 1EL** (Open Monday to Saturday 9am - 5.30pm)

* Subject to stock and availability.

Men's Fitness

Get In Gear

Want to get your hands on all the latest stuff?
This is the place to come for training aids, grooming gear, downloads and lots more. And if there's anything you can't find here, email us at **getingear@mensfitness.co.uk**

Have you got a great product or service to add?
Then advertise here. For all advertising enquiries please contact **Natasha Ellis** on **020 7907 6707**, or you can email natasha_ellis@dennis.co.uk

Fitness Superstore

TIME TO GET INTO SHAPE!

Fitness Superstore is the largest supplier of **HOME** and **COMMERCIAL** fitness equipment in the UK

Treadmills Cross Trainers Rowing Machines
Exercise Bikes Vibration Plates Boxing Equipment
Multi Gyms Weights and Bars Gym Equipment

Retailer of all top end brands including
Life Fitness • Precor • WaterRower • Vision • Reebok • Octane • Horizon • Matrix • FluidRower • Torque • Body-Solid • Tunturi

www.fitness-superstore.co.uk
0800 783 4506

6 Showrooms nationwide each with over 100 products on display so you can try before you buy

Northampton	Surrey	Manchester	Chester	Gloucester	London
13 Gate Lodge Close	30/32 High Street	287-291 Talbot Road	157-167 Foregate Street	2/3 Fullers Court	19-21 Warwick Way
Round Spinney	Frimley	Stretford	Chester	131-133 Westgate Street	Victoria
Northampton	Surrey	Manchester	Cheshire	Gloucester	London
NN3 8RJ	GU16 7JD	M32 0YA	CH1 1HF	GL1 2UN	SW1V 1QT

*Discount is applicable against catalogue products only. This offer cannot be used in conjunction with any existing special offers, end of line clearance or discontinued items or *www.fitness-superstore.co.uk* wabe to promotions and is subject to availability.

New WEIDER Powerbell

The perfect combination of Strength & Cardio

The Weider 20 lb. Powerbell combines 7 kettle bells in 1 convenient set! The weights quickly adjust from 5 lb. up to 20 lb. to personalise your workout. Kettle bells are versatile enough for numerous workouts.

Launch price £99.99

FREE Workout DVD & Fitness Journal

www.fitness-superstore.co.uk
0800 783 4506

6 Showrooms nationwide each with over 100 products on display so you can try before you buy

Northampton	Surrey	Manchester	Chester	Gloucester	London
13 Gate Lodge Close	30/32 High Street	287-291 Talbot Road	157-167 Foregate Street	2/3 Fullers Court	19-21 Warwick Way
Round Spinney	Frimley	Stretford	Chester	131-133 Westgate Street	Victoria
Northampton	Surrey	Manchester	Cheshire	Gloucester	London
NN3 8RJ	GU16 7JD	M32 0YA	CH1 1HF	GL1 2UN	SW1V 1QT

Restore your hair

PAINLESSLY
NATURALLY
AND
WITHOUT
SCARRING
GUARANTEED

Contact us and get a free DVD
0207 48 69 789

DHI
DIRECT HAIR IMPLANTATION

www.dhiglobal.com

DHI Global Medical Group
139 Harley Street, London, UK W1G6BG
Telephone: 0207 48 69 789

THE LATEST PROCEDURE FOR
MAN BOOB REDUCTION
AND SCULPTED PECTORALS

NEW TO THE UK!

BodyTite

This could be the end of traditional Liposuction

- ✓ The ultimate body sculpting procedure
- ✓ Results seen immediately
- ✓ Swept across USA now in the UK!

- Using a high powered RF non-laser process
- No overnight stay
- Local Anaesthetic/light sedation
- Less bruising and swelling than Liposuction
- No loose skin or ridging
- Carried out by specially trained cosmetic surgeons in London, The North and Ireland
- Surprisingly affordable

Achieve the ultimate six pack
Ask for details

CALL FREE NOW!
UK - 08000 28 33 51
IRE - 1-800 81 86 03

www.northernclinic.co.uk

THE LATEST FOLLICULAR UNIT EXTRACTION (FUE)

HAIR TRANSPLANT

TECHNIQUE REQUIRING NO CUTTING AND LEAVING NO VISIBLE SCARRING. JUST YOUR OWN HAIR GROWING NATURALLY, GUARANTEED FOR LIFE

TOP EUROPEAN SURGEON

WITH 8 YEARS FUE EXPERIENCE

AESTHETIC
Clinics

Tel: **0845 0943 567**
Email: info@aestheticclinics.co.uk
www.aestheticclinics.co.uk

HAND TAILORED SUITS
FROM ONLY £595

Henry Herbert TAILORS

And we come to you!
To Book Your Tailor, just *call* 020 7727 2485
or *e-mail*: cc@henryherbert.com
or *visit* www.henryherbert.com
MADE IN ENGLAND

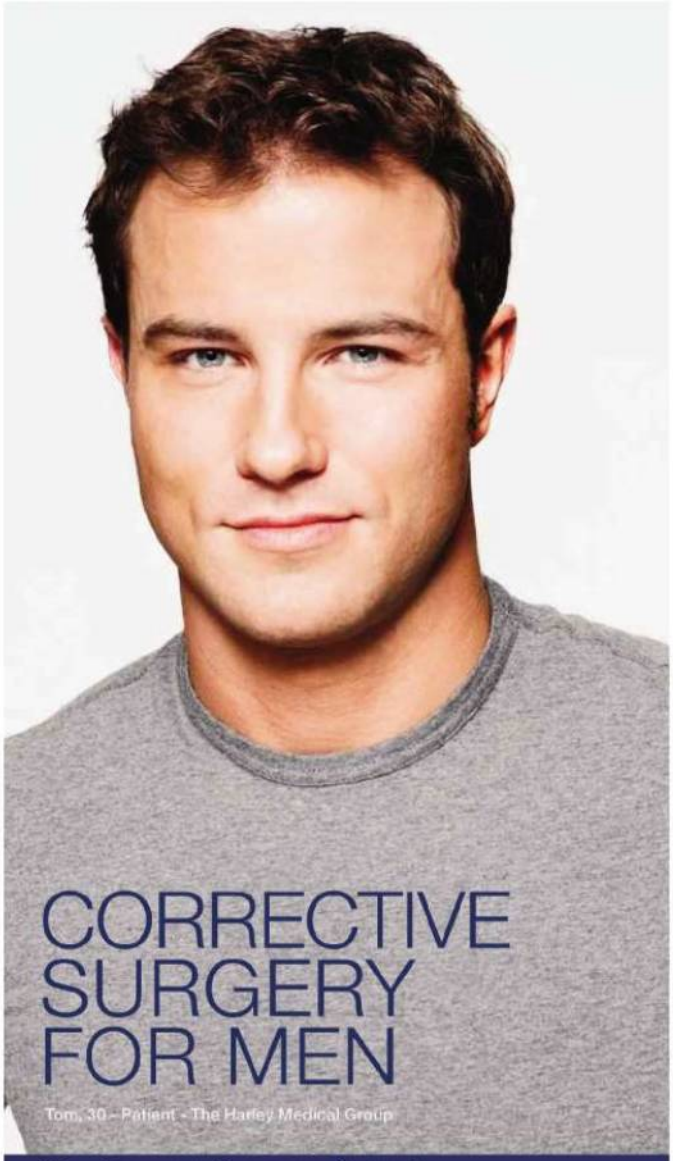
Unique Underwear for Men
AsdruMark
'Comfort, support & style that every man deserves.'

'Brighten up your underwear drawer today!'
Mail Order Call: 0844 561 7970
www.asdrumark.co.uk

Made to Measure Custom Tailors
From GBP 159
AMBASSADOR & SMART FASHION
www.ambfa.com
SPECIAL OFFER:
1 Suit 1 Extra Pair of Trousers
1 Shirt 1 Tie

Email: ambfa19@gmail.com
Phone: +662 253 2993

Polo Ralph Lauren Underwear now available at
www.iwantpants.com



CORRECTIVE SURGERY FOR MEN
Tom, 30 – Patient - The Harley Medical Group

Top 5 cosmetic procedures to **enhance & improve** the way you look

1. **Nose & Ear Reshaping** Common in correcting sport injuries
2. **Excess Fat Removal** To slim and reshape specific body parts, by removing excess fatty deposits
3. **Eyebag Removal** Reduces puffiness around the eyes to help make you look refreshed and younger
4. **Laser Hair Treatment** The most common treatment areas are back, chest, face, neck and ears
5. **Lines & Wrinkles** This is a fast and effective treatment to help give a more youthful and refreshed appearance

MEDICAL BREAKTHROUGH
'NEW LASER TREATMENT'* FOR THE APPEARNCE OF Stretch Marks & Scars

THE HARLEY MEDICAL GROUP®
Cosmetic Surgery Excellence Since 1983

harleymedical.co.uk/men
FREE CONSULTATION 0800 731 7310
harleymedical.ie IE: 1800 251 086

30 CLINICS NATIONWIDE
FLEXIBLE FINANCE AVAILABLE† Registered with The Care Quality Commission
†Loans subject to status. Terms & conditions apply.
*The only FDA Clinically Approved Treatment for the Appearance of Stretch Marks and Scars

visit: www.trekhireuk.com

SHERE
TREKKING & OUTDOORS

Now selling at our retail shop in Shere, top quality trekking and outdoor equipment:

HH HELLY HANSEN · LittleLife · MEINDL · deuter · MONTANE · Scotty otter · LEKI

Contact Mick or Elaina Cain
t: 01483 209559
e: sales@trekhireuk.com
www.trekhireuk.com
Shere Lane, Shere, Guildford, Surrey, GU5 9HS

ALL MAJOR BRANDS STOCKED

Tortoise and Hare
Running Specialist

Tues-Fri: 10:30am - 6:30pm
Weds: 10:30am - 7:00pm
Sat 9:30am - 5:30pm
Sun: 10:00am - 4:00pm

Smithbrook Kilns,
Cranleigh, Surry, GU6 8JJ
Tel/Fax: 01483 273372

www.tortoiseandthehare.co.uk

THE ROOF BOX COMPANY

Ultimate Protection
More security, more space with a B&W bike case

also Roof Bars, Roof Boxes, Bike Carriers, Boot Liners, Seat Covers and more

015396 21884 www.roofbox.co.uk/220

London City Runner
We've got the kit... Run with it

For all your kit from shoes to clothing to SDM to nutrition we've got it all.
10 Ludgate Broadway, London, EC4V 6DU
020 7329 1955
Opening Times:
Monday-Friday: 9:30am-6pm, Thursday til 7pm Saturday: 11am-3pm

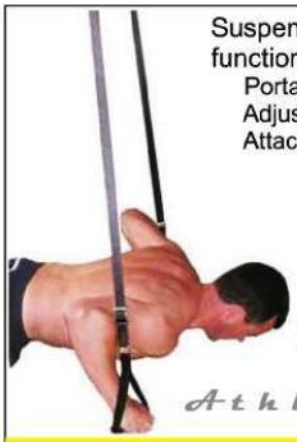
www.londoncityrunner.com

Supplement Warehouse

Sports Nutrition, Health & Fitness Supplements & Accessories

10% OFF with Coupon code MF239

www.supplement-warehouse.co.uk
0207 241 2385



Suspension training for intense, functional body weight workouts.
Portable
Adjustable length
Attach to pull-up bars or doorway

- Chest flyes
- Press ups
- Inverted rows

Prices start at 22.50 GBP

Flex Straps™
SUSPENSION GYM
Athlete Defined®

www.flexstraps.com

revolutionary anti-ageing treatment with @home laser

no needles, no surgery, no hassle

just firm, smooth skin

@home personal skin lasers are the hottest new breakthrough in anti-ageing technology at a fraction of the cost of salon treatments.

The Wellay @home personal skin laser uses 12 multi-wavelength lasers for maximum effect which penetrate deeply into your skin tissue, activating blood circulation and stimulating collagen production to smooth your lines and wrinkles.

Daily treatment restores the tone and elasticity to your skin, rejuvenating, lifting and tightening.

10 minutes twice a day will reduce fine lines and wrinkles in 4 - 6 weeks and, with continued use, your skin will keep improving.

easy

To invest in your own Wellay @home skin laser
call **01279 210211**
or buy securely online
www.beauty-lasers.com

Skydive for FREE!

We're looking for adventurous volunteers. If you have ever wanted to do a parachute jump here is your chance. Raising the minimum sponsorship (around £360) means you will get to jump for free!

No experience is necessary as all training is given on the day.

So if you're brave enough give us a call!

020 7679 9595

events@prostate-cancer-research.org.uk

PROSTATE CANCER RESEARCH CENTRE

registered charity no 802545

*"**Allsports** protein supplements made me the champion I am today"*
Eddy Ellwood
5 times Mr Universe, 3 times Englands strongest man.

WARNING! THIS INFORMATION COULD SERIOUSLY IMPROVE YOUR PERFORMANCE

"There Are Three Things You Must Know About Protein If You Want To Build More Muscle!"

If you don't know any of the three you should pack in trying and take up knitting. Without this knowledge, trying to build muscle will be like trying to build a brick wall without bricks in fact you'll probably get smaller.

'Money Wasted'

Not only that but all the money you spend on diets and supplements will be wasted.

But if you have this knowledge it will transform the results you get from training and you'll be 'awesome'.

It will also mean that you'll get 100% value for your money when using proteins. We've been making protein supplements longer than anyone else in the UK, that's how we make a living, so it's in our interest to let you in on this information, hoping you'll buy from us.

'How To Avoid The 6 most Common Mistakes'

So we've prepared a 4 page in depth report on protein and how to use it. And what's more it's yours FREE of charge with no other obligation.

You'll learn the three things you must know and how to avoid the 6 most common mistakes musclebuilders make. If you're a beginner it'll save you years in trial and error.

If you've been training for years but haven't made the gains you want, it could be the key you need to unlock your true potential.

Either way you've got nothing to lose except a stamp or a phone call.

For your FREE copy just write, phone, fax or e.mail with your name and address and don't forget to mention MENS FITNESS magazine.

Allsports International Ltd - Dept. Mens Fitness
21 Wheatley Hall Business Centre,
Wheatley Hall Rd, Doncaster DN2 4LP
Tel 01302 325163
Fax 01302 328771
Email: enquiries@allsports-int.co.uk

www.allsports-int.co.uk

ALLSPORTS
DESIGNER FUELS ENGINEERED FOR WINNERS

GUARANTEED: ALLSPORTS SUPPLEMENTS DO NOT CONTAIN ANY BANNED SUBSTANCES

Please rush me your FREE 4 page in-depth report on protein and how to use it:

Name _____

Address _____

_____

_____

Post Code _____

MF

www.watches.co.uk
where time meets passion

SWISS WATCH COMPANY

We specialise in the acquisition and sale of high quality Swiss watches both modern and vintage, un-worn and pre-owned.

by appointment only:
+44 (0)20 8994 4567
474a Chiswick High Road, Chiswick, London, W4 5TT

FREE WATCH VALUATION ONLINE
INSTANT CASH PAID

Shave? Wig?
No... surely not the comb over!

FUE hair restoration is the affordable, pain-free solution to hair loss and baldness

We are the UK's leading hair restoration clinic and use the very latest revolutionary transplant procedures, so give us a call today and discover how easy it can be.

Call 0121 733 4948 in confidence or visit www.fueclinics.com

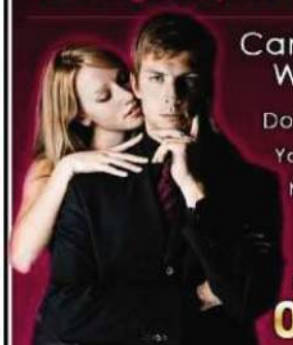
fue clinics
an attractive alternative to hair loss

Xaitrix - Natural Herbal Viagra Alternative ...
Without the Side -Effects

Xaitrix

Half Price Introductory Offer
www.xaitrix.com
(Please Quote Code MF07)

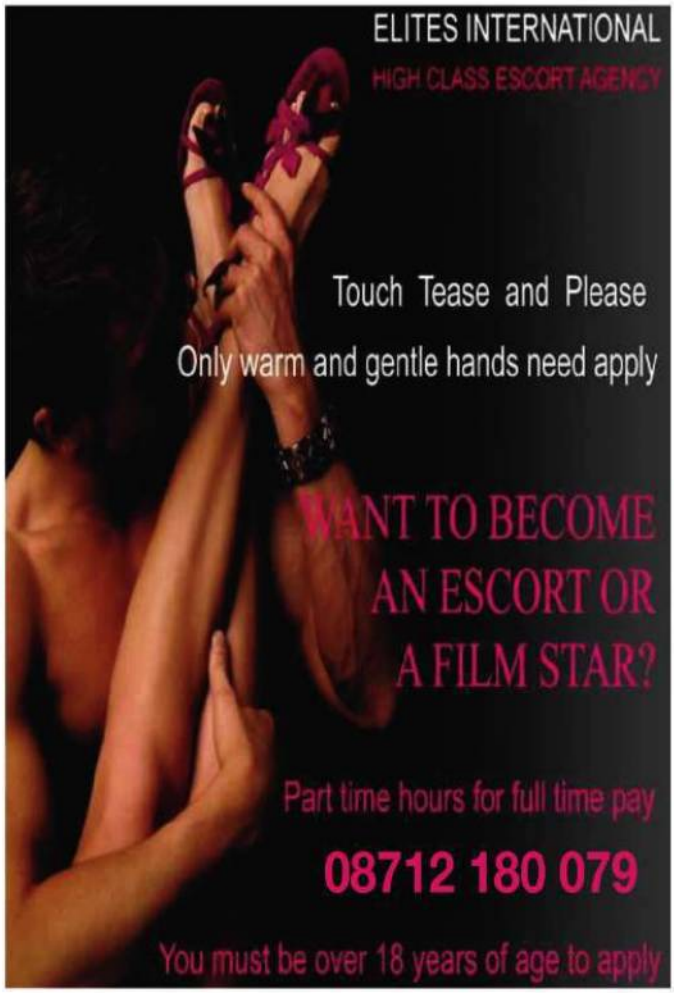
BECOME AN ESCORT
Seeking Sexy Men & Women from the UK



Can You Visualise Yourself Working as an Escort ?
Do You Like to Socialise & Travel ?
You Could Earn Over £1000 per Night
No Previous Experience Necessary
100% Legal & Confidential
To Find Out What's Expected from an Escort Call...
09041 290 290
To Create a Free Portfolio OR to Book an Escort Visit PlatinumSelect.com/fitness
Calls cost 75p/Minute from a BT Landline. Bill Payers Only. 18+. Calls from Mobiles may vary. Provider: Platinum Select, Office 404, 324 Regent St, London W1B 3HH

Secret Betting Loopholes
15 Ground Breaking Systems
EXPOSED!!
Covers ALL Types of Gambling. Including...
Sports Betting | Roulette | Blackjack
Craps | Poker Plus More
Plus, a System that Guarantees You Win 100% of the Time!!
www.YouBetYouWin.net

ELITES INTERNATIONAL
HIGH CLASS ESCORT AGENCY



Touch Tease and Please
Only warm and gentle hands need apply
WANT TO BECOME AN ESCORT OR A FILM STAR?
Part time hours for full time pay
08712 180 079
You must be over 18 years of age to apply

BOXERCISE

BOXERCISE®

The Only Recognised Boxercise Teaching Qualification In The World!

Become a Boxercise Instructor

Boxercise
Kick Boxercise
Advanced Skills/Personal Trainer

To Make A Booking Or Simply Find Out More Call 0844 7706 333 Or Visit Our Website At
www.boxercise.co.uk

Perfect.PUSHUP®

Get Ripped™

Designed by a US Navy SEAL
Perfect Pushup's unique rotating handles will increase muscle strength and definition in your arms, shoulders, chest, back and abs.

Feel results in as little as 10 workouts following our US Navy SEAL-inspired, two minute drills.

Engages more muscles. Reduces joint strain.

Includes the Perfect Pushup workout chart and DVD

£29.95 + P&P (£5.95)

Quote **FREESHIP9** for **FREE SHIPPING**
www.perfectpushup.co.uk

TEL: **0845 155 1872**

FitnessEmporium.co.uk
Everything for Fitness

Trade Enquiries Welcome On All Products

FREE UK DELIVERY ON ALL ORDERS

SAME DAY DESPATCH ON ORDERS BEFORE 12PM

Price Match Policy
We maintain low prices on a vast range of products. With our price match policy we ensure that you always get the best deal.

Bespoke Machines manufacture

Standard Range

£89.95 £57.95 £44.99

Loyalty Reward Scheme
Earn discounts on future orders Vouchers will be provided at check out on your return visits.

Refer a Friend
If they quote a friend & your name on ordering then you will receive a £5 gift voucher

Multi Buy Discounts
Regular promotions please look out

Free Samples Available
On selected products upon request

www.fitnessemporium.co.uk - Shop securely online

Sales line open between 9am-9pm Mon - Thu, 9am-7.30pm Friday & 11am-3pm Sat & Sun | 01226 320737

SIR CHRIS BONINGTON

ADVENTURE SPECIAL

Britain's greatest ever mountaineer on Everest, having trouble with the Ogre and climbing in gym shoes

You've been climbing since 1951. What has changed since then?
The changes have been huge. My first rope was hemp, and you climbed in gym shoes or clinker-nailed boots. As a leader, you really couldn't afford to fall. The rope was tied around your waist and there wasn't a harness, so if you fell off, you had about ten minutes to live. And of course you didn't have any belaying devices, which meant you were paying the rope out by hand – so if your leader was inconsiderate enough to fall off you were going to burn your hands.

How did you make it to Everest?
I was living in Manchester [in the early 1970s] and about eight or nine of the best climbers in Britain were living within a mile and a half of each other. We'd play squash and bridge and talk about climbing, and so when the Himalayas were finally opened up [by the Nepalese government], we decided to go to the south face of Annapurna – that was the first expedition I'd ever led. That led to the southwest face of Everest. In the first attempt we failed but learned a hell of a lot, and in the second attempt [in 1975] we succeeded.

You didn't get to the summit yourself on that occasion. Did you always plan to go back?
I think I knew in my heart that I had to do Everest, but after the 1982 expedition when we lost Pete Boardman and Joe Tasker, I told my wife Wendy I wouldn't go. But I ended up going in 1985 [and making it to the top]. I was the oldest man to climb Everest for ten days – then Dick Bass bought his way onto an expedition.

What was the worst trouble you've found yourself in?
The Ogre [a 7,285m peak in the Himalayas, which Bonington was the first to summit] was the biggest struggle for survival Doug Scott [Bonington's regular partner] and I ever had. We owed a huge amount to Mo Anthoine and Clive Rowland who helped us down. I broke my ribs, Doug had to crawl down on two broken legs and we went for five days without food. But in a way… it wasn't that bad. You're focused totally on survival, but also on being a member of the group.

What advice would you give to anyone just starting out?
To young climbers I'd say: don't focus on Everest. Focus on what you can do now, learning the basics in your own country. Go on a course or find someone who knows how to belay properly and go and discover.

Are you still adventuring?
I still do expeditions with my son Joe, who's a personal trainer in Sydney. But I'm going on the clear understanding that I'm the guest and he's the guide – he does the leading.

What are your future plans?
My ambition is to be able to go on climbing and walking and exploring for as long as I can, hopefully into my 80s. My climbing's way below where it was ten years ago. Having said that I've just got back from Morocco, where we've done some big, interesting new routes. I want to keep doing it. That's what life's all about.

'I broke my ribs, my partner had to crawl down on two broken legs and we went for five days without food'

Get more sound advice from Bonington at **mensfitness.co.uk/links/sirchrisspeaks**

Words **Joel Snape** Photography **Berghaus**

THE POWER OF THE HURRICANE

4 BRAND NEW FLAVOURS!

In the development of Hurricane XS®, we were determined to set a new industry benchmark for All-in-One's. The brief was simple: to create an All-in-One that was simply untouchable for quality, taste, value and results. Now, due to its phenomenal success, we are proud to announce the launch of four brand new flavours!

- ***Unique Formulation***
  Using only premium ingredients, Hurricane XS® includes everything you would expect from an all-in-one, plus low GI Scottish oats for a sustained energy release.
- ***Advanced Flavour Technology***
  Hurricane XS® uses the very latest flavour technology to ensure exceptional taste and mixability across all seven flavour options.
- ***Unparalleled Results***
  There are hundreds of reviews of Hurricane XS® online. Why not do your own research and find out about the great gains from choosing Hurricane XS®?
- ***Unbeatable Value***
  Produced in our state-of-the-art facility, Hurricane XS® is sold exclusively online to cut out costly middlemen. The result is an unbeatable price per serving[2] of just 75p!

Banana | Chocolate Mint | Chocolate Nut | Raspberry | Chocolate Smooth | Strawberry | Vanilla | Unflavoured

HURRICANE XS® from only £26.49 for 2.5kg[2]

Official Sports Nutrition Supplier to: Southampton FC, London Irish

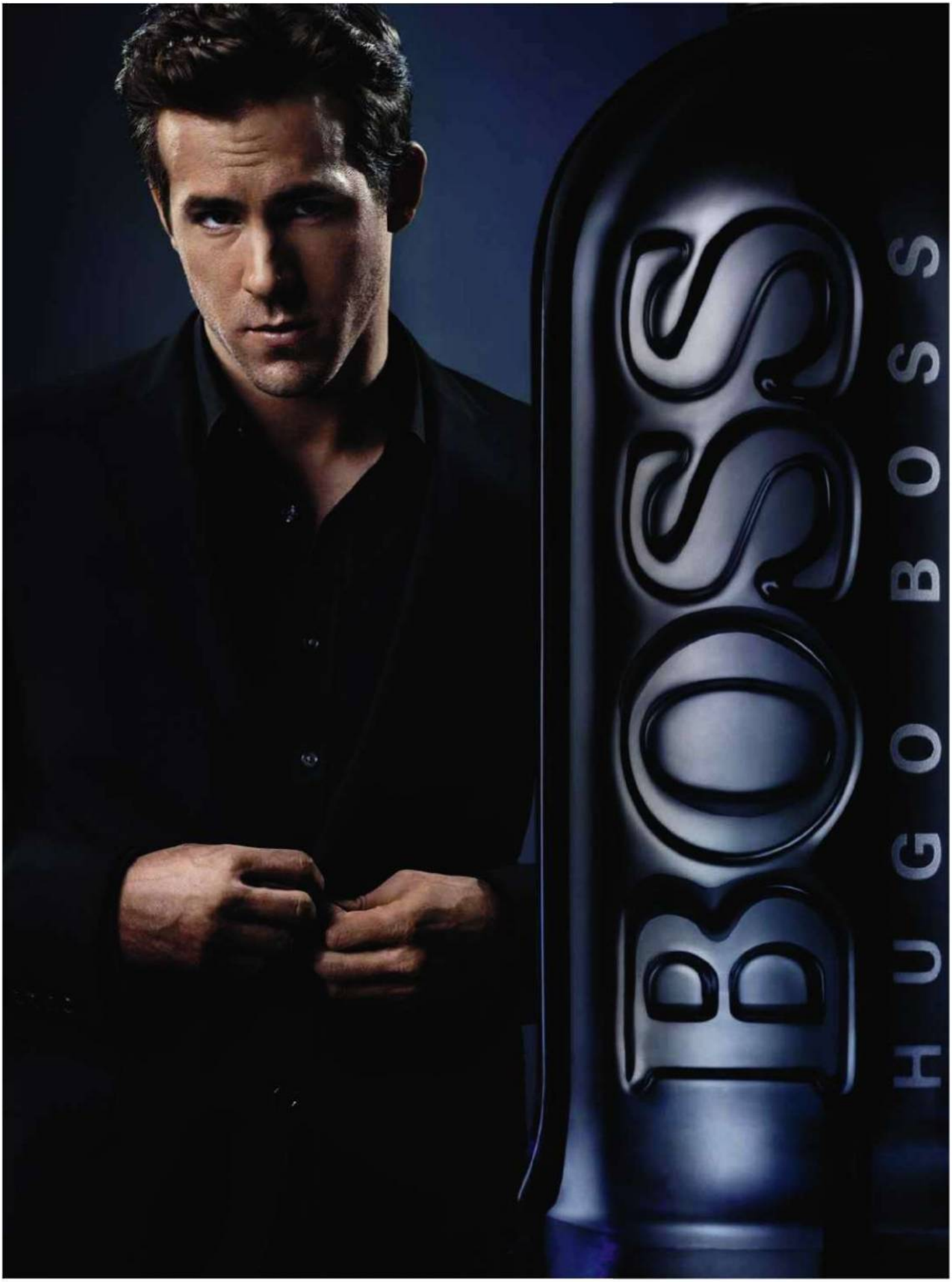
ESSNA

www.myprotein.com
0845 474 6805

- ***Lowest Prices Guaranteed[1]***
- ***Up to 20% off with Bulk Discounts[1]***
- ***Finest Quality Ingredients***
- ***FREE Shipping over £100***
- ***Massive Online Range***
- ***Loyalty Points Programme***

MYPROTEIN.COM
NUTRITION FIT FOR YOU

1 See website for terms and conditions. 2. Based upon unflavoured.
Should be used in conjunction with a balanced diet and training programme.
Prices, flavours & sizes correct at time of printing and subject to change.



BOSS BOTTLED. NIGHT. THE NEW FRAGRANCE FOR MEN
FEATURING RYAN REYNOLDS

BOSS
HUGO BOSS