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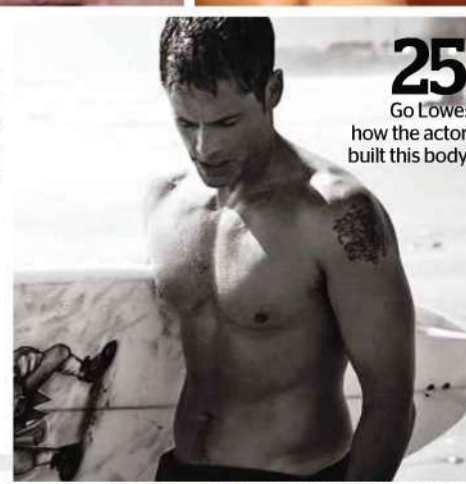
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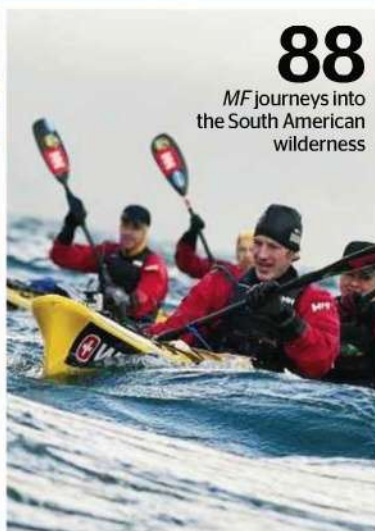
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worldwide

The new Outlander crossover

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INTELLIGENT  MOTION

1. List price shown includes VAT (at 17.5%), excludes VED and First Registration Fee. Metallic paint extra.
Model shown is an Outlander 2.2 DI-DC GX4 4WD at £28,449 including metallic paint. Prices correct at time of going to print. Specification varies by model.

worldmags

We have a dream

And that dream is that we will no longer need to sleep so we can do this stuff 24 hours a day



Joel, features editor

What I've been up to Training with Mark Twight of Gym Jones, the man who got the Spartans in shape for the film *300*. Read the full feature in our March issue.
What I've learned To keep things simple for as long as possible when you're building strength. Don't start to think about complicated training programmes until you're already deadlifting heavy.



Lee, SEO manager

What I've been up to Taking part in the Wiggle Southern Rough Ride mountain bike race. I did the 57km Epic Route.
What I've learned Two straight days of rain makes grip an issue on trails, so ride in the tyre tracks to give yourself the best chance of staying in the saddle - and when going uphill, gear down, sit down and keep the cadence up.



Ben, junior writer

What I've been up to Tackling a 1,000m-long high wire course at Go Ape in Moors Valley, Hampshire.
What I've learned Core strength is crucial for keeping your balance when traversing a tightrope 11m up in the air. Not looking down helps too.



Claire, designer

What I've been up to Overcoming one of my biggest fears by taking my first horse-riding lesson.
What I've learned I thought leg strength would be key, but it seems it's extra core training that will improve your riding skills. But you still walk like John Wayne afterwards because your leg muscles hurt. A lot.

mensfitness.co.uk

Here's a taste of what you'll find on the site

- » Tips to turn a fat gut into a flat gut
- » The workouts used by Hollywood stars
- » Explosive interviews with top UFC fighters
- » Meals and snacks that pack on muscle
- » Fitness-boosting gym challenges
- » Expert reviews of the latest fitness gear
- » Easy-to-follow no-kit home workouts



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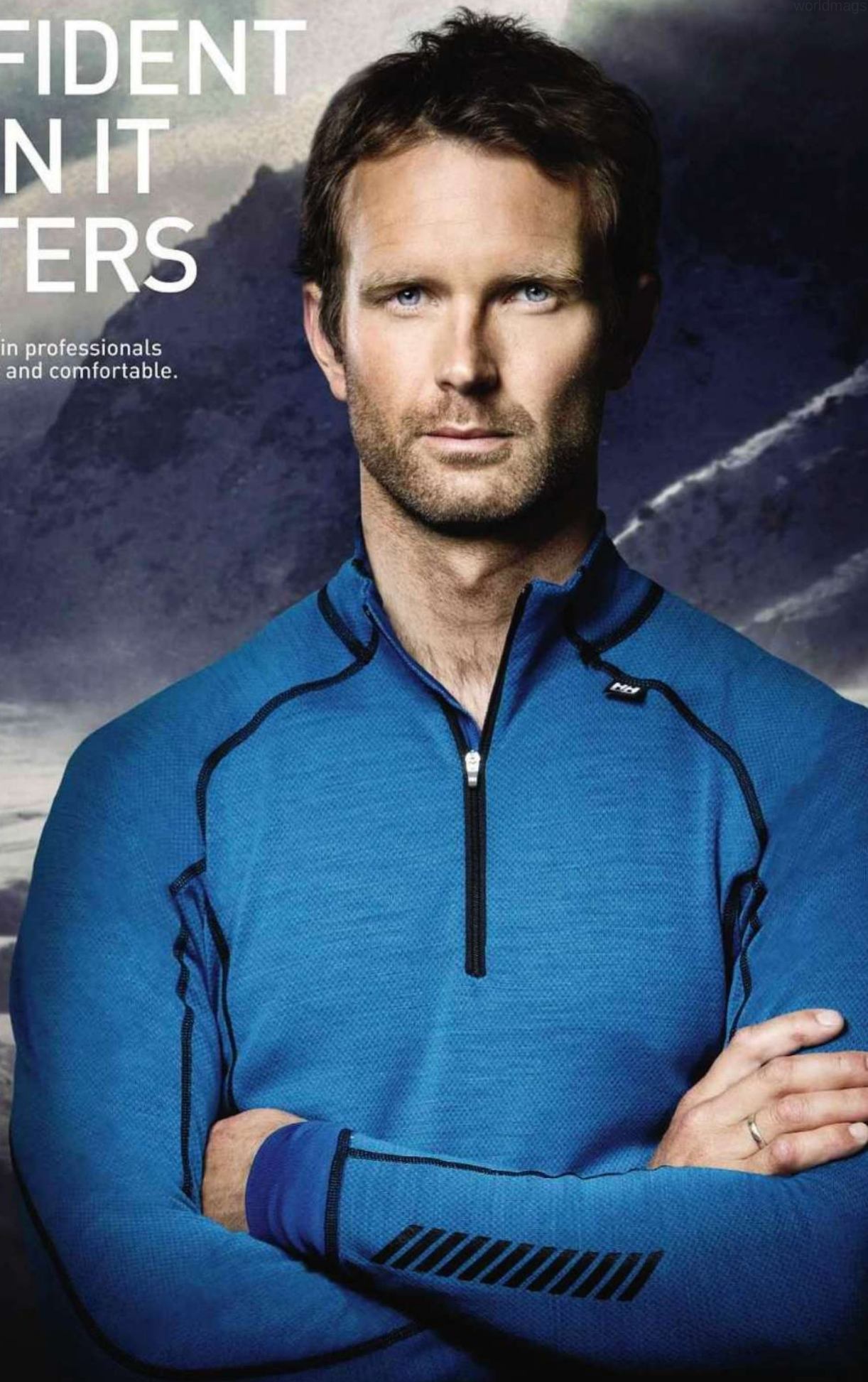
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Gjert Grødal
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EDITED BY LUCY MILLEFE AND JOE WARNER

fit list

■ Your countdown to a fitter life

4 presents to make Christmas fitter

Start your fitness kick on Boxing Day by asking for these gifts

1 Oregon Scientific ATC9K camera

The ATC9K fits on your helmet, handlebars or board and creates a permanent record of your latest adventure - it's billed as the first HD all-terrain action camera to offer GPS and G-sensor to map your route and record your speed, acceleration and hang-time. It's lightweight yet robust, making it tough enough to capture the most extreme sports - all with one-touch record - in crystal-clear HD video or 5-megapixel photos. It's also waterproof to 20m.

£249.99 oregonscientific.co.uk
GPS plug-in (not shown) £49.95

Turn over
for more
Christmas
gift ideas
>>>



2 Nike LunarEclipse+ trainers

This lightweight shoe provides stability and comfort regardless of your running style, making it the perfect present for those wanting to get back into running. There's a heel support that moves with your foot, providing greater stability, a mesh upper for enhanced ventilation and breathability, and the reflective panels improve your visibility on the road, making them perfect for winter running. **£90** nike.com



3 Garmin Forerunner 210 watch

Offering every basic function for runners wanting to get fitter and faster, Garmin's latest product provides in-run feedback on pace, distance, calories burned, and alerts for when you stray out of your speed or beats-per-minute targets. And you can upload all the data to Garmin Connect to compare your efforts to others'. **£300** garmin.com/uk

4 Sony Ericsson Yendo phone

The Yendo is the first full touchscreen Walkman phone, and its 6.6cm screen makes it easy to choose tracks while you work out. The phone can be expanded to 16GB - enough for more than 3,500 songs - all at just 81g in weight. It also has a Bluetooth wireless function. **£69.99** virginmedia.com (£10 credit required)



3 moves for a strong back

A strong back is vital for safe heavy lifting and it looks great. Personal trainer Dan Roberts picks his top three back exercises

Pull-up

Targets Lats, traps, rhomboids
'This is the ultimate back-builder and targets your upper back and sides of your torso,' says Roberts. 'The wider your hand grip, the better.'
Do it Grip a pull-up bar overhand. Pull up until your chin is over the bar, before lowering slowly.



Bent-over row

Targets Lats, traps, rhomboids
'One of the original big-muscle moves, the bent-over row is great for adding size and strength,' says Roberts.
Do it Hold a barbell at knee level. Lean forward from the hips and, keeping your back straight, pull the bar into your sternum, before lowering slowly.



Shrugs

Targets Upper traps
'Shrugs require very little movement, meaning you can go heavy to build a powerful upper back,' says Roberts.
Do it Grip the barbell just outside of your thighs. Raise your shoulders and hold for two seconds, before lowering slowly.





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4 ways to ignite your workout

Get the most out of every session with these top tips

1 Fire up your engine

'Feeling sluggish affects how hard you can push your muscles because your central nervous system needs to be firing at full speed,' says Eric Ogoe of Trent Park Personal Training (tpptstudio.com). 'So before you grab a dumb-bell, skip for 30 seconds, then do half a dozen bodyweight squat jumps and press-ups to get your body primed for the work ahead.'

2 Create some space

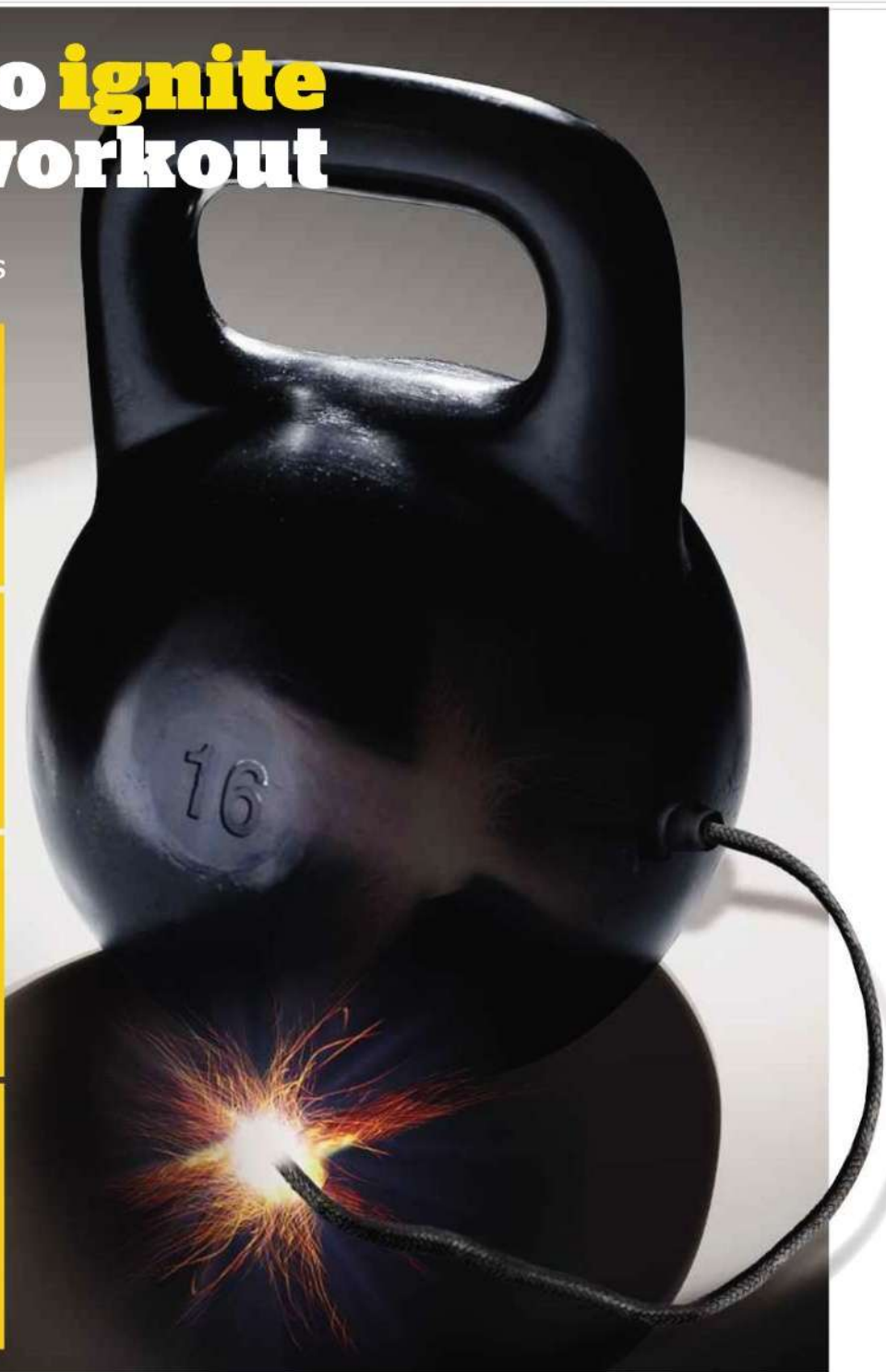
'Never stay seated on the equipment or machine you're using during your rest period,' says Ogoe. 'Stand up and walk away. If you create a mental and physical space between exercise and rest, when you return to the bench or seat you'll be fully focused on what you are about to do.'

3 Visualise the lift

'Before the first set of each exercise, rehearse the move in your mind,' says Ogoe. 'Think about the correct initial position and where you go from there until you reach the top of the move, then return to the start. Not only will this mentally prepare you, it will also channel some aggression so you can hit the set hard.'

4 Start supersetting

'Performing back-to-back exercises that works opposing muscle groups is a great way to push your muscles,' says Ogoe. For example, do a set of bench presses (chest) followed without rest by a set of one-arm rows (back). 'Testosterone levels start declining after 40 minutes of lifting, so work out within this time for the best muscle-growing response.'



3 gym machines to avoid

Don't waste workout time on these redundant stations

Leg extension

Why not? Although good for isolating your quadriceps muscles, this machine places a great deal of stress on your knee joint, especially if it isn't adjusted to your height.

Instead try front squats.



Pec deck

Why not? This machine places your shoulder joints in an unstable position throughout the entire move, potentially exposing your rotator cuffs and other small but important stabilising muscles to injury, especially if your reps are too fast and too heavy.

Instead try incline dumb-bell flies.



Abs crunch machine

Why not? It demonstrates the basic crunch movement but offers a very limited range of motion, so it doesn't work your core effectively.

Instead try hitting the mat and targeting your abs from a variety of angles through crunches, reverse crunches and planks.



Words Joe Warner, Paul McNally



Now read about the training practices you need to cut out at mensfitness.co.uk/links/gymcrimes

"The podium"
Jenson Button



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



5 global moves

Every wondered why there's a deadlift named after an eastern European country or why the French have their own triceps move? So did we



1 French press

Muscles worked Triceps

How it got its name Also known as the lying triceps extension, this name for the classic arm-building move originates from the French Foreign Legion, which is said to have used a hardcore version in its training in the 1950s. Soldiers would fill their bags with sand and tie them to the ends of their rifles so they could be used as weights.

How to do it Lie flat on a bench with a bar directly over your face. Keeping your elbows pointing up, lower the bar slowly behind your head before returning to the start.



2 Romanian deadlift

Muscles worked Lower back, glutes, hamstrings

How it got its name This straight-leg version of the deadlift is named in honour of Romanian weightlifter Dragomir Cioreslan, who won bronze at the 1984 Olympics. Six years later, he did the move at the US Olympic Training Centre and was stunned to find no-one had seen the move before.

How to do it Stand tall with your shoulders, back and core braced, gripping the bar with hands slightly wider than hip-width apart. Leaning from the hips, bend forward and slowly lower the bar down your shins, before returning slowly to the start.



9 ways to burn Christmas calories



=



Chop firewood for 34 minutes



Play the piano for 90 minutes



Sing 23 carols



Argue with a family member for 2 hours

A typical mince pie contains **225 calories**. Here are some things you can do to burn those calories off



3 Bulgarian split squat

Muscles worked Core, glutes, hamstrings, quads, calves



How it got its name When Bulgarian power athletes began matching the success of their Russian counterparts, it was attributed to the leg strength they had built using coach Ivan Abadjiev's twist on the classic squat. Working each leg independently, with the other foot behind them on a bench, enabled lifters to improve muscular size and strength while also reducing any imbalances between the limbs.

How to do it With a bar across your upper back, stand tall with one foot behind you on a bench. Slowly lower your standing leg until your thigh is parallel to the floor, keeping your knee directly above your toes, before returning to the start.



4 Turkish get-up

Muscles worked Whole body, especially core

How it got its name Turkish Olympic lifters popularised this move for building co-ordination, strength and stability but it was actually first seen in the gyms of Ancient Greece.

How to do it Lie flat on the floor with one hand by your side and the other directly above you holding a kettlebell. Swing one leg up over the opposite leg and then rise up on to the elbow of your supporting arm. Next, extend your arm fully and shift your weight forward to stand up, finishing with the weight over your head before reversing back down to the start.



5 Russian twist

Muscles worked Abs, obliques

How it got its name No mystery: it comes from Russia, and takes its place alongside Yul Brynner and Stolichnaya vodka in the pantheon of great Russian exports. It emerged from the Soviet Union during the Cold War, quickly catching on as one of the best exercises for building a strong and stable core, specifically targeting the upper abs and obliques.

How to do it Sit on the floor with your knees bent at 90°, holding a dumbbell straight in front of you. Keeping your back straight, twist to the left before rotating back to the right to complete one rep.



Play with the kids
for 50 minutes



Put the tree up
and decorate it
for 1 hour



Wash the dishes
for 92 minutes



Wrap 46 gifts



Kiss 145 people
under the mistletoe

7 hangover cures

Overdone the partying? Feel human again with these instant remedies

1 Drink peppermint tea

Peppermint tea is good for rehydrating the body and is full of antioxidants, which help eliminate the toxins accumulated from the previous night of drinking. It can also help settle your stomach and reduce the intensity of pain and nausea. It's far better than popping pills: aspirin is a blood thinner like alcohol, paracetamol will tax your already overworked liver and ibuprofen can irritate the stomach.

2 Eat porridge

Alcohol breaks down your liver's glycogen stores, turning it into glucose, which is then dispelled in urine. It's the lack of this key energy source that's behind your lethargy, weakness and lack of co-ordination the morning after. Porridge oats are high in slow-release carbs and fibre, helping you feel full and giving a sustained release of energy to get you back to your best. Just make sure it's not too hot or too cold.

3 Have a banana

Having to make frequent trips to the urinals isn't just annoying - you're also pissing away many important salts that

'Peppermint tea is full of antioxidants, and can help settle your stomach and reduce the intensity of pain and nausea'

enable you to function properly. One is potassium and when levels get too low you suffer headaches, fatigue and nausea. The potassium in a banana helps restore you to pre-boozing levels, while its supply of magnesium helps relax your blood vessels to reduce that thumping headache.

4 Get some exercise

It's the last thing you feel like doing but there's nothing like exercise to increase blood flow and raise metabolism to flush out toxins. Some fresh air will help

to clear your head and will also make you feel human again. If you can't face a run, a low-impact bike ride is a slightly gentler way to start your motor.

5 Take a cold shower

A blast of cold water will fire up your metabolism, telling your body that it's time to start moving again and not lie in bed feeling sorry for itself. Alternate between medium and cold spray for maximum benefit. Avoid excessively hot showers because they can cause overheating and further queasiness.

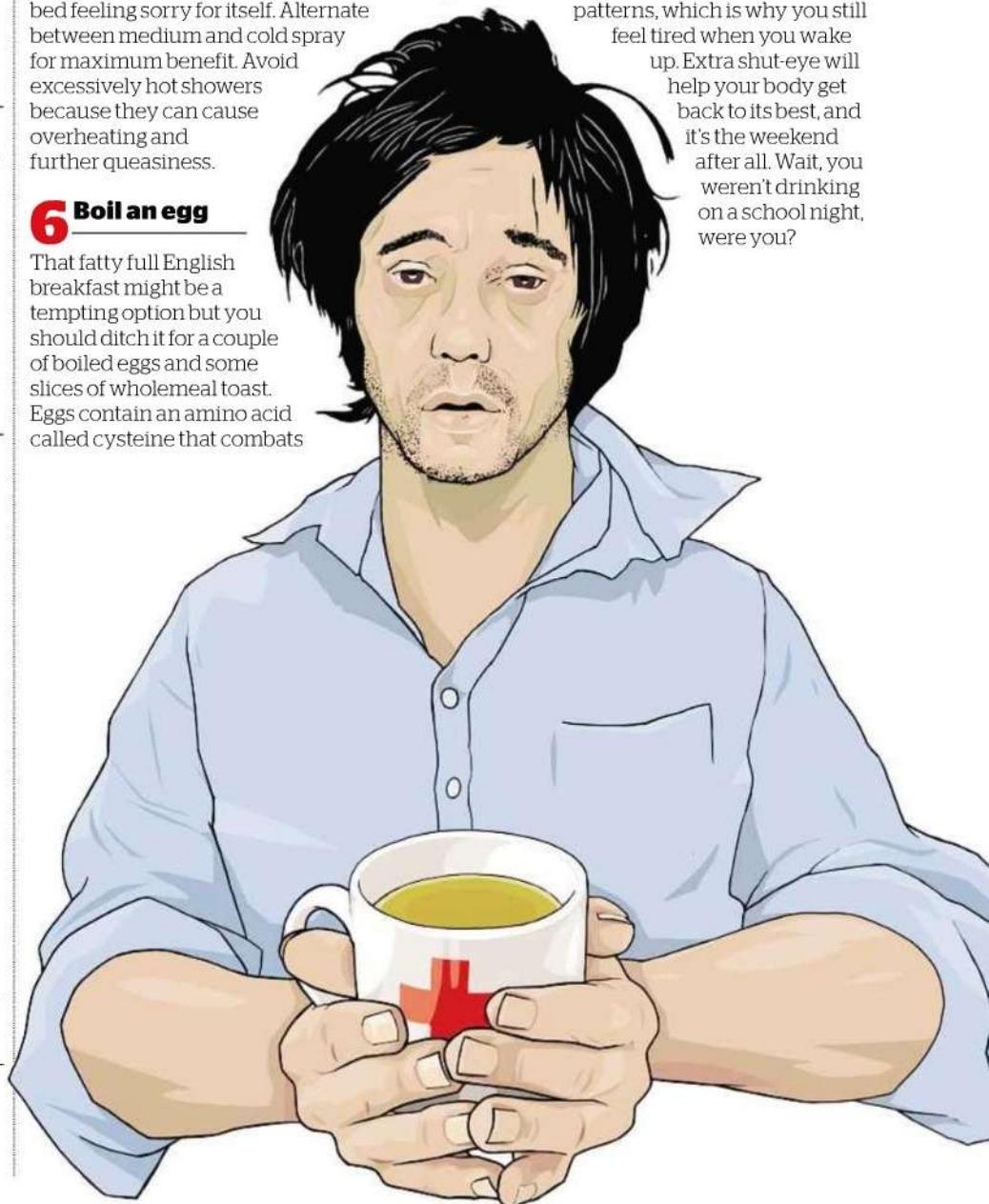
6 Boil an egg

That fatty full English breakfast might be a tempting option but you should ditch it for a couple of boiled eggs and some slices of wholemeal toast. Eggs contain an amino acid called cysteine that combats

acetaldehyde - a compound that's created when alcohol is broken down and is thought to be a cause of hangovers. Slow-release carbs from the bread will help stabilise your blood sugar levels.

7 Go back to bed

If none of these works, then go back to bed. Alcohol disrupts normal sleep patterns, which is why you still feel tired when you wake up. Extra shut-eye will help your body get back to its best, and it's the weekend after all. Wait, you weren't drinking on a school night, were you?





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- Set heartrate zones to keep you on track
- Automatically displays your times for each mile

Forerunner 410

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- Plan and follow detailed training sessions
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5 ways to make your fridge healthier



1 Store beer elsewhere

Spotting an ice-cold beer in the fridge is a huge temptation. Remove it to improve your chances of fat loss, according to a study in the journal *Behaviour Research And Therapy*. Having beer at room temperature means you won't down a four-pack in a hurry.

2 Get an eyeful

If the fridge shelf closest to your eye level is full of fruit and veg, you're 2.7 times more likely to grab these healthy

options rather than junk food, according to a study from the University of Cornell in the US.

3 Look at labels

Turn prepacked foods around so the nutritional labels face forwards. A study by the American Dietetic Association found people who were more aware of health information lost weight more easily.

4 Think healthy

Before you reach into the fridge, visualise the healthy snack you know you should be

taking out. A study published in the *British Journal Of Health Psychology* found that imagining a food or snack intensified cravings for it.

5 Shop a lot

Buy fresh food on your way home from work every couple of days, rather than doing a weekly shop. Too many choices in your fridge means you're more likely to stray away from the most nutritious grub, according to a report published in the *Journal Of Consumer Psychology*.

4 inspiring fitness quotes

Fire up your enthusiasm before a workout



'The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 per cent.'
Arnold Schwarzenegger, bodybuilder, actor and politician



'I'll tell you one thing, you don't always have to be on the go. I sit around a lot, I read a lot, and I do watch television. But I also work out for two hours every day of my life, even when I'm on the road.'
Jack LaLanne, fitness pioneer



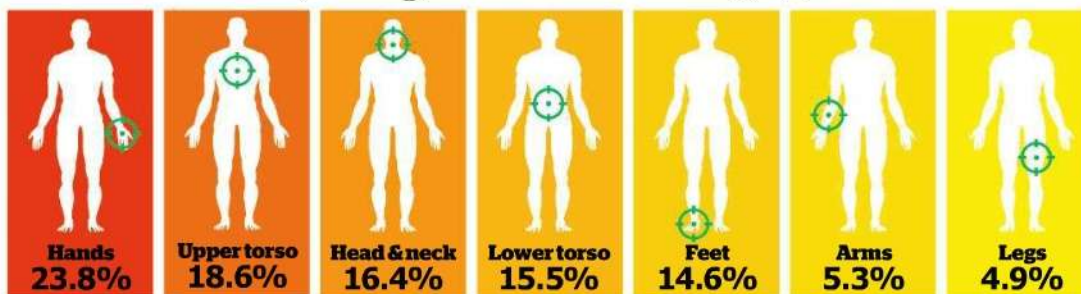
'The man who can drive himself further once the effort gets painful is the man who will win.'
Roger Bannister, the first man to run a sub four-minute mile



'If you spend too much time thinking about a thing, you'll never get it done.'
Bruce Lee, martial artist and actor

7 most commonly injured body parts

Lifting weights properly burns fat and builds muscle, but do it wrong and you'll end up in A&E. A 20-year study at the University of Arkansas reported more than 980,000 gym-related injuries. Here are the top seven body parts injured in the gym as a percentage of all injuries.



You'll find loads more fat loss tips at mensfitness.co.uk/links/thineating

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The best advice from the biggest names in fitness

Edited by Joe Warner

the Experts

A-list Trainer

Power player

Rob Lowe ditched his party ways for showbiz success - and a fitness fix

NEW
SECTION

In his three decades in the entertainment business, Rob Lowe has been every Hollywood stereotype: teen idol, scandal-rocked star, forlorn addict, comeback kid, comedic foil, dramatic lead and, finally, studio power player.

'The people I've always idolised and have tried to emulate,' says Lowe, 'are people who stay relevant and stay in the game decade after decade.'

Now, at 46, he is determined to be one of those people.

In addition to his TV success - he is following his dramatic roles in *The West Wing* and *Brothers & Sisters* with appearances in comedy hits *Parks And Recreation* and *Californication* - Lowe is returning to the big screen having completed filming the thriller *I Melt With You*, to be released in 2011. And after spending his career in front of the camera, he now harbours ambitions to branch out into film and television production, sports, distribution, and online properties. It's hard to believe >



Photography Jim Wright

he can also find the time to be a fitness fanatic, but his physique doesn't lie.

'I do something [active] every day: surfing, skiing, playing tennis, basketball, hitting it hard in the gym, dry-sand runs with press-up intervals,' Lowe says. 'I have every sort of club in my bag when it comes to what I'll do on any given day. And I've been this way for years and years.'

Fitness fix

Lowe first found fame in films such as *The Outsiders* and *St Elmo's Fire* as part of the young group of actors known as the Brat Pack, who were as notorious for their wild lifestyle as for their movies. But it's a long time since Lowe turned his back on his boozy, brattish ways.

'I've been sober for 20 years,' he says. 'But you gotta get your fix some way. At a certain point you realise espresso doesn't do it. That's why I like helicopter skiing [more of which later] and big-wave surfing. It's a way for me to keep my edge.'

He describes surfing as 'an obsession', though he didn't start until he was in his 30s. Rincon Point in Santa Barbara County, not far from his home in Montecito, California, is his favourite surf spot.

He's also had 'great days' surfing in Mexico, Hawaii and Bali. 'It has changed

my life,' he declares, stressing each word. 'Every wave, every experience can never be replicated. And, you know, it's dangerous! I've surfed where it's breaking within six inches of a shallow reef. I have the scars on my back to prove it. It keeps you tough, mentally and physically. It's a way to bond with my boys [Lowe's two sons Matthew and John], to share life's lessons.'

Helicopter skiing is his latest passion. A chopper drops him off among pristine powder that's unreachable by chairlift - or anything else, for that matter. The best heli-skiing terrain is almost always

'Surfing has changed my life. It keeps you tough, mentally and physically'

avalanche country, which is why outfitters hook you up with a horn and a shovel before leaving you alone with your fate.

If you're so inclined, you might find Lowe heli-skiing in the Canadian Rockies and

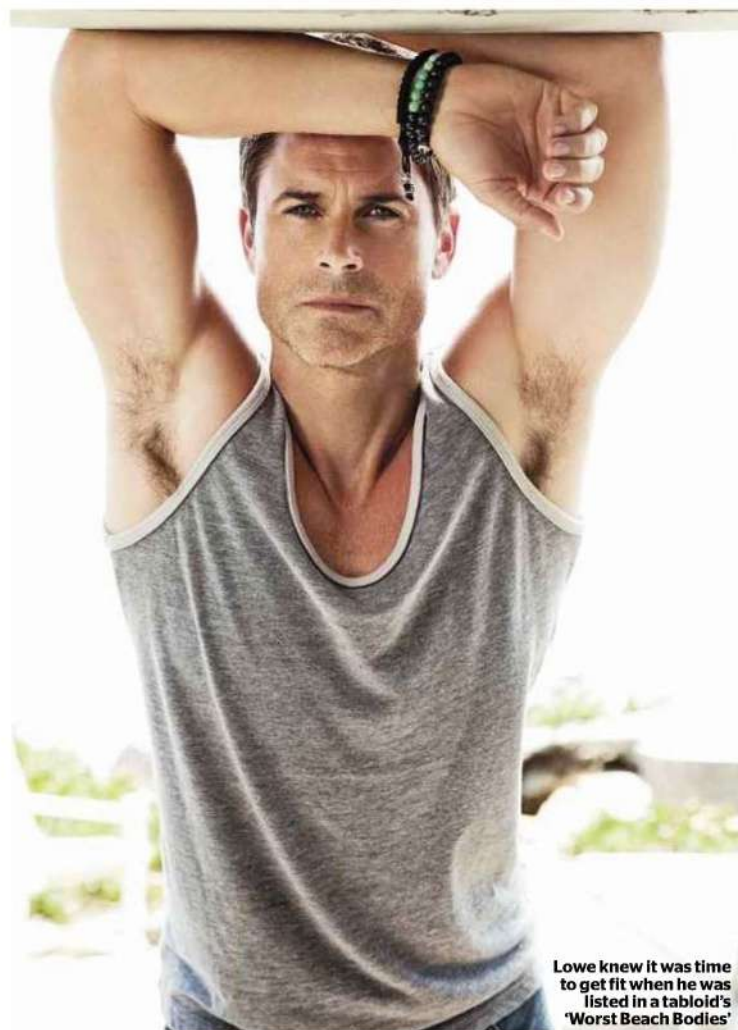
Utah's Wasatch Range. Danger? 'It's part of the thrill,' Lowe says. 'The fear is like a bear: you're sort of wrestling it. Sometimes you pin the bear. Other times, the bear pins you. It's not for everyone, but it's the best conditions you'll ever find as a skier.'

Lowe to high

Despite his passion for sports and being fit (see box, opposite) Lowe confesses to occasional yearnings for cheeseburgers and French fries. 'The sad truth,' he laments, 'is that you can work out until you're blue in the face, but if you're not eating right, it's over. I fought that one forever. I love to eat.'

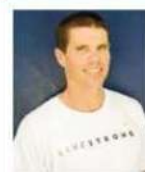
After a tabloid flashed his bare torso on its cover several years back with the accompanying headline 'Worst Beach Bodies', Lowe knew it was time to tame his appetite. 'He didn't go on a diet,' says his trainer Peter Park. 'He made a total lifestyle change. Rob is so disciplined; he just did it. He cut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

'Not drinking gives me an advantage,' says Lowe. 'I just try to stay away from the carbs, unless it's after a workout. But I don't make myself crazy. I'm in Italy right now and I'm a pasta-eating fool! It's no time to be a hero.'



Lowe has surfed in Mexico, Hawaii and Bali but says his favourite spot is at home in California

The Lowe down



Peter Park is Lowe's trainer as well as strength and conditioning coach for cycling legend Lance Armstrong.

'It started with the tabloid cover thing,' says Peter Park, referring to Lowe's appearance on a 'Worst Beach Bodies' list. 'It wasn't just about vanity. He was always very active. But as you get older you have to work harder to stay lean.'

Two years ago, when Lowe first weighed in at Park's gym, Platinum Fitness, he was 172lb (78kg) and 17 per cent body fat. 'Now he weighs 160lb [72.5kg] with ten per cent fat. It's been a real transformation.'

The trainer started with a nutrition overhaul. 'His changes were 70 per cent diet-related.

Too many hamburgers! Now I tell him he can have the occasional cheat day as long as he watches portion size the rest of the time.'

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

One-leg pistol squat

Sets **3-5** Reps **5 each side**

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

One-arm snatch

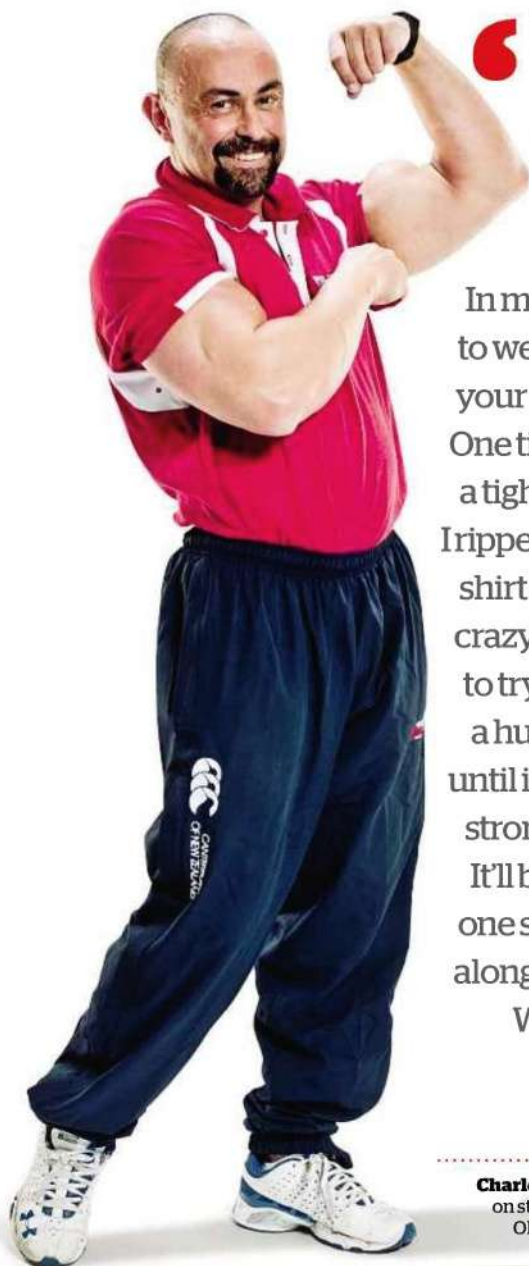
Sets **5-10** Reps **8 each side**

Hold a dumb-bell or kettlebell in one hand and set up as you would to perform a deadlift, with feet about hip-width apart and your lower back in its natural arch. Straighten up explosively and pull the dumb-bell up in front of you to chest height. Now quickly flip your wrist up to face the ceiling and extend your arm straight overhead.

Turkish get-up

Sets **3** Reps **3-5**

Hold a dumb-bell or kettlebell in one hand and lie on the floor with your back flat. Extend the weight straight over your head. Get up, keeping the handle of the weight horizontal and over your head the entire time. Switch the arm that holds the weight with each set.

Muscle expert **Charles Poliquin**

Do you want bigger arms? Of course you do - that's why you picked up this magazine.

In my gym, you're not allowed to wear sleeveless shirts unless your arms are 18 inches in girth. One time, a guy came in wearing a tight, sleeveless training shirt. I ripped it off and gave him an XXL shirt - with sleeves - to wear. It's crazy that guys wear tight shirts to try to look and feel big. Wear a huge shirt and build muscle until it fits. If you want bigger and stronger arms, try this session. It'll blitz your arms, so only do one session every three weeks, alongside your normal training.

What size are my arms?

They're 18½ inches.

Thanks for asking.

Charles Poliquin is the world's leading authority on strength and conditioning, and has trained Olympic medallists in 18 different sports.

POLIQVIN'S BIG ARM MOVES

The 100 Reps Method

'The goal is to perform 100 reps in as few sets as possible.'

Ideally this session is done with a partner because you rest while they are working and vice versa to limit recovery times. If not, rest only for the same time your set lasted. Start by selecting your 20-rep max weight. Start lifting and perform as many reps as you can before failure. After rest, start another set and continue until you reach 100 reps. This may take as many as 10 sets initially. Once you can complete all 100 within four sets, increase the weight between five and seven per cent.'



Q I'm a hard gainer and struggle to put on muscle. What can I do?

A You can man up for starters. There's no such thing as a hard gainer, but it can become a self-fulfilling prophecy. If you're not concentrating on the moves, you won't make gains, so go back to basics. Your workout should last no longer than an hour - any longer and you're building friendships, not muscle. And avoid all distractions. I see people all the time chatting, or on their phones or reading a paper. You're there to train. There's

a gym in Sydney, Australia, where the only talking allowed is to call the reps when spotting. That's a nice place to work out.

Q What is the most overlooked part of most men's workouts?

A Recovery. Training is yang, recovery is yin. And I mean proper recovery, not surfing online for the latest news and sample workouts, which will send your cortisol levels soaring because you become convinced you're missing out on something. When planning a programme, factor in fun activities and remember there is more

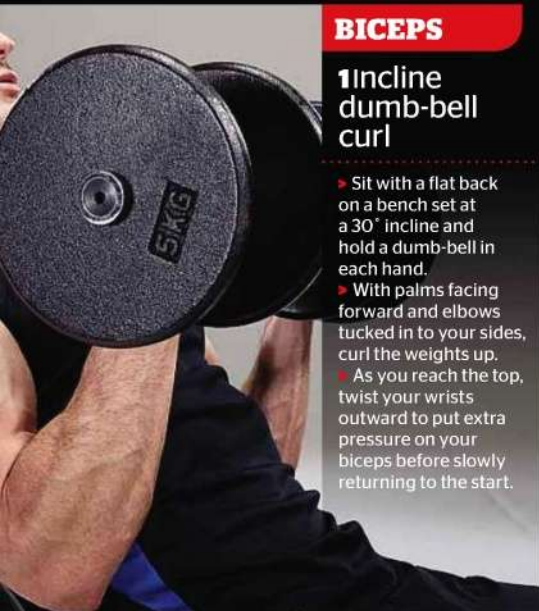


Q+A Ask Poliquin

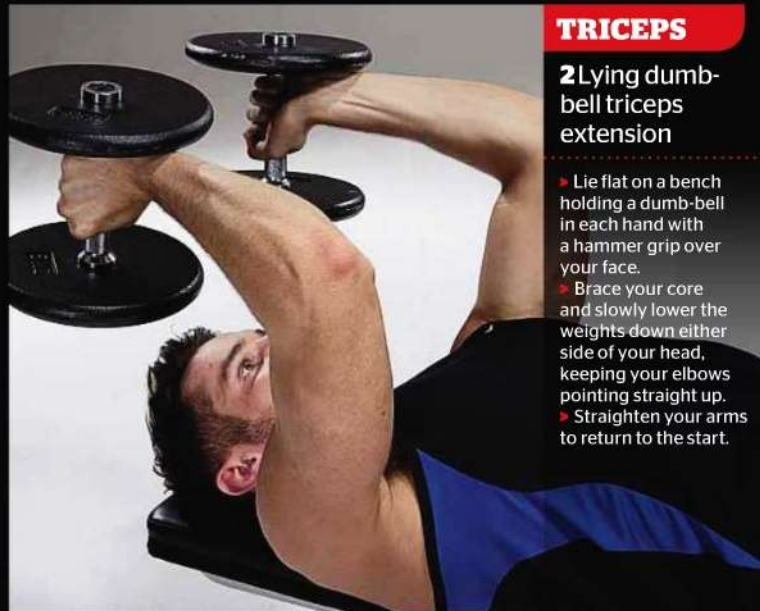
Got a question for our muscle expert?
Email mfexperts@dennis.co.uk



For more workout tips from Charles Poliquin go to mensfitness.co.uk/links/preacherman

**BICEPS****1 Incline dumb-bell curl**

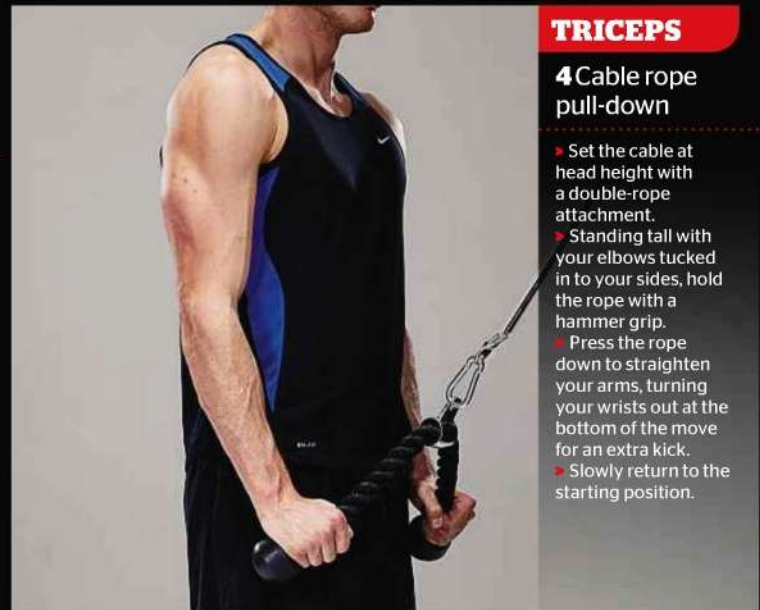
- Sit with a flat back on a bench set at a 30° incline and hold a dumb-bell in each hand.
- With palms facing forward and elbows tucked in to your sides, curl the weights up.
- As you reach the top, twist your wrists outward to put extra pressure on your biceps before slowly returning to the start.

**TRICEPS****2 Lying dumb-bell triceps extension**

- Lie flat on a bench holding a dumb-bell in each hand with a hammer grip over your face.
- Brace your core and slowly lower the weights down either side of your head, keeping your elbows pointing straight up.
- Straighten your arms to return to the start.

**BICEPS****3 EZ-bar standing close-grip reverse curl**

- Stand tall with your shoulders back, core braced and elbows tucked in to your sides.
- Grip the bar with a palms-down grip at the first central bend of the bar.
- Curl the bar up into your chest before lowering slowly and under control.

**TRICEPS****4 Cable rope pull-down**

- Set the cable at head height with a double-rope attachment.
- Standing tall with your elbows tucked in to your sides, hold the rope with a hammer grip.
- Press the rope down to straighten your arms, turning your wrists out at the bottom of the move for an extra kick.
- Slowly return to the starting position.

to life than training. Massage is one of my favourite growth accelerators. As with training, variety is important with massage. Experiment with different types and therapists. Not convinced? Doesn't matter - try it anyway. You'll thank me in the end.

Q I'm busy at work so mealtimes can be all over the place. What can I do to assist muscle maintenance?

A Keep a secret jar of high-calorie



snacks. I have a jar full of nuts and dried fruits at the office. If my feeding times get delayed, I take two handfuls from the premixed jar to keep my blood sugar constant. It contains apricots, blueberries, raisins, figs, cherries, mango, pistachios, cashews, walnuts, dates, pecans, brazil nuts, hazelnuts, macadamias, and pumpkin and sesame seeds. Besides a load of quality calories, I'm also getting valuable nutrients, such as selenium from the brazil nuts, magnesium from the cashews and antioxidants from the dried fruits.

**BUILD A BIG CHEST**

Next month Poliquin reveals how you can get pecs to be proud of

Reader offer Charles Poliquin is offering *Men's Fitness* readers an exclusive 20 per cent discount in his EU online store. Go to CharlesPoliquin.com and click Shop Online. Enter MF20 at the checkout.



Cardio expert **Tim Don**

‘ If you want to get fitter and faster there’s no reason you can’t coach yourself. All you need is a little planning.

When it’s cold and dark outside, it’s tough to picture the hot sun and blue skies that are the backdrop to the racing season. But every good coach knows that “winter miles equals summer smiles”. So whether you’re keen to start racing for the first time, want to try out new events or smash up your old PBs, now’s the time to start training so you’re in the best possible shape come race season. And that means that you need to start planning. It’s the least glamorous part of training but it’s the most important.

Tim Don is an Olympic triathlete and was the 2006 ITU triathlon world champion

BE YOUR OWN COACH

Follow these simple steps to get your training right

Work backwards

There are many ways to plan your training programme but only one is right. Pick the event you want to do and work backwards from it. But be smart with your choice and select a race that fits in with what else is going on in your life at that time. Realistically, it’s no good doing one that falls right before you have a big project to finish at work or right after the end of your two-week holiday, because you’re unlikely to be at your best.

Have a goal

Want to go under 40min for a 10K run even though your best effort to date is 41min? Taking a whole minute off a PB is huge and it won’t happen overnight, or even after a few months. But take a second off your best time each week – which is certainly achievable if you train smart – then this time next year you’ll be within spitting distance of your goal. The lesson? Improve a little every week and before too long it’s a very big improvement.

Find your weaknesses...

To get fitter and faster you must correct your flaws. It’s easy to keep doing what you’re good at: you’ll end every session feeling great but working on your weakness delivers far better results. It’s hard evaluating yourself, so ask a mate

Q I’m struggling for motivation now it’s always dark outside. How can I buoy myself up?

A Training with a mate is a great way to stay competitive, helping you get fitter, faster and stay motivated. Or join a sports club, so you’ll be surrounded by keen swimmers, cyclists or runners. You’ll not only meet like-minded athletes who you can learn from but you also won’t have to worry about planning the session because someone will have done it already.



Q What drills can I do in the gym to improve my cycling power?

A I love single-leg drills. Using one leg at a time improves your cycling efficiency, helping to eliminate any ‘deadspots’ in your cadence, because each leg has to do all the work for at least some of the time. The drill (below) works those small, stabilising muscles in each leg that are often overlooked during normal cycling.

- Warm up for 10min
- 30sec right leg only
- 30sec both legs
- 30sec left leg only
- Repeat this 10 times
- Warm down with 10min easy spin

Q+A

Ask Don

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



Looking for a marathon training plan? Go to mensfitness.co.uk/links/maraplan



to film you in the water, or while running or cycling. You can do it on a cameraphone. You may think your technique is perfect but it's only when you watch yourself that you see what's actually going on.

...then address them

Always get overtaken on hills? Focus more on hill running or cycling. Go up it hard before easing back down and repeating to get build the power you need to blitz the climbs. Losing time at the start of a swim? Start at the deep end of your pool and practise swimming from a dead start without pushing off from the walls. Getting better at something you've always struggled with is the best motivation to keep on improving.

Think ahead

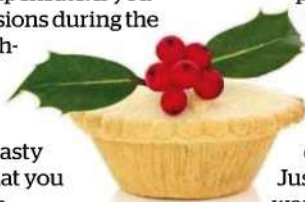
Spend five minutes on a Sunday planning the next week's training. Analyse the past seven days: what went well and what didn't? Structure the next week around what you need to improve. Ask yourself a few questions before every session. What do I want to achieve today? How am I going to achieve this? What do I want to take away from it?

Book it in

Pre-arrange training sessions just as you do with meetings at work and hanging out with mates. Noting training sessions in your diary keeps them in your mind and means you're more likely to stick to them. Make the most of lunchtimes and weekends, and take advantage of gym classes. Spinning classes are great for a quick but hardcore cycle session, because you can push yourself as hard as you want and get the added motivational benefits of training within a group.

Q How can I stay in decent nick over the festive season?

A Over Christmas the chances are you won't be training as much or sticking to the right nutrition, so you need to train that bit harder the week before and the week after to overcompensate. If you can manage a few sessions during the holidays, do short, high-intensity sessions. Don't beat yourself up for enjoying a few drinks and some tasty grub but remember that you get out what you put in.



Q There's a big race I have my eye on next year but there are also a few over the winter. Should I enter these or focus on the main event?

A Definitely enter those races - treat them as part of the bigger training picture. Use them to work on a aspects of your race that you need to improve. Treat a duathlon as an brick session or to work on your transition speed, or pick a race that doubles as a tough hill session. Just keep in mind that you don't want to be peaking too soon.

NEXT MONTH

Tim Don reveals his top tips to beat boredom in training





Fight expert **Ross Pearson**

Getting stronger is important, but it's difficult to do when you're training for a fight. That's why I always focus on heavy lifts at the start of my training camp.

I know that I'll lose some of the strength that I've gained as I focus more on technique closer to the fight, so I try to get strong enough so that I can lose some and it won't matter. So I'll do squats and bench presses, or dips and pull-ups with extra weight - it doesn't really matter as long as it's heavy. I always write down my personal bests so I can try to beat them. After a few weeks of that I'll have built a great base of strength for the rest of my training.

Ross Pearson was the Ultimate Fighter season nine winner, and has a professional record of 11 wins and 4 losses.

GET FIGHT STRENGTH

Pearson's strength and conditioning coach Barry Gibson explains how he gets in fight shape

'Over the next six issues, we'll take you through a programme designed to mimic a fighter's training. First up this month is building up your strength, which is an essential starting point because it gives you a base for the rest of your training. Over future issues, we'll show you how to make that strength more sport-specific by turning it into explosive power, as well as providing a series of conditioning workouts that mean you'll never get tired during the match - whatever your sport.'



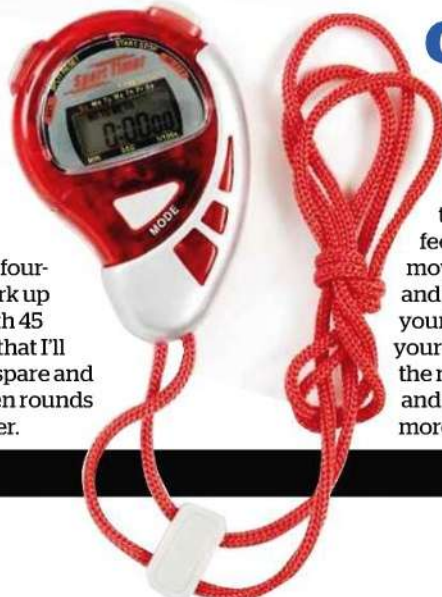
Q+A

Ask Pearson

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

Q If I'm doing five-minute rounds in a fight, is that what I should do in training?

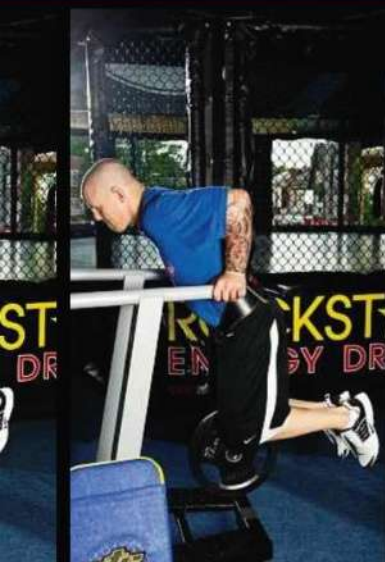
A It depends what point you're at in your training. I'll start my camp by doing three- or four-minute rounds, then work up to six-minute rounds with 45 seconds' rest. If I can do that I'll know I've got energy to spare and the minute's rest between rounds in the fight will feel longer.



Q What's the quickest way to get a harder punch?

A Work on your technique. Get yourself a good coach who can teach you to get your feet in the right place, move your hips properly and get your body behind your punches. Improving your technique will make the movements natural and fast. Bench pressing more isn't going to help.

1 Weighted dip



'Make this classic bodyweight move harder by adding weight. If you haven't got a belt, hold a dumb-bell between crossed ankles. If you can't manage extra weight, do bodyweight dips.'

- Start with your arms straight, then lower yourself until your upper arms are parallel to the floor.
- Push back up until your elbows are locked out. Leaning forward will work your chest harder, while staying upright will work your triceps.

2 Clinch-grip pull-ups



'Ross trains his grip strength by doing pull-ups with a set of thick handles, suspended for extra instability. You can make your own by wrapping towels around your pull-up bar. By strengthening your grip you'll be able to lift heavier weights.'

- Start from a dead hang position with your arms straight. If you're using thick handles, squeeze them throughout the move.
- Pull up until your chin is above the handles (or bar). Try not to kick your legs too much.

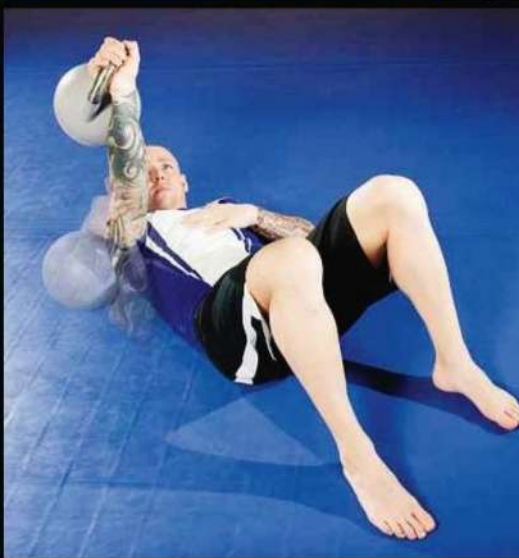
3 Zercher squat



'This squat variation teaches you to keep your knees apart and chest up while squatting but it also works a lot of the muscles you'd use when grappling with a real opponent.'

- Clasp your hands together and hold the bar in the crook of your arms.
- Squat until your thighs are parallel to the ground and drive through your heels to stand upright again.

4 Lying kettlebell press



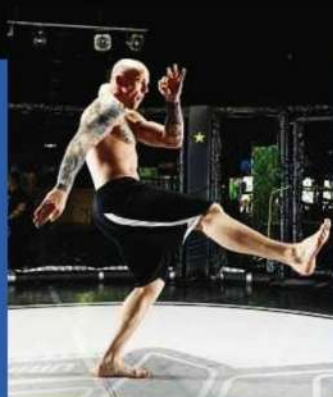
'Unlike the bench press, this move mimics the way Ross often needs to move in a real fight - pushing with one arm from a position on the ground. For non-fighters, it'll provide a much-needed change of stimulus to pectoral muscles.'

- Starting with the kettlebell in the top position, lower it until your upper arm is resting on the floor.
- Push the kettlebell overhead. Switch hands after you've done all your reps on one side.

Fight move **Right kick to knee**

Pearson is known for firing a knee at his opponents just when they least expect it. Here's how he makes a devastating impact

- I twist my hips as I throw a roundhouse kick at my opponent, aiming to connect with my shin - it's like swinging a baseball bat.
- After the kick I plant my right foot on the ground, then bring up my left knee for a high knee.
- To finish the knee I drive my hips through and up. That's where all the power comes from.



To watch video of Ross Pearson doing these strength moves go to mensfitness.co.uk/links/pearson

Nutrition expert **Dr Kevin Currell**

It's easy to use the Christmas season as an excuse to continuously graze on snacks you'd normally avoid, and it doesn't take very many events before these extra calories turn into extra weight.

But staying in shape at this time of year doesn't require a huge sacrifice. Make a few smart choices when filling your plate, and you can avoid the high-fat, high-sugar snacks on offer, and instead eat the right foods to keep your waistline in check, whether you are trying to lose weight or add muscle. Here's what you should eat - and avoid - when hitting the party buffet.

Dr Kevin Currell is a senior performance nutritionist who works with Olympic athletes at the English Institute of Sport. For more see eis2win.co.uk.

EAT SMART

How to cut the calories this Christmas



Q When losing fat or adding muscle, is training or diet more important?

A Regardless of your fitness goal, training is the most important factor in achieving it. But this doesn't mean that you can eat what you like. Good nutrition helps your body to recover and adapt from training, so it's crucial to eat the right foods in order to get your body into shape.



This means avoiding junk food and snacks that are high in fat, salt and sugar, and eating high-quality proteins and plenty of fresh veg.

Q I often run out of energy mid-session. What can I do to prevent this?

A If you have eaten a high-carb meal within the three hours before your session, then you should have enough glycogen in your body to fuel your workout. If you are struggling, a quick carb-based snack such as a bagel, muffin or banana immediately before the session will see you through. If your sessions are longer than an hour and of a high intensity, you could try energy drinks or gels.

Q+A

Ask Dr Currell

Got a question for our nutrition expert?

Email mfexperts@dennis.co.uk

**AVOID Tortilla chips**

Although they're lower in fat than regular potato crisps, tortilla chips are still high in calories, with around 450 in 100g. They're also high in salt, which can encourage you to reach for another glass of thirst-quenching, high-calorie beer.

EAT Mixed nuts

Although high in fat, nuts are full of the good kind that promotes satiety. They also provide a wealth of vitamins and minerals. Just avoid the salted or sweetened ones.

AVOID Sour cream and chive dip

A 50g serving contains about 125 calories and 13g fat, so too much dipping can quickly lead to a big intake of energy you're not going to burn off.

EAT Guacamole

Avocados have a bad rap for being high in fat but, like nuts, they have the healthy, heart-friendly kind. They also help your body store fat-soluble vitamins and are high in fibre and potassium - which helps balance your fluid levels.

AVOID Cheese twist sticks

They may look innocent enough but cheese sticks are pastries, which means they have high levels of carbs, fats and salt. Each stick packs in upwards of 120 calories, so tucking just three away is equal to a small meal.

EAT Breadsticks

Breadsticks are lower in calories than chips, crisps or pastry and - unless you dunk them in creamy dip - they're fat-free, making them a great alternative finger food.

AVOID Cocktail sausages

They may be a classic party snack, but cocktail sausages are often made with low-quality meat, which is high in saturated fats as well as salt to bring out some flavour. The protein will help to fill you up, but they are best avoided.

EAT Chicken satay sticks

The chicken will provide lean protein to make you feel full, while the peanut sauce adds healthy fats and vitamins to the mix.

Q Will training on an empty stomach help me burn more fat?

A While it's true that you will burn more fat when training on an empty stomach - you have less glycogen in your system so your body will be forced to find another energy source - it's not just the fat that sits on your belly that you'll burn. There are also fat stores in your muscles and these will get used first. That's why it can be hard to lose weight, because our bodies



are programmed to hold on to extra energy just in case we need it at a later stage. But don't despair - following a sensible diet and regular high-intensity training will result in fat loss.

Q How soon after a gym session should I eat?

A The sooner the better. Your muscles are like a sponge for an hour following exercise, so you should consume quality carbs to replace your glycogen stores, and protein to repair damaged muscles.



The number of calories in a pint of 5 per cent ABV lager

17

The number of minutes you need to run on a treadmill to burn these calories off*

* Based on an 80kg man running at 10kph

Future perfect

As our understanding of nutrition, health and exercise grows, will it become easier to get fit? We talk to the experts to find out what will happen in ten, 20 and 50 years' time

Words **Nathan Ditum** Photography **Glen Burrows**

2020

Machines will get smoother, GM foods will be enhanced and most people will get fatter

Training The traditional gym will evolve. 'Equipment is definitely here to stay,' says Nigel Wallace, director of training at health and fitness specialists Lifetime. 'It will just get a bit better, a bit more technologically advanced, more multi-functional.'

Wallace also identifies a shift towards a trend of 'niche facilities' that target specific groups. 'Ten years ago fitness was really prescriptive - "you've got to come three times a week, do three sets of whatever otherwise it's no good".' Now, he says, the key is finding routines people can maintain. 'What can you enjoy and what can you stick at? If that means doing British Military Fitness, cycling or even walking in your lunchtime, that should be built into the programme. The gym should simply be a hub of fitness and advice rather than telling people "this is what you need to do" in a very regimented way.'

This is happening already, although slowly. 'We're in that transition phase,' Wallace says. 'We've still got gyms that are quite prescriptive but you've got instructors who are more enlightened. The whole movement is going towards behaviour-change management and interviewing techniques to get the individual to say, "I want to do this".'

Nutrition We may see enhanced food on a wide scale. 'We'll see a trend towards genetically modified foods

which have certain health-giving properties,' says Lifetime personal trainer Ben Jones. 'The technology is available now for artificial vitamins and minerals to be added to food. It's already just about possible to make crops with higher protein quantities or a sweeter taste and fewer calories. There just needs to be a demand for it.'

Unfortunately, in the short term, the obesity problem is going to get worse. Higher levels of education surrounding nutrition are required alongside tighter rules on food labelling for cheaper, less healthy food. 'We need better regulation and better signposting,' says Wallace. 'A lot of the time, low fat means high sugar. Most people don't take the time to read the labels and understand how much sodium they need and everything else. They literally need red, amber and green.'

Health It isn't just attitudes to food that will cause health problems. Approaches to general health here will be dominated by declining levels of fitness in the general population.

Oxford University research suggests that if current trends continue, by 2020 41 per cent of adult males will be obese with a further 40 per cent overweight. Cardio fitness is also falling worldwide, with the rate of decline in the UK twice that of the global average.

'Without a national policy I don't see how we can avoid an epidemic,' says Dr Tim Swann of the Royal College of Physicians. He sees the 2012 Olympics as a potential platform for a national health drive, after years of largely ineffective government campaigns. 'There must be a legacy, and that legacy must be to increase general activity,' he says.

Kelvin Giles is even less optimistic. A high-performance specialist who's served as Great Britain national athletics coach and currently consults various sporting bodies, Giles has little hope for changing the habits of today's adults. 'It's hard to change adults but children are adaptable,' he says. 'Schools need to put the fitness back into physical education - there's too much theory and not enough practice.'

'There must be a 2012 Olympic legacy, and that legacy must be to increase general activity'





2030

Sport and medicine in harmony, refined supplements and towns that get you fit

Training 'Technology is beginning to expand the horizons of the gym,' says Wallace. 'It isn't just four walls any more.' Already, he says, personal trainers engage with their clients on a constant, rolling basis rather than traditional hour-long face-to-face sessions. 'If the client goes away on holiday, the trainer is emailing them a routine. Or you can get iPhone apps that allow exercise routines to be transferred that way.'

We're also likely to see a steady convergence of the fitness and medical industries, driven mainly by those worsening fitness statistics. Swann is a supporter of the newly recognised medical speciality SEM (sports and exercise medicine), which seeks a more cost-effective way of dealing with the growing number of GP visits caused by lack of fitness, and could eventually see a much increased use of exercise as prescription. Instead of painkillers and rest, for instance, backache could be treated with stretching and walks.

'You're going to see this closer alignment where both industries recognise the value of the other,' says Wallace, pointing to medical gyms and polyclinics, and recent restructuring within the NHS. 'With more funds going locally to GPs, these relationships will probably be built better than they have been in the past.'

Nutrition Nutritional supplements will continue to play a big part in fitness and, while there are few clues as to where the next advance may come from, the market is valuable enough to drive significant research. 'I think it'll be a while before we get another creatine - there aren't many natural substances still floating around that haven't been investigated yet,' says Jones, predicting a steady supply of 'new versions of what's already there'

to the market. 'But just look at the millions and millions that are spent on supplements that exist already. If something were to appear that had a similar or better effect, people would be very keen to get hold of it.'

One area from which such a substance could emerge is research into phytochemicals - compounds found in fruit and vegetables that are known to have health benefits. Some phytochemicals lower cholesterol, for instance, while others help prevent cell conversion from healthy to cancerous. More than 3,000 compounds have been identified, and a huge amount of research is needed before potential benefits and limitations can be established, but over the next two decades it's likely something will emerge.

Jones says much the same about research into hormones. 'They've been trying for a long time to perfect anabolic steroids that don't have

promoting physical activity. Wallace sees changes being made to the way the world is designed around us. 'The major change that needs to happen is town planning,' he says. 'The streets need to be safer. There needs to be better street lighting. That alone would help people feel more comfortable going out and exercising at night, which is often when they have free time.'

This kind of thinking can go 'right the way through to design of buildings', according to Wallace. 'If you go into an office building, the lifts are easy to find, the stairs aren't,' he says. 'Some planning is now moving it the other way, so the stairs are really easy to find but you have to look for the lifts. Because if the stairs are immediately apparent, it's amazing - people just start walking up them.'

Giles remains unconvinced by this gentle approach. 'Rather than

'Rather than dangle carrots, it would be more advantageous to raise the cost of not exercising'

antigenic [ie don't interfere with the immune system] effects,' he says. 'But there are so many anabolic hormones and so on that there's potential something will be found. I always advise people not to mess around with hormones - they are perfectly balanced in your body for a reason. But there are always people who want to improve performance irrespective of the potential health hazards.'

Health Considering 'soft' approaches to the global fitness slide have mostly proven ineffective, in 20 years we're likely to see increasingly visible methods of

dangle carrots to try to encourage a lost generation it would be more advantageous to raise the cost of not exercising,' he says. 'There must be consequences that have an impact on the individual. You don't want to exercise? You want to continue to smoke or binge drink? Fine - carry on. But when you want the emergency services they won't be there, or you'll get a compulsory bill from the paramedics. Fifty-six per cent of all workplace absenteeism is due to muscular-skeletal disorders. It ends up costing us all because the individual chooses to neglect the one asset everyone was born with - their body.'

2060

Virtual sports will be real, foods will contain cures and internal monitors will save lives

Training Technology is likely to dominate our training through what Jones calls 'non-facility-based exercise' – the ability to work out wherever we are, thanks to an always-connected online world. Jones expects to see 'virtual clubs and technology that fits in your clothing'. In fact, with expected advances in nanotechnology, it's easy to see these no longer being stitched into our clothing but into our bodies themselves.

Constant connectedness and exponentially improved broadband speeds may also lead to virtual sports becoming a reality. Devices such as the Wii, PlayStation Move and Xbox 360 Kinect already

between health, diet, and genomics that will eventually lead to evidence-based dietary intervention strategies for restoring health and fitness and for preventing diet-related disease'.

So what does that mean? 'Suppose your predisposition to type II diabetes has been linked to the defective genetic regulation of several proteins,' says dietician Brigitte Harton. 'Knowing that this occurs in 30-40 per cent of the population, a food company decides to produce a breakfast cereal enhanced with the proteins involved and specifically markets it to individuals afflicted with this condition.' Now imagine the

'We'll have tiny computers and sensors that constantly regulate and monitor the body'

allow players to engage remotely in physical competition with each other. 'I can imagine the development of upmarket fitness gaming centres where you can work out through playing games with other people,' says Linden Dale-Gandar, a research analyst at health sector consultants Synergia. He imagines 'running races together, two people playing on a virtual football team – all without needing to bring any equipment'.

Above all, we will see a convergence of general health and fitness through technology. 'Once the technology is there, we will have products customised to the individual,' says Dr Keith Hanna of the International Sports Engineering Association, alluding to a time when 'individual health diagnosis, immediate feedback, exercise programmes and medical prescriptions are linked together'.

Nutrition The mapping of the human genome was completed in 2003 and our understanding of human genetics is growing all the time. One area which could eventually become hugely important is 'nutrigenomics', described by pioneering doctor Michael Müller as 'the junction

genetic research and enhanced foods are targeted at athletes with specific training goals – a way of identifying and servicing your nutritional needs with unprecedented efficiency.

Health In their study *Better Humans?*, James Wilsdon and Paul Miller write about 'a new set of possibilities for enhancement' and that 'advances in biotechnology, neuroscience, computing, pharmacology and nanotechnology mean we are in the early stages of a new period of human technological potential'.

What does that mean for general health? Hanna has some ideas. 'We will have computers with the power of the human brain but as small as a grain of rice,' he predicts. 'Potentially we will be embedding them in ourselves. Nanotechnology will have a huge range of micro applications – tiny computers and sensors that can constantly regulate and monitor everything in the body from diabetes to heart rates and so forth. These may resemble the monitor Dr "Bones" McCoy had in Star Trek, which could immediately diagnose blood sugars, heart rates – all types of diagnostic capabilities.' 



The Future Is Now

Can't wait? Invest in one of these bits of kit

Human ++ ▶

Dutch company Imec's Human ++ range is all about monitoring and adjusting performance in real time. Its Body Area Network is able to send information from external electrocardiogram sensors to the patient's mobile phone, from which it can be forwarded to doctors or trainers via Wi-Fi. Meanwhile, Imec's gait analysis chip (pictured) will let you know if you're heelstriking too much as you belt around the park.



RTX Glove ◀

Developed through extensive research into 'mammalian heat regulation', the Rapid Thermal Exchange (RTX) glove doesn't aim to cool your torso - which usually stays quite cool anyway - and instead focuses on the key radiator zones in the human hand, using a slight vacuum to increase blood flow and aid recovery. Currently in testing on firefighters and athletes, it's been shown to increase endurance by as much as 25 per cent.

NuMetrex Cardio shirt ▼

Part of the new breed of 'intelligent fabrics', the NuMetrex combines wicking fabric to with sensory fibres integrated directly into the material, so it acts as a heart rate monitor and vest in one. Companies such as Switzerland's Biotex are already working on versions that can monitor potassium and sodium levels and sweat PH, which should give instant feedback on athletes' physical condition.



Adidas miCoach ▲

Adidas's automated workout friend uses a stride sensor and a heart rate monitor to track your progress during exercise. The best bit? The miCoach designs the workouts for you - after you type your training goals into the website and sync the device - and gives you audio feedback tailored to your performance. It's the future, except that in the future the monitors will be nanocomputers in your spine and there'll be a real coach speaking directly to your brain.

PlayStation Move ▶

The games console motion controller that gives you one-to-one movement tracking in any direction is the precursor to the projected virtual sports industry. The newly released EA Sports Active 2 gives us an idea of what the system can do, offering a fitness regime connected to an online profile.



Thinking man's game

Toulon don't just train harder than any other rugby union side – they also train smarter. *MF* joins a mid-season session to see how the French outfit's players stay in shape

Words **Gavin Mortimer** Photography **Tom Miles**

So much for the playboys' paradise we'd been told about. *Men's Fitness* arrives on the Côte d'Azur the same day a storm rolls in from the Mediterranean, leaving the city of Toulon as battered as a front row forward's ears. But that can't dampen our enthusiasm because we've been invited to spend a day training with the Toulon rugby squad by sponsor Multipower.

Like many French clubs Toulon has developed an international flavour in the past few seasons. In 2006 the club was

bought by Mourad Boudjellal, the 50-year-old tycoon who made millions from comic books and returned to his home town to assemble some of the best talent in world rugby, as a quick glance inside the training facility proves. *MF* spies Jonny Wilkinson on the rowing machine, while England wing Paul Sackey snaps out some dumb-bell flies. Then there's New Zealand prop Carl Hayman slithering up a rope like an All Black mamba, while George Smith, capped 110 times by Australia, reps out on the chin-up bar.

Add to these the likes of Argentina centre Felipe Contepomi, South African flanker Joe van Niekerk and Scotland full-back Rory Lamont and you have the reason why one or two of the more sniffy British newspapers have dubbed Toulon rugby's answer to Real Madrid – a club for playboys, not players.

But the first person *MF* meets is the imposing figure of Toulon's performance director, Steve Walsh. 'Walshy', as he's known to one and all, does not suffer fools gladly and almost before we swap bonjours he is lecturing me on the seriousness of Toulon's training and ambitions. 'Some newspapers think that because the club's got money and because it's on the Mediterranean coast players are here only for a good time,' says Walsh in his thick Lancastrian

accent. 'Well, that's just not true. We train harder than any other club I know.'

Director general

Walsh has known a few in his time. A former rugby league front-row forward, he coached Wigan and then Leeds before his move into rugby union. After stints at Premiership clubs

Sale Sharks and Harlequins, he joined Toulon at the start of the 2009-10 season where he was reunited with his former director of rugby at Sale, Philippe Saint-André.

Walsh wasn't impressed by the fitness facilities he found so he revolutionised Toulon, designing a 40m by 12m gym filled with rowing machines, bikes, treadmills, free weights, medicine balls and a few of his own tools of the trade. There are four six-metre ropes hanging from the ceiling, a five-lane 30m running track of double thickness for

'Some people think the players are here only for a good time. That's not true. We train harder than any other club I know'



MF's Gavin (right) hangs on for dear life as scrum half Pierre Mignon tests his strength



Rugby Training

plyometric sessions, and two well-used glute-ham machines, more popular with eastern European gymnasts than UK gym chains.

Walsh's approach has been guided by the dramatic rise in players' strength, speed and bulk. Collisions are now so bone-shakingly brutal that Walsh's view is, essentially, why subject players' bodies to more punishment during the week when they will be pummelled enough at the weekend? So there are no contact sessions at Toulon during the season. Instead the onus is on short, sharp workouts that begin at 7.30am and finish by midday, leaving the players plenty of time to recuperate.

Go, Jonny, go

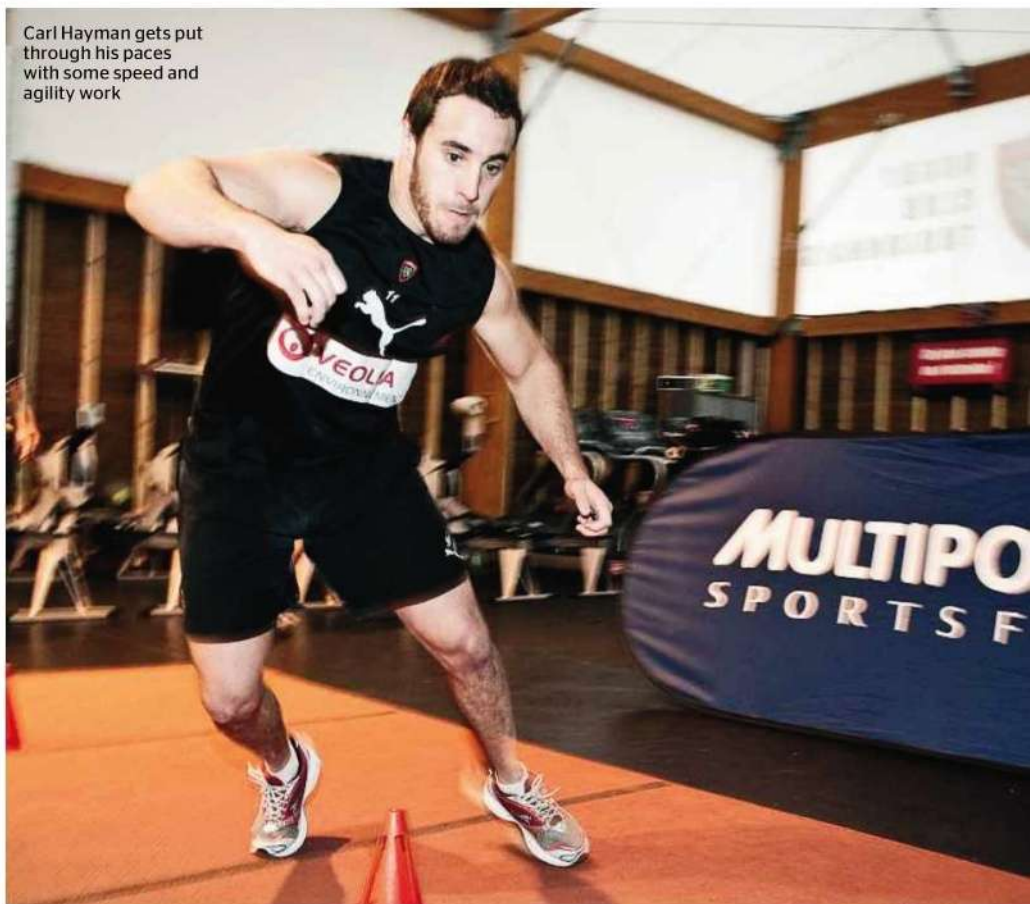
As luck would have it, Wilkinson is in the gym when we appear - mainly because the man's a self-confessed gym junkie. This is supposed to be a day off but there he is, having a sly session on the Concept2. Relative to his size, the England fly-half is one of the strongest players at Toulon, as well as one of the fittest. One of Walsh's pre-season fitness

'To play with intensity, don't take 20 minutes to get into your session and don't finish early'

tests is to have each player complete as many laps of a 400m athletics track as he can in five minutes. Wilkinson topped the charts, running almost four laps - not bad for a 31-year-old who weighs 88kg. He also fares well in one of Walsh's other challenges: the total number of metres a player can row in six bursts of 30 seconds with 30 seconds' rest between reps. Wilkinson puts in respectable distances, but the club record is held by Sonny Bill Williams, now back in New Zealand with Canterbury, who achieved 1,150m in his 180 seconds last season.

Now in his second season with Toulon, Wilkinson arrived from Newcastle Falcons bringing with him his legendary work ethic and an almost puritanical approach to rugby that ridicules the notion that he is here to soak up the playboy lifestyle of the French Riviera. 'Because we have a head coach [Saint-André] who's coached in England for many years and a fitness coach who's English, we're fairly Anglified as far as French clubs go,' says Wilkinson. 'The mentality here is one that's very much of the professional era in that it's a "train as you want to play" culture, so there's a huge amount of respect paid to fitness. For me, you don't

Carl Hayman gets put through his paces with some speed and agility work



Matthew Henjak throws a medicine ball as hard as possible against a wall



Tom May was suspicious of Toulon's training methods at first but grew to appreciate them

'You need something different otherwise it can start to feel like Groundhog Day,' he says. 'Get up, train, go home, get up, train, go home. You need things to keep you motivated and Walsh has a good understanding of that.'

May admits he wasn't too impressed initially when Walsh introduced wrestling as part of Toulon's pre-season training routine, a sport that simulates much of the close-contact nature of rugby. 'I hated the wrestling at first,' says May. 'I'd never done it before and I was terrible. I used to partner Jonny and it was hard for both of us. But now I've really got into it because I know what I'm doing. At first I thought it was all about brute force and trying to flip someone over but that's far more to it than that.'

The idea that I might train with these lads is getting less attractive by the second but any protests are swiftly overruled by Walsh, who before long has me clambering up a rope, just one exercise in the squad's chest and back routine that day. He's a great believer in bodyweight exercises, so the rope is followed by chin-ups, press-ups on dumb-bells and inverted rows using a barbell with the feet on a gym ball. There are also dumb-bell flies, bent-over rows, one-arm rows and hurling a 10kg medicine ball against the wall ten times, as hard as possible.

On the pull

Next, Walsh moves me on to some speed agility exercises with Pierre Mignoni, the scrum-half who's played 28 times for France and is recovering from a groin strain. Darting back, forth and sideways between cones, I am reassured by Walsh that I wouldn't even get a run-out carrying the team's kit. Then it's on to some plyometric leg power exercises before Mignoni and I don a harness and pull each other down the track. At 75kg Mignoni is one of the lighter players in the Toulon squad but my thighs still burn like a bonfire.

There's a break for food at 10am but

go and play on a weekend and hope you can pull it out - you have to live it day by day and that's part of the culture here. You turn up to train and if you want to play with intensity, you don't take 20 minutes to get into your session and you don't finish early.'

Falcons flight

Wilkinson has much in common with centre Tom May, his Toulon team-mate who followed him from Newcastle 18 months ago. May has played professionally for 13 years but says the training philosophy at Toulon is refreshingly innovative.

Christian Loamanu builds strength with an upper-body workout

Fotunuupule Auelua powers through a set of plank rows with a smile on his face



'Steve Walsh knows that everyone's different, that bodies are all different and that we like to train differently'

sadly bacon butties are thin on the ground - it's all protein shakes and bananas. The pause gives me time to chat to Kris Chesney, Toulon's 1.98m, 116kg English second row. Chesney spent 14 years with Saracens and admits he thought long and hard before heading south last year. 'I'd heard some horror stories about training in France,' says the 36-year-old. 'That it was just running, contact, running, contact. But at Toulon we don't do much of that in training because games are more physical over here than in the [English] Premiership.'

Although Chesney says he never shinned up a rope at Saracens, he admits his training hasn't changed drastically. 'Most of what I do is similar to what I did at Saracens - a lot of cleans and snatches, hang snatch and hang pull. I like to do three or four heavy weights sessions a week.' He would regularly squat 300kg at Saracens but since arriving at Toulon, he's lessened the load and concentrated more on range of motion.

In a sense Chesney is a contradiction. He admits he enjoys a few beers after matches, yet he's fastidious about his food. 'I'm obsessive about it,' he says. 'For breakfast I have a power shake and banana, for lunch some sliced turkey and muesli, and for dinner some chicken and maybe a little bit of pasta. If I'm playing on a Saturday then I'll have some extra carbs on Friday, and on morning of the game I'll eat a huge bowl of porridge and a poached egg.'

Chesney's sentiments are echoed by Wilkinson, who's as strict in his nutrition as he is in his training. 'Diet is a huge part of being able to do what you do in a match,' he says. 'So you can't just chuck anything down.'

Union power

Steve Walsh's five tips for on-field success

1 SLIM DOWN

'The days of the bodybuilder-player have gone in rugby and the number of kilos you carry is less important. The game is much quicker now, so shed those five extra kilos if it will make you faster.'

2 SQUAT FIRST

'Legs are everything in rugby. You can have a strong upper body but if your legs are weak you're wasting your time. If you can only work out twice a week, make sure you do some leg work.'

3 USE YOUR BODY

'Work on bodyweight exercises such as dips, chin-ups, press-ups and rope climbing for the upper body, and plyometric exercises for the legs.'

4 DON'T CHEAT

'When performing any exercise make sure you go through the full range of motion. If you do a chin-up but don't fully extend the arms on the downward phase then you're only doing half a chin-up.'

5 EAT RIGHT

'We drink protein shakes during and after training and carbs play a big part in what we eat. A lot of the boys eat junk food after a game but I turn a blind eye - as long as it's just once a week!'

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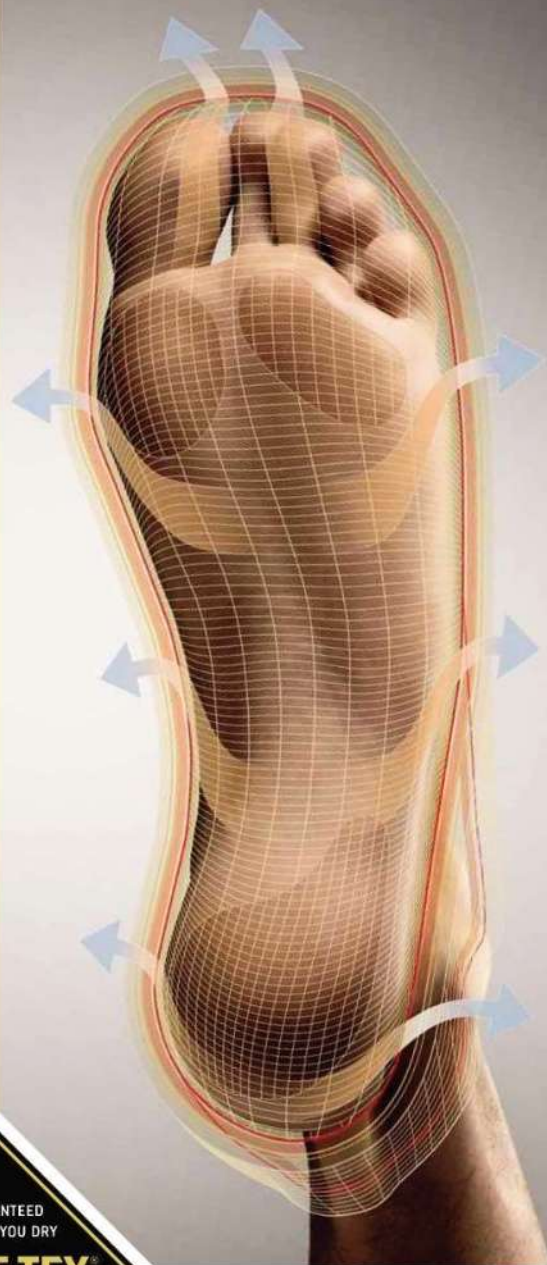


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Rugby Training

What you eat on Monday is sometimes just as important as what you eat on Saturday, three hours before the game.'

But out of earshot of the great man, Chesney reveals with a grin that even Wilkinson occasionally lets his hair down. 'Jonny can be quite reclusive but he's a real boy, enjoys a laugh, and when he does go out he has a good time.'

Collective might

Now it's on to the 'collective', when the squad comes together outside under the beady eye of Saint-André and rehearses moves for the forthcoming match. Afterwards Walsh suggests I chuck a ball around with Sackey, the winger who's scored 11 tries in 22 England caps and joined Toulon from London Wasps in the summer.

'I come from a sprinting background, so I like track work perhaps more than a lot of other wingers,' says the 30-year-old. 'Often the sessions are one on one with Walshy, starting with a gym leg workout to fire the hamstrings and then on to the track. I'll start with a couple of fives [metres], some quick-off-the-mark stuff, then do tens, and finish with fifties.'

Sackey says he enjoys Walsh's flexible philosophy on training. 'He knows everyone's different, that bodies are all different and that we like to train differently, and he



It's time for some ball work with Paul Sackey

'What you eat on Monday is just as important as what you eat on Saturday, three hours before the game'

takes that into account. There are group sessions but if there's something that makes you feel sharp, he's happy for you to do it.'

The session ends with a video, the squad watching a rerun of their most recent game, a victory over Ospreys in the Heineken Cup. Then it's lunch and the end of the day for the players. On my way out I hobble past the massage room where half a dozen players are having their weary muscles unknotted. I ask if there's room for a little one, only to be turned away with a friendly 'non'. If

Toulon's upper-body workout

MF was put through this strenuous Steve Walsh routine designed to build rugby strength

 Sets 5 Reps 1 Rope climb With the rope between your thighs, curled around your calf and clamped between your feet, use your arms to haul yourself up.	 Sets 3 Reps 8 Chin-up Use an underhand grip and pull up until your chin is over the bar, then lower slowly to the start without swinging.	 Sets 3 Reps 10 Press-up on dumbbells Using this variation allows you to go lower on the down movement and makes you work harder to stabilise yourself.	 Sets 3 Reps 10 Inverted row with feet on gym ball Keeping your body straight, pull your chest up to the bar.
 Sets 3 Reps 10 Dumb-bell flye Lower the dumb-bells in an arc out to the sides as far as is comfortable.	 Sets 3 Reps 8 Bent-over row Keeping your back straight and bending at the hips, pull the bar up to your sternum.	 Sets 3 Reps 8 each side One-arm row Let the weight hang straight down from your shoulder, then pull it up to your side.	 Sets 3 Reps 5 Medicine ball throw Use both hands to throw the ball away strongly, then catch it as it bounces back.



Read our exclusive interview with Toulon star Jonny Wilkinson at mensfitness.co.uk/links/heresjonny

Illustrations: Sudden Impact Photography: Getty



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THE NEW RULES O

We've cut through the fog of food myths to bring you the rules that matter when deciding what's best to put on your plate

Words Joel Snape Photography Danny Bird

What you eat is every bit as important to your fitness as what you do in the gym. But every week different fad diets and scare stories hit the news, making it impossible to work out which bits of advice are right. It's easy to justify bad choices - after all, scientists and nutritionists are constantly changing their minds, right? Wrong. Those in the know agree on what you should be putting in your mouth - and what's more, it's much simpler than you'd expect. Here, we've distilled that collective wisdom into seven rules simple enough to scribble on a postcard. Memorise them, take them shopping or stick them on the fridge - and tuck in.

'The fundamental problem with starchy carbohydrates is they cause brisk and sustained rises in blood sugar'

FFOOD



Green is good

We're starting with this because it could define how you think about the rest of your diet: there's no such thing as too much veg. 'If you're talking about vegetables grown above ground, it's almost impossible to eat too many,' says registered nutritionist Jamie Richards. 'Whatever else you're eating, your plate should be about half full of them.'

The Food Standards Agency's 'eatwell plate', which has replaced the traditional food pyramid as the government-endorsed illustration of what to eat, suggests that roughly a third of your diet should come from fruit and veg. But it also suggests that another third should be made up of 'bread, rice, potatoes and other starchy foods'. This is ridiculous, according to Dr John Briffa, author of *Waist Disposal: The Ultimate Fat Loss Manual For Men*.

'The fundamental problem with starchy carbohydrates is they cause brisk and sustained rises in blood sugar, which is known to provoke a slew of biochemical imbalances that predispose you to weight gain, type 2 diabetes and so on,' he says. 'And there's nothing in them that you can't get elsewhere. If you're going to eat carbohydrate, make sure it's more nutritious carbohydrate with slower sugar release. That's pretty much every vegetable apart from the potato.'

It's also a bit of an oversimplification to put fruit and vegetables together, as the eatwell plate does. Yes, they're both good for you but they're radically different nutritionally. 'If you're getting your five a day strictly from fruit, then your blood sugar levels are going to be going crazy throughout the day from the high fructose content,' says Richards. 'I tell my clients to aim for eight to ten portions of vegetables a day, and stick to two pieces of fruit.' To put that another way, if you're being careful about what you eat you shouldn't ever be hungry, bearing in mind you'd have to eat half a kilo of asparagus to ingest the same amount of carbs as you get in a single wholemeal pitta bread.



The digested version
Make vegetables the foundation of your diet and vary them as much as you can.





Eat protein with everything

Sooner or later, you'll run into someone at the gym, office or all-you-can-eat buffet who raises an eyebrow at the amount of protein you're ingesting. Some may even tell you confidently that it can be bad for your health. Here's the truth: the only studies that have ever suggested that protein can cause kidney problems were done on people with pre-existing kidney problems. The studies showing that it's harmful to anyone else simply don't exist.

'For people with normal kidney function, it's almost impossible to overeat protein,' says Briffa. 'And protein is one of the most important components of the diet. When individuals eat a fairly protein-rich diet, they're generally less hungry, eat less and lose weight as a result. Protein is essential to the body, it's got essential amino acids in it. What's the essential part of carbohydrates? There isn't one.'

So what's the right amount? Estimates from all the way from one to four grams per kilo of bodyweight, per day, but most nutritionists agree that two grams is the minimum. As for how much you can digest at one sitting, a 2009 study from Canada's McMaster University found that increasing protein intake per meal only increased protein synthesis (ie raised the amount the body could use) up to a dose of roughly 20g - though the study focused specifically on egg proteins, so others might behave differently.

So what does this boil down to when you're making your dinner? 'I advise clients to go for a two-to-one ratio of vegetables to protein in every meal, by sight,' says Richards.



The digested version

It's almost impossible to eat too much protein, although you could easily not be getting enough. Eat it with every meal.

'When you look at naturally occurring fats, such as the ones in red meat, avocado and nuts, there seems to be no cause for concern'



Don't fear eating fat

Although most of us know that eating some fat is essential to a healthy diet, it's all too easy to make a mental connection between eating fat and getting fat, so you end up simply skipping it. Trouble is, that usually means eating something that's worse for you.

'One problem the FSA has with fat is that it's fattening, in that it's more calorific than carbohydrate or protein,' says Briffa. 'But if you're worried about your weight one of the keys is to eat foods that are genuinely satisfying because you'll eat less of them, which you'll often do with fat. You also want to avoid spikes in insulin, which is what you're going to get if you're eating carbs instead.'

There's also the issue of whether it's OK to eat saturated fat - typically demonised as a cause of high cholesterol. Thinking is shifting towards the positive. 'There have been three major reviews of the subject in the last 18 months and none of them has found any link between saturated fats and heart disease,' says Briffa. 'There's pretty good evidence that partially hydrogenated and trans fats [found in most processed foods and ready meals] are not good for your health but when you look at naturally occurring fats, such as the ones in red meat, avocado and nuts, there seems to be no cause for concern.'

'We've evolved to eat saturated fats, so it seems strange that they'd now be bad for us,' says Hannah Sutter, author of *Big Fat Lies: Is Your Government Making You Fat?* 'You can't say the same for grains, which have only come along in the past few thousand years.'



The digested version

Avoided partially hydrogenated fats - especially trans fats. Don't worry too much about the rest.



Start as you mean to go on

You always eat breakfast, of course, because you know it's the most important meal of the day and that skipping it slows your metabolism to a crawl. But are you still getting it wrong? You will be if you listen to the FSA's recommendation that you 'base your breakfast on bread or breakfast cereals,' and 'wash it down with some fruit juice.'

'Eating cereal for breakfast will give you low blood sugar by mid-morning, and it'll often make you hungrier in the long run,' says Briffa. 'You don't need to eat a lot to fuel the body throughout the morning but don't eat toast or cereal. Have something low-carb that's more nutritionally sustainable. Try a plain full-fat yoghurt with berries and nuts. Do some quick scrambled eggs, or some hard-boiled eggs with smoked salmon or ham, which you don't even have to cook.'

Alternatively, just see off whatever's in the kitchen. 'Last night's leftovers are one of the best thing you can eat, assuming you're eating right in the first place,' says Richards. 'A nice curry, like a dhal, is great for bulk cooking and goes perfectly with a poached egg on top.'



The digested version

Think of breakfast like any other meal: you need a blend of protein, fats and fruit or veg. Ditch the cereal today.



Calories don't count

Calories: the government wants restaurants to include them on menus, women frantically add them up in supermarkets, and plenty of people treat the amount they're shovelling in or burning off as the only thing that matters to fat loss. That isn't the case.

'Calories are a terrible indication of what a food is like and what effect it's going to have on your metabolic rate,' says Sutter. 'To say that a couple of poached eggs are the "same" as a can of Coke because they contain a similar amount of calories is ridiculous.'

Richards thinks simply counting calories makes it too easy to justify bad dietary decisions. 'I hear people say, "I eat like shit but I'll burn it off in the gym",' he says. 'They couldn't be more wrong. The more active you are, the better your nutrition needs to be.'

Arguably more important than calorie content is your food's glycaemic load, which indicates how much of a blood-sugar spike it'll give you - but manufacturers aren't required to put glycaemic load on packaging. However, says Sutter, if you've stuck with us this far that shouldn't be a problem. 'If you're steering clear of starchy food and sugar, you're avoiding foods with high GL anyway,' she says. You can also slow the absorption rate of high-GL foods by eating them with more protein-heavy foods like chicken or tuna.



The digested version
Eating nutritious food is much better than sticking rigidly to a 2,000-calorie-a-day limit that comes from toast and crisps.



Free range is the key

Just in case that bulk-value crate of cage-raised eggs is starting to look tempting, eating happy animals has better effects than simply making Hugh Fearnley-Whittingstall smile. 'Free-range chickens have a more varied diet and they obtain a lot more exercise,' says Emily Maguire, head nutritionist at golower.co.uk. 'This allows the development of more muscle and so more dark meat, which tends to contain more zinc, vitamins B, A and K, amino acids, iron, selenium and phosphorus than white meat.'

Professor Michael Crawford, of the Institute of Brain Chemistry and Human Nutrition at London Metropolitan University, conducted a study that suggests chickens need to eat grass or other green plants in order to build vital fatty acids, including omega 3s. Farm-raised salmon have also been found to contain up to eight times the level of carcinogens as their wild brethren, thanks to cramped conditions and poor-quality feed, while grass-fed cows tend to have higher levels of conjugated linoleic acid and omega 3s than those fed on grain and beef tallow. Free range is so dissimilar to cage-reared options, nutritionally, that it's basically different food.



The digested version
Eat free-range chickens and wild-caught salmon. If you can't find out where it's from, chances are the answer isn't good.

'Calories are a terrible indication of what a food is like and what effect it's going to have on your metabolic rate'

Time to get **Active**

EA SPORTS Active 2, the new Xbox Kinect title, will help you reach your fitness goals in the comfort of your living room



Imagine having a personal trainer living in a box in your lounge.

You could get into the shape of your life without leaving home. That's effectively what EA SPORTS Active 2 for Xbox 360® is.

At £79.99, it costs a fraction of what you'd pay for personal training sessions in a gym. It'll get you fit at your own pace, in your own space.

There have been plenty of fitness console titles before EA SPORTS Active 2, but none that are as innovative. EA SPORTS Active 2 creates workouts from an extensive database of exercises and heart-pumping activities, and utilises Xbox's new Kinect motion-tracking camera to follow your body movements and replicate them onscreen.

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If motivation is your biggest obstacle to getting in shape, EA SPORTS Active 2 has that covered. It offers a nine-week total-body conditioning programme, a built-in personal trainer to guide you through every move and loads of downloadable workouts in case you want to try something new.



EA SPORTS Active 2 costs £79.99 and is available for Xbox 360 from 19th November 2010.

It uses the Kinect motion sensor camera (Kinect camera not included).

Why it works

70+ exercises and activities Create customised workouts from more than 70 exercises, including classics such as squats, lunges and curls, and adrenaline-pumping activities, including mountain biking and boxing.

Built-in heart rate monitor The EA SPORTS Active 2 heart rate monitor tracks your heart rate onscreen in real time giving you constant feedback and tracking your progress over time.

Wireless full-body motion tracking The 1:1 motion tracking registers form with pinpoint accuracy. You can even incorporate your home gym equipment into Active 2 workouts.

Nine-week fitness programme Designed by personal trainers, this plan uses progressively harder workouts to keep your fitness level rocketing.



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www.easportsactive.co.uk



Eat real food

This is the key. If you do this, you'll end up following all the other rules almost by default. 'Eat food that grows out of the ground, food that had a face - food that's recognisably food,' says Briffa.

Alternatively, Sutter suggests, you could simply go caveman. 'Think like a hunter-gatherer - when you're looking at something on the shelf, ask yourself if it would have existed 5,000 years ago,' she says. 'If the answer's no, it probably isn't anything that you should be eating.'

You may find it easier to stick to the outer aisles of the supermarket, which is where all the fresh produce is usually kept for ease of transportation, and away from the interior where everything's canned, processed or packed full of preservatives. Avoid things containing preservatives that you can't spell or ingredients you wouldn't keep in the kitchen. Eat things that will rot eventually, so that you know they're fresh. And try to enjoy it. **MF**



The digested version
Eat food, not products pretending to be food.

**'Stick to the outer aisles
of the supermarket,
which is where all
the fresh produce is
usually kept'**



HEARTRIDE 60/30/15

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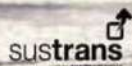
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THE SHAPE OF THINGS TO COME

In a remote laboratory in the Netherlands lies the future of personal training. *MF*'s Joel Snape comes face to face with his skinless avatar to see his own muscles working in real time

Photography **Mark Eilbeck**

In a military base on the outskirts of the Dutch city of Utrecht, there's a small building housing the missing link between cutting-edge sports science and James Cameron's *Avatar*. Here the system is being used to rehabilitate injured soldiers and members of the Dutch national football team - in the future it could be a mainstay of every upmarket gym and hospital. The Military Rehabilitation Centre in Doorn is one of fewer than 20 places in the world to house the Human Body Model (HBM) system. This is why I'm standing on a mobile platform wearing a skin-tight black suit and 47 tiny silver balls.

It all starts with corpses. The problem with traditional ways of measuring muscle activation is that they're limited to the muscles you can reach on a living, moving human. The most common, electromyography (EMG), uses a series of pads to measure electrical activation in the muscles just below the skin, which provides a rough guide to how much force they're trying to exert during a specific exercise. It's helpful, but can't be used to assess everything.

To get around this, the HBM system developers dissected cadavers, measuring muscle lengths, cross-sections and insertion points to get an accurate

depiction of what's going on in deep-lying muscles such as the internal obliques. The researchers could then use recorded motion - alongside some ferociously complicated mathematical modelling - to work out exactly which muscles were being activated in any given movement.

'What we've added to the mathematical models is some beautiful visualisation techniques,'

'It's easy to foresee a future in which a trainer can simply put you in the suit and watch you correct yourself'

explains Dr Frans Steenbrink, who completed a PhD in shoulder rehabilitation-focused osteopathy before accepting a job with Motek Medical, the company who make the HBM and its applications. 'The best part is the instantaneous feedback the user gets.'

Suits you

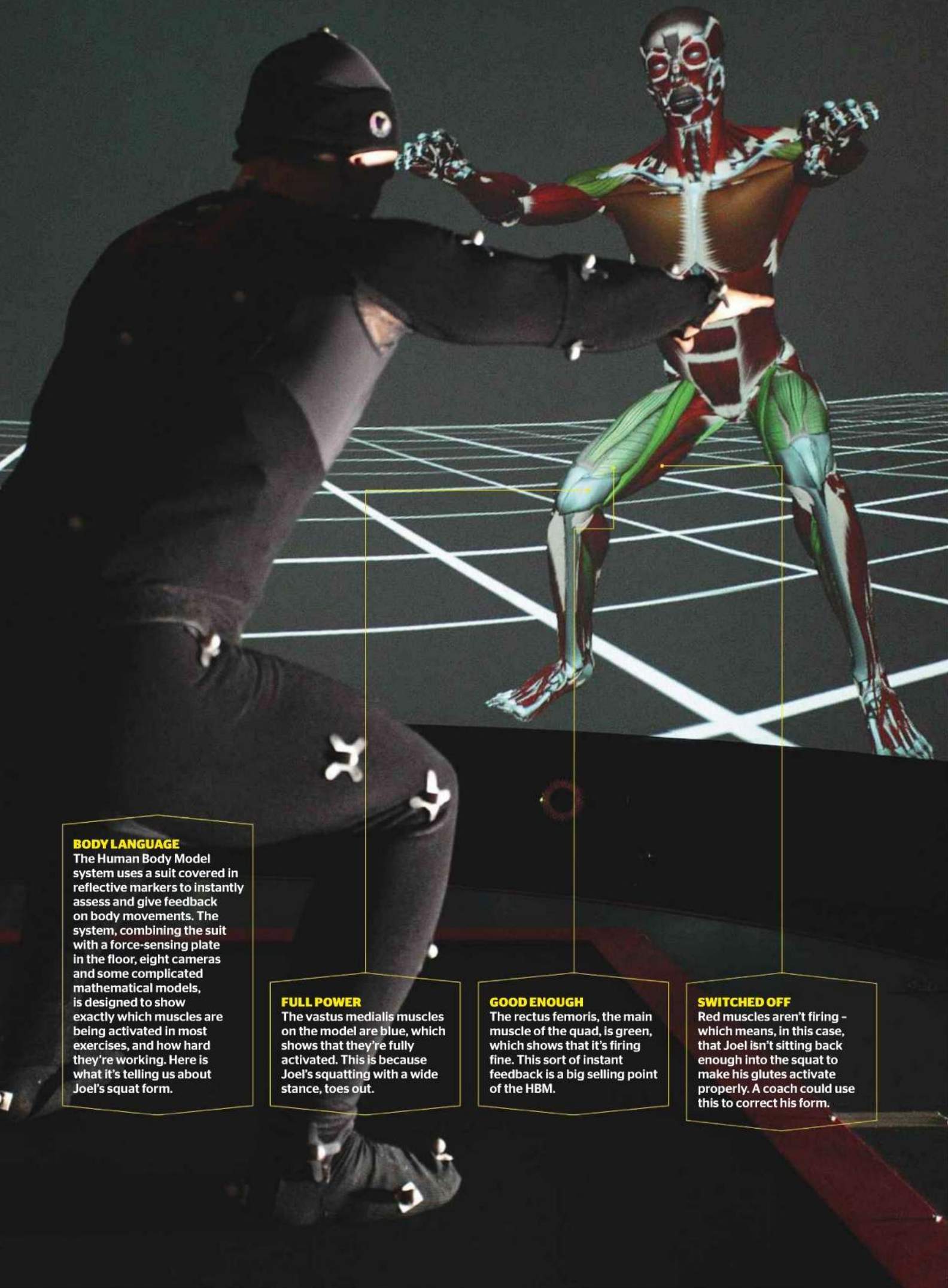
The motion capture technology used by the HBM is similar to the set up used for videogames and CG-heavy films such as *King Kong*. Those silver balls - actually reflective markers - are put at anatomical axes like the hip or knee joint. While I move, infrared strobe

lights help eight cameras track the markers and calculate in real time what I'm doing. I wave, stand on one leg and scratch an armpit, and the muscled on-screen skeleton in front of me does the same.

Combined with a force plate underneath my feet, which senses how much pressure I'm putting on the floor, the system perceives exactly what's going on during certain exercises. It's superficially

similar to videogame equipment such as Xbox's Kinect but much more sensitive to tiny movements. Where existing technology can't distinguish the finer points of a movement, the HBM reflects exactly what you're doing.

Take the squat, a staple gym move that many people get wrong. As I drop into the exercise, my hamstrings and quads go from 'resting' red through various shades of green, to show they're being activated. My glutes, however, aren't firing like they should be, so I concentrate on keeping my weight on my heels and driving my hips back until they're shining like a set

**BODY LANGUAGE**

The Human Body Model system uses a suit covered in reflective markers to instantly assess and give feedback on body movements. The system, combining the suit with a force-sensing plate in the floor, eight cameras and some complicated mathematical models, is designed to show exactly which muscles are being activated in most exercises, and how hard they're working. Here is what it's telling us about Joel's squat form.

FULL POWER

The vastus medialis muscles on the model are blue, which shows that they're fully activated. This is because Joel's squatting with a wide stance, toes out.

GOOD ENOUGH

The rectus femoris, the main muscle of the quad, is green, which shows that it's firing fine. This sort of instant feedback is a big selling point of the HBM.

SWITCHED OFF

Red muscles aren't firing - which means, in this case, that Joel isn't sitting back enough into the squat to make his glutes activate properly. A coach could use this to correct his form.

Training Advances

of traffic lights. It's a simple adjustment but difficult for even a good personal trainer to explain and enforce, and even harder to stick to when you train alone.

On the HBM system though, if every rep isn't perfect, you're given instant, visual feedback, which reinforces the movement pattern you're aiming for. I run through a lunge, side lunge and single-leg squat. Only the last one manages to fox the HBM but that's because I'm not positioned in the centre of the force plate. The system's currently limited to sensing acceleration and ground force. Steenbrink stresses there's nothing to stop it from being used alongside existing technology (such as EMG) to make it more comprehensive and accurate.

Ultra efficient

The HBM system can also identify technical inefficiencies or 'wasted' muscle forces in specific sports moves, as well as muscle imbalances and dangerous joint loads in certain motions. Arsenal forward Robin van Persie and legendary former Holland striker Marco van Basten have already dropped into the Doorn Centre to analyse their kicking. 'We designed a game where they'd kick at balls but would get a warning if they went outside the optimal range of motion,' says Steenbrink. 'We could also design a game that would tell them when they're in danger of aggravating an existing injury through poor form.'

MF's Joel gets wrapped up in state-of-the-art fitness technology



In the future, the system could compare your movement with an 'ideal' motion in your chosen sport - think Mike Tyson's left hook or Tiger Woods's swing. 'Analysing the movement is made quite easy,' says Steenbrink. 'The difficult part is making a game that says, "Now you're doing the right thing, now you're doing the wrong thing".' Researchers, trainers or rehab specialists can make their own software via a simple drag-and-drop interface, although so far they've largely opted to use the ready-made software provided by Motek. The company has hired videogame design graduates to put together applications.

'One of the best examples of what we can do was when I was working as a physical therapist and a guy came in with a total knee replacement, and he's not allowed to load this knee more than 50 per cent,' says

'We could design a game that would tell athletes when they're in danger of aggravating an existing injury through poor form'

Steenbrink. 'How do you give him feedback for that? Normally it would be impossible but here we've got a force plate, so we know exactly where his force is distributed. So we made a game where he could steer a ball with his body motion but only if the load on the knee was less than 50 per cent. By providing instant feedback, it makes the movement intuitive.'

Finding a balance

More advanced at the moment are the system's applications in rehabilitation, known as a computer-assisted rehab environment (CAREN). The force plate in the system I'm using doubles as a treadmill, which can be activated by the operator or set to self-adjust to the pace of the user. The whole set-up is mounted to a set of pistons similar to the ones found in training-grade flight simulators, so the platform can tilt and move with precision. The set-up is currently being used to help wounded soldiers and amputees re-learn to balance themselves, with various options available depending on how their treatment's progressing.

At the most basic level, it can keep the patient's balance for them. More advanced patients can try simulations like the 'boat', which tasks them with 'steering' a virtual vessel from side to side while keeping their balance as the platform mimics choppy seas. I try it and find it's surprisingly realistic, with the on-screen waves co-ordinated with the movements of the boat. I clock in a 4min 32sec



HOW IT WORKS

Analysing the Human Body Model

Three projectors combine to produce a wraparound image that covers 180° of the user's vision - other models offer a full 360°.

The onscreen skeleton matches the user's movements and changes colour (as seen on p59) to show muscular activation.

The user wears a dark bodysuit covered in reflective 'markers'. For rehab applications, only two markers on the shoulders are necessary.

The platform is based on flight simulator technology and can be tilted up to 18°. A harness stops the user from wandering into the surrounding area, known as the 'pit'.

Eight cameras use infrared strobes to capture the location of each marker in real time.

The force plate doubles as a treadmill, which can be worked by the operator, or set to match the user's pace.

Operators can rotate or zoom in on the model to focus on specific areas of the body or manually adjust the platform.

Training Advances

run around the on-screen markers - the record is 1min 31sec.

Other apps offer more difficult experiences, or ones tailored to specific physical problems. 'Tight rope' challenges users to walk along a narrow virtual rope above a canyon, with the self-pacing treadmill set to shake as they lose their balance. Meanwhile, 'Horse' works on balance and mimicking the trot, canter or gallop of a horse - motion-captured from a real animal for realism - and comes with an optional saddle attachment.

Road to recovery

In the full suit, there's some evidence that CAREN can help stroke victims recover motor functions in their limbs. An optional harness keeps patients safe, so it's an extremely controlled environment to work on rehabilitation. These simulators are already being used by the US Army's Walter Reed Memorial Hospital and Canada's Ottawa Hospital. Larger systems offer 360° wraparound screens. 'Patients really push themselves on the CAREN,' says Walter Reed medical engineer Sara Kruger.

'We know neurons work like a mirror,' says Steenbrink. 'A child might not have a movement pattern programmed into his motor neurons but he can mirror a movement from his parents. That's what we do with patients who have a stroke, so they'll do the motion on one side and the model will simulate it on both sides. We've found that that assists the process of regaining movements on the side that's not functioning properly.'

'The big plus of this system is that you can rehabilitate people quickly,' says Colonel Wim Wechtheim, who's been working closely with the CAREN system at the Doorn Centre. 'People that had a stroke are often treated for three or four months but with CAREN, that figure can be reduced by tens of percentage points.'

Finally, there's evidence that the wraparound screen alone can offer a safe environment for patients with issues other than balance or co-ordination. The 'City' app was designed as a form of gait analysis, allowing users to wander through different

'There's some evidence that the full suit can help stroke victims recover motor functions in their limbs'

TALK TO THE HANDS

Can't afford an HBM? Here are some accessible movement recognition options



KINECT

Microsoft's answer to the Nintendo Wii doesn't require a controller at all - instead, Xbox 360 players simply hook up a video camera and infrared sensor to track their flailing arms as they play games set to include javelin throwing, kickboxing and football. Naturally, it is rather less precise than the HBM.



Wii BALANCE BOARD

After demand massively outstripped supply on release, things have gone a bit quiet for Nintendo's scaled-down version of the HBM force plate. Depending on how secluded your living room is, your best workout options are Punch-Out!! or Jillian Michaels' Fitness Ultimatum.



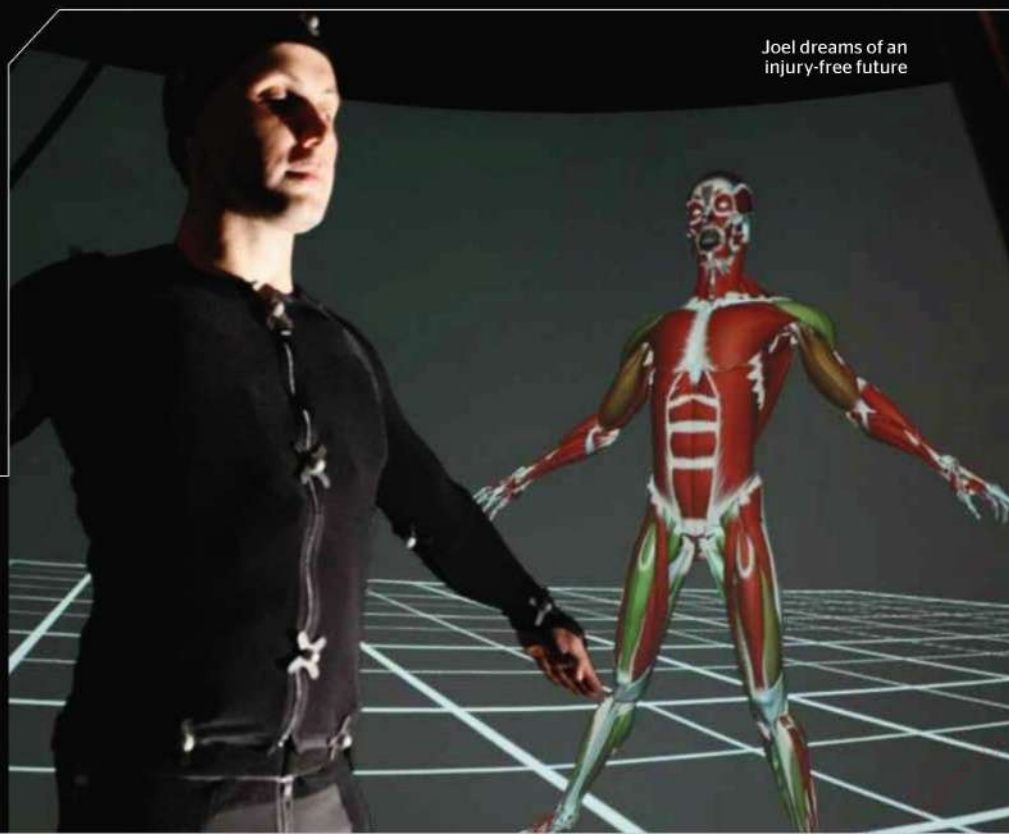
EA SPORTS ACTIVE 2

Set to be available on Wii, Xbox and PS3, EA's second 'active' game involves up to three sensors - two for the arms and one for a leg - along with a heart-rate monitor. It comes with a variety of pre-programmed, mostly squat-heavy workouts, with future spin-offs such as NFL Training Camp set to offer sport-specific drills.

virtual landscapes at their own pace. However, it's also useful for people with stress-related problems, who can start in a gentle countrified landscape and progress to a furious cityscape full of flashing lights and blaring car horns. The graphics aren't as realistic as some modern videogames but the immersive quality of the experience can't be underestimated. It's being used in a more outside-the-box way, too. 'We've had some success working with burn victims,' says Steenbrink. 'When they're having their dressings changed, we'll mimic an environment like the

north pole.' Clinical trials have shown that this can actually diminish the pain that patients experience.

The HBM and CAREN systems are military-dominated at the moment but the wider applications are obvious. One of the biggest barriers is cost - a system similar to what I'm using will currently cost £650,000 - scaled-down versions are already in development, though, and will be cheaper. It's easy to foresee a future where a trainer puts you in the suit and watches you correct yourself. 'For now,' says Steenbrink, 'we have to sell more systems.' □



Joel dreams of an injury-free future

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Portable MP3 players

When you're running, training or just killing time, which of these is best?

SanDisk Sansa Fuze+ £79

SanDisk claims that the Sansa Fuze+ is the most versatile portable media player available for under £100 and it's hard to argue, considering it supports virtually all major audio, video and photographic formats. Its well-designed interface make it gym-friendly too, and it's light enough not to weigh you down on the treadmill.

THE GOOD A solid all-rounder with great multimedia features.

THE BAD Comparatively large.

+++++ sandisk.com



Sony NWZ-W202 Walkman £49

This wireless all-in-one earphone and MP3 player provides excellent sound quality and a secure, comfortable fit. On the downside, the track and volume control - operated by a jog wheel on the right earphone - is fiddly, especially when you're on the go, while storage is limited to 2GB.

THE GOOD An innovative, minimal design with no wires.

THE BAD The controls take some getting used to.

+++++ sony.co.uk



**Best
in test**

iPod Nano £118

The latest iPod Nano has 16GB of storage and a whopping 24 hours of battery life, despite being smaller and lighter than the previous model. It works with the new Nike+ sports kit (sold separately), which includes two sensors that track your movement, allowing you to set workout playlists according to your training tempo.

THE GOOD Compact and stylish.

THE BAD It's not the cheapest.

+++++ apple.com/uk/ipod/nike



Samsung Tic Toc £39.99

Weighing a mere 12g, the Tic Toc fits comfortably in your palm and is one of the most compact MP3 players available. Its unique motion-control system allows you to skip and pause tracks by shaking it, which is ideal for switching things up with minimal hassle during a workout.

THE GOOD So small you'll forget it's there.

THE BAD Limited functions and storage space.

+++++ samsung.com/uk



Speedo Aquabeat LZR Racer £74.99

The Aquabeat is waterproof to a depth of 3m and clips on your goggles while you swim. It's clearly geared towards function rather than fashion - the design is chunky, with slightly awkward buttons - but it does an excellent job in conditions that would ruin other MP3 players.

THE GOOD You can use it while swimming - enough said.

THE BAD It's not the prettiest player.

+++++ speedo.co.uk



Greener snowboard gear

MF's guide to the best eco-conscious snowboard kit



O'Neill Freedom Jones Insulator jacket £169.99

Legendary backcountry rider Jeremy Jones is the founder of Protect Our Winters, a non-profit organisation dedicated to reversing global warming, so you'd expect his signature jacket to protect Mother Nature as well as the wearer. It features a 100 per cent recycled polyester shell and microfibre insulation that's waterproof, breathable and lightweight. oneill.com



Burton Cartel EST bindings £200

Burton's eco-initiative Green Mountain Project focuses on creating durable winterproof products from recycled materials. The Cartel EST is a case in point, using reground plastics for its baseplate and highback support to minimise waste. The binding also features a removable sensory footbed that lets you decide the amount of cushioning you want, and an EST snowboard-to-binding interface that relies on a channel in the board rather than traditional screwholes to offer you a much wider range of stance options. burton.com



Dragon Rogue ECO Powder goggles £105

These anti-fogging goggles offer excellent visibility and 100 per cent UV protection. They have impressive eco credentials too - they're part of Dragon's Environmentally Conscious Optics range, using both sustainable and recycled materials, such as old goggle polyurethane. sputniksnowboardshop.com



Vans Cirro boot £240

From its protective recycled cork footbed through to its tough, waterproof recycled shell and non-toxic water-based glue, the Cirro is an outstanding example of eco-friendly tech. It also has a heat-mouldable inner liner with adjustable pads for a customisable fit and a boa lace system with three closure points that prevents any part of the boot feeling baggy. There's also a cushioning air bubble in the outsole to protect your foot from harsh landings. snowboard-asylum.com



Salomon Sick Stick board £420

This all-mountain board is part of Salomon's GIFT (Green Initiative For Tomorrow) Project range that uses environmentally friendly construction techniques and materials. Its side walls and the sandwiching layer around the core are made of locally sourced bamboo, which provides just as much spring, flexibility and strength as traditional fibreglass and plastics with two big bonuses - it's renewable and it makes the board ten per cent lighter. extremepie.com



Volcom Woolcott beanie £15.99

The yarn used in this warm knitted Volcom beanie is 94 per cent recycled polyethylene terephthalate (PET), often used in plastic bottles. It comes in one size but no matter how large your noggin is, it's long enough to keep your ears covered even when you've got your goggles on. extremepie.com

ThirtyTwo Camp trousers £130

Right now the big thing in eco-conscious snowboard outerwear is 100 per cent recycled polyester ripstop, because it stops liquid (snow) from getting in and soaking your legs while letting water vapour (sweat) out. That's what these cargo-style pants are made of and they also have an adjustable waist, massive thigh pockets to hold all your gear and fully tapered seams for extra protection from the elements. wetndryboardsports.com

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Leave the mag lying open at this page unless you want socks again this year



1 Molton Brown The Three Musketeers gift box

Gift sets can lack character but no one could accuse Molton Brown's nine-strong range of that. Our pick has three products: Active Cassia Hair and Body Sportswash, Moisture-rich Aloe and Karite Ultrabar, and Active Cassia Body Deodorant. It comes in a cool box themed on the classic swashbuckling tome.

£42 Available nationwide

2 eShave O Stand shaving set

Most bathroom staples don't deserve a flash design. An art deco toothbrush wouldn't interest you, would it? But shaving kit is different, and this brass and nickel-plated razor and badger-hair brush combo will mark you out as a man of class. Unlike most T-shaped sets, this is O-shaped as a nod to the Bauhaus modernist design movement.

£200 nivenandjoshua.co.uk

3 Acqua di Parma Collezione Barbieri soft brush shaving cream

If you're angling for a shaving set, you may want to request this high-quality shaving cream too. When a badger-hair brush works it into your stubble, it creates a rich, thick lather. The hydrolysed wheat, protein almond oil and mallow extract will soothe your skin and guard against razor burn.

£36 Available nationwide

4 Braun Series 7-720

Your stubble doesn't stand a chance against the multi-pronged attack from the Braun Series 7: every feature has been designed to remove all evidence of a beard. The OptiFoil technology features different-sized holes for capturing all hairs, the head pivots according to the contours of your face and the PowerComb technology cuts through flat-lying hairs.

£170 Available nationwide

5 Aramis Impeccable

As the name suggests, Impeccable is designed to fit a man as well as a tailored suit and to make him feel just as confident and sophisticated. If you're wondering what self-assurance smells like, it's a blend of Moroccan cedar wood, black pepper, juniper berries and citrus zest. All you need to do now is persuade your lady to buy you an equally stylish new suit.

£45 Available at John Lewis

Get into her good books

Give these to your girl and you'll have a very merry Christmas

1 Tom Ford Black Orchid Collection

Vampish style is set to be big news in fashion and beauty. Good news if you like your women sultry and daring – who doesn't? – and this Tom Ford set is bang on trend, with a deep red nail polish, lipstick with a creamy, smooth texture and a solid perfume version of the sensual Black Orchid women's fragrance. The set comes in a slimline compact. **£90 Available nationwide**

2 Vivienne Westwood Naughty Alice

If your girl's tastes are a bit adventurous, this sexy fragrance from the grande dame of British fashion will get her positively tingling. It has a delicious mix of violet, ylang ylang and black rose, and comes in a Wonderland-esque bottle that looks like it could contain a potion, complete with a Vivienne Westwood charm bracelet. **£35 for 30ml 0800 083 6316**

3 Chanel Coco Mademoiselle Body Oil

No matter how often the lady in your life changes her mind, there's one thing that will always go down well – a bit of pampering. This luxurious oil spray, designed to be used after showering or bathing, has a gorgeous floral, oriental scent and will leave her skin feeling soft and silky. Which is no bad thing for you either. **£37 020 7493 3836**

4 Dior Minaudiere

Often, on a night out, all a woman needs is a bit of make-up – but she has to have a bag to put it in. The Minaudiere solves this problem by being styled to look like a small clutch bag. Inside you'll find three eye shadows, two lip colours and a double-ended brush. The clever design includes a protective cover to make sure the powder and lip colours don't mix. **£59 dior.com**

5 Bouton de Rose Manolo Blahnik candle from Miller Harris

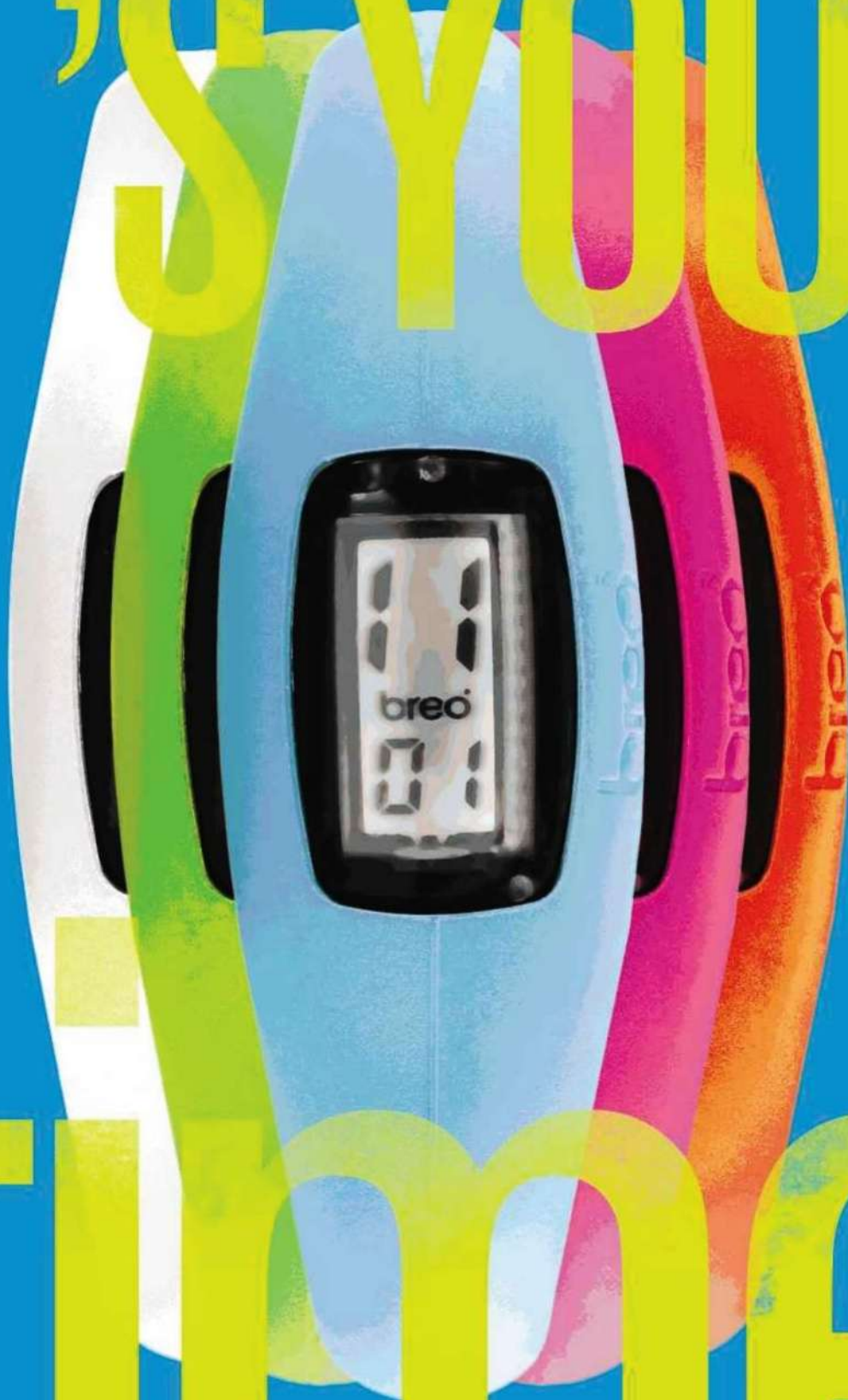
Buying your lady a pair of Manolo Blahnik shoes may leave a hole of Tunguska proportions in your bank account. But opting for this candle, scented with French violet and Turkish rose, will show you're in tune with what she wants – and you'll have enough cash left to get another item from this page. **£36 liberty.co.uk**



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Out There

Edited by Chris Miller

Live life in the fit lane



Event Report **FitBrit 2010**

Best of the best

Over 4,000 entered FitBrit Challenge 2010. The leaders gathered in Birmingham for an intense, fast-paced final

The FitBrit Challenge, an eight-part cross-training circuit devised by *Men's Fitness* and Fitness First, is establishing itself as the definitive test of fitness. Over 4,000 people took part this year and the fastest were invited to compete in a grand final at the Edgbaston Indoor Cricket Ground in Birmingham in October.

To win the event the finalists knew they'd have to complete the circuit, involving rowing, cycling, running and weightlifting, faster than anyone else. As anyone who has taken the challenge will know, although the distances aren't long and the weights aren't heavy, the intensity means you need strength, endurance and mental resolve to post a good time. Injuries to last year's winners, Gregg Taylor and Rach Jones, meant new champions were guaranteed.

As the final progressed the times got quicker, with competitors straining their hardest as the crowd cheered them on. In the men's event, three-time finalist Ric Fenton, who finished third, and Sam O'Sullivan, who came second, were beaten by a superhuman effort from Londoner Richard Vint, who won in 10min 6sec.

In 2009 Nicola Rowley missed out on the title by less than two seconds. This time she was determined to win and stormed to victory in 9min 57sec.

Congratulations to everyone who took part. FitBrit will be back next year, bigger and better than ever, so look out for updates in the magazine and on mensfitness.co.uk. Turn over for a gallery of the day's action as well as reactions from this year's winners.

OutThere Event Report

The challenge

Here's what everyone who entered FitBrit 2010 had to do



1 Row
Men 500m
Women 400m



2 Seated shoulder press
Men 30x20kg
Women 30x10kg



3 Bunny hops
Men 30
Women 20



4 Bike
Men 3km
Women 3km



5 Bench press
Men 30x20
Women 30x10kg



6 Box jumps
Men 30
Women 20



7 Squat
Men 30x20kg
Women 30x10kg



8 Run
Men 1km
Women 800m



Men's winner
10min 6sec

Richard Vint

'That was tough. But it would have been even harder if the treadmill went faster. I was at 20km/h for the whole 1km but I could have gone up to about 22km/h. The box jumps were the hardest part - oh, and the squats, because they really deaden your legs before the run. Other gym challenge events I do involve heavier weights whereas this is more cardio-based so I came off the weights a bit and trained more plyometrically. I also worked on the bike and rower.

'To do well at FitBrit you need to know that you can do the muscle moves fast and handle the cardio endurance. I focus on quality training sessions rather than running myself into the ground - I don't do all eight events in a row in training. I'm a fan of training all the cardiovascular events together and all the muscle events together. Then when you intersperse them it's not that bad.'

Sam O'Sullivan

I was 13th two years ago, fourth last year and now second. Hopefully next year I can go one better.

I'm good at shocking my system by trying new things. I've been doing a treadmill session where I do one minute at 20km/h, have a 30-second rest and repeat that 15 times. A few weeks ago I started doing weights during the 30-second rests.

I'd advise people to just get into a gym and give it a go. Find out your weaknesses - do you lack power or aerobic fitness? It's brilliant that Fitness First and MF have created this great event. I hope it goes from strength to strength.'



2nd
10min
20sec



3rd
10min
48sec

Ric Fenton

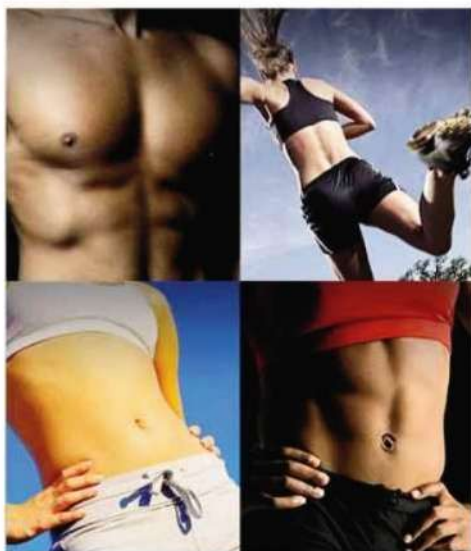
I try to be a jack of all trades rather than a master of one, but I tend to be better at gym challenge events that have more core because my abs are my strongest point. Still, I trained well and I was happy with my squats. The run wasn't at 20km/h all the way so I needed to dig in. At one point I was swaying so I had to recover.

I came sixth in the first year, fifth in the second and now third so it bodes well for next year. For anyone training for FitBrit, consistency is key. You also need to work on your cardio to weights transitions.'

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Outfit Event Report



Women's winner
9min 57sec

Nicola Rowley

I've had a knee injury so this was the first time I've run in two weeks, although I did some cross-training on the bike, and I had to really hold on during the run. The middle bit of the run was tough but you don't feel the last 200m - you just bounce. I think what really helped me was having a great team here. There are five of us from the same gym and we have a great team spirit.

'My advice to people would be to give it a go. It's a great measure of your fitness and you can always improve your time. The important thing is that anyone can do it.'

Keeley McClean

I only did the whole thing once and qualified for the final. I remembered the pain so I didn't do it again.

I've been practising the cardio so I tried to push it up to 17km/h on the run, and I did the best row I've done - about 1min 30sec for 400m. The hardest bit is the run because at the end you're so tired. It's mental more than anything. Your body is crying out for you to slow it down.

I came sixth last year so my aim was to finish in the top five. I remembered Nicola from last year and I expected her to do well. I'll definitely be back next year. Hopefully I can win it.'



2nd
10min 27sec

FitBrit will return in 2011
Look out for updates in Fitness First gyms and on mensfitness.co.uk.



3rd
10min 53sec

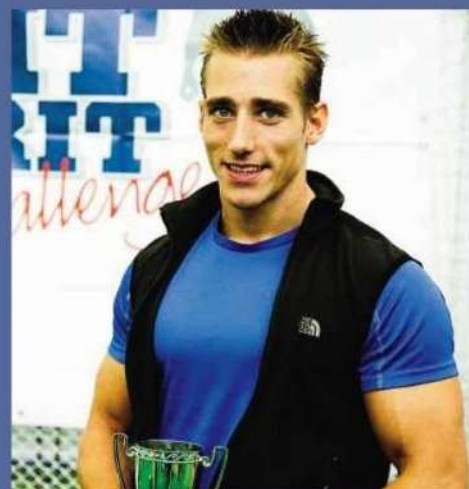
Jessica Craig

'That was extremely hard. I'm more of a 5K and 10K runner, so the strength stuff was demanding.

I came over from Northern Ireland for the final and it's the first gym challenge event I've done - it's completely different to anything I've done before. I really enjoyed it, although I'm not sure I'd have said that a minute after I finished!

'If you're going to do it next year, try to find your weak spots and concentrate on them. I'm going to work on my chest presses and squats. I'll be back next year, hopefully with a faster time.'

FitBrit 2010 winners



Men

1	Richard Vint	10min 6sec
2	Sam O'Sullivan	10min 20sec
3	Ric Fenton	10min 48sec
4	Colin Hughes	10min 51sec
5	Craig Horsfield	10min 53sec
5	Mikey Robinson	10min 53sec
7	Sam Southwell	11min 0sec
8	Stephen Hill	11min 3sec
9	Lloyd Millichap	11min 15sec
10	Scott Lloyd	12min 10sec



Women

1	Nicola Rowley	9min 57sec
2	Keeley McClean	10min 27sec
3	Jessica Craig	10min 53sec
4	Agata Bulska	11min 20sec
5	Brooke Murray	11min 54sec
6	Aimee Norman	12min 0sec
7	Zoe Plummer	12min 20sec
8	Chloe Kanstas	12min 36sec
9	Nicoleta Chirita	13min 35sec
10	Mel Greggain	13min 46sec

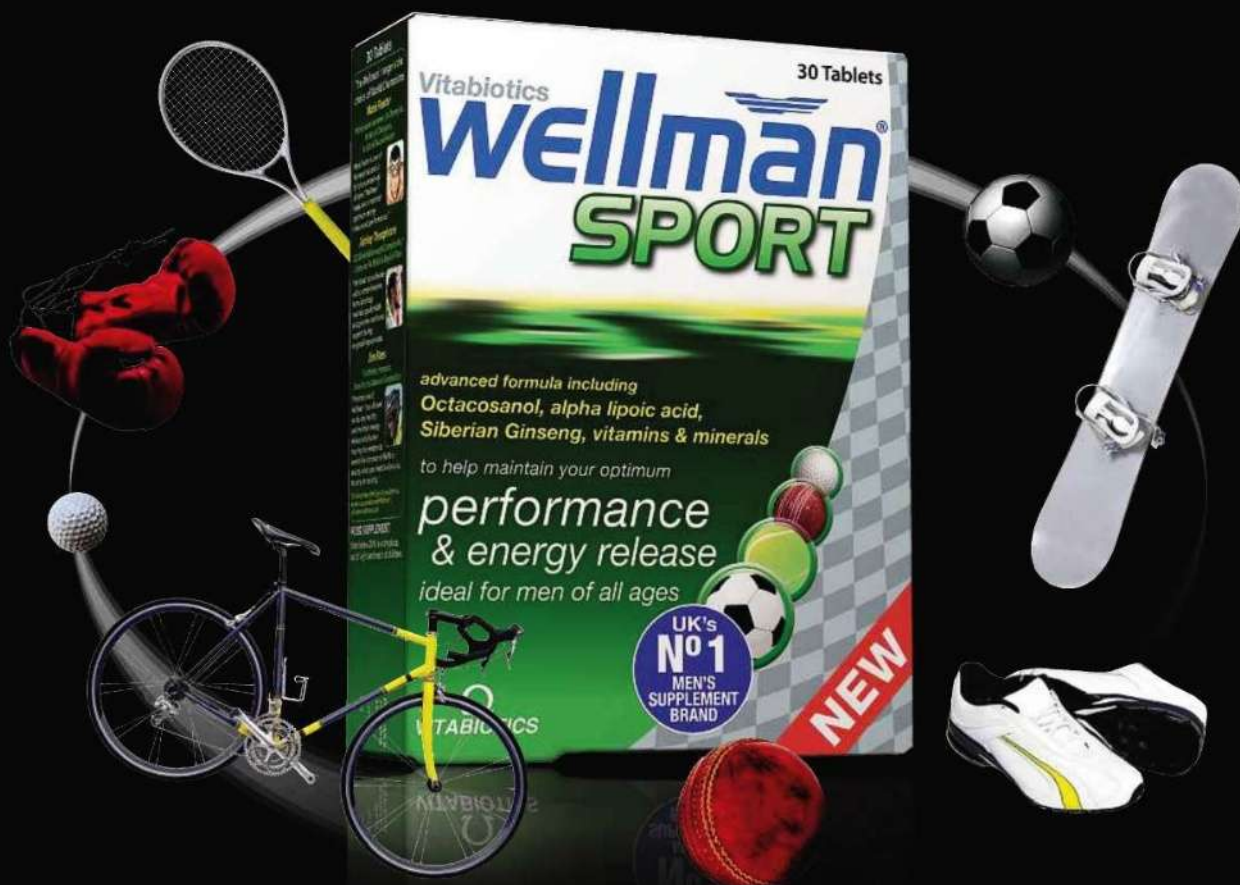
Special thanks to our partners at Fitness First (fitnessfirst.co.uk) for their support in their clubs throughout the summer and to all the Fitness First staff who came to help out at the final. Also thanks to JJB Sports (jbsports.com) and STEAMCREAM (steamcream.co.uk) for supplying prizes.



You'll find the full results table at mensfitness.co.uk/links/howidid

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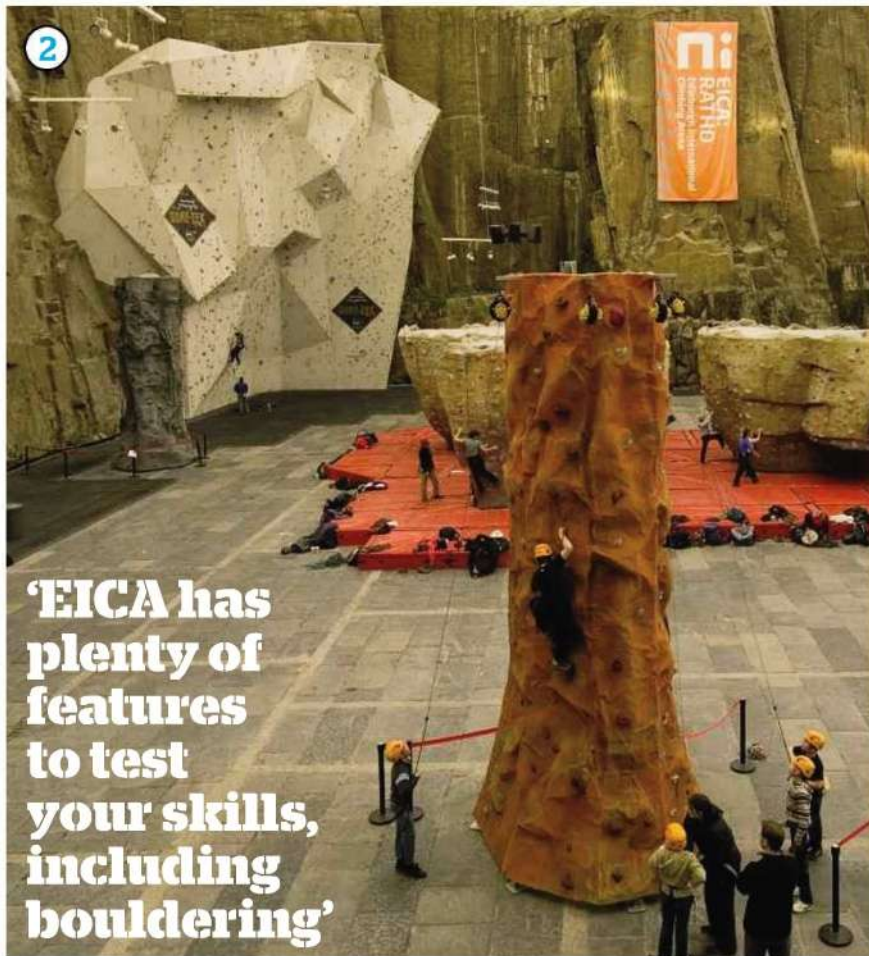


'You don't have to be Sir Chris Hoy to enjoy the thrill of indoor cycling'

1 National Cycling Centre, Manchester

The home of the Manchester Velodrome, Britain's first indoor Olympic cycling track is one of the finest and fastest of its kind in the world. The Centre offers training sessions for riders of all ages and ability, so you don't have to be Sir Chris Hoy to enjoy the thrill of indoor cycling - although you can ride in his wheel tracks, as it's used regularly by Team GB. The track itself is 250m long with banking that reaches 42° in the middle. The Velodrome's reputation for speed is based on more than 15 world records that have been set since it opened in 1994, including the 4,000m team pursuit record set by the Team GB men at the 2008 world championships. nationalcyclingcentre.com

OutThere The List



'EICA has plenty of features to test your skills, including bouldering'



2 **Edinburgh International Climbing Arena, Edinburgh**

With an impressive 30m-high wall - much of it carved from the natural rock face of an abandoned quarry - the Edinburgh International Climbing Arena is not only the largest but one of the most authentic indoor climbing facilities in Britain. It has plenty of additional features to test your skills, including bouldering, abseiling and an aerial assault course.

eica-ratho.com

3 **Intensive Training Centre, Loughborough**

A national centre for British swimming, the ITC at Loughborough University has a 50x20m pool with a movable floor that enables the depth to vary, making it ideal for various aquatic activities. Home to many elite athletes, it offers expert coaching for swimmers of all abilities, ranging from beginner lessons and adult coaching to 'rising stars clinics' for aspiring athletes.

swimming.org

4 **Lee Valley Athletics Centre, London**

The award-winning Lee Valley track is the largest athletics facility in the South East and is one of only four High Performance Athletics Centres (HiPAC) in the country. The state-of-the-art venue in Edmonton is used by Olympic medallists such as Phillips Idowu and Natasha Danvers, as well as numerous clubs. It also has one of Britain's few indoor athletics arenas, so you can train all year round whatever the weather.

leevalleypark.org.uk

5 **UTC, Birmingham**

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utcuk.com



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Details toughguy.co.uk

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'It's impossible to tackle this fast because you can't get into a rhythm'

Expert tips

Tough Guy requires physical strength and mental toughness, not least during some of the underwater obstacles, such as the famous waterlogged tunnels that require you to duck under and pull yourself through. 'It's pitch black, freezing cold, and there are loads of other people scratching around with you, so claustrophobia is an issue,' says Wilson. 'There are also walls to scale. 'We had 15 broken ankles during the last race. People don't know how to land any more. It's got to be on both feet.'

'We had 15 broken ankles during the last race. People don't know how to land'

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inov-8.com



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Mike Redshaw

is a coach, sports scientist and physiotherapist with thetrillife.com

'To finish Tough Guy you need endurance to keep yourself moving forward and strength to successfully overcome the course's many obstacles.

'The first two weeks of this plan focus on aerobic conditioning. After that it introduces more event-specific sessions to get you ready for the physical demands of the event, before the final week gets you fine-tuned for race day.'

Effort levels

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

Warm up Run for 5 minutes at level 1-2 before every training session.

Strength circuit 1

Squat, wide-arm press-up, lunge, wide-grip pull-up, jump squat, chin-up, narrow-arm press-up, plank (2min).

Strength circuit 2

Squat, wide-arm press-up on step, squat jump onto a platform, wide-grip pull-up, jumping lunge on the spot, chin-up, narrow-arm press-up on step, plank (2x2min).

Hill reps These are great for improving your endurance and strength. Pace yourself so that you can maintain a consistent even pace all the way to the top without slowing down.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run at level 3 for 15min, level 5 for 30min and level 7 for 15min. Choose a hilly course.	Strength circuit 1 for 50min. 1 set to fatigue of all exercises with slow and controlled movements.	Run for 30min at level 5-6. Include 6x1min hill reps at level 7. Aim to keep your leg speed (cadence) the same on the flat and uphill.	Rest or optional climbing wall session.	Swimming. Wade across shallow end 12x10m. Easy front crawl then swim back, staying under water as long as possible x12.	Run at level 3-4 for 1hr 15min. Choose a hilly course and run at level 7 up hills.
2	Rest	Run at level 3 for 15min, level 5 for 30min and level 7 for 15min. Choose a hilly course.	Strength circuit 1 for 1hr. 2 sets to fatigue of all exercises with slow and controlled movements.	Run for 40min at level 5-6. Include 6x1min hill reps at level 7 and 2x1min hill reps at level 9. Aim to keep your leg speed steady.	Rest or optional climbing wall session.	Swimming. Wade across shallow end 16x10m. Easy front crawl, then swim back staying under water as long as possible x16.	Run at level 3-4 for 1hr 25min. Choose a hilly course and run at level 7 up hills.
3	Rest	Run at level 3 for 15min, level 5 for 30min and level 7 for 15min on a hilly course. At end of each section, do 20m of commando crawling.	Strength circuit 1 for 1hr 10min. 3 sets to fatigue of all exercises with increased speed of movement.	Run for 60min at level 4. Include 5x1min zigzag hill reps at level 7 and 5x1min zigzag hill reps at level 9.	Rest or optional climbing wall session.	Swimming. Wade across shallow end 16x10m. Easy front crawl, then swim back staying under water as long as possible x16.	Run at level 3-4 for 1hr 35min. Choose a hilly course and run at level 7 up hills.
4	Rest	Run at level 3 for 10min, level 5 for 10min and level 7 for 10min. Choose a hilly course. At the end of each section, do 20m of commando crawling.	Strength circuit 2 for 1hr 10min. 1 set to fatigue of all exercises with fast, powerful movements.	Run for 30min at level 5-6. Include 6x1min hill reps at level 7. Aim to keep your leg speed steady.	Rest or optional climbing wall session.	Swimming. Wade across shallow end 12x10m as fast you can. Easy front crawl, then swim back staying under water as long as possible x12.	Run at level 3-4 for 1hr. Choose a hilly course and run at level 7 up hills.
5	Rest	Run at level 3 for 15min, level 5 for 30min and level 7 for 15min. Choose a hilly course. At the end of each section, do 20m of commando crawling.	Strength circuit 2 for 1hr 10min. 3 sets to fatigue of all exercises with fast, powerful movements.	Run for 60min at level 4. Include 5x1min zigzag hill reps at level 7 and 5x1min zigzag hill reps at level 9.	Rest or optional climbing wall session.	Swimming. Wade across shallow end 16x10m as fast you can. Easy front crawl, then swim back staying under water as long as possible x16.	Run at level 3-4 for 1hr 40min. Include 4x1min zigzag hill reps, 4x10m of commando crawling, 4 small wall climb jumps, 4x10 pull-ups.
6	Rest	Run at level 2-3 for 20min, with 4x1min bursts at level 7 (leave at least 1min between these bursts).	Strength circuit 1 for 40min. 1 set short of fatigue of all exercises with fast, powerful movements.	Run at level 2-3 for 20min, with 2x1min bursts at level 7 (leave at least 1min between these bursts).	Rest	Pack your kit up and put it in the car. Spend some time visualising your race.	RACE DAY Stretch, eat and drink well after the race.



For more seriously challenging races go to mensfitness.co.uk/links/toughenough

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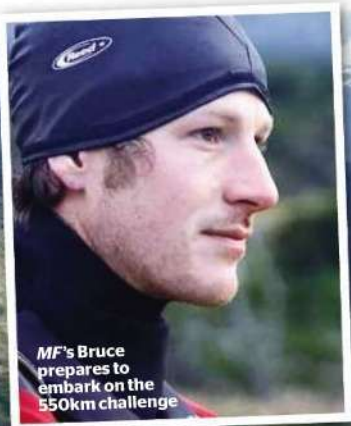
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OutThere Adventure

Into The Wild

Bruce Duncan experiences isolation, extreme weather and awe-inspiring views during the world's toughest adventure race



MF's Bruce prepares to embark on the 550km challenge



The Patagonian wilderness offers spectacular views but very little comfort to racers

Race details

What Wenger Patagonian Expedition Race

Where Chile

Disciples Running, mountain biking, trekking, orienteering, kayaking

Fitness level High

Next race February 2011

More information

patagonianexpeditionrace.com

2010 course map



There wouldn't be any mistakes. Not this time. I had analysed every single aspect of the race and packed exactly what I needed to get through it. What could I live without? And

what did I need to keep myself alive?

I'd entered the 2009 Wenger Patagonian Expedition Race, a 550km multi-discipline race across Chile's southern wilderness, at the last minute after a spot on one of the four-man teams opened up. Although I'd taken every precaution, for a while I simply forgot to keep hydrated and keep eating. I got very cold very quickly, not helped by the wet conditions, and developed hypothermia. It's not only your life that you put in jeopardy - it's the lives of your team-mates too. The guys had to put up a tent over me, wrap me in sleeping bags and try to get me warm any way they could. Luckily it worked.

In adventures races such as the Wenger Patagonian, there is a fine line between success and failure.

In lesser races, failure means you simply walk back to the start with hands in pockets. But this event is something else. You are hundreds of miles from other people, let alone a hospital, and failure can be fatal. When I entered the 2010 race, I was determined not to make any mistakes.

Remote control

I'm not one for lying around on beaches - I take my holidays to coincide with the best adventure races and have competed in Australia, New Zealand and across Europe. But the five-day Wenger Patagonian Expedition Race is different from any other, both mentally and physically. I'm certain it's the hardest event on the planet.

As the name suggests, although this is a race it's also an expedition through one of the most isolated places on Earth. The organisers have

made the most of this remoteness. Many events have so much red tape that it dilutes the sense of adventure. Not here. Racers receive minimal assistance as they traverse this stunning region by trekking, climbing, kayaking, mountain biking and back-country navigation. It's so diverse geographically that the route encompasses plains, mountains, glaciers, native forests, swampland, rivers, lakes and channels.

The race was supposed to start with a 20km kayak leg across the Straits of Magellan, but a Force 5 gale meant it was scrapped and replaced with a 25km run along the coast into a relentless headwind. It's not the ideal way to start but we were happy to be on solid ground: the water was treacherous.

The run took a couple of hours before a 100km

bike stage. The landscape is so flat and barren, but it wasn't disheartening - there's a beauty in its simplicity. However, the wind was horrifically strong. I lost count of the times I was thrown to the ground. My team rode close together to reduce drag.

'You can't exactly train for this race. You need to be fit enough to run for three hours or kayak for five hours or cycle all day'

Head work

It was a much harder start than I'd anticipated. The trouble with these races is that you can't exactly train for them. You need to be fit enough to run for three hours or kayak for five hours or cycle all day and for it to be comfortable. And it's just as much a mental battle: you need to keep going even when you're running on empty.

After last year's calamity I was eating often. Taking enough food for each stage is a fine art. We had food bagged in six-hour servings. I preferred savoury stuff like sandwiches, tortilla wraps and cold pizza, although a chocolate bar every now and then is a treat.

We finished the bike stage and went straight into a 40km overnight trek. As if this were not hard enough already, the maps are basic and

OutThere Adventure

'We'd followed the route impeccably but couldn't see the river crossing anywhere... we had no choice but to swim'

often inaccurate. You just have to keep it simple and follow major paths where possible. The route tends to be longer, but the risk of losing time - or losing ourselves - is much lower so it's better to play safe.

But mistakes still happen. I got the declination wrong on the compass - I meant to take 12° off the bearing, but added it, so we walked a lot farther than planned. The stage took the best part of 12 hours. We finished five minutes behind the leaders, with the third- and fourth-placed teams close behind.

Transitions are an equally important part of any adventure race. At the end of the trek we took 20 minutes to start the next stage, whereas other teams

the finish, let alone win. All it takes is one accident, one injury, and our race would have been over.

Uncharted territory

The 120km trek was the highlight of the expedition, but also the most testing. The route went over amazing

mountain passes with glaciers towering above us. We had to abseil down into a valley that few people have ever been to.

But deep into a forest our map told us we needed to find a bridge crossing the river. We'd followed the route impeccably but couldn't see the crossing anywhere. Eventually we called it a night and camped, getting around five hours' sleep.

The inability to find the crossing made me doubt myself and the team. You start asking questions and trying to figure out who or what is to blame. But you need to knuckle down and get on with it; there's no alternative. Camaraderie can pull you through these darker moments.

The following morning we had no choice but to swim the river. We stripped to our underwear, packed everything into dry bags, then went for it. It was freezing cold and a real risk. The river was only 15m wide but the flow was so strong that we ended up 150m downstream. We later found out that the crossing had been moved but the maps hadn't been updated.

Our luck improved that night. Normally when it gets dark you

The dramatic landscape is a constant reminder of what you're up against



The trekking legs of the race involve some rope work on tricky terrain



took over an hour. These stops can quickly add up so a tight transition is vital in keeping up momentum.

Wheels of fortune

The next stage was a 180km mountain bike ride that took us over rocky tracks before rising sharply into the Darwin Range where another trek would begin. There was some great technical cycling at the start of this leg: a brilliant descent of tricky singletrack, followed by some wind-assisted riding - going at 50km/h without pedalling was awesome.

At the end of the stage was a huge climb and it was raining in buckets. We arrived at the end of the stage, picking our way through the freezing mud, 16 hours after setting off, wet, cold and exhausted. It was 2am.

There was no point setting off on the trek then - it was through forest with very few trails, so it would have been nearly impossible to make progress in the dark. We slept until daybreak, about four hours. After such a brief night's sleep you feel groggy, but there's nothing like a stiff climb to wake you up.

It was at this stage that the race really began to take shape. At the start of this trek we had a four-hour lead over the team in second. By the time we finished we were a full day ahead. But in these races it is never in the bag. There are so many unknowns, so many potential problems that you can never assume that you're going to make it to

Bruce leads his team through the Beagle Channel during the 50km penultimate leg





This is the sort of challenge the mountain bike was invented for



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Open24

WHERE England

WHEN 2011 details yet to be confirmed

WHY This is your opportunity to be a low-rent Jack Bauer - you get 24 hours to reach as many checkpoints as possible, racing around the countryside using a variety of transport methods. These include mountain biking, running and kayaking, while the challenge is punctuated with special events involving swimming, caving, abseiling and bomb disposal. Possibly. If you're not quite ready for a full day, there are five-hour and 12-hour versions as well.

DETAILS openadventure.com



Corsica Raid

WHERE Corsica, France

WHEN 11th-15th June 2011

WHY A truly punishing event on the island that gave us the concept of vendetta. The Raid is a 4½-day race for teams of three, combining traditional disciplines such as trail running and mountain biking with coasteering, sea kayaking and canyoning. The organisers say the Corsican *maquis* or wilderness is notorious for leading adventurers astray - and there's no way to plan your route in advance, since it's redesigned each year and not revealed until a few days before the race.

DETAILS corsicaraid.com/us/pages/cra1-1.html



Explore Sweden Monster Expedition Adventure Race

WHERE Norway and Sweden

WHEN 2011 details yet to be confirmed

WHY You'll race from the Norwegian Atlantic coast over the mountains, across the border, and down through the Swedish valleys - 840km of trekking, rafting, kayaking, mountain biking and glacier mountaineering. Last year's winners took 106 hours or just over four days, although it was presumably pretty hard to tell since the sun doesn't set in the peak of Scandinavian summer so the whole event took place in daylight. Fortunately that reduces both the need for night-vision gear and the risk of colliding with a moose.

DETAILS exploresweden.se



'It was freezing and the snow was coming down in sheets so we had to keep moving faster than we'd planned just to stay warm'



Even in the walking parts there's no let-up in the challenge

have to stop and camp because it's too risky to continue. But it was a crystal-clear night and we made it down a mountain pass into a valley bathed in starlight. It was the most beautiful night I have ever seen. Then it started snowing around 4am so we called it a night and slept for a few hours until the sun rose and we could carry on.

Over sleeping

We finished that stage mid-afternoon. The next team didn't get in until the following morning, so we knew we had a decent lead. We had to camp for the night before setting off, so we got about eight hours' shut-eye. You'd think we'd be delighted at getting so much rest, but it's actually too much. Your body thinks the worst is over so it starts the recovery process – your joints ache, muscles throb and everything swells up. So getting started again was so much harder that morning than those nights we'd only stopped for an hour or two.

The next leg was 50km along the Beagle Channel in two-man kayaks. The wind was less aggressive here so the water was relatively calm. We stayed close together to get the slipstream benefits and so we could keep talking. It's amazing how important simple chit-chat becomes during an event like this. It keeps everything feeling normal and helps prevent you thinking too much about what lies ahead.

The stage took about nine hours. It's so much harder to stay hydrated and

maintain energy levels when you're on the water. We had a lot of chocolate because you need snacks

that can cope with getting a bit wet.

It was amazing to be kayaking along this stretch of water knowing that there was hardly any land between us and Antarctica. The remoteness of this part of the world really hits home and you do feel very much alone, even with team-mates around.

Southern comfort

The final trek to the finish was only 40km but we were incredibly tired. It was freezing and the snow was coming down in sheets so we had to keep moving faster than we'd planned just to stay warm. My losing the map didn't help matters. We knew we had to head north until we hit the ocean. We guessed that some markers we'd seen along the road were the distance to the next town – and it paid off. Before we knew it we were crossing the finish line as winners on the shores of the Isla Navarino, one of the most southerly inhabited islands in the world.

We finished nearly a full day head of the next team. I was elated but there was no jumping for joy. It's hard to show emotion when you're that shattered. It's only over the following few days when your achievement begins to sink in.

We planned it exactly right. We had the right kit, the right attitude and importantly the right team to get us to the finish. Most teams camped overnight, whereas we pushed on whenever we could, which is how we built such a big lead. Would I do it again? I've already booked my flights for 2011.

Essential Patagonian kit

Bruce Duncan would never travel 550km in the wilderness without this gear

OMM Jirishanca 35RL MSC rucksack £95

A top-class pack that's tough and water-resistant, and 35 litres is the perfect volume for a long race. It's versatile too – you can use it to carry skis in winter or clean it off for rock routes in summer. theomm.com



Velez Adventure Smock £200

A vital piece of waterproof kit. The fixed, roll-away hood will protect you in all weather conditions. paramo.co.uk



Cascada trousers £115

These are highly waterproof, and the leg ventilation and articulation means they function as regular action trousers rather than making you stagger around like a drunk. paramo.co.uk



Marmot Pounder Plus sleeping bag £120

You need something lightweight but warm, and this 964g synthetic bag trumps a down bag because it can deal with getting wet (water and down do not mix well). We used this bag last year and it kept us warm in below-zero temperatures, even when wet. theoutdoorgearshop.co.uk



Nordenmark MTB-O map board £45

You won't appreciate one of these unless you've tried to find your way in howling wind that makes your map flap in your face every single time you stop to check it. You can pop it on and off your bike quickly for transitions, and it's big enough to let you see a large section of route. nordenmark.com



Adidas AdiZero XT £85

A great, super-lightweight running shoe with midfoot support, a soft glove-like fit and formidable grip on rough terrain. The key feature is a sticky rubber outsole so you can get a secure grip no matter how wet it is underfoot. adidas.co.uk



The next Wenger Patagonian Expedition Race takes place from 8th-16th February 2011, with the route to be revealed shortly before the start. For more information, including the event's environmental mission, and to sign up for the 2011 race go to patagonianexpeditionrace.com.

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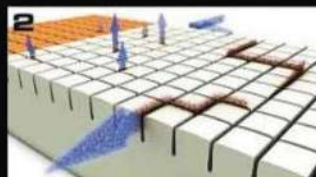
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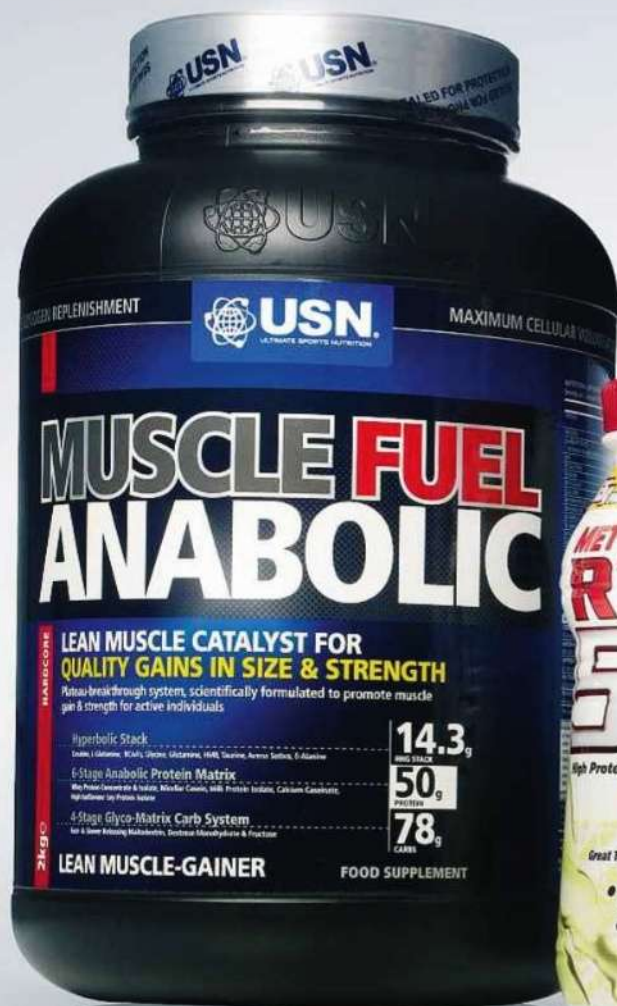
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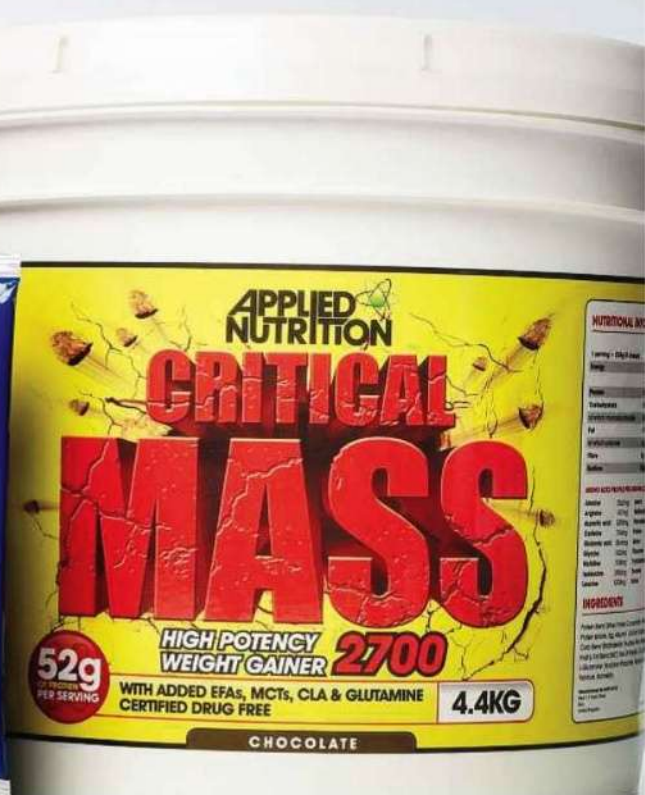
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Jacket required

Phil Collins may not have needed one but a baked spud should be a lunchtime staple for active men. **A jacket potato provides plenty of complex carbs which your body uses as energy to fuel your workouts**, while still low in calories and fat and high in fibre. And jackets don't need to be smothered in fatty toppings such as butter and cheddar to be satisfying – here's how to make your jacket into a muscle-building power snack.

Sweet potato

How much?

A medium-sized spud

Sweet potatoes are lower GI than regular spuds, which means that their energy is released more slowly and saves you from a munchie-provoking crash after a couple of hours. They're also higher in fibre than standard potatoes and are also a source of muscle-boosting iron.

Black pepper

How much? A sprinkle

Not only is black pepper a powerful antioxidant, it also aids digestion by stimulating the body's production of stomach acids.

Quick tip

Heard that microwaving food destroys nutrients? In fact it's no worse than traditional forms of cooking. If you're short of time, microwaving a potato takes just 15-20 minutes.

Cottage cheese

How much? 100g

High in protein and low in fat, cottage cheese is the ideal food for anyone looking to build muscle and lose fat – the two things you need to do to get an impressive six-pack. It's also high in phosphorus, which helps the body produce energy, so it'll help fuel your workout too.

Baked beans

How much? One small can

This isn't one of the traditional toppings you need to bin. Beans are high in zinc, which helps produce muscle-building testosterone, as well as gut-filling fibre and phosphorus, which reduces post-workout muscle pain.

Inside

98 Gym Snacks

Boost your muscle growth with this protein-packed pasta dish

100 Food Test

Indulge your sweet tooth with energy-boosting honey

102 Fat Loss

Get some fruit, blend it together, and you've got a great fat loss aid

114 Knowledge

Make your Christmas dinner easier and healthier with these expert tips



Muscle-building pasta

This snack will refuel your muscles even after the toughest of sessions

To get fitter and faster you need to give your body the right nutrients as soon as possible after your session to help it recover and repair itself so you can push yourself even harder next time. This meal is high in the three essential nutrients - carbs, protein and fats - as well as important vitamins, to keep you firing on all cylinders



What you will get

Wholewheat pasta

Your muscles are desperate for glycogen to replace the energy stores that fuelled your workout. Pasta is high in carbs and high on the glycaemic index, meaning this energy is released quickly into your bloodstream where it can kick-start your recovery.

Turkey

As well as providing a hit of lean protein to help your muscles become bigger and stronger, turkey is high in B vitamins, vital in releasing energy from food.

Broccoli

Hard exercise results in free radicals running riot through your body. Broccoli is high in antioxidants which mop up these damaging compounds. It's also high in immune-boosting vitamins to keep you healthy when you're working out hard.

Parmesan

This hard cheese is packed with phosphorus, which plays a central role in energy creation in your cells. Parmesan is also full of quick-release protein, which will get to work in your muscles fast.

Olive oil

Full of monounsaturated fats, linked to better heart health, olive oil is also high in omega 3 fatty acids, which have been proven to reduce inflammation and improve cardiovascular function.

What you will need

50g wholewheat pasta
1 turkey breast (sliced)
30g broccoli
25g parmesan
Drizzle of olive oil

What supp? Your sports supplement questions answered

Q What are BCAAs and why should I take them?



A BCAA stands for branched-chain amino acids. These are often called the 'building blocks of protein' and can only be obtained through the diet because the body cannot synthesise them. 'There are three BCAAs: leucine, isoleucine and valine,' says nutritionist Simon Jurkiw of Maximuscle (maximuscle.com). Put simply, BCAA supplementation protects

muscles during exercise. This has benefits for both strength and endurance athletes. Recent research has shown an improvement in muscle recovery too. Of particular interest is leucine, which has been shown to increase protein synthesis. BCAA can be taken in either powder or capsule form, and a typical dose is 3g taken within minutes of exercise.'



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Honey trap

We put one of nature's best workout fuels to a taste test

Honey is a great pre-workout food. Its unrefined sugars are easily absorbed into the body, while its simple carbohydrates provide an excellent source of energy without any of the artificial preservatives, colourings or sweeteners found in commercial energy drinks and gels. Produced all over the world, the taste, colouring and consistency of honey can vary greatly depending on the plants and flowers supplying the pollen and the environment in which they live.

Sweet talk

Here's why you should eat honey

It's a good source of vitamin B6, which plays a major role in producing haemoglobin and cells in our immune system.

Many varieties of honey contain friendly bacteria such as lactobacilli and bifidobacteria, which help to combat illness.

It's packed with manganese, which ensures healthy bone structures by helping to build essential enzymes and aiding with the absorption of calcium.

Honey also contains iron, an essential protein component for metabolism, which the body needs to produce red blood cells.



Which honey tastes the best?



Rowse Acacia honey

Clear and thin with a light, syrupy taste that's bordering on bland.



£4.28 for 340g
goodnessdirect.co.uk



Gales Blossom honey

Incredibly runny with a rich golden colour, this tastes fresh and natural.



£3.99 for 340g
britishcornershop.co.uk

Best in test



De Rit organic clover honey

A pleasant, light taste and a creamy texture that makes it easy to spread.



£4.99 for 450g
planetorganic.com



Rowse Australian eucalyptus honey

This has a rich flavour with hints of sun-dried vine fruits that are slightly overpowering.



£3.96 for 340g
goodnessdirect.co.uk



Comvita UMF 10+ Manuka honey

It isn't cheap, but it tastes great and has proven antibacterial powers.



£16.49 for 500g
comvita.co.uk

Fit kitchen

Tefal Toast N' Egg

Have a delicious and healthy breakfast sandwich in four minutes. This quirky stainless-steel gadget features an egg poaching tray, a steamer tray for hard-boiled eggs and a wide-slot toaster ideal for muffins, toast or bagels. Who said you can't do three things at once?

£59.99
homeandcook.co.uk



Cupboard essential Ginger

Fiery and tasty, this root can help you lose fat

Ginger has long been known to settle the stomach and is widely used to combat indigestion, nausea and wind, but recent research has proven it to have a fat loss benefit too. An Australian study shows that it contains an acidic substance that stimulates gastric enzymes, which can boost metabolism

by up to 20 per cent, helping you burn fat more quickly.

Quick tip It's great in a smoothie or can be mixed with soy sauce, chilli and spring onions as a healthy marinade for a salmon steak.



Go to mensfitness.co.uk/links/hotchoc to find our post-workout chocolate milk taste test

TRAINING THE BEST

When it comes to training and nutrition, strength coach and PhD Nutrition team member Phil Learney doesn't just talk the talk – he walks the walk

When he isn't overseeing the workouts and nutritional plans of Olympic athletes, professional sportsmen, A-list celebrities and captains of industry, Phil Learney – one of the most qualified strength coaches in the UK, and voted one of the top trainers in London by *Time Out* magazine – practises what he preaches.

He trains hard to get in shape to compete at strongman and powerlifting competitions, and in his most recent powerlifting meet he posted scores of a 270kg squat, 175kg bench press and 275kg deadlift for a combined 720kg. To get into strongman shape, Learney uses a variety of PhD Nutrition products.

Educating the masses

Learney has consulted for PhD Nutrition on all performance-related matters since the company's launch in 2006, and enjoys nothing more than helping to educate clients, sporting bodies and other personal trainers through Fitness Industry Education (FIE) about the importance of nutrition as the driving force behind better physical performance.

'My role with PhD is great because it allows me to work with a company that knows nutrition inside out,' says Learney. 'It's my passion, and it's very important to me that I make the right recommendations so that my clients perform to the highest of their capabilities.'

If you have a question for Learney, go to phd-supplements.com and click on the 'Ask The Expert' section. More details can also be found at phillearney.com.

Powered by PhD PhD Nutrition has a huge range of products to help you meet your strength, speed and power goals

V-Max Pump

The ultimate pre-workout drink. Each serving of V-Max Pump enables your muscles to power through even the toughest of sessions, thanks to its potent blend of arginine, beta-alanine and citrulline malate that create the perfect combination for building size, strength and power.



Pharma Whey

With 20g of the highest-quality protein per serving to promote muscle tissue repair and growth, Pharma Whey also provides the essential amino acids needed to build new muscle. It's also high in antioxidants to support the body's immune system and is available in five delicious flavours.

Recovery 2:1

Recovery 2:1 has the perfect post-workout ratio of fast-release and slow-release carbs to replenish energy. Each serving also provides 24g of high-quality whey protein for increased strength, as well as L-Glutamine and creatine monohydrate to aid muscle recovery. It's available in three flavours.



Growth Factor 50 Brownie

This new muscle-building snack from PhD Nutrition is the most effective and most delicious protein bar available today. Each brownie contains a whopping 50g of top-quality protein, in addition to glutamine peptides and healthy fats for maximum muscle recovery and growth.

All PhD products can be purchased from all good health stores, official PhD web partners or directly from www.phd-supplements.com

PhD

Top tip

Get milk & get slimmer

The addition of dairy to your diet will help you lose fat

No matter what eating strategy you're using to shed fat, the addition of dairy to your diet will help, according to new research. A two-year Israeli study of people on three different types of eating plan - low-fat, low-carb and Mediterranean - found that no matter what diet they were on, **the subjects who consumed the most dairy lost around twice as much weight** as those who had the least. The research concluded that fat loss was aided by the calcium and vitamin D provided by dairy foods. To get the effect, you need the equivalent of around 350ml of milk a day.



Nutrition Q&A

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



Q I've been told spicy food can help me lose fat. Is this true?

A Chillies and other spicy foods work in a number of ways to assist fat loss. The simplest but most effective way they do so is by promoting satiety, which means you eat less during the meal and don't reach for snacks a couple of hours later. Another factor is that you are likely to drink more water, and so feel fuller sooner and eat less. Spices can also cause small increases in your metabolic rate, so you burn calories faster. So there are benefits, but you certainly shouldn't rely on chilli alone to shift your spare tyre - a recent study found that the amount of spicy food typically eaten in a Western diet was not enough to have any effect on weight loss.



Fruity fat loss smoothie

A sweet and tangy smoothie with an extra fat-busting boost

What you will need



1 banana, peeled and sliced
2 apples, cored and sliced
1 kiwi fruit, peeled and sliced
Handful of berries
1tbsp flaxseed oil
2tsp spirulina powder

Why you should drink it



Bananas

Their high levels of potassium and vitamin B6 will aid digestion. They also reduce stress, a cause of weight gain.

Apples

The pectin in apples helps to increase satiety, reducing the temptation to snack on sugary foods. They are also a great source of vitamins and antioxidants.

Kiwi fruit

Each kiwi fruit has 3g of fibre, which fills you up and delays the stomach emptying.

Mixed berries

The antioxidants in berries help increase the body's metabolism and enhance your ability to burn fat.

Flaxseed oil

Flaxseed oil's fatty acids increase

your metabolism and stabilise blood sugar.

Spirulina powder

This natural source of energy is over 60 per cent digestible vegetable protein which will help fill you up and keep your blood sugar stable.

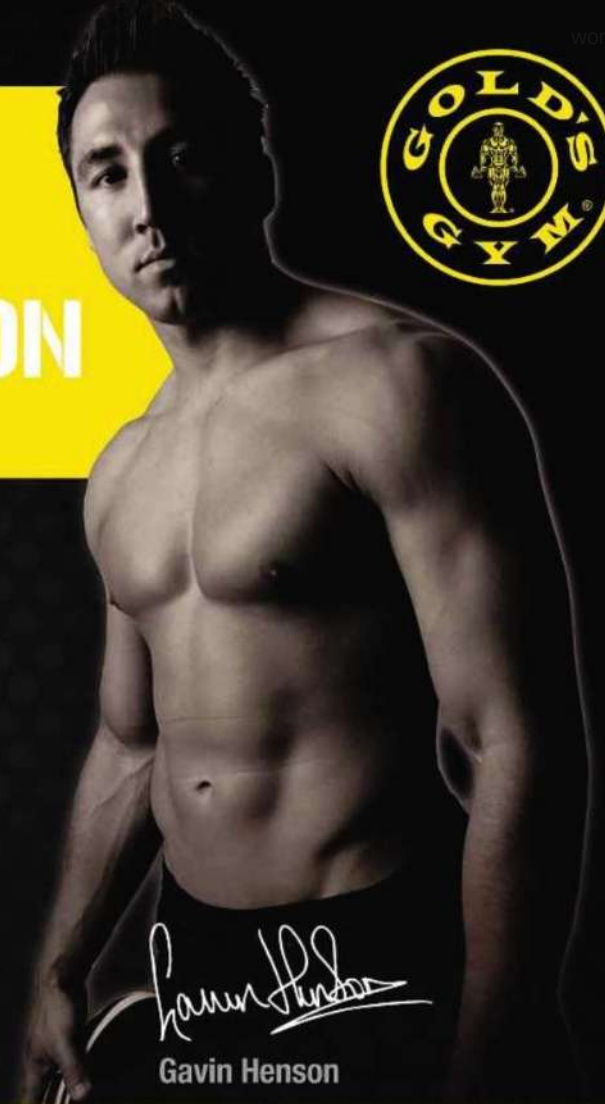


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Talking turkey

Marco Pierre White explains how to prepare your Christmas bird like a Michelin-starred chef

For many people, the classic Christmas turkey is an unfulfilled dream - the reality is defrosting it in the bath for days, getting up before dawn to wedge it into the oven, roasting it for six hours and then eating a few dry slices through a haze of port and arguments before forgetting the whole thing for another year. It doesn't have to be this way.

'My family eats turkey on Sundays,' says Marco Pierre White, the first ever British chef to bag three Michelin stars. 'It doesn't have to be dry, and it's delicious.' It's also an extraordinarily healthy meat - with 24g of protein and only 2g of fat in a typical 100g of turkey, your Christmas meal can be a genuine muscle-builder if you get it right. Plus you may even help stave off the traditional family row.

Here's what you need to know to prepare your perfect Christmas roast - whether it's the festive season or not.

✓ Size matters

That doesn't mean bigger is better. 'Most people buy a turkey that's much too big for their oven,' says White. 'Once it's in there, it won't cook evenly because it's so large that the heat can't circulate around it. At most, you want a turkey that weighs 5.5kg - that's plenty, and it will cook in two hours.'

✓ Be prepared

Take the turkey out of the fridge (or the chilly garage or wherever you're keeping it) a couple of hours before you cook it. 'It's far easier to cook if you allow it to come up to room temperature,' says White.

✓ Crown down

'People worry about turkey being dry, but that only happens when you overcook it. Split it up and keep the thighs on the bone and the breast on the crown [ie breast side down]. That'll keep it moist.'

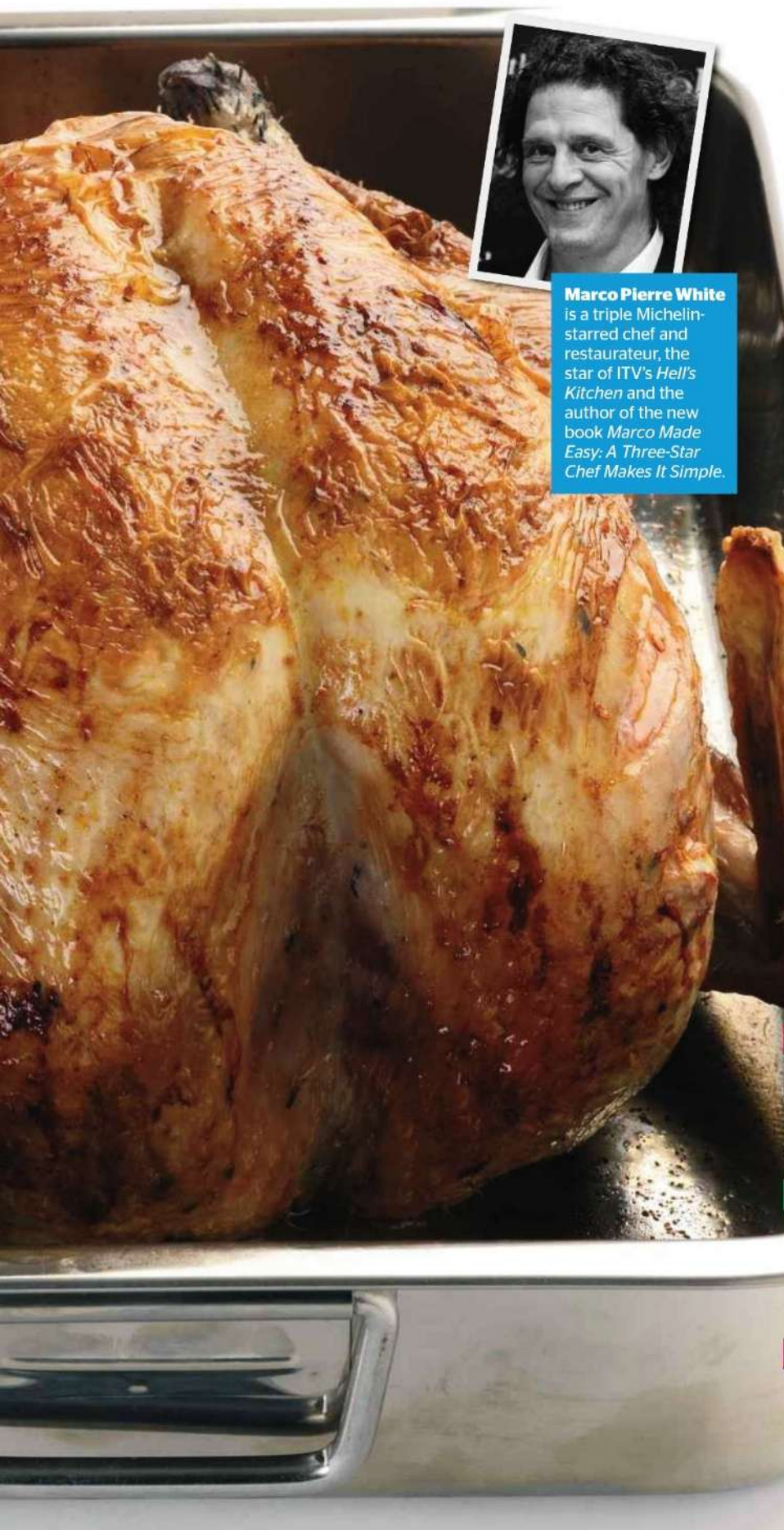
✓ Get stuffed

'If you're cooking the bird in sections, try stuffing the thighs. I use a sage and onion stuffing - half ready mix and half sausage meat, with fresh onion and parsley.'

✓ Carve up

'Let the turkey rest for 15-20 minutes before carving. To make sure it's the right temperature to carve, hold your hand to the bird. If it's warm without burning it's ready.'





Marco Pierre White is a triple Michelin-starred chef and restaurateur, the star of ITV's *Hell's Kitchen* and the author of the new book *Marco Made Easy: A Three-Star Chef Makes It Simple*.

The fairest fowl

Five reasons to get stuffing

- 1 First and foremost, **100g of turkey contains 24g of protein**, so it's a huge help in getting your recommended 2g per kilo of bodyweight per day. It's also low in fat, unlike similarly protein-dense red meats.
- 2 According to nutritionist Dr Carrie Ruxton, **'one portion of turkey will fulfil the average man's daily requirements for vitamin B'**. This vitamin is essential for converting protein, fats and carbs into usable energy.
- 3 It's a great **source of selenium**, which evidence suggests may have cancer-preventing properties.
- 4 It's packed with **vitamin B6 to help your body break down carbs and sugar**, which is essential when you're replenishing your stores of glycogen after a hard workout.
- 5 Finally, turkey is **one of the best sources of tryptophan**, which can help regulate your moods and sleep patterns. Although you probably don't need any encouragement to nod off after Christmas lunch.

A bit on the side

The perfect accompaniments to your healthy Christmas turkey

› Cranberry sauce

The traditional accompaniment is not just an excellent source of vitamin C but also a good source of manganese. Some evidence suggests that compounds in cranberries can stave off kidney infections.



› Applesauce

Use a blend of Granny Smiths, Golden Delicious and Red Delicious and go easy on the sugar for a antioxidant-packed sauce. Add a little cinnamon, which evidence suggests can lower LDL cholesterol.



› Beetroot

If you're looking for the perfect accompaniment for your leftovers on Boxing Day, White suggests sliced turkey with a dash of beetroot – a nitrate-rich vegetable which studies suggest may lower blood pressure



five star protein



Mark Adams

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Edited by Lucy Miller

Making your best even better

Tip of the month

Use bands for bigger biceps

Performing biceps curls with stretch bands attached to the bar will make your arms bigger and stronger, according to a study in the *Journal Of Strength And Conditioning Research*. When subjects performed the classic biceps move with elastic bands around the bar at either end and anchored at a fixed point **they used 18.6 per cent less momentum than when they didn't use the bands**. Study leaders said the change in speed would cause greater fatigue and increase the exercise's muscle-building benefits.

Inside

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Sculpt your chest, arms and abs

Photography Duncan Nicholls Model Rob Mead@MOT Models

Workouts with bite

Use the new ViPR training tool to build lean, hard muscle

Ordinarily there's an inverse relationship between the jazziness of a product's name and its usefulness. Take the dumbbell: an incredibly effective and versatile bit of kit that has an almost self-mocking name. The ViPR, on the other hand, has a name that merges venomous snakes and a complete disregard for grammar. So it's a surprise to discover that these weighted rubber cylinders, with a hold on one side and two holds on the other, make a fantastic addition to your training.

What's most attractive about the ViPR is the way it's able to recruit multiple muscle groups and get you moving through multiple planes of movement. The result is significant growth hormone release, big calorie burn and a way of moving that will stimulate your nervous system.

Whole lot of muscle

'In the gym, people aren't moving in a way that they do in everyday life,' says



This month's trainer
Michol Dalcourt

Michol Dalcourt invented the ViPR because he wanted a workout tool that would 'blend strength training with functional training and movement'. He has over 10 years' experience as a personal trainer and has trained Olympic gold medalists.

Michol Dalcourt, the Canadian trainer who invented the kit and has created three ViPR workouts for *Men's Fitness*.

'You rarely see people move a load through a field of gravity during their workout. Usually they just move the load up and down. At the heart of ViPR training is the concept of whole-body integration [WBI]. WBI means that you are using your entire body to effectively create motion. Treating and training movements using the whole body is more effective, and loading these movements will create accelerated improvements.'

You can also use the ViPR to achieve different fitness

aims. Shifting one that weighs more than 10kg in big, multi-joint movements will stimulate a massive growth hormone response. Doing multi-plane movements back-to-back in a circuit will burn calories and torch fat. You can also use it to condition yourself for sport.

Use the three workouts on the following pages and you'll find there's more to the ViPR than just a cool name.

ViPR workouts Pick your aim and perform the routine



Strength workout p110

'This programme will build full-body strength and have a big carryover for sport,' says Dalcourt. 'That's because it will teach you to lift and shift a load with strength. A lift is where you move a load against gravity and a shift is where you move a load through gravity. Shifting exercises are noticeably absent from most strength programmes.'



Fat loss workout p112

'The purpose of this circuit is to maximise metabolic demand so that you can burn as many calories as possible. The idea is to do the exercises back to back as a circuit to maintain a high intensity.'



Running stability workout p114

'This workout has been designed for specific aspects of running - landing and transitioning on one leg while stabilising the forces of gravity, pushing you down, and the ground reaction, pushing you up. These forces affect the foot and ankle, the hip and the abs.'



ViPRs are available
in weights from
4kg to 20kg and
from £124.68 at
fitproshop.com

They're also available
for use in many national
gym chains.



Turn over
for your
ViPR
workouts
»»»

Strength workout

Sets 4 Reps 8-10



1 Squat thread the needle

Start with the ViPR at chest height then rotate it a quarter turn. Squat down and thread the ViPR through your legs, keeping a natural arch in your spine. Return to standing and rotate the ViPR a half turn, then repeat the squat movement.



2 Front carry hip sways

Hold the ViPR to your chest with a very wide stance and your feet turned out slightly. Shift your weight onto one foot, moving your hips to that side and keeping your leading knee over your toes. Shift your weight to the opposite side for one rep.



3 Squat with lateral diagonal raise

Sink into a squat and reach the ViPR to one side and at an angle. Stand up and move the ViPR diagonally across your body without rotating your torso.



4 Cylinder lift

Start in a half squat with your elbows tucked in to your body and your hands gripping the top of the ViPR. Straighten up and lift the ViPR so your hands move down it. Sink into another half squat to repeat the move, sliding your hands further down the ViPR until you're holding it by the bottom.



5 ViPR box pattern

Hold the ViPR horizontally at hip height, then extend your arms. Rotate the ViPR to the left until it's vertical. Rotate it back until it's horizontal at head height. Rotate it to the right until the ViPR is vertical again.



6 Transverse plane thread the needle

Start with the ViPR overhead. Take a step to one side and backwards slightly. As you step, drive the ViPR down and through your legs.

Turn over
for your
fat loss
workout
»»»

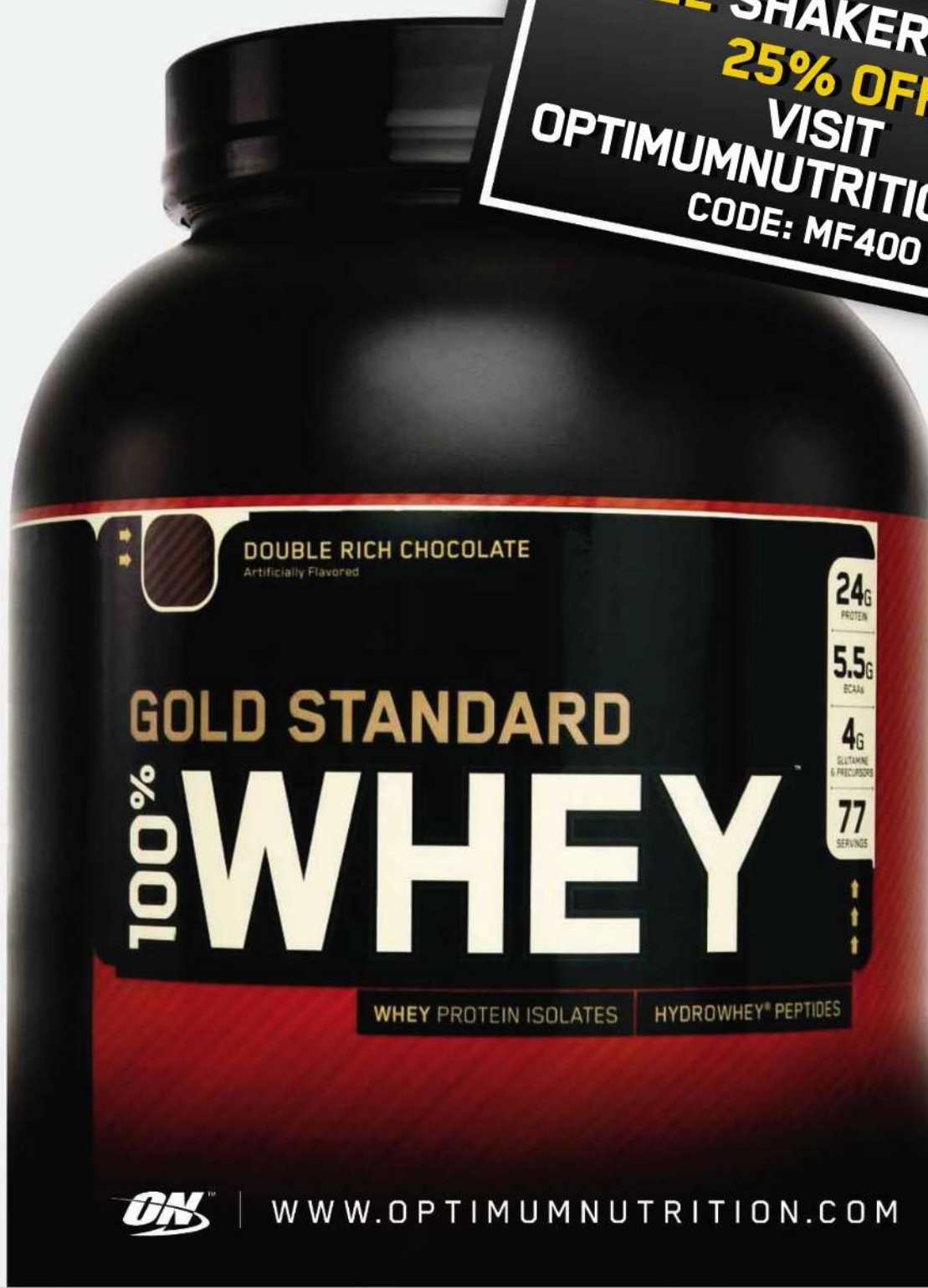
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Fat loss workout

Circuits 3 Time 40 seconds per exercise



1 Lateral tilt with lateral shuffle

Start with the ViPR upright and hold it loosely. Shuffle to one side until the ViPR begins to tilt. Decelerate the tilt then accelerate to the other side and repeat that movement.



2 Anterior step with uppercut

Take a step forward and as you plant your front foot, perform an uppercut.



3 Lateral ViPR flip

Squat down with the ViPR flat on the floor. As you stand up, flip the ViPR up. As it reaches an upright position, control the ViPR with the other hand, taking a lateral shuffle and squatting down again as the ViPR reaches the floor. Repeat the move in the same direction, swapping sides each circuit.



4 Shoulder to shoulder press

Start with the ViPR on one shoulder. Shuffle in the direction opposite to the shoulder carrying the ViPR. Use the momentum to help you press and transfer the ViPR to the other shoulder.



5 Sagittal shuffle with tilt

Start in a half squat with the ViPR in both hands. Shuffle forwards until the ViPR is upright, then lunge with one foot to the side of the ViPR so that it tilts forward. Control the deceleration then return the way you came. Swap sides each rep.



6 Transverse plane jumping jack

Start with your feet together with the ViPR across your body with your torso facing in the opposite direction. Jump and twist with your torso moving in the opposite direction to your feet.

Turn over
for your
running
workout
»»»

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Running workout

Circuits 2 Time 30 seconds per exercise



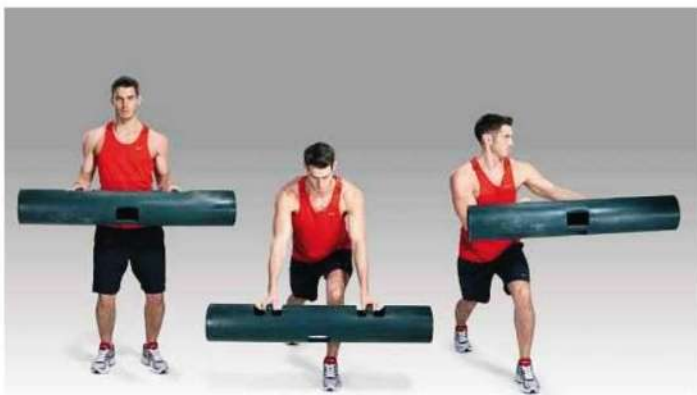
1 Step-over squats

Start in the carry hold position, then rotate your hips and step across your body. Step back the way you came but turn your leading leg out slightly and squat.



2 Split stance low reach

Start in a split stance with the ViPR at hip height. Reach to the opposite side of your forward foot, moving your hips sideways to counter the movement. Swap sides each rep.



3 Lunge with multi-plane reaches

With the ViPR at hip height, lunge forward and extend your arms. Return to the start, then lunge forwards once more, reaching to the side of your leading leg. Return to the start and lunge forwards again, reaching away from your leading leg.



4 Lateral bounds

From standing, bound to one side with one leg and rotate your torso towards that leg while moving the ViPR across your body so one end is near your standing foot. Repeat on the other side, bounding with the other leg.



5 Shovelling

Start with your left hand near your left shoulder and your right hand near your left knee with the bottom of the ViPR near your left foot. In a scooping motion, rotate your body and move the ViPR up in an arc to your shoulder. Swap sides each rep.



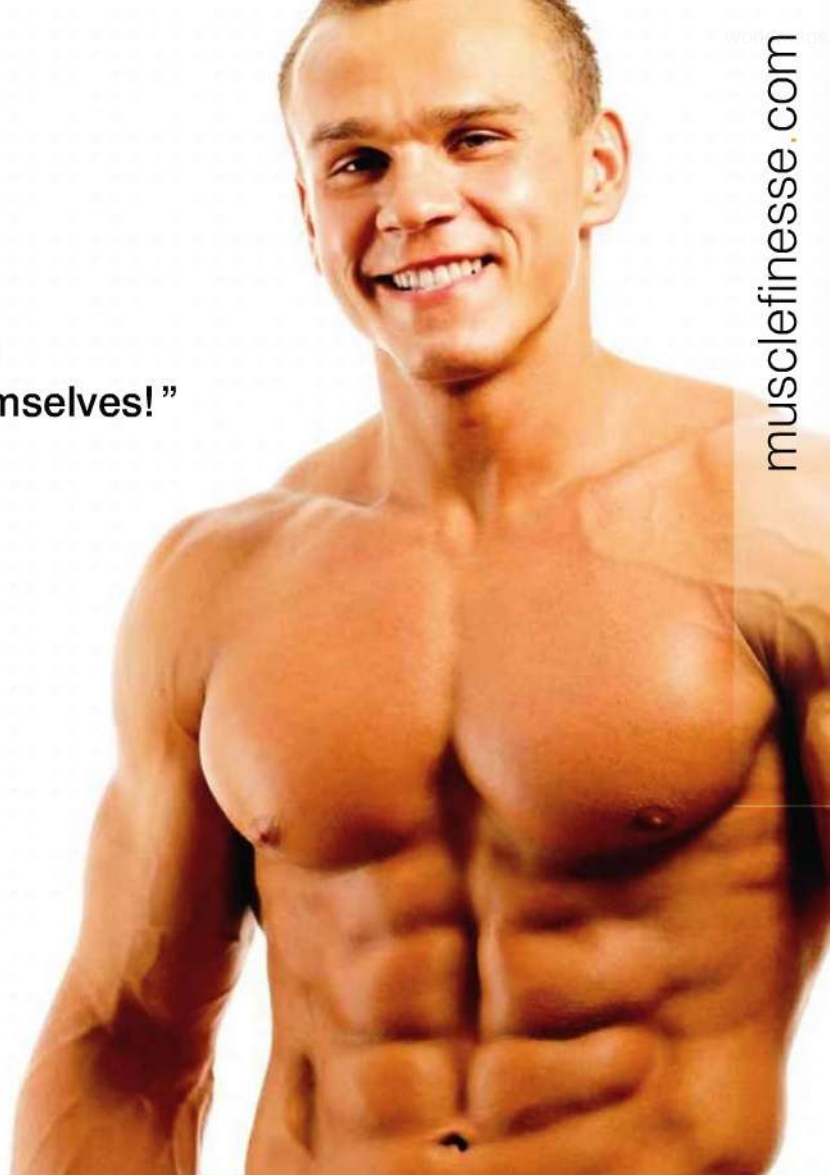
6 Step with lateral shift

Take a big step to one side and drive the ViPR horizontally across your body. Return to the start then repeat the move on the opposite side.



For the Power Clubs workout from last month's guest trainer go to mensfitness.co.uk/links/jointheclub

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Big heart, big muscles

Give your cardio system a test while building lean muscle with this speedy dumb-bell circuit

TARGETS



Glutes, quads, hamstrings, calves, obliques, back, biceps, triceps, shoulders

START

1 Squat to biceps curl
Reps **10**



2 Split Romanian deadlift to rear flye
Reps **10** (alternate sides each rep)



Fit Note

Use your full range of motion for all exercises. Don't scrimp on the squats and lunges.

DO THIS

Level Beginner to intermediate
Kit Dumb-bells (3-8kg each)

- Warm up with three minutes of running on the spot and dynamic stretches.
- Do exercises 1-5 in order, without resting, for one circuit.
- Rest for one minute between circuits. Do three circuits.

3 Alternating shoulder press
Reps **10** (alternate sides each rep)



FINISH

5 Dumb-bell side lunge to touch
Reps **10** (alternate sides each rep)



4 Dumb-bell lunge with rotation
Reps **10** (alternate sides each rep)



PERFECT FORM

1 Squat to biceps curl
Squat down until your thighs are parallel to the floor, then straighten up and curl the weights to your chest.

2 Split Romanian deadlift to rear flye
In a split stance, bend at the hips to send the weights down your front leg. Then raise your arms out to the sides.

3 Alternating shoulder press
Hold the dumb-bells at shoulder height. Press one dumb-bell up and, as you lower it to the start, press the other dumb-bell overhead.

4 Dumb-bell lunge with rotation
Hold one dumb-bell at chest height, then lunge forwards and extend your arms. At the lowest point of the lunge, rotate towards your leading leg.

5 Dumb-bell side lunge to touch
Take a big step to the side, keeping your bent knee over your toe and your trailing leg straight, then touch the dumb-bells to your foot.



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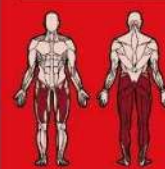
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Lunge

Build strong, powerful legs with this classic muscle move

'When building strong legs most people overlook lunges in favour of squats, but **lunging is a basic movement pattern that requires power and co-ordination**, both of which are vital for sports,' says Neil Odell, a personal trainer and founder of Fit For My Day (fit4myday.com). Lunges work the powerhouse lower-body muscles, such as the glutes, quads, hamstrings and calves, but also involve the adductors, hip flexors and many other stabilising muscles - including your core - that need to be strong to allow you to move with speed and power.'

TARGETS



Glutes,
hamstrings,
quads, calves

Poor posture?

Tightness in your posterior chain - upper back, lower back, glutes and hamstrings - can make lunging hard because it restricts flexibility and this is a move that requires good co-ordination. Try stretching these key muscles and watch your lunge improve.



How to do it

● Stand tall with a barbell resting on the back of your shoulders. Point your elbows behind you to retract your shoulder blades and keep

your back upright and core braced throughout.

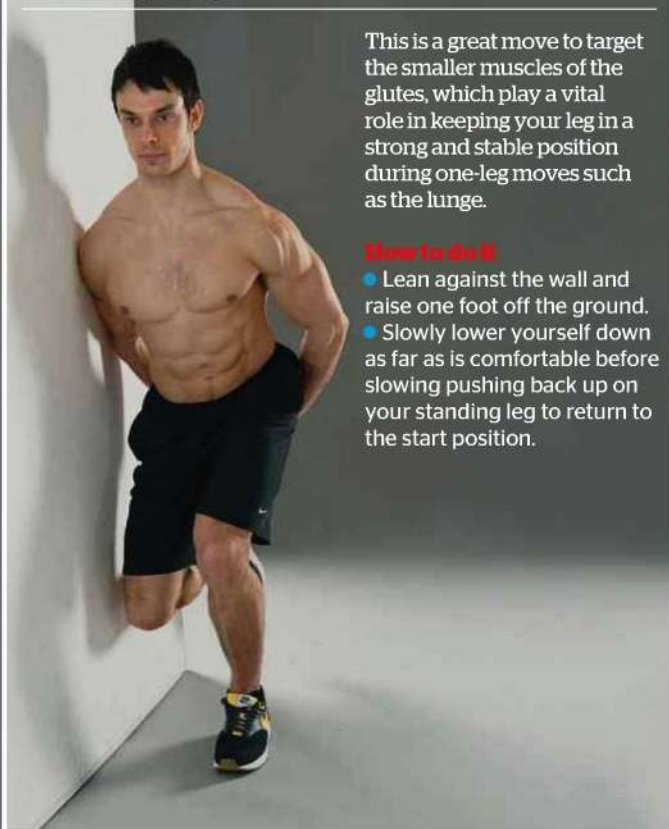
● Take a big step forward but keep your knee over your front foot and not

beyond it. Lower down until both knees are bent at 90° before pushing back off your front foot to return to the start position.

Turn over for four moves that will improve your lunge

Four moves to improve your lunge

Wall slide

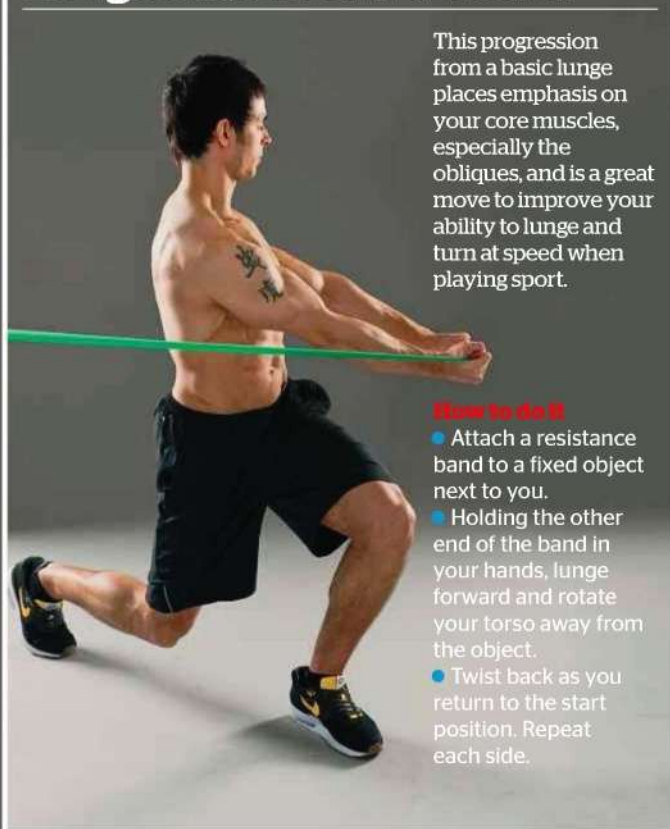


This is a great move to target the smaller muscles of the glutes, which play a vital role in keeping your leg in a strong and stable position during one-leg moves such as the lunge.

How to do it

- Lean against the wall and raise one foot off the ground.
- Slowly lower yourself down as far as is comfortable before slowing pushing back up on your standing leg to return to the start position.

Lunge and twist with band



This progression from a basic lunge places emphasis on your core muscles, especially the obliques, and is a great move to improve your ability to lunge and turn at speed when playing sport.

How to do it

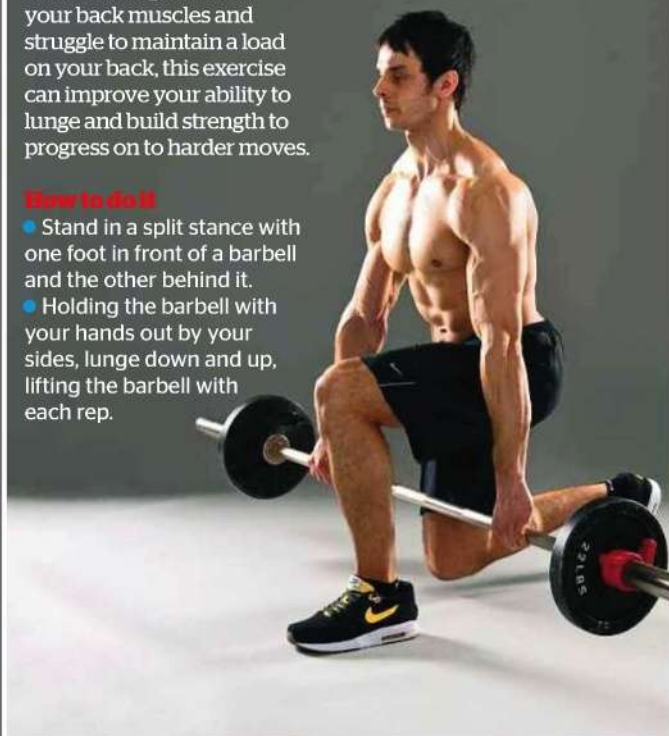
- Attach a resistance band to a fixed object next to you.
- Holding the other end of the band in your hands, lunge forward and rotate your torso away from the object.
- Twist back as you return to the start position. Repeat each side.

Split squat bar between legs

If you have poor posture because of tightness in your back muscles and struggle to maintain a load on your back, this exercise can improve your ability to lunge and build strength to progress on to harder moves.

How to do it

- Stand in a split stance with one foot in front of a barbell and the other behind it.
- Holding the barbell with your hands out by your sides, lunge down and up, lifting the barbell with each rep.

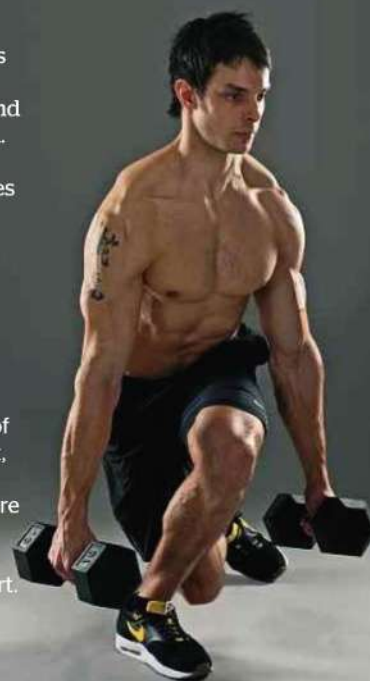


Curtsy squat

Another great move for sportsmen, because it works the stabilising muscles of your core, hips and legs, allowing you to move more powerfully and under control on the field. You'll also be able to lift more weight during lunges thanks to better support from these stronger stabilising muscles.

How to do it

- Start with your feet hip-width apart.
- Take a big step forward with one leg but instead of going straight out in front, swing your leg out and across your back leg before lunging down until both knees are bent at 90°.
- Return slowly to the start.



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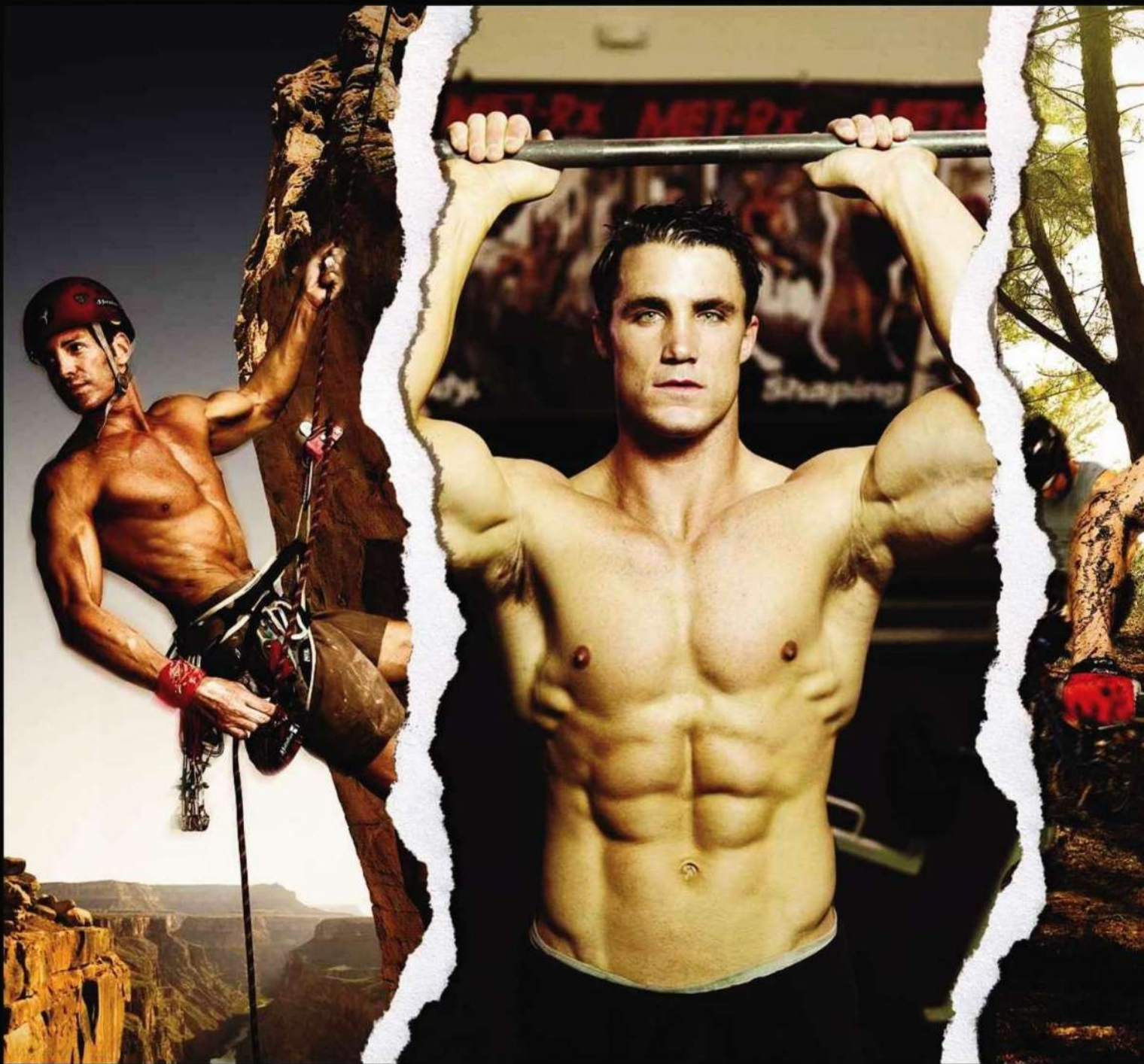
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Body power

Master bodyweight moves to prevent injury, build muscle and generate explosive power

If you want to pack on muscular size and strength, it can be tempting to head straight for the weights and do compound lifts such as bench presses and squats rather than press-ups, lunges and other bodyweight exercises.

There's a common assumption that bodyweight moves are too easy to be effective in building muscle, whereas heavy lifts break down the most fibres in your muscles, shocking them into growing back bigger and stronger.

While bodyweight training does have its limitations - it can't effectively target your back and biceps, for instance - it offers many more benefits

level of resistance and poses less of an injury risk: it's hard to get the form wrong, unlike lifting weights, which can be dangerous without correct form.'

Bodyweight training can also help injury-proof more advanced trainers. Because they are compound moves that involve more than one joint movement, these exercises recruit all your small, stabilising muscles. 'Press-ups are great for improving the stability of the typically delicate shoulder joint,' adds Edwards.

Fighting fit

Ego prevents many gym-goers from doing bodyweight moves because

'Bodyweight moves can reduce your risk of injury and are a perfect way to warm up'

beyond the fact that you can do it anywhere, at any time. These moves can reduce your risk of injury, are a perfect way to warm up and can actually improve your ability to go heavier when hitting the weights.

Still need convincing? Any form of training done by boxers and MMA fighters to prime their muscles for explosive speed and strength is good enough for us. For these athletes, getting a ripped body is just a bonus.

Resistance training

Bodyweight moves are great for people who don't have a gym membership or access to kit. They are especially beneficial to beginners, whose own weight is a sufficient stimulus to improve muscular size and strength.

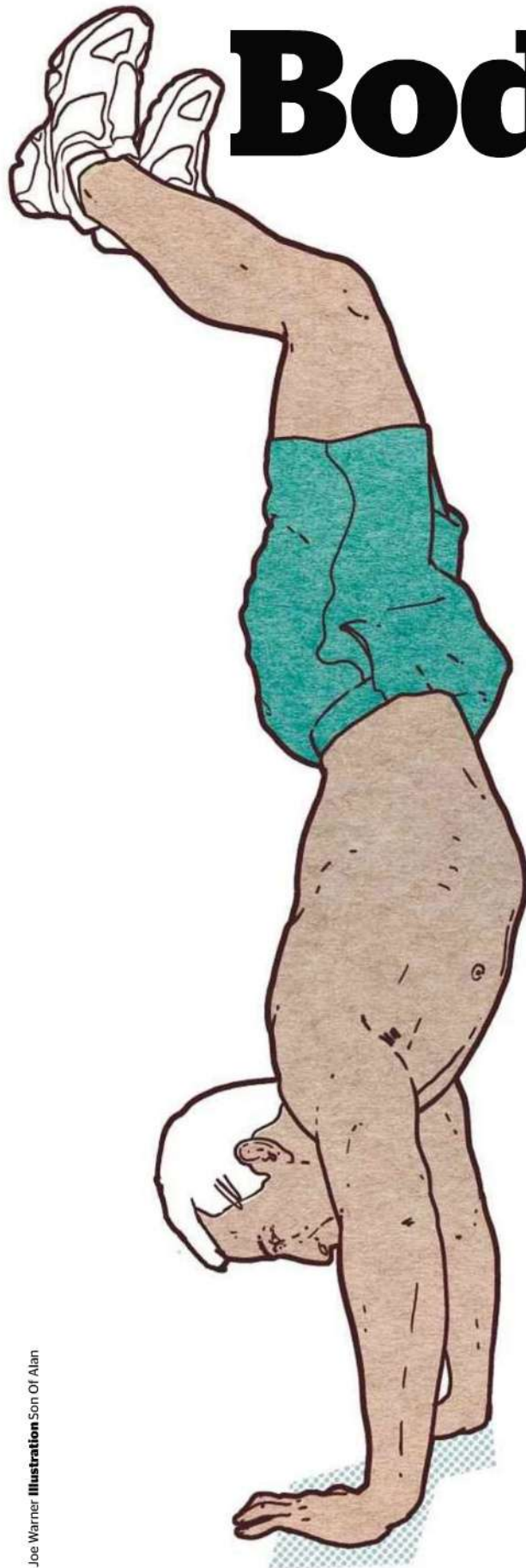
'For muscle growth you need to perform three sets of eight to ten reps at a weight that is around 75 per cent of your one-rep max,' says Darryl Edwards, personal trainer at thefitnessexplorer.com. For beginners, their own weight provides the right

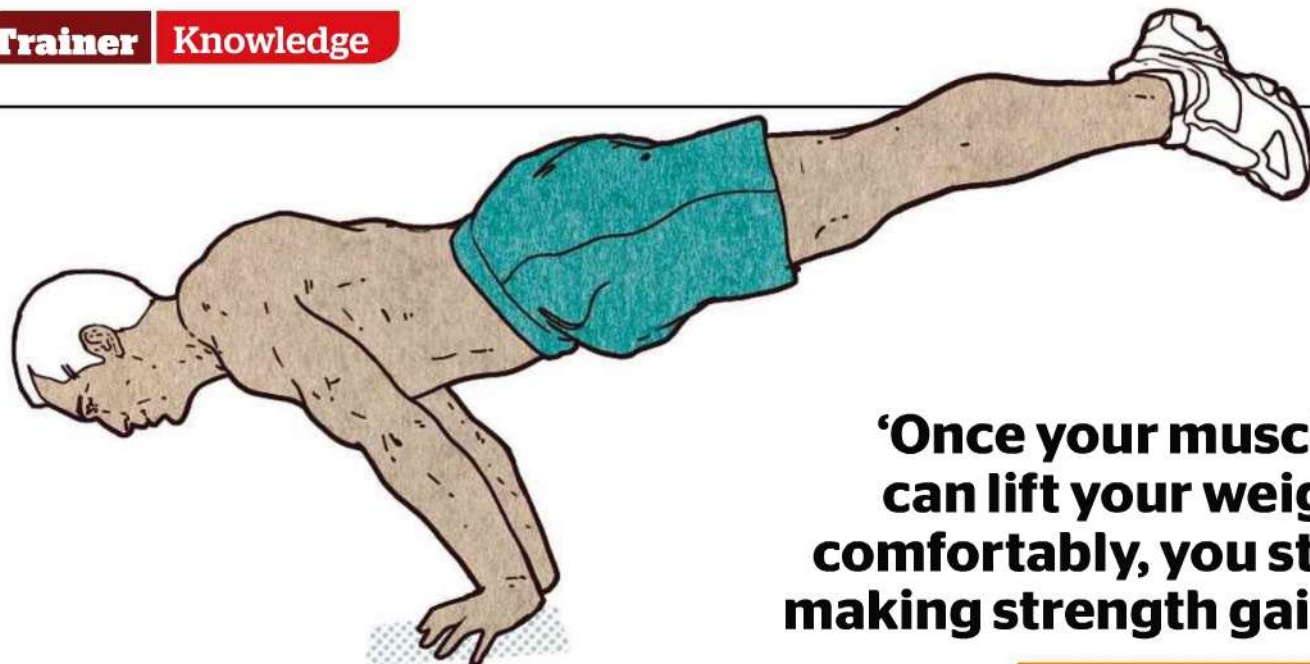
they don't get you the bragging rights like a new bench press or deadlift one-rep max does.

But if you are training to build muscular endurance as well as power, bodyweight training is ideal. That's why combat athletes are some of the biggest advocates.

It's very popular with MMA fighters and boxers, because they need a combination of muscular endurance - from low-weight, high-rep training - and explosive power,' says personal trainer Gavin Walsh (gavinwalsh.co.uk). Plyometric exercises, such as clap press-ups and box jumps, are great for priming your fast-twitch muscle fibres, which are responsible for power. Fighters want strong, functional muscles, not bulky ones that affect flexibility.'

Although favoured by fighters, bodyweight training has 'huge transferable benefits for all sports in which you need to move your body powerfully and efficiently,' according to Nick Mitchell, founder





‘Once your muscles can lift your weight comfortably, you stop making strength gains’

of Ultimate Performance (upfitness.co.uk). ‘They are also great as a warm-up before bigger lifts, or during interval runs – sprint for 20m before doing press-ups or squats. And do them immediately after a set with weights to crank out a few more reps to really fatigue your muscles.’

In fact, making bodyweight training a core part of your regime could even lead to lifting heavier weights. ‘If the supporting tissues of your joints are strong, you are more likely to be able to lift heavier loads when progressing to weights,’ says Walsh. ‘Many people struggle when upping the weight not because the target muscle is weak, but because a stabilising muscle fails first.’

Heavy metal

Although bodyweight moves have plenty of benefits, for bigger and stronger muscles you need to lift weights. ‘Once your muscles can lift your own weight comfortably, you will stop making strength gains,’ says Mitchell. ‘My rule is once you can do 20 controlled press-ups, you need to increase the load for increased strength.’

That’s not to say that a session doing bodyweight moves is an easy session. You can make most kit-free moves harder. For example, putting your feet on a chair increases the amount of weight your upper chest and shoulders must move during a press-up. You can also work your shoulders incredibly hard by doing handstand press-ups, while single-leg pistols are far harder than standard squats. But they are still no substitute to heavy weights if you want to add size.

Neglected muscles

The big problem with bodyweight training is that it is impossible to effectively target your back and biceps. This, and the limitation on how much you can ever lift, makes kit-free moves unpopular with gym-goers who want to pack on size by isolating each muscle and developing it to its maximum potential.

‘To develop a muscle fully you need to target your muscles from many different angles and through their full range of motion, which is only possible with free weights, machines and other specialist kit,’ says Mitchell. 

Body power At a glance

Great for beginners

Kit-free moves are great for beginners because their bodyweight provides enough resistance to force their muscles into growth.

Build power and endurance

They are ideal if you want to build explosive power (with plyometric moves) or muscular endurance (by working to failure).

Increase the load

As with any form of resistance training, as soon as you feel comfortable lifting a certain weight, you need to increase the load to continue adding muscle size and strength.



Six-pack science

Are bodyweight moves best for a rock-solid six-pack?

You may not think you do many bodyweight exercises, but most moves that target your core muscles are working only against gravity or your body’s own resistance. So are crunches, Russian twists and planks the best moves for carving a six-pack?

‘You can do all the abs bodyweight moves in the world but the best way to build a strong core is to do big lifts such as squats, overhead presses and

deadlifts,’ says Mitchell. ‘They force your core to work hard and are far more effective than knocking out hundreds of crunches.’

If you are weighing up whether to do bodyweight abs moves or heavy lifts, remember these approaches aren’t mutually exclusive.

‘Nobody should give up any one move more than a carpenter should give up any one tool, because every exercise has its own benefits,’ says JC Santana, founder

of the Institute for Human Performance (IHP) in the US. ‘During a press-up your core is fully engaged to stabilise your torso. This doesn’t happen with the bench press.’

Edwards agrees. ‘Crunches, side planks and Russian twists will hit your abs from every angle,’ he says. ‘You need to overload your muscles so they are never comfortable. The best method is to hit them hard from as many angles as possible.’



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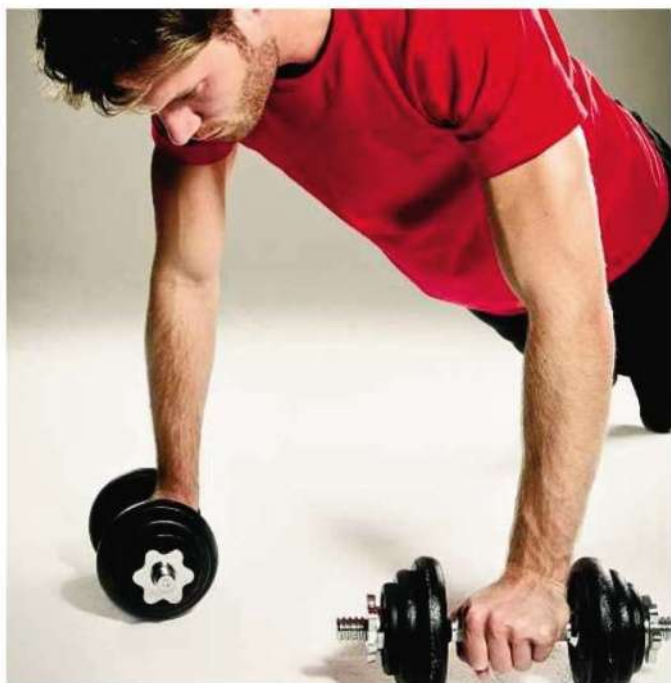
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It's made up of three moves each for three different body parts and all you need is some dumb-bells and a gym ball. The first for each body part is a compound move, which involves a big multi-joint movement that develops the target muscles and the supporting ones around it. That's followed by an isolation move, which homes in on your target muscle. You finish off with a static hold, which works your muscle fibres in a different way, to maximise the benefits.

How to do it

Days Do this workout three times a week for four weeks. For a new four-week home workout, get the next issue of *Men's Fitness*.

Timing This workout should take about 30 minutes, including a quick warm-up.

Warm-up Spend five minutes doing bodyweight moves, such as press-ups, squats and lunges.

Sets and reps Follow the set and rep counts indicated for each exercise.

Weight Choose a weight that allows you to complete all your reps but no more.

Tempo Take one second to lift the weight, pause then take three seconds to lower it.

Rest Rest for 30 seconds between sets and for one minute between exercises.



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START

1 Dumb-bell squat

Sets 2 Reps 10-12

Target Legs and glutes

Lower your body until your thighs are parallel to the floor, keeping your knees in line with your toes and your torso upright.



6 Dumb-bell isometric hold

Sets 2 Time 30-60 seconds

Target Chest

Hold a dumb-bell out in front of you with your arms straight and squeeze your pecs together.

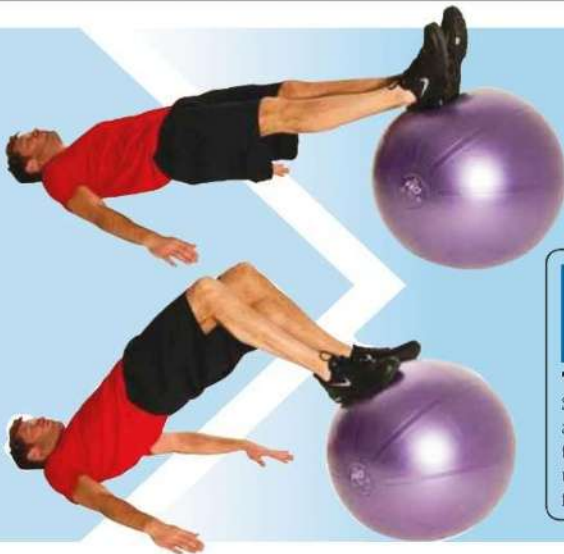


7 180° dumb-bell woodchop

Sets 2 Reps 10-12

Target Abs and core

As you bring the dumb-bell up and across your body, jump and rotate 180°.



2 Gym ball leg curl

Sets 2 Reps 10-12

Target Legs and glutes

Start with your legs straight and feet resting on the ball, then roll it towards you until your body is straight from shoulders to knees.



3 Gym ball static wall squat

Sets 2 Time 30-60 seconds

Target Legs and glutes

Position the ball halfway up your back with your knees bent at 90° and in line with your toes.

5 Gym ball flye

Sets 2 Reps 10-12

Target Chest

Rest your upper back on the ball, lower the dumb-bells out to the sides then return to the start.



4 Dumb-bell press-up

Sets 2 Reps 10-12

Target Chest

Start with your arms straight then bend your elbows to lower to the floor and push back up.

8 Dumb-bell crunch

Sets 2 Reps 10-12

Target Abs and core

Lie on the floor with your knees bent and the dumb-bell on your chest, and crunch up.



9 Gym ball plank

Sets 2 Time 30-60 seconds

Target Abs and core

Rest your forearms on top of the ball and keep your body in a straight line - don't let your hips sag.



FINISH

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3,000mg of mTOR anabolic L-Leucine. Of all the essential amino acids the Branch Chain Amino Acid L-Leucine is the most potent. In simple terms, it can trigger increased protein synthesis when combined with whey hydrolysate and carbohydrate taken after resistance exercise.

1800mgs of Beta Alanine. With intense training comes lactic acid, ammonia and acidity build up. Beta-Alanine is a precursor to Carnosine which helps to buffer acidity/pH changes within muscle tissue. Scientific studies have proven that Beta-Alanine decreases fatigue in athletes and increase total muscular output. One Stop Xtreme contains an industry leading dose of Beta-Alanine.

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The Panel



Matthew Moulton
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Jack Lovett
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Performance



Robert Kane
David Lloyd Leisure



Shaun Stafford
City Point Club London

Question 1
What's better
for fat loss -
weights or
cardio?

A combination of the two. Weight training breaks down muscle tissue, so you'll still be burning calories long after your last set. However, high-intensity cardio is also great for torching calories really quickly.

Free weights and resistance machines. The more you expose your muscles to a heavy weight in the gym, the more calories you'll burn during the session and long after it.

Weights, because a tough session raises your heart rate and keeps you burning calories up to 48 hours after it. Combining weights with cardio is one of the best ways to burn fat.

A weights session burns more calories during and after your workout. You'll put on more lean muscle, which will increase your resting metabolism, leading to greater fat loss.

Question 2
What's the
biggest fat loss
myth you've
heard?

That keeping your heart rate in the 'fat-burning zone' is the way to lose weight. Steady exercise does burn fat but you'll expend more calories if your cardio sessions are interval-based, with high intensity split by active recovery.

That low-intensity cardio training is optimal for burning calories. If cardio is your preference then keep your sessions as fast as possible to burn the most amount of calories.

That ditching carbs makes you lose weight. Your brain and body needs carbohydrates to function properly.

That low-intensity training is the best way to burn fat. Wrong. Work out hard and fast, then put your feet up.

Question 3
What's your top
fat loss tip?

Get plenty of quality sleep and try to reduce as much stress from your life as possible to keep your fat-fighting hormone levels where they need to be.

The adage 'you can't out-train a bad diet' is correct. A diet based around nutrient-rich fruit and vegetables, lean protein, good fats and water is best.

Cut down on your sugar intake and eat more protein. It's that simple.

Don't starve yourself. Instead, eat a small, high-protein meal or snack every three hours to keep your metabolism ticking over, so you won't grab sugary snacks. And stay hydrated.

New fitness gear

Tornado Ball

What is it?

It's a medicine ball attached to a sturdy length of rope.

What's it good for?

Developing a strong and stable core that allows your torso to rotate with power. It's also pretty useful for targeting those hard-to-hit obliques. All you do is hold the rope and start swinging the ball: around your head, against a wall or on to the floor. The greater the variety of your movements, the more your core and other major muscles groups must work together to keep your body stable. They're already popular with professional athletes involved in martial arts, baseball and athletics.



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Lifting lingo Key gym terms explained

Plyometrics



If you've ever watched someone doing clap press-ups and thought they were just showing off, think again. It's a plyometric move, which means it trains your muscles to exert the maximum amount of force in the minimum amount of time, resulting

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Get a gymnastic physique

Gymnasts boast some of the most impressive strength in sport. Daniel Keatings shares his training secrets



Daniel Keatings

Age 20

Height 1.71m

Weight 66kg

Achievements

- 2010 Gold (pommel horse), silver (team competition), European championships
- 2009 Silver (all-around competition), world championships
- 2009 Silver (all-around competition), bronze (pommel horse), European championships



Gymnast Daniel Keatings has come back from a knee injury that threatened to end his career to win numerous medals at both junior and senior level, including a gold in the pommel horse at this year's European championships, and he's aiming to increase his haul. *MF* spoke to the gymnast about his training schedule and preparations for the 2011 European and world championships.

How's training going?

I'm at about 80 per cent at the moment. I'm working on all six pieces of apparatus, so on some I'm improving and on others I'm getting back to where I was.

You won European gold in the pommel horse - do you have any other favourites?

Probably the high bar, because I can chuck myself about and it feels like second nature. My least favourite is the rings, because it's the most demanding on my body. You aren't great every day and the days you have to still come in and do big strength moves on the rings can be a nightmare.

What's a typical training day like for you?

We'll do two sessions a day, with three pieces each. There are four upper-body and two lower-body disciplines, so we'll do upper, lower and upper in each.

Do you stick with bodyweight moves?

We'll occasionally do weights like the bench press or squats but very rarely. It's mostly bodyweight moves like chin-ups, press-ups and dips with added weight.

Do you have to watch your weight?

Yeah, we have to be strong but light. We don't put on too much muscle because we're mainly doing bodyweight moves but I'm also careful



about the supplements I use – I'll stay off the creatine to avoid putting on water weight. I take some protein and an arginine

'We don't put on too much muscle because we're mainly doing bodyweight moves'

supplement, so I can push through the hard times.

Are you looking ahead to London 2012?

The 2012 Olympics are the next big target but the next European and world championships are the focus at the moment. If our team can get a top-eight place in the world championships, we can send a team to the Olympics. Otherwise, we only get to send a few people. We've got a great depth in the team. They did well without me last year, so hopefully I can add to that.

So what's in the immediate future?

At the moment I'm just trying to recover and get back on track. My focus is the Europeans in 2011 – if everything's on track with my knee, I'd like to retain the gold on the pommel horse and get a gold in the all-around competition.

Daniel Keatings is an ambassador for Maximuscle. Thanks to maximuscle.co.uk.

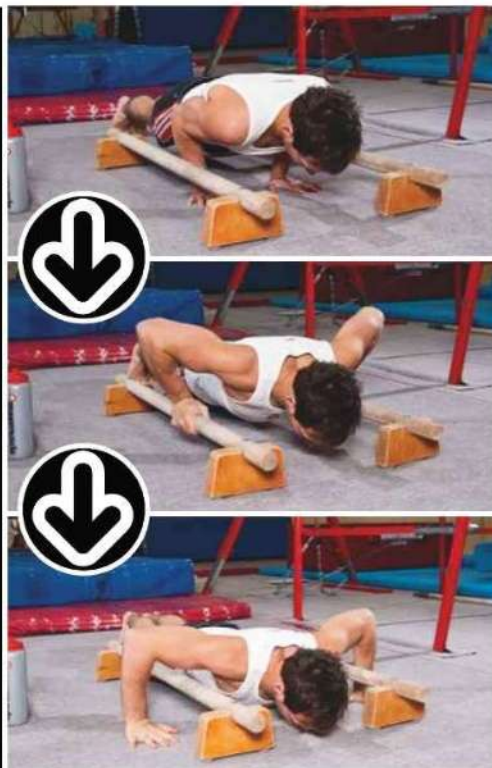
Daniel Keatings's gymnastics workout

Part 1 Explosive power

'We'll do about an hour and a half of conditioning in total each day, on top of specific training on the apparatus,' says Keatings. 'Power is one of the most important things to train, because every discipline has an explosive element.'

1 Parallel press-up Sets 3 Reps 5

- Using a set of parallel bars – press-up bars will do at a push – set them roughly shoulder-width apart.
 - Start with your hands between them and do an explosive press-up, landing with your hands on the bars. Do another press-up and land with your hands outside the bars. Now go back to the bars, then back to the centre. That's four press-ups and one rep.
- Keatings says** 'This builds explosive power but also co-ordination – you have to get used to catching those bars.'



2 Muscle-up Sets 2 Reps 5

- Start by hanging from a set of rings with a high grip – the heel of your palms should be resting on the rings.
- Perform an explosive pull-up and, as your chest passes the rings, transition into a dip to push yourself

above them. Driving your chest forward will help.

Keatings says 'Some people do this with a leg swing but you'll get stronger if you make the technique clean. You wouldn't swing your legs in a gymnastics routine.'



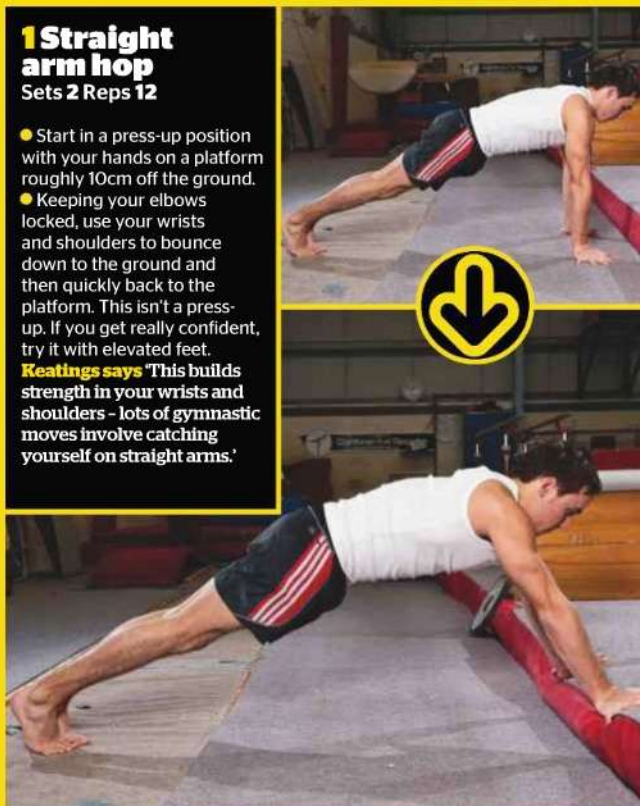
Part 2 Strength endurance

'You don't need much cardio to get through a minute-long routine,' says Keatings. 'But you do need to have the strength to get through every move. We train twice a day and we'll generally fit some of these conditioning moves in after each session. They also include a bit of skill work.'

1 Straight arm hop Sets 2 Reps 12

- Start in a press-up position with your hands on a platform roughly 10cm off the ground.
- Keeping your elbows locked, use your wrists and shoulders to bounce down to the ground and then quickly back to the platform. This isn't a press-up. If you get really confident, try it with elevated feet.

Keatings says 'This builds strength in your wrists and shoulders - lots of gymnastic moves involve catching yourself on straight arms.'



2 Dish rock Sets 2 Reps 20

- Form a dish shape by bending slightly at the waist, and hold it as you rock backwards and forwards.
 - Stay solid and pivot on your lower back.
- Keatings says** 'You need to get used to holding this shape and keeping a strong core while you're tumbling.'



3 Front raise Sets 3 Reps 10

With a weight plate held in both hands, explosively raise it above your head. Don't rock backwards to make the move easier - stand against a wall or bench so you are not using your lower back.

Keatings says 'Gymnastics is about opening and closing your shoulders quickly, so we'll do these quite explosively.'

Daniel Keatings's gymnastics workout

Part 3 Core strength

'Keeping a tight core is crucial in gymnastics,' says Keatings. 'It will give you more spring when you're tumbling. We don't really do sit-ups – instead, we do moves that emphasise keeping everything rigid. Even a solid handstand will work your core harder than a sit-up. We'll throw in these moves whenever we can – as a warm-up, or to finish a session.'

1 Gym ball rollout Sets 3 Reps 12

- Support yourself in a press-up position with your shins on a gym ball. Keep your body in a straight line and your core tight.
 - Keeping your hands in the same place, roll yourself backwards until the ball is under your hips. Use your shoulders to pull yourself back to the start position.
- Keatings says** 'This is about keeping a strong core, which is important on the bars and in floorwork.'



2 Gym ball bridge Sets 3 Reps 12

- Lie on your shoulders with both feet on a gym ball.
 - Bridge up as explosively as possible, and repeat.
- Keatings says** 'This works on your glutes and core stability in the opposite direction from the rollouts.'



To see Keatings's flexibility moves go to mensfitness.co.uk/dankeatings

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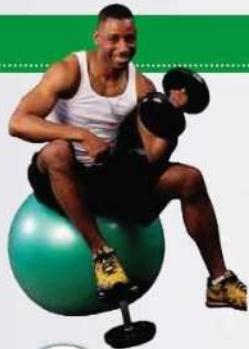
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Abs move of the month

Side plank with touch

Give the side plank a twist for an extra abs challenge

Why you should do it

The side plank is a useful exercise but this move will give your midsection a new test. By adding the touch, you teach your abs to get better at controlling rotational movement.

How you should do it

- Start in a side plank position with your elbow below your shoulder and your body in a straight line from head to heels.
- Without letting your hips sag, twist your torso until your chest is facing the floor, then return the way you came.

Sets 3
Reps
12-15

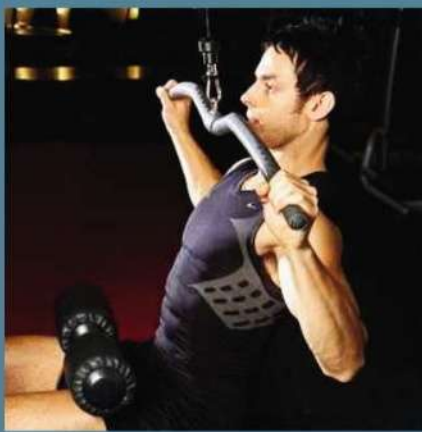
Stage 1



Stage 2

Intelligent muscle

To get the best back muscle activation when doing a lat pull down, use an overhand rather than an underhand grip, according to new research. The report, in the *Journal Of Strength And Conditioning Research*, also found the width of your grip during the classic back move has no significant effect.



Test yourself Leg raise 360



What it tests

'This improves your core strength and your pressing overhead and bench pressing movements,' says personal trainer Tony Bayliss.

How to do it

'Hang from a pull-up bar and flex your muscles, especially your lats, abs and arms. Slowly bring your hips forward and raise your legs, keeping them straight and your knees and ankles together. Once your legs are

parallel to the ground, bring your knees up to your chest, then over your head and through past the bar, extending them again as you pass the vertical. Lower your body as far as you can. Pause for a second and slowly reverse the movement.'

Can't do it?

'If you struggle with the initial part then try bringing your legs up with your knees bent. This creates less resistance on the core.'

How you rate

Reps	Level
5 or more	Excellent
3-4	Good
1-2	Average
0	Poor



TONY BAYLISS is a personal trainer with Ultimate Performance in London. He was a Royal Marine PTI for 11 years and trained Benicio del Toro for *The Wolfman*. Visit upfitness.co.uk.

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Turn over
for workouts
to build your
upper body
»»»

What you do



Monday Chest & triceps p144



Wednesday Back & biceps p146



Friday Abs & shoulders p148

How to do it



Timing Each muscle-building session should take approximately 40 minutes, including the warm-up.



Warm-up Spend five minutes doing bodyweight moves such as squats and press-ups. Before each big move, do a warm-up set with a very light weight.



Weight Choose a weight that allows you to complete all your reps but no more.



Tempo Take one second to lift the weight, pause, then take three seconds to lower.



Rest Rest for one minute between sets and two minutes between exercises.

MONDAY Chest & triceps

1 Decline bench press

Sets 4 Reps 8

Target Lower chest, triceps

The decline bench press lets you lift heavy weights which, combined with this set and rep range, will build both strength and muscle. By setting the bench at a decline you take the emphasis off your front shoulders, which will be worked in the next exercise.

- Set the bench at a decline of 30-45°, rest your head and shoulders on the bench and brace your core.
- Grip the bar with hands slightly wider than shoulder-width apart, lift it from the rack and hold it directly above your chest.
- Lower the bar slowly to your chest and press back up powerfully.
- Keep your elbows to the sides and don't arch your back.



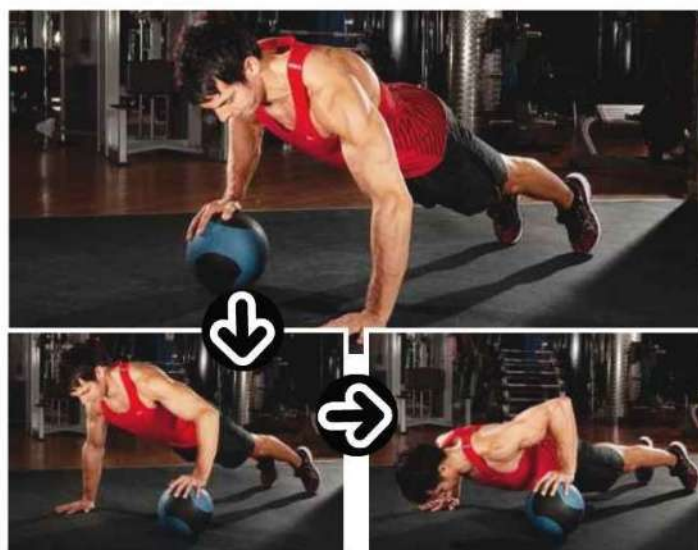
2 Dip

Sets 4 Reps 6

Target Chest, triceps, front shoulders

This effective bodyweight move will hit your chest in a different way to the bench press while also forcing your triceps to work hard.

- Grip the bars just wider than shoulder-width apart.
- With your body upright and your elbows pointing back, lower slowly as far as is comfortable.
- Push back up powerfully without swinging your legs.



3 Passing medicine ball press-up

Sets 3 Reps 10

Target Chest, triceps, core

Using a medicine ball increases the push and forces you to stabilise your shoulder joint.

- Get into a press-up position with the medicine ball under your shoulder and one hand on it.
- Push up and pass the ball across to your other hand.
- Pass the ball back and forth with each press-up.



4 Cable crossover

Sets 3 Reps 10

Target Chest

This exercise isolates your chest muscles and gives greater resistance than dumb-bells at the point where your hands touch, helping you to completely fatigue your muscles.

- Use a split stance with your weight on your front leg.
- Bring your hands together in front of your chest without moving your torso.



5 Triceps press-down

Sets 3 Reps 10

Target Triceps

Finish by isolating your triceps with a straightforward exercise so you don't risk injuring yourself when you're tired.

- Set the cable at head height and stand up straight with your elbows tucked in to your sides.
- Press the cable down without leaning forwards or flaring your elbows and squeeze your triceps at the bottom of the move.

Turn over
for your
Wednesday
workout
»»»

WEDNESDAY

Back & biceps

1 Pull-up Sets 3 Reps 10

Target Lats, traps, rhomboids

This is a tough move so you need to do it at the beginning of a workout when you're fresh. Using an overhand grip for this classic strength test puts the emphasis on your back muscles. If you can't complete ten reps each set, do as many as you can.

- Grip the bar with hands just wider than shoulder-width apart using an overhand grip.
- Extend your arms fully and let your body hang down without swinging.
- Pull up until your chin is over the bar and squeeze your lats as you pull up.
- Lower slowly to the start without swinging.



2 Biceps curl

Sets 3 Reps 10

Target Biceps

Barbells allow you to increase the load you lift for a biceps curl, shocking your muscles into new growth.

- Stand tall with your shoulders retracted, your elbows tucked in to your sides and your core braced.
- Hold the barbell just outside your hips.
- Lift the weight without rocking back to use momentum, stopping just before your forearms reach vertical.
- Lower the weight under control and keep your elbows tucked in throughout the move.



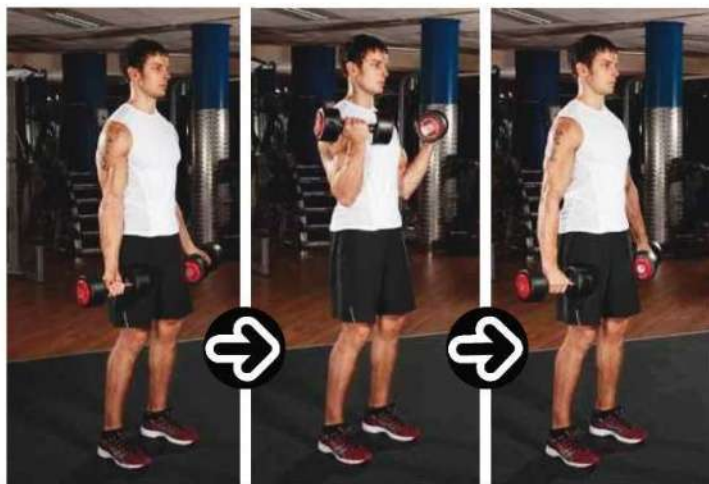
3 Reverse-grip dumb-bell bent-over row

Sets 3 Reps 10

Target Traps, lats, rhomboids

Switch to a reverse grip to place more emphasis on your lats and lower traps. It'll also be more taxing on your biceps.

- Start with your core braced, your back straight and your shoulder blades retracted.
- Lean forward from the hips, rather than the waist, with your knees slightly bent.
- Take an overhand grip with hands just wider than shoulder-width apart, letting the dumb-bells hang down around knee level.
- Pull the dumb-bells up to your sternum, squeezing your shoulder blades together at the top of the move, then lower the dumb-bells slowly to the start.



4 Zottman curl

Sets 4 Reps 10

Target Biceps, forearms

The Zottman curl will develop your forearms as well as your biceps. This provides a different stimulus during your workout and the extra forearm strength you gain will help you in other key lifts such as deadlifts.

- Curl the dumb-bells up to your chest without swaying to aid the momentum.
- When the dumb-bells are at the top of the move, rotate your wrists so your palms are facing forwards and lower the weight.

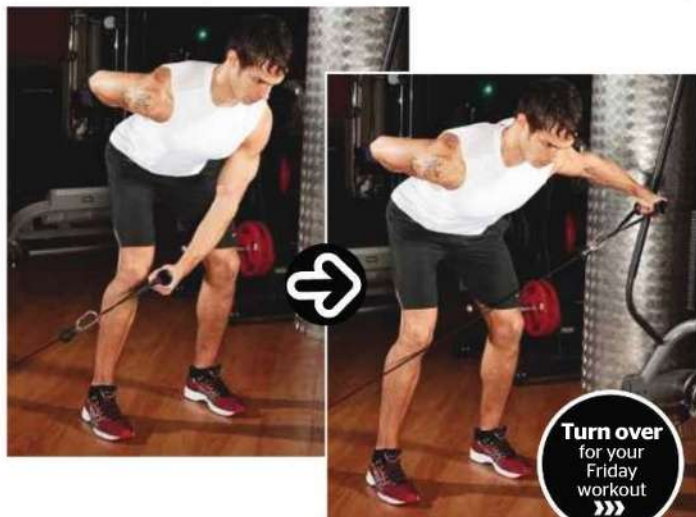
5 One-arm reverse cable flye

Sets 2 Reps 10 each side

Target Traps, rear deltoids

The flye movement takes your arm muscles out of the equation, focusing all the stress on your back. Doing this one-sided move will also ensure you get balanced muscle growth.

- Stand with your knees slightly bent
- Bend at the hips and grasp the cable with one hand next to the opposite knee, keeping your back in a neutral position.
- Pull the cable up and across your body, keeping your body still.



FRIDAY Abs & shoulders

1 Clean and press Sets 4 Reps 6

Target Whole body

Doing a big compound movement at the start of your session will allow you to put in maximum effort because you'll be fresh. The pay-off is that it'll fire up your systems and provoke a great growth hormone release.

- Start in a deadlift position.
- Pull the bar explosively to your chest, keeping your elbows high and rising up onto your toes to gain power.
- Bend your knees to duck under the bar at its highest point, flipping the bar onto your fingers and 'catching' it on top of your chest.
- Keep looking forward and press the bar overhead without tilting your hips forward.



Turn over
for four more
shoulders and
abs moves
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Trainer Main Workout

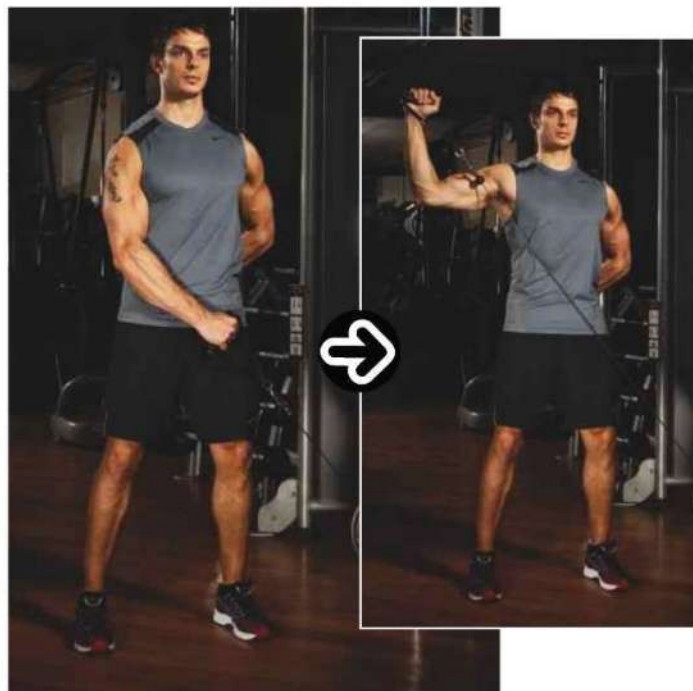
2 Rotating press

Sets 2 Reps 10 each side

Target Deltoids, core

This move combines a shoulder press with a rotating movement. You won't be able to lift as much weight as a normal shoulder press but you do place substantial demands on your abs and core.

- Bracing your core, grip the bar with hands just wider than shoulder-width apart and hold it on your upper chest.
- As you press the bar up, rotate your body to the side.
- Use your core muscles to control the motion, alternating sides with each rep.



3 Diagonal cable raise

Sets 2 Reps 12 each side

Target Rear deltoids

Your rear shoulders are the easiest part of the muscle group to overlook and the hardest to hit. This move isolates them so you can make sure you get all-round shoulder development.

- Stand side-on to a cable with your core braced.
- Lift the handle up and across your body.

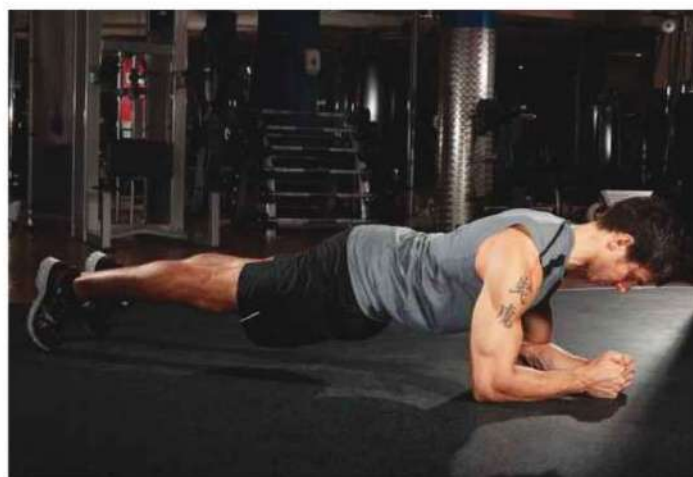
4 Gym ball jackknife

Sets 3 Reps 10

Target Upper and lower abdominals

The instability and range of motion involved in this move allow you to hit both your upper and lower abdominals while also having to stabilise your shoulders.

- Rest your instep on top of the ball with your body in a straight line and your hands directly beneath your shoulders.
- Roll your feet over the ball to draw your knees into your chest.
- Try to avoid raising your backside as you move the ball.



5 Plank

Sets 3 Time 60 seconds

Target Core

Holding the plank position allows you to fully fatigue your core muscles at the end of the session, when it's safe to do so.

- Position yourself so that your feet are together and your body is straight from head to heels with your elbows underneath your shoulders and your head looking down.
- Hold as long as you can without letting your hips sag.



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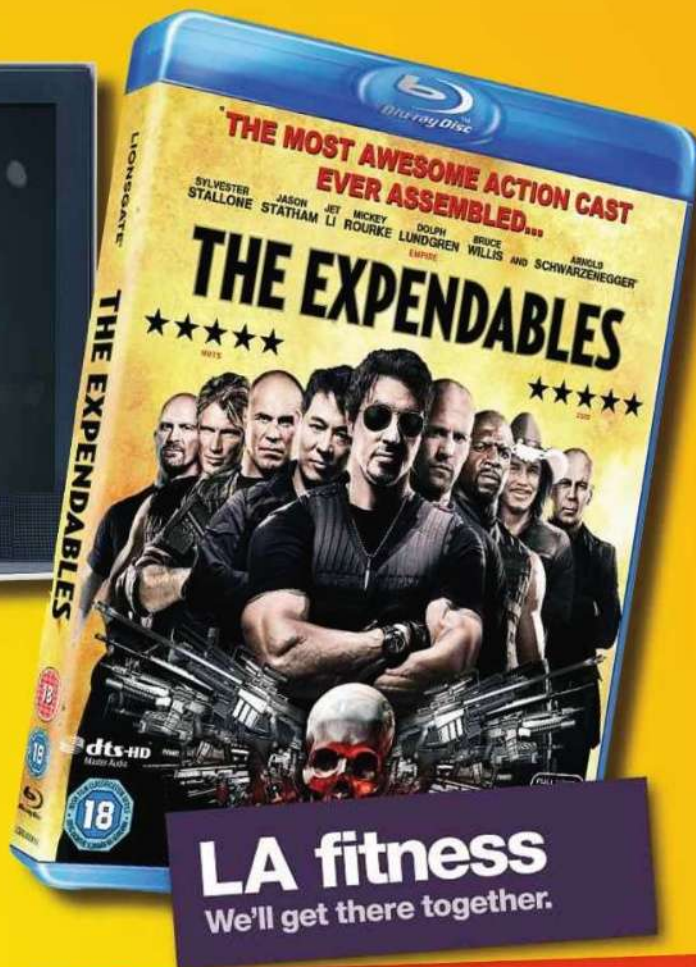
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The Expendables is out on Blu-ray, DVD and download from 13th December 2010. For more on LA fitness see lafitness.co.uk.

How to enter

Just go to mensfitness.co.uk/expendables and answer the simple question below.

Who plays ex-US Special Forces agent Barney Ross in *The Expendables*?

- A) Brad Pitt
- B) Angelina Jolie
- C) Sylvester Stallone

Closing date: 15th December 2010

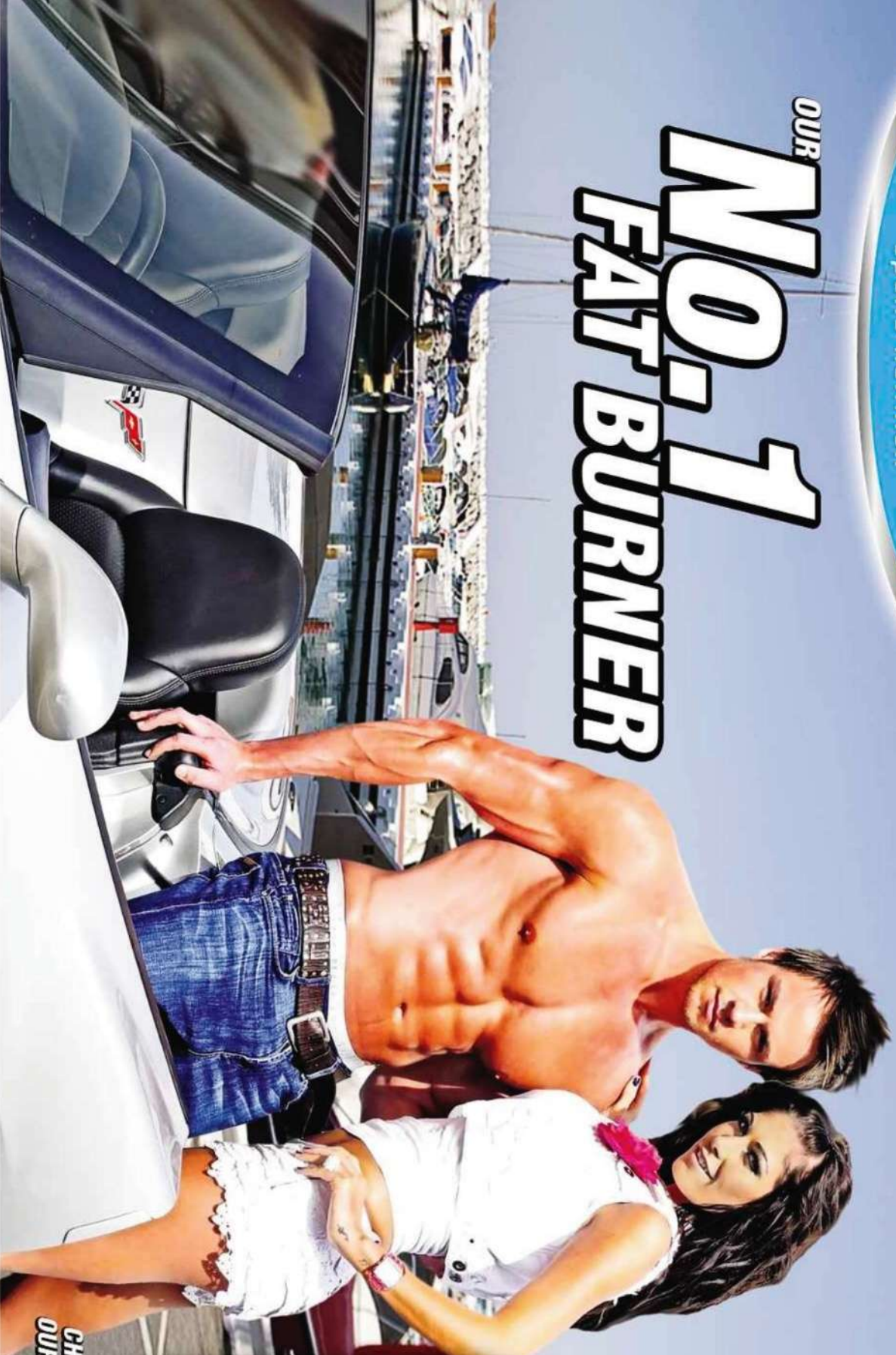
TERMS AND CONDITIONS

On completing and submitting this competition, you will automatically be entered into a draw for a 32in Sony Bravia TV, Sony Blu-ray player and copy of *The Expendables* on Blu-ray and a year's LA Fitness membership. 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 prizes described are 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 *Men's Fitness*) 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. Names of winners will be available on receipt of a request enclosing a stamped self-addressed envelope to: Competitions Manager, Dennis Publishing, 30 Cleveland Street, 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.



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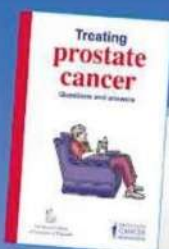
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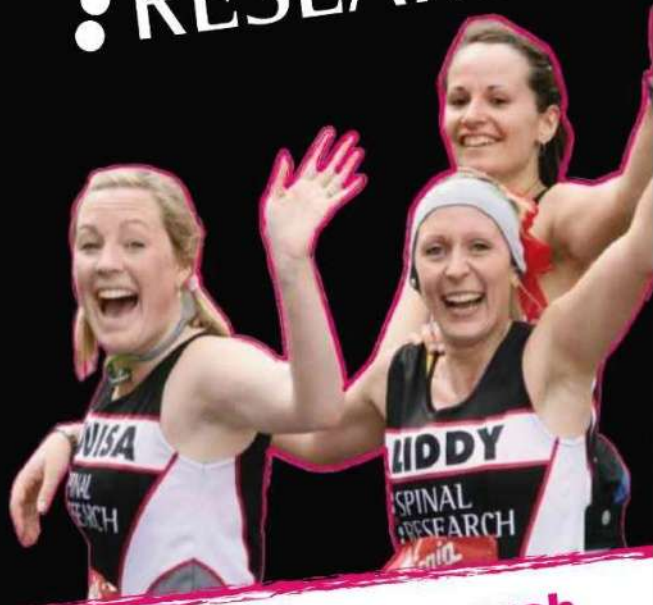
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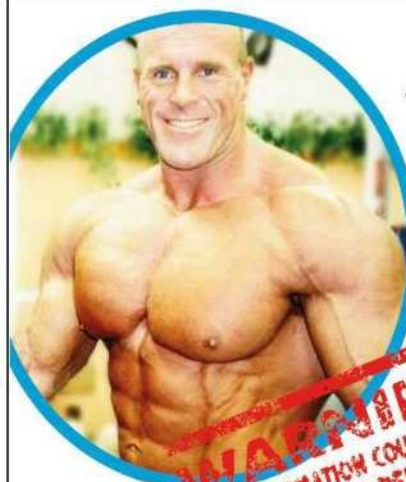
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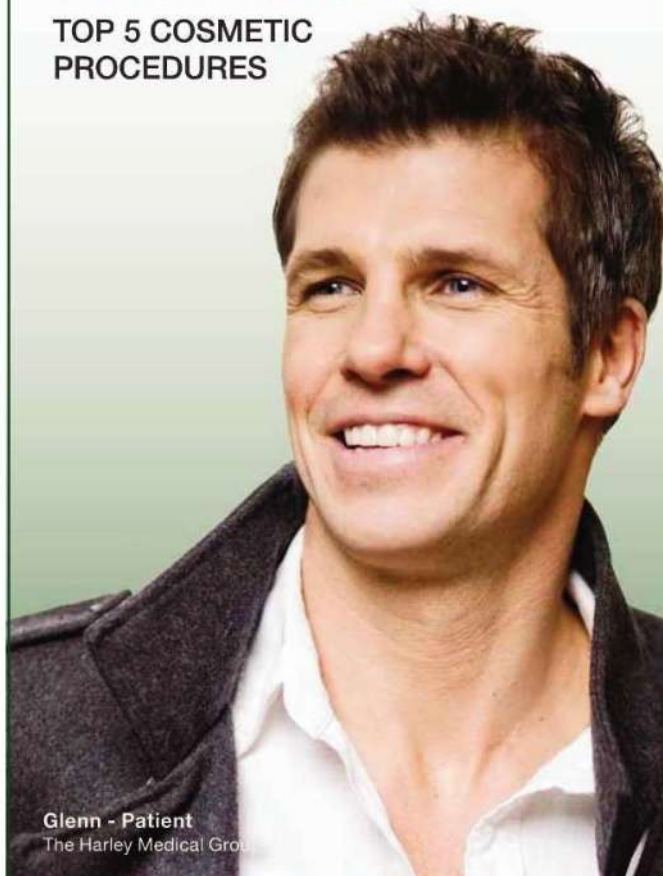
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JACKIE CHAN

The kung fu legend on breaking bones, meeting fans and getting kicked in the face by Bruce Lee

Do you still do all your own stunts?

Yes. I don't know when I'll stop. I forget how old I am. I'm still moving around. I have to teach people how to fight.

Does it get harder as you get older?

No. For me, honestly, I just do it and it doesn't matter. I train a lot and I am a stunt co-ordinator so I know what I can do. If I'm tired, we go do a dialogue scene. Afterwards I come back and it's easy.

Do you recover quickly?

No, not like before. Before I would get hurt and on the second day I was OK, but now I get hurt and two weeks later I'm still hurt.

Even so, you're in impressive shape for 56. How do you do it?

I have a good foundation from when I was young. I had basic

me on purpose. My eye was all bruised but afterwards I thanked him for it because he always chose me for overtime and I could make a lot of money that way.

What do people say to you when they see you in a bar? Do they ever want to fight you?

No, never. After all these years, nobody wants to fight me. It's good. I am really different to some other action stars because in the movies I am not a hero. I am the underdog, helping people, and sometimes I win but I am lucky, and then I run away. When people see me they say, 'Jackie, we love you'.

Have you ever used your skills in a real fight?

When I was young, a few times. I wasn't an angry kid but one day in

'I don't know when I'll stop doing my own stunts. I forget how old I am'

training when I was seven which is why things like jumping and kicking are easy for me. I still train a lot. Even now, I get off a 16-hour flight from Hong Kong and train.

Is there a bone that you haven't broken?

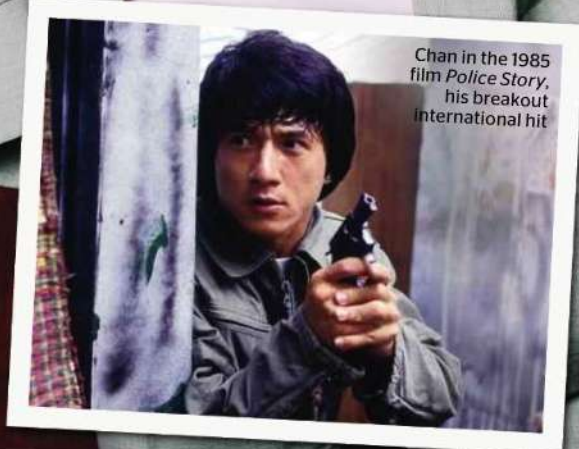
I don't know about my bones but every inch of my body has been crushed, bruised or cut. [When working in Hong Kong] I didn't even care - I was just hurting myself and coming back. But now, in Hollywood, it's about safety.

Is it true that Bruce Lee once kicked you in the face?

Yes, it's true. He was doing a one shot with a couple of stunt guys for *Enter The Dragon* and I was the last one. He hit me right in the eyelid, and I went down - I couldn't move. He stopped right away and asked me if I was OK - he was so sorry! He didn't hit

Hong Kong, I got in a fight with a gang of motorcycle guys. I was 17 - I had to defend myself! I was scared after fighting. You are running away, you are shaking, you go back to the scene and see people being taken away by an ambulance, you don't know if you killed people... Afterwards, I thought a bone in my hand was sticking out. I pushed it back in. I couldn't go to the hospital so I just took some medicine and a couple of days later, it came out. It was somebody's tooth stuck in my hand! But now, I never fight. □

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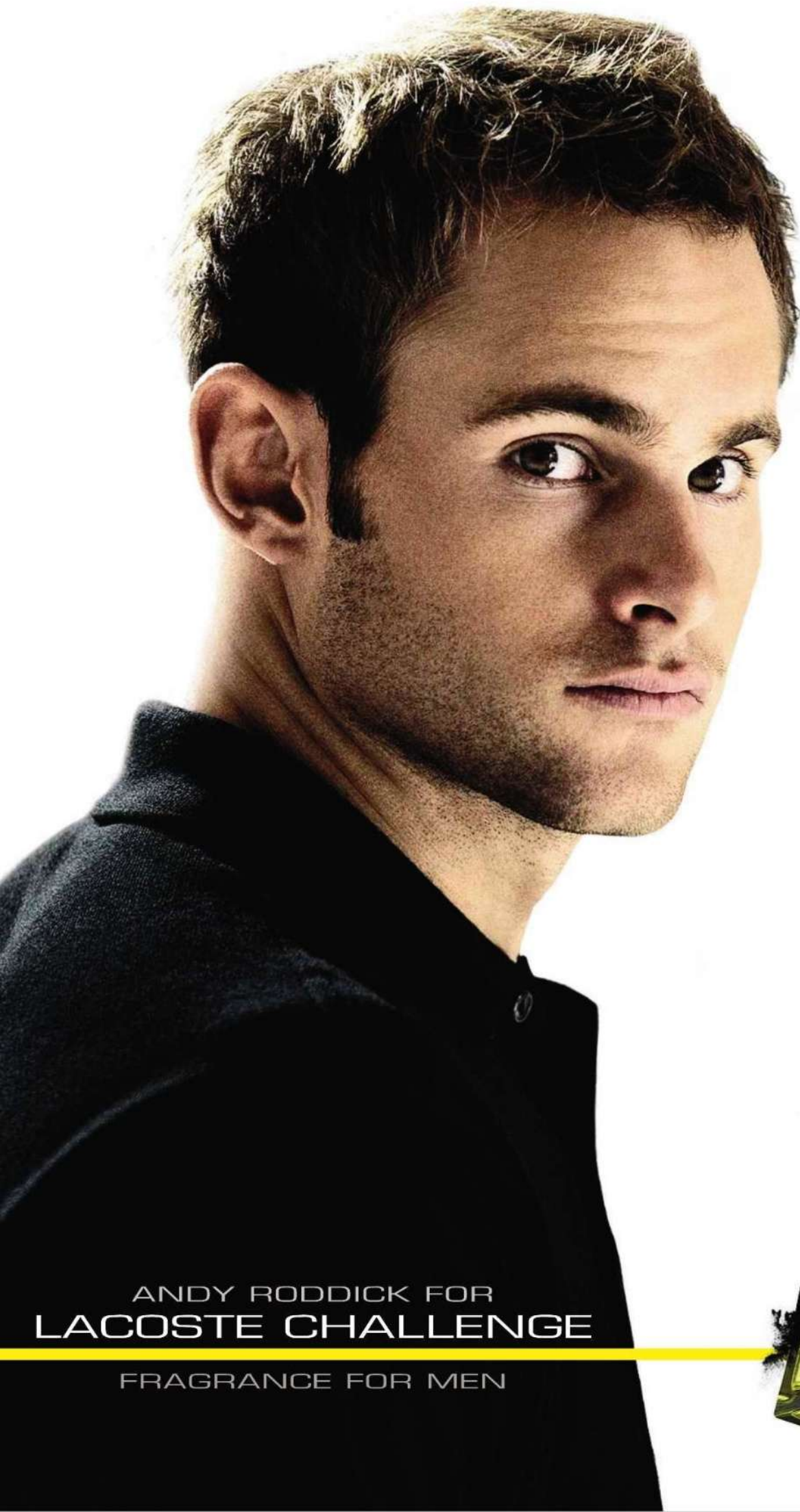
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