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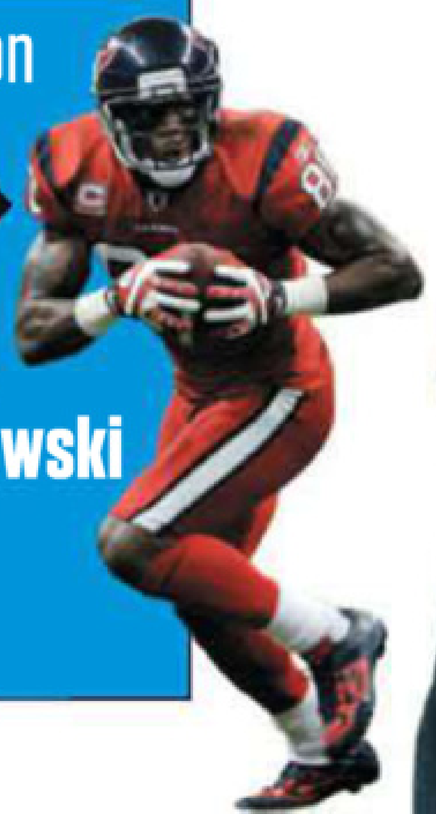
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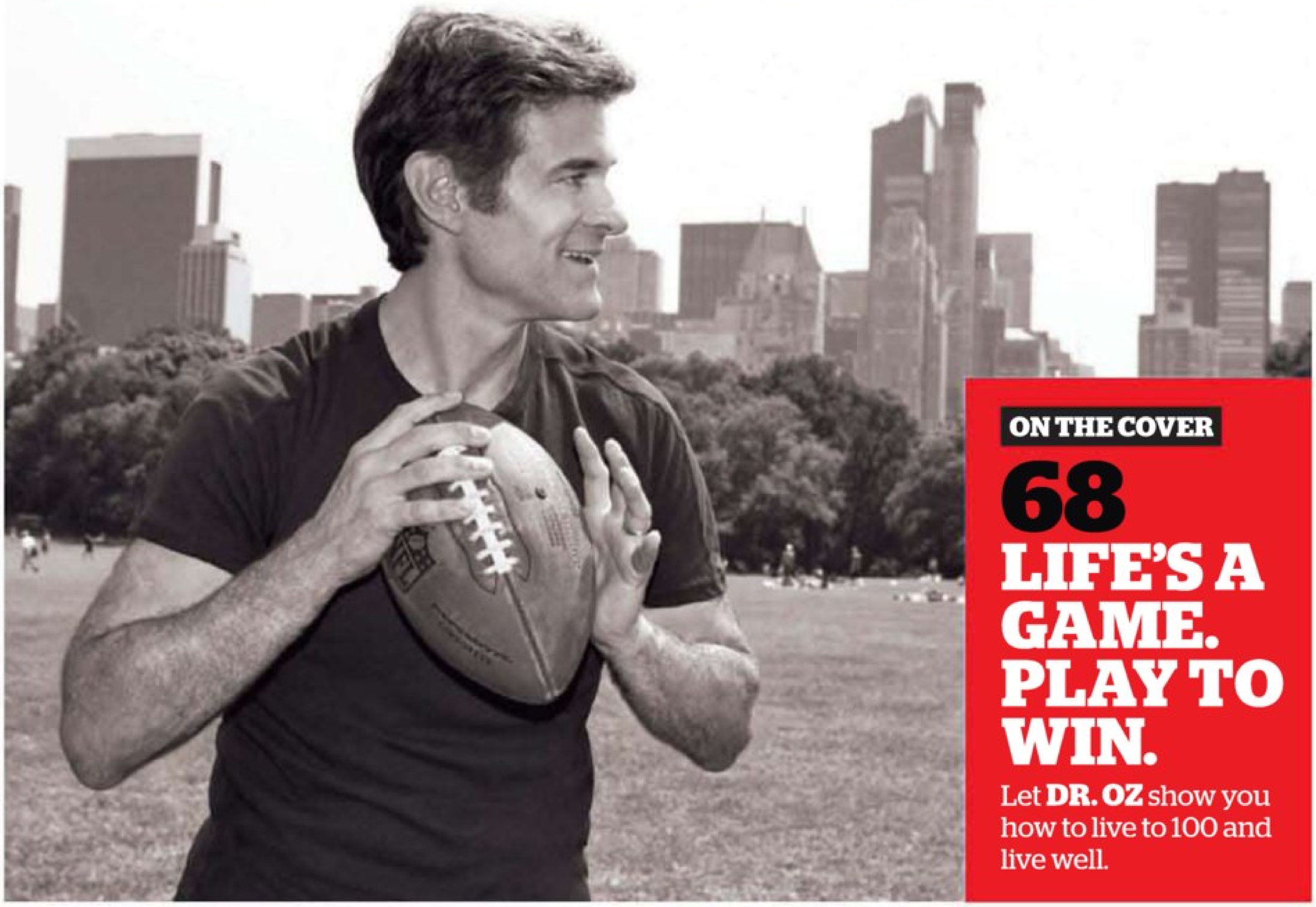
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LIFE'S A GAME. PLAY TO WIN.

Let **DR. OZ** show you how to live to 100 and live well.

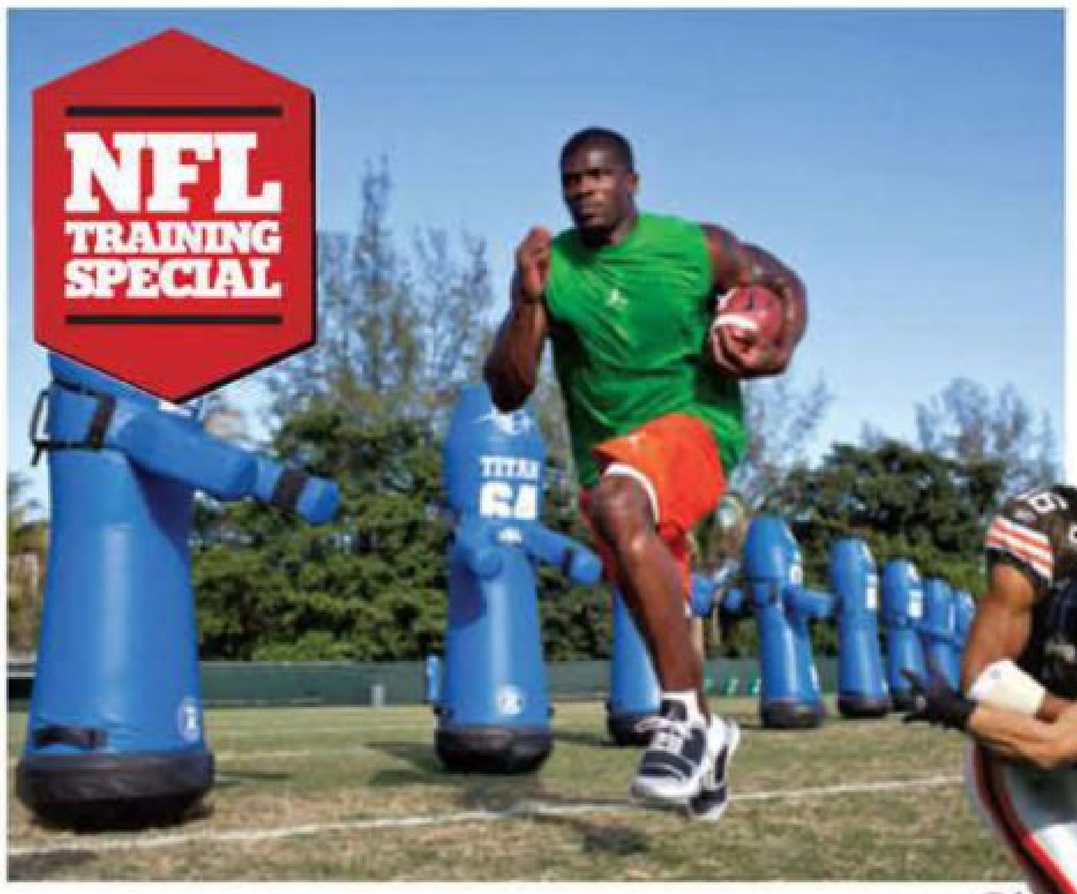
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Editor's Letter

DR. MEHMET OZ THROWS A TIGHT SPIRAL. I figured that out throwing the ball with him in Central Park for his photo shoot. Maybe you didn't know this, but the man played defensive back (and water polo) for Harvard way before he hooked up with Oprah and became America's physician. His background as an athlete, cardiac surgeon, author, and media personality made him the perfect source for our Health Special. Every guy wants to live longer. Put yourself in a position to avoid the leading killers of American men: heart disease, cancer, and accidents, and most guys who practice what they read in this magazine should get within striking distance of their 100th birthday. (The Centers for Disease Control says that the average American male ticket gets punched at 75, but what can I say, I'm an optimist.) The real trick is getting to 100 and actually enjoying an active life along the way. To that end, Dr. Oz mapped out a series of fitness milestones by decade starting with men in their 20s. He also included a rundown on the medical tests a guy should tick off his list along the way.

With a history of heart disease in my family, I go to a cardiologist for regular checkups. I think I found the one cardiologist in New York who asks questions about UFC fighters while he runs the echocardiogram. The last time I went to my dermatologist he cut seven pre-cancerous moles out of my hide. Unfortunately, I didn't develop much of a rapport with the dermo. But it's difficult to make conversation when someone is removing treasonous bits of flesh with a safety razor. Despite the hassle of going to the doctor, and the potential for getting news you don't want to hear, every guy should make preventive medicine a component of his general fitness. Do yourself a favor and read what Dr. Oz had to say. As long as you keep working out, get the proper rest, take the right steps to keep your health in check, and avoid having a piano dropped on you from above you should hit the century mark and actually feel good when you arrive.

Thanks for picking up the issue.

Seth Kelly

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International editions of Men's Fitness *are published in Australia, Indonesia, the United Arab Emirates, and the United Kingdom.*

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Our Experts

TRAINER SPOTLIGHT

JOEL HARPER

This celeb trainer keeps Dr. Oz fit

CREDENTIALS > Harper is a New York City–based celebrity trainer who designs equipment-free workouts for Dr. Oz, Olympic athletes, and business executives. He has 17 DVDs that can be found at ***joelharperfitness.com***



Joel's Top Three Tips

STRETCH IN BETWEEN SETS
"It will leave you feeling energized and tension-free," Harper says. "Plus it'll save you time from having to do it at the end of every workout."

BALANCE IT OUT
"Incorporating balance into your exercises activates your stabilizing muscles and will help you avoid unnecessary injuries," Harper says. "Balancing on your toes with your eyes closed for 30 seconds should be easy."

GO ABOVE AND BEYOND
"On a scale of 1 to 10, make sure you go for that level 12, and really feel the burn in every single muscle of your body each week," he says.

IN THIS ISSUE *The pros behind this month's fitness coverage*

JON HINDS
Hinds is a strength coach in Chicago and owner of the Monkey Bar Gym franchise. ***monkeybargym.com***

JOEL JAMIESON
Jamieson has trained seven mixed martial arts world champions, including Rich Franklin and Hayato Sakurai. ***8weeksout.com***

JOE KENN
Kenn has been a strength and conditioning coach at a number of Division I colleges, including Boise State University and Arizona State University. ***bighousepower.com***

CAMERON MCGARR
McGarr is the head of personal training at Equinox Woodland Hills in LA.

JOHN MEADOWS
Meadows is a top five national competitor in bodybuilding and the creator of the Mountain Dog training and dieting systems. ***t-nation.com***

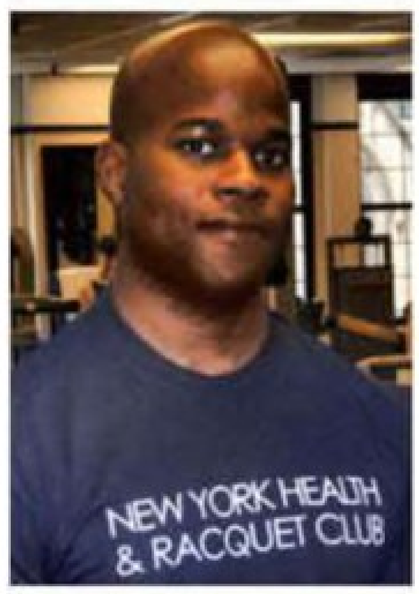
HARRY SELKOW
Selkow has trained athletes in more than 20 sports. He is part owner of Re-Active Gym (also known as CrossFit Pleasonton) in Pleasonton, CA. ***reactivegym.com***

ANDREU SWASEY
The strength coach for the University of Miami Hurricanes football team, Swasey also trains NFL wide receiver Andre Johnson. ***hurricanesports.com***

SIDNEY WILSON
A model, actor, and trainer, Wilson lives in New York City. ***sidneywilson.com***

MIKE WUNSCH
Wunsch is a program design specialist at Results Fitness in Newhall, CA. ***results-fitness.com***





What's the most underutilized lift or exercise that you wish most people would take advantage of?

The Turkish get-up. This full-body movement works almost every muscle in the body. It's a quick way to get the best bang for your buck when it comes to time spent in the gym.

JONATHON BLAKE
Personal Trainer, New York Health & Racquet Club, NYC

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MF Calendar



SEPT. 3

1) LSU/OREGON

Kick off the college football season with a matchup of two BCS Championship contenders at the first-ever Cowboys Classic, hosted inside Jerry Jones' billion-dollar **Cowboys Stadium**. Oregon's uniforms promise to be as exceptional as Les Miles' fourth-quarter clock management.

SEPT. 9

2) WARRIOR

Tom Hardy got super jacked to play an MMA fighter who faces off with his older brother in the cage. Finally, MMA gets its own version of *Rocky*.

SEPT. 20

3) *GEARS OF WAR 3*

XBOX 360

We're stoked about the third *Gears* game because the multiplayer finally seems to have caught up to the campaign—and now there's four-player co-op, too. Plus, *Horde* mode 2.0 gets some new upgrades and **Ice T** lends his voice, plus new weapons, and the same satisfying, gory game play XBox fans have grown to love.

SEPT. 16-18

4) AUSTIN CITY LIMITS MUSIC FESTIVAL

Check out **Kanye West**, **Arcade Fire**, **My Morning Jacket**, and **Stevie Wonder** at the three-day, eight-stage blowout festival.

SEPT. 23

5) OKTOBERFEST USA

So it's Oktoberfest, but it's in September. Okay. And instead of Germany, it's in the States. Got it. Clearly, we won't make all the beers larger, the food fattier, and give everyone diabetes, or something. Check out the week of debauchery starting in **La Crosse, WI**.

SEPT. 23

6) THE KILLER ELITE

Starring **Robert De Niro**, **Clive Owen**, **Jason Statham**, and Polish beauty **Yvonne Strahovski**, this SAS-themed (think Navy SEALS with British accents) ass-kicking thriller could be the best action flick since *The Expendables*.



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STEPHAN BONNAR

Feat of Strength

THE HUMAN FLAG

AMAZE YOUR FRIENDS BY MASTERING ONE OF THE MOST ELUSIVE (AND IMPRESSIVE) EXERCISES KNOWN TO MAN

[*By* **SEAN HYSON, C.S.C.S.** *Photographs by* **MICHAEL WONG**]

It's the Loch Ness monster of exercises. People speculate about the human flag, but it's rarely spotted—and proving its existence in your exercise repertoire will bring you great fame, at least among your fellow gym goers. Sidney Wilson (right), a New York trainer to celebrities, gives you the workout that will get you horizontal if you put in the work.

SWING

Hang from a chin-up bar and bend your knees 90 degrees. Swing your legs to the right side as if you were trying to touch your right hip to the bar. "As you swing, push with your left arm," says Wilson. Repeat on the opposite side and continue so you develop a rhythm. Do as many reps as you can and then rest 30 seconds. When you improve, do it with your legs straight. Repeat for as many sets as possible. Afterward, swing to one side and hold your legs out as long as you can—"try to hold them at a 45-degree angle," says Wilson.

SIDE V-UP

Lie on the floor on your left side with legs straight and your right hand behind your head. Raise your legs and torso, trying to touch your elbow to your knee (a V-up). Do three to four sets of 10 reps.

BICYCLE KICK

Lie on your back and start moving your legs as if you were pedaling a bicycle. Twist and crunch your torso so your elbow touches your opposite knee on each rep. "Count from 10 down to one, then nine down to one, eight down, and so on until you reach one," says Wilson. Rest, and then crunch straight up while raising your opposite knee and elbow so they touch (you'll look like you're sprinting). Count from one to 10, then two to 10, and so on up to 10.

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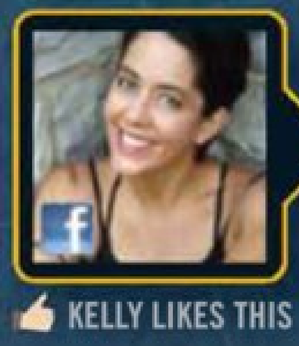


TERI LIKES THIS

HIGH DENSITY FOAM PADDING

"With close to 700 students kicking and punching the Wavemasters, I can tell you the 2XL Pro can take a beating!"

– Teri Lee, Master Instructor, West Coast Martial Arts



KELLY LIKES THIS

DOUBLE-SEALED FILL CAP

"I was thrilled with the changes on the cap! With the double-rubber seal, it keeps the water exactly where it needs to be — in the base!"

– Kelly Muir, Owner and Head Instructor, Team Karate Center Columbus

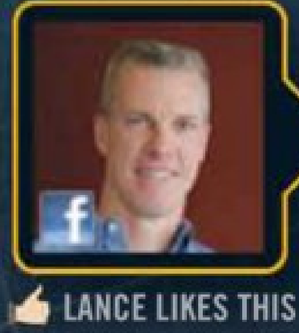


RAFAEL LIKES THIS

ERGONOMICALLY DESIGNED BASE

"All of the members love the 2XL Pro's new base design since it allows them to get closer to the bag when punching and kicking."

– Rafael Gomez, Owner and Head Instructor, MAX Fitness



LANCE LIKES THIS

INTEGRATED LOCKING MECHANISM

"I love the way these new 2XL Pro bags lock into place. This provides a better workout…truly the best bags we've experienced."

– Lance Farrell, CEO of Farrell's eXtreme Bodyshaping

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p.28

GET BIG

ROUNDTABLE

BENCH 315 lbs

OUR EXPERTS WHO'VE DONE IT (AND MUCH MORE) TELL YOU HOW

By **SEAN HYSON, C.S.C.S.**

→ Every guy can bench 135 when he starts out. After a year or so, most can put up 225. But few recreational lifters ever load three plates (315 pounds) on the bar and bring it all the way down to their chests—and get it back up again on their own. We asked five coaches who left that mark in the dust long ago for their best tip on how to get there fast.





"Learn to get your legs tight. Tuck them under the bench and push your toes into the front of your shoes hard so that you feel tight through your whole lower body. When I learned this, my weights increased dramatically."

MIKE ROBERTSON
CO-OWNER, INDIANAPOLIS FITNESS AND SPORTS TRAINING. *ROBERTSONTRAININGSYSTEMS.COM*



"Build your upper-back muscles—the rhomboids, rear delts, and lower traps. Strength in these muscles will help the shoulders maintain the correct axis of rotation during the press."

ELLIOTT HULSE
OWNER OF HULSE STRENGTH IN ST. PETERSBURG, FL. *YOELLIOTT.TV*



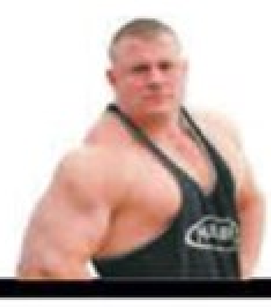
"Tuck your elbows toward your sides. It'll save your shoulders, for one thing, but it also makes your triceps take on a little more of the load. All the best bench pressers tuck."

NATE GREEN
AUTHOR OF *THE HERO WORKOUT. THENATEGREEN EXPERIENCE.COM*



"Start with a week where you work up to a heavy set of eight reps, but leave a few in the tank. The next week go for five. The week after, do three. Each week, your reps should feel explosive and under control—don't go to failure. On the fourth week, go for your max."

CJ MURPHY
OWNER, TOTAL PERFORMANCE SPORTS IN EVERETT, MA. *WEAKNESSISACRIME.COM*



"Arch your back as much as possible. Arching decreases the distance the bar has to travel and improves your leverage. Squeeze your traps together, too. Try to slide your upper back closer to the bottom of the bench—your back should be arched quite high."

MATT KROCZALESKI
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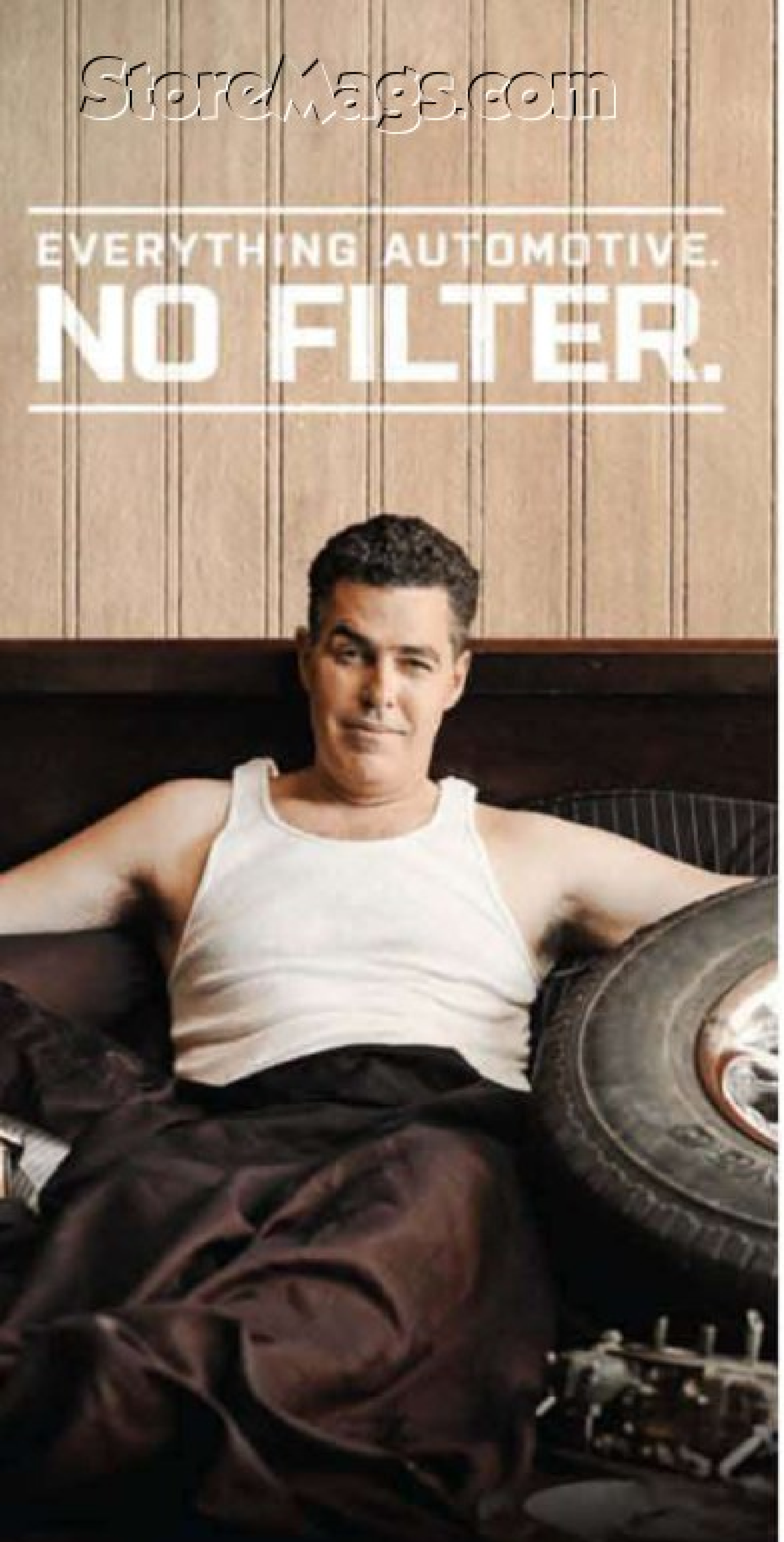
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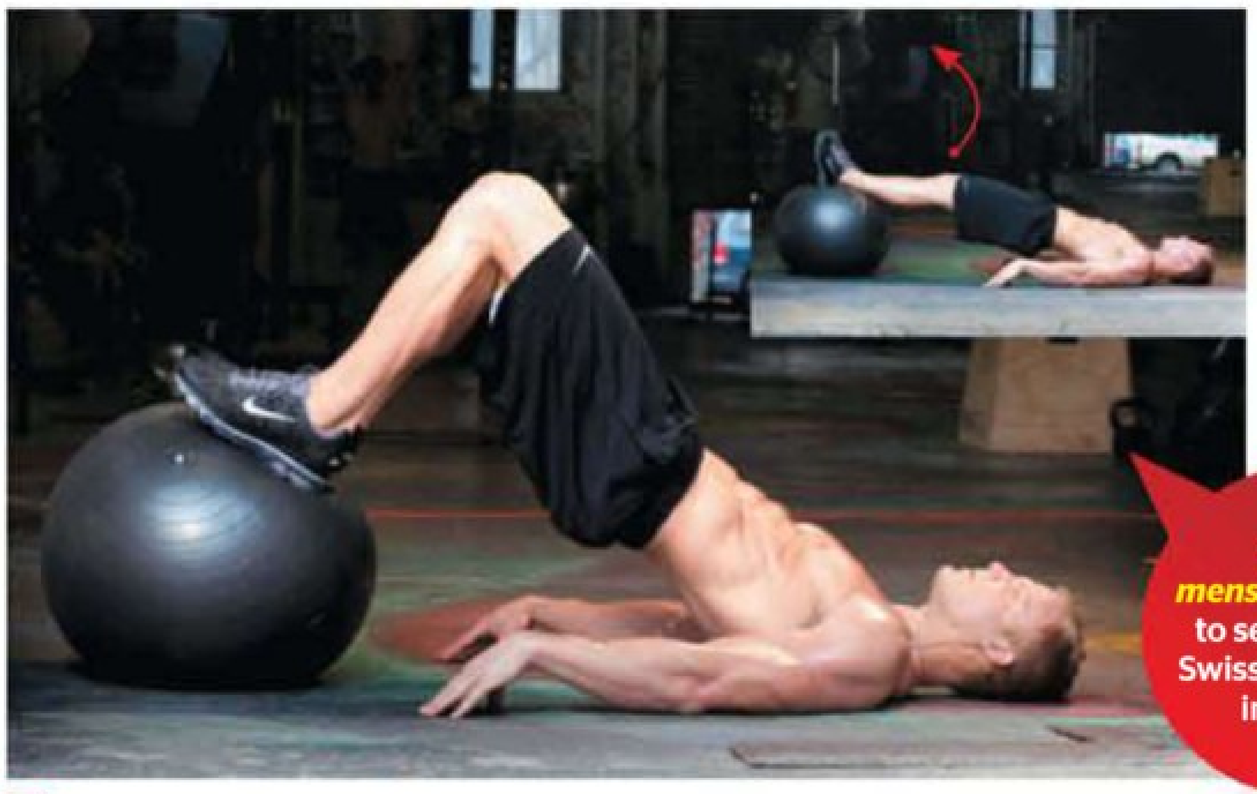
Snap here to watch the trailer.

TRAINING TOOLS

THE SWISS BALL DILEMMA

Strength coaches Cameron McGarr of Equinox fitness clubs in Los Angeles and Mike Wunsch of Results Fitness in Newhall, CA, reveal which exercises work—and which ones really don't

BEST



Go to *mensfitness.com* to see all these Swiss ball moves in action

SWISS BALL LEG CURL

Lie flat on your back and rest your heels on a Swiss ball. Contract your glutes, drive your heels into the ball, and extend your hips until they're suspended in the air. Bend your knees and roll the ball toward your body.
"You'll hit both actions of the hamstring—knee flexion and hip extension—at the same time," McGarr says.

PUSH-UP

Perform a push-up with your feet on the ball.
"It's an excellent challenge to core stability," says Wunsch. "Plus, you can combine them with the prone pike." For example, after finishing a set of Swiss ball push-ups, follow it up with a set of prone pikes.

PRONE PIKE

Get in push-up position and rest the tops of your feet on a Swiss ball. Bend your hips and try to pull your feet toward your chest so that the ball rolls forward. Hold for a few seconds, then roll back to the starting position. Continue rolling the ball backward (letting it move up your legs) until your head angles toward the floor about 30 degrees.
"You can get a great workout without needing to use a lot of space," Wunsch says.

WORST

OVERHEAD PRESS

"I understand the argument that if you sit on a Swiss ball you can work your core harder, but a standing press with your legs locked is a much better option," Wunsch says.

REVERSE HYPEREXTENSION

"The spine was not meant to hyperextend," McGarr says. "That's why it's called a hyper-extension—as in 'too much extension.'"

SQUAT

"The risk-reward ratio of squatting on the ball is way out of balance," McGarr says. "Plus, using an unstable surface does not help with force production."

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MF GUY

JASON MOMOA

The star of Conan the Barbarian built his medieval body with high-rep lifts and a super-strict diet

By **BRANDON GUARNERI**

Actor Jason Momoa stars in *Conan the Barbarian*, a reboot of the iconic classic made popular by Arnold Schwarzenegger. But Momoa isn't your stereotypical tough guy. "I haven't even seen the original," he admits. "Both my parents were painters in Iowa. I grew into this big action guy; I still feel like an artist."

Not that anybody would know from looking at him. At 6'5" and a now-ripped 230 pounds, Momoa certainly appears every inch the barbarian. For his larger-than-life role as Conan, he hooked up with trainer Eric Laciste, C.P.T., who has trained clients out of L.A.-based 87eleven for more than 10 years. (It's the facility that helped to get stuntmen ripped for action classics like *300* and *Fight Club*.) "It's this huge warehouse and just a bunch of fucking badasses crushing weights," he says.

Momoa managed to gain about 20 pounds of pure muscle—impressive considering his already-intimidating physique as the warlord Khal Drogo in HBO's *Game of Thrones*. He did it by training six days a week, sometimes twice a day, using Laciste's AR7 program, which is built on high-rep sets and active rest (see right). Laciste's plan was designed to allow Momoa to get stronger while staying lean.

"We worked out six hours a day," Momoa remembers. "It was pretty intense. I'd never trained at that level before, but it was really cool to transform my body." To support his workouts, he adopted a super-high-protein diet, pounding boiled chicken breasts regularly at two-hour intervals. Momoa quickly fell into the routine. "At a certain point, you become a robot," he says. "It just became fuel."

He definitely needed the extra muscle. Momoa did just about all of his own stunts, most while carrying around as much as 40 pounds of gear. He broke a rib on-set and was nearly trampled to death during one scene. "I got bucked off a horse and almost died," says Momoa. "I slid down his neck, and he went over my head. His ass almost crushed me."

In 2012, the rising star shares the screen with Sylvester Stallone in a crime thriller. "I'm just a small kid from Norwalk, IA. Now I'm playing Conan the Barbarian and fighting fucking Rocky!" he says. "It's just a trip."

The Stats

AGE 33
HEIGHT 6'5"
WEIGHT 230 lbs
BODY OF WORK
Game of Thrones, Conan the Barbarian, Bullet in the Head (2012)

BUILDING A BARBARIAN

To get in Arnold-level shape for the new *Conan*, Momoa used the AR7 program built around high reps and active rest, which had him holding the bar in between sets. He completes 110 reps per exercise, 330 reps total in about 30 minutes. Here's a sample of what his leg workout looked like.

LEG WORKOUT

EXERCISES
- Deadlift
- Squat
- Body-weight jump squat

DIRECTIONS
Select a weight that's around 60% of your max. Complete a set of seven reps on the deadlift, then rest while holding the bar for seven seconds before doing seven more reps. Rest seven more seconds, and so on. Then move to six-rep sets, then five-rep sets. Then move on to the next exercise.

Sets: 7 Reps: 7
Rest: 7 seconds after each set, 90 seconds after completing all seven sets

Sets: 6 Reps: 6
Rest: 6 seconds after each set, 60 seconds after completing all six sets

Sets: 5 Reps: 5
Rest: 5 seconds after each set



BRIAN ANDREW MENDOZA; COURTESY OF LIONSGATE

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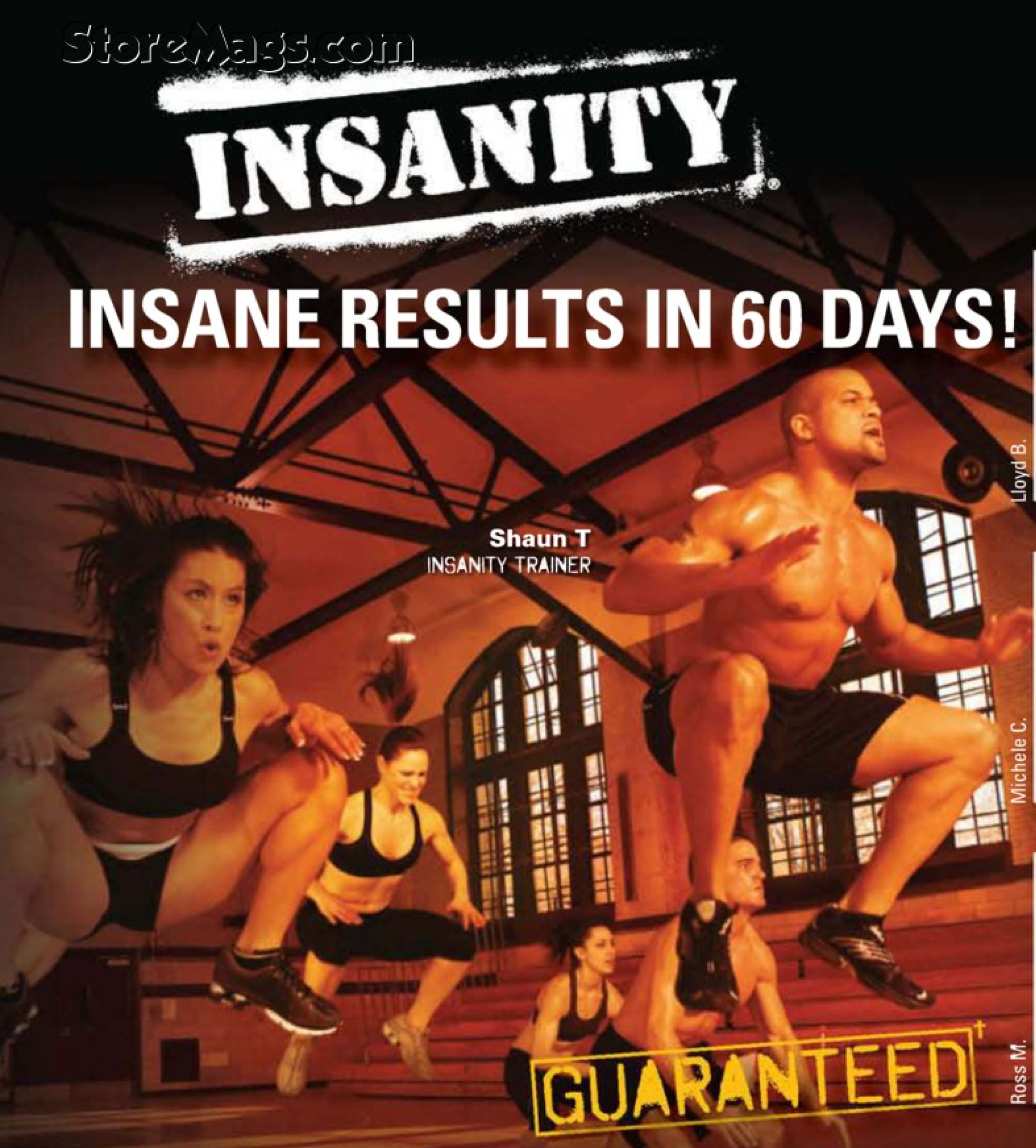
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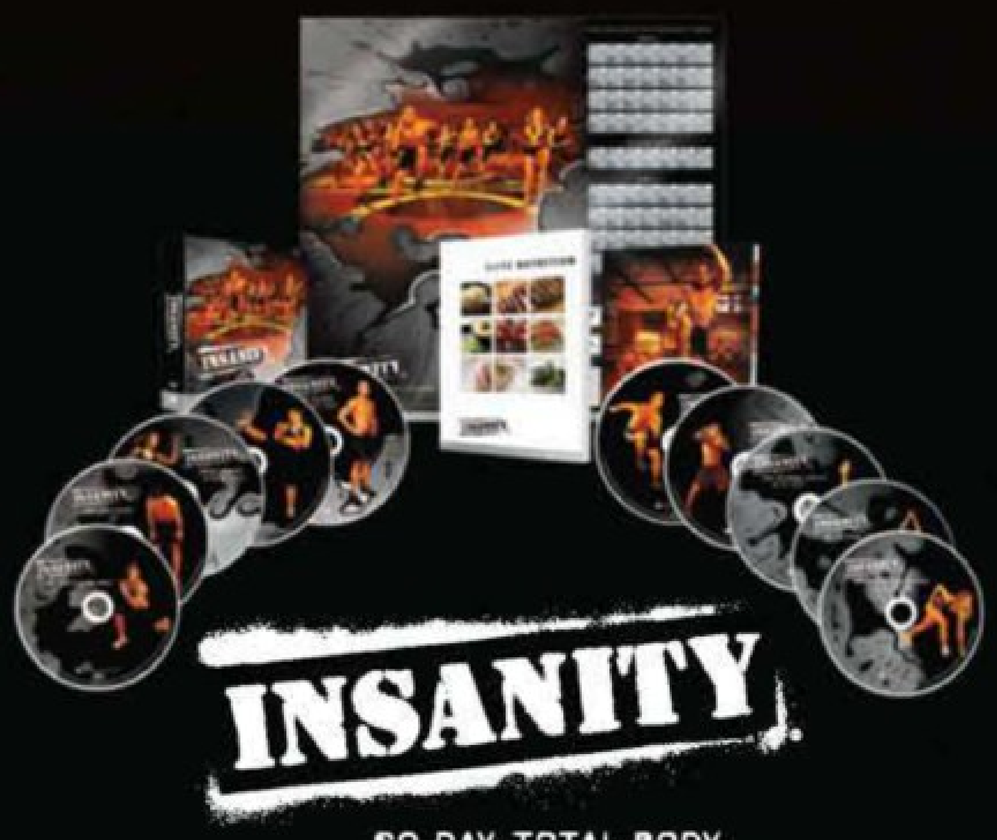

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– **Jeremy Patterson**

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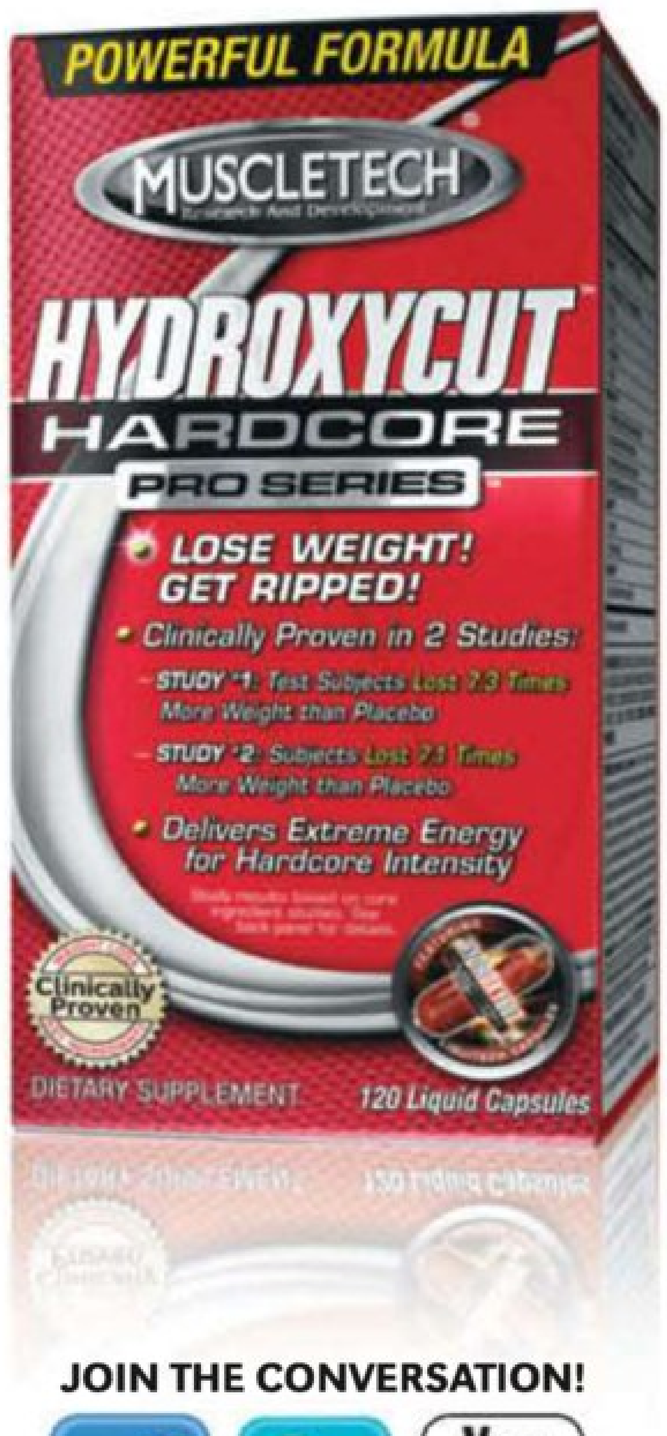
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Get Big

39

The number of seconds Zak Kerkoulas held an iron cross to set a new world record



NEW MOVES

RING WORKOUT

TRAIN LIKE TARZAN FOR A STRONGER UPPER BODY *By* **JON HINDS**

You've seen traveling rings at parks and playgrounds—or if you've ever been to the beach in Santa Monica, CA. Floating from ring to ring is not only one of the most jaw-dropping feats a guy can pull off, it's also a great test of shoulder, back, and core strength. Here's how to master hand walking across the rings.

[1] START SWINGING

A few times per week, hang from the rings so your hands, arms, and shoulders get used to the feeling. When you're ready, begin swinging your knees to one side while bringing your elbow on that side toward them. Repeat on the other side. Practice this.

[2] HANG OUT

When you feel your hands are strong enough, hang from a ring with one hand. You need to be able to hold it for 10 seconds with a firm grip—no slipping. When you can, practice the side-to-side swings with one hand.

[3] TRAVEL

When you master the single-handed swing, return to the two-arm swing. After pulling your knees and elbow together on one side, push away and swing back toward the next ring. Grab it with the opposite hand and use the momentum to go into another swing. When you can make it all the way across the rings like this, you'll have a grip like a gorilla.

On the Rings

Actor **WILSON BETHEL**, shown swinging above, is no stranger to a tough workout regimen. For the HBO series *Generation Kill*, he trained Marine-style to pack on 15 pounds of muscle. These days, Bethel treks down to the Santa Monica Beach at least three times a week to indulge in his passion for the "Traveling Rings." A collection of monkey bars, rings, and tightropes, the playground "helps me get in a better workout than I ever used to get going to the gym," Bethel says. His new series, *Hart of Dixie*, co-starring the sexy Rachel Bilson, premieres on the CW this month.



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PRO TRAINING

NFL CARDIO

LIFT HEAVY AND START SPRINTING. YOU'LL BE IN GAME SHAPE IN NO TIME.

By **BRANDON GUARNERI**

Top NFL players know how to burn fat without sacrificing their strength and power. How do they do it? We hit up the expert strength coaches at elite training facilities, so you can upgrade your cardio the same way they do.



Devin Hester does not count the elliptical as "cardio." Neither should you.

DYNAMIC WARM-UPS

By using movement patterns that are similar to how you play sports, your prelifting warm-up can double as a fat burner. String together body-weight lunges, shuffles, slides, and skips. Perform each movement forward, backward, and sideways. "If you can keep your heart rate between 130 and 150 BPM for more than 20 minutes, you're on your way," says Loren Seagrave, speed coach at IMG Academy in Bradenton, FL. Head out to the park, find a patch of grass, and get to it.

INTERVAL TRAINING

Sprint for your cardio. "There has to be more interval-based work," says Derek Logan, speed coach at Athlete's Performance, a training facility based in Phoenix, AZ. "And there has to be more decelerating and moving at angles." If you're tight for space, do your intervals on cardio equipment. "Start with 20 to 30 seconds of work with at least a 3-to-1 rest-to-work ratio," says Logan. Or, keep it really simple by heading out to a local track. "Basically, stride the straight and jog the curve," says Seagrave.

RECOVERY DAYS

Jeff Dillman, head strength coach at IMG, puts his athletes on a four-day split. Monday is a lower-body workout focusing on speed, Tuesday is speed upper-body, with upper- and lower-body max-effort training on Thursdays and Fridays. On Wednesdays, they do a recovery workout that raises the heart rate. "We'll go through some hurdles," says Dillman, "and we'll do some drills in the swimming pool." Just don't go all out. Regeneration days are meant to keep you fresh.

ACTIVE REST

NFL players add extra exercises in between sets of their major movements. "My philosophy is to keep the tempo up at all times because you get some type of metabolic training within your training," says Dillman. Do abs or the kind of prehab work you know you should be doing but never get around to. "If we're working for an hour," says Dillman, "we want to get an hour and a half of work in." So use your rest periods. Try jumping rope, if nothing else, in between your sets.

The FASTEST GUYS IN THE NFL

In a league dominated by speed, these three players set a new standard for high velocity:



MIKE WALLACE

WR, PITTSBURGH STEELERS
6', 199 LBS

> With Hines Ward about to start his 14th season in the NFL, the Steelers turned to Wallace last year. He averaged more than 20 yards per catch in 2010, racked up over 1,200 yards receiving, scored 10 TDs, and has thus far showed no interest in *Dancing With the Stars*.

DESEAN JACKSON

WR, PHILADELPHIA EAGLES
5'10", 175 LBS

> With a 4.35 40 time, DJack can absolutely fly. He's already had four punt return TDs in his three-year career, the most famous of which when he beat the Giants last year on the last play of the game in the Miracle at the New Meadowlands. He's the kind of player who gets opposing special-teams coaches fired.

CHRIS JOHNSON

RB, TENNESSEE TITANS
5'11", 191 LBS

> Johnson set the NFL combine record in the 40-yard dash with a blistering 4.24 in 2008. One of his best runs in 2009 caused NFL announcer Gus Johnson to proclaim that he's got "getting away from the cops speed." So there's that.

PATRIK GIARDINO; DREW HALLOWELL/GETTY IMAGES; SCOTT BOEHM/GETTY IMAGES; ROB TRINGALI/SPORTSCHROME/GETTY IMAGES

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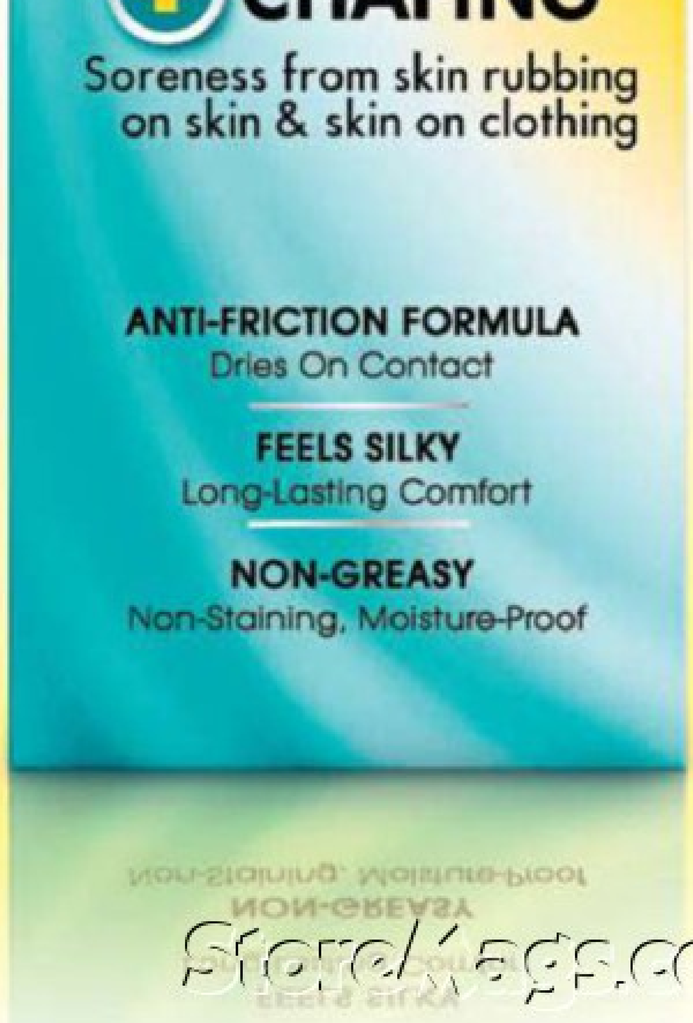
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[*By* **ELIZABETH M. WARD, M.S., R.D.** *Photograph by* **MOYA McALLISTER**]



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> Go for homemade wedges. Peel 4 medium sweet potatoes. Cut lengthwise into chunks about ½-inch thick. Place on a nonstick baking sheet. Lightly coat with olive oil. Bake at 400˚F for 15 to 20 minutes, or until tender. Season with salt, if desired, and top with low-fat sour cream.

INSTEAD OF

FATTY DIPS

> Make "salsamole"—it's idiotproof. Just mix together 1 cup salsa, 4 smashed avocados, and 2 tbsp each lime juice and chopped cilantro.

INSTEAD OF

CHIPS

> Throw together your own salty, savory alternative. (Fair warning: There are chickpeas involved, but what you're making ends up tasting more like a corn nut. Trust us.) To make them, sauté a 15-oz can of drained chickpeas with 2 tbsp olive oil and 1 tsp cumin for about 2 minutes. Season with salt, then place on nonstick baking sheet and roast for 25 minutes at 400˚F.

INSTEAD OF

FATTY BURGERS

> Make your patty leaner by mixing together ½ cup canned, drained black beans, 2 tbsp each olive oil and Dijon mustard, and 1 tbsp garlic powder into 1 lb lean ground beef. Grill and serve on whole-wheat buns.

INSTEAD OF

OVERSTUFFED HOAGIES

> Grab a turkey meatball sub: For the meatballs, combine 1 lb ground 100% turkey breast, 1 egg, and ½ cup each seasoned breadcrumbs and low-fat ricotta cheese. Form into 24 meatballs and brown in a large skillet. Bake for 12 minutes at 375˚F and serve in sandwiches with sautéed green pepper, onions, and red sauce.

INSTEAD OF

NACHOS AND CHEESE

> Bake your own lower-calorie, high-protein version. Spray a large baking sheet with nonstick cooking spray. Spread a layer of baked chips over the sheet, then add 1 cup cooked shredded white meat chicken, ½ cup canned, drained black beans, 1/4 cup chopped onion, crushed red pepper flakes, and ½ cup shredded reduced-fat cheddar cheese. Bake for 15 to 20 minutes at 375˚F or until the cheese is melted. Top with salsa.

INSTEAD OF

CHICKEN WINGS

> Make your own coconut chicken tenders with apricot dipping sauce. Just dip raw chicken tenders into beaten egg, coat with a combination of equal parts breadcrumbs and shredded coconut, place on baking sheet coated with nonstick cooking spray, and bake at 400˚F for 10 to 12 minutes or until golden brown. For the sauce, mix 1 cup apricot jam and 2 tbsp Dijon mustard; season with salt and pepper.

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JORDAN McGREGGOR
Police Officer

WEIGHT-LOSS KEY INGREDIENTS PROVEN IN 2 CLINICAL TRIALS



STUDY 1
In a 12-week study, test subjects were given Arimicut™, a blend of the key weight-loss ingredients contained in Maximum Hardcore Xenadrine® RIPPED (*Alchemilla vulgaris* extract, *Olea europaea* extract, *Cuminum cyminum* extract, *Mentha longifolia* extract), or a placebo. Those using Arimicut lost an average of 20.94 lbs. versus those using the placebo, who lost an average of 1.70 lbs. Both groups followed a calorie-reduced diet.

STUDY 2
In a separate 8-week trial, funded by the makers of Maximum Hardcore Xenadrine® RIPPED, test subjects used the same key ingredients. They lost an average of 16.50 lbs. versus those using the placebo, who lost an average of 1.73 lbs! Both groups followed a calorie-reduced diet.

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THAI ROAST CHICKEN

*Baking a kick-ass chicken is even easier than you might think: try this super-simple—yet slightly exotic—version, courtesy of chef **James Tanner**, author of* Take 5 Ingredients

INGREDIENTS

- *2 red chiles, halved and seeded*
- *⅓ cup coconut milk*
- *Zest and juice of 2 limes*
- *Handful fresh cilantro*
- *1 3¼-lb whole chicken*
- *2 limes, sliced*

MAKE IT

1) Preheat the oven to 350°. Put the chiles and coconut milk in a food processor with the lime zest and juice, and cilantro.

2) Loosen the skin at the edge of the cavity of the chicken and push your fingers underneath to form a pocket.

3) Push most of the paste into the pocket under the skin and rub the remaining paste over the outside of the chicken.

4) Lay the lime slices on the bottom of a roasting pan and sit the chicken on top. Cover with foil and roast for 40 minutes. Then, remove the foil, baste the chicken, and bake uncovered for another 30 to 40 minutes. Remove from the oven and let rest for 5 minutes.

5) Carve the chicken onto warmed serving plates.

SERVES 4

Nutritional Breakdown

354 calories, 36g protein, 3.5g carbs, 22g fat, 0g fiber



HEART HEALTHY

The fat in coconut milk contains lauric acid, which helps to boost good HDL cholesterol levels in the body.

LIME AID

Always buy bright-colored limes. They should have smooth skin and feel heavy for their size. For the most juice, roll the fruit around on the counter and press firmly with your palm before slicing.

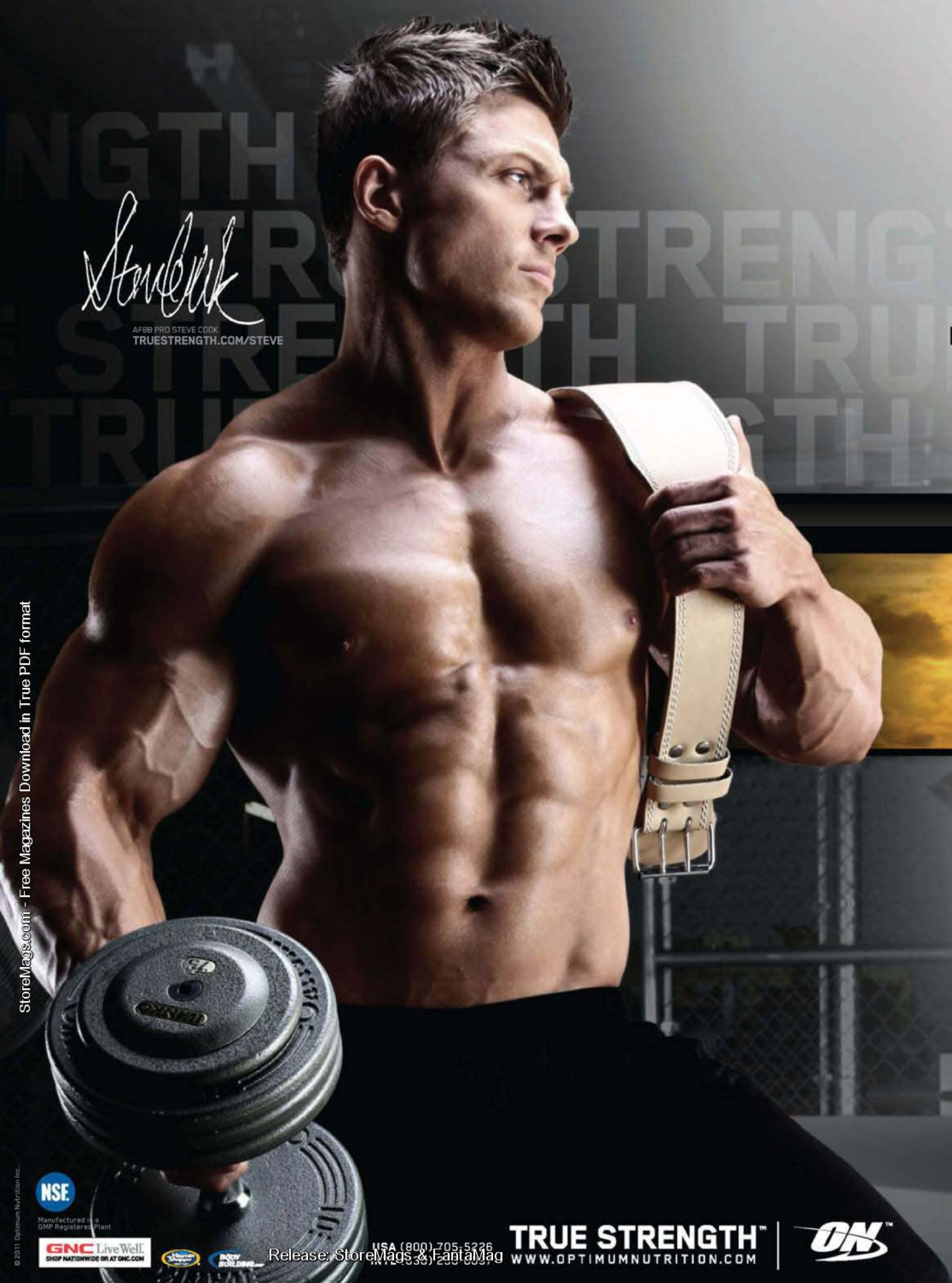
RECIPE FROM TAKE 5 INGREDIENTS BY JAMES TANNER (KYLE BOOKS, 2011); ANDERS SCØNNEMANN

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DIG IN

A 4-oz can of drained tuna in water packs about 30 grams of protein but only 145 total calories.

ONE FOOD, FOUR WAYS

TUNA

Whether it's in foil packs, a fresh steak, or stuffed in a can, tuna should have a place of honor in every guy's kitchen. We asked chefs **PHILIP CRISPO**, assistant professor at the Culinary Institute of America, and **SHEA GALLANTE**, a chef at Ciano Restaurant in New York, for some tips and tricks to serve up this protein-packed staple.

By **BEN RADDING**

1 TOSS IT IN A CASSEROLE

2 THROW TOGETHER A SALAD

3 WHIP UP A KILLER HOT SANDWICH

4 SAUCE IT

OIL OR WATER?

Oil helps to preserve the flavor of the fish, but canned tuna in water is much healthier, cutting nine grams of fat per can.



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YELLOWFIN
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BONITO/ SKIPJACK
The fishiest-tasting and fattiest tuna. If the can you're buying doesn't say "white" or "light," this is likely what you'll find inside.

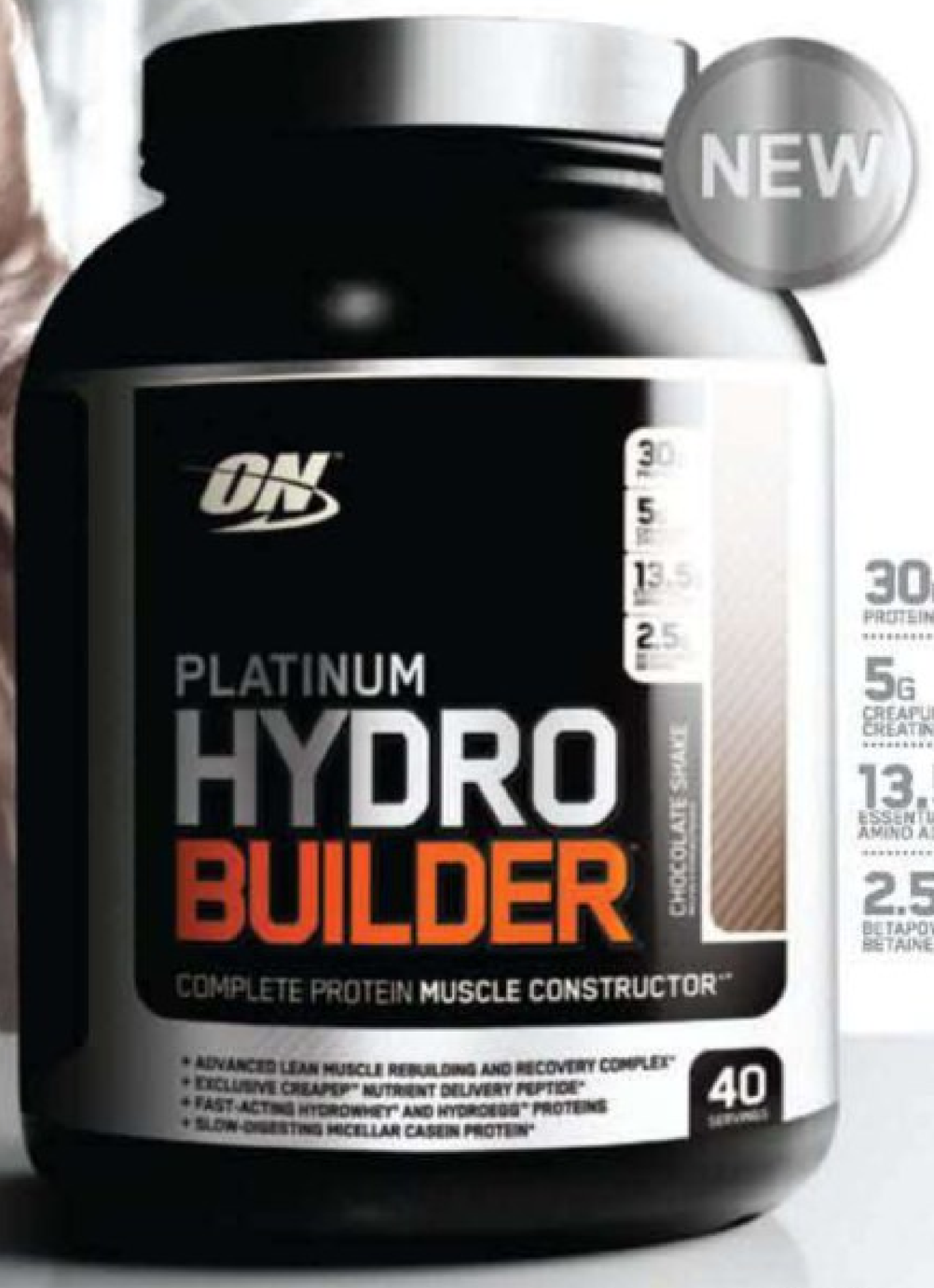
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THE ORIGINAL SUV RETURNS

WITH THE NEW **2012 GRAND CHEROKEE**, JEEP HAS ONCE AGAIN CLIMBED TO THE TOP OF THE TRUCK HEAP [*By* **TONY QUIROGA**]

A STAPLE OF '90S SUBURBAN LIFE, THE JEEP Grand Cherokee spent the first decade of the new millennium becoming increasingly irrelevant and unfashionable. Jeep tried jump-starting sales with a wholesale redesign for 2005. Buyers were not impressed. The cost-cut feel and uninspired design were a no-go, and the brand continued to spiral downward. But now that Jeep has once again redesigned the Grand Cherokee, we have to ask: Could this luxury SUV finally be relevant again?

The answer is yes. Built on the same platform as the pricier Mercedes-Benz ML SUV, the new Grand Cherokee's solid structure and independent suspension give the vehicle a refined feel that was missing before. There's also a new Lexus-like isolation from road noise and mechanics—even the shortest ride to the grocery store is now a pleasure. A longer wheelbase and a wider body increase cab space, while the redesigned interior uses richer and more attractive materials than ever before. Dashboard plastics are grained to convince you that they came

COURTESY OF JEEP/CHRYSLER

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from a cow, and in the case of the top-dog models, the dashboard is wrapped in actual cow. For the first time since the '90s, the cabin actually lives up to the Grand part of the name.

As for the mudslinging portion of the Jeep moniker, the Grand Cherokee offers three four-wheel-drive systems. From the basic Quadra-Trac I to the more extreme Quadra-Trac II and Quadra-Drive II, there's a four-wheel-drive option for everyone from snowbound suburbanites to rock-crawling Jeep club members. Stepping up to the more radical four-wheel-drive systems brings an adjustable air suspension and a center-console mounted dial with Sand/Mud, Sport, Auto, Snow, and Rock settings that tailor your throttle, transmission, and four-wheel-drive capabilities to your environment. Don't think that the air suspension is just for off-roading either; it also lowers the body to make it easier to get in and out.

Under the hood, you've got plenty of choices to pick from: A 3.6-liter V-6 with 290 horsepower provides adequate amounts of oomph, but step up to the 5.7-liter V-8 with 360 hp for a bit more acceleration. As one would expect, the V-8 does drag down fuel economy and adds to the vehicle's already imposing weight. Fortunately, for those in a hurry, Jeep also offers the 470 hp Grand Cherokee SRT8. An even larger 6.4-liter V-8 gives the SRT8 sports-car-like acceleration, and a thoroughly revised suspension yields sports-sedan moves.

Remade from rubber to roof, the Grand Cherokee is back to being the luxury truck that it was in the '90s. And from its luxury SUV underpinnings to its posh interior, that return to grandness definitely still matters.



THE GRAND CHEROKEE SRT8 PACKS A MONSTROUS 465-HP HEMI.

JEFF GROSS/GETTY IMAGES FOR NASCAR; NICK LAHAM/GETTY IMAGES FOR NASCAR

HOW JIMMIE JOHNSON STAYS FIT

Tips and tricks from one of the greatest NASCAR drivers to ever make a left turn > By TONY OLIVERO

With his record five straight NASCAR Sprint Cup Series championships, Jimmie Johnson is arguably the greatest driver in NASCAR history (he even has his own Mario Kart–like video game, *Jimmie Johnson's Anything With an Engine*). Guiding a monstrously powerful stock car through traffic at 180 miles per hour is an incredibly demanding physical task. It's no surprise, then, that Johnson is no slouch in the gym.



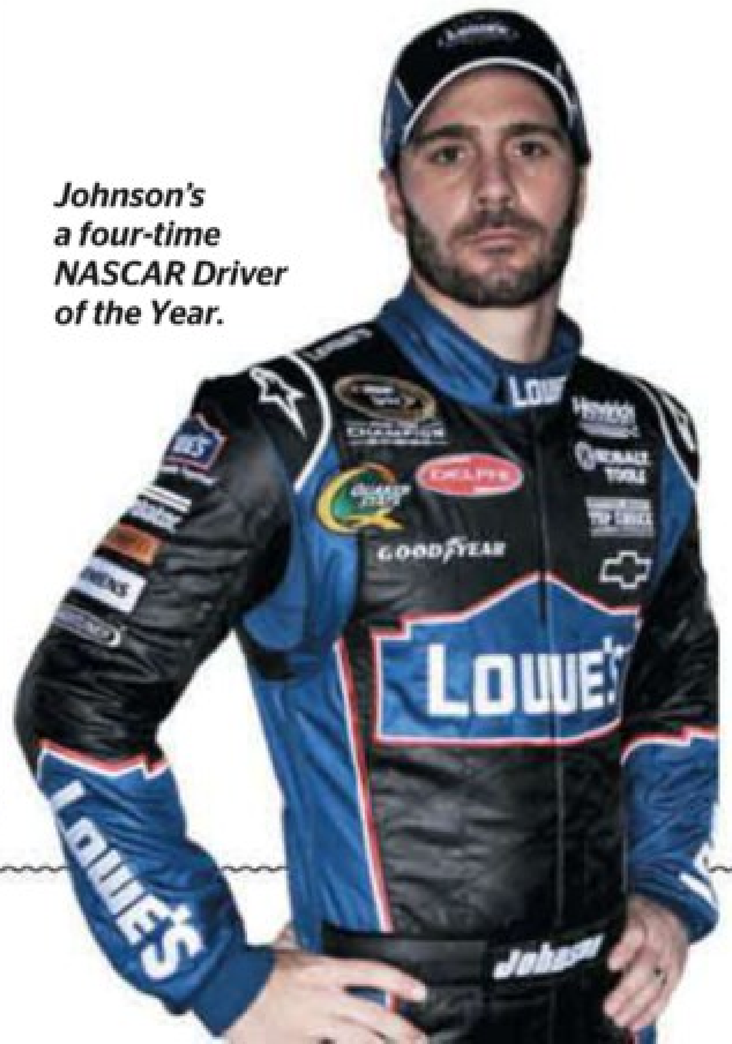
Number 48 consistently posts the fastest laps.

CHANGE YOUR PROGRAM OFTEN

Johnson attributes his five titles, in part, to never being satisfied with how his workout is going. That same mind-set can help you grow in the gym, too. "Every three or four months, I add new elements to my training," he says. Most recently, he's been doing more cycling to help him with his cardio. His advice: Switch up your program often to get the best results. Reorder your exercises or structure a different progression. If you've been lifting heavy for weeks, mix in a "light" day with high reps. If you've been doing all cardio, start lifting. Make sure you keep adjusting.

KEEP YOUR HEAD IN THE RACE

Look to whatever inspires you for motivation. For Johnson, it's his ride. "You can't hurt these cars," he says.



Johnson's a four-time NASCAR Driver of the Year.

And that's what keeps him going. He wants to always be fit enough that his car will wear out on him before he wears out on it. Do the same. "When you make a commitment to fitness, it's a job," he says.

WORK YOUR WEAK POINTS

Because NASCAR is a sport of left turns, Johnson taxes one side of his upper body much more than the other. But he's careful to train the opposite side to make up for possible deficiencies. "Any trainer will tell you, when you have a muscular imbalance, that's when injury happens," he says. Treating imbalances is also a good way to bust through perpetual plateaus. If you work out with a trainer, he can test you to spot potential problems. If you work out alone, try swapping to unilateral movements (single-arm or single-leg). They're an ideal way to make sure each side gets the same attention.

ALWAYS FIT IN YOUR MEALS

Like most elite athletes, Johnson tries to eat every three to four hours. Since his job requires him to drive for long stretches, it can be hard to make his schedule work. But that doesn't stop him: Johnson actually drinks protein shakes while he drives. "They'll pass one to me at the pit stop," he says. "Under caution, that's mealtime for me." If Johnson can get a meal while speeding around a track at 185 mph, you have no excuse not to make a tuna sandwich before work or grab a bag of turkey jerky and stash it in your desk to help your body stay fueled up for workouts.

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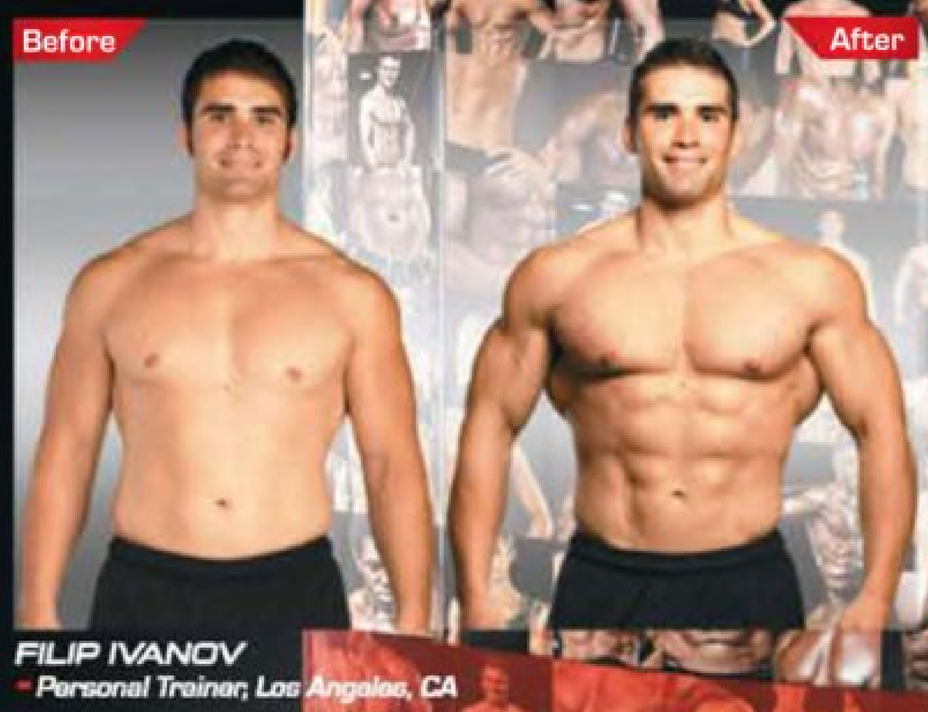
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PRO NUTRITION

Before



After

FILIP IVANOV
- Personal Trainer, Los Angeles, CA

Before



After

NATE SCHOLZ
Clothing Designer, Vancouver, WA

Before



After

JERRIN HOLT
- Bison Rancher, Cleveland, OH

All individuals used Whey Protein Plus with diet and training and have been remunerated. Filip's transformation lasted 18 weeks. Nate's and Jerrin's transformations lasted 17 weeks. In one study, subjects taking the core ingredients in Whey Protein Plus gained an average of 8.8 lbs. of muscle in 6 weeks. © 2011.

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RESULTS

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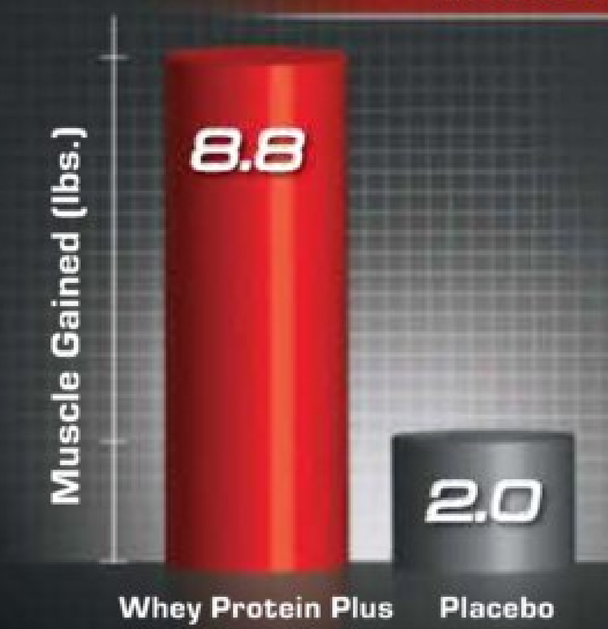
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SLEEP DEPRIVATION, NOT EATING, AND PUSH-UPS ARE HOW I DO IT.

JOEL ON HOW HE STAYS FIT

SHIRT: *adidas dark navy/white basketball 3s S/L top, $22;* **PANTS:** *Nike blue/white Jordan sport cut paint, $65;* **SHOES:** *Nike white Air Jordans Alpha1 low, $100*

PHYSICAL COMEDY

As you can see, ***Joel McHale*** *plays above the rim (especially when you lower the hoop eight feet). All jokes aside, the former Washington Huskies tight end and all-pro entertainer is taking his TV, film, and stand-up comedy to the next level.*

By **NATE MILLADO**
Photographs by **TURE LILLEGRAVEN**

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How would you describe your personal style?

I have always been conscious of it. To the point of homosexuality. No, I've always been style conscious, and I don't know why. If I didn't have anything cool to wear in fifth grade, I would just wear my karate uniform. This was as close as I could get to being awesome. I wouldn't even wear the whole thing, I would just wear the top of the gi.

What do you feel most comfortable wearing?

Ah, you know, mostly birkas and some sort of a diaper. That's the most comfortable because then I don't have to go to the bathroom. I grew up in Seattle, so for a long time I was most comfortable in waterproof shoes and raincoats. But being in Southern California, it's usually 75 and sunny, so now it's mostly just T-shirts and jeans. And one of many pairs of shoes I have. I've got a lot of shoes. I actually have a pair of combat boots that I love by Nice Collective.

In addition to dunking basketballs, lifting ridiculously large weights, and bending frying pans, what other feats of strength can you do that might impress our readers?

I am incredibly skilled at sleeping on planes. If I position myself correctly, then I can sleep a long time. That's a feat of strength because a lot of people can't sleep on planes. I can also open a bottle of wine faster than anybody. And I can decant it. That's key—decanting it without spilling too much.

September is actually our Football Issue. What do you remember from your football glory days at the University of Washington?

I walked on for two years. I wasn't any good, but I made the defense look really good. I was on scout offense, so I would run the other team's plays. The [Huskies'] defense thought they were really gonna kill the opposing offense that week because they were able to destroy me pretty quickly. In all seriousness, it was a great honor to be on that team.

What's your workout regimen like?

I chase a 3- and 6-year-old around. Between *Community*, *The Soup*, stand-up, and movies, I usually just drop and do push-ups whenever I can. They say it's the most complete body workout.

Is that how you get in shape for your nude scene on *Community*?

I knew two weeks out that I was gonna be naked. I was not that in shape. I had a couple of extra pounds. And some errant unwanted hairs. So that very night when I thought it was gonna happen, I did 200 push-ups. And then the next night I did 300 push-ups. I just kept going at it psychotically and not really eating. And then, you know, I had to do some trimming. It was a 'You're gonna be naked in two weeks' regimen. I've never had a better motivator in my life.

What happens when you run into celebrities you've lampooned on *The Soup*?

I've never run into anyone who was mad at me. But then again, I've never run into Tyra Banks. They asked me, on *The Today Show*, 'Why do you make fun of us all the time?' and I was like, 'Well, have you guys seen your show?' So, I'm sure they're annoyed by me. I feel like I take out reality shows much harder than celebrities. But every reality show star I've run into says, 'Please, can you make more fun of me.'

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JEFF WINGER IS TERRIBLY VAIN. HOPEFULLY, I'M NOT. I PROBABLY AM. UM...WHAT WAS THE QUESTION?

JOEL ON WHETHER HE'S LIKE HIS COMMUNITY CHARACTER

STYLING BY: BRIAN PRIMEAUX/ART MIX BEAUTY; GROOMING BY: PAM LLJUBO

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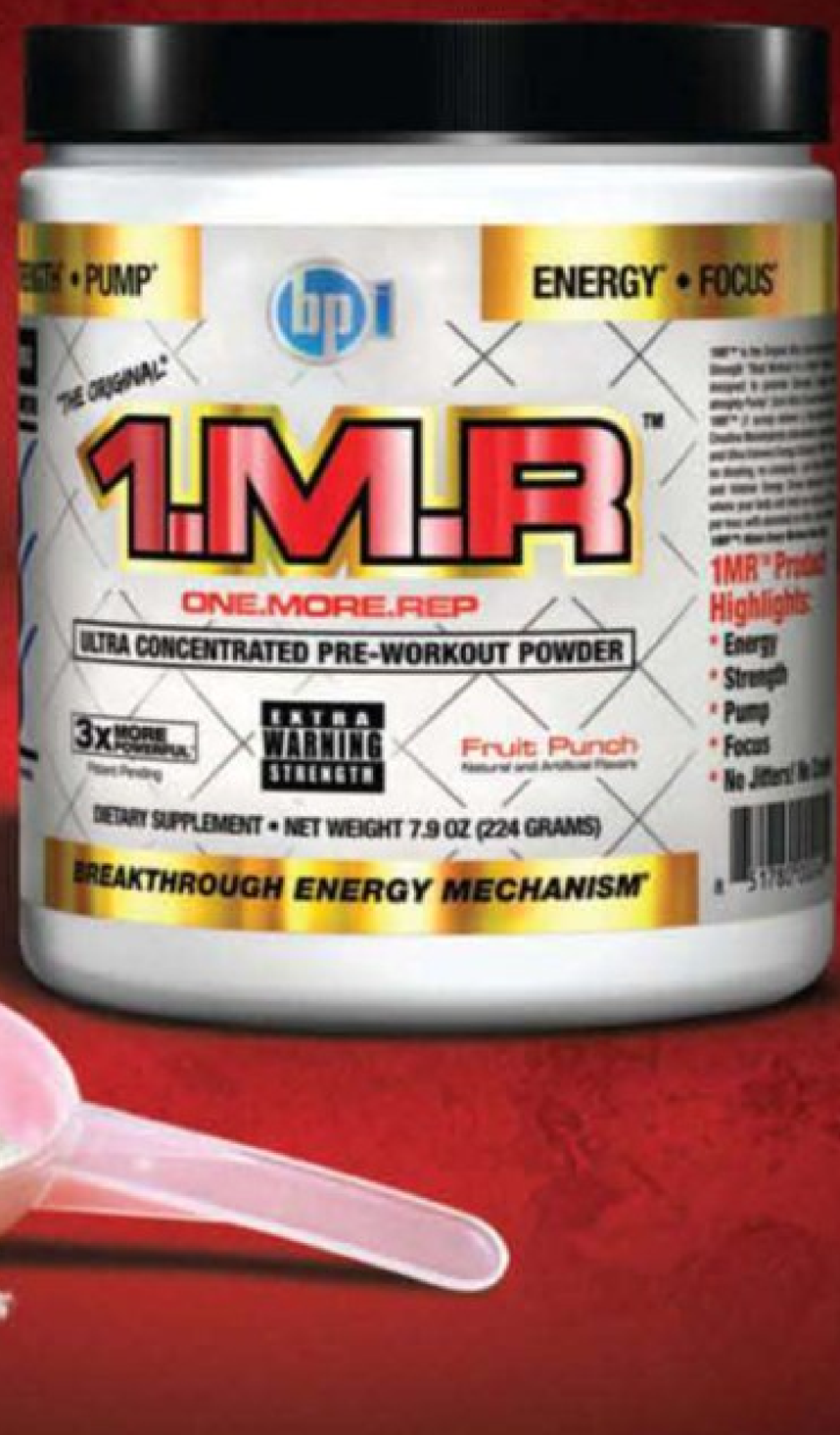
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I GOT HIT REALLY HARD. A LOT. AND TALK ABOUT BIG—I GOT UP TO 245 POUNDS. I WAS LARGE.

JOEL ON HIS COLLEGE FOOTBALL DAYS



JACKET: *Champion cold-weather gear, duofold technology blue zip track jacket, $40;* **SHIRT:** *New Balance orange line-up sleeveless lightning dry, semi-fitted, $30*

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–Ray Lewis,
Legendary Football Star



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JOEL ON HIS HOBBIES

SHIRT: *Nike swoosh tank black/ yellow swoosh, dri-fit, stay cool,* **MF**

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UFC Veteran

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THE FACTS DON'T LIE

WE CHALLENGE YOU TO COMPARE.

There's a reason why most super-thermogenics don't disclose the amount of each ingredient contained in their formulas. We've performed our own analysis on these formulas – see how they stack up for yourself. If this is not the most powerful pre-workout formula you've ever tried, simply return the unused portion with your receipt to place of purchase for a full refund.

	HYDROXYSTIM	Leading Competitor #1	Leading Competitor #2	What You Should Know
Ingredient Amounts Fully Disclosed	YES	NO	NO	• Unlike the competitors who do not disclose the ingredient amounts in their formulas, HYDROXYSTIM™ is different. The doses of its clinically validated and scientifically tested ingredients are fully disclosed so you know exactly what you are getting.
Geranium Robertianum	YES (patent pending)	NO	NO	• HYDROXYSTIM is the only super-concentrated thermogenic to contain this exclusive, patent-pending and naturally sourced geranium extract.
Geranium Active Dose	STRONGEST	STRONG	MODERATE	• HYDROXYSTIM delivers a greater active dose of geranium than the leading competitors for a powerful boost during your workout.
DMAE	YES	NO	NO	• Preliminary animal research suggests that DMAE may act to facilitate choline production. Choline is a precursor of acetycholine.
Cirsium Oligophyllum	NO	YES	NO	• The study on this ingredient that is referenced by Competitor #1 in their ads is on rats. Studies on healthy animals are important first steps in research and should not be immediately discredited; however, Competitor #1 uses language and diagrams in their ads that strongly imply results from this animal study are directly applicable to humans. Be wary of any supplement provider willing to make this leap! Also be suspicious of any company that doesn't clearly disclose when their product claims are based on animal research.[1]
Bauhinia Purpurea	NO	YES	NO	• When it comes to this ingredient, Competitor #1 attempts to leverage a study on diabetic mice. They use the study to pad the list of references found on their website. You can decide how appropriate this is![2]
Caffeine Anhydrous	YES	YES	YES	• HYDROXYSTIM delivers a potent and effective dose of caffeine that has been scientifically shown to increase thermogenesis as published in the *American Journal of Clinical Nutrition*.[3]
Yohimbe Extract	YES	NO	NO	• HYDROXYSTIM™ contains a yohimbe bark extract that supplies two different types of yohimbe alkaloids: rauwolscine and yohimbine. Scientific research suggests that these alkaloids help block Alpha-2 receptors.
Huperzine A	YES	NO	NO	• Huperzine has the ability to block the enzymes that decreases acetylcholine levels.
Bacopa Monniera	NO	YES (May be underdosed based on research)	NO	• A human would need at least 1.083 grams of this ingredient to experience a significant effect. As part of a proprietary blend that only delivers 119.5mg of ingredients per capsule, the *Bacopa monniera* in the formula Competitor #1 is offering definitely isn't having a meaningful effect in humans.[4]

OTHERS TALK ABOUT RESEARCH. WE DO RESEARCH.

Team MuscleTech®	230 Staff	UNKNOWN	UNKNOWN	• We have 230 professionals dedicated to developing the most advanced, effective supplements available, including a specialized, highly skilled 30-person Research and Development team who focus exclusively on research, new ingredient discovery, product development and quality control. This team is extremely well educated, with advanced degrees in nutrition, pharmacology, biomedical toxicology, chemistry, human biology and human kinetics.
University and Research Facilities Used	20	UNKNOWN	UNKNOWN	• University of Florida, Baylor University, University of Glasgow, University of Nottingham, Global Clinical, Pennington Biomedical Research Center, CSRA, University of Toronto, McMaster University, University of Laval, St Francis Xavier University and University of Saskatchewan.
Number of Studies Funded	100+	UNKNOWN	UNKNOWN	• Team MuscleTech® has funded over 100 independent studies with all of the universities and accredited research institutes listed above.
Number of Worldwide Patents	50+	1	UNKNOWN	• The work conducted by the MuscleTech® Research and Development team over the last decade has led to the development of over 50 patents worldwide.
Commitment to Research Per Year	$3.5 Million	UNKNOWN	UNKNOWN	• A portion of every single dollar spent on MuscleTech® supplements goes back into supporting research and development, which includes funding clinical research, reviewing third-party scientific studies and consulting with leading university researchers.

References:

1 Mori et al., 2009. Body fat mass reduction and up-regulation of uncoupling protein by novel lipolysis-promoting plant extract. *J Biol Sci.* 5(4):311-18.

2 Jatwa et al., 2009. Amelioration of metformin-induced hypothyroidism by Withania somnifera and Bauhinia purpurea extracts in Type 2 diabetic mice. *Phytother Res.* Aug;23(8):1140-45.

3 Dulloo et al., 1989. Normal caffeine consumption: influence on thermogenesis and daily energy expenditure in lean and postobese human volunteers. *Am J Clin Nutr.* 49:44-50.

4 Kar et al., 2002. Relative efficacy of three medicinal plant extracts in the alteration of thyroid hormone concentrations in male mice. *J Ethnopharmacol.* Jul;81(2):281-285.

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THE FACTS DON'T LIE

WE CHALLENGE YOU TO COMPARE.

Many pre-workout concentrates do not disclose the ingredient amounts in their formulas, so we tested their formulas and discovered that they're underdosed when it comes to the latest scientific research – and we have the third-party lab tests to back it up.

	NEUROCORE	Leading Competitor #1	Leading Competitor #2	What You Should Know
Ingredient Amounts Fully Disclosed	YES	NO	NO	• Unlike the competitors who do not disclose the ingredient amounts in their formulas, NEUROCORE™ is different. The doses of its clinically validated and scientifically tested ingredients are fully disclosed so you know exactly what you are getting.
L-Citrulline	3000mg	ZERO	ZERO	• A recent study published in the *British Journal of Pharmacology* shows that L-citrulline is scientifically superior to arginine for increasing plasma levels of arginine.[1] • Other companies may settle for using arginine instead because pure L-citrulline costs significantly more.
Arginine AKG	NO	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	• A research study in *Nutrition* showed you need 12 grams of arginine AKG (AAKG) to provide performance-enhancing effects.[2] • A placebo-controlled, crossover design study on subjects with resistance-training experience showed that arginine AKG (AAKG) provided no positive performance effects and may actually be counterproductive in developing muscular endurance. In this study, when subjects took 3.7 grams of arginine AKG 4 hours and 30 minutes before exercise they experienced no performance-enhancement effects and actually performed worse on specific muscular endurance measurements compared to when they used a placebo.[3] • Our lab tests revealed extremely underdosed amounts of AAKG in competitors' formulas.
Beta-Alanine	3200mg	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	• Research published in the *International Journal of Sport Nutrition and Exercise Metabolism* showed that a 3200mg dose of beta-alanine can help enhance the muscle- and strength-building process. Fact is, our tests show other companies use less than the scientifically studied 3200mg dose.[4]
Creatine HCl	3000mg	ZERO	ZERO	• NEUROCORE contains creatine hydrochloride (HCl), a unique form of creatine that has a patent for its improved solubility properties. • Added at a clinically validated dose.
Geranium Robertianum	YES (patent pending)	NO	NO	• NEUROCORE is the only pre-workout formula to contain this exclusive, patent-pending and naturally sourced geranium extract.
Geranium Active Dose	STRONGEST	STRONG	MODERATE	• NEUROCORE delivers a greater active dose of geranium than the leading competitors for a powerful boost during your workout.
Caffeine Anhydrous	YES	YES	WEAKER DOSE	• NEUROCORE delivers a potent and effective dose of caffeine that has been scientifically shown to increase energy as published in the *Journal of the International Society of Sports Nutrition*.[5]
Rhodiola	YES	NO	NO	• In a double-blind, randomized and placebo-controlled study on 20 subjects, individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days.[6] • In a scientific review article published in the journal *Phytotherapy Research*, the authors noted that *Rhodiola rosea* was a superior, more active adaptogen than *Schizandra chinensis* (found in the formulas of both leading competitors).[7]
Schizandrol	NO	YES	YES	• The competitors chose to use an inferior and cheaper adaptogen (schizandrol) even when leading research states that *Rhodiola rosea* is a more active form.[7] Thus, they chose cost savings over effectiveness.
Vinpocetine	YES	NO	NO	• Initial human and animal research indicates that vinpocetine inhibits a cyclic GMP phosphodiesterase; it's believed that this inhibition enhances cyclic GMP levels in vascular smooth muscle.
DMAE	YES	NO	NO	• Preliminary animal research suggests that DMAE may act to facilitate choline production. Choline is a precursor of acetycholine.
Fillers, Artificial Colors or Dyes	NO	NO	UNKNOWN	• NEUROCORE is designed as a clean formula, full of powerful, research-supported ingredients.
Taste	SUPERIOR	GOOD	AVERAGE	• The flavor system behind NEUROCORE™ was developed by a world-class flavor house and is second to none. In fact, we did not stop perfecting the flavor system until we blew the competition away in internal head-to-head taste tests. Absolutely NO fillers, aspartame, artificial colors or dyes are used to create the amazing and refreshing taste.

References:

1 Schwedhelm et al., 2007. Pharmacokinetic and pharmacodynamic properties of oral L-citrulline and L-arginine: impact on nitric oxide metabolism. *Br J Clin Pharmacol.* 65(1):51-9.

2 Campbell et al., 2006. Pharmacokinetics, safety and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. *Nutrition.* Sep;22(9):872-81.

3 Greer et al., 2011. Acute arginine supplementation fails to improve muscle endurance or affect blood pressure reponse to resistance training. *J Stength Cond Res*, (Epub ahead of print).

4 Hoffman et al., 2006. Effect of creatine and beta-alanine supplementation on performance and endocrine responses in strength/power athletes. *Int J Sport Nutr Exerc Metabol.* 16:430-46.

5 Goldstein et al., 2010. International society of sports nutrition position stand: caffeine and performance. *J Int Soc Sports Nutr.* 7(1):5.

6 Spasov et al., 2000. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of Rhodiola rosea SHR-5 extract on the fatigue of students caused by stress during an examination period with repeated low-dose regimen. *Phytomedicine.* 7(2):85-9.

7 Panossian et al. Stimulating effect of adaptogens: an overview with particular reference to their efficacy following single dose administration. *Phytother Res.* 19(10):819-38.

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Anyone can live to 100. The trick is performing to your peak at every stage. **DR. MEHMET OZ** prescribes a mix of competition, training, nutrition, and preventive medicine that will keep your body tuned for the rest of your life.

As told to **NATE MILLADO**
Photographs by **DYLAN COULTER**

LIFE'S A GAME

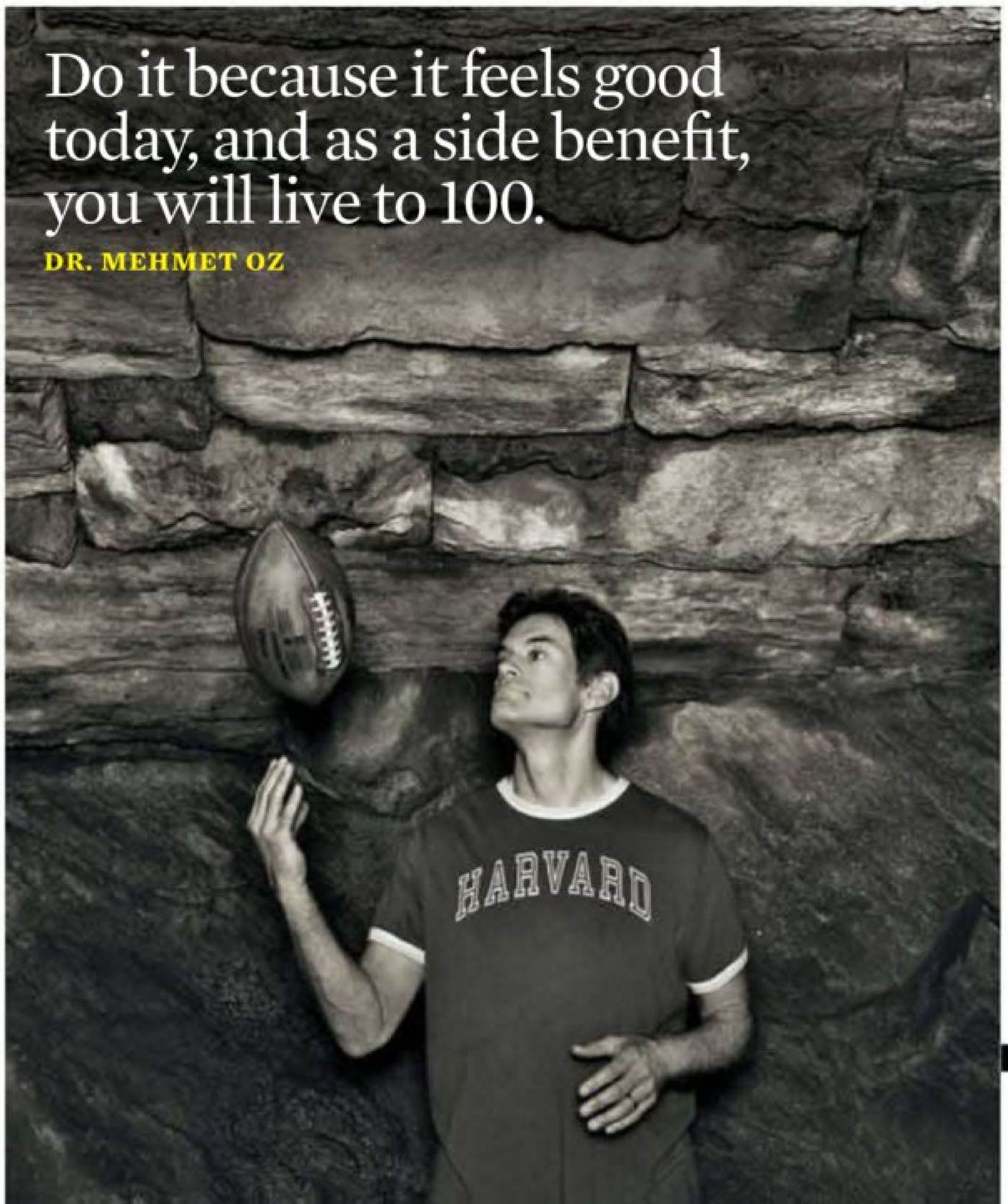
Play to Win

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THE NO. 1 DRIVER IN LONGEVITY ISN'T HOW heavy you are. It's how fit you are. You're better off being fat—and a little fit—than being skinny and out of shape. When researchers looked around the world at people who live to 100, in places like Sardinia, Okinawa, and Costa Rica, they found that centenarians had three things in common. First, they were physically fit. Second, they ate whole foods. Real foods. And third was their social structure, their relationships.

I met a lot of great friends while playing water polo and football at Harvard. It was a different level of intensity, and I learned much about competition—but now we are on a different playing field. When I speak with teammates, I hear their biggest fear about aging is getting Alzheimer's. The best way to avoid memory loss is to build new neuron bridges in the brain. And you can't build those just by doing crossword puzzles. What really challenges you is coordinated physical activity. My thrill in life is basketball. I still play basketball on Saturday mornings with a bunch of my pals. But you can play any competitive sport you want. Going out and competing is healthy for your brain, and it's also something you can look forward to doing with your friends.

Speaking of friends, if the people in your life are getting out of shape and gaining weight, you will too. If the people in your life are getting fit and losing weight, you will too. So either change your friends or change what your friends are doing. It's up to you. That's your manly duty. So, how do you stay fit at any age? Let's go through the different decades.



Guys in Your 20s

TWENTYSOMETHINGS' testosterone levels are high, so you have a big desire to be sexually intimate and a need to build muscle mass. You should look like you're in your 20s. Place more emphasis on muscle-building activities. You should be working out every other day, building up your core, your arms, and your legs. The one activity you should definitely be doing is pull-ups. You know why I love pull-ups? Because they force you to lift your own body weight. So when you're tempted to eat something bad, you're thinking in the back of your mind, "If I eat that, I have to lift that the next day." You know you're fit if you can lift your own body weight at least 10 times—that's the bare minimum.

Check yourself ☑

NO. OF PUSH-UPS YOU SHOULD BE ABLE TO DO:
More than 35

NO. OF SIT-UPS YOU SHOULD BE ABLE TO DO:
More than 45

HEALTH SCREENINGS YOU SHOULD BE GETTING:

- Tetanus vaccine (every 10 years)
- Influenza vaccine (every year)
- Height, weight, waist, and BMI (every year)
- Blood pressure (every year)
- Oral exam (every year)
- HPV vaccine (before 26)

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FOREVER YOUNG

Other factors that Dr. Oz says can help "extend your warranty"



FLOSS YOUR TEETH This lengthens your life for a couple of reasons: One, heart attack rates are linked to gingivitis. If you floss regularly, you have a 50% less chance of having a heart attack. But you'll also have better-looking teeth, which leads to better-paying jobs and people perceiving your IQ as being higher, so there are many long-term health benefits.

HAVE MORE SEX Just going from the average of once a week to twice a week increases your life expectancy by three years. The penis is actually a good barometer for how healthy you are. If your erection's not strong, it reflects a lot of physical issues with your heart, your brain, and your kidneys. And don't just have more sex—have safe sex. Infections and viruses might be linked to prostate cancer, and oral sex has definitely been linked to throat cancer.

POP SOME PILLS A multivitamin, 1,000 IU of vitamin D, 600mg DHA omega-3, and for guys over 40, two baby aspirins a day. It's the most important inflammatory medication you can take. Aspirin can decrease the risk of getting colon cancer and prostate cancer by 40%. Plus, it thins your blood if you're worried about strokes and heart attacks.

DON'T STRESS A major stressful event, like bankruptcy or divorce, wipes seven years off your life, but having a good support system can soften the blow. Also, ID and resolve the nagging unfinished tasks (NUTs, I call them) in your life.

SLEEP People who sleep fewer than six hours a night have a 50% increased risk of viral infections and increased risk of heart disease and stroke. Lack of sleep is also associated with mental decline and overeating. Half of men over 50 have trouble sleeping. If that's you, create an environment where it's easy to sleep. Dim the lights 15 minutes before you go to bed and wear loose-fitting clothing...or sleep naked.

Anti-Aging Diet

Add these five superfoods to your grocery list to reverse aging:

> ***Broccoli*** **Or other cruciferous veggies like cabbage, cauliflower, bok choy, kale, and Brussels sprouts. They're great because they have chemicals in them that help detoxify the body and prevent cancer.**

> ***Eggs*** **A powerful source of protein, they cost just pennies each. Many people think eating eggs increases blood cholesterol. Not true. Eggs contain choline, a B vitamin shown to reduce inflammation in the brain, which may lesson the chance of developing Alzheimer's. And these protein powerhouses protect your bones and fight frailty, too. Antioxidants and other nutrients in egg yolks help prevent macular degeneration, the leading cause of blindness, and protect the retina from UV sun damage.**

> ***Beets*** **You know to eat your greens, but you have to eat your reds, too. Beets help dilate blood vessels, which improves blood flow throughout the body. They're also packed with iron, which helps deliver oxygen throughout the body and ward off anemia.**

> ***Blueberries*** **A recent study out of the City of Hope Hospital found that blueberries might have the power to combat tumor growth. Its antioxidants can help fight the free radicals that cause cancer. Other purple-colored foods—such as purple potatoes, blood oranges, and eggplant—provide a similar anthocyanin benefit.**



> ***Tomatoes*** **They're packed with lycopene, a red carotene that's extremely protective against colon, lung, skin, and prostate cancers. It's also been shown to lower the risk of heart disease, cataracts, and macular degeneration.**

Guys in Your

30s

ONCE YOU HIT your 30s, you can start to move away from muscle-building activities a little bit and focus more on fitness. Young guys are more able to move around, but thirtysomethings are a little stiffer and start putting on more weight. So now you have to worry about not burning as many calories. Hopefully you have a job, you probably have a family, and those things may slow down your ability to work out and play sports with your friends. So there's a trade-off: a little more flexibility training but fewer muscle-building training sessions.

Check yourself ☑

NO. OF PUSH-UPS YOU SHOULD BE ABLE TO DO:
25–29

NO. OF SIT-UPS YOU SHOULD BE ABLE TO DO:
30–34

HEALTH SCREENINGS YOU SHOULD BE GETTING:

- Cholesterol (every 5 years)
- Thyroid stimulating hormone (every other year)
- Eye exam (every two years)

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Guys in Your

40s

BY THE TIME you're in your 40s, it all becomes about your body's pliancy. Once you lose the ability to stay flexible and balanced, you start to develop frailty—and frailty is what really hurts us when we get older. So I would spend more time doing yoga or balance activities, like doing exercises with your eyes closed. To improve your balance, do this simple test. Stand up straight with your arms folded across your chest, close your eyes, and raise one foot, bending the knee at a 45-degree angle. Set a goal of balancing for 15 seconds.

Check yourself

NO. OF PUSH-UPS YOU SHOULD BE ABLE TO DO:
20–24

NO. OF SIT-UPS YOU SHOULD BE ABLE TO DO:
25–29

HEALTH SCREENINGS YOU SHOULD BE GETTING:
- Prostate exam (every year)
- Skin cancer exam (every year)

A Day in the Life

Need a blueprint on how to live a long, healthy life? Look no further than Dr. Oz's daily grind.

5:45 a.m. *I wake up at the same time every day to build up a routine. Automation is huge. When we don't automate, we get sloppy and make mistakes during the day. You also sleep better if you wake up at the same time.*

5:50 a.m. *I do a very quick seven-minute workout, which is basically sun salutations, up-dog, down-dog, triangles, airplanes to stretch my hamstrings out, and push-ups. (Check out a variation of the seven-minute workout, designed exclusively for* MF *by my trainer, Joel Harper.)*

6:15 a.m. *Before I head out the door, I fill up a water bottle with my "green drink" for the drive to work. It's made with ginger, apple, celery, spinach, lettuce and beets. Sometimes pineapple. It's packed with anti-inflammatories. The lutein (from the leafy green vegetables) is very effective for your eyes, and as a surgeon, I'm always worried about being able to focus.*

7:00 a.m. *I eat breakfast during my morning meeting—I'm sitting there anyways, might as well eat! I like to eat blueberries and yogurt, or flaxseed oil mixed into oatmeal.*

10:00 a.m. *Before I hit the set of* The Dr. Oz Show, *I snack on nuts that I soaked in water. Nuts have tons of fiber, protein, and healthy fats to keep you full. Another thing: with nuts, 85% of the nut you digest, 15% of the calories you don't. Candy bars won't do that.*

6:00 p.m. *I'll eat dinner. If I'm still here in the office, I'll eat during meetings. I like grilled fish, especially sockeye salmon, tilapia, mackerel, and Arctic char.*

10:30 p.m. *Before bed, I tell my kids a bedtime story. Guys—the best time to spend time with your family is just before bedtime. They're more receptive, and they're not buzzing around. Plus, it helps settle you down for bed. I shoot for 7 ½ or eight hours of sleep.*

Guys in Your

50s

AND BEYOND

THE BIG EPIPHANY—and this is going to blow your mind—is that the fitness level of someone who is 17 years of age is no different from someone who is 65 years of age. You can jump higher, and you're a lot stronger at your peak age (which is 27), but your fitness level and endurance ability at 17 and 65 are the same. So you have to be able to stay physically active throughout your life. Guys past the age of 50 should focus more on endurance activities as they get older—things like biking, running, the elliptical if you have weak knees, and swimming.

Check yourself

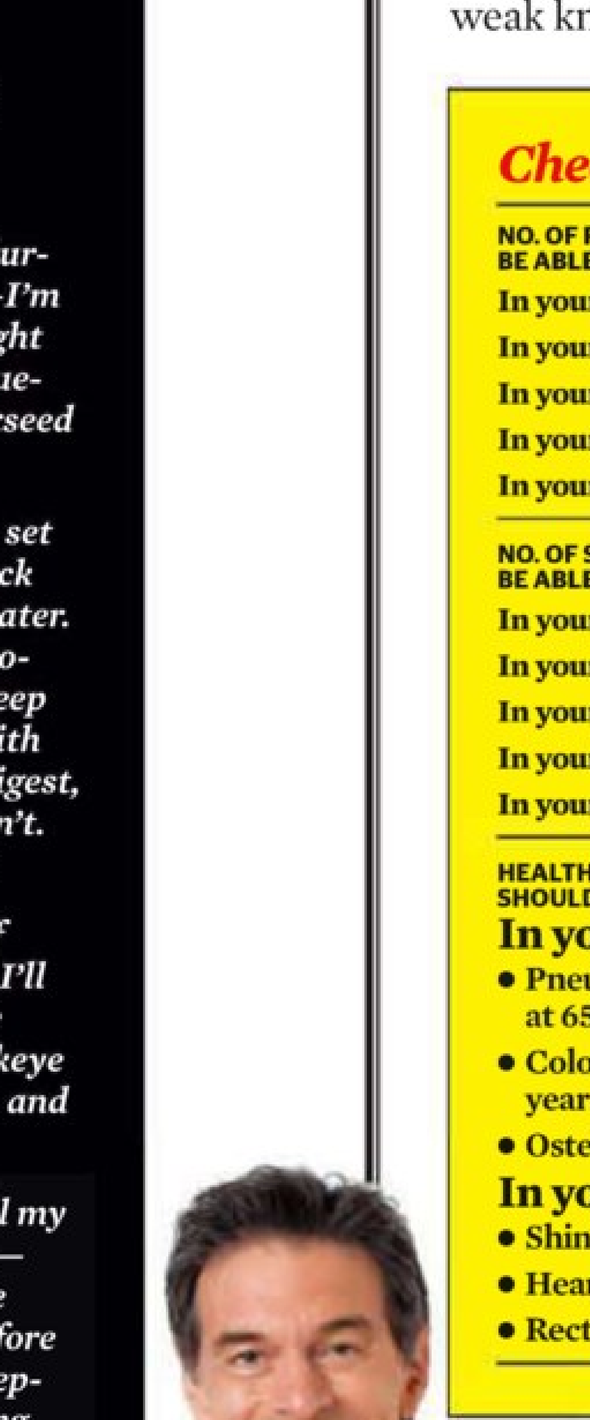
NO. OF PUSH-UPS YOU SHOULD BE ABLE TO DO...
In your 50s: **15–19**
In your 60s: **10–14**
In your 70s: **6–9**
In your 80s: **3–5**
In your 90s: **1–3**

NO. OF SIT-UPS YOU SHOULD BE ABLE TO DO...
In your 50s: **20–24**
In your 60s: **15–19**
In your 70s: **10–14**
In your 80s: **6–9**
In your 90s: **2–5**

HEALTH SCREENINGS YOU SHOULD GET...

In your 50s:
- Pneumovax vaccine (repeat at 65)
- Colonoscopy (every 10 years)
- Osteoporosis

In your 60s:
- Shingles vaccine
- Hearing exam (every year)
- Rectal exam (every year)



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GIVE Men's Fi



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The Seven-Minute Workout

I'm still a heart surgeon. I host a syndicated talk show. And I'm a husband and father of four. So when it comes to workouts, I don't want to waste any time. My regimen is pretty straightforward and simple and anybody can do it. (Dr. Oz's routine, created by celeb trainer **JOEL HARPER**, is structured as a nonstop circuit.)



STORK

stretches quads and improves balance

→ While standing, lift your left foot behind you and grab the up/outside of your foot with your right hand. Keep your right leg soft and reach your left hand to shoulder height as far as you can in front of you. Look down and hold for five deep inhales. Then switch sides.

AB OPENER

opens chest, core, and quads

→ Lie on your stomach, reach around and grab the tops of your feet with your hands. While keeping your knees hip-width apart, gently lift as high as you comfortably can using your leg strength. Keep your face relaxed the entire time. Take five deep inhales.



DONKEY KICKS

strengthens chest, abs, and quads

→ Go onto all fours with your hips over your knees and your shoulders over your hands. With your elbows slightly bent, gently lift your knees one inch off the ground. Bounce one inch up and down for 30 seconds. Then for 30 seconds, pop your feet up into the air. Pull your abs in during the entire movement.



CHEST INFLATOR

builds pecs

→ Get into low push-up position (one inch off the ground). Hold for 30 seconds. Power up and lift your right hand and slap your left ankle and then back to one inch off the ground. Repeat with the other side. Do 30 push-ups nonstop and count out loud to keep your breathing regular.



HANGING PRETZEL

opens entire back, hamstrings, and glutes

→ Stand up straight with your feet together and toes lined up. Bring your right arm underneath your left, while keeping your thumbs toward your face. Bring your hands into prayer position with your right hand closest to your face. Gently pull your elbows away from your chest and take three deep breaths. Hang down, aiming your elbows toward your toes. Drop to wherever you feel comfortable stretching and take three deep inhales. Release your hands; slowly roll back up. Repeat on the other side.



To see a how-to video of Dr. Oz's full workout, go to mensfitness.com

Want to live to 100?

> We're giving you all the wisdom you need, but again it's up to you to do it. Take away all cancer in the United States and average life expectancy increases by only three years. It's not about being a hypochondriac wimp, it's about doing it for the people in your life who love you and are dependent on you. Go by this mantra: do it because it feels good today. And as a side benefit, you will live to 100. **MF**

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Shot on location at the University of Miami

Jordan Sleeveless Dri-Fit Tee, $24, July; Jordan Get Ready Fitted Short, $35, October; Shoe: Jordan BCT Mid, $90, July

NFL TRAINING SPECIAL

GET POWER AND EXPLOSIVENESS WITH THE SAME OFF-SEASON REGIMEN THAT HOUSTON TEXANS WIDE RECEIVER **ANDRE JOHNSON** USES TO GET READY FOR GAME TIME

Build a Football Body

[*By* **BRANDON GUARNERI** *Photographs by* **DYLAN COULTER**]

HOUSTON TEXANS WIDE RECEIVER Andre Johnson is an absolute beast. Last season, he played in only 13 games but still caught 86 balls for 1,216 yards and scored eight touchdowns. That's a career year for most guys, but the five-time Pro Bowler was disappointed. Fresh off back-to-back seasons with 1,500 yards receiving, not hitting that superhuman stat in '10 pissed him off. "That really bothered me," says Johnson, who signed with the Jordan Brand before last season. "So I am looking forward to trying to get back to that this season." Johnson spent this locked-out off-season the same way he spends every off-season: training with his old college teammates at the University of Miami. This year's crop of guys included New Orleans Saints linebacker Jonathan Vilma and Indianapolis Colts wide receiver Reggie Wayne, plus lots of other young guns and vets. They trained four days a week—Monday, Tuesday, Thursday, and Friday—running in a sand pit, sprinting on the field, and working in the weight room under the supervision of Hurricanes strength coach Andreu Swasey. Even though they're on different NFL teams, none of those rivalries matter as much as the bond they share as former Hurricanes. "We'll talk more about the games we played when we were there than about playing one another in the NFL," Johnson says. "The competitive energy just gets the best out of everybody. It's kind of like a brotherhood. I've tried going down to another place, but it wasn't the same. Going to The U is something I look forward to every off-season."



BOB LEVEY/GETTY IMAGES

Even if you don't have access to the Hurricanes' weight room, you can still get jacked like those guys. Check out Johnson going through a version of his off-season workout, specially formatted for *MF* readers. It may not make you the best receiver in football, but it's guaranteed to pack the muscle on your frame.

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The Workout

DAY 1

1) BENCH PRESS
(NOT SHOWN)

Sets: 4 Reps: 10, 10, 6, 6

→ Grab the bar with an overhand, outside-shoulder-width grip. Your shoulder blades should be squeezed together and your back arched. Take the bar out of the rack (you can have a spotter help you) and squeeze it hard. Lower it to just below your sternum and then push your feet hard into the floor to help you press the weight up. When the bar is halfway up, begin flaring your elbows outward to lock it out in the top position.

2) SHRUG
(NOT SHOWN)

Sets: 3 Reps: 10

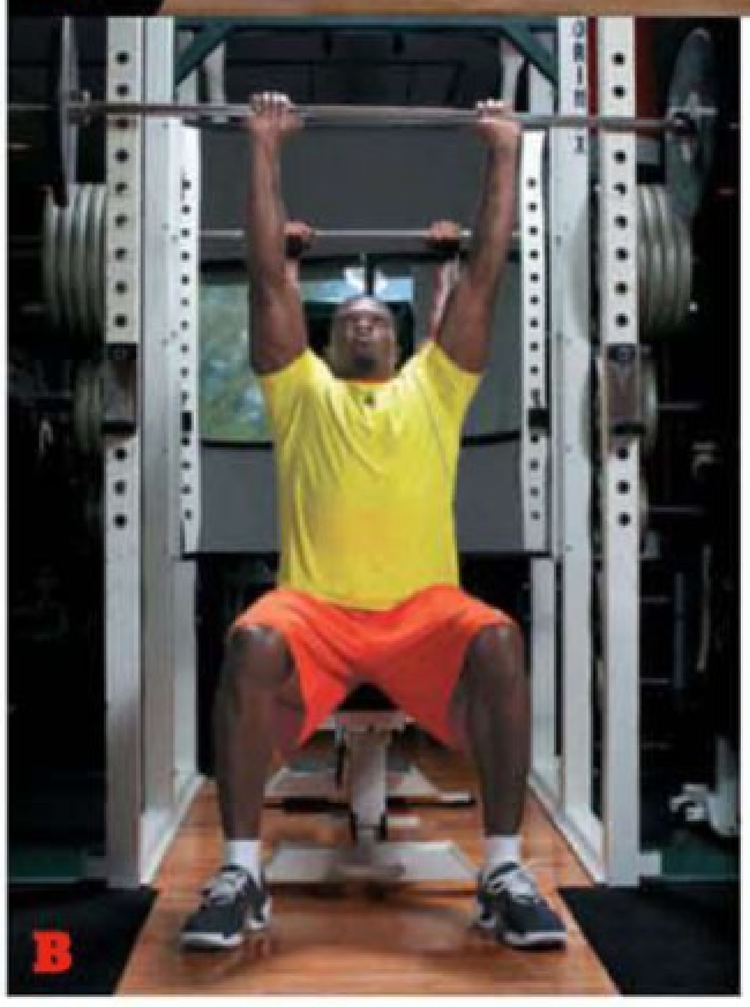
→ Hold a barbell in front of your thighs at arm's length. Shrug your shoulders as high as you can.

3) INCLINE BENCH PRESS
(NOT SHOWN)

Sets: 4 Reps: 5

→ Set an adjustable bench to a 30- to 45-degree incline and lie down on it. Squeeze the bar hard and arch your upper back. Lower the bar to the upper part of your chest, tucking your elbows close to you as it comes down. Once the bar touches your chest, push your feet hard into the floor. Press the weight up, focusing on pushing it back toward your face. When the bar is halfway up, begin flaring your elbows outward to lock it out.


A


B

4) SEATED OVERHEAD PRESS

Sets: 3 Reps: 6

→ Sit at a power rack with your feet shoulder-width apart and grab the bar with a slightly wider-than-shoulder-width grip. Squeeze your shoulder blades together and push your chest out. Press the bar overhead and slightly backward so that it ends up in line with the back of your head at the top.

HOW IT WORKS

→ You'll train four days per week, focusing on speed and strength. You may not be familiar with some of the explosive exercises such as speed squats or power cleans, so take the time to learn the form precisely. Some of the movements use the age-old pyramid technique (add weight and reduce your reps each set) to target the widest range of muscle fibers. You'll also attack common weak points such as the rotator cuff, which can take a beating whether you're playing football or lifting heavy, so you'll stay injury-free all season (even if that just means fall to you).

DIRECTIONS

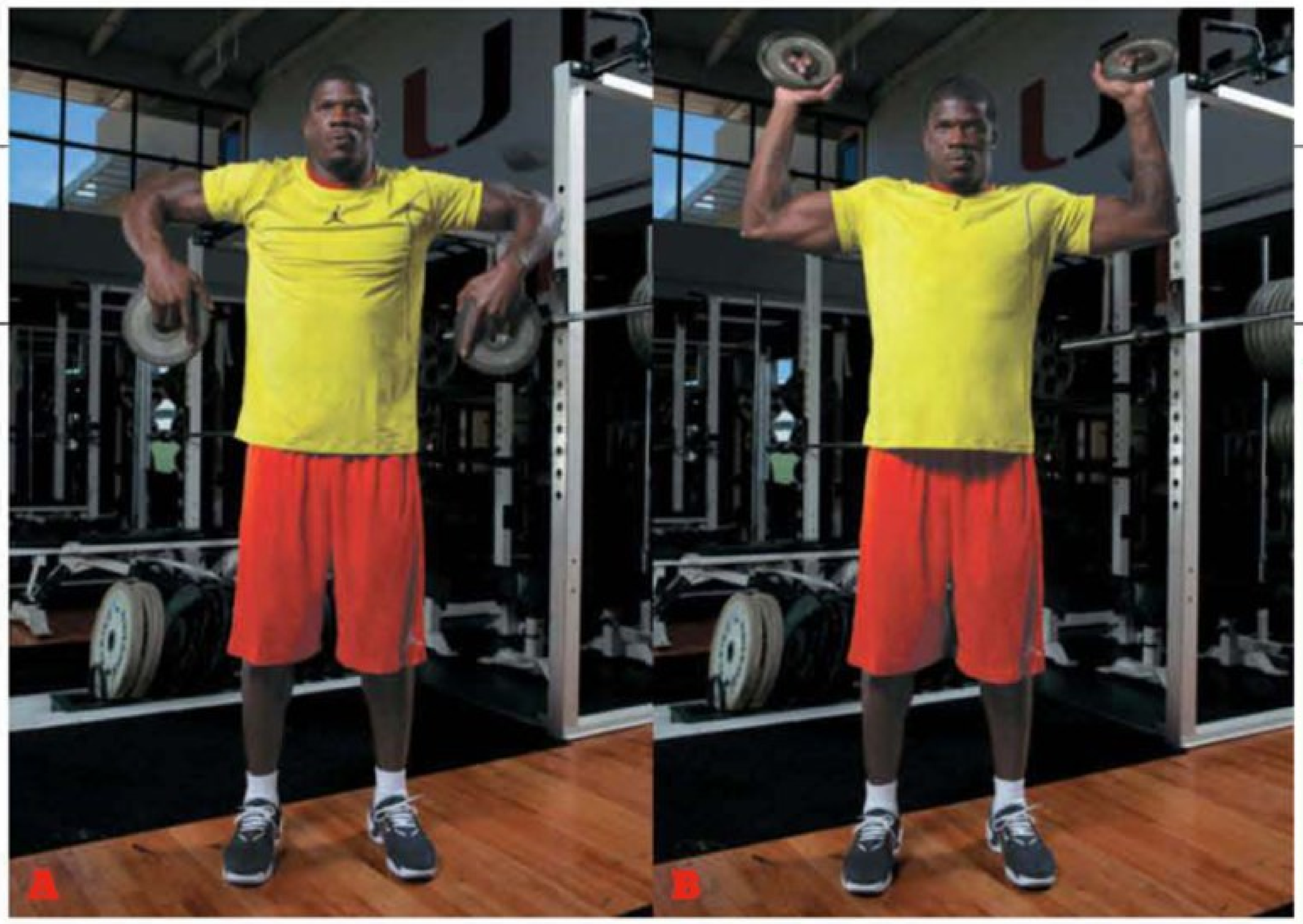
FREQUENCY:
→ Complete each workout (Day 1, 2, 3, and 4) once per week. You can perform the first two workouts on back-to-back days, rest, and then do the next two workouts.

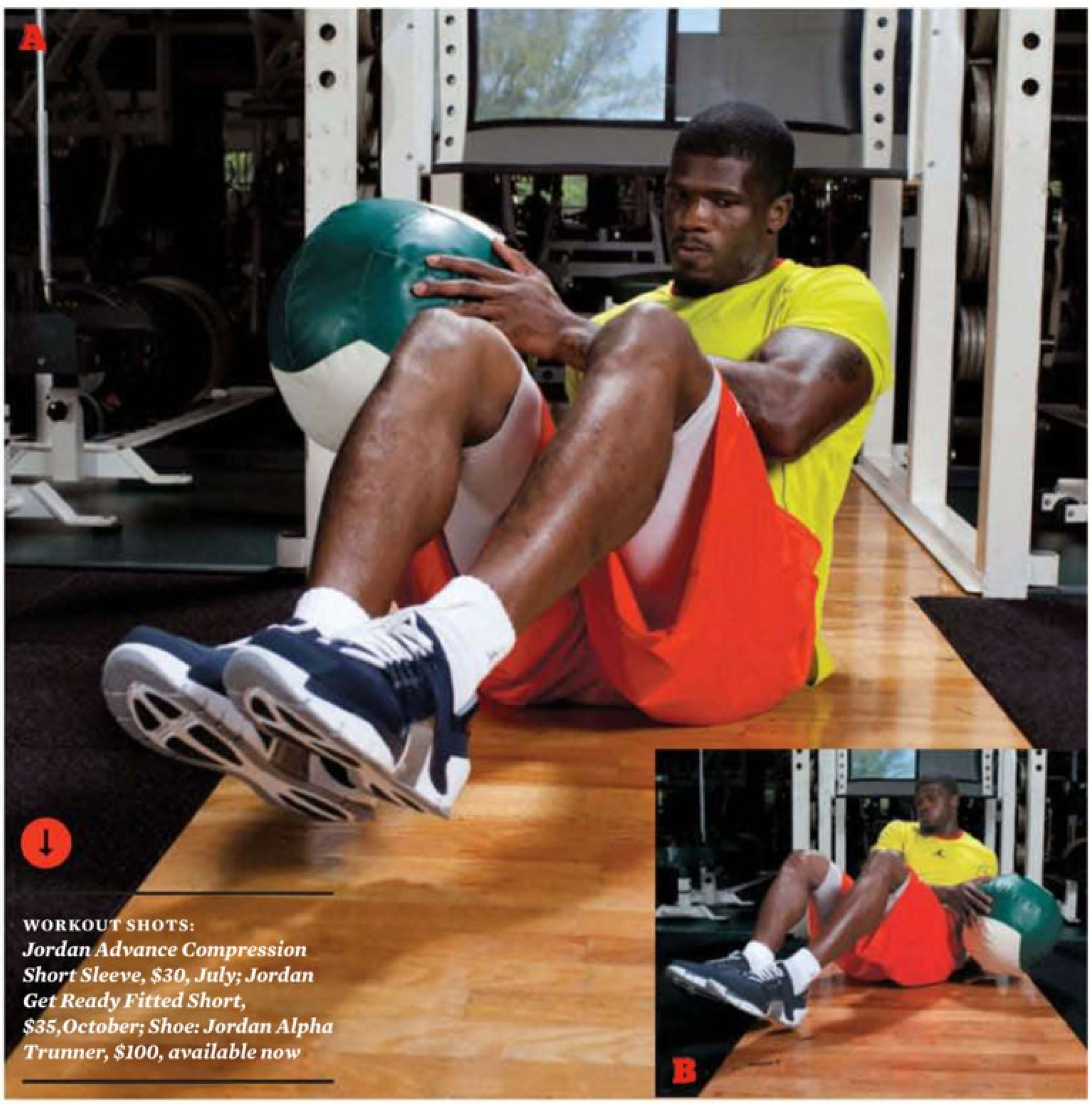
TIME NEEDED:
→ 60 min.

HOW TO DO IT:
→ Most of the exercises will be done as straight sets—complete all sets for the move before going on to the next. For the shoulder circuit on Day 1, complete one set of each lift without rest in between. Rest after you've finished the circuit and then continue with the rest of the workout.

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WORKOUT SHOTS:
Jordan Advance Compression Short Sleeve, $30, July; Jordan Get Ready Fitted Short, $35,October; Shoe: Jordan Alpha Trunner, $100, available now

BOB LEVEY/GETTY IMAGES; GROOMING BY STEVEN HOEPPNER FOR ARTISTS BY TIMOTHY PRIANO

SHOULDER CIRCUIT

5) OVERHEAD EXTERNAL ROTATION W/ PLATE

Sets: 1 Reps: 10

→ Hold a lightweight plate in each hand and raise your elbows out to your sides. Keeping a 90-degree bend in your elbows, rotate your forearms backward until your knuckles point to the ceiling.

6) EXTERNAL ROTATION W/ ELBOWS AT SIDES

(NOT SHOWN)

Sets: 1 Reps: 10

→ Keeping your elbows tight to your sides, rotate your forearms outward.

7) LATERAL RAISE

(NOT SHOWN)

Sets: 1 Reps: 10

→ Let your arms hang in front of your body and then raise them out 90 degrees.

8) RUSSIAN TWIST

→ Hold a medicine ball with both hands and sit on the floor with your knees bent 90 degrees and feet raised. Twist as far as you can in one direction and then to the other side.

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Steroids.com

DAY 2



1) POWER CLEAN

Sets: 5 Reps: 3

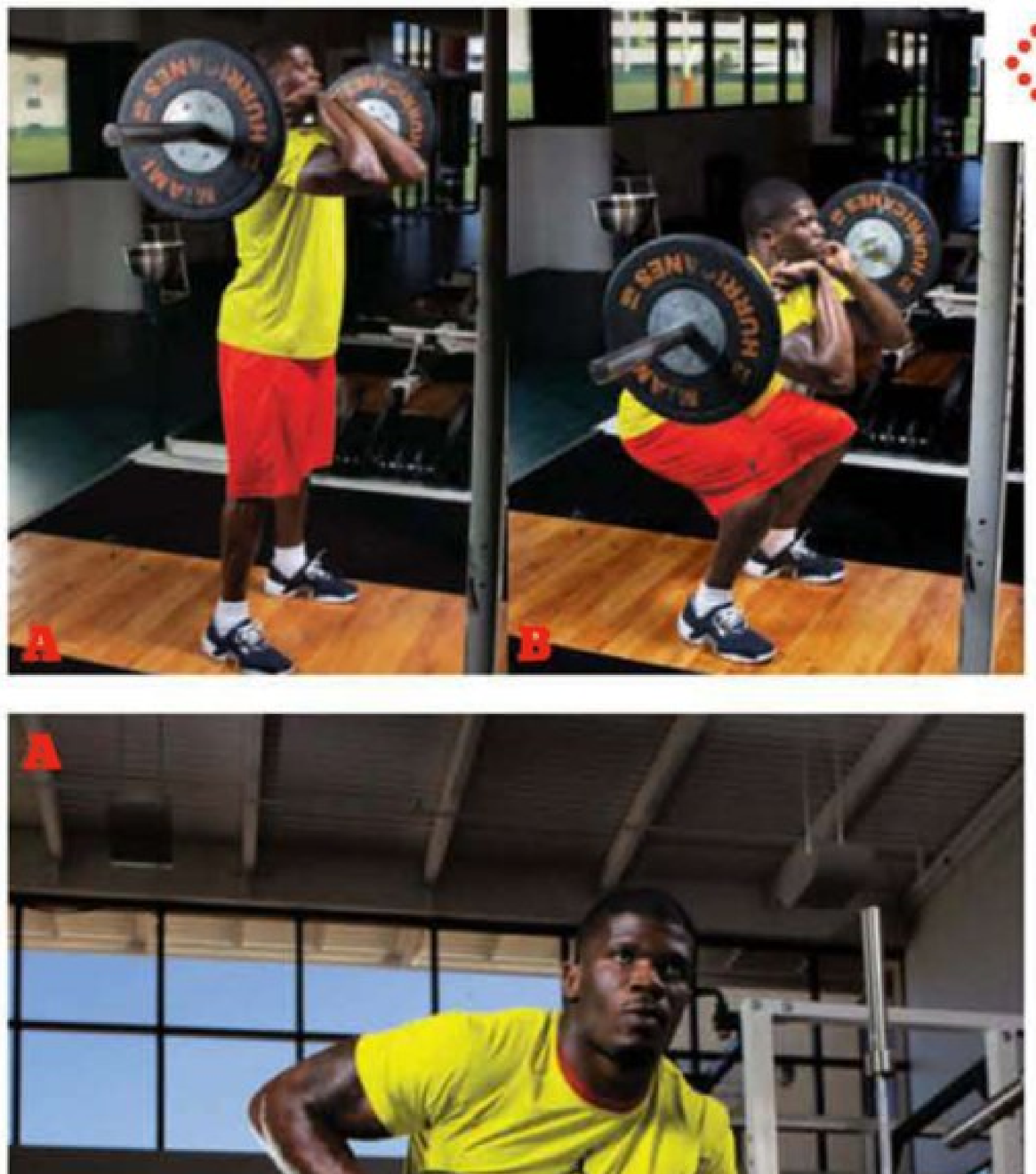
→ Set a barbell on the floor, crouch down, and grab it with hands outside shoulder width. Your lower back should be in its natural arch. Explosively stand up and shrug the bar, coming up onto the balls of your feet. As the bar rises to chest level, flip your wrists over so that your palms face the ceiling and your upper arms are parallel to the floor. Allow your knees to bend as you absorb the force of the bar at your shoulders.

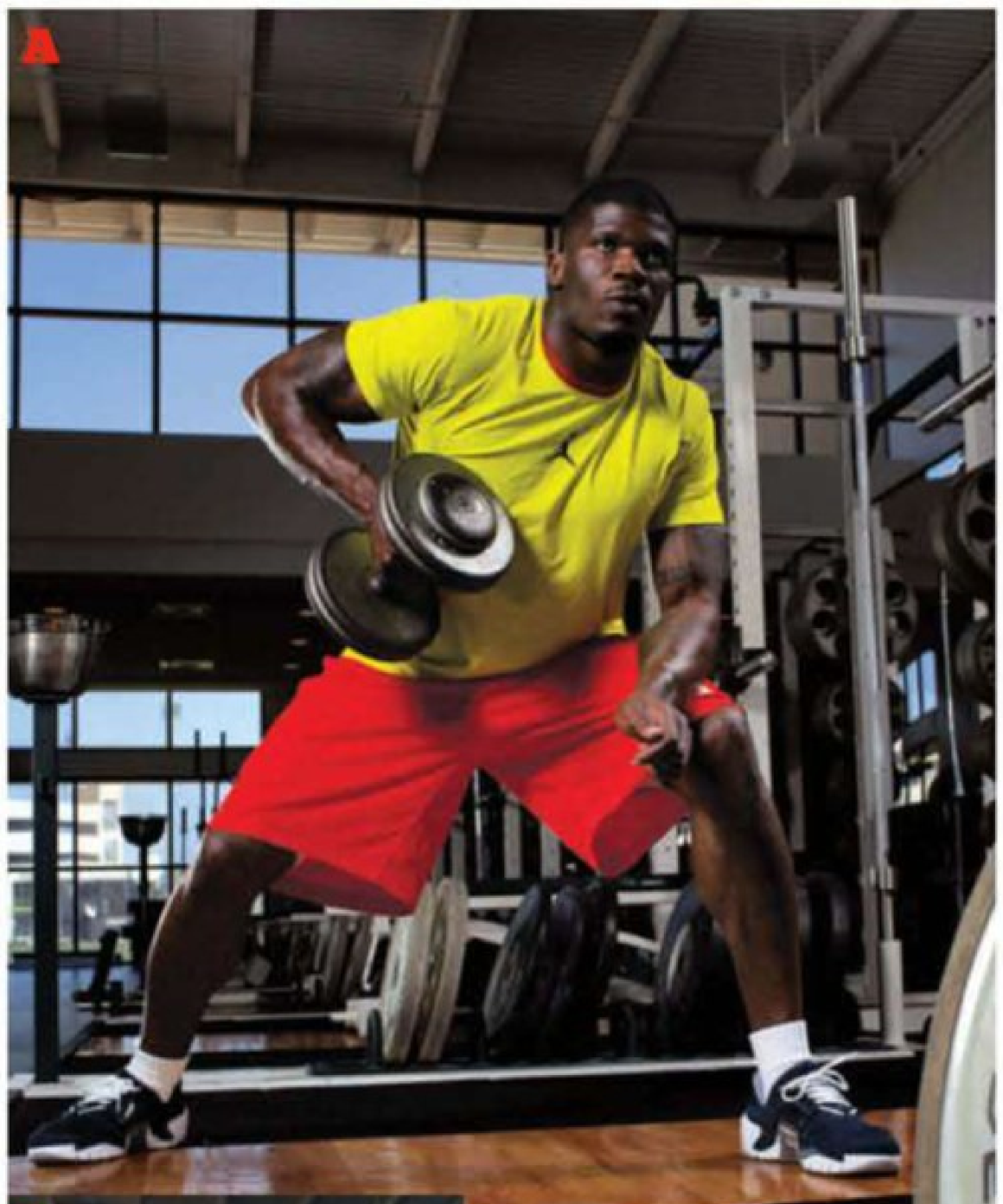
2) SQUAT

(NOT SHOWN)

Sets: 4 Reps: 10, 8, 6, 4

→ Stand with your feet a bit wider than shoulder-width apart and your toes turned slightly outward. Bend your hips back and then your knees (push them outward as you go down) to lower your body as far as you can.







3) FRONT SQUAT

Sets: 4 Reps: 5

→ Start with the barbell on the supports of a power rack at about shoulder height. Grab the bar overhand and raise your elbows until your upper arms are parallel to the floor. Now lift the bar off the rack, letting it roll toward your fingers—as long as you keep your elbows raised, you will balance the bar. Squat as low as you can while keeping your lower back flat.

4) ROMANIAN DEADLIFT

(NOT SHOWN)

Sets: 3 Reps: 6

→ Hold the bar at arm's length and let it touch the front of your thighs. Keeping your lower back in its natural arch, bend your hips back and then your knees, lowering the weight until you feel you're about to lose the arch in your lower back.

5) PULL-UP

(NOT SHOWN)

Sets: 4 Reps: Max

→ Perform four sets of as many pull-ups as you can. Change your grip each set—shoulder width, wide, narrow, and palms facing toward you.

6) TWO-POINT DUMBBELL ROW

Sets: 3 Reps: 10

→ Hold a dumbbell in one hand and step forward with the opposite leg. Bend over at the hips until your torso is parallel to the floor (keep a safe arch in your lower back). Brace your abs. Row the weight to your side.

DAY 3

1) BENCH PRESS
(NOT SHOWN)

Sets: 4 Reps: 10, 10, 6, 6

2) SHRUG
(NOT SHOWN)

Sets: 3 Reps: 10

3) INCLINE DUMBBELL PRESS
(NOT SHOWN)

Sets: 4 Reps: 5

→ Set an adjustable bench to a 30- to 45-degree angle and lie back against it with a dumbbell in each hand at shoulder level. Press the weights straight over your chest.

4) DUMBBELL PRESS
(NOT SHOWN)

Sets: 3 Reps: 6

→ Start holding a dumbbell in each hand at shoulder level. Press the weights straight overhead.

5) DIP
(NOT SHOWN)

Sets: 3 Reps: 15

→ Suspend yourself over the parallel bars of a dip station and then lower your body until your upper arms are parallel to the floor. Do not go lower.

6) PLATE RAISE
(NOT SHOWN)

Sets: 2 Reps: 10

→ Hold a weight plate with both hands and raise it to eye level. Rotate it counter-clockwise as if you were turning a steering wheel and then rotate clockwise. That's one rep.

7) MEDICINE BALL SIT-UP
→ Hold a medicine ball with both hands and sit on the floor with your knees bent 90 degrees. Perform a sit-up and raise the ball straight overhead.



BOB LEVEY/GETTY IMAGES

FOR DAY 4 OF THE WORKOUT AND VIDEO FROM THE SHOOT, GO TO ***MENSFITNESS.COM/ANDREU***



ANDRE JOHNSON
STAT BOX

The best wideout in the business—by the numbers:

HEIGHT: 6'3"
WEIGHT: 225 LBS
DRAFTED: THIRD OVERALL IN 2003

CAREER TOTALS

673 RECEPTIONS
9,164 YARDS
50 RECEIVING TOUCHDOWNS
13.6 YARDS PER RECEPTION

60

Johnson caught at least 60 balls in each of his first eight seasons, an NFL record

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Rose McGowan



You're barely recognizable as the witch Marique in the new *Conan*. What's it like putting on that much makeup? "It's bananas! [*Laughs*] It took six hours. I would get there at 2:30 in the morning, put in an eight-hour day, and then stay another hour-and-a-half to take it all off. A lot of people have to take drugs and get drunk to do what I get paid to do—which is to be different in a way that's transformative."

> The character was originally written for a man, right? "Marique was originally Fariq. They adapted it for me. I know, I'm easily confused with a male, right? [*Laughs*] They actually wanted me to shave my head. I could've had the coolest, most hardcore mullet in the universe, but it would have been painful. The people in Bulgaria [where the movie was shot] probably thought that's what I normally looked like. Someone said to me about Marique: 'I know I shouldn't be attracted to you, but I am.'"

> What kind of guys attract you? "I can't go out with type-A people, and I can't date actors. I think a lot of actresses date actors who hang out on the couch, smoke pot, play video games, and live off their dime. That's not gonna happen. That is not attractive at all. Humor and a level of fitness need to be there, but those are lower on my list of priorities. I'm not gonna go to Gold's Gym, size people up, and say, 'you'll do.'"

> What dating advice would you give to our readers? "Be polite, have manners. That's the No. 1 thing. I will stand in front of a car door until someone opens it for me. I'll just wait; I've got all night. Open the door to the restaurant. Be a gentleman, and if you don't know how, look it up. Don't spit or pick your nose in public. Have some class. Don't be a schmuck! If you're not a cheeseball, things will work better for you."

> Aside from public nose-picking, what else turns you off? "Being shameless and crass. I mean some shame is good. If a guy says they want a lady in the home and a freak in the bed—great, what makes you think a woman doesn't want the same thing? I don't want some mamby-pamby wussbag in bed, I'm not into that. But at the same time, I'm not gonna go

CORBIS OUTLINE

It takes a badass beauty like Rose McGowan to make the new *Conan the Barbarian* (played by *MF* Guy, Jason Momoa, pg 28) quake in his fur-lined boots. Rose plays a powerful witch in the sword-and-sorcery reboot, but in real life, the raven-haired actress bewitches with her killer bod—and bluntly honest sense of humor.

By ANGELINA M. KENDALL

Photographed by ANDREW MACPHERSON

"I could've had the coolest, most hardcore mullet in the universe."

out with a guy named Vinny with back hair or a unibrow. So men: take care of your shit. Women have to take care of it, so you do, too."

> You've been the blonde bombshell and the raven-haired hottie. Which is more fun? "My hair is naturally dark, and my skin is pretty pale, being Irish and French. It's funny, they often try to cast me as the bad girl because of my dark hair and light skin color. To which I want to say, 'It's not my fault that the Spaniards came and raped Irish women!' When I was that horrible, middle-American blonde in the movie *Scream*, it was hideous and not a chic blonde. Any guy that I would've considered going out with in L.A. wouldn't give me the time of day. But every plumber in the world wanted to date me. It's really interesting to see the socio-economic scale of men attracted to different hair colors. In L.A., contrary to popular belief, it's the dark hair that gets the most play."

> What's your exercise regimen like? "I recently tore the ligaments in my leg, but before that happened, I had this amazing trainer I would do fight training with. Visualize me with a bamboo stick fighting off four Asian men. While I've been injured, I've been focusing on smaller muscle groups. I work around my various injuries and I train really hard, about four to five times per week."

> What motivates you to keep at it? "I'd like to keep my low self-esteem issues private, thank you. [*Laughs*] No, most times it's acting. I'm the kind of person who if I'm scared of things, like heights, I get angry enough to make myself jump out of a plane. If something scares me, I take it on headfirst, which is how I wind up getting injured. I have a ballet dancer's body and the brain of, um, Scrappy-Doo. [*Laughs*] My body completely gets in the way of what my mind wants to do."

> If you had to title your autobiography, what would it be? "*Come Hell or High Water*. Thinking about what my life has been, and what my general aim of attack toward life is...I get knocked down, water runs over my head, and I just bulldoze right on. It's, like, 'bring it, bitch!' " **MF**

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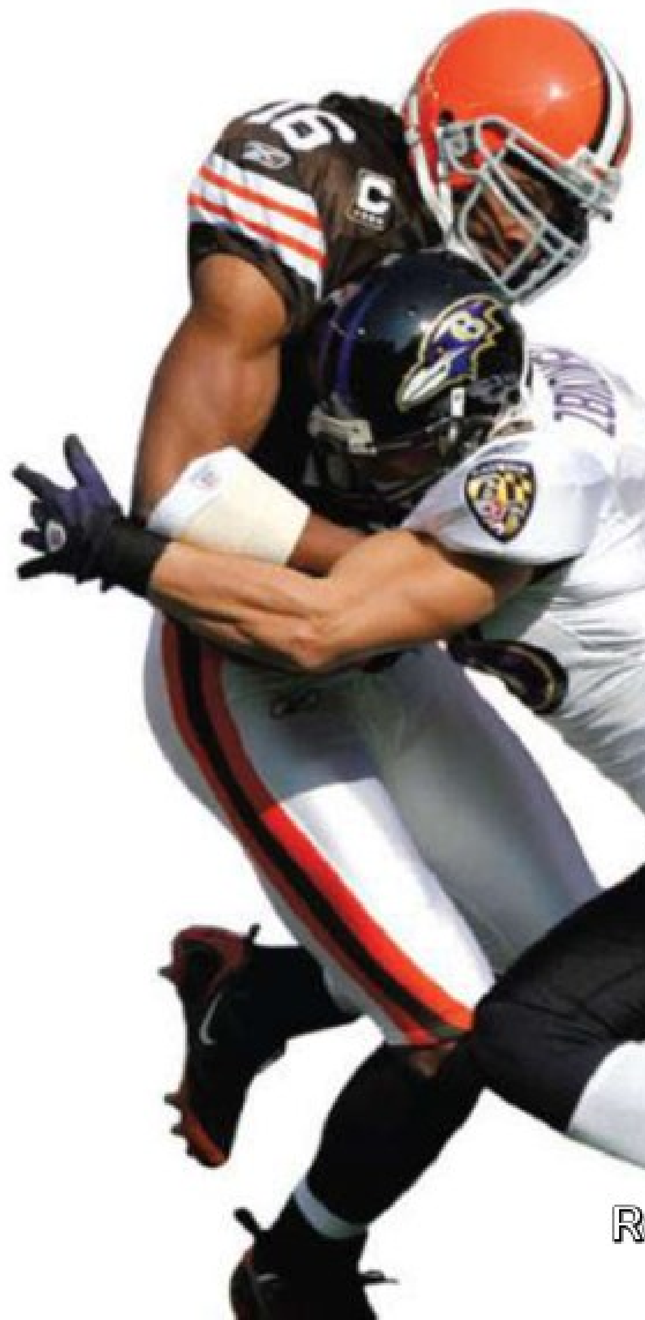
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NFL TRAINING SPECIAL

*When the NFL lockout kept Baltimore Ravens safety **Tom Zbikowski** out of his team's training facilities, he stayed in shape pursuing his "other" career as a pro boxer. On the field or in the ring, stand in front of Tommy Z and you're going to get leveled.*

By **Brandon Guarneri** | Photographs by **Nathaniel Welch**

Heavy hitter



MATT SULLIVAN/GETTY IMAGES

"WHAT THE HELL AM I DOING?"

WHEN TOM ZBIKOWSKI STEPPED INTO THE RING FOR the first boxing match of his life, he didn't care that his opponent had fought 17 times before. "I don't even remember who my first fight was against," says the Arlington Hills Heights, IL, native, clad in black Ravens workout pants and a tight-fitting Under Armour long-sleeve shirt—size XXL. Zbikowski has been throwing combos at mitts and heavy bags for two hours. His memory isn't cloudy because he's punchy from nearly 100 amateur fights, four bouts as a pro, or the hundreds of hits he has doled out playing safety for Notre Dame and now for the Baltimore Ravens. He can't recall the opponent because, at the time, Zbikowski was only 10 years old.

After earning that first bloody "W"—just two days after his 10th birthday—Zbikowski realized that he had a passion for boxing, which continued while he starred on defense for the Fighting Irish. In four seasons on campus, he nabbed eight picks, brought two back for TDs, and scored three more as a punt returner, all while earning a reputation as a punishing safety. After his junior year, Zbikowski convinced then-Irish head coach Charlie Weis to let him box as a pro. He had made an impression on promoters while fighting at a fund-raiser in Chicago earlier in 2006, and he couldn't turn down the chance to compete in New York's Madison Square Garden.

The NCAA allows you to be a pro in one sport and an amateur in another, so not only was he eligible for his senior season, but he also made $25,000—even if a big chunk went toward tickets

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Zbikowski building explosive power, one left hook at a time.

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Non-traditional lifts, like flipping this 350-pound tire, are a staple of this program.

for approximately 25 of his teammates. Zbikowski fought Robert Bell of Akron, OH, on the undercard of a Miguel Cotto WBO title bout, earning a TKO stoppage victory after just 49 seconds of the first round. Bell never stood a chance.

So when the NFL locked out its players in March, Zbikowski had a plan. While some traveled and others went back to their alma maters, he trained for both football and boxing at the Academy of Human Performance in Aurora, IL. This past spring, he improved his pro record to 4–0 with three wins: a first-round TKO in March, a unanimous decision two weeks later, and another first-round victory in April. "It's something I've always loved doing," says Zbikowski. "I am a legitimate fighter."

As brutal as football can be, there's a primal appeal to boxing that he couldn't get on the field. "You get all the drama of a fourth quarter and overtime in one round," he says. "You score a touchdown or you get blasted, it's just not the same. You're never on the sidelines." While it's been reported that Zbikowski made six figures this spring, he says he took home only about five grand, total, after paying his trainers, taxes, and other costs. "So, it's not like I'm doing it for the money," he says before a set of 30-inch box jumps. "Still, every time the bell's about to ring, I think, 'What the hell am I doing?' "

"I am a legitimate fighter." TOM ZBIKOWSKI

"HUNGRY FOR FOOTBALL"

WHAT HE'S BEEN DOING IS TRAINING HIS ASS OFF for two sports, until meetings between NFL ownership and players approached in early June and Zbikowski became convinced that they would end the lockout. So, during the last week in May, he refocused on football—without knowing when, or if, the season would actually start. He scrapped plans to fight at L.A.'s Staples Center on June 4, but as the work stoppage stretched into the summer, it only motivated him further.

"He's hungry for football to come back," says Derek Wagner, one of two strength coaches who train Zbikowski, and a former Marine. After boxing for months, Zbikowski had to adjust his workouts, even if he still trains with gloves. "Boxing has always been a critical part of Tommy's football conditioning," says R.W. Brown, C.S.C.S., the strength coach who designs Zbikowski's boxing training and who's a former three-time All-American boxer at Iowa State. Brown fought through the NCBA, or National Collegiate Boxing Association. (Boxing was a varsity sport until 1960, when a fighter slipped into a coma and died a week after a fight. There were no boxing championships held between 1960 and 1976, the year the NCBA was formed.) Brown graduated from Iowa State in 1996 and is the founder and owner of the academy. "The goal the whole time was to be within 30 to 40 days of football shape," he says.

Zbikowski's training built up his strength and added quickness while his body weight fluctuated. "When he was training for the fights, he was in here every day but Sunday," says Wagner. "Sometimes twice a day." Zbikowski lost up to six pounds of water weight each day, focusing less on lifting and more on in-ring skills and cardio. "We weren't doing heavy squats and things you're used to seeing in an off-season program," says Wagner. In total, Zbikowski lost about 25 pounds, weighing in for fights between 191 and 193 pounds. "But that's not what Baltimore wants him playing safety at," he says. "The transition means we can't keep all that weight off him. We need to let him get back into strength training."

As a fighter, Zbikowski performed longer conditioning sessions. "You need more endurance, not just a five- or 10-second burst like you might get in football," adds Wagner. "Boxing conditioning is a lot different." Even so, there are similar benefits. "The boxing sharpens his quickness and his timing," says Wagner. "Since Tommy fights from both sides, it's not much different from swiveling those hips to breaking on the ball." Brown understands the mental edge that comes with training as a boxer, too. "The good news with these two sports is you need that warrior mentality," he says. "He has a competitiveness that is uncanny. Our challenge is taking a bit of the wild man and harnessing it."

The boxing training he's been doing since late May is meant to condition him for football. Instead of several minute-long rounds in the ring, he'll do seven-second combinations of punches with 10 seconds of recovery, or six-second flurries with 20 seconds of rest. "What we're trying to do now," says Brown, "is make the boxing more similar to what he does on the field. We're working on pure explosiveness."

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Tom Zbikowski



Train Like a Fighter

Zbikowski's boxing workouts were very different from what he does for football, incorporating work with pads and mitts to simulate a fight. Even if you don't have any equipment, try this template while shadowboxing. You can rotate these workouts and interchange the round lengths: It's up to you. For moderate sessions, estimate and give only about 60% exertion. For the intense workout, shoot for 80%. For the insanely intense, go all out, as hard as you can, during every round.

DIRECTIONS: Select your workout. Then select your level, either amateur, pro, or elite. (See right.) Perform one round, then rest as listed. Repeat for as many rounds as necessary.

WORKOUTS

PACE: Moderate
ROUNDS: 10–12
PACE: Intense
ROUNDS: 7–9
PACE: Insanely intense
ROUNDS: 4–6

LEVEL

AMATEUR
ROUND LENGTH:
2 minutes
Rest: 60 seconds

PRO
ROUND LENGTH:
2 minutes, 30 seconds
Rest: 60 seconds

ELITE
ROUND LENGTH:
3 minutes
REST: 30–45 seconds



March 26, 2011 Zbikowski (right) moved to 3–0 after grinding out a unanimous decision win over Caleb Grummet.

"SQUATTING BETTER THAN THE LINEMAN"

AFTER THE CREW BREAKS OUT THE BATTLING ROPES, Zbikowski is asked to squat lower before starting his first set. "I don't think you guys are getting the concept that my legs are sore," he says, half-jokingly. It's a Wednesday, and he lifted heavy on Monday and Tuesday, so he grimaces as he sinks deeper. For the grappler hip toss, he holds the rope with both hands at one hip, keeping them together as he brings the rope over his head and back to his opposite side. Wagner brings out a pad and Zbikowski kneels while holding the ropes, giving his quads a much-needed break.

"We'll usually go 20 to 30 seconds per set," says Wagner. Zbikowski will do 12 to 16 total sets divided between 3 to 4 different movements. None are weirder than the single-arm lasso. For this, he'll loop the rope through a 15-pound kettlebell and fold the rope in half. It ends up being so thick that he can't close his hand, but he swings it over his head for reps.

Clearly, he's not really into the traditional weightlifting. "It's too slow for me," he says. "I need to be moving. I need to be active. That's just the way I train." Zbikowski prefers towel pull-ups with a 20-pound weighted vest on for three sets of 15 reps (sometimes as many as 25) instead of heavy deadlifts. He wears the vest for push-ups, too. "If you're a top 1% athlete, there's no way you should be doing the same training as the average person," he says. "It just doesn't make sense."

But since the last week in May, his training has changed. "We've had to constantly adjust the program," says Brown. "It's been a week-by-week situation." Since early June, he's grown used to a more manageable four-day-a-week schedule (two sessions with Wagner and two with Brown). Wagner has Zbikowski lift using supersets (see sidebar). "We keep his rep range low, between four to six reps," says Wagner. "I like stacking the strength movements on top of plyometrics."

By incorporating football-based drills back into his routine, like changing direction and sprinting, or cutting and decelerating, they can simulate game-time situations. "Why condition him for a 30- or 40-second drill when a football play lasts only seven seconds?" asks Wagner. Zbikowski will do as many as 16 sets, starting with reps that are eight seconds long, working his way up to 12 to 20 seconds for each. Within his first six months at the academy, he added eight inches to his vertical leap. He's trained here for only the past year and a half. "I always had speed, but I never really had explosion," he says.

After finishing his in-ring work, Zbikowski tears into half of a Whatchamacallit candy bar, not because he's cheating on his diet, but because the fast-digesting sugars restore depleted

HUNTER MARTIN/GETTY IMAGES

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Tom Zbikowski



On March 12, 2011, Zbikowski (left) scored a first-round TKO against Richard Bryant in his first pro fight since 2006.

glycogen in his muscles. "You're burning so many calories you need that fast-reacting energy source," he says. "You just crave it. I couldn't finish a 10-ounce steak when I was boxing, but give me a bowl of rice or pasta, and that whole thing would be gone."

He may be eating chocolate during training, but Zbikowski is meticulous about his diet. He's had to be to add mass back onto his frame, and now that he's back near his playing weight (of 215 pounds), he feels stronger, too. "I'm starting to feel like I got size back on me," he says. Zbikowski carefully structures out his micronutrients, moving from 55% carbs, 30% protein, and 15% fat while grinding out two-a-day boxing workouts, to 55% protein, 30% carbs, and 15% fat while training for football. "I'm craving more lean, red meat, and I can put down more protein," he says. That protein supports the weight training he does for football. It's the only way for him to put muscle back onto his frame, and he needs that extra muscle to prepare for games. "Football isn't condensed into 12 minutes like boxing," he says. "You are going full explosion every single play for four hours."

Zbikowski has been careful about his nutrition since college, says his former strength coach, Ruben Mendoza. "He loaded up on the proper foods," he says. "He was really conscious of that, and I think that's why he was so successful." And he was intense in the weight room, too. "He never backed off from anybody," says Mendoza. "Offensive linemen would be benching 405 pounds, and he'd get under the bar and do the same thing." Zbikowski also squatted 575 pounds, and power-cleaned 315 pounds, as a member of the Irish. "He squatted better than some of our O-linemen," says Mendoza. "I wish I had a full football team with that type of mentality, because we'd have been more successful."

Lift Like Tommy Z

Zbikowski's lifting for football is divided into supersets. He may do as many as seven sets of deadlifts as part of his routine. This modified plan incorporates three groupings of exercises. Do one set of each grouping one right after the other, without rest (a set of 1A, then a set of 1B, then rest, as listed). The most important thing is to maintain proper form. If you falter at all, stop the set.

1a Trap Bar Deadlift
Sets: 4 **Reps:** 8

1b Box Jumps
Sets: 4 **Reps:** 6 **Rest:** 60 seconds

2a Bulgarian Split Squat
Sets: 3 **Reps:** 8 **Rest:** 60 seconds

2b Bulgarian Split Jumps
Sets: 3 **Reps:** 8 **Rest:** 60 seconds
*Note: Do 2a and 2b on one leg before doing all reps for both exercises on the opposite leg.

3a Kettlebell Lateral Bounds
Sets: 3 **Reps:** 10 reps (5 to each side)

3b Lateral Box Jumps
Sets: 3 **Reps:** 6 reps (each side)
Rest: 60 seconds

"YOU WANT TO SHOW WHAT YOU'RE MADE OF"

ZBIKOWSKI'S WORK ETHIC IS ONE REASON FOR HIS success. Another is his close-knit family. His sister, Kristen, handled his public relations during the lockout, and he credits his older brother for toughening him up. "I think it has to do with how I was raised," he says. "I've been in competition with my brother my entire life. As a kid, the dude was a foot and a half taller than me. He laid the worst ass-whoopings on me anybody could have. It was me and him, whatever sport it was, just going after each other."

Those battles shaped Zbikowski as an athlete and as a man. He never quit when his brother beat his ass, and he didn't care that some doubted if he could really box. He just wanted to see if he could do it. "I am in love with competition," he says. "And it's not that I want to be No. 1 all the time. I want the challenge of someone beating my ass, and my coming back to show them what's what. You want to show what you're made of." Zbikowski says he may box after his time in the NFL is over. Seeing Bernard Hopkins win the WBC championship at the age of 46 (the oldest ever to hold a major title) inspires him. And he's got what it takes to win his own belt some day. It's just another challenge to overcome.

"Boxing is obviously his passion, but the other day he was like, 'Time for football,'" says Wagner.

The lockout dragged out into the courts, producing stories full of legal jargon that your buddies pretended to understand, but the worst is finally over. Football is back. And guys like Zbikowski can get back to what they do best: battling for glory on Sundays with the whole country watching. Finally, they can get back to their day jobs.

"For him," says Wagner, "it's all about the chase."

MARK RALSTON/AFP/GETTY IMAGES

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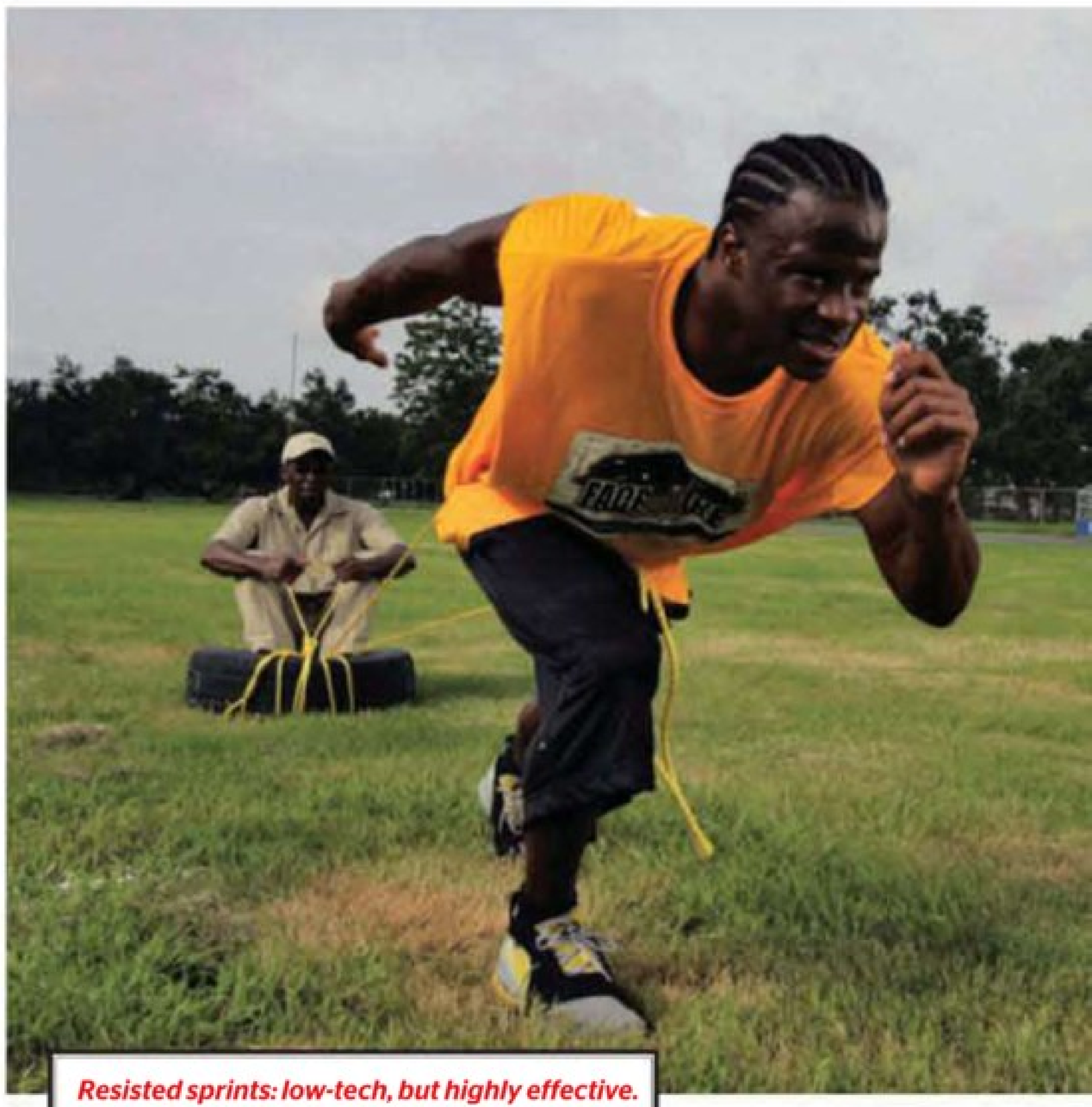
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Tom Zbikowski

Putting in Work

Not every player picked up a new sport. Some just lifted and ran. Here's how a few of them got through the longest off-season ever.



Resisted sprints: low-tech, but highly effective.

Ike Taylor

(DB)
PITTSBURGH STEELERS

Taylor (right) was part of a group of nearly 20 guys training with coach Tom Shaw at ESPN Wide World of Sports in Orlando, FL. Mimicking the normal NFL work week, workouts ran five days a week, six if there were enough people around. Taylor has worked with Coach Shaw since he was in the ninth grade. "I tried to do the same workout that I do during the season, so when I do get to that point, my body is already ready for it, it's nothing new," he says. That means not lifting on Tuesdays and getting legs out of the way on Mondays—so he has the longest time to recover before the next game day. The guys under Coach Shaw also banned soda and fried food for the summer—they can thank Steelers veteran LB James Farrior for making fruit salads the only snack allowed. And, though they lifted indoors, they ran outside under the Florida sun. "I know two things for certain," says Taylor. "I'm going into camp fit and in shape."

Jamaal Charles

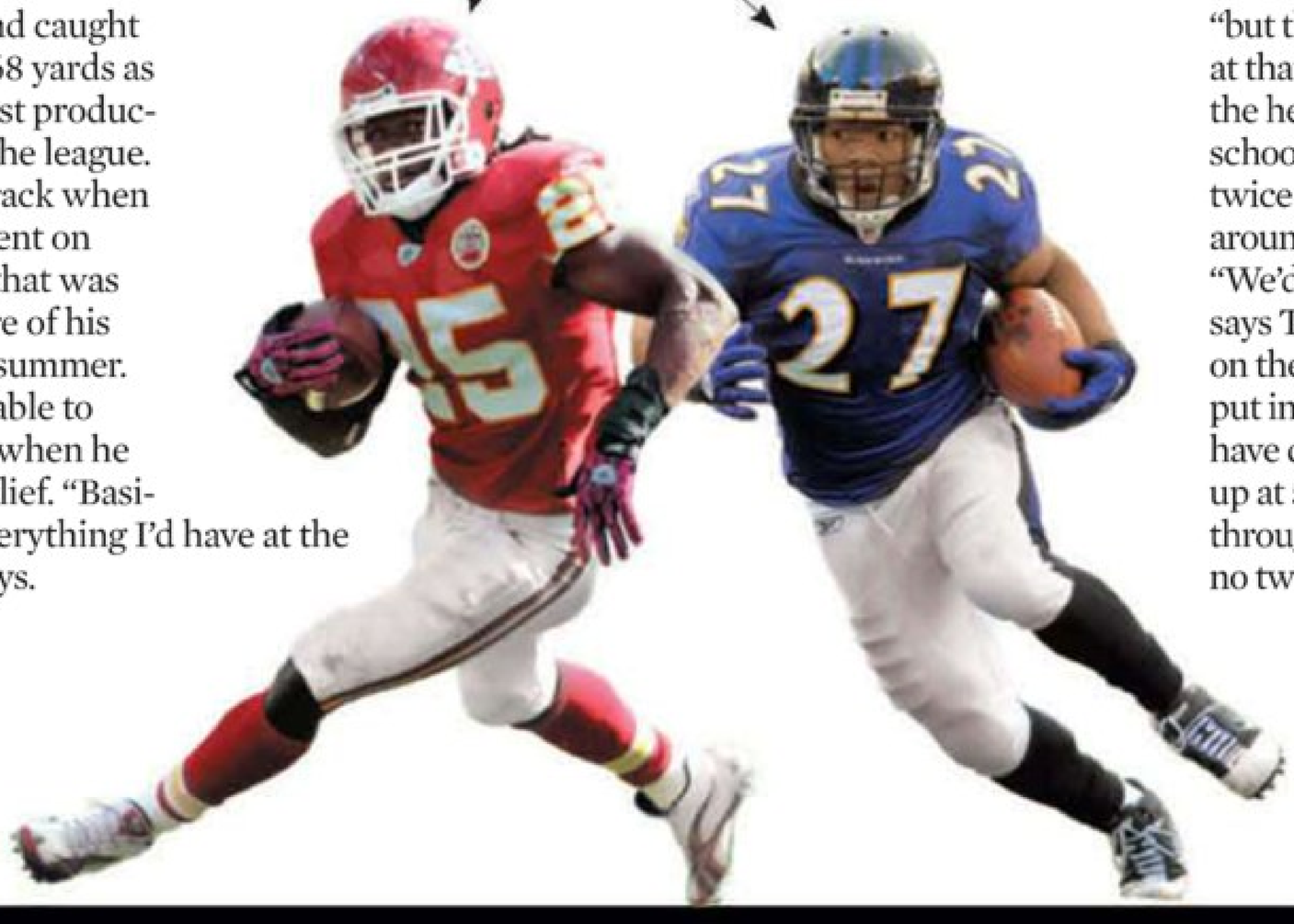
(RB)
KANSAS CITY CHIEFS

The speedster Jamaal Charles trained at the University of Texas with fellow ex-Longhorns Derrick Johnson, Brian Orakpo and Earl Thomas. Mostly, he was running under the supervision of the men's track coach, Bubba Thornton. "We were squatting heavy," says Charles. "Just trying to get better and stronger. That's what it's about." Last year Charles rushed for more than 1,400 yards and caught 45 balls for 468 yards as one of the most productive backs in the league. Charles ran track when he was a student on campus, and that was the lion's share of his workout this summer. He was even able to get massages when he needed the relief. "Basically, I had everything I'd have at the facility," he says.

Ray Rice

(RB)
BALTIMORE RAVENS

Two weeks after the season, Pro Bowl RB Ray Rice jumped into his off-season training at his old high school in New Rochelle, N.J. For the past three years, he's been working with assistant coach Rich Tassello, who coached Rice when he was a teenager. "I get peace from getting back to my old place," says Rice. "We don't have the fanciest facility, but it's where I can get work done." Tassello had Rice squatting heavier than he would have done if he were with the team, getting up to a 435-pound single. For his bench work, he stuck to dumbbells. "He was banging around 100s on the incline," says Tassello, "but the only reason he was staying at that number was that those were the heaviest dumbbells in the high school." In years past, Rice ran sprints twice a week at Jones Beach, and around July he picked that back up. "We'd do a lot of drills in the sand," says Tassello. "It's less wear and tear on the body." Overall, Rice believes he put in the same amount of work he'd have done with the team. "We were up at 5:30 in the morning, Monday through Friday," says Tassello. "And no two workouts were the same." **MF**



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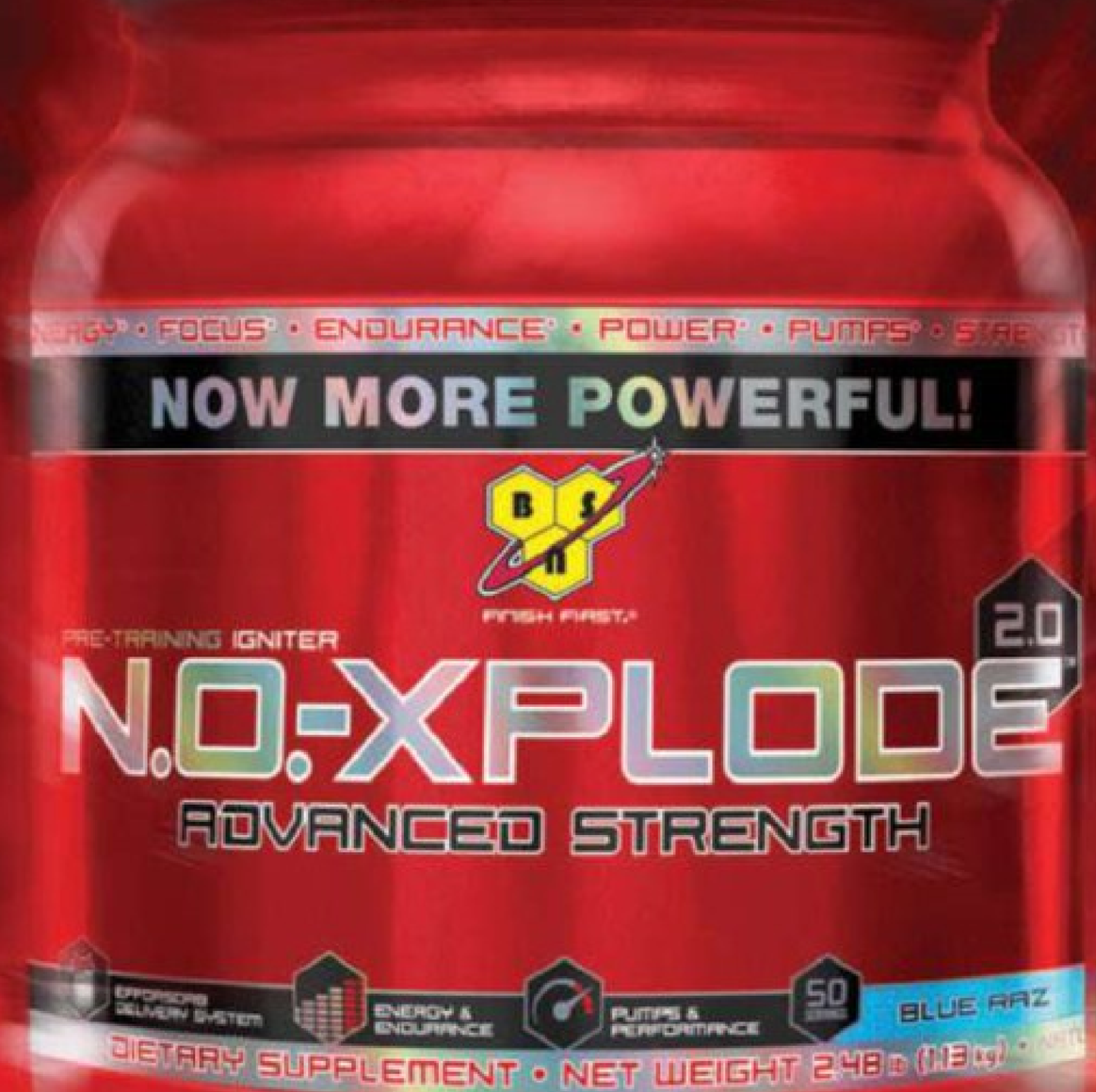


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INSIDE

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THE HYBRID CROSSFIT WORKOUT
Combine heavy lifts and conditioning for a bigger, leaner body.

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HIGH PERFORMANCE
Burn fat and get into peak shape with metabolic circuits.

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MMA TRAINING
Get the knockout power of a UFC fighter in just six weeks.

120
SUCCESS STORY
William Ramos got fit while fighting on the front lines.

GET BACK IN THE GAME

Laid off your training for a while? Welcome yourself back with this program—guaranteed to get you strong fast. By **JOE KENN, C.S.C.S.** *Photographs by* **MATTHEW SALACUSE**

→ Life happens. Whether you're a student whose summer vacation derailed your discipline or a family man with more important things to focus on than your bench press, various circumstances are always conspiring to keep you from your workouts. If you're ready to head back into the gym, we'll meet you halfway with this program, which will help you add muscle and strength fast while focusing only on the most essential exercises.

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HOW IT WORKS

We're not going to overwhelm you with a complicated program when you're just getting back into the swing of things. Instead, we want you to focus on just four lifts—the deadlift, front squat, chin-up, and overhead press—and get good at them. These exercises will be all you need to see muscle and strength gains for a long time to come. You'll manipulate the intensity of each lift within each session. For example, one day you'll train the deadlift heavy, the front squat with moderate weight, and the press and chin-up light. The next workout, the front squat will be heavy, the deadlift light, and so on. This will help you avoid getting too tired your first time back in the gym, and will allow you to prioritize one lift at a time to master good technique.

DIRECTIONS

FREQUENCY:
> Perform the workout three times per week, resting at least a day between each session.

TIME NEEDED:
> 40 min.

HOW TO DO IT:
Each exercise has a specific percentage of your one-rep max (the heaviest load you can use for one perfect rep) assigned to it. For instance, if your best deadlift is 350 pounds, and 85% is called for, you'll use 300 pounds for each set (round the number up or down as needed). The percentages change each time you repeat the workout, so pay attention to when you're lifting heavy, moderate, or light. Note that the sets and reps remain constant—five sets of five. See the table above for the percentages and the order of exercises, which also rotates, each session. Complete all the sets of one exercise before moving to the next.

For the chin-up, estimate how much additional weight you can add (with a weighted belt or a dumbbell between your feet) that will allow you a one-rep max and base your percentages on that.

THE PROGRAM (1 WEEK)

INTENSITY	DAY 1	DAY 2	DAY 3
Heavy, 5x5 at 85%	Deadlift	Front Squat	Overhead Press/Chin-Up
Moderate, 5x5 at 75%	Front Squat	Overhead Press/Chin-Up	Deadlift
Light, 5x5 at 65%	Overhead Press/Chin-Up	Deadlift	Front Squat

THE WORKOUT

DEADLIFT

Sets: 5 Reps: 5

> Stand with your feet about hip-width apart with your toes facing straight ahead. Squat down and grab the bar outside your knees with a palms-down grip. Keep your lower back in its natural arch and drive your heels into the floor. Push your hips forward as you rise, lifting the bar until it's in front of your thighs.



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Marc Megna, CSCS
Former Pro Football Player,
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2-Time Mr. America, Fitness Model



Luke Harris
MMA Middleweight Fighter

"One thing I'll always insist on is a high-quality protein supplement … and that's unquestionably *Nitro-Tech Hardcore Pro Series*, part of the elite *Hardcore Pro Series* line."



Aristotle Stamat
MuscleTech Success Story

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Aristotle Stamat used *Cell-Tech Hardcore Pro Series* and *Nitro-Tech Hardcore Pro Series* with diet and training for 18 weeks. He has been remunerated. In a 28-day study, subjects taking the core ingredients in *Cell-Tech Hardcore Pro Series* gained an average of 4.5 lbs. of muscle. In a six-week study, subjects taking the core ingredients in *Nitro-Tech Hardcore Pro Series* gained an average of 8.8 lbs. of muscle.

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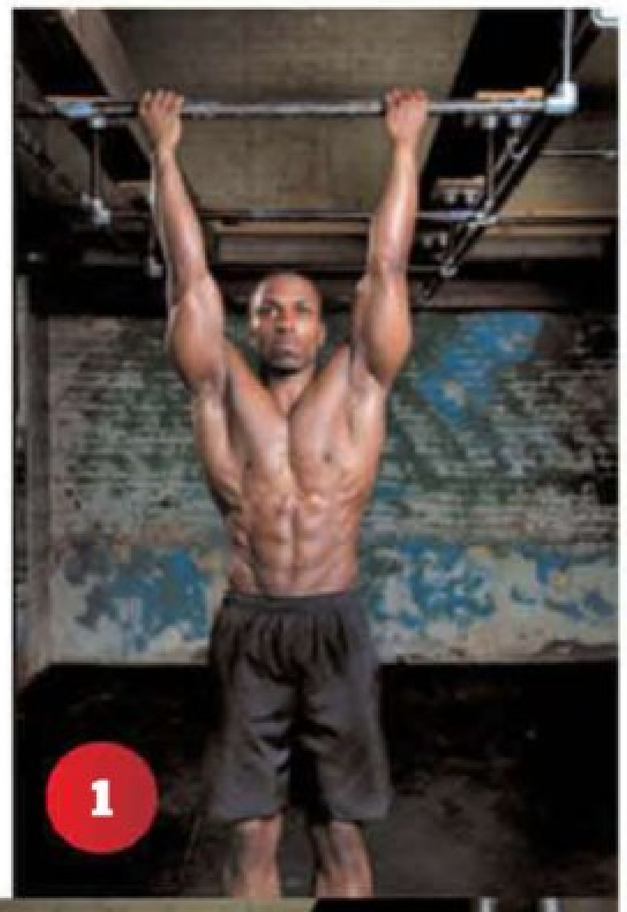
Sets: 5 Reps: 5

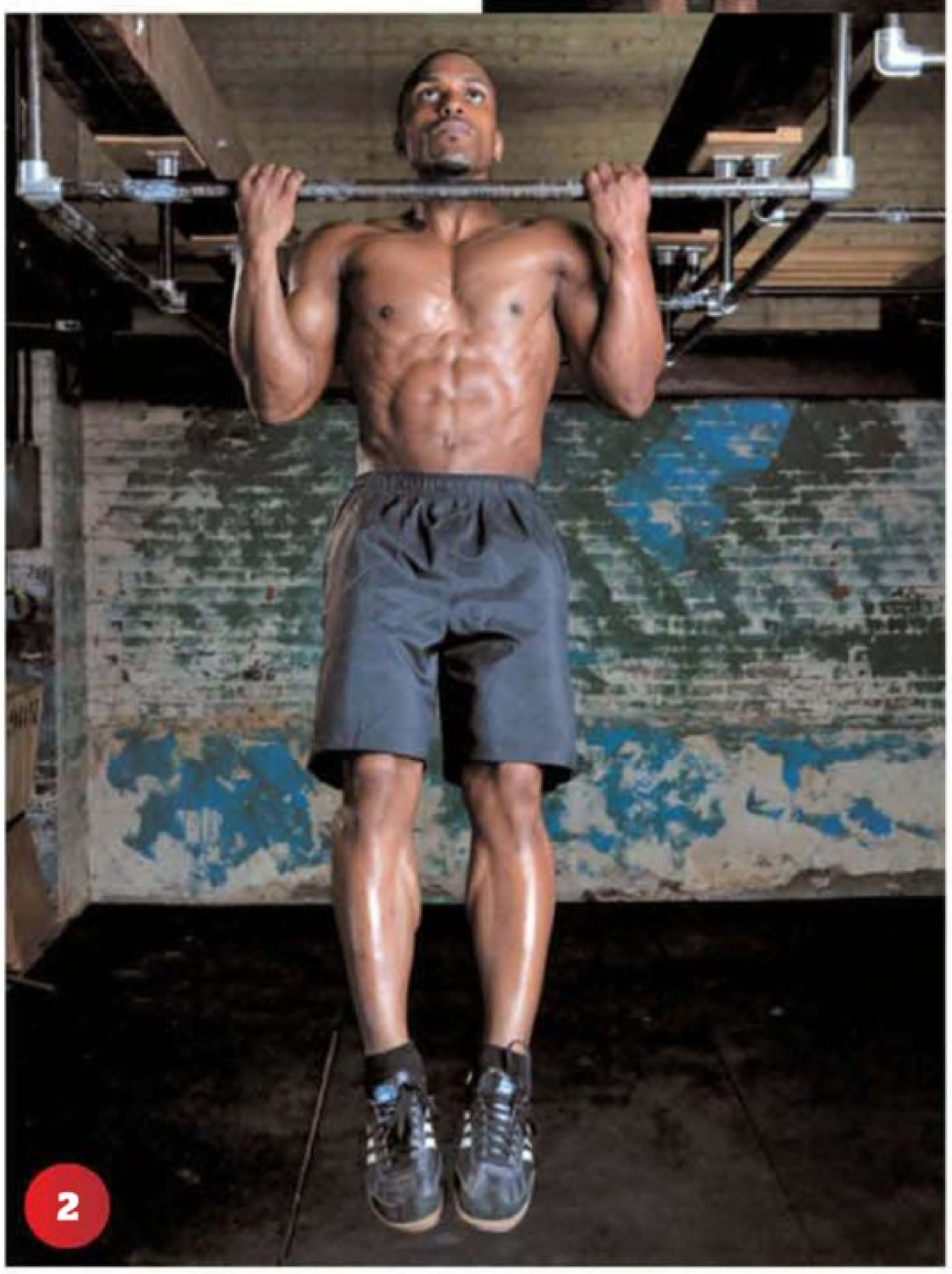
> Start with the barbell on the supports of a squat rack. Grab the bar and raise your elbows until your upper arms are parallel to the floor. Now lift the bar off the rack, letting it roll toward your fingertips—as long as you keep your elbows raised, you'll balance the bar. Squat as low as you can keeping your lower back flat.

CHIN-UP >

Sets: 5 Reps: 5

> Hang from a chin-up bar with your hands shoulder-width apart and your palms facing you. Pull yourself up until your chin is over the bar.





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[1] Vinnie is a member of Team BPI and received complimentary BPI Products in exchange for his testimonial.

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Take a deep breath at the top of each rep before lowering the bar.

OVERHEAD PRESS >

Sets: 5 Reps: 5

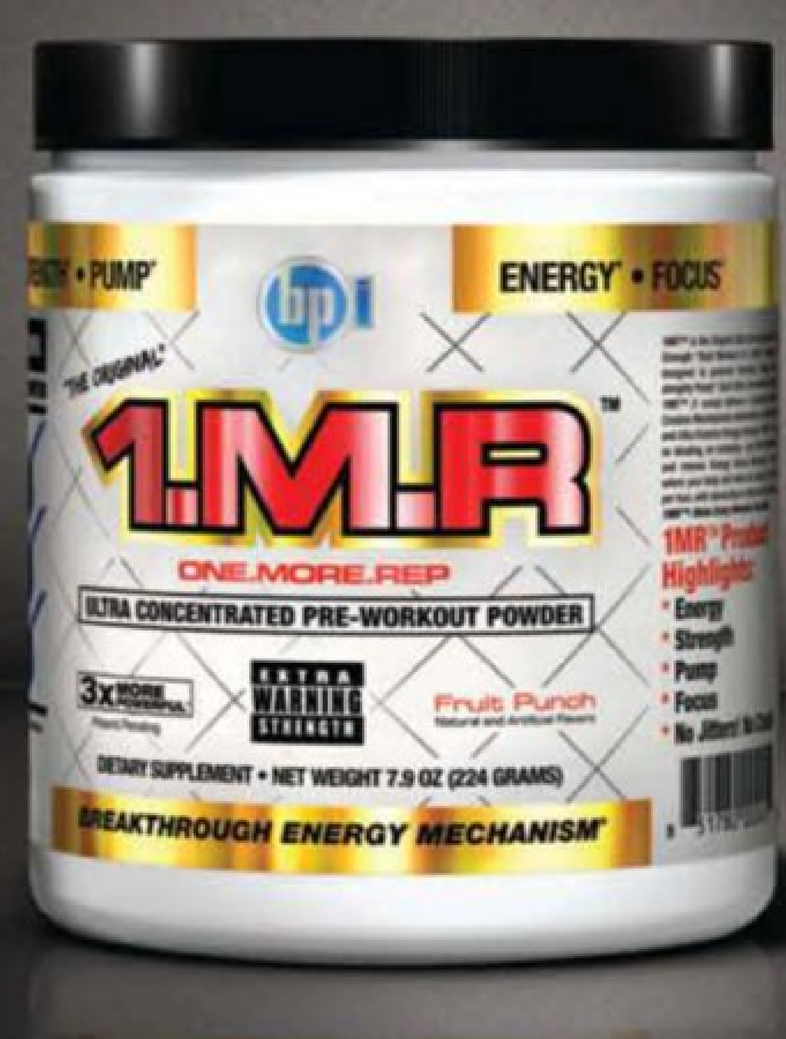
> Stand with your feet shoulder-width apart and grab the bar with a slightly wider-than-shoulder-width grip. Squeeze your shoulder blades together and push your chest out. Press the bar overhead and slightly backward so that it ends up in line with the back of your head.



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THE BEST OF BOTH WORLDS

Combine strength training with circuits for a bigger, leaner body

By **HARRY SELKOW** // *Photographs by* **MARIUS BUGGE**

There are a lot of good reasons the CrossFit workout craze has taken the world by storm. The sessions are challenging, the format is simple, and a typical workout can be performed in just about any gym. The training is so intense it helps you burn fat long after the workout is over, so it's a powerful method for people who want to look good naked. However, it's not the best way to achieve your physique goals. I created my own CrossFit-inspired program that does it one better.



How It Works

> *The box squat, deadlift, bench press, and military press should play a major role in most programs. But it doesn't pay to just randomly toss them into a circuit, as CrossFit workouts normally do. You need to repeat these lifts every week and strive to get better at them. The program that follows combines a simple strength-training progression with the type of circuit training that CrossFit helped make popular. In six weeks, you'll be stronger and feel more athletic. You won't look too bad in your birthday suit, either.*

Directions

Frequency:
> *Perform each workout once per week. Days 1, 3, and 5 are weight workouts, and Days 2 and 4 are cardio sessions.*

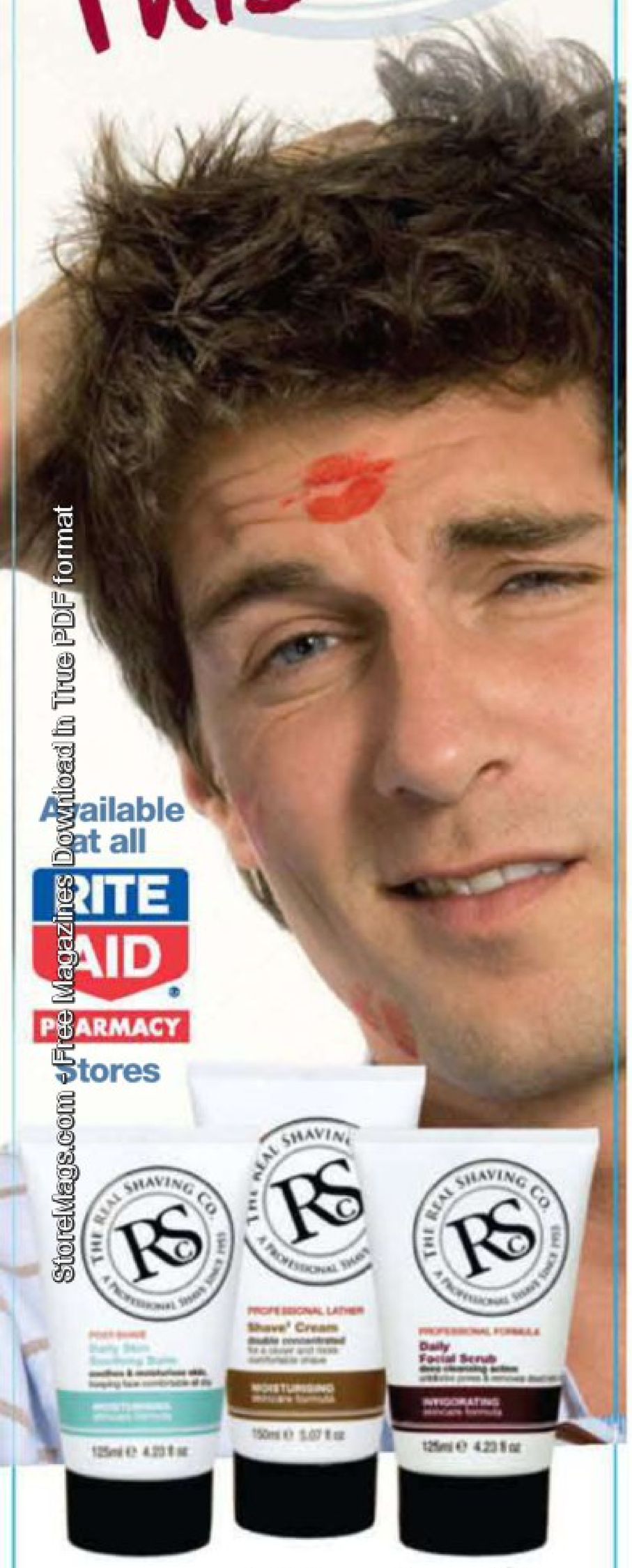
Time Needed:
> *45 to 60 minutes per weight workout. 20 to 30 minutes for cardio.*

How to Do It:
> *The first lift of every workout will be for strength, so you'll take your time working up to the heaviest weight possible for the prescribed reps—your "rep max" (see "Rep-Max Rules," page 104). For most workouts, you'll progress up to your five-rep max during Week 1. In Week 2, you'll go heavier to your three-rep max. By Week 3, you'll max out for one rep. Restart the sequence in Week 4. Complete the exercises that follow your main lift as a circuit doing one set of each exercise without rest. Afterward, rest 60 seconds, and then repeat for three total circuits.*

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Trainer Hybrid CrossFit

DAY 1

1 BOX SQUAT/ DEADLIFT

***Reps:** Work up to a 5-, 3-, or 1-rep max*

> On Day 1, you're alternating between the squat and deadlift. So in Week 1 you squat for a five-rep max, then for Week 2, you'll move to the deadlift for five reps. In the third week, you're back to the squat for a three-rep max, then the deadlift the following week, and so on. To do a box squat, just squat as normal while lowering yourself onto the box. Pause for a moment, then fire your glutes and hamstrings to return to the starting position.

Rep-Max RULES

How to work up in weight

> After a general warm-up, start with the bar and add weight with each set. There's no limit to how many "work-up" sets you can use. You want your muscles to be fully prepared for the heaviest load possible. Here's an example of what ramping up to a **five-rep max of 315 pounds** might look like:

- *45 (empty bar) x5*
- *95x5*
- *135x5*
- *185x5*
- *225x5*
- *275x5*
- *315x5*



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Power Pak Pudding vs. the Leading Protein Bars

NUTRITION FACTS COMPARISON

Per Serving	Power Pak Pudding	Leading Protein Bars*
Total Calories	190	350-400
Protein	30 grams	30 grams
% of Cals from Protein	61%	30-34%
Total Fat	4.5 grams	13-16 grams
Calories from Fat	40	120-144
Total Carbohydrates	9 grams	27-34 grams
Sugars	0 grams	6-9 grams
Sugar Alcohols	0 grams	13-27 grams

It's easy to see that MHP's Power Pak Pudding is the smart snack for a fit, healthy body!

*Average profile of popular high protein bars.



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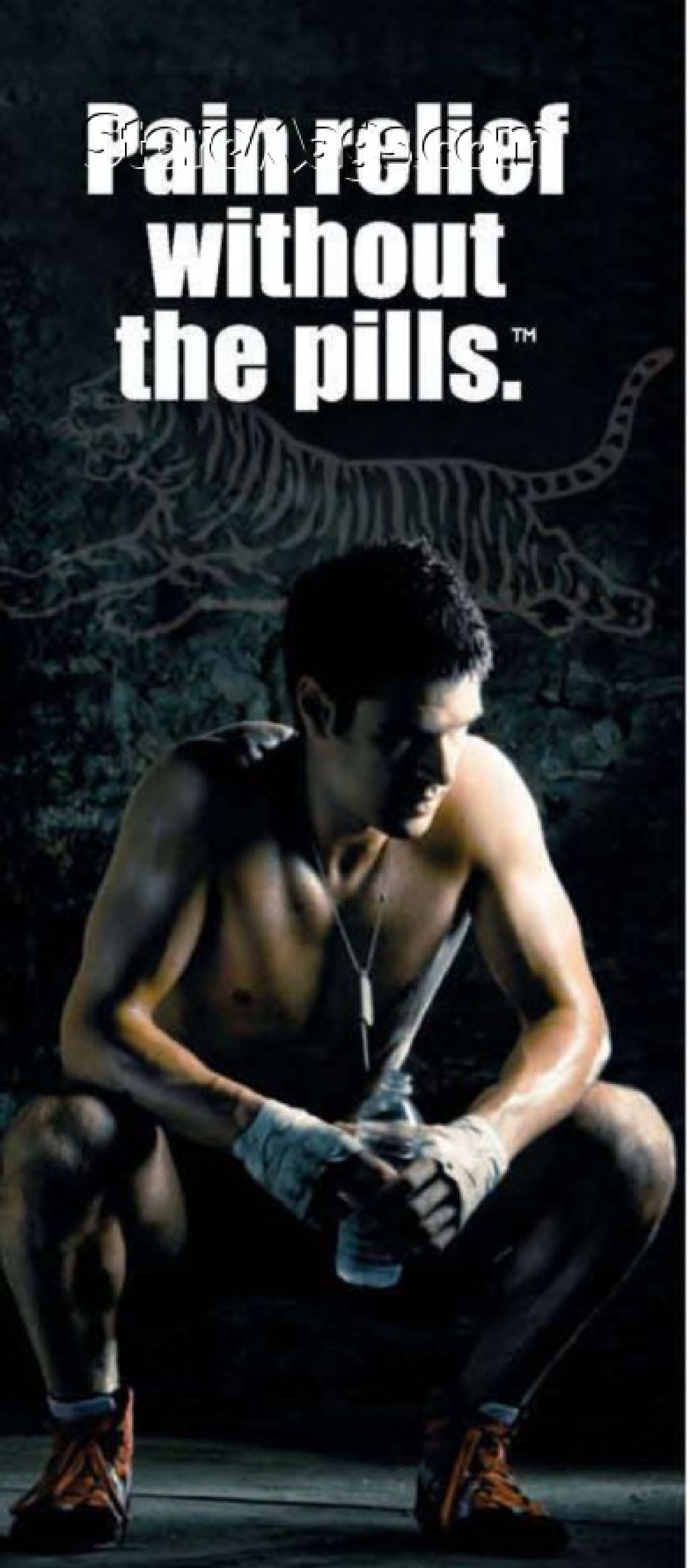
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DAY 1 CONTINUED

Begin the circuit with ***exercise 2***

2 GOOD MORNING

Reps: *8-12*

> Squeeze your shoulders together and support the bar on your traps. Tighten your abs and bend your hips as far back as possible, lowering your torso until you feel your lower back is about to round. Contract your glutes and push your hips forward to return to the starting position.



3 ROMANIAN DEADLIFT

(NOT SHOWN)

Reps: *8-15*

> Hold a barbell in front of your thighs. Bend your hips back and then your knees while maintaining the natural arch in your back. Lower the bar until just below knee level. Extend your hips to come back up.

4 REVERSE LUNGE

(NOT SHOWN)

Reps: *8 (each side)*

> Stand with the bar on your traps and step backward with your right leg. Lower your body until your knee nearly touches the floor and your front thigh is parallel to the floor. Alternate legs on each rep.

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DAY 2

1 50-YARD HILL SPRINT
(NOT SHOWN)

Reps: *10*

> Find a steep hill and run up it. You could also do a 100-yard flat sprint instead.

2 SIDEWAY SHUFFLE
(NOT SHOWN)

Reps: *5 (each side)*

> Shuffle your feet and move sideways as fast as possible. Go for 25 yards uphill or 50 yards if on flat ground.



DAY 4

1 30 MINUTES STEADY-STATE CARDIO

> Work at an easy pace for 30 minutes straight. You can walk, jog, bike, swim, or use cardio machines.

DAY 3

Begin the circuit with ***exercise 2***

1 BENCH PRESS
(NOT SHOWN)

Reps: *Work up to a 5-, 3-, or 1-rep max*

> Grab the bar with an overhand, outside-shoulder-width grip. Your shoulder blades should be squeezed together and your back arched. Take the bar out of the rack (you can have a spotter help you) and squeeze it hard. Lower it to just below your sternum and then push your feet hard into the floor to help you press the weight up. When the bar is halfway up, begin flaring your elbows outward to lock it out.

2 LATERAL CRAWL



Reps: *10 (each side)*

> Get into push-up position and walk your left foot out while bringing your right hand next to your left. Now move your left hand out and bring your right leg in. Continue until you've moved 10 paces to the left and then repeat to the right.

3 CHEST-SUPPORTED ROW
(NOT SHOWN)

Reps: *8-12*

> Adjust a bench to a 30-degree incline and lie facedown with a dumbbell in each hand. Contract your lats and biceps to pull the dumbbells to your sides.

4 DUMBBELL SWING



Reps: *20*

> Stand with feet shoulder-width apart and hold a dumbbell (or kettlebell) with both hands. Allow the weight to hang in front of your body and between your legs. Now dip your knees as if you were about to jump, and explosively straighten your hips and knees. Allow the momentum to swing your arms up to shoulder level.

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DAY 5

Begin the circuit with ***exercise 2***

1 OVERHEAD PRESS

Reps: ***Work up to a 5-, 3-, or 1-rep max***

> Grab the bar with a slightly wider-than-shoulder-width grip. Squeeze your shoulder blades together and push your chest out. Press the bar overhead and slightly backward so that it ends up in line with the back of your head.



2 SHRUG

(NOT SHOWN)

Reps: ***8–12***

> Hold the bar with an overhand grip, hands about shoulder-width apart. Shrug the bar as high as you can.

3 POWER CLEAN

Reps: ***8–12***

> Set a barbell on the floor, crouch down, and grab it with hands outside shoulder width. Your lower back should be in its natural arch. Explosively stand up and shrug the bar, coming up onto the balls of your feet. As the bar rises to chest level, flip your wrists over so that your palms face the ceiling and your upper arms are parallel to the floor. Allow your knees to bend as you absorb the force of the bar at your shoulders.



4 WALL CLIMB

Reps: ***3***

> Assume a push-up position with your feet at the base of a wall. Keep your abs tight and push yourself back as you walk your feet up the wall. Continue until you are almost in a full handstand position. Slowly return to the starting position.



5 LATERAL RAISE

(NOT SHOWN)

Reps: ***12–15***

> Hold a dumbbell in each hand with arms hanging at your sides. Raise your arms 90 degrees so that they're parallel to the floor.

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METABOLIC CIRCUIT TRAINING

BURN FAT AND GET INTO PEAK CONDITION WITH THE MOST INTENSE CIRCUIT EVER › *by* **SEAN HYSON, C.S.C.S.**

Think of a metabolic circuit as interval training mixed with resistance training. That means you get the fat-burning and heart-busting benefits of intense cardio along with the muscle-building properties of a weight workout. It's no wonder then that metabolic circuits have been a favorite of sports coaches for years and are now migrating into the workouts of general fitness seekers. Read on and Marc Megna, fitness model, former NFL linebacker, and strength coach, will show you how to set up a metabolic circuit to torch your belly fat and raise your game.

HOW TO DO IT

› "Pick at least four exercises you can do for six to 10 reps each without resting," says Megna. Give this some thought—you don't want to end up with moves that are too tough or you'll burn yourself out fast. You can choose regular weight-training exercises or body-weight moves; or mix both kinds together, and alternate which muscles they work. "Doing something for the upper body and then the lower body, back and forth, allows one group of muscles to relax while you work another one," says Megna. "You get a lot of work done without terrible muscle soreness later."

When you're ready to begin, perform six to 10 reps your first time through each exercise. If this is your first time doing a circuit, be conservative and stay closer to six reps. As you improve, you can increase your reps. Rest about 60 seconds, or only as long as it takes before you think you can repeat the exercises with good form—that's one "round." Perform one fewer rep each round until you're down to just one rep (so if you started with eight reps, you'd do seven the second round, six the third, and so on).

CONSIDERATIONS

› If you make your circuit with weight exercises, "don't use heavy weights," says Megna. "Go with something light. It's the volume, or total amount of work done, that's important here." In other words, if you tire out too soon and can't complete the reps, you defeat the purpose.

SAMPLE CIRCUIT

Try this body-weight circuit—no fancy equipment required

**Perform 6–10 reps per move*

1) **SQUAT**
2) **PLYO PUSH-UP OR DIVE BOMBER PUSH-UP**
3) **ALTERNATING LUNGE JUMP** Get into a lunge position, explosively jump up and switch your legs in midair, land, and repeat.
4) **PULL-UP**
5) **BURPEE WITH JUMP, TURN 180 DEGREES AT THE TOP** Squat down, shoot your legs behind you so you end up in push-up position, then come back up and jump. Land facing the opposite direction.





MARC MEGNA, C.S.C.S., is a Team MuscleTech performance coach. He trains pro athletes at Bommarito Performance Systems in Aventura, FL. *marcmegna.com*

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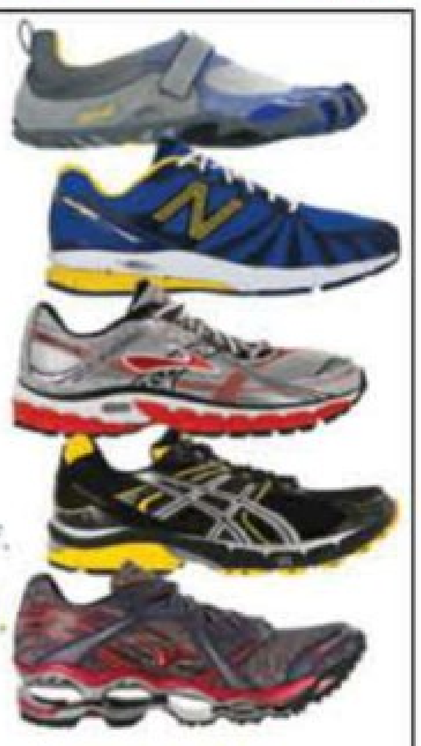
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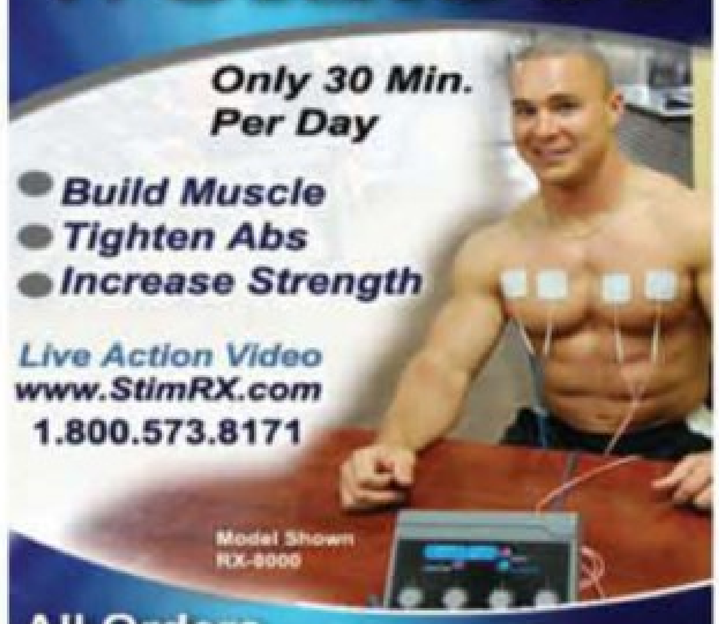
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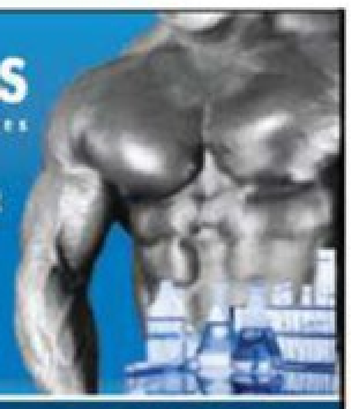
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***THE BOX JUMP** helps you recruit more lower-body muscle fibers.*

MMA FITNESS

EXPLODE!

GET THE KNOCKOUT POWER OF A UFC FIGHTER WITH THIS SIX-WEEK PROGRAM

› *by* **JOEL JAMIESON**

A fighter who can explode without warning is always one punch away from finishing a fight or slamming his opponent to the canvas. That same power is essential if you're just a regular guy who wants to lift heavier weights or be more athletic in pickup games. To improve explosive power, you need to crank up the voltage of the body's network of wiring that's responsible for activating muscle tissue—the central nervous system.

The most effective way to train the CNS is to force it to work overtime by pairing a heavy compound lift with an explosive exercise—both kinds of training recruit a maximum amount of muscle fibers, and they teach your muscles to spring into action at once for a full-on assault.

THE WORKOUT

› Perform the following workout twice a week for six weeks. Rest two to three days between sessions and do no other lifting. On the second workout of the week, perform one to two fewer sets on each exercise than the first workout (shown below). Also, take a seven- to 10-day break from training after six weeks to prevent overtraining. Complete all the sets for one exercise before moving on to the next.

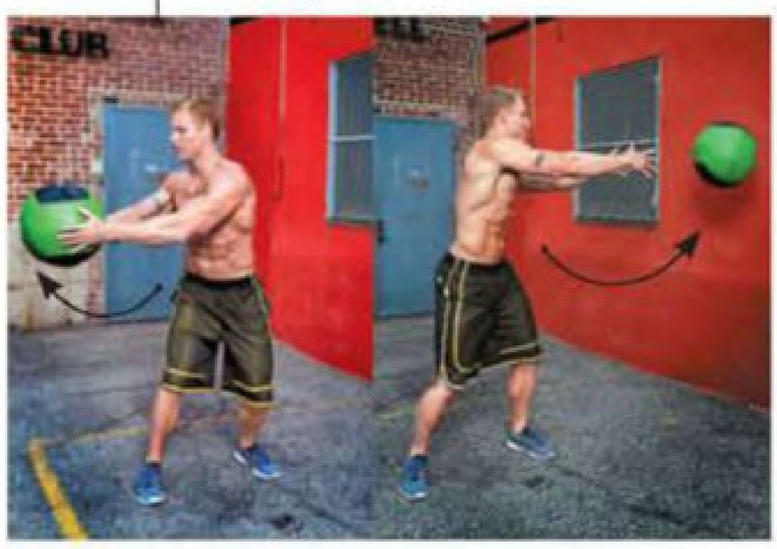
Exercise	Sets	Reps	Rest
1) Deadlift	4-5	3-5	3-4 min
2) Box jump	5	4-6	1-2 min
Jump rope for 5 min			
3) Bench press	3-4	5-6	3-4 min
4) Plyo push-up	4	8-10	2 min
Jump rope for 5 min			
5) Kettlebell jump squat	3-4	4-5	2 min
6) Explosive pull-up	3-4	6-8	2 min
Jump rope for 5 min			
7) Rotational medicine ball throw	3	6-8	1-2 min

BOX JUMP Set up a box or other sturdy object in front of you that's high enough so it's a bit challenging to jump on to. Dip down to gather power and jump up onto the box. Land softly and step back down.

PLYO PUSH-UP Perform a push-up so fast that your hands come off the floor and you can clap in midair. Land and immediately begin the next rep.

KETTLEBELL JUMP SQUAT Hold a kettlebell in each hand (dumbbells are OK, too) and let them hang at your sides. Squat down until your thighs are parallel to the floor and jump as high as you can.

EXPLOSIVE PULL-UP Pull your chin over the bar as fast as you can.



ROTATIONAL MEDICINE BALL THROW While holding a medicine ball, rotate as far as you can in one direction. Throw the ball as hard as you can into a wall. Switch sides and repeat.

MATTHEW SALACUSE

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ARMY STRONG

Once William Ramos learned how to eat right and started lifting heavy, he cut his body fat in half and got in the best shape of his life › *by* **BRANDON GUARNERI**



Ramos lost 45 pounds while defending democracy. What are your plans tonight?

Most guys have enough trouble trying to lose weight in their day-to-day lives. So imagine trying to get fit while fighting in a war halfway across the world. If you want to talk about no excuses, start with Sergeant First Class William Ramos, of the U.S. Army's 101st Airborne Division.

After coming back from his second tour of duty in Iraq in 2008, Ramos, a 16-year Army veteran, reported to Fort Hood (TX), and reunited with the fast-food restaurants and Mexican takeout spots that quickly became his biggest vice. "I was working out, somewhat," he says. "Mostly doing cardio on my own, but not a lot of weight training. And I just kept eating."

Most of his exercise came solely from physical training such as push-ups and sit-ups. "I was just trying to stay fit for the Army's tests. That's what I was shooting for," says Ramos. He hardly made the cut. At just 5'9", Ramos weighed 205 pounds and barely looked like a soldier.

His wake-up call came in November 2009 when he was transferred to Fort Campbell (KY). Like all soldiers, Ramos was "smoked," or forced to do body-weight exercises and run obstacle courses, with no rest, until failure. After that, there's a two-mile run that everyone must finish in 18 minutes.

Ramos failed. "I'm a platoon sergeant, and I'm leading 26 soldiers, telling them to run, but I can't do it myself," he says. "That opened my eyes."

He passed the test the following February but had to starve himself and run every day to lose the weight, only to gain it all back with junk food. Two months out from a tour in Afghanistan, he was out of shape and out of ideas.

But as crazy as it sounds, Ramos also felt as though he had an opportunity to finally lose the weight while overseas. "It was a goal I set before I left," he says. "I knew I needed to do something about it." First, he sought out the most jacked soldiers he could find. "I had a couple of big bodybuilding guys, and I asked them, 'What am I doing wrong?' " They explained how out of whack his nutrition had become. He wasn't eating nearly enough, and when he would eat, he was taking in the wrong foods. Ramos consulted with an Army nutritionist and filled out a food diary for a week, soon realizing one big mistake. "I was going too low with carbs and too high with protein," he says.



To get his diet back in balance, he started working in granola bars as snacks between meals. He mixed up shakes, too, and thanks to friends back home, he ate clean at meal time. "A lot of people would send me packages of salmon and chicken," he says. "They'd send brown rice I could microwave. That stuff helped a lot."

His body still clung to its fat, but once he switched from lifting light weights for high reps, to heavy weights with low reps of no more than six per set, everything changed. "Within two and a half months, I was down to 180 pounds," he says.

Slowly but surely, the rest of the weight melted away. Ramos started off with 24% body fat, just over the Army's limit for soldiers, but by the time he made it back to the U.S. this past April, he'd cut that in half.

Today, Ramos is 160 pounds with 12% body fat. And even though lots of other guys would have found reasons to give up, he never did. "I got workouts from your magazine and kept working at it hard. Before I knew it, I'm looking in the mirror saying, 'Where did my gut go?' "

WILLIAM'S TIP

NAIL YOUR DIET

"You always hear that good nutrition is the key to losing weight, but you never realize it until you go through it yourself. Everyone has a six-pack in the abdominal area. Nutrition and exercise are what helps it come out, but nutrition is the most important factor."

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